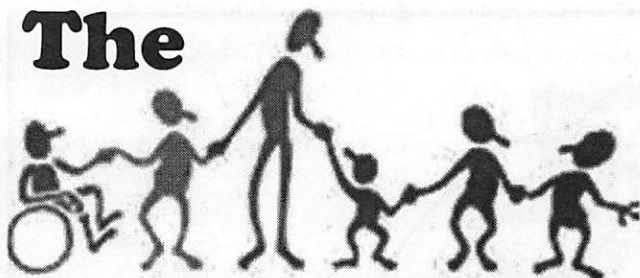


The



CONNECTOR

OCTOBER 2016

WE NOTICED!

We see a lot of yard improvements and many yards are suggested each month as candidates for the "Best Yard of the Month" award. However, we can only award one per month. Your efforts are very much appreciated, so keep up the good work in showing your pride in your space and the Park.

ANOTHER NOTICE

K. L. MANAGEMENT says "Thank You!" to all residents who have improved the look of their yards! Your efforts have not gone unnoticed.



BEST YARD AWARD

SEPTEMBER'S BEST YARD was Space #252. Look for the sign. Is your yard next? You could win a \$10 gift card from Home depot, and a certificate to frame.



The best yard is one that is neat, clean, and well-maintained. To nominate up to three yards, use the form on page 9.

Find "Mr. Five" in OCTOBER.



ARE YOU CREATIVE?
DO YOU COLLECT?



CRAFTS & COLLECTIONS SHOW & TELL and/or SELL

November 12th
from 9 am to 2 pm.

If you are interested in reserving a table in the Clubhouse to display your items to show and/or sell, please sign up in the Park Office during regular office hours be-

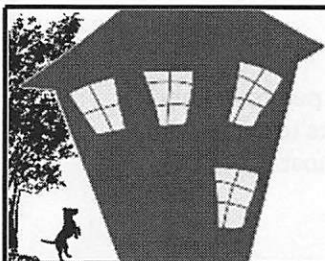
tween OCTOBER 3
and NOVEMBER 3.

We'd really like to
see your Collections
and creations!

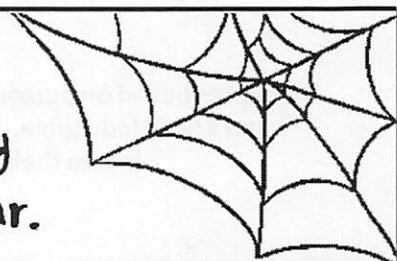


Crafting comes before Housework
in the dictionary. As it should.

~Favecraft.com ~



There will be
NO Halloween Block Party
on Lavender Street this year.





Presents PROPERTY Insurance for:

Kearney Lodge Mobile Home Park

With dependable service you can rest easy knowing that your belongings are protected from a wide range of damages. Our platinum insurance package covers replacement cost for any covered loss, including fire. This ensures you receive a new mobile home if yours is destroyed. Theft and vandalism are also included in your coverage. The liability portion of your property policy covers you for instances in which you are legally obligated to pay for physical injuries to others, along with damages to their property, as well as certain types of non-physical injuries.

Here are some examples of how little it can cost to protect your property and personal possessions!!!

\$80,000 in coverage is only \$25 a mo. \$100,000 in coverage is only \$32 a mo.
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Yesterday's errors are today's power.



WORD CHANGE

BOAT

LIST

See Page 5
for Solution

WOULDN'T IT BE GREAT IF
WE COULD PUT OURSELVES
IN THE DRYER
FOR 10 MINUTES
AND COME OUT
WRINKLE FREE AND
TWO SIZES SMALLER?

Kearney Lodge Community Connection meets the *SECOND* Thursday each month.

President: Joe Beatty 619-212-6495

Vice President: Ellen Conrad 858-525-2282

Treasurer: Nadine Mein 858-277-8645

Secretary: Amber Bennett 619-344-1857

Editor: Joleen J. Gonser 858-279-6088

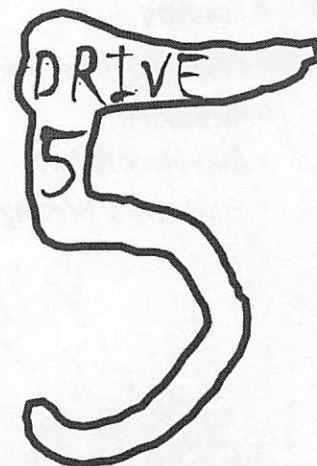
Event Photographer: Brenda Crago

Joleen.Gonser@gmail.com

Medical Equipment Loans: 858-277-8645

The KLCC is a private association dedicated to serving and improving the quality of life for the entire community with emphasis on safety, courtesy and neighborhood. Opinions expressed in "Letters to the Editor" sections of *The Connector* do not necessarily represent the views of the editorial staff, but are printed to encourage comments and discussion among residents.

