

EASTERN GARDENS CALENDAR OF EVENTS

JANUARY 2012

SUN	MON	TUE	WED	THUR	FRI	SAT
1  NEW YEAR'S DAY	2 8:15am - Tai Chi	3	4 8:15am Tai-Chi	5 10am Coffee	6 8:15am - Tai Chi	7
8	9 8:15am - Tai Chi	10  6:30pm Movie Nite	11 8:15am - Tai Chi	12 10am Coffee	13 8:15am - Tai Chi	14
15	16  MLK Birthday	17	18 8:15am-Tai Chi	19 10am Coffee	20 8:15am - Tai Chi	21
22	23 8:15am - Tai Chi	24  10am Bookmobile	25 8:15am - Tai Chi	26 10am Coffee	27 8:15am - Tai Chi	28
29	30 8:15am - Tai Chi	31				

FEBRUARY 2012

SUN	MON	TUE	WED	THUR	FRI	SAT
			1 8:15am - Tai Chi	2 10am Coffee	3 8:15am-Tai Chi	4
5	6 8:15am - Tai Chi	7	8 8:15am - Tai Chi	9 10am Coffee	10 8:15am - Tai Chi	11
12	13 8:15am - Tai Chi	14 Valentine's Day  6:30PM Movie Nite	15 8:15am-Tai Chi	16 10am Coffee	17 8:15am - Tai Chi	18
19	20  PRESIDENT'S DAY	21	22 8:15am Tai Chi	23 10am Coffee	24 8:15am - Tai Chi	25
26	27 8:15am - Tai Chi	28  10am Bookmobile	29 LEAP YEAR! 8:15am - Tai Chi			

AN EMERGENCY IS A PERSONAL SITUATION THAT THREATENS HUMAN LIFE OR PERSONAL PROPERTY AND DEMANDS IMMEDIATE ATTENTION, I.E. MEDICAL, BURGLARY, FIRE, THEFT & ASSAULT — **DIAL 911**

THE GARDENS GRAPEVINE

Volume 9—Issue 1

EASTERN GARDENS COOPERATIVE, INC.
3045 EASTERN AVE. SACRAMENTO, CA 95821

Jan—Feb 2012

EASTERN GARDENS 2012 BOARD OF DIRECTORS ELECTION RESULTS



2012 BOARD OF DIRECTORS/OFFICERS

2012 BOARD OF DIRECTORS

- **Kathy Slotterback**
President
- **Diane McKee**
Vice President
- **Chris Manning**
Treasurer
- **Ed Healy**
Secretary
- **Chuck Miller**
Board Member
- **Shirley Brown**
Alternate
- **Lynette Haley**
Alternate

Your 2012 Board of Directors and Officers are:

- Kathy Slotterback, Director/President
- Diane McKee, Director/Vice President
- Chris Manning, Director/Treasurer
- Ed Healy, Director/Secretary
- Chuck Miller, Director
- Shirley Brown, Alternate Director
- Lynette Haley, Alternate Director

MANAGING AGENT

FPI Management
800 Iron Point Road
Folsom, CA 95630
(916) 357-5300

- **Gary Haugstad**,
Sr. Portfolio Mgr.
- **Theresa Williams**
Community Director/Mgr.
- **Kurt Whisenhunt**
Maintenance, (On Call/PT)

OFFICE HOURS

Mon-Fri: OPEN
Sat-Sun: CLOSED
Office Ph: (916) 489-1604

After Hour
Building Emergencies
(916) 271-7633



SPECIAL RECOGNITION



A special thanks to each of those members who have volunteered their time and effort to participate on the Board and also to those members on Committees for their sacrifice, support and interest on matters of the corporation for the year 2011.

- President/Board Director: Mr. James Patrick
- Treasurer, Mrs. Donna Schmelz
- Social Committee Chairperson: Ms. Joan Wood
- Movie Night Hostess/Coordinator: Mrs. Kathy Kent
- Give-A-Way Coordinator: Mr. Mac Stonham
- Inspectors of Elections: Isabelle Andrews, Kathy Kent, Nona Weisbart, & Joan Wood

MANAGER'S CORNER

Happy New Year to everyone!



2012 is now upon us and your management staff would like to let you know that we are very happy to be here with you.

Thank you to all the volunteers for your help and support this past year and we look forward to another exciting year. We hope to see more of the membership become more involved in some of the activities. Thanks again, one and all!

EASTERN GARDENS OUTSIDE WAITING LIST OPENS

Every January for the past several years Eastern Gardens has had its Open Season for the Outside Waiting List. We have non-discrimination and selection criteria policies already in-place, (e.g. age requirements, credit and criminal background reports...etc).

EASTERN GARDENS OUTSIDE WAITING LIST OPENS

fied of their acceptance for occupancy and then be placed onto the waiting list in the order that they were received, (i.e. by date and time). Eastern Gardens is not obligated to contact those on the waiting list until their names near the top of the list, however, every 6 months status notices are sent out. It is then, that they will be contacted to verify if they are still interested and if they are, an interview by the Board will be scheduled. If not, then they are removed from the waiting list and must reapply at the next open season. It is the responsibility of those on the waiting list to update their application should they have a change of address or phone number. Reason for this is simple, the waiting list consist anywhere from 50-100 people, Eastern Gardens does not allocate time and financial expense for management personnel to routinely contact these people on a regular basis to see if they've moved or not. If you

have friends or family members that are on the outside waiting list and you know that they've moved it would be advisable that you inform them that it's their responsibility to contact management. Eastern Gardens can only make changes or provide information to their place on the waiting list at the request of the applicant, that is, in person.

