



NOTES from the

Kearney Lodge Home Owner's Association Meeting of 10 SEP 2009

The treasurer's Report, presented by Nadine Mein, revealed that the finances are diminishing. Volunteer dues are down, and donations for the Food Program are very few. The ads in the newsletter just cover the printing costs with no reserve for the Food Program.

We discussed how to improve interest in bringing the community together as the neighborhood it ought to be.

There are plans afoot for a pancake breakfast in the near future, possibly in November.



TAKE THE CHALLENGE TO UNCLUTTER

Getting rid of clutter can be intimidating. Why do something new or risk failure? Why change? The following quote may inspire you to take the challenge of uncluttering:

To laugh is to risk appearing the fool,
To weep is to risk appearing sentimental.
To reach out is to risk involvement,
To expose feelings is to risk exposing your true self.
To place your ideas and dreams before a crowd is
to risk their loss.

To love is to risk not being loved in return,
To live is to risk dying,
To hope is to risk despair,
To try is to risk failure.

But risks must be taken because the greatest hazard
in life is to risk nothing. – William Arthur Ward

Do not let the fear of failure keep you from realizing goal of uncluttered spaces. It is okay if you find that you do need that object even after you got rid of it. You will not forget your the memories if you get rid of some of souvenirs. You will not stop being an amazing person if you have fewer possessions.

You might consider taking "before" pictures so that you have a record of the improvements you made "after." A "before-and-after" requires a commitment. By documenting your "before," you're promising yourself that there will be an "after" – and that fact alone will probably make you more likely to follow through. Take the challenge!



IF YOU WILL PARTICIPATE
THIS HALLOWEEN, SAT. 31 OCT.,
PLEASE TURN ON YOUR
FRONT STEP OR PORCH LIGHTS.
IF NOT, PLEASE KEEP YOUR
OUTSIDE LIGHTS OFF.

FOOD ASSISTANCE PROGRAM

The KLMHOA Food Pro-gram assists a few of our neighbors toward the end of each month. This program is kept **CONFIDENTIAL**. If you want to assist, or if you need assistance, please call the Coordinator, Dee Cowley, at 858-569-1983. We request donations of \$1.00 per home per month, or NON-perishable food items to continue this assistance in KL.

MEDICAL EQUIPMENT LOAN PROGRAM

Here are the items currently available for your borrowing needs:

Four-footed canes	Crutches	Leg Lifters
Walkers	Commode	Seat assist
Oxygen Tank	Shower Seat w/Back	
Pedal Exerciser		

If you need to borrow medical equipment; or if you want to donate additional medical equipment, please call the Coordinator, Nadine Mein, at 858-277-8645.

MORE WAYS TO SPRUCE UP YOUR HOME

1. Clean Your Kitchen Countertops
2. Get Your Windows Sparkling
3. Fix Damaged Wallpaper
4. Zap Pet Stains From Your Carpet
5. Remove Tough Water Stains

from:
<http://www.rd.com/family-handyman/>

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SIMPLE FINANCING Get the terms that fit you best. Easy plans give you even more comfort.

FREE INDOOR AIR QUALITY EVALUATIONS Our inhome monitor will provide you with a personalized report. Call for details!

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COOL COMPUTER TIP

When you get something that is too small to read on the screen, press the control button and the scroll wheel on the mouse, and the item enlarges, or decrease, depending on the direction in which you roll the wheel. This works for some Websites also – it will depend on how a site was configured – you'll just have to try.



Kearney Lodge Mobile Home Owners Association

President: Bob Gomperts 858-565-6460
Vice President: (Vacant)
Treasurer: Nadine Mein 858-277-8645
Secretary: Joleen J. Gonser 858-279-6088
Editor: Joleen J. Gonser 858-279-6088
joleen.gonser@navy.mil

Food Program 858-569-1983
Medical Equipment Loans 858-277-8645

The KLMHOA is a private association dedicated to serving and improving the quality of life for the entire community with emphasis on safety, courtesy and neighborhood.

The Kearney Lodge Mobile Home Owners Association Newsletter reserves the right to use such discretion as it may consider appropriate in the printing of advertising material submitted for publication herein.

Submissions to this newsletter must be received no later than the 15th of each month.

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Advertisements of products or services advertized herein do not imply endorsement of any products or services.

The KLMHOA is NOT responsible for your use or purchase of them.

~ ~ ~ ~ ~

PRICES FOR NEWSLETTER ADS

Business Card-size\$ 8.00
One-quarter Page\$12.00
One-half Page\$20.00
Whole Page\$35.00

IDEAS about USING HONEY for HEALTH and BEAUTY

Burns – Apply honey freely over burns. It cools, removes pain and aids fast healing without scarring.

