

NEPENTHE NEWS

*A monthly publication of the Nepenthe Association
1131 Commons Drive, Sacramento, CA 95825*

Judi Graham, Editor

*January, 2011
(916) 929-8380*

Happy New Year!!

Dear Homeowners,

This is the time of year when people traditionally take brief self assessments and come up with a list of resolutions to make themselves into better persons in the new year. The most popular resolutions usually include getting rid of a bad habit, getting into better physical shape, finding a better job, saving money or paying off debt, getting an education or getting a better education, spending more time with family, finding love, getting organized, volunteering or giving to charity, taking a vacation. Most of this resolve is forgotten by March. Part of the problem is that people set too many goals at once. Maybe one or two would be better.

Weight loss is a tough one. Surprisingly, the average person gains only one pound between Thanksgiving and New Year's. It's such a small amount it's almost not worth paying any attention to and many people don't. However, that one pound takes on a life of its own. It's come to be called The Forgotten Pound and ten years later, you have accumulated 10 pounds of extra weight that are nearly impossible to shed. Think about it and don't forget about that one little pound. Time to get a walking partner and walk it off.

A recurrent theme you will hear from me in the new year is the importance of being connected to the Nepenthe community. The more you know your neighbors, the more you know how the community works and what is going on, the more enjoyable your living experience will be.

Last month, the Association launched an interactive addition to the Nepenthe Homeowners Association website called **Merit Connect**. You can reach it through a link on (nepenthehoa.com) or go directly to meritconnect.com/Nepenthe Association. **Merit Connect** provides easy access to community information, forms, and documents. You will need to register the first time you use it. Last month a letter was sent to all of you with your unique registration code so that you can log-on and take advantage of all the services it has to offer. Along these lines, two training sessions are scheduled on Tuesday, January 11 to teach you all about **Merit Connect**. The sessions are at 4:00 PM and 5:30 PM. Call Sue Frazee in the office to sign up for the training. If you are unable to attend the training, you can also call the Merit Customer Care Department at 1 800 428 5588 for assistance.

Judi Graham
Nepenthe General Manager

Holiday Cheer Revisited

The word is out! The Social Committee really knows how to throw a party!! Another sell out crowd gathered on December 16 to share some "Holiday Cheer." There was music in the air provided by Jean Brown at the piano, the bar was busy, and delicious hors d'oeuvres were plentiful.

Thank you Iris Bettencourt, social committee chair; Lynn Rodebaugh, party chair; Jacquie Peabody, Pat Spencer committee members; and volunteers Kay Chmielewski, Helga Dicker, Rich and Pamela Livingston, Jean Roche, Bill and Sandy Underwood, and Fred Wilton.

Financials Update

November 2011 Financial Summary

Assessment and Cash Summary		
Monthly Assessment Budget	Current Month Assessment Received	Operating Cash Balance
\$ 237,770	\$ 232,507	\$ 23,565

Operating Expense Summary			
Monthly Budget	Current Month Expenses	Year to Date Budget	Year to Date Expenses
\$ 102,863	\$156,601	\$ 1,131,493	\$ 1,122,297

Reserve Summary					
Monthly Contribution Budget	Current Month Contribution Actual	Current Month Expenses	Year to Date Contributions	Year to Date Expenses	Year to Date Balance
\$ 136,433	\$ 136,443	\$ 29,292	\$2,040,051	\$ 1,040,709	\$ 1,632,893

Irrigation & Landscape News

The upgrade of the irrigation system in Zone 4 was completed last month. The next Zones to be automated are Zones 5 and 6 beginning February 1.

Tree Removals

To date, Valley Crest Tree Care Service has removed 17 of the 29 trees identified as high priority in the removal plan. Three alders and 9 pear trees remain and the arborists reports will be submitted to the board for review and discussion at the January 24 meeting. Trees in question are highlighted in bold type below: The update of the tree inventory has begun.

