

The CONNECTOR



SEPTEMBER 2015

POSITIVE SOLUTIONS PROGRAM

You are invited to be a part of an empowering in-home program for seniors (60+). It's easy and free!

- ♦ Are you or is someone you know homebound? . . . meaning one is unable to get out of his/her home due to physical or mental health issues, or only goes out less than *Three* times a month for self-initiated recreation activities.
- ♦ Are you or is someone you know feeling down or blue?
- ♦ Have you or has someone you know lost interest in doing things?
- ♦ Have you or has someone you know been feeling alone or isolated?

If so, you or someone you know may be eligible to participated in the UPAC-Positive Solutions Program.

The Positive Solutions Program staff can help seniors (60+):

- To identify and solve problems that affect their quality of life.
- To find ways to be more physically and socially active.
- To improve their knowledge about depression and how to avoid or cope with it.
- By offering assistance with and/or Coordination for: translation services, Meals-on-Wheels, Social Security benefits, insurances, pet assistance, health proxies or other related paperwork.



All homebound seniors (60+), with minor depression, from all cultural backgrounds in North Inland San Diego County (Kearney Lodge) are eligible.

A person may meet with a consultant in his/her home or at the Clubhouse. All consultations are free and confidential.

Please call 619-238-1783. Further information at: <http://www.upacsd.com/>

Thank you everyone.

**We have enough newspaper bags now!
Please do not bring more as I am running
out of space for them.**

Kearney Lodge Community Connection

Monthly Meeting Thursday,

Sept. 10, 2015 — 7:00 pm—Clubhouse

DID YOU KNOW? The origin of "September" is Middle English *Septembre*, from Anglo-French & Old English, both from Latin *September* (seventh month), from *septem* seven . . . It was originally the seventh of ten months on the oldest known Roman calendar. It is the ninth month of the Gregorian calendar, and one of four months with the length of 30 days. First known use: before the 12th century.

<http://www.merriam-webster.com/dictionary/september> and <http://en.wikipedia.org/wiki/September>



Presents PROPERTY Insurance for:

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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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10% Senior Discount

Kearney Lodge Community Connection meets the SECOND Thursday each month.

President: Joe Beatty 619-212-6495

Treasurer: Nadine Mein 858-277-8645

Medical Equipment Loans 858-277-8645

Vice President: Dara Dobbins 858-292-6935

Secretary: YOU!

Editor: Joleen J. Gonser 858-279-6088

Joleen.Gonser@gmail.com

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 resident homeowners. 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.

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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.



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**KEARNEY LODGE COMMUNITY CONNECTION
MEETING — AUGUST 13, 2015**

The meeting was called to order at 7:05 PM by President Joe Beatty. Pledge of Allegiance recited.

TREASURER'S REPORT given by Nadine Mein.

PREVIOUS BALANCE: (6-30-15) \$1,528.91

A. Income - Newsletter Ads + \$ 628.00

B. Donations + \$ 5.00

C. Newsletter copying - \$ 477.58

D. Expenses - \$ 10.00

NEW BALANCE as of 8-13-15: = \$1,528.91

OLD BUSINESS:

1. Nothing carried over from last meeting.

NEW BUSINESS:

1. Rummage Sale on August 29, 7am-1pm. Notice not received in time for August newsletter, but will put out signs and flyers.
2. September edition of "The Connector" will have one new advertiser.
3. Speaker: Susan Hee representing UPAC. This organization, funded by the County, is to assist seniors and anyone needing help to self-sufficiency. All programs and counseling are free.
4. Nothing new in Suggestion Box.
5. Bingo announcement made by Linda welcoming new and returning players. Reminded of variety one can play: three cards for \$1.00 through seven games and the progressive jackpot game is \$1.00 per card. For \$2.00, one can have a fun evening and maybe be a winner! Bring your own refreshments if desired. If you would like to play but need a ride, call 858-525-2282 by 6:30 pm Friday.
6. Motion made and approved to discontinue prepared refreshments at meetings. Bring your own snack and drink if desired. This will save the KLCC \$10.00 per month.

Raffle was \$5.00.

The meeting adjourned at 7:52 pm.

