

September 2005						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 Coffee 10am	2 Tai Chi 10am	3
4	5 Tai Chi 10am Labor Day	6 Movie Night 7pm	7 Tai Chi 10am Bookmobile	8 Coffee 10am	9 Tai Chi 10am	10 Clubhouse Sale 10am-4pm
11	12 Tai Chi 10am	13	14 Tai Chi 10am	15 Coffee 10am	16 Tai Chi 10am	17
18	19 Tai Chi 10am	20 Movie Night 7pm	21 Tai Chi 10am	22 Autumn begins Coffee 10 am	23 Tai Chi 10 am	24
25	26 Tai Chi 10am	27	28 Tai Chi 10am Board Mtg 7pm	29 Coffee 10am	30 Tai Chi 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 9

September 2005

### **Simplifying Life Changing with the Seasons**

The changing of the seasons provide a good time to repair, clean, or give away those items that we have put away for a season or so. Take time now to go through your warm weather clothes. When you come across something you haven't worn for two years, put in a box for charity. Take a look at the larger objects in your house. This is a good time to have the furnace/air conditioner unit serviced so that it will continue to work safely and efficiently when you need it the most. Also, make sure your kitchen appliances are working properly. Check lamps and light fixtures for bulbs that need to be replaced. Now that your home is rid of excess "things," cleaned, and in good repair, take some time to reflect upon the season now passing. What have you accomplished during the season? What do you hope to accomplish during this season? Do you want to quit smoking, start an exercise program, or spend more time with your family? Do you want to simplify your life, but somehow it's gotten all cluttered up again." Many of us are motivated to simplify our lives allowing ourselves to think, *At last! I'm living simply.* Things go along pretty well, but then something happens... We wake up and discover our

lives are not as simple as we thought they were. Some of us find ourselves forced to simplify in order to survive illness, retirement, or losing a job that can cause us to look for ways to reduce expenses. Others, who have plenty of money choose to simplify because they become disillusioned with chasing after things. Something is missing from our too-busy lives and want to spend more time with our families, explore interests, or get rid of clutter we have acquired over the years. Some of us simplify our lives to become self-sufficient. Others feel they are living a way not true to their values, disillusioned with consumer society's "shoulds" and "oughts" discovering that our own set of values make more sense. All these reasons are valid ones for seeking to live more simply. Living simply will not be a priority during a time of great change and upheaval. Making sense of a situation and finding a new equilibrium have to occur before we can return to a simple life. Asking ourselves our values and priorities and how I can live in a way that reflects them? The key is individuality: What is right for us at this time? It's no wonder that most of us can't simplify our lives "once and for all." To sum it up: simple living, like each of us, is a work in process; and we need to be true to ourselves during the journey.



### Eastern Gardens Management Team

Community Director: *Theresa Williams*  
 Maintenance Tech: *Bill Reed*  
 Sr. Regional Manager: *Gary Haugstad*  
 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: 916.532.2811

**MOVIE NIGHT'S****DATE:** Tuesday, September 6th**TIME:** 7:00 pm**CATEGORY:** Comedy**DATE:** Tuesday, September 20th**TIME:** 7:00 pm**CATEGORY:** Drama**No potluck for September****CLUBHOUSE SALE****DATE:** Saturday, September 10th**TIME:** 10:00 am. to 4:00 pm.

**Everyone welcome**-Bring your items; Dishes, Clothing Glasswear, Pots and Pans, Computers, Paintings, etc. Join your neighbors in this fun event!!! Any questions, please contact Gladys at 487-7457 or Vera at 482-1260.

**CONSERVING RESOURCES**

**The following are a few tips and suggestions for water conservation.**

- 1) Wash your car less frequently.
- 2) Toilets use a large amount of water. Use paper only suitable for flushing.
- 3) Take showers rather than baths, install low flow shower heads.
- 4) Turn water off while brushing your teeth and shaving.
- 5) Wash full loads of laundry.
- 6) Make sure dishwasher is full when you run it through a cycle.

**Minimize energy consumption with the following steps:**

- 1) Change air conditioner/heater filters every 3-6 months.
- 2) Run clothes dryer and dishwasher in morning or night, rather than the heat of the day.
- 3) Keep refrigerator and freezer full.
- 4) Make sure doors and windows fit properly and properly sealed.
- 5) Service HVAC unit before winter and summer.

**The Future Of Social Security**

The President and Congress have different viewpoints on this serious issue. There are two ideas on how the future of Social Security should or could be handled. The first would be to set aside a portion of each workers SS payments and allow that worker to invest them the same as a 401K. The second would be to have SS continue as it is and have Congress intervene, should the need arise, with legislation to keep the fund solvent. These are the pros and cons to both ideas: **Pros for allowing you to manage your account:**

\*Control on your investment allowing you to make more than you would get from SS.

\*You have ownership.

\*Guarantee of money upon retirement.

**The Cons To manage your own:**

\*Where would money come from to fund this? SS?

\*Bad investments decisions? Will be taken out of SS retirement.

**Pros for leaving SS as is now:**

\*SS has been around for 70 yrs and has remained Solvent.

\*Keeping all SS taxes together keeps fund stronger than dispersing out to workers.

**Cons for leaving SS as is now:**

\*More strain on fund with baby-boomers reaching retirement.

\*Could SS support the continually growing number while a portion of collected taxes back to workers to invest. If SS is going to be available for future generations of workers, some type of change is necessary and time will tell whether or not the right choice is made.

This month is in recognition of Labor Day, dedicated to the achievements of the American Worker and in honor of our grandparents showing the respect they deserve as we celebrate Grandparents Day.

**LABOR DAY**

Labor Day constitutes a tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. Matthew Maguire, secretary of local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. The first Labor Day was celebrated on September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. In 1884, after selecting this holiday as proposed, the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated throughout industrial centers of the country. It is appropriate, therefore, that the nation pay tribute to the creator of so much of the nation's strength, freedom, and leadership—the American Worker.

**SEPTEMBER HISTORY FACTS**

**4th**-Roll film patented, 1888

**7th**-First Miss America Pageant, 1921

**10th**-California becomes the 31st state, 1850

**15th**-Alexander Fleming discovers Penicillin, 1928

**18th**-U.S. Air Force established, 1947

**19th**-Mickey mouse cartoon, 1928

**23rd**-Planet Neptune discovered, 1846

**27th**-Answering machine patented, 1950

**GRANDPARENT'S DAY**

"Grandparents are meant for kisses and hugs, For watching rainbows and catching bugs. For baking all of your favorite things. For books to read and songs to sing."

The idea for a National Grandparents Day originated with Marian McQuade, a housewife in Fayette County, West Virginia. Her goal was to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed National Grandparents Day.

**LIFE.....**

Many people will walk in and out of your life, But only true friends will leave footprints in your heart, to handle yourself, use your head; Anger is only one letter short of danger. If someone betrays once, it is his fault; If he betrays you twice, it is your fault.

Great minds discuss ideas; Average minds discuss events; Small minds discuss people.

He who loses money, loses much; He who loses a friend, loses much more; He who loses faith, loses all.

Beautiful young people are accidents of nature, But beautiful old people are works of art.

Learn from the mistakes of others, you can't live long enough to make them all yourself.

Friends, you and me... You brought another friend.. and we started our group.. our circle of friends.. and like a circle.. there is no beginning or end.. Yesterday is history. Tomorrow is a mystery. Today is a gift.

"September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn."