

# EASTERN GARDENS TATTLER

Volume 5 – Issue 6

3045 Eastern Avenue – Sacramento, CA 95821

Nov - Dec 2008



2008

## BOARD OF DIRECTORS

**Linda Patrick**  
President

**Janice Hoberg**  
Vice President

**Ed Healy**  
Secretary

**Donna Ripley-Schmelz**  
Treasurer

**Frank Lenhart**  
Board Member

**Merritt Miller**  
Alternate Board Member

**Kathy Slotterback**  
Alternate Board Member

## MANAGING AGENT

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

**Gary Haugstad**  
Sr. Portfolio Mgr.

**Theresa Williams**  
Community Director

**Vacant**  
Maintenance Technician

## OFFICE HOURS

Mon-Fri: 8:00 am - 5:00 pm  
Wed Only: 9:00 am - 6pm  
Sat-Sun: CLOSED  
Office Ph.: (916) 489-1604  
FAX (916) 489-1627

**After Hour Building  
Emergencies**  
(916) 271-7633



## EASTERN GARDENS RELECTIONS

In reflection of issues and items for the year 2008, for your pleasure a summary is listed here:

- ADA ramp and new sidewalk installed at building 3005
- Rainbow, Elections, Social and Carpet Committees are appointed
- The 1987 Expulsion procedures are amended and disseminated to general membership
- Clubhouse receives new digital antenna and receiver
- Financial audit, no weaknesses or discrepancies found
- New pool umbrellas
- Tree(s) removal, pruning and planting
- Surewest and AT&T say no or unable to upgrade/install cable
- Good neighbor fenced replaced
- Surveys performed, (i.e., Smoking & HD Antenna complex wide)
- Heroic efforts by two EG members
- Section "8" contract renewal for EG members
- Pool repairs (new drain, acid wash)
- New Landscape Maintenance contract proposals
- Bylaw amendments proposed
- Occupancy Agreement proposed (submitted to HUD for review/approval)
- New picnic tables
- CAHI inspection and review (passed "A")
- Membership Carport cleaning

In addition, during October's board of directors meeting the board recognized and thanked management, specifically, Ms. Theresa Williams, Community Director, for her efforts in saving Eastern Gardens over \$22,000 for this year. Through the course of the year all expenditures and purchases are paid out of the operations and maintenance expense account (O&M), and any capital expenditure items that are purchased or spent we withdrawal that amount from the Restricted Reserve account, specifically, the Reserve Replacement account (R&R) and deposit that amount back into the O&M account. During the boards budget meeting it was noted that EG had spent to date over \$22,000 in capital expenses, for example, dishwashers, refrigerators, carpet, commodes...etc. Management reported that for the year 2008 it will not be necessary to transfer any additional monies from the R&R account to offset any capital expenditures for this year. THIS IS A BIG SAVINGS TO EASTERN GARDENS!

Thank you Ms Williams for your outstanding efforts and diligence in keeping watch on our expenses and for always finding us those better deals/vendors. NOTE: This is also due in part that we have an on-call maintenance technician, Kurt Whisenhunt, who also saves us thousands of dollars...thank you Mr. Whisenhunt.



*(Article submitted by Ed Healy, EG Secretary)*

## ANNUAL GENERAL MEMBERSHIP MEETING



In accordance with the By-Laws, the Annual General Membership Meeting (AGM) is scheduled for **Tuesday, December 9, 2008 at 7:00 PM in the Clubhouse**. One of the most important agenda items is the election of the Board of Directors. The Board of Directors is comprised of five members and two alternates who are elected from the general membership. Five comprise the board while two with the lowest amount of votes are alternates. **Who May Vote:** Members of record may vote. "Where husband and wife are joint members, each shall be entitled to cast one-half vote (1/2)". **Only one vote per household.** The board is an elected group of members from the general membership that are responsible for Corporation oversight. The directors and officers' work closely with management to establish the annual operating budget, and have oversight on the policies and procedures, (e.g. bylaws, occupancy agreement, rules and regulations)



### 2009 BUDGET



The Board held its annual budget meeting on August 19, 2008 and after hours of review, discussions, opinions and changes, the board finally concluded that it will **raise** its carrying charges. The increase will not exceed 4%, (i.e., \$17.00 two bdrm and \$14.00 one bdrm). The increase is necessary to offset anticipated utility increases, that is, water, sewer, electrical...etc. for the year 2009. The Board would like to thank its managing agent, Mr. Gary Haugstad, Portfolio Manager and Theresa Williams, Community Director, for their continued support in guiding and advising us and for keeping a watchful eye on our expenditures and coordinating for us between HUD, our mortgage lender, insurance company, vendors and contractors. **NOTE:** Members on the Section "8" program will not see a raise in their carrying charges, only the assistance payments paid by HUD to EG will be increased to order to match the 4% increase.