Submissions to *The Connector* must be received no later than the 20th of the month. *The Connector* reserves the right to use such discretion as it may consider appropriate in the printing of advertising or other material submitted for publication herein. You are encouraged to check the products and/or services advertised herein; however, the KLCC is **NOT** responsible for your use or purchase of them.



REMINDER: Kearney Lodge Community Connection (KLCC) does not acknowledge or print anonymous suggestions or complaints. An item being considered for printing in "The Connector", the KLCC newsletter, must have Your Name and Space Number on it.

PRICES PER MONTH FOR NEWSLETTER ADS

Business Card-size = \$8 — — 1/4 Page = \$12 — — 1/2 Page = \$20 — — Full Page = \$35

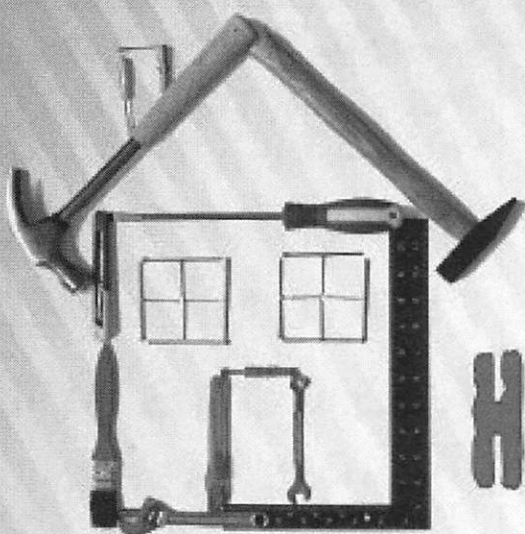
Kearney Lodge Office - 858-277-6060 <http://www.kearneylodge.net/index.htm>

Hours: Monday, Wednesday & Thursday 9 am-4 pm — Tuesday & Friday 9 am-1 pm

Leave live or voicemail messages with the answering service after regular office hours.

LOST & FOUND "CLOSET" AT K. L. PARK OFFICE

Take to — or look for — Lost or Found items at the K. L. Park Office during regular hours.



HOME REPAIR & HOME IMPROVEMENTS

- Concrete
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- Heating & Air Conditioning
- Leveling
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- Sub-Floor Repair
- Earthquake Bracing



- Gutters
- Awnings & Awning Post
- Kitchen & Bath Remodels
- Painting
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- Permanent Foundations
- Skirting

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KLCC MEETING — September 8, 2016

The meeting was brought to order at 7:06 pm by acting President, Ellen Conrad. The Pledge of Allegiance was recited.

TREASURER'S REPORT: Nadine Mein, Treasurer-Absent

ANNOUNCEMENTS:

1. Raffle reminder
2. Calendar update: Columbus Day is Monday, OCT 10th, KLCC Meeting is Thursday, OCT 13th, and Halloween is Monday, OCT 31st.
3. Newsletter ads: No changes

UPDATES:

1. Remember to participate in voting for Best Yard. ** Three votes per resident may be submitted in the suggestion box at the Clubhouse. (*** Votes submitted within the first two weeks of the month will meet the Best Yard award deadline for the following month's newsletter.*)

OLD BUSINESS:

- K. L. Event Photographer found! Thank you to Brenda Crago, K.L Resident, for volunteering!

NEW BUSINESS: None

Raffle drawing was: \$5.00 Donated to KLCC fund. Meeting adjourned at 7:27 pm.