Tree #	Street Address	Species
131	2315 Swarthmore	Liquidambar
98	16 Adelphi Court	Liquidambar
*224-226	22, 26, 28 Adelphi Court	3 Pears
147 or 876	4 Adelphi	Black Pine
1505	1304 Commons Dr.	Aleppo Pine
325	1025 Vanderbilt	Liquidambar
161	1219 Vanderbilt	Liquidambar
268	206 Elmhurst	Liquidambar
266	208 Elmhurst	Liquidambar
247, 248	306 – 310 Elmhurst	2 Chinese Elms
133	503 Elmhurst	Liquidambar
*97	612 Elmhurst	Pear
Unnumbered	804 Elmhurst	Pear
Unnumbered	806 Elmhurst	Pear
356	1003 Dunbarton	Liquidambar
59	813 Dunbarton	Tulip
168	508 Dunbarton	Ash
133	302 Dunbarton	Tulip
236	101 Dunbarton	Pistache
*23	1515 University	Pear
*138	1563 University	Pear
*46	1593 University	Pear
138??	10 Adelphi	Alder
22	14 Colby	Liquidambar
1411, 1412	1428 Commons Dr.	2 Alders

*Under review. Will be re-evaluated.

Roof and Gutter Cleaning Progress

The annual arduous process of cleaning out the gutters began last month and will continue for at least two more months. You will be noticed approximately two days in advance of the workmen's arrival so that you can leave your gate unlocked for a very limited time. If you have any question about the process, please contact the office and we will be more than happy to answer your questions.

Home Burglary Prevention

In keeping with our current emphasis on home security, we pass along this article from the Sacramento Police Department.

General Tips

- Look for clues that the people may be casing your neighborhood. A strange kid ringing doorbells and saying “Can I speak to Charlie” may be checking to see if anyone is home. Also be suspicious if you see someone sitting for long periods in a parked car.
- Get involved in Neighborhood Watch programs.
- Remove a burglar’s cover—keep hedges and trees trimmed away from your house.
- When you are going to be gone for an extended period, don’t make it obvious. Use timers to turn indoor and outdoor lights on and off. Leave the radio on (or put it on a timer, too). Stop mail and newspaper deliveries.
- Don’t keep valuables in your bedroom. Crooks normally make a beeline for the bedroom because they know that people tend to keep cash and jewelry there. Keep your valuables in an unlikely place, but not in the linen closet or the freezer (too common).
- Make your house “hard.” That is, make it seem difficult for a burglar to break into. If the burglar perceives it as difficult to enter, the chances are that he/she will try somewhere else.

Develop Rapport with Neighbors

Establish that you can count on them and that they can count on you to report suspicious activities to the police. Nothing beats a cautious neighbor, ready to call 911, for burglary protection.

Have Good Lighting

Put plenty of lighting around the perimeter of your house. If you don’t want your house lit up all night, install the type of lights that go on only when triggered by motion. They have the added advantage of being startling to a burglar.

Install a Burglar Alarm

Whether you purchase and install a burglar alarm that rings inside the house or the kind that electronically (and silently) reports to a central office, the police department recommends that you have any burglar alarms professionally installed.

Have a Second Line of Defense

If a burglar gets past your perimeter alarm system, there should be a secondary alarm system inside. One type is a sensor under a rug that goes off when more than 25 pounds of pressure is applied (probably better if you have pets). The other is some type of sonic detector that senses motion in a room.

Dogs

Dogs are a good deterrent. Burglars will generally avoid a house with a dog. But they aren't foolproof—most dogs tend to be too friendly.

Sliding Glass Doors

Many burglars enter homes through poorly protected sliding glass doors. Additional locks and security measures here will prevent the door from being opened or lifted out of the track.

Screws installed in the track above the sliding door frame will prevent the door from being lifted out of the track. Drill a pilot hole in the top track above, and slightly in, from each corner of the sliding door frame section and install a screw into each hole. Adjust the screws so that the head of the screw just barely clears the frame when it is moved back and forth.

Auxiliary patio door locks may also be purchased and install easily.

Doors in General

Have solid doors with strong locks and strike plates at all entrances. Weak strike plates for your locks will totally defeat strong locks; they can be kicked open. Metal doors are best; thick, solid wood doors are next. Never, never use a hollow-panel door on any kind of entrance.

Double Doors

These doors need solid security as they are easily jimmied or forced open. Flush lever bolts installed at the top and bottom of the doors are recommended. Make sure the bolt is long, sturdy and mounted into a solid door frame.

