

The



CONNECTOR

MARCH 2016

IN MEMORY OF Trent Michael Todd

September 5, 1955 – February 2, 2016

Trent Todd lived and worked as a gardener in Kearney Lodge Park for eleven years.

Trent is survived by his mother, Margaret Lewis, and his father, Elmo Todd, and also his sisters Teresa and Christina. He will be greatly missed, but always in their hearts.

We extend our sincere sympathy to the family, friends, neighbors and clients of Trent Todd.

MARCH SAYINGS

When March comes in like a lion,
it goes out like a lamb.

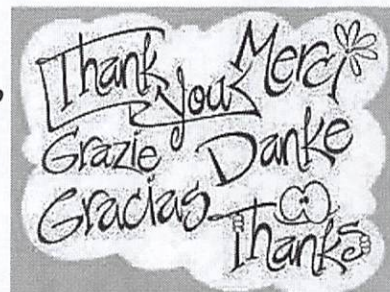
March winds and April showers Bring
forth May flowers.

Beware the Ides of March.

(Ides are the 15th of any month.)

A rain on Easter betokens a good
harvest. (French)

A BIG
“THANK YOU”
to the Kearney
Lodge Park
Owners and
Management



for the Winter Holiday dinner and party. Our apologies for this belated public recognition. The party was very much appreciated and enjoyed by the participants. If you missed it, please think about attending the next Park activity. We also want to say “Thanks” for the new Bingo equipment and the new Map Kiosk at the front of the Park.

Thanks, again.



Easter Egg Hunt!

The TWO Egg Hunts will be on Saturday, March 26TH inside the Pool Room next to the Westside swimming pools.

The Egg Hunts will be back-to-back:

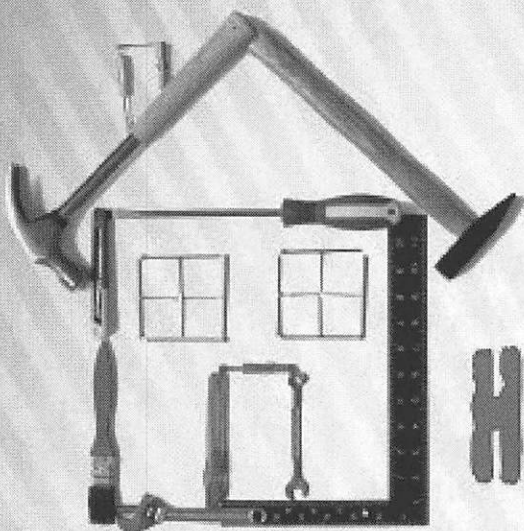
- Ages 1-5 at 11 am – 11:20 am, and
- Ages 6-12 from 11:20 am – 12 pm.

Be sure to bring a basket for your child.

Please call Mary Jo at 858-356-7665 to let her know that your child will participate so she can have plenty of goodies hidden!



HAPPY EASTER



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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:

Editor: Joleen J. Gonser 858-279-6088

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 PARK OFFICE

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



GET RID OF SLUGS

Slugs thrive in places of high moisture because they're mostly water, and they need to produce large amounts of protective mucus to stay alive.

They love everything a garden has to offer. They eat several kinds of plants, and slugs can wipe out entire gardens. Their

slime trails can contaminate produce and they leave gaping holes in plants. Slugs can be difficult to diagnose because they're not active during the day, but slime trails and patchy leaves are a sure sign that you have slugs in your garden. In addition, each slug is capable of laying eggs.

While slugs can be destructive, there are several things a gardener can do to prevent infestations and get rid of them.

See additional information at: <http://www.organiclifestylemagazine.com/12-organic-ways-to-keep-your-garden-free-of-slugs>. (Solutions article way too long; for more information, call 858-279-6088.)



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.

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Kearney Lodge Community Connection Meeting of February 14, 2016

The meeting was called to order at 7:00 pm by President Joe Beatty. Pledge of Allegiance recited.

TREASURER'S REPORT — Nadine Mein, Treasurer.

PREVIOUS BALANCE:	\$	1,386.79
A. Income - Newsletter Ads	+ \$	616.00
B. Donations	+ \$	14.00
C. Newsletter copying	- \$	246.02
NEW BALANCE as of 02-14-16:	= \$	1770.77

Report accepted. Secretary of State paperwork with the fee is ready to be sent.

