

EASTERN GARDENS CALENDAR OF EVENTS

MARCH 2012

SUN	MON	TUE	WED	THUR	FRI	SAT
				1 10am Coffee	2 8:15am - Tai Chi	3
4	5 8:15am - Tai Chi	6	7 8:15am - Tai Chi	8 10am Coffee	9 8:15am - Tai Chi	10
11  DST Begins	12 8:15am - Tai Chi	13  6:30pm Movie Nite	14 8:15am - Tai Chi	15 10am Coffee	16 8:15am - Tai Chi	17 
18	19 8:15am - Tai Chi	20	21 8:15am - Tai Chi	22 10am Coffee	23 8:15am - Tai Chi	24
25	26 8:15am - Tai Chi	27  10am Bookmobile	28 7pm Brd Mtg 8:15am - Tai Chi	29 10am Coffee	30 8:15am - Tai Chi	31  8am Give-a-way

APRIL 2012

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4 8:15am - Tai Chi	5 10am Coffee	6 8:15am - Tai Chi	7
8  Easter Sunday	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 8:15am - Tai Chi	17	18 8:15am - Tai Chi	19 10am Coffee	20 8:15am - Tai Chi	21
22  Earth Day	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					

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 2

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

MAR—APR 2012

2012 BOARD OF DIRECTORS

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ENERGY EFFICIENCY & ENVIRONMENTAL CONSERVATION

Energy efficiency and energy conservation of all available resources is the need of the hour and the concept of thinking Green not only uses it but also makes it a very feasible alternative to the present common way of living where resources are wasted. Energy efficiency and conservation is slowly gaining popularity, and looking at the trend it can be easily said that soon the demand for a greener living environment would increase many folds and as a result the costs would significantly come down and what is needed is better planning and realization of the potential market of the aware citizens who wish to have a home in a much needed Greener environment.

GO GREEN FOR SPRING

Did you know that the air inside your home is probably more polluted than the air outside? The average home contains 62 toxic chemicals swirling around and comfortably settling in your carpet, on your pillow, and on your toothbrush. Clear out the chemicals with condiments from your pantry. (Reprinted from PlanetGreen.com)

1. Cheap and Easy Pantry Ingredients! If you want a really easy, inexpensive, and all-natural way to get clean this Spring, make your own cleaning products using white vinegar, salt, oil, and water. Pull them out and let's get started!

2. Get Rid of Dryer Sheets Dryer Sheets are made from toxic synthetic chemicals that are not safe to use on clothing. And you definitely don't want them touching your skin! Clothes should never be washed or dried in chemicals. Use natural alternatives that you can actually make with vinegar. There are a slew of natural clothing detergents and dryer sheets. Try Seventh Generation, Whole Foods 356 Brand, or Mrs. Meyers.

3. Whiten Naturally We all want white teeth. Thankfully you don't have to fill your mouth with dangerous bleaching agents in order to obtain that pearly finish. Whiten your teeth naturally without the use of chemicals by mixing 1 ripe strawberry with 1 tsp baking soda. Spread the pinkish paste on your teeth and leave for 5 minutes.

4. Forget about Antibacterial Soap Antibacterial soap is a toxic cocktail of chemicals designed to kill. It also harms people, especially children, who should be trying to build up a healthy immune system. Use natural soap or make your own all-natural essential oil antibacterial concoctions and let your child's immune system fight off the bacteria itself—that's what it is meant to do. You are making a big mistake if you try to turn your home germ free.

5. Get Pretty with Homemade Beauty Products Women absorb up to 5lbs of makeup chemicals every year. Many "anti-aging" creams may actually be doing the opposite thanks to chemicals and hydrogenated oils that pack a heavy-handed punch. Instead, choose products made with organic ingredients and save money by slathering your skin with homemade skincare and age erasers: olive oil or coconut oil. Both are amazing moisturizers that do wonders for your skin if applied just before bed time.

6. Maximize your Laundry Loads. Don't wash/dry one or two clothing articles or as often.



PLEASE RECYCLE



EASTERN GARDENS OUTSIDE WAITING LIST IS OPEN!

Do you know anyone downsizing, doubled up or must cut living costs? Eastern Gardens Outside Waiting List is finally open! Let your friends at Church, etc. in on the best kept secret, that is, Eastern Gardens Cooperative. Applications are now available and can be obtained at the business office. Once the applications are received and processed for verification the applicant will be notified 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). So lets all get the word out to friends and family, there is no other place in the area as affordable as Eastern Gardens.

