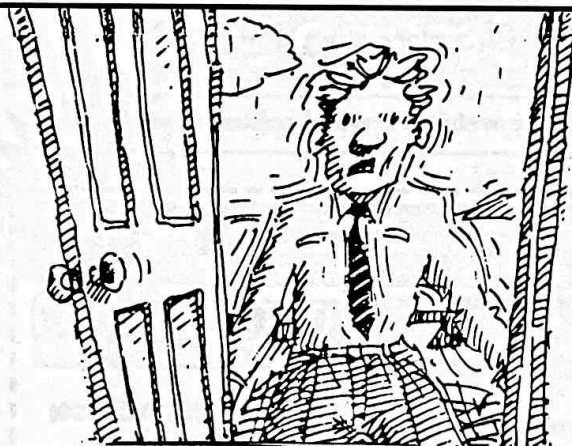




April 2005

Kearney Lodge Newsletter

6460 Convoy Court
San Diego, CA 92117



“I’m Not Covered For That?”

***Sewer Back Up* coverage is excluded in every policy!**

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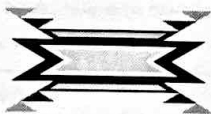
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Call for an expert pre-season check!

HOW WOULD YOU LIKE TO...

- ▶ CONSERVE CASH
- ▶ SAVE ENERGY
- ▶ HELP THE ENVIRONMENT
- ▶ IMPROVE THE COMFORT OF YOUR HOME
- ▶ ENJOY A CASH REBATE OF UP TO **\$1250.00**

That would be nice, wouldn't it?

Are you aware that in San Diego County your Heating and Air Conditioning system is responsible for an average of **45% of your monthly utility bill?**

Meanwhile, the cost of energy continues to skyrocket. What's the solution?

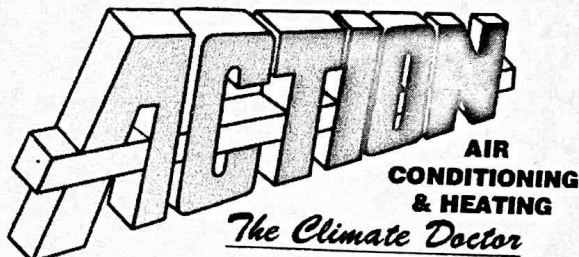
We can't control utility costs but we can reduce the amount we use:

- First, routine maintenance is the number one ingredient to guarantee system efficiency and reliability. When was the last time yours was serviced?
- Secondly, if your system is over 8 years old, instead of paying 40% too much you could pocket those savings with a new whisper-quiet system. When you add in future repair bills to keep your "Old Wheezer" running, you may actually save more than a new system would cost.

This is the marvel of high technology. It provides you with reliable, energy efficient heating and cooling that's easy on the environment and your wallet. Most of our in-home evaluations demonstrate an average of **20% return on investment**. Not bad in comparison to most investment opportunities available in today's market!

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Kearney Lodge Mobile Home Owners Association

**The Next Kearney Lodge
Mobile Home Owners'
Association Meeting
is at 7:00 pm
on Thursday, APRIL 7, 2005**

KEARNEY LODGE MOBILE HOME OWNERS' ASSOCIATION MEETING NOTES OF MARCH 3, 2005

President Bob Gomperts called the meeting to order at 7:00 pm. The Pledge of Allegiance was followed by the Treasurer's report (Nadine Mein).

Old Business:

- ~ Bob reported that no group discount is available from Direct TV.
- ~ The discussion about the standing water problem was tabled for further information.
- ~ Other issues developing from the rains were discussed.
- ~ Some business letters were reported or read and discussed.

Reports:

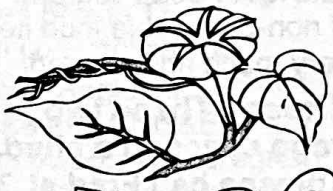
- ~ The Food and Medical Equipment Programs are active and supported. See elsewhere in this issue.

New Business:

- ~ The KLMHOA seeks and accepts donations of \$1.00 per month for operating expenses. Please consider participating.
- ~ Graffiti on the north end of the freeway fence was reported.
- ~ Can the park have recycling? Bob will check into it. It was reported that Hazmat will schedule a day for toxic waste pickup. There was a question about large-item pickup.

The meeting was adjourned at 8:00 pm.