Insomnia – A dessertspoon of honey in a mug of warm milk aids sleep.

Facial Cleanser – Mix honey with an equal quantity of oatmeal, and apply as a face pack. Leave on for 1/2 hour, then wash it off.

Digestion – Mix honey with an equal quantity of apple cider vinegar and dilute to taste with water. This is also good for the joints and may promote weight loss.

Hair Conditioner – Mix honey with an equal quantity of olive oil, cover head with a warm towel for 1/2 hour; then shampoo off.

Sore Throat – Let a teaspoon of honey melt in the back of the mouth and trickle down the throat. Eases inflamed raw tissues.

Coughs – Combine 6 ounces liquid honey, two ounces glycerin, and the juice of two lemons. Mix well. Bottle and use as required.

Osteoporosis – A teaspoon of honey per day may aid calcium utilization and help prevent osteoporosis.

Migraines – Use a dessert spoon of honey dissolved in half a glass of warm water. Sip at the start of a migraine attack, and, if necessary, repeat after another 20 minutes.

Raw honey may become granulated, as some a week, and another maybe only after several years. If the granulations bother you, simply place the honey into a pan of hot water (not boiling) and let it stand until it returns to liquid.

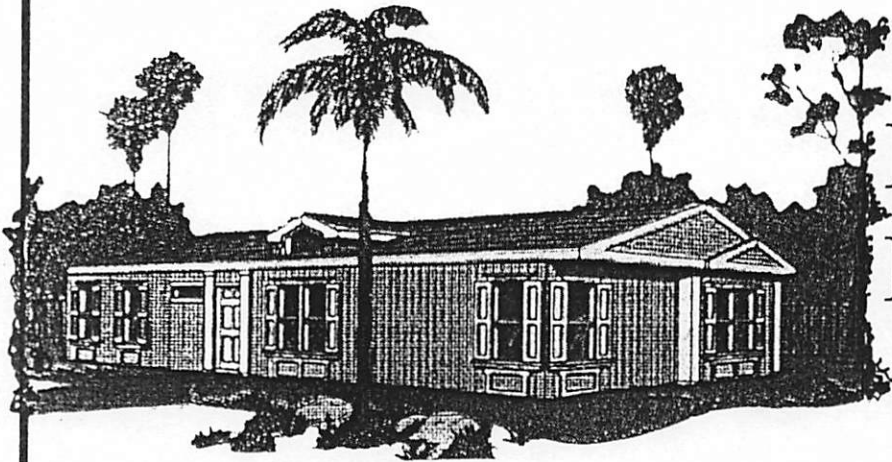
SAFETY FIRST

Halloween can be dark and spooky, but no one will have any trouble seeing your little goblins trick-or-treating in cool costumes accented with a spray-on paint that glows in the dark.



Glow-in-dark spray-on paint can be used for fabrics, paper, metals, and more. Add a little light and fun to Halloween this year. Just spray it on! Use it with or without reflective tape.

Are You Guaranteed A New 2009 Mobilehome If Your Home Is Destroyed?



MOST companies still offer policies that replace your older home with another **OLDER HOME** if yours is destroyed. The problem with this is, **MOST PARKS** require you to bring a new home back into the park under these circumstances.

YES! We offer insurance policies that will replace older homes with new homes! If your home is destroyed under a covered loss, you get a BRAND NEW HOME!

If you have questions about your coverage, or wish to upgrade your policy, please contact **Steve Rolf, Monday-Friday, 9am-5pm.**

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DOMESTIC VIOLENCE AND ANIMAL ABUSE: A DISTURBING LINK

It's an unfortunate reality that not all pets find homes that are well suited for them. In the worst of situations, a pet ends up in a home where domestic violence is occurring. Sadly, such animals are at great risk of being abused: The link between domestic violence and animal abuse is a prevalent one. In one study, up to 75% of battered spouses reported that their abusers had threatened, harmed, or killed household pets. In another study, over half of domestic violence victims reported that abuse of a pet coincided with violence directed at human members of the household. Nearly 1 in 4 women in the U.S. will be victims of domestic violence at some point in their lifetimes.

Pets provide immense emotional support and comfort to many battered individuals and are often the reason many stay in abusive relationships. If seeking safety for themselves means leaving their pets behind in an unsafe situation, almost half of domestic violence victims choose not to leave.

New Solutions, New Hope?