ANNOUNCEMENTS:

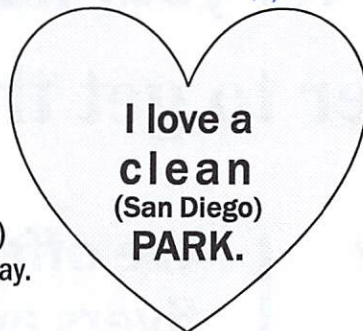
1. Raffle and dues reminder.
2. Calendar for March updated.

OLD BUSINESS:

1. No dates (as of February meeting) for Rummage Sale & Dumpster Day.
2. Restroom remodeling begun.

NEW BUSINESS:

1. Vice President Ellen Conrad suggested several ideas for the Park:
 - a) That a "Barter Board" be installed, "want" and "have" columns and contact info.
 - b) Laundry rooms:
 - that a container of sanitary wipes be installed in each for cleaning tables and machines.
 - that someone check each regularly for cleanliness.
 - that magazine racks be installed in each.
 - that bulletin boards be kept updated.
 - Each person take care of their own trash.
 - c) Streets:
 - each resident check the street in front of their space or even their block to pick up trash and cigarette butts.
 - take a plastic bag when you walk, even without a pet.
 - Watch for dog deposits in the street or yard and gently remind the offender of the *unsanitary condition*.
 - d) Your yard, the front especially:-
 - keep it tidy and free of trash.
 - check your neighbor's yard; if they are unable to work in it, offer to help.
 - e) Speeders: if you see one, given them a "Drive 5" button or sticker *with a smile*, or put one on their windshield.
 - f) Dog owners - "thanks" for doing better.
 - g) Cat owners - your neighbors will appreciate your keeping you cat at home.
 - h) Bird, fish and other cages animal owners — you're doing great! 100% compliance.



Kearney Lodge Community Connection Monthly Meeting Thursday, MARCH 10, 2016 at 7:00 pm

Agenda



Call to Order — Joe Beatty
Pledge of Allegiance — Joe
TREASURER'S REPORT — Nadine Mein

ANNOUNCEMENTS — Joe

1. Rules of Order & Minutes Approval ✓
2. Voluntary dues reminder (\$1.00) and Raffle Reminder
3. Calendar Update — Joe Beatty ✓
4. Newsletter Ads update — Joe/Joleen ✓

OLD BUSINESS/REPORTS:

1. Update Rummage Sale/Dumpster Day ✓
2. Report Restroom Remodeling. ✓
3. Change in meeting schedule. — A19 ✓
4. Change in monthly event description. ✓
5. Are translators needed? —
6. Updates re: Vice President Ellen Conrad's suggestions

NEW BUSINESS:

1. Suggestion Box Items
 2. Suggestions from Floor ✓
- Raffle Drawing
Adjourn



We all want to live in a nicer, cleaner and safer neighborhood.

2. VP Ellen also brought up some older suggestions:
 - a) handicap space designation for the space closest to the Eastside laundry room entrance and designated for laundry room use only during its hours, in addition to the space already marked along street side of the building.
 - b) that the Easter egg hunt be inside the Club House because of the unsanitary conditions of the grass area.

The raffle yielded \$5.00.

Meeting adjourned at 7:40 pm.
Respectfully submitted by Acting Secretary, Joleen J. Gonser



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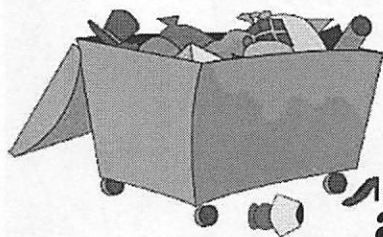
We are available 7 days a week!

619.401.4084

Rummage SALE

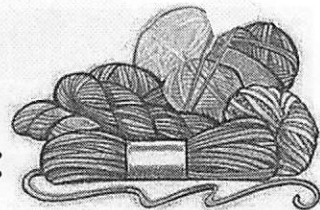
**SATURDAY,
March 19th at 7am to 1pm
in the front of the park.**

DUMPSTER DAY FOLLOWS;



**after Easter,
SATURDAY, April 2nd.**

FINISH SPRING CLEANING: DONATE



your extra, left-over, unused, unneeded yarn, before the Rummage Sale and Dumpster Day, to the Special Military Active Retired Travel club. S*M*A*R*T will take the yarn to the Miramar brig for personnel to crochet lap robes and other items for patients in the Veteran's Hospital.