**"The first of April is the day we
remember what we are the other 364
days of the year."**



April 2005

TAX FORMS

Tax season is here and once again the City of San Diego's Clairemont Community Service Center has free Federal and State income tax forms and publications available. The Service Center is in the Clairemont Town Square Shopping Center at the intersection of Clairemont Drive and Lakehurst Avenue (4731 Clairemont Dr). Office hours are Monday - Thursday 8:00 a.m. - 1 p.m. & 2:30 p.m. - 5:00 p.m. and Friday 1:00 p.m. - 5:00 p.m. For more information call the Service Center at (858) 581-4111.

SINGLE SET

Five residents met for lunch at the So plantation on February 15. They plan to have lunch together every other Tuesday, so by now, there have been several gatherings. The group meets at the front Recreation Center at 12:45 on Tuesdays. The April lunches will be on the 12th and 26th.

The lunches ARE NOT just for single people. Married couples are also welcome. For information about further activities and meeting, call Myrna Wilhelm at 292-1150.

HELP STILL APPRECIATED

One of the newsletter delivery personnel for the west side of the park needs a replacement. If you are willing and able, please call Fred Seda at 279-7389 or Joleen Gonser at 279-6088.

MORE WAYS TO HELP

To donate to the KLMHOA medical equipment supply or to borrow any of the items already available, call Fred at 279-7389.

There is a continuing need for assistance with the KLMHOA Food Program. Your donation of non-perishable food items or money is very much appreciated.

A special need: These two programs need storage space in a shed. If you can help, please call Fred at 279-7389.

Kearney Lodge Mobile Home Owners Association

President: Bob Gomperts

VP: Gil Reynoso

Treasurer: Nadine Mein

Acting Sec: Joleen Gonser 279-6088

Publisher: Fred Seda 279-7389

Editor: Joleen J. Gonser 279-6088

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 10th of each month.



Products or services advertised herein do not imply endorsement of any products or services.

The KLMHOA is NOT responsible for your use of them.

RESOURCES

AARP www.aarp.org/ca

Access Center of San Diego

Aging & Independence Services

www.sdcounty.ca.gov/ais

Alcoholics Anonymous

Alzheimer's Association

www.sanalz.org

American Cancer society

www.cancer.org

At Your Home Services 858-558-0180

CA Dept. of Health Services

CA Dept. of Insurance Hotline 800-927-4357

CA Dept. of Aging

Center for Grief Care & Education

www.sdhospice.org

Children of Aging Parents

www.caps4caregivers.org

Christian Ministries Food Coop

City of San Diego Senior Citizen Services

Elder Law & Advocacy

Elderhelp of San Diego

Family Caregiver Alliance

www.caregiver.org

Healthy Share

Homeowners and Renters Assistance

In-Home Supportive Services Public Authority

County of San Diego

www.agingandindependence.signonsandiego.com

Jewish Family Service

www.jfssd.org

Meals-on-Wheels-Greater SD

Mediation Center

MTS Access

Neighborhood House Assn. Care Act

Parkinson's Disease Assn. of San Diego

Project Care

San Diego Food Bank

SeniorCare Advocates

www.seniorz.org

Widow & Widowers Club

www.asaging.org

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619-236-6905

858-565-1392

619-284-9281

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858-278-5556

800-868-4171

666-351-7722

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877-757-9733

858-273-6763

800-510-2020

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WHAT IS PASSOVER?

Passover is the eight-day observance commemorating the freedom and exodus of the Israelites (Jewish slaves) from Egypt during the reign of the Pharaoh Ramses II.

A time of family gatherings and lavish meals called Seders, the story of Passover is retold through the reading of the Haggadah. With its special foods, songs, and customs, the Seder is the focal point of the Passover celebration. Passover begins on the 15th day of the Jewish month of Nissan. As the Jewish day begins at sundown the night before, for the year 2005, the first night of Passover will be April 23rd.



CONTROLLING INFLAMMATION

Prostaglandins, a group of hormones, regulate inflammation. That means that some of these hormones increase inflammation and some of them reduce it. Your diet can affect this system. Here are a few tips to try. You should notice results in about four-to-six weeks:

- ~ Add turmeric and ginger to your diet – they are natural anti-inflammatory agents.
- ~ Eliminate polyunsaturated oils and partially hydrogenated oils from your dietary intake. They encourage synthesis of pro-inflammatory prostaglandins. It's also a good idea to get rid of trans-fatty acid sources, like margarine or shortening.
- ~ Switch to using olive oil in your diet and increase your omega-3 fatty acids intake. Good sources of these are wild Alaskan salmon, sardines, walnut and soy foods. This will increase your production of inhibitory prostaglandins.