In an effort to protect victims and their animal companions from further abuse, and also to keep them together, animal rescue groups are joining forces with shelters across the country to provide safe housing alternatives for both. To date, few actually offer on-site housing for pets, but many do have systems established for placing family pets off-site at animal shelters or with rescue groups.

Domestic violence and animal abuse often go hand in hand. Although it's not easy to hear about abuse, it's important to know how to respond if you do encounter it. If you are prepared before an incident occurs, you'll be able to respond quickly and find solutions to help protect victims and their pets. First, get informed . . .

Ask your county humane society for recommendations on local women's shelters that house both women *and* their pets. Call local animal rescue groups, veterinarians, and private boarding facilities to see if they provide temporary low- or no-cost housing for abused pets. Ask trusted friends, neighbors, or family members if they could provide a temporary home for an abused pet, if necessary.

Next, if you suspect animal abuse . . .

Report the situation to your local humane society or animal control agency, and request that officers be sent to the home to investigate. If there are no animal agencies in your area, contact the police or local sheriff's department.

Do not confront the abuser yourself.

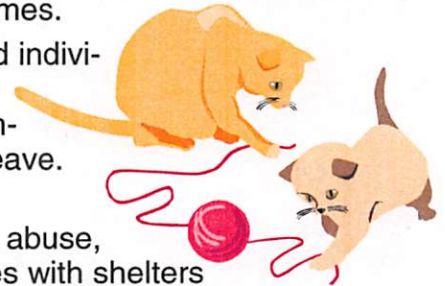
Doing so may jeopardize *your* safety as well as the safety of the pet and the abused person.

And if you witness animal abuse . . .

Dial 911. Harming an animal is a crime, so calling 911 is both valid and legal.

Document the details of any incidents you have witnessed, including names, addresses, and time of the event. Photograph or videotape the abused animal **only if it is safe to do so**.

If you know a victim who is no longer able to keep her pet, contact reliable animal adoption or rescue groups in your area that can help find a new home. Also, for information on how to start a Pets and Women's Shelter (PAWS) Program in your area, contact the American Humane Association at <http://www.americanhumane.org/>



FUN AND/OR USEFUL WEBSITES

Please be sure to verify the reliability of all sites.

<http://www.hopeministriesflorida.org/index.html>

<http://shortcuts.com/home>

http://www.tangle.com/search?search_text=Animals&search_type=all

http://www.fbi.gov/page2/june06/jury_scams060206.htm

<http://www.crackoonstudios.com/>

<http://www.biblestudytools.com/>

<http://print.coupons.com/Couponweb/Offers.aspx?pid=13306&nid=10&zid=iq37>

<http://www.notgovernmentapproved.com/>

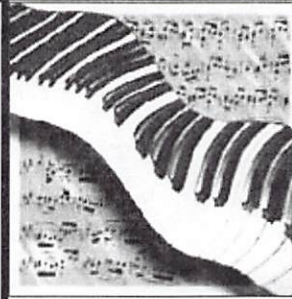
<http://www.americanhumane.org/>

<http://www.rogerhedgecock.com/default.asp?mode=home>

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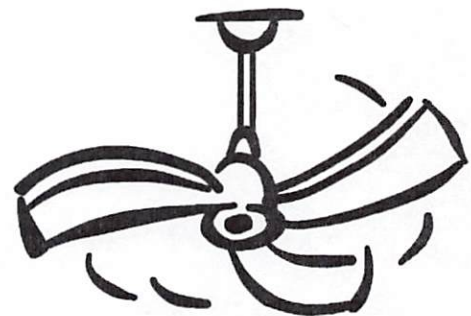
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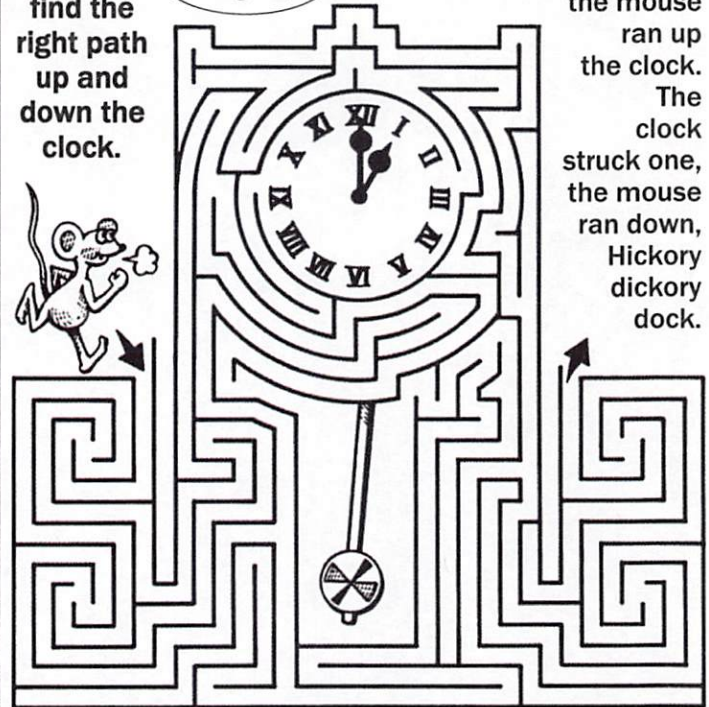
Help the
mouse
find the
right path
up and
down the
clock.



Answer
Page 9

HICKORY DICKORY DOCK

Hickory dickory dock,
the mouse
ran up
the clock.
The
clock
struck one,
the mouse
ran down,
Hickory
dickory
dock.



QUOTE:

There is only one corner of the universe you can be
certain of improving, and that's your own self.
~ Aldous Huxley (1864-1963) English Novelist ~

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BE CAUTIOUS ABOUT GIVING INFORMATION TO CENSUS WORKERS

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is –HOW do you tell the difference between a U.S. Census worker and a con artist? The Better Business Bureau offers the following advice:

** If a U.S. Census worker knocks on your door, they will have

- | | |
|--------------------------------|-------------------------------|
| (1) a Badge | (2) a handheld device |
| (3) a Census Bureau canvas bag | (4) a Confidentiality notice. |

Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

** Census workers are currently only knocking on doors to verify address information.

DO NOT give your Social Security number, credit card, or banking information to anyone even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, they will not contact you by Email, so be on the lookout for email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit United States and Canada BBB Consumer and Business Reviews, Reports, Ratings, Complaints and Accredited Business Listings at www.bbb.com

Always laugh when you can. It is cheap medicine.
– Lord Byron (1788-1824) English Poet –

FREE FROM THE CITY OF SAN DIEGO Free mulch available at Miramar Landfill

At the City of San Diego's Miramar Landfill Greenery Area, leaves, trees and other yard trimmings are recycled by grinding them into mulch. Pick up **free mulch** for your garden at the Miramar Landfill located at the north end of Convoy Street., north of Highway 52.

Please bring a shovel and containers. You might also need a tarp to cover the mulch as you drive to your home or business. City of San Diego residents can bring their own clean yard trimmings into the Greenery Area for recycling at no cost. Wood chips and compost are also available for a price. For more information about obtaining free mulch, be sure to call (858) 573-1420.

You can also compost yard and food waste at home. Call the **Recycling Hotline** for a brochure or for more information.



OCTOBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PAPERWEIGHTS ~ Please put something on your porch or steps for a paperweight so that nothing gets scattered around the park by the wind.				1 9 am Quilters	2 7 pm Bingo	3
4	5	6	7	8 9 am Quilters	9 7 pm Bingo	10
11	12	13	14	15 9am Quilters	16 7 pm Bingo	16
18 	19	20	21	22 9 am Quilters	23 7 pm Bingo	24
25 	26	27	28	29	30	31 

APHORISM: A short, pointed sentence expressing a wise, clever observation; or a general truth or adage.

- The nicest thing about the future is it always starts tomorrow.
- Money will buy a fine dog but only kindness will make him wag his tail.
- If you don't have a sense of humor, you probably don't have any sense at all.
- Seat belts are not as confining as wheel-chairs.
- A good time to keep your mouth shut is when you're in deep water.
- How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
- There are no new sins; the old ones just get more publicity.
- The trouble with bucket seats is not everybody has the same size bucket.
- There are worse things than getting a call by a wrong number at 4:00 AM. It could be a right number.
- Scratch a dog and you will find a permanent job.



CRAFTS

Fancy Paper Switch Plate

Use any fancy wrapping paper to brighten up your child's room.

Materials:

Decorative wrapping paper
Scissors Sand paper Mod-Podge

1. Cut a piece of decorative wrapping paper to fit the switch plate. Make a small snip at each corner.
2. Sand the plate, coat it with Mod-Podge, then press on the paper, overlapping the corners at the snip. Coat the paper with Mod-Podge.



Needlework Tip

Use a clean, two-pound coffee can to keep balls of yarn hair- and debris-free while knitting. Cut holes in the plastic top and use grommets to keep from snagging the yarn. Pop in a few balls of your favorite yarn, pull through the holes and ta-da! No hair or lint on your yarn while you knit or crochet, and it is easy to take with you, too!

