



Management Message



The picture from left to right is Joe Mohamed Jr, Deborah Mohamed, Jilyn Richmond, Brian Richmond, Vicki Cabrera, Marvin Richmond, Diana Richmond, Donna Moore, and Eldon Moore.

What's the Board Up To?

- President Chuck Miller resigned July 27th
- Vice President Alize Grant resigned July 29th
- Alternate Director Jerry Ontiveros resigned August 25th
- New Board Officers: Kim Evert - President, Shirley Brown – Secretary, Jeff Lema - Treasurer
- Roof repairs successfully completed by Kodiak Roofing
- Eastern Gardens technology survey completed

Association reserves completed Eastern Gardens **reserve study** on August 4th. Reserve studies help cooperative properties manage their long term capital needs and assess how much money needs to be funded into our reserve account to meet our needs. The study contains 100 pages of information on our long-term inventory and its useful life.

An **open meeting** was held on August 25th with the membership to discuss the findings of the reserve study. Both the board of directors and management presented a summary of the results. Eastern Gardens current position of 17% funded is classified as weak. A discussion followed to determine the best course of action to rectify this situation. At this time, the Board will work with volunteers to form a Budget/Finance committee to examine the best options available to Eastern Gardens to fund our reserves adequately.

You have a voice too. Email board@easterngardenscoop.org with what you like, so we know! Better yet, fill out your survey right away—look for it in the mail in the next two weeks!

New office hours: M-F 10am-1:30pm. The maintenance hours are M-F 10am-5pm.

After hour emergencies are a necessity for any property. Arrowhead management have responded to 3 emergencies per week during the last quarter. Let's give Arrowhead a big thank you for responding quickly and with professionalism! Remember if you have an emergency please call (916) 485-7368 and leave a message. The voicemail is monitored regularly.

Work orders need to go through the community director. You can call the office, come in or email: manager.easterngardens@gmail.com.

Smoking Reminder: Please dispose of your cigarette butts properly in ash receptacles. A survey of over 1000 smokers found that 35% toss five or more cigarette butts per pack on the ground, overlooking the consequences of their butt litter because of its small size. Remember, all cigarette butts must be thrown in the trash not down the drains. Storm drain fines are \$8000 Ouch! Let's do our part and stay fine and butt free!



Join a Board Committee!

Membership Committee - For current updates and information around please contact Chairperson Bernadine Stofanik, (916) 971-3662.

Social Committee - Committee members are Bernadine Stofanik, Nona Weisbart, Laura McCall and Kim Evert. There isn't an "official" chairperson, we all share an equal role in organizing the social events. We would love some new volunteers next year!

Landscaping Committee - Chairperson Gayle Posey, (916) 504-9554, and Wendy Johannson, (916) 333-3136.

Newsletter Committee - Chairperson Alize Grant, (415) 254-1074. So far we have completed 3 editions of the Grapevine this year. With each edition our goal was to make it better than the last one. We are already planning the next edition (deadline for submissions is November 30 for a special holiday/end of year issue). We enjoy getting feedback from the membership and submissions as well. We divide our tasks between several areas, research, writing and developing pertinent content for the community each quarter. It truly does take a village to accomplish great things. Contact Alize if you are interested in becoming Editor-in-Chief in training, or a contributor in any other way!



COMMUNITY JUNCTION

SENIOR RESOURCE DIRECTORY: Every year, the Sacramento Bee compiles an excellent Senior Resource Guide for the Sacramento County area. It is a comprehensive resource guide, covering topics such as Caregiving, Consumer Assistance, Financial Assistance, Food Programs, Health Services, Housing, and Legal, Senior Community Centers, Support Groups, Transportation, and Social Security. On back page is the 2-1-1 Quick Assistance Phone Guide for your easy access to important and/or emergency agencies.

TODAY'S SENIOR MAGAZINE: Available for "today's and tomorrow's senior who has a fondness for the past but looks forward to the future!"

PARENTS' MAGAZINE: To round it out, this magazine has been connecting families for 24 years. Listed inside is "a jungle of after-school activities!"

Come pick up one or all three of these excellent magazines!
Available at the EG Clubhouse!

Member In the Spotlight



JANICE HOBERG

ADD A LITTLE COLOR THIS SUMMER

With the passing of summer it is time choose the look we want our plants to have at Eastern Gardens. At one member's excellent suggestion, a survey will be conducted very soon so that we can get input from each member about how they would like the shrubbery around their own area to look, either trimmed back short or left to flower and grow tall. If there is significant participation, the landscape maintenance after that will be heavily influenced by the majority participating in the survey.

