



THE GARDENS GRAPEVINE

EASTERN GARDENS COOPERTIVE, INC.
3045 EASTERN AVENUE; SACRAMENTO CA. 95821

FEBRUARY -MARCH 2016

2016

BOARD OF DIRECTORS

Newly elected Board of Directors are:

Chuck Miller, President

Alize Grant, V. President

Kim Evert, Secretary

Jeff Lema, Treasurer

Shirley Brown, Director

Alternates:

Jerry Ontiveros

Teresa Magee

The specifics of the election have been posted.

A SPECIAL THANK YOU

Our outgoing officers serving as community leaders and examples to our community have contributed long hours and given freely their time and shared their talents to benefit Eastern Gardens.

Outgoing Board of Directors:

> Vice President Bernie Stofanik

>Treasurer Lynette Haley

> Director Ed Healy

> Alternate Kathy Slotterback

Social Committee:

> Chairperson Janice Hoberg

Inspector of Elections:

>Gayle Posey

IMPORTANT NUMBERS

Office:489-1604

After hours/emergency: 485-7368

Sheriff's Dept. (non emergency) 874-5115

Sheriff 's Dept. Emergency-911

Directory Assistance # 411

Phone repair: #611

Food Stamps 874-3100

CA. Highway Patrol (800)835-5447

Meals on Wheels 444-9533

Social Security /Medicare (800)772-1213

Para transit Reservations 429-2733

Regional Transit (Sac.RT) 321-2877

SMUD (888) 456-SMUD

Veterans Administration 874-6811

"UNITY IN THE COMMUNITY"

President Chuck Miller and the 2016 Board of Directors pledged to bring the community together. In a cooperative the Members must put aside their prejudices aside and fulfill their responsibilities as "Member". They are obligated to pay their rent, pay any "special assessments", follow the rules and regulations, to **vote** and to participate in their cooperative.

HANDY TRICKS

Are your drains running slower? Try this trick: Mix ½ cup white vinegar, ½ cup baking soda and ½ cup water. Then mix solution and put it down your drains, let the mixture sit about 15 minutes and run cold water. This saves the environment and may save a service call.

s WATER ON THE RISE s

Eastern Gardens bill for clean water and output water is very high. We must all work on saving this resource and keep our rents low. Not only is the rate going up as much as 10 percent, but in the past years our consumption was never so high. Did you know a constantly leaking toilet can waste up to 1,000 gallons of clean water in one month?

FREE HEALTH CARE SCREENING

Sam's Club at 3360 El Camino Avenue, Sacramento by Walmart and Wells Fargo Bank has *free health care screening* for members and non-members of Sam's every 2nd Saturday of every month. You can get various tests from glucose to cholesterol testing, body fat percentage, and vision screening: Next free screening is February 13, 2016 from 11:00 AM - 4:00 PM. Check prescription prices there, too. It could save you money.

BOOKMOBILE

Eastern Gardens has the traveling Sacramento County Bookmobile come to our property the last Tuesday of every month at 10:00 AM. The next trip will be on February 23, 2016. You can order books, tapes and a variety of materials that will be brought right to our community for our convenience. This is a great service to all Members.

WHAT ARE 211 PHONE NUMBERS

Many do not know this is a 24 hour way to contact Community, Health and Disaster assistance.

40 YR. MEMBER MOVES

Marilyn McGraw, a kind neighbor living at Eastern Gardens moved to be closer to enjoy her family. Marilyn was a Kaiser employee for 38 years, and an amazing musician, playing 1st Violinist in the Orchestra for many years.

WELCOME NEW MEMBERS

We all want to welcome our newest members at Eastern Gardens. They are: Larisa Mikhaylishine (#81); Whitney White (#85); and Kim Pak (#24).

A good father is a source
of inspiration and self-restraint.

A good mother is the root
of kindness and humility.

REMEMBER...

If you do not lock your car at night you may not only have your car stolen, but also give the thief "opportunity" to steal your identity with papers you leave in that unlocked automobile. Let's be safe. Lock up.

WELCOME ARROWHEAD

On January 8, 2016 Eastern Gardens had a record turnout to approve Arrowhead Housing as our new Management Company. Thank you for voting in this Special Election.

A BIT OF WISDOM

Yesterday is history
Tomorrow is a mystery

Today is a gift

That's why we call it

THE PRESENT
(Daily Inspiration)

DID YOU KNOW...

When buying bread, look for the bread with whole wheat and not less than 3 other grains in it to be provide more fiber, be more filling and be healthier for you

HOW TO BLOCK YOUR NUMBER

You can stop those unwanted calls by signing up for the *Do Not Call Registry* for free.

Call the Federal Trade Commission designated number: 1-888-382-1222 from the phone you want to add to the *Do Not Call Registry*.

Once your number is on the list, sales companies should stop calling your phone after 31 days. If calls do stop by then you can report to the Federal Trade Commission.

THAT EMPTY FEELING

Have you ever felt once you bought that big bag or box at the grocery store only to find out very little was in the bag or box? Do not get disappointed says *Consumer Reports*. Read the ingredients and the quantity of the bag or box and get your money's worth.

IF YOU MUST COUGH OR SNEEZE

Remember to use the crook of your inner elbow health professionals tell us. They explain fewer germs are spread and remind parents to teach their children to do this, too.

THERE CAN BE NO POSITIVE
RESULT THROUGH NEGATIVE
ATTITUDE. LIVE POSITIVE!

VOLUNTEERS NEEDED

There is a great difference between living in an apartment or rental home where the landlord makes a profit from charging the going market rate and living in a limited equity Cooperative such as Eastern Gardens where we have an opportunity to keep our rents affordable. In a landlord rental the landlord usually selects tenants and hires work done on their behalf which means eventually the rent will go up and up.

To keep our housing costs down and continue being able to protect what we have here at Eastern Gardens we have a challenge ahead of us. There has not been a Reserve Study done for many years. We must know what condition things are where we cannot see. Our structure was built in 1971. Our original sewer and water lines are not where we can access their condition. We have original windows, original boilers and many things that have simply aged out.

Our management company can not provide new for old without huge loans and that means we must work together to volunteer on projects and committees that we would have to hire out or use the gifts and talents of each an every Eastern Gardens member. We, as Member/Shareholders can all do something. We need volunteers to work under the Board of Directors to assist on many committees. Currently those Committees needing people to help are:

- | | |
|--------------|---------------------------|
| >Finance | >Membership |
| >Social | >Newsletter |
| >Election | >Maintenance |
| >Landscaping | >Research & Unit Upgrades |

This volunteerism is essential if we expect to stay financially sound and to keep our rents low. No committee can invade the privacy of another Member/Shareholder. This would be illegal. Management or the Board can't do what a dedicated number of motivated neighbors can do in a timely manner for the common good of our wonderful Eastern Gardens community.

FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4 COFFEE	5	6	
7	8	9	10	11 COFFEE	12	13 Sam's SCREENING	
14	15	16	17	18 COFFEE	19	20	
21	22	23 BOOKMOBILE	24	25 COFFEE	26	27	
28	29						
		January 2016 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March 2016 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		VERTX42 © 2013 Vertex42 LLC Find more free calendars, planners, calculators and other templates on Vertex42.com		

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<http://www.vertex42.com/calendars/2016.html>

March 2016						
		1	2	3 Coffee	4	5
6	7	8	9	10 Coffee	11	12 Sam's Screening
13	14	15 OPEN MTG	16	17 Coffee	18	19
20	21	22 BOOKMOBILE	23	24 coffee	25	26
27	28	29	30	31 coffee		

March 2016 Calendar