Respectfully submitted, Secretary, *Amber Bennett*



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KEARNEY LODGE COMMUNITY CONNECTION MONTHLY MEETING

Thursday, OCTOBER 13, 2016 at 7:00 pm

AGENDA

Call to Order/Pledge of Allegiance

— VP Ellen Conrad

TREASURER'S REPORT — Nadine Mein

ANNOUNCEMENTS — Ellen

1. Rules of Order, Voluntary dues reminder (\$1.00), and Raffle Reminders
2. Minutes Approval
3. Calendar Update — Ellen
4. Newsletter Ads update - Joleen

OLD BUSINESS:

NEW BUSINESS:

Raffle Drawing

Adjourn



WORD CHANGE SOLUTION

BOAT—COAT—COST—LOST—LIST



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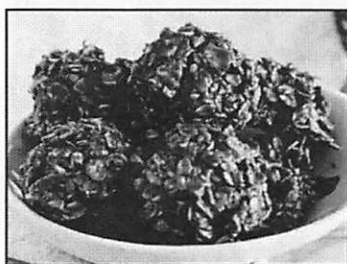
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NO-BAKE COCONUT COOKIES

INGREDIENTS:

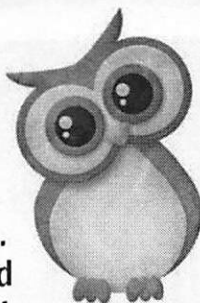
- 2½ cups gluten-free rolled oats
- 1 cup unsweetened, flaked coconut
- ⅔ c honey
- ½ cup coconut oil
- 1 c almond butter
- 2 tsp vanilla extract
- 6 tbsp dark cocoa powder
- Coconut sugar and Himalayan pink salt to sprinkle on top

DIRECTIONS:

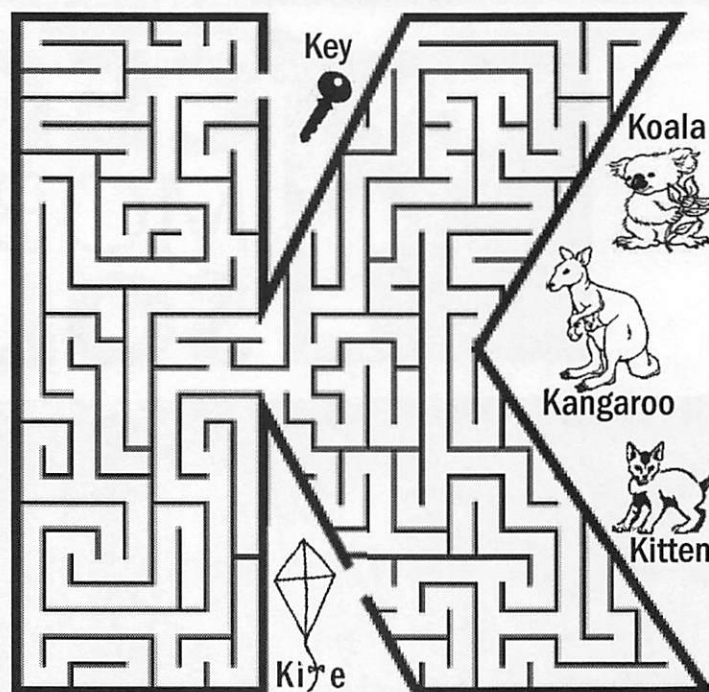
- Line two baking sheets with parchment paper and set aside.
- In a large bowl, mix the oats and coconut flakes well and set aside.
- In a medium pot over medium heat, combine the honey, coconut oil and almond butter and stir continuously until the mixture is melted and mixed evenly. Remove from heat and add in the oats and coconut flakes, stirring continuously. Add the vanilla extract and cocoa powder and continue stirring until mixture thickens.
- Drop heaping tablespoons of the mixture onto the cookie sheets. Lightly sprinkle coconut sugar and sea salt on each cookie.
- Place the cookie sheets in the freezer for at least 20 minutes, or until you're ready to serve. Take the cookies out of the freezer and allow them to thaw for 5 minutes before serving.
- Store any leftover cookies in a sealed container in the freezer. Yields 18 cookies.

FROM: https://draxe.com/recipe/no-bake-coconut-cookies/?utm_campaign=Recipe-September2016&utm_medium=Social&utm_source=Facebook&utm_term=nobakecookies

Do not ruin an apology with an excuse.



