



NOTES: The Kearney Lodge Mobile Home Owners' Association met on OCT 14, 2010 at President Bob Gomperts opened the meeting with the Pledge of Allegiance to the US flag. There were 15 in attendance.

Nadine Mein presented the Treasurer's Report. She noted a diminishing balance, and that donations to the food program are no longer taken from the bank balance but are dependent upon individual donations of both non-perishable food and cash. There was a question about where to give donations. Donations may be given to Food Coordinator Dee Cowley at #74, or to Treasurer Nadine Mein at #300. It was suggested that this information be printed in the newsletter. *(It is - in the block about the association on page 3.)*

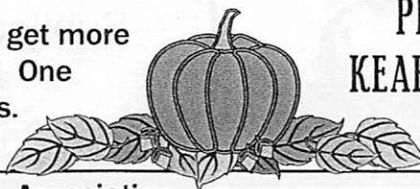
It was announced that David and Janet Davenport are now in charge of the Pancake Breakfast. Food and cash donations for the food program may be made at upcoming Pancake Breakfasts.

Mary Jo Cox nominated Cheryl Bennett to be our Vice President. Cheryl stated her qualifications as past President of a homeowners association at a con-dominium complex. She is a residential realtor. Ellen Conrad seconded the nomination and the vote was unanimous in favor of accepting Cheryl Bennett as Vice President of the KLMHOA.

There was discussion about having street names or color codes or numbers to make it easier for outsiders to find homes. President Gomperts will speak to the managers. Another discussion was about cable, and what is available to residents of the park. It was announced that Security Patrols begin at 9:00 pm and end at 5:00 am.

There was discussion about how to get more attendance at the KLMHOA meetings. One suggestion was to invite the managers.

The meeting adjourned.



ATTENTION KEARNEY LODGE RESIDENTS! THANKSGIVING BREAKFAST BONANZA

Saturday, November 27
7:30 to 9:00 am.

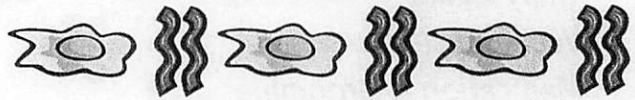
\$3 per person



Come join us again or for the first time!

Pancakes, scrambled eggs and cheese, seasonal fruit bowl, natural sausage, turkey bacon, gourmet coffee, and real fruit juice.

Come join us and start your day with a healthy breakfast!



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<http://www.sdge.com/documents/forms/energyTeam.pdf>

The FREE GROCERIES CENTER is your on-line resource for free grocery card offers available in your state.

Similar to the various free stuff and grocery coupon offers, grocery cards carry a pre-determined value (anywhere from \$20 to \$500) that can be used in any local grocery stores or supermarkets such as Walmart, Kroger, Ralphs, etc. to replace paying in cash.

These free grocery card offers are open to all U.S. citizens, 18 years of age and above. To get your free grocery card, select your state and view all free grocery card offers available in your state. On-line registration usually takes 10-20 minutes.

<http://freegroceriescenter.com/>

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**Kearney Lodge
Resident!**

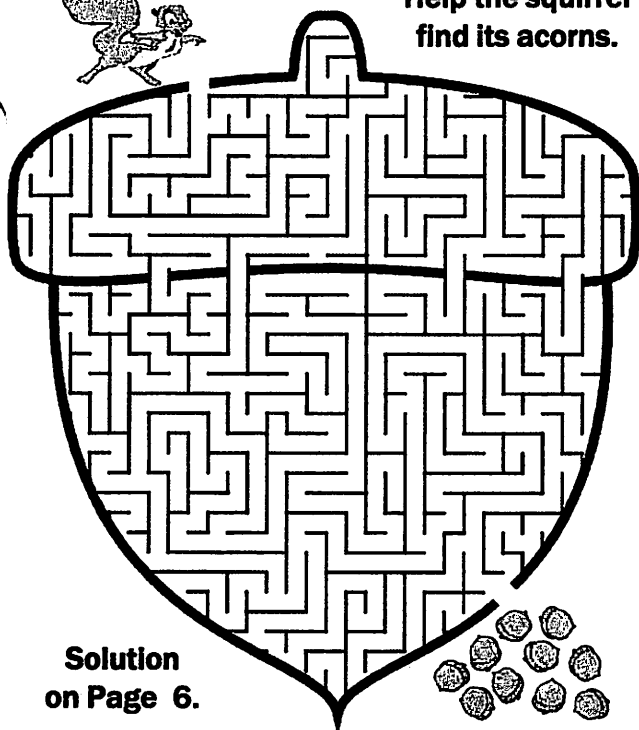
Plus

**Builds / Repairs / Paints / Cleans
Decks – Steps (new rugs)
Ramps Skirting
Subflooring repair soft spots
Power Washing**

Local (Park) References Available



Help the squirrel
find its acorns.



