

SEPTEMBER 2009

KEARNEY LODGE HOME OWNER'S ASSOCIATION MEETING

**Thursday,
September 10, 2009
at 7:00 p.m. in the main
Recreation Room.**

You are invited to attend and participate.

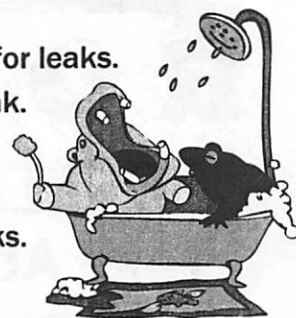
An important part of this meeting
will be nominating
a new slate of officers
and the discussion of your ideas
for events and activities
for upcoming months.

Come greet neighbors you know,
and meet some new ones.



WATER CONSERVATION IN THE HOME....

- Use your water meter to check for hidden water leaks.
- Check faucets and pipes for leaks.
- Rinse your razor in the sink.
- Take shorter showers.
- Insulate your water pipes.
- Check your toilets for leaks.
- Don't use the toilet as an ashtray or wastebasket.
- Put plastic bottles or A float booster in your toilet tank.
- Install water-saving shower heads and low-flow faucet aerators.
- Turn off the water after you wet your toothbrush.
- Use your dishwasher and clothes washer for only full loads.
- Minimize the use of kitchen sink garbage disposal units.
- When washing dishes by hand, don't leave the water running for rinsing,
- Don't let the faucet run while you clean veggies.
- Keep a bottle of drinking water in the fridge.



Water conservation in the yard & garden...

- Water during the early parts of the day; avoid watering when it's windy.
- Water your lawn only when it needs it.
- Don't water paved areas.
- Deep-soak your lawn.
- Add organic matter and use efficient watering systems for shrubs, flower beds and lawns.
- Plant drought-resistant lawns, shrubs and plants.
- Put a layer of mulch around trees and plants.
- Use a broom, not a hose, to clean driveways and sidewalks.
- Check for leaks in pipes, hoses, faucets and couplings.



Water conservation comes naturally when everyone in the family is aware of its importance, and parents take the time to teach children some of the simple water-saving methods around the home which can make a big difference.

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UPDATED INFORMATION

Apparently this office was closed after
I got the information for the August issue.

Editor

SAN DIEGO ASSESSOR/RECORDER/COUNTY CLERK

KEARNEY LODGE MOBILE HOME OWNERS ASSOCIATION

9225 Clairemont Mesa Blvd.

San Diego, CA 92123.

(858) 569-6262

<http://arcc.co.san-diego.ca.us/locations.aspx>

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.**

~ ~ ~ ~ ~

**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.***

~ ~ ~ ~ ~

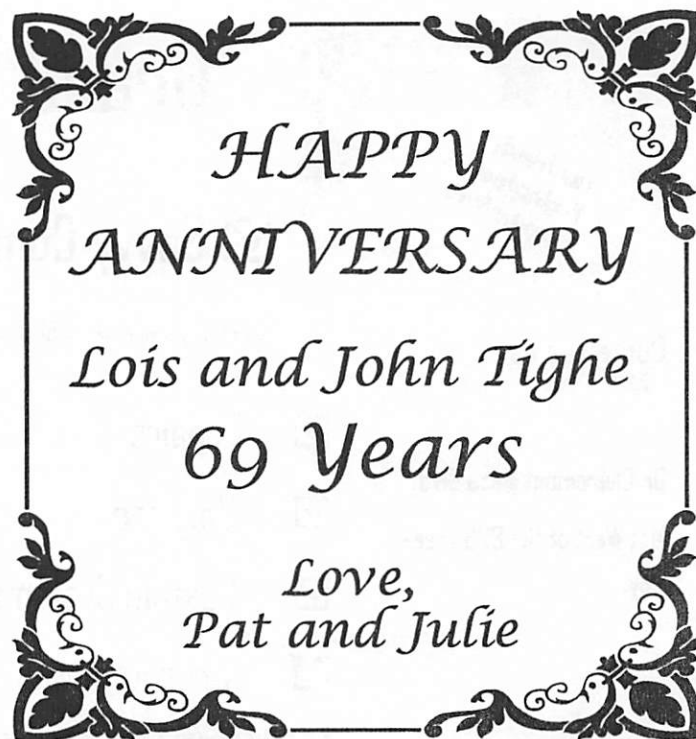
PRICES FOR NEWSLETTER ADS

Business Card-size \$ 8.00

One-quarter Page \$12.00

One-half Page \$20.00

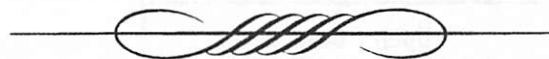
Whole Page \$35.00



YOU CAN SAVE A LIFE!

