

TENANT FOCUS

VOLUME 3, ISSUE 2

APRIL—JUNE 09

GET INVOLVED IN THE PHA 5 YEAR PLAN

What Is the PHA Plan?

The PHA Plan is a comprehensive guide to public housing agency (PHA) policies, programs, operations, and strategies for meeting local housing needs and goals. There are two parts to the PHA Plan: the 5-Year Plan, which each PHA reviews and updates once every 5th PHA fiscal year; and the Annual Plan, which is prepared by the PHA every year. PHAs submit to HUD a PHA Plan Template, which includes specific plan elements but also information on where certain plan elements that are not required to be reviewed by HUD can be obtained locally. PHAs use the same PHA Plan Template for the 5-Year and Annual Plan. The entire PHA Plan (including all elements, not just those submitted to HUD) must be made available locally, typically at the main office of the PHA or on the PHA website.

During the month of April the Sacramento Resident Advisory Board (SRAB) and your community site manager will be meeting in your community to solicit your input and present plan information. See the chart on page five for dates and locations.

Notice: SRAB Quarterly Meeting

SRAB Quarterly meeting is scheduled for April 30, 2009 at 1725 K St, Sacramento, CA 95811 at 1:30 pm. An election will be held to fill the vacant Chairmanship position during the meeting.

Legal notice posted @ 1725 K St., 95811

CALENDAR OF EVENTS

The Executive Committee meets Wednesdays at 11:00 am
Call ahead to be on the agenda
1725 K St. # 101

The SHRA Commission meets on the first and third Wednesdays of each month at 6:00 pm. They meet at 600 I Street, first floor.

The RAB Quarterly Meeting will be held April 30 at 1:30 pm at the Comstock Apartments dining room. 1725 K Street

The Midtown Manor grocery bus goes to Wal-Mart. Next trips: April 3, May 4, and June 5.

The Buena Vista grocery bus goes to Winco. Next trips: April 7, May 4, and June 4.

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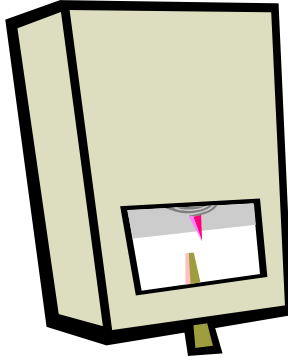
MAINTENANCE CORNER BY GREG POTTS

A Basic Primer on Programmable Thermostats

If your apartment is equipped with a digital programmable thermostat, you can learn to program it yourself.

First, press the "mode" button until you see "heat" or "cool" whichever you would like.

Press "program" until you see "set time". Move the up and down keys to the desired time you would like your unit to start heating or cooling. There are 4 settings; morning, day, afternoon, evening (or night), depending on the



thermostat. Set the time you like, then hit program again.

Each time you press program and set the time desired, then press the "time/temp" button and set the desired temperature. After you set the temperature, hit program again. The optimum temperature for heating is 68 degrees, and the optimum temperature for cooling is 78. These temperatures are recommended for the most energy savings while still keeping you comfortable.

Please call your maintenance office if you have any questions.

THINGS TO DO THIS SPRING (FREE OR CHEAP) BY LISA BURTON

CROCKER ART MUSEUM

Free admission 10:00am - 1:00pm
each Sunday

MOVIE MADNESS GAME NIGHTS!

Tuesday April 07, 2009 5:30 PM
Central Library

Teens and chaperones are invited to enjoy board games, snacks, and a great movie.

THE AMAZING AMAZON WITH WILD THINGS, INC.

Saturday, April 25, 2009 2:00 PM
Colonial Heights Library

This program will enlighten and instill excitement about the Rainforest that remains untouched and full of life.

From the creepy crawlies to the higher primates, learn about the wonderful wildlife.

Second Saturday - CAMELLIA WALDORF ARTISTS AND MUSICIANS

Saturday, May 09, 2009 2:00 PM
Central Library

Students of Camellia Waldorf School will be showcasing their art and performing live music. Reception and Arts & Crafts table. In Kids' Place.

SUMMER READING KICKOFF PARTY

Saturday, June 13, 2009

Colonial Heights Library

Stop by for the party and sign up for Summer Reading!



Applications Open for SHRA Commission Seat

There is currently one vacancy on the Sacramento Housing and Redevelopment Agency (SHRA) Commission for a resident from the population of the Housing Authority of the City of Sacramento. The resident must be 62 years of age or older. The SHRA Commission advises the City Council and Board of Supervisors regarding housing and redevelopment activities in the City and County of Sacramento. If you have an interest in representing the interests of other Housing Authority residents on the Commission, you are encouraged to apply.

