

March 2005						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2 Tai Chi 10am	3 Coffee 10am	4 Tai Chi 10am	5
6	7 Tai Chi 10am	8	9 Bookmobil Tai Chi 10am	10 Coffee 10am	11 Tai Chi 10am	12
13	14 Tai Chi 10am	15	16 Tai Chi 10am	17 St. Parrick's Day Coffee 10am	18 Tai Chi 10am Potluck 6 pm	19
20 Spring begins	21 Tai Chi 10am	22	23 Reular Board Mtg 7:00 pm Tai Chi 10am	24 Coffee 10 am	25 Good Friday Tai Chi 10 am	26
27 Easter	28 Tai Chi 10 am	29	30 Tai Chi 10 am	31 Coffee 10 am		

### YOUR BOARD OF DIRECTORS

President           Alfonso Baute  
 Vice President     June Robinson  
 2nd Vice President Ed Healy  
 Secretary           Mary Kirk  
 Treasurer           Kathleen Slotterback  
 Alternates          Rick Caughey  
                               Margaret Saunders

An **Emergency** is a situation that threatens human life or personal property and demands immediate attention, i.e., Medical, Burglary, Fire, Theft and Assault - **DIAL 9 1 1**

# EASTERN GARDENS TATTLER



Volume 2 Issue 3

March 2005

### COMMUNITY DIRECTOR'S

#### MESSAGE

This is the time of year when everyone engages in the ritual of spring cleaning. We want to eliminate the grime, the dust bunnies. Everything that has built up over the winter is wiped away to begin anew. How often we think when the house looks better we feel better. But in reality, spring cleaning should include ourselves. Just the way we thoroughly clean our houses, we need to clean ourselves externally and internally. Just as dirt gradually builds up in our homes over months, so toxins build up in our bodies. Our environment is full of pollutants, and the food we eat is full of additives. Inside our homes, household cleaners, solvents, cigarette smoke, and air fresheners contribute to the toxic environment. Outside the home, we find automobile exhaust fumes, smoggy air, industrial fumes, and pesticides and other agricultural chemicals. The Environmental Protection Agency currently recognizes some four million toxins. Food with additives, such as chemicals to make food more attractive, tasty, and to increase grocery life, or food without additives, such as bread and white flour containing carbohydrates can cause toxins. Carbohydrates that cannot digest cause a buildup of waste and bacteria that is distributed throughout the body. Toxins are also brought on by our bodies metabolic process in response to conditions related to; stress, diet, and the consumption of too much food. The body reacts with symptoms consisting of

#### MESSAGE CONT'D

constipation, stomach bloat, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, poor skin, poor memory, depression, body odor and bad breath. The body does have a system to detoxify these harmful toxins through the cleansing organ, the liver. An overload of toxins can be eliminated through this detoxification program as listed:

- 1) **Drinking Water** - Drink 8 or 10 glasses a day to flush toxins and waste from the body.
- 2) **Bath and Saunas** - Hot water increases blood flow and capillary action to the surface of the skin, causing faster release of toxins opening up the pores.
- 3) **Healthy Diet** - Fresh, raw foods and grains ensures enzymes needed to digest food helping cleaning process.
- 4) **Exercise** - Stimulates metabolic system that effects the digestive system to initiate the cleansing process and strengthens the body and mind.
- 5) **Stress** - Practicing stress management protects against the weakening of the immune system, digestive system and the cleaning process.
- 6) **Herbs, Fiber & Supplements** - Helps to cleanse the digestive system and absorbs toxins and bacteria in waste elimination process.

Continually to Serve You,  
**Theresa Williams**  
 Community Director



## Eastern Gardens Management Team

Community Director: *Theresa Williams*  
 Maintenance Tech: *Ramon Lara*  
 Sr. Regional Manager: *Jim Collins*  
 FPI Management, Inc.



Office Hours  
 Mon - Fri 8:00 a.m. - 5:00 p.m.  
 Wednesday's Only 9a.m. - 6pm  
 Sat - Sun Closed  
 Office Ph.: 916.489.1604  
 FPI Emergency Ph: 916.357.5300

**VEHICLE REGISTRATION**

All cars parked in our lots must be legally operable on a state highway and have a valid DMV registration sticker clearly displayed on the rear license plate of the vehicle. Your vehicle registration information must also be submitted to the office and updated. This procedure is necessary for the tracking of unauthorized vehicles not adhering to regulations and for security purposes as well.