"K" MAZE



QUOTES

To often we enjoy the comfort of opinion without the discomfort of thought.
~ John F. Kennedy

My mother taught me, my religion taught me, that the person who has the most to do with what happens to you is you.
~ Ben Carson

Wherever you go, no matter what the weather, always bring your own sunshine.
~ Anthony J. D'Angelo

If you have a family that loves you, a few good friends, food on the table and a roof over your head, you are richer than you think.
~ Author Unknown

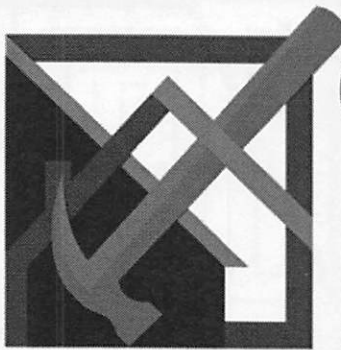
True love is when you love someone until your last breath.
~ Brigitte Nicole

COLUMBUS DAY IN THE UNITED STATES

Columbus Day, which is on the second Monday of October, remembers Christopher Columbus' arrival to the Americas on October 12, 1492. Columbus Day celebrations are controversial because the settlement of Europeans in the Americas led to the deaths of a very large proportion of the native people.

SEE: <https://www.timeanddate.com/holidays/us/columbus-day>

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Be on the alert for any loose screws or nails in the streets and please pick up any that you find.

TIME YOURSELF TO SEE HOW LONG IT TAKES TO FIND THE WORD "DIFFICULT".
Can you do so in under 10 seconds.

F	U	D	I	U	F	F	D	D	L
T	U	I	U	U	U	C	D	F	C
I	F	F	L	C	T	U	L	D	F
C	I	F	C	I	C	T	U	T	F
T	L	I	L	I	U	F	D	L	L
F	C	C	L	C	L	F	L	U	F
I	L	U	F	U	U	F	C	D	L
U	L	L	U	L	D	D	T	L	T
T	D	T	I	L	D	U	I	T	I
D	L	T	I	F	I	L	L	U	U

QUOTES

In matters of style, swim with the current; in matters of principle, stand like a rock. ~ *Thomas Jefferson*

When government takes away citizens' right to bear arms, it becomes citizens' duty to take away government's right to govern.

~ *George Washington*

Be curious, not judgmental. ~ *Walt Whitman*

'IQG' = *InspirationalQuotesGazette.com*

If it important to you, you will find a way.

If not, you will find an excuse. IQG

Don't trust everything you see.

Even salt looks like sugar. IQG

Work hard in silence.

Let success make the noise. IQG

CLOSE YOUR EYES

When your day is pressure-packed and your hours are all too few, just close your eyes and meditate and let God talk to you.

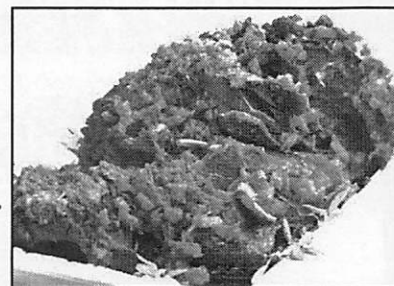
~ *Helen Steiner Rice*

**Do not ruin
an apology
with an
excuse. IQG**

~ ~ ~

**The best
apology
is changed
behavior. IQG**

SLOW- COOKER ROAST PORK with CRANBERRY- PINEAPPLE SAUCE



INGREDIENTS:

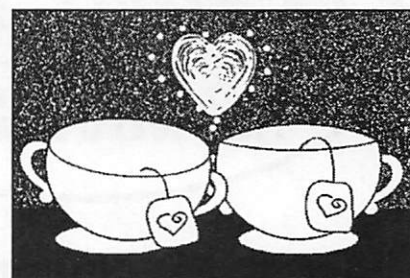
- 1 (4-5) lb. boneless pork roast
- Salt and pepper □ Garlic powder
- 1 (20 oz) can crushed pineapple
- 1 can whole-berry cranberry sauce
- 1/4 tsp ground cloves • 1/4 tsp ground nutmeg
- 1/2 tsp salt

DIRECTIONS:

Remove any string and pat the roast dry. Season the roast with salt, pepper and garlic powder, getting it in all the crevices. Place roast in the slow-cooker. In a large bowl mix together pineapple, cranberry sauce, nutmeg, cloves and salt. Pour over the roast in the slow-cooker. Cover and cook for 7.5 hours on low or until meat thermometer is at 165°. Serve slices of pork with sauce spooned over the top.

FROM: <http://noblepig.com/2012/01/slow-cooker-roast-pork-with-cranberry-pineapple-sauce/>

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after a long time . . .