The SHRA Commission meets twice a month on the 1st and 3rd Wednesday at 6 pm at the Commission hearing room located at 600 I Street in Downtown Sacramento. Commissioners are compensated \$75 per meeting.

Deadline to apply is May 1, 2009

To receive an application, contact Katia Ligaiviu, Office of the City Clerk, at (916) 808-7604 or via e-mail at kligaiviu@cityofsacramento.org.

For general questions about the Commission, contact Vickie Smith, SHRA Agency Clerk, at (916) 440-1363.

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SRAB, 1725 K ST. #101, SACRAMENTO, CA 95811 (916) 443-5547

Third Annual SRAB Picnic



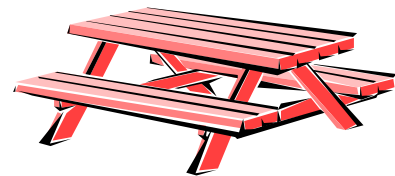
The RAB will be having our annual picnic on Saturday, June 20, 2009 at McKinley Park.

When: 10:00 am to 3:00 pm Saturday, June 20, 2009

Where: McKinley Park – Alhambra and E Streets. If you are using RT, take the number 34 bus.

Who: All residents who live in SHRA Conventional housing.

Why: Fun, get to know other residents and the SRAB, and spend the day outdoors.



There will be a jump tent, bingo, and activities for the kids. For the adults we have bingo, card games. We will be giving out prizes to winners. We will have a talent show provided by residents for residents.

The menu will be hot dogs, hamburgers, potato salad, chips and drinks with all the fixings

Mark your calendar. Hope to see you there.

For talent show contact Lisa (916) 247-2099 Registration forms available from Lisa or from the three family sites.

Five Year Plan Presentations

Community:	When:	Where:
William Land Villa, Rio Lane & 24th St.	Fri, April 17, 2:00 – 3:00 am	1043 43rd Ave., 95822
Washington Plaza	Thu, April 9, 10:30 – 11:30 am	1318 E St., 95814
Sutter's View	Thu, April 9, 3 – 4 pm	2526 L St., 95816
Alder Grove Community	Thu, April 9, 6 – 7 pm	752 B Revere St., 95818
Sherman Oaks and Lincoln Plaza	Mon, April 13, 2 – 3 pm	3543 1st Ave., 95817
Pine Knoll	Tue, April 14, 1:30 – 2:30 pm	917 38th St., 95816
Sierra Vista	Wed, April 15, 1:30 – 2:30 pm	1107 23rd St., 95816
Sun River and Gold Ridge	Thu, April 16, 10 – 11 am	10730 Coloma Rd,
Gran Casa Linda	Thu, April 16, 1:30 – 2:30 pm	3725 Cypress St., 95838
Twin Rivers and Scattered Sites	Thu, April 16, 5:30 – 7:00 pm	321 Eliza St., 95814
Colonial Heights	Mon, Apr 20, 10:30 – 11:30 am	1 Clauss Ct., 95820
Comstock Apartments	Mon, April 20, 1 – 2 pm	1725 K St., 95811
Meadow Gate / Mandy and Coral Gables	Mon, April 20, 6:30 – 7:30 pm	Phoenix Park
Capitol Terrace	Tue, April 21, 10 – 11 am	1820 Capitol Ave., 95811
Gibson Oaks	Tue, April 21, 2 – 3 pm	480 Redwood Ave., 95815
Arden, Bell, Evelyn, and Bell	Thu, April 23, 10 – 11 am	3241 Alta Arden, 95825
Marina Vista	Thu, April 23, 6 – 7 pm	240 Seavey Cir., 95818
Rio Linda Properties	Mon, April 27, 10 – 11 am	6045 Dry Creek Rd., Rio Linda, 95673
Big Trees	Tue, April 28, 2 – 3 pm	2516 H Street, 95816
Paradise Manor and Pt. Lagoon	Wed, April 29, 2 – 3 pm	4930 El Paraiso, 95824

Sacramento RAB to Hold Three Spring Faires in 2009!

Location	Dates	Time
Alder Grove	May 29	4:30 - 7:00
Twin Rivers	May 26	5:30 - 7:30
Marina Vista	May 28	5:00 -7:00

The focus will be on education, health, and community. Various community service providers have been invited to join the SRAB at this event. We will be serving hot dogs, chips, soda and water. All residents are cordially invited.

We hope to see you all there.