Some of us have had the chance to see the blooming of many of our old plants for the first time. The downside was that in order to let the flowering plants grow, we've had to allow non-flowering plants to go untrimmed. Working with Arrowhead, the first trimming is planned as follows:

- Except for the small Heavenly Bamboo that gets the red berries, all plants will be trimmed a foot away from buildings
- Certain bushes will be pruned at the entrance near the office
- All the palms will have dead fronds removed
- As the bushes get larger, more trimming will be needed to prevent them from becoming unwieldy

In October, seven Gingko seedlings will be planted inside the fence along Robertson, and will eventually provide shade to residents there. Sixteen other seedlings will follow in two groups. The committee has taken great care to choose a majority of trees with low to very low water requirements.

Gayle Posey
Wendy Johansson
Cathy Lozanno
Nan Diebels

WHAT'S UP WITH THE WEBSITE?

The re-design of Eastern Gardens website is being handled by Vision Quest, a web design firm located in Elk Grove. The first of three revisions has been delivered by the designer and a review is under way. This will be done by the board of directors, management, and the Newsletter/Web Committee. Thanks to all the members who participated in the survey; your input will be incorporated into the website. Despite some setbacks we are on track for completion soon. The updated features and functionality should be well worth the wait.

Free HP Printer. Needs ink
Call John Kohlriseser (916)482-3504

In order to foster a closer sense of community, one member will be the star of each Newsletter. This quarter's member in the spotlight is Janice Hoberg.

Do you have family who also live here?

I live in Eastern Gardens by myself. My family lives in and around Sacramento.

Did you go to college?

I was born and raised in Live Oak near Marysville, CA. I went to high school there and attended Yuba College there as well. I then went on to attend Pasadena Playhouse for theatre and acting. After that I went to Cal State Northridge for my Bachelor's degree. I have been active in the theatre and acting my entire life. My husband and I operated a community theatre in Maryville for 30 years. My life has been full and blessed. In my younger years I toured around the country in a play. Since acting and theatre didn't pay much I also became a school teacher. I taught 3rd and 4th grade.

What is your typical day like?

I volunteer at Chautauqua Playhouse 2-3 days a week. I help organize props and costumes for the theatre. I also had the opportunity this year to direct the play *Calendar Girls*. I have also acted in a few plays there as well. Currently I'm working with Eskaton producing a play for them.

What do you like best about living here at Eastern Gardens?

I like living here. I have lots of friends and family is close by. I believe in Eastern Gardens' background and ideals. I really love having a safe, friendly economical place to call home. What would I change? I wish we had a kinder and more gentler community where we all got along.

Upcoming Events

Coffee Club Every Thursday 10am-12pm in the clubhouse. Come be social and have a cup of joe and meet your neighbors. Bring a treat to share or great conversation.

Sacramento Library Bookmobile 4th Tuesday of every month 10-10:45am, outside the clubhouse. You can check out all kinds of books and videos right from the van. You can also order anything the library has and it will be delivered to you.

September 22- Beginning of fall
October 10- Columbus day
Oct 31st -Halloween
Nov 6th-Daylight Savings time Ends
Nov 11th- Veterans Day
Nov 24th -Thanksgiving

Chautauqua Playhouse Upcoming Season | 916-489-7529 | tickets@cplayhouse.org

On Golden Pond, now through Sept 25th
Born Yesterday, Oct 14-Nov 13
Funny Little Thing Called Love, Dec 2-Jan 15

ROASTED FALL VEGETABLES WITH SAGE, PARMESAN AND BALSAMIC REDUCTION

Fall is here and with the seasons changing so does our taste in food. We move from light summer fare to more hearty warm comfort foods. This roasted fall vegetable dish courtesy of Yummly.com and Chelsea's Healthy Kitchen should hit the spot.

Roasted butternut squash, Brussels sprouts, and shallots in olive oil and sage, topped with Parmesan cheese and a drizzle of balsamic reduction.

Yield: 4-6 servings

- 1 lb Brussels sprouts, trimmed and halved
- ¾ lb butternut squash, cubed
- 3-4 shallots, peeled and quartered
- 2 tbsp olive oil
- 2 tbsp chopped fresh sage
- ¼ tsp salt
- 3 tbsp freshly grated Parmesan cheese
- 1-2 tbsp balsamic reduction

Preheat the oven to 375°F.

While it is heating, prepare your vegetables. Wash, trim, and halve the Brussels sprouts. Peel and cube the



butternut squash into 1 to 1.5 cm pieces. Peel the shallots and cut into quarters. Don't cut off the ends of the shallots - this helps the layers stay together. Then combine the chopped sage and olive oil in a small dish, and pour it over the bowl of vegetables. Toss to combine, then add salt. Spread out the vegetables on a baking sheet and bake for about 20 minutes. Then flip them over and bake for another 10 minutes before removing. Let cool slightly, then top with shredded Parmesan cheese and a drizzle of balsamic reduction.