Solution
on Page 6.

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
Food Program 858-569-1983
Medical Equipment Loans 858-277-8645
Editor: Joleen J. Gonser 858-279-6088
joleen.gonser@navy.mil

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.

Opinions expressed in "Letters to the Editor" **do not** necessarily **represent** the views of the editorial staff, but are printed to encourage comments and discussion of resident homeowners."

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.

Advertisements of products or services 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....Quarter Page = \$12
One-half Page = \$20.....Full Page = \$35

Kearney Lodge Office 858-277-6060

USEFUL AND/OR FUN WEBSITES

Please verify the reliability of all sites.

ONLINE SAFETY: WORK-AT-HOME SCAMS; FOR YOUR CHILDREN; YOUR BUSINESS - MORE:

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

TO HELP AVOID FRAUDULENT WEBSITES & FIND SITES YOU LIKE: <http://www.sitejabber.com/>

<http://www.ozarkssentinel.com/missouri-ahead-of-the-game-in-dealing-with-illegal-immigrants-p1034.htm>

<http://www.superhomecenter.com/default.htm>

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

<http://www.aaag.com/san-diego-ca-convoy-c.htm?bg=b>

<http://earthquake.usgs.gov/earthquakes/recenteqscanv/>

<http://activefiremaps.fs.fed.us/>

http://www.lifescrpt.com/Body/Style/Accessories/Jewelry_Cleaning_Tips.aspx

<http://www.buffet.com/public/emailClub.html>

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

SMOKE ALARM TIPS - Test smoke alarms at least monthly by pushing the test button. Replace the battery right away if an alarm "chirps" a warning.

All smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, should be replaced when they are 10 years old; sooner if they do not respond properly when tested.

Do not remove or disable a smoke alarm. Install a combination of ionization and photo-electric alarms, or both types of alarms in your home, taking advantage of both technologies.

There are specially-designed and equipped smoke alarms to wake those who are deaf.

To keep track of the time to replace smoke alarm batteries is to coordinate the battery change with the time changes for Daylight Saving Time.

QUOTE - For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad.
- Edwin Way Teale



Please donate \$1-\$5 to the
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If your kitchen was destroyed,



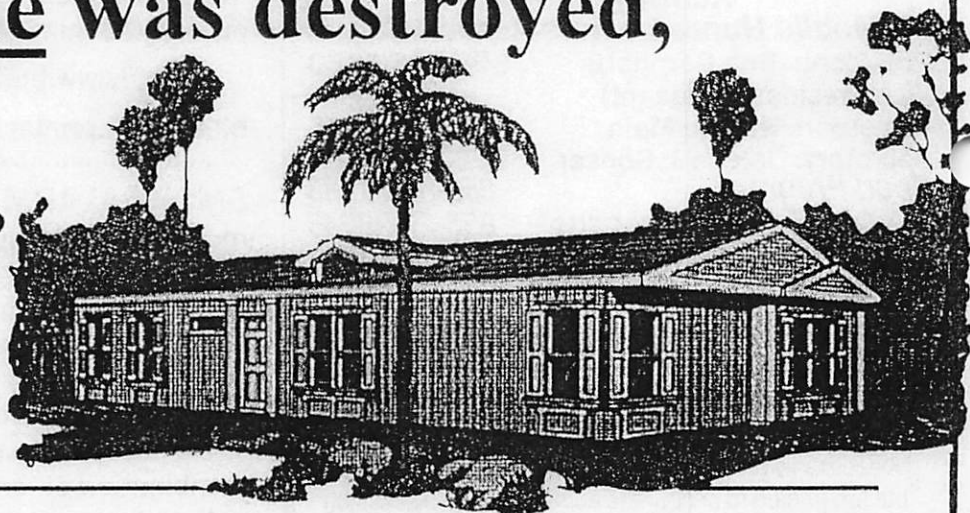
Would you
want a new
kitchen?

You have a choice.

If your home was destroyed,

Would you not
want the same?

You have a choice.



If you have questions about your coverage, or wish to upgrade your policy that includes brand new replacement, from partial loss to total destruction, please contact **Steve Rolf**, Monday-Friday, 9am-5pm.

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Letters to the Editor

1. I agree about the rent increases. Take a look at our country and explain how anyone can increase rents. Rents in San Diego have decreased, NOT increased.

I don't agree about the recent upgrades. Our property values have only dropped the past few years. The lights could have been solar, but they are a great enhancement to the entrance as well as a safety advantage to all of the walkers and bikers.