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AVOCADO and Three Bean Salad

INGREDIENTS:

- 1 (15 OZ) can black beans, drained and rinsed
- 1 (15 OZ) can red kidney beans, drained and rinsed
- 1 (15 OZ) can garbanzo beans, drained and rinsed
- 1 (15 OZ) can whole kernel corn, drained and rinsed
- 1 large orange or red bell pepper, diced
- 12 grape or cherry tomatoes, halved
- 1 bunch cilantro, chopped
- 2 large avocados, peeled, pitted and diced
- Juice of 2 limes
- ½ cup olive oil
- Salt and pepper to taste
- 2 cloves garlic, mashed or finely diced

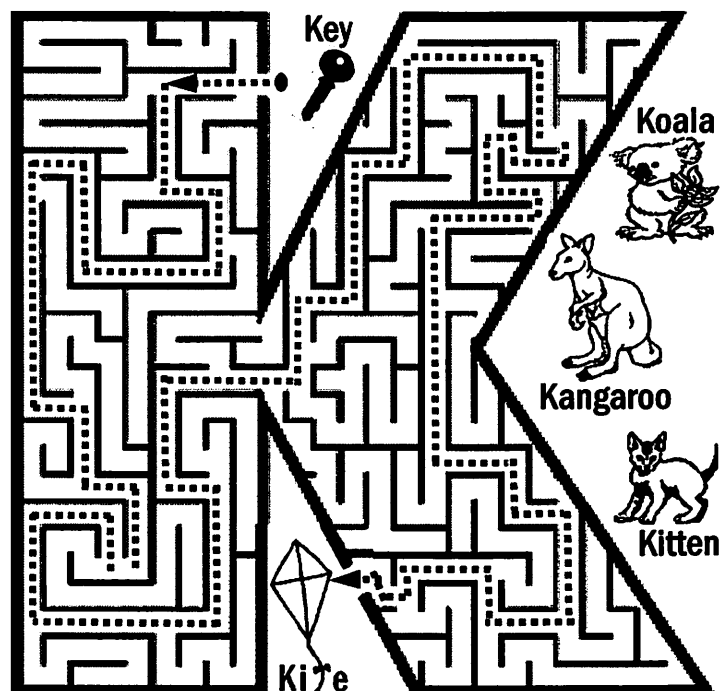
DIRECTIONS:

Mix all ingredients together in a large bowl.

(NOTE: Toss the cut-up avocado in lime juice, then add both to the salad. Lime juice will help keep the avocado from turning brown.)

Refrigerate for 1 hour before serving. Serves 8.

From: <http://noblepig.com/2016/06/avocado-three-bean-salad/>



WELCOME

Brenda Crago, K.L. Resident, NOW the
KLCC event photographer.

HOWEVER,

we still need a SOCIAL COORDINATOR!

Call Amber Bennett at 619-344-1857 or email her
at crazycarrot1.ab@gmail.com.



HELP CHOOSE THE "BEST YARD" OF OCTOBER

Walk or drive around the Park to find beautiful yards.

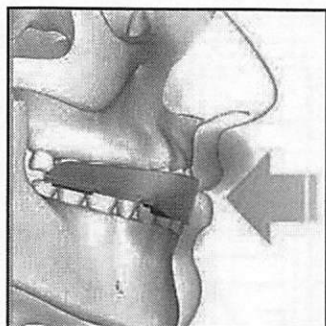
Choose up to three of your favorite(s) – for Best Yard of OCTOBER

.Residents choose the best yard. (Park Management enjoys the choices.)

Use this form to submit the Space numbers through the KLCC Mailbox on the Office building or bring it to the meeting. The next deadline is the 20th of OCTOBER for publication in the NOVEMBER issue of "The Connector"

I NOMINATE THESE FOR "BEST YARD" OF OCTOBER

1. _____ 2. _____ 3. _____



WHY A MOUTHGUARD?

An active lifestyle calls for active safety. And while helmets, goggles and knee pads have become standard equipment to protect our bodies, it's important to remember to protect your teeth as well. Mouthguards offer an easy, reliable method to cushion your teeth during athletic and recreational activity.

Participating in any physical activity involves a risk of contact with the face and mouth. Although many sports teams require some protective gear, the delicate teeth are often overlooked. Considering that even minor direct force can

cause teeth to chip, break or come loose, a mouthguard is a crucial piece of equipment for all active or athletic activities.