Healthy Homes = Healthy SHRA Communities

Did you notice a group of seven people walking around your apartment facility recently? They were measuring distances from buildings and taking pictures. It was the first step of the new project to bring designated outdoor smoking areas to nine or ten pilot SHRA sites. Staff from the American Lung Association's Project RESPECT, along with SHRA staff, and members of your Resident Advisory Board met with building managers to assist in finding the best outdoor spaces for designated smoking areas.



The non-smoking team at Mariposa Manor Apartments

March 20, 2009, the team went to Mariposa Manor, Tiara Way, Gibson Oaks, Washington Plaza, Capitol Terrace, Sutter's View, Pine Knoll, Alder Grove, Rio Lane, and William Land Villa. The staff also provided building managers with information about secondhand smoke, free quit smoking services that will be coming to the sites, and other health-related resources that will be used by Project RESPECT over the next three years. In addition to protecting ourselves and our children from secondhand smoke, which we will be writing about more in the future, here are some tidbits about the effect of

secondhand smoke on our pets from the California Department of Public Health.

Did You Know?

Dog Facts

- Cancer-causing agents can be found in a dog's hair and urine for months after being around secondhand smoke.
- Dogs whose owners smoke are twice as likely to develop cancer. Long-nosed dogs tend to get nasal and sinus cancer; short nosed dogs tend to get lung cancer.

Cat Facts

- Secondhand smoke gets on a cat's fur. When a cat cleans itself, it gets a large dose of chemicals in the smoke.
- Cats who are exposed to secondhand smoke are three times as likely to develop lymphoma, a deadly cancer.



Bird Facts

- Birds have extremely sensitive lungs.
- Being around secondhand smoke may cause birds to have serious lung problems, including lung cancer.

Fish Facts

- Smoke from burning tobacco can settle into home aquariums. Many of the poisons in secondhand smoke, including nicotine and ammonia, are highly toxic to goldfish.
- When cleaning aquariums, tobacco under fingernails or nicotine-stained fingers can also pollute aquarium water and poison your goldfish.

If you are interested in the quit smoking services offered by Project RESPECT and/or Sacramento County contact your Community Manager,

one of your SRAB representatives at: 1725 K Street #101, Sacramento, CA 95811, Or RESPECT:

Resources & Education Supporting People Everywhere Controlling Tobacco
5495 Carlson Drive, Suite D, Sacramento, CA 95819 Phone (916) 739-8925

www.respect-ala.org



Touring Team Members:
Dian, Theresa, Carol, Lisa, Gale, and Cecette
standing beside the van

Are Smokefree Apartment Buildings Legal?

As a general rule, property owners are permitted to impose restrictions on their tenants unless those restrictions violate existing laws or are discriminatory. A smokefree policy is no different than a no pet, no loud music, or any other policy that protects other tenants' well-being or landlord's property.

Common law generally affords the owner with a right (and in some cases, obligation) to protect other tenants and the owner's property.

David Ezra,
Attorney-at-Law,
Orange County

H E A P PROGRAM

The Home Energy Assistance Program (HEAP) is a federally funded program that helps low-income households pay their energy bills.

Are you interested in receiving an application for the HEAP Program?

Applications have been sent to each of the resident committees.

If there is no committee at your apartment complex send us a self addressed envelope and we can send the application to you.

Our Address is:

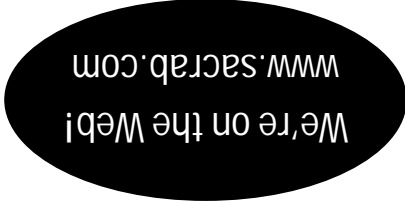
Sacramento Resident Advisory Board

1725 K St #101

Sacramento, CA 95811

Please no requests by telephone.

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SACRAMENTO RESIDENT ADVISORY BOARD
1725 K STREET # 101
SACRAMENTO, CA 95811

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Tenant Advocates

CREATIVE PUNS FOR " EDUCATED MINDS "

The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
She was only a whiskey maker, but he loved her still.
A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
The butcher backed into the meat grinder and got a little behind in his orders
No matter how much you push the envelope, it'll still be stationery.
A dog gave birth to puppies near the road and was cited for littering.
A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
Two silk worms had a race. They ended up in a tie.
Time flies like an arrow. Fruit flies like a banana.
A hole has been found in the nudist camp wall. The police are looking into it.
Atheism is a non-prophet organization.
Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here; I'll go on a head.'
I wondered why the baseball kept getting bigger. Then it hit me.
A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
A chicken crossing the road is poultry in motion.
A backward poet writes inverse.