~ adapted from DrWeil.com

The above information was contributed by Dr. Carolyn Mein, a chiropractor whose office is in the Fairbanks Village Plaza, Rancho Santa Fe, CA. Her phone number is 858-756-3704.

The aim of an argument or discussion should not be victory, but progress.

~ Joseph Joubert

GET FREE TREES FOR YOUR YARD Cool Communities Shade Trees Program Renewed!

People for Trees is excited to announce that the Cool Communities Shade Trees Program, in conjunction with the San Diego Regional Energy Office and SDG&E, has been renewed. This program allows people to receive up to five free trees for their private property.



The program is intended to increase shade around homes which will in turn decrease energy costs involved with air conditioning. A tree that loses its leaves can also promote sunshine to warm a home in the winter. The entire county of San Diego is eligible. The trees must be planted within 50 feet of the home and on the south, east, or west sides only. This program is open to any private residence or public school with an SDG&E account. (*The Kearney Lodge master meter system is okay – I checked. ~Ed.*) This program will be similar to our street tree program in that we need multiple people to get involved to plan a planting.

To get the application and the most up-to-date information on this program, go to www.sdenenergy.org. Go under Programs: Cool Communities Shade Trees: and click on Booklet and Planting Guide to obtain the application. You can also order a booklet by calling (888) 831-8620 (Please note that due to the huge interest in this program, it may take two weeks or more to receive a booklet by mail.)

Because it will be most efficient for the People for Trees personnel to handle our master-metered system by working with a group rather than individuals: anyone interested in this program, please come to the next KLMHOA meeting to combine your interests with others in the park.



"We plant trees not for ourselves,
but for a future generation."
Caealius Statius, 220-168 B.C.

SENATOR KEHOE ANNOUNCES CHARGERS NOT TO SEEK REDEVELOPMENT FUNDS OR STADIUM PROJECT

SAN DIEGO- Senator Christine Kehoe (D-San Diego) today announced that the San Diego Chargers have backed away from plans to seek a redevelopment designation for the stadium site in Mission Valley. Such a designation would have given the NFL team city redevelopment tax funds to help finance a new stadium.

"I am pleased that the Chargers agreed with me that this is an inappropriate use of the redevelopment designation," stated Senator Kehoe. "I am delighted that the Chargers have responded to the community, and dropped their original plan."

The Senate Local Government Committee that Senator Kehoe chairs had scheduled a hearing at Qualcomm Stadium on this issue for late February. The hearing has been cancelled in response to the announcement of the San Diego Chargers.

"Historically, redevelopment funds go to revitalize blighted neighborhoods and Mission Valley just isn't a blighted area. Simply because someone wants a state-of-the-art stadium doesn't mean the public should help pay for it. This is very welcome news from the Chargers," Kehoe continued.

Senator Kehoe also announced that she will be holding a Local Government Committee hearing in Sacramento next month to discuss the legal requirements and particulars of redevelopment designations and funding.

Don't let Please...
Your dogs
and cat's
run loose to
mark and mess in
your neighbor's
yard and driveway.

PETROLEUM DEMAND REDUCTION BILL INTRODUCED ~ Legislation to curb oil consumption in favor of alternatives

SACRAMENTO – Senator Christine Kehoe (D-San Diego) announced that she has introduced Senate Bill 757 which would create a plan to halt the historic increases in petroleum usage in California by the year 2010, and to ultimately achieve a significant reduction in oil consumption in this state by the year 2020.

SB 757 would also require that several state and local agencies work cooperatively to adopt rules and regulations to ensure that existing refineries install the latest available technology and pollution prevention measures to reduce air pollution and toxic waste generation at the refineries, while enhancing both worker safety and the public's health.

"Thirty percent of California's oil comes from foreign sources," noted Kehoe. "If we do not halt the increasing demand for petroleum, and ultimately reduce our consumption patterns, our dependence on foreign sources will only increase. This places us at the mercy of other countries that will continue to control our oil supply and help dictate the price we pay at the pump," stated Kehoe. "Technology already exists for fuel alternatives to help satisfy the state's growth, and this should be a key component in our efforts to reduce our dependence on foreign oil and gasoline imports," Kehoe continued.