Mouthguards are especially crucial during contact sports such as football, hockey or boxing, where blows to the body and face are regular occurrences. But even non-contact sports such as gymnastics, and recreational pastimes such as skating or mountain biking, still pose a risk to the teeth.

When participating in any activity that may result in injury to the mouth, dentists recommend that the teeth be properly shielded with some form of dental mouthguard.

YOUR GUIDE TO GUARDS: There are three basic categories of mouthguards. Your dentist can suggest which type is right for you:

1. **Stock Mouthguards** — These pre-made protectors can usually be bought wherever sporting equipment is sold. Most dentists do not recommend their use because they cannot be adjusted to your mouth and provide only limited protection.
2. **Boil-and-Bite Mouthguards** — Boil-and-Bite guards are softened with hot water and then molded over your teeth. A somewhat customized fit leads to better protection and greater ease in talking and breathing. These are also available at most sporting goods vendors.
3. **Custom Mouthguards** — Your dentist can create a custom mouthguard designed specially for your teeth. These offer the best fit, comfort and protection, but may be more costly than store-bought varieties.

GUARD YOUR WHOLE MOUTH: In addition to cushioning your teeth from unnecessary force, using a mouthguard can prevent injury to the tongue, lips, face and jaw. It can also prevent or lessen the effects of headaches and concussions. Patients who wear dental braces should be especially careful to protect their mouths during physical activity. Make sure to discuss your level of activity with your dentist and find out which type of dental mouthguard best fits your needs.

Source: <https://www.patientactivator.com/Public/Newsletters/Newsletter.aspx?qAID=1056&qUID=4786&qPID=36462894&qDATE=September,%202016>

YOUR SUGGESTIONS—Use this form for your suggestions and put it in the Suggestion Box or bring to the next KLCC meeting.

ACTIVITY SUGGESTION: _____

OTHER COMMENTS: _____

Your Name and best method of contact: _____

TRANSPORTATION SERVICE

The KLCC Transportation Service is for residents who don't drive or have vehicles. Call Bob at 858-232-9183 or Lynnda at 619-977-4472.

Please plan for coordination of your schedules.

Compensation or donations to the driver may be arranged with the driver.

You also may volunteer. More drivers are needed. Call a KLCC officer listed on page 3.

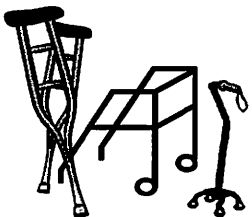
**MAKE EMERGENCY or
OTHER TRANSPORTATION REQUESTS
THROUGH PROPER PUBLIC CHANNELS.**

DO YOU KNOW WHAT'S HAPPENING in K. L. PARK?

As you walk to and fro in the neighborhood, get acquainted with your neighbors. If someone has an important family event, ask if you can report it to the newsletter. Consider at least events like weddings, births, graduations, awards, someone coming home, and other noteworthy events that occur. For any of these or other important events, call a board member listed on page 3.

Please let us know if you or your family:

- needs transportation.
- Graduated, became engaged, has a wedding, has a new family member or lost a family member, has someone who returned from deployment, or wins an award.
- want to borrow or donate medical equipment.
- are planning an event in K. L. Park that the public may attend.

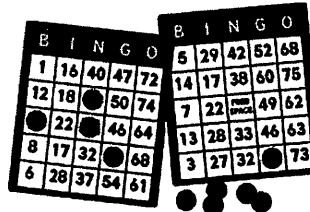


MEDICAL EQUIPMENT LENDING PROGRAM

KLCC has a medical equipment lending program. Residents may borrow crutches, canes, walkers,

bathroom aids and other medical equipment that may be available. Your donations are welcome, but please call Nadine for more information, at 858-277-8645.

KLCC MONTHLY MEETING Thursday, October 13, 2016 at 7:00 pm in the Clubhouse.