The island is also an improvement as well as a reason for drivers to slow down. Often drivers from the west side of the park fly to the exit and never check to see if there are other cars. A homeowner on SS

2. Unlike last month's letter to the editor, I like the improvements that are being made to our park. Since rent is obviously going up anyway, it's nice to see the increases being used in the park and helping to enhance our property values eventually. But, I would also like to see the park dedicate an area for children to play in, considering that this is a family park, with some items like a swing set, etc., in order to keep the children from playing in the streets, and around our homes and vehicles.

Too many times I have witnessed kids kicking balls into our vehicles and our houses, and riding their bikes through our front yards and carports. We shouldn't have to put up with this. And while I applaud the park for adding such beautiful new homes, the homes are so large so as not to allow room for a back yard – and no-where for future children to play. Just doesn't make sense. Also a Concerned Resident

3. Response to a concerned resident: Yes, I do have an opinion, and it is 180 degrees different from yours. I, too, have spoken to many residents, and we feel that the improvements not only have made the front of the park more attractive, but added a larger sense of safety. I do not feel (that) improvements will affect our rents as they will probably be treated as capital improvements.

If someone runs into the new island, I hope I am not on the streets at the same time as those type of "drivers", as I do not need inattentive people taking a shot at me. Another Kearney Lodge Resident

4. I was saddened to learn about the discontent of the resident who wrote the letter to the editor in October. We have so much to be thankful for in Kearney Lodge.

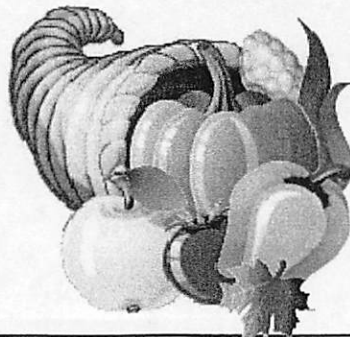
Our streets are maintained better than many of the streets outside the park. When I come into the park and see the attractive roundabout, my first instinct is to slow down. It is certainly well-marked with multiple reflectors. If anyone drives into it, they are simply not paying attention.

I am thankful for the lights along the formerly dark entry to the park. The decision of what kind of lights to install was not my responsibility. I am privileged to simply enjoy them. Our managers are doing an excellent job in making improvements and trying to make this a safe and peaceful community.

I appreciate the get-togethers such as the summer Bar-B-Qs, Christmas dinners, Halloween parties, etc. I would like to see more participation by residents at the homeowners meetings, and other ways to get together as a community to get better acquainted, and to be helpful to one another.

A Kearney Lodge Neighbor

PLEASE DONATE
\$1-\$5 TO THE
KEARNEY LODGE
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Whitney Aloe Darling
was born to
John and Angela
on October 22, 2010
at 10:45 pm.

Whitney weighed 8 lb. 4 oz, and
was 21 1/4 inches long.

She was born on her
great-grandpa Darling's 91st
birthday! She's a blondie.

QUOTE - Normal day, let me be aware of the treasure you are... Let me not pass you by in quest of some rare and perfect tomorrow. One day I shall dig my nails into the earth, or bury my face in my pillow, or stretch myself taut, or raise my hands to the sky and want, more than all the world, your return.

- Mary Jean Iron

THE TREASURE BOX: A Week of Food. A World of Savings.

Here is a great way to stretch your food budget! The Treasure Box is a local organization that helps individuals and help families during these tough economic times by providing quality food at much reduced prices.

For \$30.00 each month, you can purchase a pre-assembled box of fresh frozen groceries re-tailing for between \$65-\$90. There are a variety of food boxes to choose from. New food menus are posted each month at www.thetreaasurebox.org

The traditional Treasure Box is filled with 21-25 lbs. of nutritious food including 10-12 lbs. of pro-tein, fruit, vegetables, side dishes and dessert; enough to feed a family of four (4) lunch and dinner for up to a week, or an individual for about a month.

No limits, no income qualifications, anyone can participate! Preorder your box with cash at Horizon Christian Fellowship, OR online at <http://www.thetreasurebox.org>