California currently leads the nation in gasoline consumption and is the second largest consumer of petroleum products in the nation, behind only Texas. California currently imports ten percent of its gasoline, and over fifty percent of its oil from outside sources. The need to import gasoline is expected to rise, as is the importation of oil as California reserves are depleted.

"World instability, and the wildly fluctuating price at the pump clearly point out the need to try to promote measures which will enhance California's energy independence," concluded Kehoe.

SB 757 is awaiting referral to a Senate Policy Committee for its initial hearing.



SENATOR KEHOE APPOINTED TO CHAIR COMMITTEE ON LOCAL GOVERNMENT

SACRAMENTO – State Senator Christine Kehoe (D-San Diego) was appointed to chair the Senate Committee on Local Government by President pro Tempore of the Senate, Don Perata. The Local Government Committee is responsible for hearing legislation related local governmental procedures and organization, land use, and administration.

"One of the many challenges facing Californians is how to improve communication and coordination between local and state governments," Kehoe said. "I will focus on issues that include finance, state mandates, and building better communities."

Senator Kehoe served as a member of the San Diego City Council from 1993 to 2000, she represented the city on San Diego's Regional Planning Agency (SANDAG), served on their Committee on Binational Regional Opportunities (COBRO), and chaired SANDAG's Regional Economic Prosperity Board. While on the City Council, she spearheaded an award-winning revitalization project, the City Heights Urban Village, which brought over \$100 million of investment into the area. She served as a California Coastal Commissioner from 1997 to 2000, and authored a bill signed by the Governor to establish a regional planning agency in San Diego County through public consensus to deal with traffic congestion, land use, sprawl and quality of life issues.

Senator Kehoe has also been assigned to serve on following standing committees:

- ~ Budget and Fiscal Review
- ~ Energy, Utilities and Communications
- ~ Natural Resources & Water
- ~ Transportation & Housing

"I am pleased that my committee assignments are in areas that matter to San Diegans," said Kehoe. "This gives me an opportunity to better protect our environment, help reduce traffic gridlock, work on making housing affordable, and continue working on lowering gas prices."

Senator Kehoe represents the communities of Del Mar, Rancho Penasquitos, La Jolla, Pacific Beach, Mission Beach, Ocean Beach, Point Loma, Clairemont, Del Cerro, El Cerrito Heights, Mission Valley, Navajo, Normal Heights, Kensington, Talmadge, Oak Park, Paradise Hills, Rolando, San Carlos, Serra Mesa, University Heights, Allied Gardens, the College Area, Linda Vista, Mission Hills, Mira Mesa, Tierrasanta, Clairemont, North Park, Old Town, downtown San Diego, and portions of Lemon Grove, and La Mesa.

SENATOR KEHOE NAMES COUNCILMEMBER DONNA FRYE "Woman of the Year"

SACRAMENTO – In a ceremony today at the State Capitol, Senator Christine Kehoe (39th District) honored San Diego City Council member Donna Frye as the Senate District's "Woman of the Year." The special commemoration recognizes exemplary California women from each Senate District in the state.

Council member Donna Frye made national headlines as the "surfer girl" who ran as a write-in candidate for Mayor of the City of San Diego. The results of the race have challenged our courts to count every vote.

"This past year Donna stood out as a real leader in San Diego – in a time when our city was seeking a new kind of leadership. I commend her for having the courage and determination to run for Mayor. Her popularity among San Diegans is well deserved, and I am honored to pay tribute to such a dedicated public servant."

Elected by special election to complete an unexpired term in June 2001, Council member Frye was re-elected to a full, four-year term in March 2002 with 65 percent of the vote. Frye is an environmental activist since the 1980s, has a keen understanding of the community and its needs, and she strongly believes that government should be open and accessible to its constituents.

As a Council member, Donna has worked tirelessly to increase public participation in local government, ensure that city resources are allocated fairly, repair and replace aging infrastructure, ensure that development in District Six complies with community plans, expand branch library services, expedite undergrounding of utilities, protect and preserve our canyons, open space and public parkland, reduce sewage spills and prevent polluted runoff, and slow down traffic in our neighborhoods.



