

November							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 Tai Chi 10am	10 Coffee 10am	11 Tai Chi 10am	12	
13	14 Tai Chi 10am	15	16 Tai Chi 10am Bd Mtg 7pm	17 Coffee 10am	18 Tai Chi 10am	19	
20	21 Tai Chi 10am	22	23 Tai Chi 10am	24 Thanksgiving	25 Tai Chi 10 am	26	
27	28 Tai Chi 10am	29	30 Tai Chi 10am				

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 11

November 2005

HOILDAY'S GIVE PURPOSE TO LIFE

Life is an appreciation of the clouds in the sky, the giggles of children, the aroma of fresh-baked bread, the sweetness of honey, and the smoothness of silk sheets. It is the celebration of the joys we experience with our senses.

Life is communicating with family, friends, and fellow men in our pursuit of our daily endeavors. It is sharing stories, laughter, tears, and a wide range of emotions as we move together through moments, hours, days, and years together.

Life is giving and receiving, and not one without the other. It is the ability and willingness to give time and energy to improve the lives of others, as well as the ability and willingness to receive and express thanks to those who give time and energy to improve our lives.

Socrates is quoted as saying, "Not life, but good life, is to be chiefly valued." Life is not just a matter of being awake and breathing. It is not about teasing fate and expecting miracles. It is not about being careless, clueless, or complacent. Life is about living-being an active, contributing participant in the greater scheme of things. "The purpose of life is a life of purpose." If the only purpose left in life were to be at the receiving end of the time and effort of others, then we would not be living a life of purpose.

If we were incapable of celebrating the joys we experience with our senses, if we were unable to share stories, laughter, and a wide range of emotions with other people in the daily course of existence, if we did not have the faculties to contribute to the improvement of other people's lives then our lives will have lost its purpose. "For it is in the giving that we receive." St. Francis of Assisi

Community Director's Message



Eastern Gardens Management Team

Office Hours

Community Director: *Theresa Williams*

Maintenance Tech: *Bill Reed*

Sr. Regional Manager: *Gary Haugstad*
FPI Management, Inc.

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: 916.532.2811



Board Of Director's Elections

For those wishing to apply for positions on the Board, you may acquire a resume' form in the office during normal business hours. All resume's must be turned in no later than Wednesday, **November 16, 2005.**

Actual voting will be held during the Annual General Meeting of members (AGM) on **Tuesday, December 13, 2005 @ 7pm.**

"Members wishing to vote with an absentee ballot must request a ballot (either in person or by mail) at least 10 days prior to the regular vote date. Absentee ballots must then be enclosed within the envelope marked "BALLOT" which is then placed in addressed envelope and either mailed or delivered to the Cooperative office at 3045 Eastern Avenue, Sacramento, CA 95821, at least 24 hours prior to balloting (voting). Where husband and wife are joint members, each shall be entitled to cast a one-half vote (1/2). QUORUM. The presence in person of at least 25% (i.e., 28 stockholders) of the members of record of the Corporation shall be requisite for and shall constitute a quorum for the transaction of business at all meetings." Eastern Gardens By-Laws Article IV sections 5 & 7."

Eastern Gardens Cooperative Board of Directors will have three vacancies available. Each Member/household will be required to vote for three candidates, for example, if there are six (6) candidates on the ballot, you then vote for the three of your choice. The three candidates receiving the highest number of votes becomes your newly elected board members and the next two candidates that did not receive the highest votes will become alternates. At November's board meeting, time will be allotted for you to meet each candidate. Your participation is vital, so please plan on attending.

MONTHLY POTLUCK

There will not be a potluck function for the month of November. However, there is a "End of the Year" celebration planned. Look for further details in December's newsletter.

Horseshoe-Pit Survey

It has been asked at the board meeting that took place on Wednesday, October 26, 2005 that the membership observe the horseshoe-pit area and come up with ideas to either renovate this area, or remove, allowing area to be functional in a way that best suits the community. Please submit your ideas in writing to the Community Director. Your ideas will be given to the board members and will be introduced to the membership for discussion. Thank you for your participation and thoughts concerning this matter.

WATER DAMAGE

Rainy days are forecast this time of the year. Unfortunately, water can cause considerable damage. To limit the possibility of water leaks, management performs preventative maintenance routines, as conducted in maintenance inspections, however, even well maintained properties can encounter water problems. Pesky leaks in the ceiling or around a window, dishwasher or toilet overflows can cause water damage and promote the growth and spread of mold if ignored. Please report water problems as soon as possible to the office to avoid unnecessary cost to yourself as a result of negligence or misuse.

Recipe for a Great Christmas

Six ingredients-

1. Mentally sketch a clear portrait of what a "great" Christmas would look like for you. Based on your past experiences, conjure up snapshots of you, and others with you, enjoying yourselves. Without such pictures, it's blind luck if it ever happens.
2. Look a little deeper into each picture, trying to put your finger on the satisfying experiences you're enjoying. Perhaps it's laughing about memorable things that happened in Christmases past. Or the eggnog while wrapping gifts.
3. For each satisfying experience, ask yourself what you can do to share that feeling again this Christmas. Maybe pull out some old photos or just mentally revisit a few of those fun times.
4. As "a natural" for enjoyment situation comes up (baking, shopping with a friend, or Christmas Eve church service) take some quiet time to visualize yourself enjoying aspects of that situation.
5. When you are actually in one of those "satisfier" situations, get intensely fully involved with it. Don't let your mind wander to things like preparing the turkey tomorrow, tell the turkey to wait. Refocus on enjoying what's happening now - the music, the laughing children, or...
6. Finally, after it's over, double your pleasure by reflecting on the most enjoyable moments you've just had with yourself and better yet, share the highlights with someone else. Christmas, like every day, is what you make of it. This recipe is all about setting yourself up for, and then creating wonderful memories. After all, that's what life is all about. Enjoy!

Hoilday Home Safety

- * Lock doors and windows when leaving the house.
- * When leaving home for an extended time, have a neighbor or family member watch your house and pick up your mail and newspapers.
- * Indoor and outdoor lights should be on an automatic timer.
- * Leave a radio or television on so the house looks and sounds occupied.
- * Hoilday gifts should not be visible through the windows and doors.
- * Make sure Christmas tree or holiday display is clear from doors and passageways.
- * Make sure when using lights on Christmas tree, wiring is not frayed or damaged, this will cause fire.
- * Place Christmas tree in water or wet sand to keep it green.

Holiday Shopping Safety Tips

- * Shop during daylight hours. If you shop at night, go with a friend or family member.
- * Avoid wearing expensive jewelry.
- * Do not carry a purse or wallet, if possible.
- * Even though you are rushed and thinking about a thousand things, stay alert of your surroundings.
- * Avoid carrying large amounts of cash.
- * Pay for purchases with a check or credit card when possible.
- * Keep cash in your front pocket.
- * Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- * Keep a record of all of your credit card numbers in a safe place at home.
- * Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas.
- * Beware of strangers approaching you for any reason. They will distract you with the intention of taking your money.