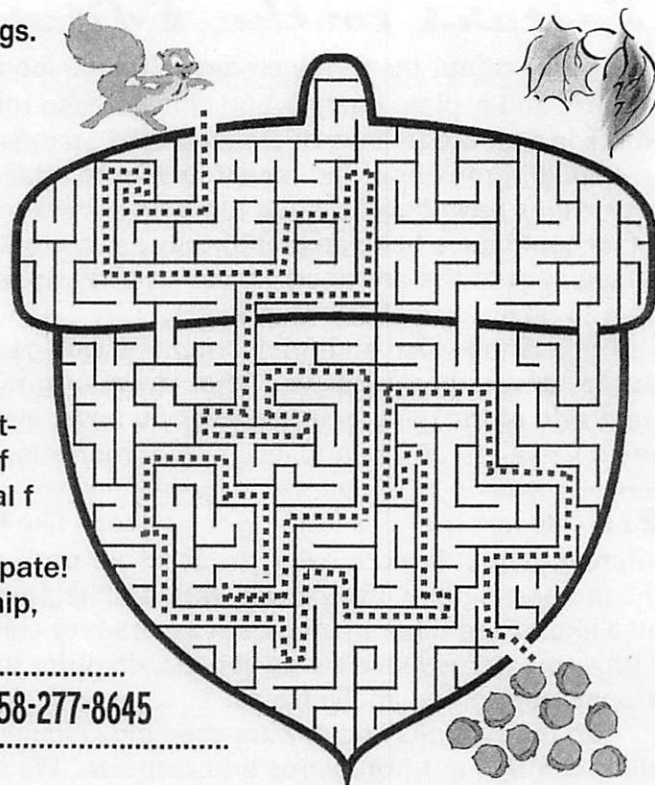
Please donate \$1-\$5 to the KEARNEY LODGE FOOD PROGRAM 858-277-8645

LOOKING FOR A PET?

If a person is age 62 or over, that person may adopt any pet of any age for half price. If that senior person picks a dog or cat five (5) years or older, the adoption fee is waived. The next adoption event will be "Your Price Is Right". The adopter can name any price for any dog or cat over the age of five (5) years.

County of San Diego;- Department of Animal Services
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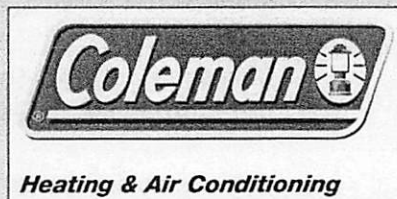
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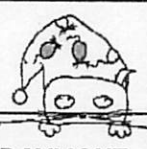
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November 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 DAYLIGHT SAVING TIME ENDS	1	2 VOTE! ELECTION DAY	3	4 9 am Quilters	5 7 pm Bingo	6
7	8	9	10	11 VETERAN'S DAY	12 7 pm Bingo	13
14	15	16	17	18 9 am Quilters	19 7 pm Bingo	20
21	22	23	24	25 THANKSGIVING DAY	26 7 pm Bingo	27
28	29	30 Last day to sign up for the Holiday Dinner	Please donate \$1-\$5 to the KEARNEY LODGE FOOD PROGRAM 858-277-8645			

DON'T BEND TO OSTEOPOROSIS

Osteoporosis is silent, bones are hidden – but the drastic consequence of osteoporosis is visible in the lives of the millions of sufferers worldwide. Spinal, or vertebral, fractures are the most common type of fragility fracture, yet remain largely undiagnosed and untreated. It is estimated that at least half of all spinal fractures do not come to clinical attention or are untreated.

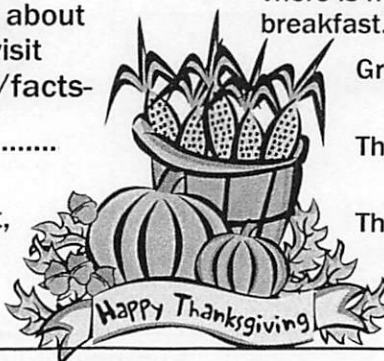
Although many spinal fractures cause disability and pain, these are often ignored or misdiagnosed as back pain due to a muscle strain or arthritis. Don't miss the signs of a breaking spine...

- (1) Vertebral fractures are under-recognized and under-treated.
- (2) Early diagnosis and treatment essential to prevent the fracture cascade.
- (3) Three major signs of vertebral fractures are height loss, back pain, or a stoop.

For additional facts and statistics about osteoporosis and its impact, please visit <http://www.iofbonehealth.org/facts-and-statistics.html>.

QUOTE

For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad.
– Edwin Way Teale



QUOTES

Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds. – Theodore Roosevelt

Nothing is more honorable than a grateful heart.

– Seneca

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you"? – William A. Ward

I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

– Winston Churchill

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

Cats seem to go on the principle that it never does any harm to ask for what you want.

– Joseph Wood Krutch

There is no snooze button on a cat who wants breakfast.

– Anonymous

Gratitude is the memory of the heart.

– French Proverb

Thanksgiving, after all, is a word of action.

– W.J. Cameron

Thanksgiving was never meant to be shut up in a single day. – Robert Caspar Lintner

Gratitude is the sign of noble souls.

– Aesop