Doors with Windows

If you have doors with glass windows or glass ornamentation, they should be secured the same way as double doors. This prevents the burglar from breaking the glass and reaching inside to unlock the door.

Garage Doors

Standard locks on garage doors are easily pried, allowing a burglar access to your home without detection. Cane bolts and hasps are excellent protection. Make certain each side of the garage door is secured to prevent prying open a crawl space. The door leading from the garage into the house should be securely locked. The more barriers you provide against the burglar, the better protected you are.

Home Burglary Prevention Tips (continued from page 5)

Hinges

Many homes have doors which open to the outside, exposing the hinge pins. Despite your good strong lock, the burglar can remove the pins and lift the door from the frame. To prevent this, remove two opposing screws from each leaf of the hinge. Screw a long lag bolt into the frame side of the hinge leaf and saw off the head leaving about ½ inch protruding. Drill out the opposite hole to allow the bolt to enter when the door is closed. Do this to the top and bottom hinge plates. The hinge pins can now be removed by the burglar but the door will remain firmly in place. This technique is good for any door, no matter how the hinges have been placed.

Door Viewers

In order to avoid opening your door without knowing who is there, install a door viewer. This device has a wide angle lens to let you see someone standing outside your door without opening it.

Deadbolt Locks

A deadbolt lock can provide good protection. When you turn the key, the lock mechanism slides a strong metal bolt from the door into the frame. When you buy a deadbolt lock, make sure of the following:

- The bolt extends at least one inch from the edge of the door
- The connecting screws that hold the lock together are on the inside of the door
- The strike plate is attached to the door frame with screws that measure at least three inches in length
- The cylinder has a steel guard around the key section. The cylinder guard should be tapered or rotate freely around the key section to prevent wrenching if it is twisted

Single Cylinder Deadbolt

A solid bolt, activated by a key from the outside or a knob on the inside, slides into the door frame. The lock cannot be slipped or easily pried. Deadbolt locks are only as good as the door and frame they are installed in.

Double Cylinder Deadbolt

This lock is basically the same as the single cylinder deadbolt except that it requires a key to be used from either side to function. These are not longer recommended—they can be dangerous because unless the key is in the lock while someone is in the house, you could get locked in the house during an emergency (like a fire).

Padlocks

When selecting padlocks to secure your garage door, storage shed, fancy gate or tool box, do not economize. Low priced locks are made from low quality materials

Home Burglary Prevention Tips (continued from page 6)

and easily pried open or cut with bolt cutters. Look for these features when purchasing a padlock:

- Double locking shackle at the toe and heel
- Hardened steel shackle, the larger the diameter the better
- Five pin tumbler
- Key retaining feature (prevents removal of the key when unlocked)
- A strong steel hasp should be used with the padlock
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Sliding Windows

Sliding glass windows should be given the same security treatment as sliding glass doors. Use the same supplementary locks or screws in the frame. Screws installed in the track above the sliding window frame will prevent the window from being lifted out of the track,

Casement-Crank Windows

These windows are easily secured. The latch should close properly with the window tight. With the latch in a closed position, drill a small hole through the latch frame and handle. Insert a metal pin through the hole to lock the window. For additional security, a small padlock can be used in place of the pin. Key operated replacement latches are also available from a locksmith or hardware store. Keep the key handy in case of emergency.

Double Hung Windows

An easy, inexpensive way to secure your windows is to use the "pin" trick. Drill an angled hole through the top frame of the lower window partially into the frame of the upper window. Then insert the pin (a nail or an eyebolt which is slightly smaller in diameter than the hole). The window can't be opened until you remove the pin. Make a second set of holes with windows partially open so you can have ventilation without inviting intruders. You may also purchase special key locks for windows at a hardware store.