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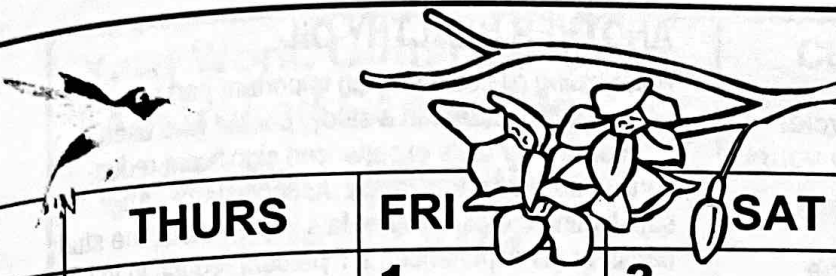
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April 2005

SUN	MON	TUES	
	GEMSTONE <i>Diamond or White Sapphire</i>	 National Hum <i>International Gui</i> Lawn and Gard <i>Poe</i> National Weldi <i>Stress Awarene</i>	
3 <i>Daylight Savings Time Begins</i> Set your clock back an hour. 	4  FLOWER <i>Daisy Sweet Pea</i>	5	6
10 <i>National Siblings Day</i> Call your brothers and sisters!	11 <i>Barbershop Quartet Day</i>	12	13 <i>Sci</i>
17 	18 7 PM Cards	19 <i>National Garlic Day</i>	20 <i>V Recd</i>
24	25 7 PM Cards	26 <i>National Pretzel Day</i> 	27 <i>E Ad (Sec)</i>

Kearney Lodge Mobile h

			
WED	THURS	FRI	SAT
1st Month 2nd Month 3rd Month 4th Month 5th Month		1 <i>April Fool's Day</i> 7 PM Bingo	2 <i>Children's Book Day</i> <i>National walk to Work Day</i> <i>Reconciliation Day</i>
	7 9 AM Quilters <i>World Health Day</i> 7 PM KLMHOA Meeting	8 7 PM Bingo	9 
6th Month 	14 9 am Quilters	15 7 PM Bingo	16 <i>National Librarian Day</i>
Volunteer Recognition Day	21 9 am Quilters	22 <i>National Jelly Bean Day</i> 7 PM Bingo	23 <i>Passover Begins at Sundown</i> 
Executive Officers' Day (Secretary's Day)	28 9 am Quilters	29 7 PM Bingo	30 <i>National Honesty Day</i>

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THRIFTY TIPS:

Always use the Five R's:

Repair, Restore, Reduce, Reuse, Recycle. Always remember to put these tips into your daily life, you will save a lot of money.

The Proper Method:

Cool hot foods before putting them in the refrigerator or freezer. Also, be sure all moist foods are covered since high humidity requires more energy.

Be Aware!

Make sure you check over all of your bills in case you get overcharged or billed for something you weren't suppose to be billed for. If you return something that was charged make sure your future bills get credited.

Like To Eat Out?

Use 2 for 1 coupons. If you dine out a lot, it may be more economical to buy a coupon book of restaurants in your area.

Those Little Drips Add Up!

Did you know..... that a leaky water faucet that drips one drop of water per second will waste 60 gallons of water if left to drip for a week? How much is that in a month - or a year? Really boggles your mind, doesn't it? Think about how that could effect your bill and how much is getting wasted!! So, fix those water drips and leaks as soon as they occur to avoid water waste.

Going On An Extended Trip?

If you are going away for an extended time, you could turn off or turn down your water heater. After all, if no one is using it, why pay to have it heated 24 hours a day?

Energy Saving Tip:

Activate your "sleep" feature on home office equipment (PC, fax, printer, scanner) and even TV's — so that it automatically powers down when not in use to save up to \$70 annually in electricity bills and improve product longevity.

Using Up Leftover Denim:

Use leftover denim from cutoff jeans to make garden gloves. Simply trace around your fingers for the pattern.

Money is like a sixth sense without which you cannot make a complete use of the other five. ~ W. Somerset Maugham

ANOTHER HEALTHY OIL

A surprising oil could play an important part in the heart-health picture. In a study, people who used rice bran oil in their diets experienced significant reductions in both their total and LDL cholesterol. After substituting the oil for other fats in their diets, the study participants experienced a 7 percent reduction in LDL. Use this nutty oil to sauté veggies or as a base for salad dressings or dipping sauces.

RealAge Benefit: Reducing your total cholesterol to 160 mg/dl or lower can make your RealAge as much as one year younger.