Suicide Prevention takes all of us to watch out for each other. The following tips could help you save a life...

- Engage a person in distress.
- Be willing to listen.
- Acknowledge distress & take it seriously.
- Don't be afraid to ask a person what is bothering them.
- Make a plan to assist the person.
- Make sure the person has you or a professional to talk with.
- If you are concerned about your family member, friend or neighbor, get help



QUOTES

The smallest good deed is better than
the grandest good intention.

~ Duguet ~

Take time to laugh - it is the music of the soul.

~ From an old English prayer ~

Life is not about waiting for the storms to pass...
it's about learning to dance in the rain.

~ Vivian Greene ~

Power is the ability to do good things for others.

~ Brooke Astor ~

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DIAGNOSTIC FEE

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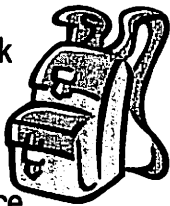
Tel. (858)654-8000



SAVE ON SCHOOL SUPPLIES

Wait for discounts. There still may be big mark-downs on clothing, electronics, and shoes, even though many occurred in mid-August. Check local stores and online retailers.

Buy a backpack with a warranty. Book bags take rough treatment, so buy your child's back-pack from a reputable company that guarantees its merchandise, such as L.L. Bean, REI, or the North Face. If a zipper breaks, the company will replace the back-pack at no charge or it may refund your money back.



Ask for a student discount on software. Show a valid K-12 or college ID at tech stores, or send a copy via e-mail or fax to sites like academicsupers tore.com or journeyed.com and you may get up to 80% off your purchases.

Buy school supplies at warehouse or big-box retailers. The prices will be much lower than at super-markets and drugstores.

BACK TO SCHOOL KITS

Give each child the following in a locking plastic bag with the listed items:

Tissue - to remind you to dry someone's tears (or perhaps your own, so you can see the tears of others).



Button - to remind you to "button your lips" to keep from saying mean things about others or talking when it's not appropriate.

Toothpick - to remind you to "pick out" the good quali-ties of everyone including you.

Band Aid - to remind you of healing hurt feelings, either yours or someone else's.



Candy Kiss - to remind you that everyone needs a nice treat occasionally.

Gold Thread - to remind you that friendship is the golden thread that ties together the hearts of everyone.

Eraser - to remind you that everyone makes mistakes sometimes, and that's all right.



Lifesaver Candy - to remind you to think of me as YOUR "lifesaver". Whenever you need to talk, feel free to come see me (Mom / Dad)!

Mint - To remind you that you are worth a MINT to me (Mom / Dad)

FUN AND/OR USEFUL WEBSITES

Please be sure to verify the reliability of all sites.

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

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

<http://www.freecycle.org/group/United%20Stat es/California/San%20Diego>

<http://www.u-exchange.com/>

<http://www.pad4pad.com/>

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

<http://www.irta.com/ReciprocalTrade.aspx>

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

<http://www.seniorlaw-sd.org/#>

http://www.peoplingofamerica.org/flag_of_face s.asp

<http://jimspages.com/States.htm>

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

<http://www.4inkjets.com/>

<http://www.123inkjets.com/>

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

<http://www.stepables.com/TTprofiles3.asp>

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

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

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

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

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

<http://www.furniture-for-small-spaces.com/>

[http://www.gardenbetter.com/Container Garde ning - Summer_Pots.asp](http://www.gardenbetter.com/Container_Garde ning - Summer_Pots.asp)

<http://gethuman.com/>

https://medi-share.org/lp/web0609.aspx?leads ource=Internet-Email&custentity_urlreferralid=m sc0004

<http://www.dot.ca.gov/dist11/d11tmc/sdmap/ showmap.php>

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

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

http://gaspricewatch.com/new/default_V2.asp

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INTERESTING USES for COFFEE GROUNDS

1. In the Garden – Keep coffee grounds in the freezer until ready for use. Coffee grounds are very effective when used with Rose Bushes. Just keep your outdoor pets from those areas.