The waiting list will open on Tuesday, January 3, 2012 and will remain open until Tuesday close of business April 3, 2012. Applications will be available during this time and will **ONLY be accepted during the open season and ONLY by the applicant.** In addition, per HUD requirements, we also advertise to certain organizational groups. Once the applications are received and processed for verification the applicant will be noti-



MOVIE NITE

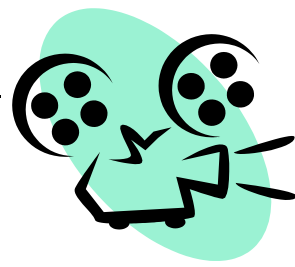
All movies will be on the 2nd Tuesday of each month unless otherwise noted. Details are posted inside the laundry rooms. Fifty (50) cents donation includes movie, punch and popcorn.

Where: Clubhouse @ 6:30 pm.

When and What:

Tuesday—Jan 10th "Water for Elephants" A handsome vet student falls for a married circus performer in this dramatic romantic adaptation of

Sara Gruen's best selling novel. Starring: Robert Pattinson, Reese Witherspoon and Christopher Waltz.



"I have a dream that one day this nation will rise up and live out the true meaning of its creed":
"We hold these truths to be self-evident that all men are created equal."

Martin Luther King Jr.

Rating: PG Drama.

Tuesday—Feb 14th

TBA: Movie will be about celebrating Romance & Love.

Donations includes Valentine's theme in cupcakes, romance, and fun!

Point-of-contact: Kathy Kent @ 482-1533



PRORATA DEDUCTION/ PORTION

Members are permitted a Prorata deduction under Internal Revenue Code Section 216 for mortgage interest and property taxes paid to a cooperative housing corporation.



At the close of every year EG and FPI is financially audited by an outside independent bookkeeping company, which the report will be available sometime in March or April. In addition to the audit they also prepare the memberships Prorata portion, which is deductible if you itemize deductions on your 2011 individual income tax return. The Prorata portion report will be available to the membership in mid January at Eastern Garden's business office. NOTE: If you were a member for less than a full year during 2011 you must prorate your deduction accordingly. This is explained in the Prorata report. For additional information please contact your tax preparer or consultant.

New Tricks for Leftover Holiday Treats



Stuffed after the holidays? You probably still have some festive foods you don't know what to do with. Don't throw them away. Instead, use a little creativity to turn leftover holiday treats into a tasty new concoctions. Countless candy canes? Heat up some cocoa and use a candy cane as a stirring stick. It mixes the chocolate with the

milk while adding a refreshing minty flavor. Or, crush up the candy and mix it into vanilla frosting for cupcakes. Overflowing oatmeal cookies? Melt some chocolate chips, spread on one cookie add sprinkles, and top with another cookie to make a sweet sandwich snack. This tip works for any kind of cookie, including gingerbread men. Extra eggnog? Use eggnog instead of creamer in your cof-

HEALTH & SAFETY

Avoid the misery of seasonal colds and flu

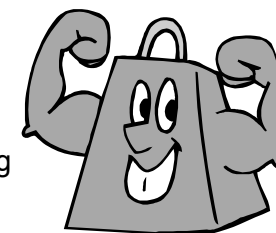
- ✦ Get a flu shot each year.
- ✦ Wash your hands often and avoid touching your eyes, nose, or mouth

- ✦ Eat well and exercise to keep your immune system strong.
- ✦ Get plenty of rest and reduce your stress to help fight off infections.

Cough or sneeze into a tissue or your sleeve to keep from spreading a cold or the flu.

Ease the discomfort of a cold or flu

- ✦ Get extra rest and drink plenty of warm liquids.
- ✦ Take acetaminophen or ibuprofen for aches and fever.
- ✦ Use cough drops (if older than 6) or cough syrup, and drink lots of fluids to ease coughing.
- ✦ Gargle with warm salt water or suck on lozenges or sugar-free hard candies (if older than 6) to soothe a sore throat.



For stuffy or runny nose, use a saline nose spray or sinus rinse kit, and breathe warm, moist air from a steamy shower or humidifier. Adults can take a decongestant, such as pseudoephedrine or phenylephrine. (Don't use either of these drugs if you have high blood pressure or heart disease.)

Super Foods:

Green Tea

It's difficult not to gush about green tea.

Green tea is a popular hot drink that hails from China and is known for its health benefits. It is high in antioxidants and is known to protect against heart disease.



More than a decade's worth of research about green tea's health benefits, particularly its potential to fight cancer and heart disease has been more than intriguing, as have limited studies about green tea's role in lowering cholesterol, burning fat, preventing diabetes and stroke, and staving off dementia.

fee for a rich, spicy flavor. Not a coffee drinker? Eggnog makes excellent French toast. Soak bread slices in eggnog before frying them to golden-brown perfection. Have an abundance of fruitcake? Reinvent a fruitcake by chopping it up in a food processor and rolling into balls. Melt chocolate and dip the fruitcake balls to create a new twist on an old favorite. With a little planning and creativity, you can turn leftover holiday goodies into tasty treats that are sure to hit the spot even the second time around.