Please call 858-279-6088 to learn where to take the yarn to donate or to arrange for pickup of it.

HAPPY EASTER

Protect you and your family from the unexpected!



Call Christine Gomez

for a free consultation.

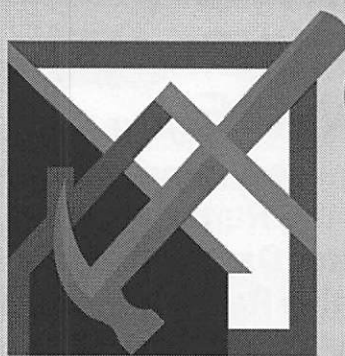
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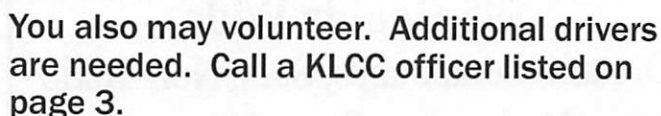
*Some restrictions may apply.



I was in the hospital last week [in Jan.] I am 91 years and my yard was a mess. God bless the Bourgeois family. Joe and Cliff, father and son, worked extremely hard. They made it [my yard] the best it has ever, or will ever, look. People can be wonderful and do God's work.

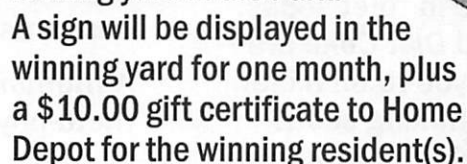
— *Stuart Skoglund, #221*

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 ahead to coordinate your schedules. Compensation or donations to the driver may be arranged with the driver.



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

The KLCC would like to see all yards looking as nice as can be – so an award will be given monthly to the best-looking yard in the Park.



Get ready! Your yard could be chosen!

To include more news about Kearney Lodge residents, your observations are needed. Please tell us about important 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.
- 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.



A CRYPTOGRAM FOR MARCH

[illegible]

$\begin{array}{ccccccccc} _ & _ & _ & E & _ & E & _ & & \\ 10 & 13 & 4 & 20 & 6 & 20 & 21 & 22 & 26 & 5 & 24 & 13 & 26 & 1 & 1 & 5 & 19 & 20 & 22 & 22 \end{array}$

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QUOTES

Spring is sooner recognized
by plants than by men.

~ Chinese Proverb

In the spring, at the end of the
day, you should smell like dirt.

~ Margaret Atwood

I don't believe in "diet sodas.
Diet Pepsi and Diet Coke are
still sodas. If you're on a diet,
why are you drinking soda?

~ Author Unknown

Indoors or out, no one relaxes in March, that month of wind
and taxes, the wind will presently disappear, the taxes last
us all the year.

~ Ogden Nash

March is a month of considerable frustration - it is so near
spring and yet across a great deal of the country the weather
is still so violent and changeable that outdoor activity in
our yards seems light years away.

~ Thalassa Cruso

A morning-glory at my window satisfies me more than the
meta-physics of books.

~ Walt Whitman

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DONATION BOX

There is a box in the Clubhouse for your donations for free give-away. If you have gently-used items or new things that you can't use, bring them here. You also may find something in the box that you can use.

COULD YOU VOLUNTEER?

- Newsletter Reporters – about important events or other special family occasions among the Park residents.
- Block Captains for emergencies; people with Smart-phones preferred.
- Drivers – for the Transportation Service
- PHOTOGRAPHER FOR “The Connector” and the KLCC Photo Album.
- Social Coordinator.

REMINDER

Please put some sort of “paperweight” on your porch or steps to keep “The Connector” and flyers from actually flying around in the breezes. The paperweight could be ornamental or as simple as a stone or brick; whatever you use will also indicate where items should be put.

HAVE YOU TRIED a new activity or two available in the park: something new to you? You may find a new hobby or friend.

QUOTE

The backside of good leadership means a leader does what is best for the team and the organization – not for his or her personal gain – regardless of who gets credit.

~ Ron Edmondson

**BE STRONG.
YOU NEVER KNOW
WHO YOU ARE
INSPIRING.**

**Happy
Easter**

Age
is an issue of
mind over matter.
If you don't mind,
it doesn't matter.
Mark Twain

THOUGHT

There is a subtle but important difference between intelligence and wisdom. Both of them are desirable; both of them important; both require diligence and discipline to acquire and exercise.