- Dilute with water for a gentle, fast-acting liquid fertilizer. Use about a half-pound can of wet grounds in a five-gallon bucket of water; let sit outdoors to achieve ambient temperature.
- Mix into soil for houseplants or new vegetable beds. Coffee grounds may mold with time, so be careful indoors.
- Encircle the base of the plant with a coffee and eggshell barrier to repel pests.
- If you are into vermi-posting, feed a little bit to your worms.
- Toss coffee grounds in with vegetable peelings, add water, grind them in the blender, then feed the mixture to plants that are "slow". It's like a giant vitamin. The plants start shooting up very soon.

2. Exfoliant – Give yourself a wonderful home-made body scrub/facial with coffee grounds, resulting in the smooth, soft skin. For even nicer skin, add a few tablespoons of mineral oil, jojoba oil or olive oil right from the kitchen and a few drops of your favorite essential oil.

3. Natural Stain/dye – coffee grounds make a great natural stain for wood, clothing, and baskets, and for covering up nicks in wood furniture. Brewed coffee can also be used in light brown/brunette hair to darken it.

4. Fridge Deodorizer – keep a small container of fresh coffee grounds in the back of your refrigerator or freezer for a natural deodorizer.

5. Ant Repellent – Place coffee grounds in or near the tracks of sliding glass doors to keep ants away.

6. Kitchen Scrubber – coffee grounds act as an abrasive to remove grease from pots and pans. Keep a little container of fresh coffee grounds near your kitchen sink.

7. Cat Litter Deodorizer – Sprinkle a tiny bit of fresh coffee grounds in the cat litter box for a natural deodorizer or put some next to the box.

PLACES TO SANITIZE OFTEN

Household: kitchen sponge, kitchen sink, toilet bowl, garbage can, refrigerator, doorknobs.

Workplace: phone receiver, desktop, key-board/mouse, elevator button, toilet seat.

Outdoor/public surfaces (use wipes or spray): shopping cart handle and baby seat, escalator handrail, elevator buttons, ATM but-tons, public/portable toilet, play-ground equipment, picnic tables.



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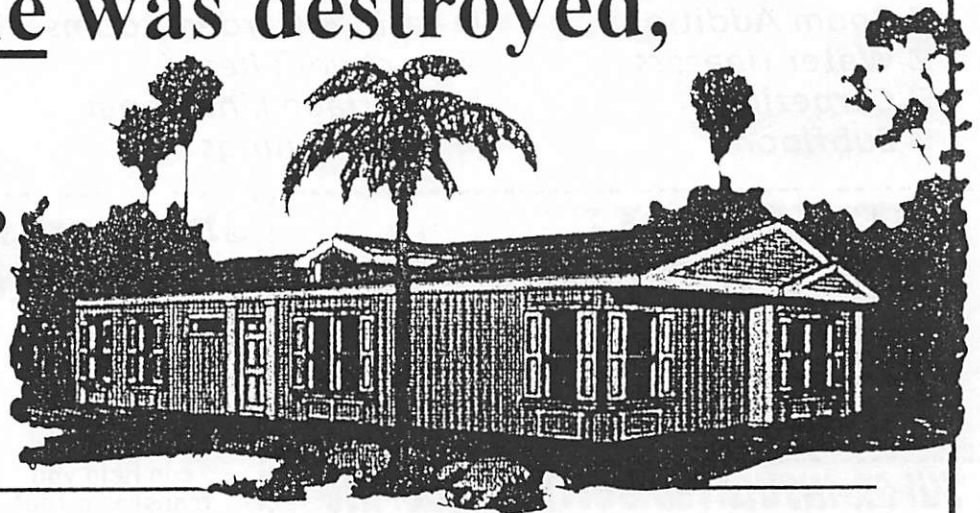
Would you
want a new
kitchen?

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If your home was destroyed,

Would you not
want the same?

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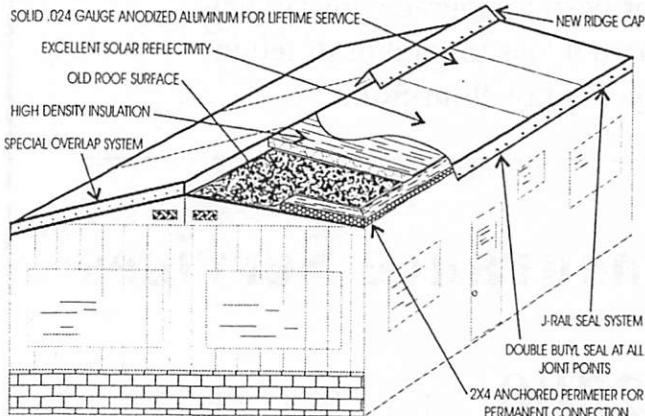
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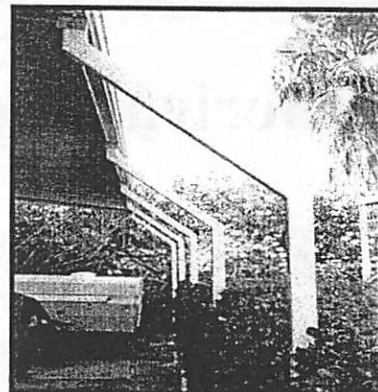