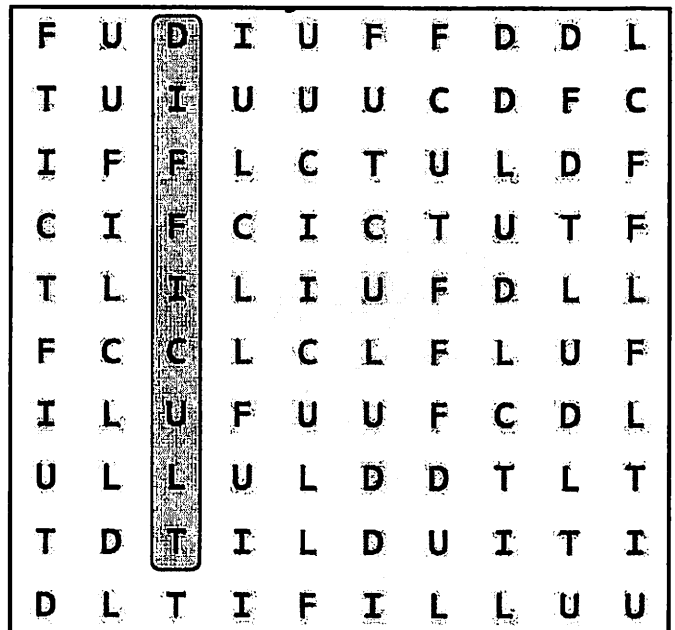


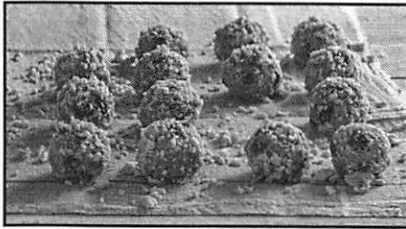
BINGO Play three cards for \$1.00 through seven games plus the jackpot progressive game at \$1.00 per card. Bring your own refreshments if desired. If you want to play and need a ride, please call 858-525-2282 before 6:30 pm on Fridays.

CONSIDER VOLUNTEERING

- ➔ **REPORTERS** – about important events or special occasions among Park residents.
- ➔ **Social Coordinator.**
- ➔ **BLOCK CAPTAINS** for emergencies; people with Smart-phones preferred.
- ➔ **DRIVERS** – for the Transportation Service

DONATION BOX – There is a box in the Clubhouse for free giveaway of your donations. If you have gently-used items or new things that you can't use, bring them here. You may also find something useful or fun in the box for yourself. Please do not use the laundries.





OATMEAL COCONUT BITES

By Rosemary Black
Makes 14

INGREDIENTS

- 1 cup quick-cooking oats
- $\frac{1}{3}$ cup honey
- $\frac{1}{2}$ cup creamy peanut butter
- $\frac{1}{2}$ cup shredded sweetened coconut
- $\frac{1}{2}$ cup raisins
- 1 tsp vanilla extract
- 1 cup chopped peanuts

DIRECTIONS

In a large bowl, stir oats, peanut butter, honey, coconut, raisins and vanilla extract. Roll mixture into 14 balls. Roll in chopped peanuts. Refrigerate on a plate lined with waxed paper about one (1) hour. Store in the refrigerator.

Source: <http://communitytable.parade.com/519375/communitytable/oatmeal-coconut-bites/>

WEBSITES TO INVESTIGATE

Please verify the reliability and security of all sites. Some are self-explanatory.

<http://www.glutenfreeandmore.com/resources/food-allergy-substitutions.html>

http://www.huffingtonpost.ca/2016/05/26/gluten-free-flours_n_10025528.html

<http://www.bombshellbling.com/40-fun-fabulous-dr-seuss-ideas/>

<http://inspirationalquotesgazette.com/category/quotes-for-kids/>

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Hazard Village Center

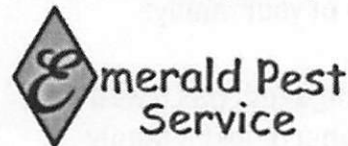
9340 C Clairemont Mesa Blvd.

San Diego, CA 92123

10% Senior Discount

Pest Control

1-844-944-7378 (PEST)



Licensed & Insured

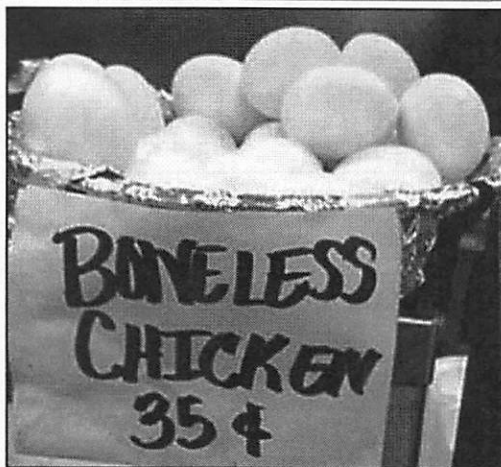
We offer highly effective Pest Control Service covering all general pests including: Ants, Spiders (including web removal), Cockroaches, Mice, and Silverfish.