EASTERN GARDENS
THE BEST KEPT
SECRET



TO OUR EASTERN GARDENS NEIGHBORS

Party and Champagne Toast to Joan and Jerry

Gladys Glatt and Kathy Kent are hosting a "fun party and champagne toast" to celebrate the upcoming nuptials of our friend and neighbor, Joan Wood, and her finance, Jerry!

Do you have a photo of your wedding and/or honeymoon? How about a poem? A song to sing? A joke to tell? Let's keep this occasion a fun time as we wish Joan and Jerry much happiness as husband and wife!

Date: Sunday, March 4, 2012

Time: 2pm—4pm

Location: Eastern Gardens Clubhouse

CAKE—ICE CREAM—COFFEE—TEA
SPARKLING CIDER—CHAMPAGNE
Come join us and let's have fun!



FINALLY! LAUNDRY MACHINE REPLACEMENTS



The laundry machines have finally been replaced with the new and more energy efficient commercial washers and dryers. While the dryers are basically the same size you will notice that the washers appear to be smaller inside, but in reality they are the same, that is, they will hold the same amount of clothes but use less water...A BIG SAVINGS FOR US ALL!

The washers are now 75¢ with an extended Supercycle option. Just insert an additional 25¢ as displayed at the start of any cycle.

To buy an extended 'Supercycle' gives you:

- An Extra Rinse for All Cycles; and
- An Extra 3 minutes fo wash time



The dryers are now 50¢, for 48 minutes. For additional time just do the following:

- Deposit an addiotional 25¢ after the cycle has started, this will give you an additional 20 minutes; then
- Press the cycle button for the appropriate machine you are using
- The dry time will be increased automatically



DOCUMENTS AVAILABLE

The Audit Report for the year ending 2011 and the budget for 2012 are available to all members/shareholders of the corporation. You can obtain them in the business office during normal business hours, M-F 8am to 5pm. In addition to these documents, monthly financial statements are also made available to the members.

EG WEBSITE

Eastern Gardens has finally moved into the 21st century. That is, your Board approved for EG to have its own website. Soon it will be much easier and more convenient for the membership to have easy access to all of its governing documents.



Listed below is a brief summary of the many advantages that the membership and EG will have:

- Easy access and password protected for the membership to view our governing documents, current and past newsletters, announcements, fliers...etc.
- Each members will be entitled to have their own personal EMAIL BOX.
- Advertisement—Easily accessible for those seeking and applying for housing.
- Very affordable and cost effective.

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 @6:30pm

When & What: **Tuesday Mar 13th** "Come Away Home" Granddaughter Annie needs to stay with Grandpa for the summer much to

her disapproval. Grandpa's beach house doesn't live up to her expectations, neither does grandpa's lifestyle. But they both need to teach each other lessons in life. Fate and grandpa intervene to show Annie there's much more to life than shopping and internet blogs.

She learns the real value of family and friends and learns to see beyond the surface of life!

Tuesday, April 10th "The Secret" Mike Dunmore (Kirk Douglas) is so well liked by the residents of this

These are but a few of the many benefits in having our own website. You will be notified when the website is up and running.

NEW COPIER

The Board was informed by management that after 14+ years our current copier located inside the business office has reached its useful life, that is, it's costing more to repair and purchase supplies for it then it is to replace it. Truth be told, in the technology world a 14 year old copier is like using an old style hand cranked mimeograph machine. So your Board approved the purchase of a new All-in-One printer for the business office. The two copiers currently maintained n the office will be properly disposed as e-waste. Only the new one will be maintained by EG, a much more cost effective way of doing business.



GIVE-A-WAY TAKE-A-WAY



Bring your unwanted stuff, but in good condition. This is an opportunity for you to give away/take away those belongings that you've stuffed or packed away and never use.

The event date and times is as follows:

- Where: Clubhouse
- Day: Saturday
- Date: March 31, 2012
- Time: 8am-11am

Note: Drop-off time for your belongings is Friday, March 30th at 12pm noon.

Dates for year 2012 are:

- June 30th
- September 29th
- December 22nd

small Cape Cod town where he owns a general store. The town wants him to run for City Councilman. "I like Mike" soon becomes the town's slogan. But Mike has a terrible secret which he has harbored his whole life, and he knows that if he reveals it now, he will lose the respect of the community. A powerful Drama.

POC: Kathy Kent @482-1533