Both total and LDL cholesterol are important, modifiable risk factors for cardiovascular disease. High LDL cholesterol levels may lead to the buildup of dangerous artery-clogging plaques. Good ways to keep your cholesterol under control include choosing fats that are mostly unsaturated, such as olive oil and rice bran oil; getting plenty of soluble fiber in your diet (at least 25 grams of total fiber per day); and exercising regularly. Good sources of soluble fiber include whole-grain breads and cereals, dried beans and peas, Brussels sprouts, oranges, prunes, and oat bran.

GOOD PHOTO-.....COPIES

Place the contents of your wallet on a photo-copy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. Also carry a photocopy of your passport when you travel either here or abroad.

We've all heard horror stories about the fraud (identity theft) that's committed against us by the stealing of a name, address, Social Security number, and credit cards.

We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.

Now, here are the numbers you always need to contact when your wallet, etc., has been stolen:

- 1.) Equifax: 1-800-525-6285
- 2.) Experian (formerly TRW): 1-888-397-3742
- 3.) Trans Union: 1-800-680-7289
- 4.) Social Security Administration (fraud line): 1-800-269-0271



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CLAIREMONT FRIENDSHIP SENIOR CENTER

The Lunch Program now offers Salad Entrée in addition to the regular hot entrées.

Public Notary service is offered by appointment. Members of CFSC receive a discount per notarized signature. Call Joyce Knight for more information and to schedule an appointment. 858-483-5100

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JOKES

While driving in Pennsylvania, a family caught up to an Amish carriage.

The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign... "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."



A COUPLE PUNS

When they say "instant credit," don't they actually mean "instant debt"?

Acupuncture is a jab well done.

BUMPER STICKERS

Always glad to share my ignorance - I've got plenty.

Always proof-read carefully to see if you any words out.

Always remember you're unique, just like everyone else.

Always try to be modest - and be very proud of it!

TONGUE TWISTER

When the copy of your floppy's getting sloppy on the disk,

And the microcode instructions cause unnecessary risk,

Then you have to flash your memory and you'll want to ram your rom.

Quickly turn off the computer and be sure to tell your mom!

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100% Hand Car Wash

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with any wash must present this coupon
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Hand Wash

\$2

off

Reg Wash '9"

PS With this Coupon

Hand Wash

\$3

off

Ultimate or Signature wash

With this Coupon

PS

Hand Wax

\$29.99

Reg. '44"

Includes:

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 Carnauba Hand Wax, Tire
 & Trim Dressing, Wheel
 Brite & Fresh Scent

Prices may vary according to
 vehicle size and condition

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Reg. '129.99

Includes:

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 Carnauba Hand Wax, Tire
 & Trim Dressing, Wheel
 Brite & Fresh Scent
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Prices may vary according to
 vehicle size and condition

PS

*\$2.00 Surcharge Applied to all large vehicles & SUV's

EXPIRES 01/04/05

KILL PLANTS IN YOUR GRAVEL

Sprinkle this mixture on the unwanted plants,
 especially in your gravel:

- One gallon vinegar
- One cup salt
- One tablespoon hand dish-washing liquid.

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Is what Financial experts say you should
 consider before signing up for automatic
 payments:

- ~ Check out the company before giving it
 access to your account information and
 make sure it is easy to reach if something
 goes wrong.
- ~ Keep careful track of expenses to avoid
 overdraft fees and expensive line-of-credit
 charges.
- ~ Check statements for errors and report any
 to the bank immediately. By law, a bank
 must investigate any dispute. If it cannot
 figure out, within 10 days, who is in the
 wrong, it must restore the money until the
 dispute is resolved.
- ~ Adjust bill-payment dates if your payday
 changes or if you change jobs, so that there
 is always enough money in your account to
 cover withdrawals.
- ~ Ask for a "switch kit" if you change banks.
 Often banks will handle the paperwork to
 switch automatic payments to your new
 account.