**BIRTHDAY'S THIS MONTH**

Happy Birthday to every resident who is celebrating a birthday this month. We wish you good health, happiness, and many returns. May all your wishes come true.

**MONTHLY POTLUCK**

The monthly potluck will be held on Friday, March 18, 2005 at 6:00 pm in the Eastern Gardens Clubhouse. Everyone is invited to attend. Celebrate monthly birthdays, welcome new tenants, and enjoy the fellowship of your neighbors! Please bring an hor d'oeuvre, salad, chips & dip, side dish, entree/main dish, beverages, or dessert to serve approx 6 people or a \$4.00 donation w/o food.

**NOTE: RSVP PRIOR TO POTLUCK.**

This courtesy helps to provide a good variety of food, etc. Thanks for your cooperation. RSVP Hosts: Rich & Kathy Kent, #44 (Ph: 482-1533)

**NEW MEMBERS**

Let us welcome Lynette Haley and her daughter, Rachel. We want your new home to be a pleasant one, filled with happiness and joy.

**RAMON'S ONGOING MAINTENANCE PROJECTS AND HELPFUL HINTS**

1.) **Dishwashers** - When not operating on a frequent basis you should run dishwasher at least (1) once a week to keep seals from drying out, this will help to prevent leaks.

2.) **Packing Material** -Please remember when discarding styrofoam bubbles and shredded paper or other loose materials to place them inside a garbage bag or any kind of sealed container. This helps keep material from falling out of the dumpsters when emptied by the Waste Service Vehicles.

3.) **Main Entrance Call Box System** - The call box is currently being updated. Last names will be listed in alphabetical order. Prior members names will be deleted and new members will be entered. Some of you may experience some difficulty when utilizing this system. Some cordless phones don't have the capability to open the gate when pressing the #"9" button. If the wall jack isn't working properly, please contact the office to generate a work order. If you do not want to have your name listed in the call box, please contact the office.

**HAVE A SAFE AND HAPPY ST. PATRICKS DAY & EASTER SUNDAY FROM YOUR MANAGEMENT TEAM****Easter Trivia****The Easter Bunny**

The Easter Bunny originated with the pagan festival of Eastre. The goddess, Eastre, was worshipped by the Angelo- Saxons through her earthly symbol, the rabbit and the egg for fertility.

The Germans brought the symbol of the Easter rabbit to America. It was widely ignored by other Christians until shortly after the Civil War. Easter itself was not widely celebrated in America until after that time.

**Irish Trivia****Irish Tradition**

Many people will be eating Irish food such as Irish Stew and Corned Beef and cabbage on St. Parick's Day. Corned Beef is not an Irish dish. It's what Americans think the Irish eat. A more traditional meal would be ham and cabbage or bacon and cabbage. Some say that in Ireland on St. Patrick's Day the traditional green beer is prominent. However, in Ireland, many years ago, St. Patrick's Day is considered a holy day and Pubs were not open for business. There were no parades, no drinking or wearing green. Green was considered an unlucky color.

**Irish Humor**

- \* What do you call an Irishman who knows how to control his wife? A bachelor.
- \* Definition of an Irish husband: He hasn't kissed his wife for twenty years, but he will kill any man who does.
- \* A person that can't laugh at themselves should be given a mirror.

**RESIDENT SAFETY TIPS****While You Are Inside Your Apartment Home:**

- \* Lock windows and doors.
- \* Never sleep with doors or windows open or unlocked.
- \* Never answer your door unless you know who is on the other side.
- \* Keep emergency numbers posted next to every phone.
- \* Immediately report repairs needed to locks, latches, doors or windows.
- \* Check smoke detector periodically.
- \* Immediately report repairs to devices outside your apartment such as gate locks and burned out lights.
- \* Close curtains or blinds at night.
- \* Never leave children alone without supervision.
- \* Report solicitors to management.
- \* Such persons are not permitted on the property unless prior arrangements are made with management.

**While You Are Outside Your Apartment Home:**

- \* Lock your doors and windows when you are gone.
- \* Don't hide your front door key under the doormat or around your front door; it's the first place a burglar will look!
- \* Try not to walk alone at night.
- \* Use a lamp timer to turn on lights and leave a radio playing softly when you are not at home.
- \* Arrange for your newspaper to be stopped when you are on vacation.
- \* Don't leave your apartment unlocked, even for a quick errand.
- \* Always stay alert and aware of your surroundings.

**Regarding Your Automobile:**

- \* Look inside vehicle before entering.
- \* Don't leave running while unattended.
- \* Keep car locked at all times.
- \* Remove or store valuables out of sight.