Respectfully submitted by *Ellen Conrad*

**Kearney Lodge Community
Connection Monthly
MEETING THURSDAY,
SEPTEMBER 10
at 7:00 pm in the Clubhouse**

AGENDA

Call to Order — Joe Beatty

Pledge of Allegiance — Joe Beatty

TREASURER'S REPORT — Nadine Mein

HOUSEKEEPING 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 or Joleen

OLD BUSINESS/REPORTS:

1. Rummage Sale report
2. Writers/Contributors to Newsletter
3. Volunteers Needed
 - ▶ Social Coordinator
 - ▶ Secretary for KLCC
 - ▶ Occasional Reporters
 - ▶ Newsletter Distributors
 - ▶ Transportation Service Drivers
 - ▶ Block Captains for emergencies

NEW BUSINESS:

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

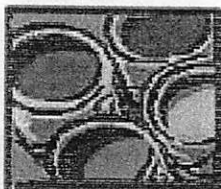


YARN IS NEEDED

The Special Military Active Retired Travel club (S*M*A*R*T) could use more yarn to take to personnel in the Miramar brig who create lap robes for patients in the Veteran's Hospital.

Please call 858-279-6088 to arrange for collection of your yarn.





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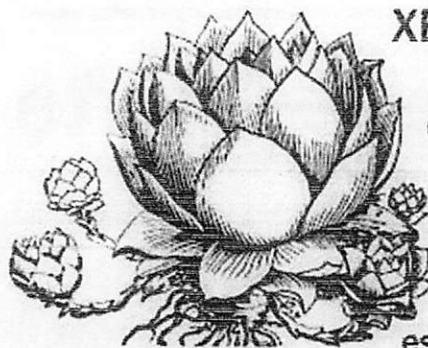
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XERISCAPE PARK GARDEN

Summer is a difficult for young plants to get established, so

Autumn is generally a better time to plant them and get the desired results.

The area needs to be prepared ahead of time — rocks cleared, soil broken up and turned, amendment added, etc. before we plant anything. Maybe neighbors could team up to prepare the space for planting. planning the space could be useful — pathways, use of rocks, placement of different sized plants, planning for their additional growth . . .

We all could start now by getting cuttings and young/small plants ready for the Fall planting. Hardier varieties that can take full sun all day are the aloes, agaves, dyc-kias, dudleyas, and sedums.

Contact Joe Beatty or Park Management for more information.

KITCHEN FREEZING TIPS

- You can freeze grapes. Wash, dry and freeze in individual serving size baggies. You can leave them on the stem or not. They thaw quickly!
- You can freeze marshmallows. Right in the bag, just toss in the freezer. They also thaw quickly.
- You can freeze pancakes in single servings. Make them about 4 inches across, cool, pack 2 or 3 to a baggie. No more wasted pancake batter. Microwave about 30 seconds on each side and you are ready to eat.

— See more at: <http://idealdelusions.blogspot.com/p/obscure-kitchen-tips-and-ot-her-strange.html#sthash.aR9boQot.dpuf>

FALL DIP

- 16 oz of cool whip
- 3 small boxes instant vanilla pudding (dry mix only — DON'T make the pudding.)
- 1 small can of pumpkin
- Graham crackers

Mix everything together and then add some pumpkin pie spice. Serve with graham crackers.



TREAT FOR YOU

Sugar is NOT an added ingredient.

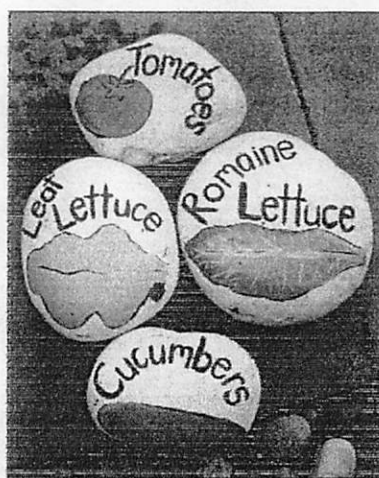
- 3 mashed bananas (ripe)
- 1/3 cup apple sauce
- 2 cups oats
- 1/4 cup almond milk
- 1/2 cup raisins (optional)
- 1 tsp vanilla
- 1 tsp cinnamon

Bake at 350 for 15-20 minutes

Kearney
Lodge
Community
Connection
Monthly
Meeting
Thursday,
September
10, 2015
7:00 pm
Clubhouse

