

Over the Fence

NEWS FROM YOUR REAL ESTATE PROFESSIONAL...

Advantage Realty & A.R.M. Homes

Joanne L. Gardiner

Broker & HCD Agent
00822285 & SP1178511

JoanneGardiner.com
3205 Whipple Road
Union City, CA 94587
Phone: 510-429-4800
Fax: 510-429-9229
Joanne@JoanneGardiner.com



Over 30 years assisting buyers and sellers.

VOLUME 7 • ISSUE 9

SEPTEMBER 2009

September is National Preparedness Month



National Preparedness Month is sponsored by the Ready Campaign and Citizen Corps and is designed to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and communities.

The Ready Campaign asks individuals to do four key things:

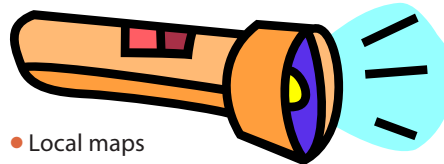
1. Get an emergency supply kit.
2. Make a family emergency plan.
3. Be informed about the different types of emergencies that could occur and their appropriate responses.
4. Get involved in community efforts.

For information about emergency preparedness visit www.ready.gov or call 1-800-BE-READY.

Be Prepared

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth. **Recommended Items for a Basic Emergency Supply Kit include:**

- 1 gallon of water per person per day for at least 3 days, for drinking and sanitation
- At least a 3-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)



- Local maps
- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents in a waterproof, portable container
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person

For a more complete list, visit www.ready.gov



Citizen Corps and Hometown Security

Citizen Corps is FEMA's grassroots strategy to bring together government and community leaders to involve citizens in all-hazards emergency preparedness and resilience. Citizen Corps asks you to embrace the personal responsibility to be prepared; to get training in first aid and emergency skills; and to volunteer to support local emergency responders, disaster relief, and community safety.

Currently there are 2,376 Councils that serve 225,492,518 people (79% of the total U.S. population). www.citizencorps.gov

SEPTEMBER

September 7th: Labor Day

A yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

September 11th: Patriot Day

Held in memory of nearly 3,000 people who died during terrorist attacks in New York, Washington DC and Shanksville, PA.

TIP: The flag should be flown at half-mast as a mark of respect to those who died on September 11, 2001.

September 22nd: Fall Equinox

Night and day are of equal length and Autumn begins.



Advantage Realty & A.R.M. Homes
Joanne L. Gardiner - Broker & HCD Agent
 JoanneGardiner.com
 3205 Whipple Road
 Union City, CA 94587

"If you are looking for a real estate broker who understands the importance of customer service, give me a call. I will make the process of buying or selling your home a pleasant one. And, if you know anyone needing real estate assistance, I would appreciate the referral." Thank you, Joanne (Cell: 510-589-4794)



Repair, Replace, Relax with Fidelity National Home Warranty (FNHW). A home warranty from FNHW provides both the home buyer and seller with "peace of mind" when it comes to repairs and/or replacement of a home's major systems and appliances. FNHW prides itself on superior customer service, including quick response time and efficient solutions for homeowners' problems and needs.



If you are thinking of buying or selling a home in the near future, please call for a personal interview and property assessment with no obligation.



This is not intended as a solicitation if your property is currently listed with another agent. These materials contain information and articles obtained from third parties. FNHW does not endorse the recommendations of any third party nor guarantee the information provided is complete or correct.

Five Fall Home Improvement Tips

- 1. Windows and door replacement:** Based on the age of your windows and doors, consider replacing as many as you can afford for the highest energy efficiency benefit.
- 2. Fireplace and chimney inspection and cleaning:** Make sure both are working properly before you need to use them.
- 3. Attic and ceiling insulation:** Use foam insulation to seal the gaps under your regular insulation. Be safe when handling these products.
- 4. Gutter cleaning and replacement:** Gutters that are not working properly can cause interior damage.
- 5. Roof repair and replacements:** Inspect and repair the roof to keep trouble spots from becoming an issue during the winter months. Consider hiring a roof contractor to do this for you.



Celebrate the changing of the seasons with a bowl of Butternut Squash Soup.

Butternut Squash Tips:

- When selecting a butternut squash, avoid ones with green coloring since this indicates harvest before maturity.
- The squash should feel heavy for its size.
 - If possible, choose a squash with its stem attached as this is an indicator of quality.
 - The stem should be rounded and dry, not collapsed, blackened, or moist.

Nutrition information (1/2 cup baked):
 calories: 41, protein: 1 g, carbohydrates: 11 g, fat: 0 g, cholesterol: 0 mg, sodium: 4 mg, potassium: 290 mg, vitamin A: 714 RE, vitamin C: 15 mg

BUTTERNUT SQUASH SOUP

- 1 medium butternut squash
- 3 green apples—peeled and diced
- 1 medium onion—chopped
- 1/4 teaspoon rosemary
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 3 (10 1/2 oz.) cans chicken broth
- 2 soup cans of water
- 1/4 cup heavy cream
- Chopped fresh parsley for garnish

Peel and dice apples. Peel and seed squash and cut into chunks. Combine squash with the apples, onions, rosemary, salt, pepper, broth and water in a large heavy saucepan. Bring to a boil and simmer, uncovered, for 45 minutes. Puree soup in blender or food processor. Return mixture to saucepan and bring to a rolling boil. Reduce heat and simmer on low. Add cream to soup right before serving. Stir and garnish with fresh parsley.