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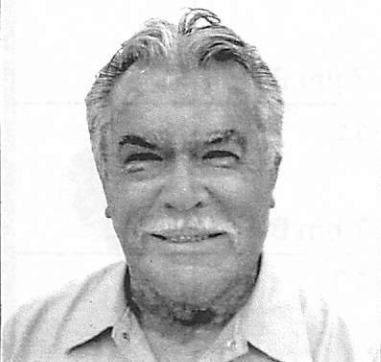
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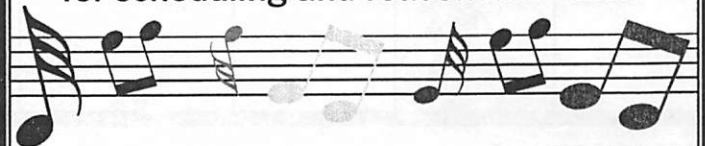
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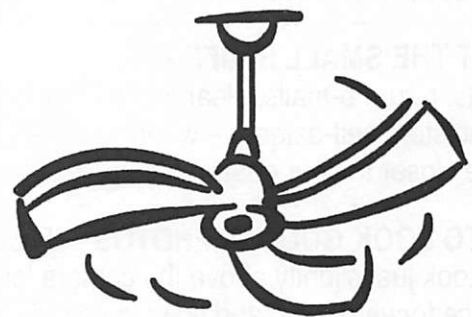
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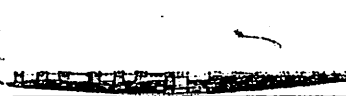
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SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Patience is passion tamed. ~ Lyman Abbott ~		1	2 	3 9 am Quilters	4 7 pm Bingo	5
6 	7 LABOR DAY	8	9	10 9 am Quilters 7 pm KLMHOA Meeting	11 7 pm Bingo	12 
12	14	15	16 	17 9am Quilters	18 7 pm Bingo	19
20	21	22 AUTUMN BEGINS	23	24 9 am Quilters 	25 7 pm Bingo	26
27	28 	29	30	Remember to Donate \$1 to KL Food Program		

HOW TO STOP BEING LATE – Try filling an envelope with 100 one-dollar bills, then penalize yourself for each time you are late. Give the person who has been waiting for you a dollar for each minute he or she has been waiting. If that doesn't work in your case, use five dollar bills.



SWEAT THE SMALL STUFF –

Pay bills, return e-mails, clear clutter. Tackling small tasks bolsters self-esteem – when you feel effective, you are closer to your goal.

HOW TO LOOK GOOD IN PHOTOS – Focus your eyes. Look just slightly above the camera lens, move your face forward a bit, and tip your chin down.

HOW TO LOOK LIVELY – Pop a breath strip. The latest versions have added caffeine, but even those intended to just freshen your breath are so strong, you can expect a pick-me-up.

CLEANING TIP – When cleaning, specify one microfiber cloth for each room of the house to avoid spreading germs from room to room.

MANDARIN PORK with WILD RICE

Ingredients:

4 boneless pork loin chops (3/4" thick/5 oz ea.), cut into strips
1/4 tsp pepper 1/8 tsp salt 1 tbsp canola oil
1 can (11 oz) mandarin oranges
1-1/2 cups water
1 pkg (6.2 ozs) fast-cooking long grain and wild rice mix
1/4 cup thinly sliced green onions

Sprinkle pork with pepper and salt. In a large skillet, brown pork in oil. Meanwhile, drain oranges, reserving juice; set oranges aside.

Add the water, rice mix, onions and reserved juice to the skillet. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until meat is no longer pink, and liquid is absorbed. Stir in oranges; heat through. Yields 4 servings.

QUOTES: A person is only as big as the dream they dare to live. ~ Unknown

The person who removes a mountain begins by carrying away small stones.

~ Chinese proverb