To make vegan, omit Parmesan cheese.

October is National Cooperative Month.

Coops all over the country are being encouraged to explore the theme "cooperatives build". The theme can be used on its own, or extended with sub-themes, such as: Cooperatives Build Trust; Cooperatives Build Communities; Cooperatives Build Jobs; Cooperatives Build a Better World. The goal is for cooperatives to take a look at how they are building and connecting with their community.

This is a wonderful opportunity to take a look at Eastern Gardens as a housing cooperative and examine how we are building communication and connection within our community, and how we connect outside of it. EG is under a grip of mistrust and lack of communication. It truly doesn't matter whether it's personal or a business relationship: **Any successful relationship begins with trust.**

Ways To Save Money

- Submitted by Eastern Gardens member

When I was first living alone and on only the money that I made, I decided to ask my insurance company if they could average out what I owe so that I might pay just the same amount each month. I have done that for over 30 years and while it does cost a little more to do it that way, it is a better way to budget your monthly income.

So then I decided that I would ask SMUD if I could do the same with them. It was easily arranged (just call the phone number on your bill). And not only that, I asked if I would be able to apply for the low income rate that they give to certain people. So now I pay about half of what others do with the same size apartment. They will tell you what type of proof of income they will need (I sent a current copy of my federal income tax report as I am

retired and they require me to do that every so many years.)

Then not too long ago there was an insert in my AT&T bill of how to see if you could qualify for their lower rate. So I called the number for the CA Lifeline Program (800-288-2021), filled out the application they sent me and sent it along with a current copy of my federal income tax report and I was approved!

So it does pay to ask each company that you deal with to see if they offer such discounts and if you qualify, as it certainly can't hurt; and in my case it has been such help.



IMPORTANT PHONE NUMBERS

Office: 916-489-1604

After Hours/Emergency: 916-485-7368

Sheriff's Dept (non-emergency): 916-874-5115

Police/medical emergency: 911

CA Highway Patrol: 800-835-5447

Directory assistance: 411

Phone repair: 611

Community, Health, Disaster Assistance: 211

Arrowhead Housing: 916-485-7368

Food stamps: 916-874-3100

Meals on Wheels: 916-444-9533

Social Security/Medicare: 800-772-1213

Paratransit Reservations: 916-429-2733

Regional Transit (Sac RT): 916-321-2877

SMUD: 888-456-7683

Veterans Administration: 916-874-6811



Board Directors

President: Kim Evert

Secretary: Shirley Brown

Treasurer: Jeff Lema

Newsletter Committee:

Alize Grant, Chair/EIC

Lynette Haley, Contributor

Kathy Kent, Contributor

John Lohrieser, Contributor

Janet Lumberg, Contributor

Mike Romp, Contributor

Designer/Copy Editor: Reneé Rodriguez (pro bono)



The Smarty Pants Quiz

Welcome to the World's Easiest Quiz
(you only have to get 4 answers correct)

1. How long did the 100 years' war last?
2. Which country makes Panama hats?
3. From which animals do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?
6. The Canary Islands in the Pacific are named after what animal?
7. What was King George VI's first name?
8. What color is the purple finch?
9. Where are Chinese Gooseberries from?

- Answers to right, under word puzzle

-Submitted by Richard and Kathy Kent #44



Autumn Search-a-Word

Q E H S A U Q S U X L O Z Y C S Y P
 J D O W A W Z S Z A D M M Z W B A O
 F C G A P U Q T B G D C D E N W P L
 Y C N R R M K O A L H D A A I U P O
 A S I L E C R Q E A Q T K I K R L W
 D R V O I D O A O B E S I R P A E Z
 I R I E A S V S O R C M C R M H P N
 L T G Y L E Y R T H R Y J D U N I P
 O S S E S E L P O U T H W O P X C E
 H E K U K U C O N F M O O E X H K G
 E V N P X G L T U E R E S R F O I A
 G R A N T F W Y I C E T S O F A N I
 D A H N I K L U E O S W O C O P G L
 I H T I C K N R L O N T O H W F M O
 R L B W P B A E H Q B I E L T T A F
 B W H U W C L G U A W Y L V L S H T
 C D W K S S N I L B O G V P R A H X
 Q T H N F C E L Z L L J X F I V H T

Apple picking

Bridge holiday

costumes

election

foliage

football

ghosts

goblins

Halloween

harvest

Labor day

leaves

pumpkin

scarecrow

school

squash

sweater

Thanksgiving

1. 116 years | 2. Ecuador | 3. Sheep and Horses | 4. November | 5. Squirrel Fur | 6. Dogs | 7. Albert | 8. Crimson | 9. New Zealand



Be sure to check in with Deborah, our wonderful Arrowhead representative in the management office, for event updates.