Additional Services to cover Rats-Bedbugs-Flies/Gnats-etc.

We offer Different service programs to fit your needs and budget. As well as Low-impact and true "Green" pesticides for chemically sensitive residents.

Call Emerald Pest Service today and schedule your free property inspection.

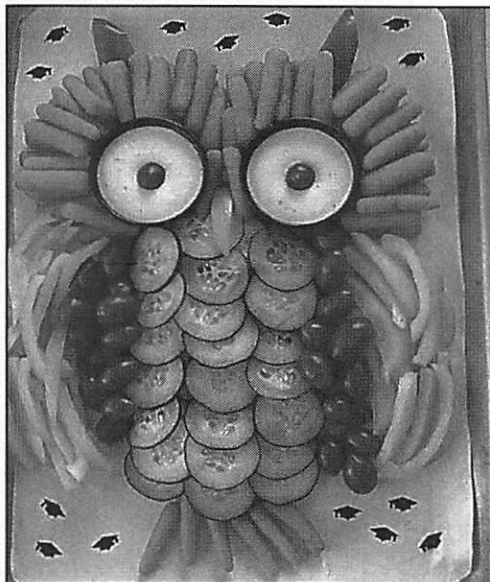
One beautiful heart is better than a hundred beautiful faces.



VEGGIE TRAY FOR ENTERTAINING

Two green pepper strips, baby carrots, cucumber slices, grape tomatoes, yellow bell pepper strips, and two containers of dip.

Change veggies/fruits, events, and characters with the seasons.



EVER WONDER ABOUT THE

BIBLE ?

CAN YOU BELIEVE WHAT IT SAYS?

IS IT STILL RELEVANT IN TODAY'S BUSY
& COMPLICATED WORLD?

*** COME AND LEARN FOR YOURSELF ***

NON DENOMINATIONAL BIBLE STUDY

EVERY FRIDAY NIGHT 7PM - 9PM

IN THE NORTH WEST LAUNDRY/POOL HOUSE REC. ROOM

* NO PRESSURE * FRIENDLY FOLKS * REFRESHMENTS *

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**Where
is
Mr. 5
this
month?**

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surrounding area for over 16 years
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Century 21
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Charlene Byrd - Realtor

OCTOBER

2016

Keep calm and
think positively.

Happy Birthday

OCTOBER Celebrants!

SUN	MON	TUES	WED	THURS	FRI	SAT
	Your mind is like a garden. Your thoughts are the seeds. You can grow beautiful flowers or you can grow weeds. 					1
2 1st Day of ROSH HASHANAH	3 6 pm Painters	4	5	6 9 am Quilters 7 pm KLCC Mtg	7 7 pm Bingo 7 pm Bible Study	8
9	10 COLUMBUS DAY 6 pm Painters	11 YOM KIPPUR	12	13 9 am Quilters	14 7 pm Bingo 7 pm Bible Study	15
16	17 6 pm Painters	18	19	20 9 am Quilters	21 7 pm Bingo 7 pm Bible Study	24
23	24 6 pm Painters	25	26	27	28 7 pm Bingo 7 pm Bible Study	29
30	31 HALLOWEEN	Kindness deepens the spirit and produces rewards that cannot be explained in words. 				

FIND IT HERE

1. AGENDA for next KLCC Meeting: page 5
2. Volunteers: pages 7 and 13.
3. Best Yard Form: page 9.
4. Bingo; Donation Box; & Medical Equipment: page 13.
5. Monthly Meeting: Calendar.
6. Suggestions Form; Transportation; and Reporting Events; page 13.



THE HAIRCUT LESSON

- Teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car. His father said he'd make a deal with his son. "You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car."



- The boy thought about that for a moment, decided, he'd settle for the offer, and they agreed on it.

- After about six weeks his father said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

- The boy said, "You know, Dad, I've been thinking about that, and I've in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair."

- You'll going to love the father's reply!
- "Did you also notice they all walked everywhere they went?"

From another Parks' newsletter, submitted by Nadine.