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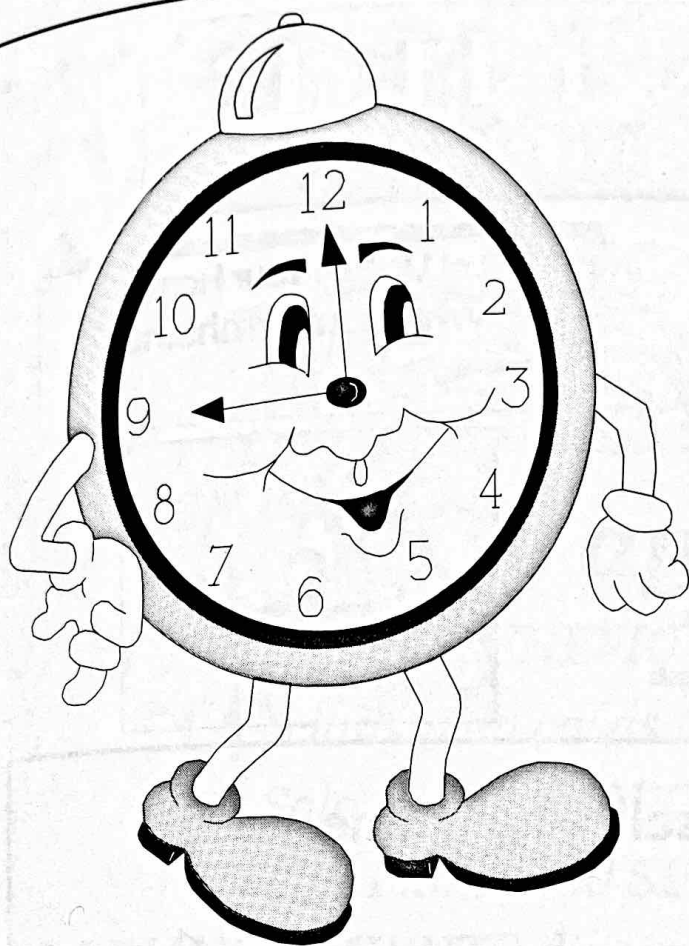
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*Don't forget
to Spring
your clock
forward
April 3rd*

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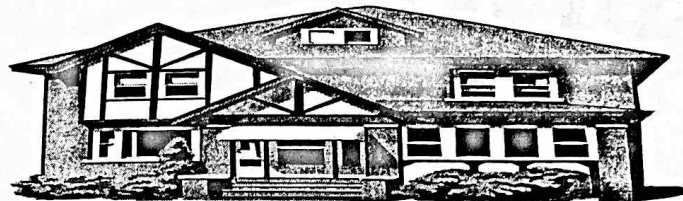
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Llama hoy !

la informacion no cuesta

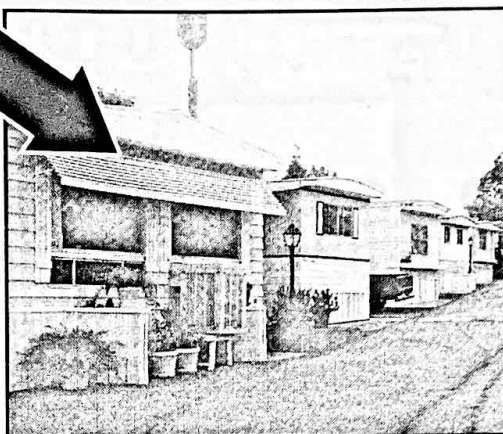
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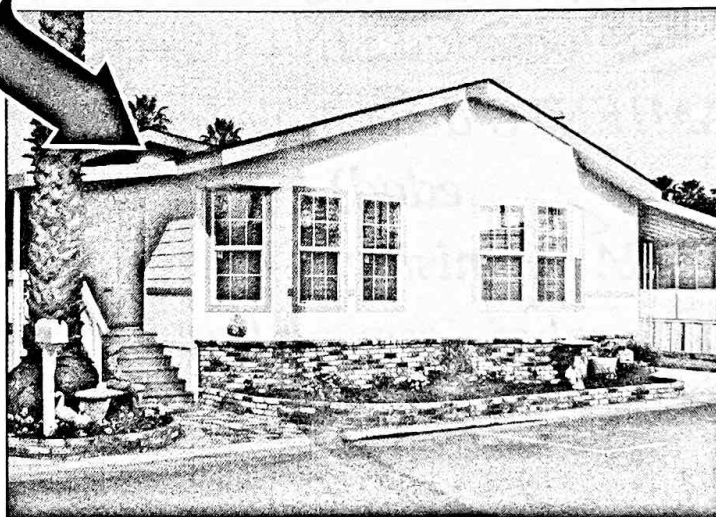
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