## REMINDERS

During my weekly and monthly inspections of the property here at Eastern Gardens, not only have I received complaints, but I've noticed some items that need attention, specifically in the following areas:



- Breezeways and walkways – Members who reside upstairs please do not sweep, wash down your landings, or construct, build or over-water your plants onto the breezeway downstairs. This is considered rude and inconsiderate.
- Members who allow their pets to roam outside their apartment units are in violation of the pet policy and will be given written notice.
- Excessive cigarette butts found on property. This is your home, let's provide an attractive community for everyone to enjoy!
- Clubhouse usages – Members who do not rent the clubhouse but utilize the facilities; please remember to clean-up after yourselves. **THANK YOU**

### SOCIAL EVENTS

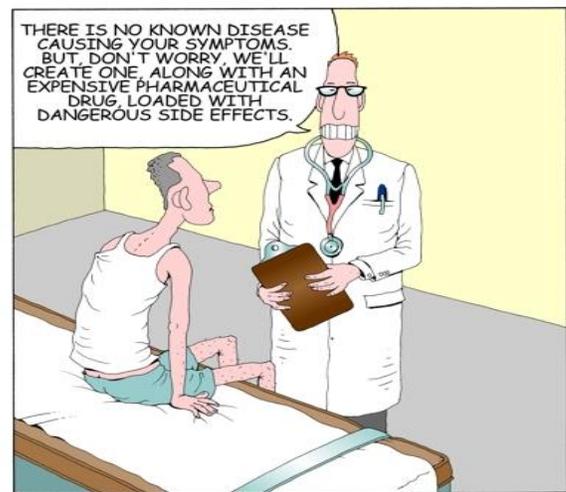
The Social Committee would like to remind all members of the upcoming social events which will be at the clubhouse, they are:



- November 5<sup>th</sup> @7pm "Lemonade" a comedy play reading.
- November 22, @ 6pm "Potluck"
- December 19, @ 7pm "Holiday Party"

For more details, please contact Janice Hoberg at 978-0431

### HUMOR YOU GOTTA LOVE IT!





## LAUGHTER TEST

Read each of the following nine statements. In the column to the right of each statement write a number 1-5 representing the phrase below which best describes your feelings about each statement.

*1 = I strongly agree, 2 = agree, 3 = sometimes, 4 = disagree, 5 = strongly disagree*

1. I feel I have a good sense of humor.	
2. I enjoy laughing and do so easily.	
3. I feel comfortable laughing by myself – whether in a theater or watching TV.	
4. I enjoy laughing at home and am able to do so easily with my family.	
5. I enjoy laughing at work and I'm able to do so easily with my co-workers.	
6. I make it a point of sharing the funny stories or jokes I hear.	
7. I like making other people laugh and consider myself fairly good at it.	
8. People tell me I have a good sense of humor.	
9. I seek out people and things that make me laugh.	

### What your Score Means

40-50	You're not laughing nearly enough. Start a humor library. Check out resources on humor from the library or off the internet.
30-40	Read a book on humor
20-30	You're laughing just enough to get by. There is still room for improvement. Try making at least one person really laugh every day.
10-20	You're laughing a lot. Humor is an integral part of your life. <b>KEEP IT UP!!</b>

### WINTER REMINDERS

In winter, comfort food and TV seem much better than diet and exercise. Follow our tips to stay healthy, reduce the symptoms of influenza & colds and avoid depression.

How can you keep healthy and avoid seasonal affective disorder (SAD) during the cold winter months when everyone seems to have the flu and a diet of healthy salads, rich in vitamins and minerals, doesn't seem so appealing? Our ten winter health tips will help to get you through to spring in good shape.