However, wisdom is often considered the appropriate *application* of intelligence. Knowing something is one thing; being able to act well on what you know is another.

As Solomon showed (1 Kings 4:29-34), intelligence can be demonstrated by speech, but wisdom is demonstrated in both speech and action.

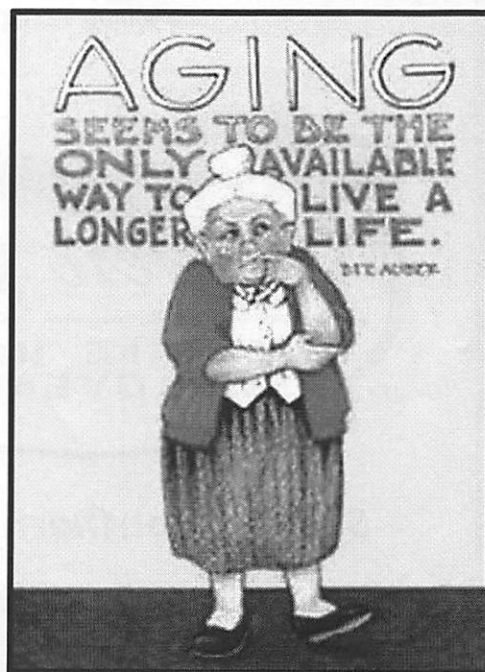
CONSIDER HELPING YOUR NEIGHBOR

Many residents are not able to do yardwork; some temporarily and some not at all.



“It’s a nasty truth,
but those who seek to inflict harm
are not fazed by gun control laws.”

– RONALD REAGAN



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EXERCISE BENEFITS

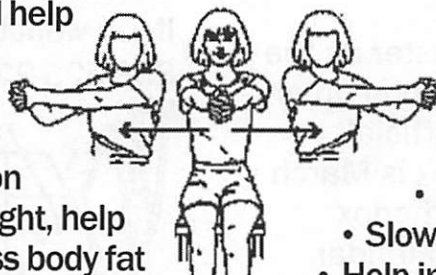


Seated Leg-Lift

Exercise is known to prevent and reduce your risk for several chronic ailments and diseases. Exercise is not a burden; think of it as therapy. Set a reasonable goal. Take medical help whenever needed.

EXERCISE CAN:

- Reduce anxiety and depression
- Improve mind-body co-ordination
- Help maintain normal body weight, help in weight loss by reducing excess body fat
- Increase your metabolism by burning calories and help you maintain a normal weight
- Build and maintain healthy bones and muscles, and keep joints, tendons, and ligaments flexible.



- Reduce your risk of high blood pressure, high cholesterol levels, heart disease, osteoporosis, diabetes and obesity
- Increase the oxygen carrying capacity of your blood
 - Be good for your skin
 - Improve your digestion
 - Make you more mobile
- Improve your sleeping pattern
- Improve your body's immunity
- Slow down the ageing process
- Help in excretion of waste products
- Improve your psychological well being and work performance
- Reduce the risk of premature death

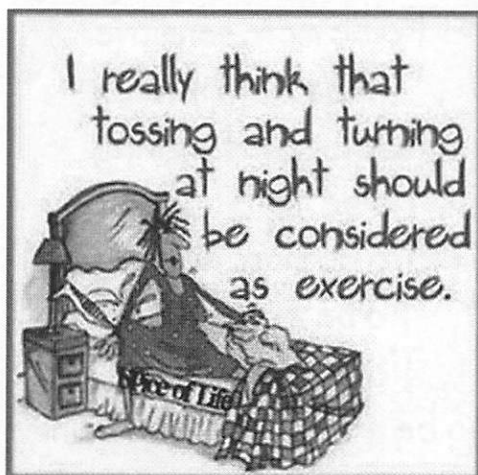
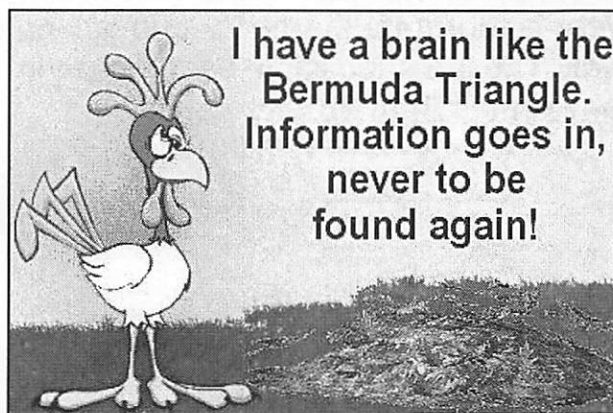
See - <http://culah.com/author/culah/>