Note These Dates

Monday, January 3	Chi Gong/Tai Chi Class 3:00 pm
Tuesday, January 4	All Level Yoga Class 9:30 am
Thursday, January 5	Please remove your exterior holiday decorations
Thursday, January 5	Nominating/Outreach Committee 4:30
Saturday, January 8	Architectural Review Committee 9:30 am
Monday, January 10	Chi Gong/Tai Chi Class 3:00 pm
Tuesday, January 11	All Level Yoga Class 9:30 am
Tuesday, January 11	The Clubhouse is reserved for Merit Connect Training

Wednesday, January 12	4:00-5:30 pm; 5:30-7:00 pm Social Committee
Thursday, January 13	5:00 pm Grounds Committee
Sunday, January 16	4:00 pm The Clubhouse is reserved for a private event
Monday, January 17	1:00-5:00 pm Chi Gong/Tai Chi Class
Monday, January 17	3:00 pm Finance Committee
Tuesday, January 18	6:45 pm All Level Yoga Class
Tuesday, January 18	9:30 am Book Club at 1:30 pm
Thursday, January 20	Hotel at the Corner of Bitter and Sweet by Jamie Ford The Clubhouse is reserved for the CAMPUS COMMONS DOG WALKERS Meeting
Monday, January 24	6:00 9:00 pm Chi Gong/Tai Chi Class
Monday, January 24	3:00 pm Nepenthe Homeowners Association Board of Directors
	6:30 pm

WINTER/SPRING 2011 CHI GONG/TAI CHI SCHEDULE

MONDAYS 3:00 -4:00 PM, NEPENTHE CLUBHOUSE

\$5.00 fee per class

Contact BARBRA GOLDBERG 916-972-9237

**January 3, 10, 17, 24
February 7, 14, 28**

March 7, 14, 21, 28

April 4, 11, 18

May 2, 9, 16, 23

June 6, 13

**Note: No classes are scheduled for February 21, April 20 or May 30.
Classes end for the summer on June 13 and resume again after Labor Day.
Contact Nicki Shearer @927-2610 if you have questions.**

If You Have a Suggestion, We'd Like to Hear It

We're always trying to make operations more efficient. If you have thoughts on the subject, please write them down and put them in the locked box also used for work order requests at the Clubhouse entrance. Thank you.

At Your Service

Nepenthe Manager: Judi Graham, Merit Property Management – 929-8380 or
jgraham@meritpm.com
(You can bypass the recorded message by clicking the # sign on your phone's keypad.)

Assistants to the Manager:

Weekdays 9:00 AM – 6:00 PM: Sue Frazee, Merit Property Management –
929-8380 or nepenthe@meritpm.com;
Weekends – 10:00 PM—2:00 PM. Debbie Tiscareno, Merit Property
Management – 929-8380 or nepenthe@meritpm.com

Nepenthe Maintenance: Roger Work, Merit Property Management – 929-8380

Merit Regional Office: 608-3068

Merit HOA Emergency Hotline: (888) 596-4984 - Toll free 24 hours

Merit Billing: 1-800-428-5588 press extension 5 at any time to bypass the message

Capital Patrol Service: 447-8500

Electrical Outages: Call SMUD's toll free number 1-888-456-SMUD to report.

Nepenthe Insurance: John O. Bronson Co.

- General questions – Rob McVicar – 480-4138
- Flood insurance questions - Irene Sabourin - 480-4146
- Property and liability insurance requests – Rocio Leon – 480-4134

Board Members

The Board meets at 6:30 PM on the 4th Monday of the month in the Clubhouse,

- Randy Friedman, President
- Bill Newbill, Member-at-Large
- Judy Semerjian, Secretary
- Barbara Stromick, Treasurer
- Liza Tafoya, Vice-President

Committee Chairs:

- Architectural Review – Dave Digardi
Meets at 9:30 AM on the 2nd Saturday of the month in the Clubhouse
- Elections - Yvonne Del Biaggio
- Finance – Marcie Mortensson.
Meets at 6:45 PM. on the 3rd Monday of the month in the Clubhouse
- Grounds – Ivan Gennis-
Meets at 4:00 PM. on the 2nd Thursday of the month in the Clubhouse
- Insurance – Bill Newbill
- Nominating – Randal Friedman
- Outreach – Nicki Shearer
Meets at 5:00 PM on the 1st Thursday of the month in the Clubhouse
- Social – Iris Bettencourt
Meets at 5:00 on the second Wednesday of the month in the Clubhouse