1. Eat a healthy diet with lots of fresh fruit and vegetables. Hearty home-made vegetable soups are great for cold days. This not only provides vitamins that aid the immune system, but these foods are also rich in anti-oxidants, substances known to counteract the effect on the body of free radicals (this may help to prevent some cancers). A daily vitamin and mineral supplement is a good idea, but it's no substitute for those obtained in fresh foods.
2. Watch that you don't gain extra pounds due to overeating the wrong foods. Comfort foods in moderation are fine, but in winter it is tempting to over indulge. If you need to lose weight, choose a well balanced diet such as Weight Watchers, rather than a fad diet.
3. Have an exercise routine - don't turn into a couch potato just because the temperature drops a few degrees. Put on your thermals and get out there - or alternatively take up an indoor sport or active hobby such as dancing. If you really can't get out, open the windows each day to freshen the air.
4. Get plenty of rest. Getting overtired can deplete your immune system leaving you open to infections. If you are having difficulty sleeping, look for herbal sleep remedies.
5. Prevention is better than cure so ask your GP about getting a flu shot - they are not just for the elderly. Influenza is debilitating viral illness for the healthiest of us. Thousands of work hours are lost annually due to influenza. Don't wait for the flu season to start before vaccination; go towards the end of

autumn. Flu shots do not prevent colds as these are caused by a different virus.

6. If you catch a common cold take a zinc, vitamin C and Echinacea preparation to help reduce the duration of symptoms. Cold & flu preparations are available from pharmacists to reduce runny noses and fevers. Discard used tissues directly into a bin to prevent spreading the virus to other family members (it is spread in droplets).
  7. Don't demand or take antibiotics for a cold or flu - these illnesses are caused by viruses and cannot be treated with antibiotics. Antibiotics are only used to treat infections caused by bacteria. Unnecessary prescriptions of antibiotics contribute to the deadly antibiotic-resistant strains of bacteria that we hear so much about. (It should be noted that antibiotics may be appropriate to prevent secondary bacterial infections in some people e.g. the very young or elderly).
  8. Don't hide away because it is winter, especially if you don't socialize by going out to work. At first it may not seem like a big deal, but it can become isolating and contribute to feelings of depression.
  9. Beat the winter blues. According to The National Organization for Seasonal Affective Disorder (NOSAD) Seasonal Affective Disorder (SAD) is a type of winter depression which affects millions of people every winter, especially during December, January and February. If you think that you may suffer from SAD (seasonal affective disorder), try to get out in the daylight for a while each day. If possible get some winter sun. Alternatively you might consider light box therapy.
  10. Look forward to spring. Plan a new you, new goals and some enjoyable activities to look forward to.
- NB. Before taking any supplements or medications, check with your doctor or pharmacist if you are pregnant or intend getting pregnant, have a medical condition or already take any form of medication.**

**HAPPY HOLIDAYS**

## **EASTERN GARDENS CALENDAR OF EVENTS**

<b>NOVEMBER 2008</b>						
<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>
						1
2	3 10am - Tai Chi	4	5 10am - Tai Chi 7pm - Play Read "Lemonade"	6 10am Coffee	7 10am - Tai Chi  Last day to accept Candidate Form	8
9	10 10am - Tai Chi	11	12 10am - Tai Chi 7pm - Bd Mtg	13 10am Coffee	14 10am - Tai Chi	15
16	17 10am - Tai Chi	18	19 10am - Tai Chi 7pm - Candidate Nite	20 10am Coffee	21 10am - Tai Chi	22 6pm - Pot Luck
23	24 10am - Tai Chi	25	26 10am - Tai Chi	27 Thanksgiving 	28 10am - Tai Chi	29
30						

<b>DECEMBER 2008</b>						
<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>
	1 10am - Tai Chi	2	3 10am - Tai Chi	4 10am Coffee	5 10am - Tai Chi	6
7	8 10am - Tai Chi	9 7pm AGM	10 10am - Tai Chi	11 10am Coffee	12 10am - Tai Chi	13
14	15 10am - Tai Chi	16	17 10am - Tai Chi	18 10am Coffee	19 10am - Tai Chi 7pm - Holiday Party	20
21	22 10am - Tai Chi	23	24 10am - Tai Chi	25 Christmas  Day	26 10am - Tai Chi	27
28	29 10am - Tai Chi	30	31 10am - Tai Chi	1 New Years  Day		

**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 911**