WORKOUT PLUS

This gentle senior exercise program can help increase a participant's energy and overall wellbeing. Here are the details:

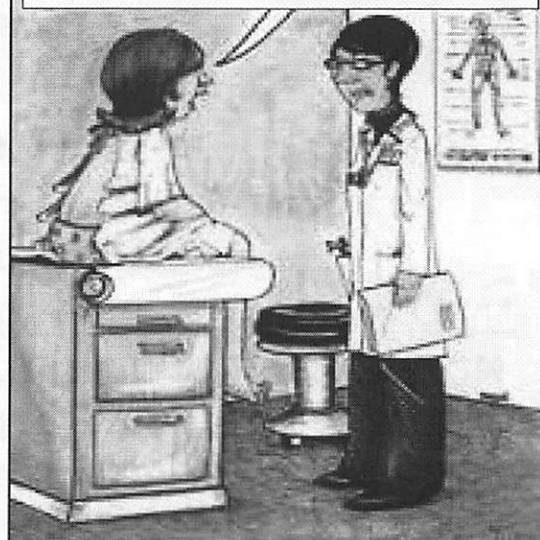
- FREE
- Tuesday through Friday; 9:00-10:30 am
- North Clairemont Recreation Center Gym
4421 Bannock Avenue; San Diego 92117
- Phone 858-581-9926

If you want to go but need a ride, call a board member for the phone number of the resident's who suggested this information for you.



Kearney Lodge
Community
Connection
Monthly Meeting
Thursday,
MARCH 10, 2016
at 7:00 pm
in the Clubhouse

Losing weight doesn't seem to be working, so I'm going to concentrate on getting taller.



CALENDAR CALCULATIONS

The Jewish Passover usually falls on the first full moon after the Northern Hemisphere vernal equinox, although occasionally (7 times every 19 years) it will occur on the second full moon.

Christian churches calculate Easter as the first Sunday after the first full moon on or after the March equinox. The official church definition for the equinox is March 21; however, as the Eastern Orthodox Churches use the older Julian calendar, while the Western Churches use the Gregorian calendar, both of which designate March 21st as the equinox, the actual date of Easter differs.

The earliest possible Easter date in any year is therefore March 22 on each calendar. The latest possible Easter date in any year is April 25th.

 **Jesus Christ**
is Risen!
Happy Easter!



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 *



Play three cards for \$1.00 through seven games, and the progressive jackpot game is \$1.00 per card. Bring your refreshments if you like.

If you want to play, but you need a ride, call 858-525-2282 by 6:30 pm on Fridays.



MEDICAL EQUIPMENT LENDING PROGRAM

The KLCC has a medical equipment lending program.

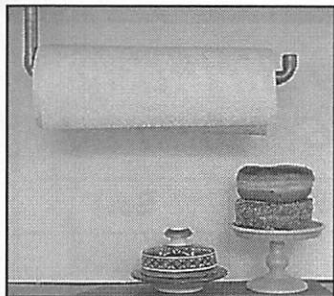
Residents may borrow crutches, canes, walkers, bathroom aids and other medical equipment that may be available. Your donations are welcome, but first, please call Nadine at 858-277-8645.

QUOTE

Patriotism means to stand by the country. It does not mean to stand by the president or any other public official.

~ Theodore Roosevelt

Your greatest power
is the power to be.
To be more loving.
To be more courageous.
To be more joyous.
To be more friendly.
To be more sensitive.
To be more aware.
To be more forgiving.
To be more tolerant.
To be more humble.
To be more patient.
To be more helpful.
To be a greater human being.



DIY - SUSPENDED COPPER PIPE PAPER TOWEL HOLDER

Tutorial here:

<http://squirrelyminds.com/2015/06/22/diy-suspended-copper-pipe-paper-towel-holder/> There are other projects, too.

POEMS

St. Patrick's Day is here, you see.
We'll pick some shamrocks, one, two, three.
We'll count the leaves and look them over,
And maybe find a four-leafed clover.
I'll sew green buttons on my vest,
Green for St. Patrick is the best.
I'll wear a green hat, very high,
And dance a jig—at least I'll try!



~ Author Unknown



Awake, thou wintry earth -
Fling off thy sadness!
Fair vernal flowers, laugh forth
Your ancient gladness!

~Thomas Blackburn, "An Easter Hymn"



Winds of March, we welcome you,
There is work for you to do.
Work and play and blow all day,
Blow the Winter wind away.

~ Author Unknown

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
26	18	7	24	20	2	9	13	5	17	3	12	8	19	4	1	11	21	22	14	25	6	10	15	16	23

W H O E V E R S A I D H A P P I N E S S

10 13 4 20 6 20 21 22 26 5 24 13 26 1 1 5 19 20 22 22

C O M E S W I T H S U N S H I N E H A S

7 4 8 20 22 10 5 14 13 22 25 19 22 13 5 19 20 13 26 22

N E V E R D A N C E D I N T H E R A I N

19 20 6 20 21 24 26 19 7 20 24 5 19 14 13 20 21 26 5 19



WEBSITES TO INVESTIGATE

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

BENEFITS OF EXERCISE

<http://culah.com/author/culah/>

https://www.youtube.com/watch?v=NdTII_unZSA&feature=youtu.be

<http://www.timeanddate.com/time/dst/spring-forward-fall-back.html>

<http://www.freebiefindingmom.com/best-free-weight-loss-programs/>

<http://www.sandiegoville.com/2016/02/eight-san-diego-eateries-make-yelps-top.html>

<http://www.fibromyalgia-natural-relief.com/yoga-positions-for-chair-yoga-its-not-just-for-seniors>

<http://www.organiclifestylemagazine.com/35-things-you-could-do-with-coconut-oil-from-body-care-to-health-to-household>

<http://www.organiclifestylemagazine.com/category/food/gardening>

SPRING QUOTES

Spring is sooner recognized by plants than by men.

~ Chinese Proverb

Spring is nature's way of saying, "Let's party!"

~ Robin Williams

If dandelions were hard to grow, they would be most welcome on any lawn.

~ Andrew Mason

March 2016

No matter how long
the winter, spring is sure
to follow. ~ Proverb

**Happy Birthday
March Celebrants!**

SUN	MON	TUES	WED	THURS	FRI	SAT
I perhaps owe having become a painter to flowers. ~ Claude Monet		1	2 	3 9 am Quilters	4 7 pm Bingo 7 pm Bible Study	5
6 	7 6 pm Painters	8	9	10 9 am Quilters 7 pm KLCC Monthly Mtg	11 7 pm Bingo 7 pm Bible Study	12 
13 DAYLIGHT SAVING TIME Begins	14 6 pm Painters	15	16 	17 ST. PATRICK'S DAY 9 am Quilters	18 7 pm Bingo 7 pm Bible Study	19 7 AM-1 PM RUMMAGE SALE see Page 7
20 SPRING Begins  PALM SUNDAY	21 EARTH DAY 6 pm Painters	22	23	24 9 am Quilters	25 7 pm Bingo 7 pm Bible Study	26 EGG HUNT POOL ROOM see Page 1 
27  EASTER	28 6 pm Painters	29 	30	31 9 am Quilters	If dandelions were hard to grow, they would be most welcome on any lawn. ~ Andrew Mason	



Do you, or someone you know, need a
translator to understand the Newsletter or
anything else here in Kearney Lodge Park?
Call a number listed on Page 3.

YOUR SUGGESTIONS & COMMENTS ABOUT ACTIVITIES AND EVENTS

Please fill out and put the form in the Suggestion Box
or bring it in person to the monthly meeting.

OTHER COMMENTS: _____

Your Name and best method of contact: _____

SAY, WHAT? The road to health
is paved with good intestines.

~ Dr. Sherry A. Rogers



PARTICIPATE x 13

1. Best Yard Award: page 9.
2. Bingo: page 14.
3. Donation Box: page 11.
4. Easter Egg Hunts: page 1.
5. Medical Equipment: page 14.
6. Monthly Meeting: Calendar.
7. Report K. L. Events: page 9.
8. Rummage Sale: page 1.
9. Suggestions Form: *this* page.
10. Transportation Service: page 9.
11. Volunteers: page 11.
12. Yarn Donation: page 8.
13. Workout Plus: page 13.