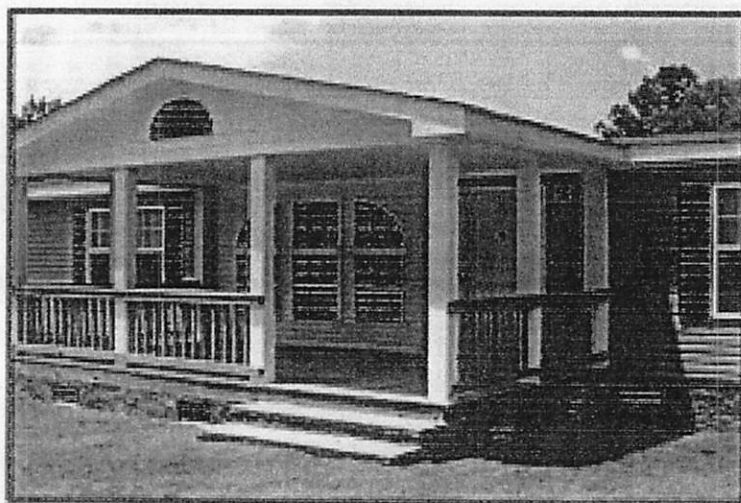
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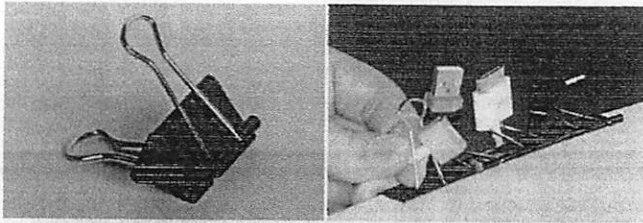
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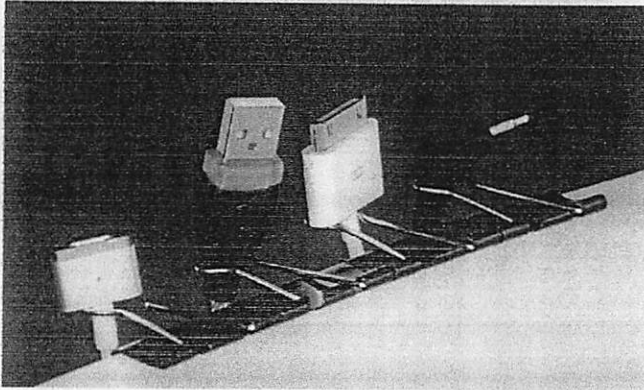
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CLEVER CORD STORAGE



Here's a quick way to keep your electrical cords handy and organized . . . with folder clips! Just make sure to use a big enough clip for cords with bigger plugs or they won't fit through the clip very easily.

TO CONSIDER

I gave you \$10. He gave you \$20.

You felt that he was better just because he gave you more.

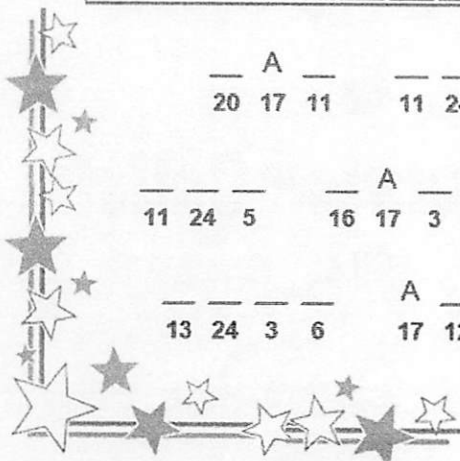
But he had \$200 dollars, and all I had was \$10.

— Anonymous —



CRYPTOGRAM

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
17																									



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VOLUNTEERS ARE NEEDED

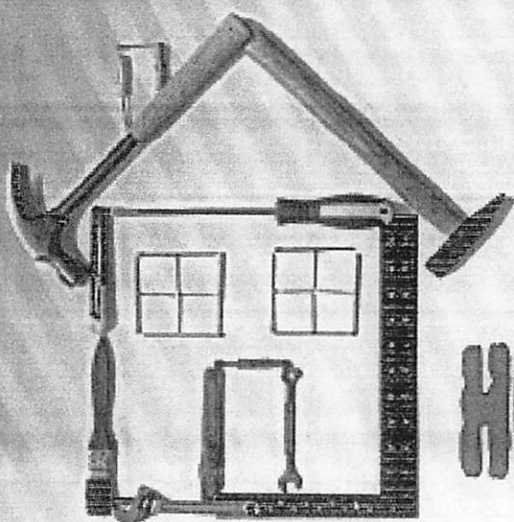
- Social Coordinator
- Secretary for KLCC
- Occasional Reporters – on the occasion you learn about a marriage or a new baby or ?
- Drivers – Only one volunteer driver is available for the Transportation Service for 300+ units?
- Block Captains for emergencies

None of these are full-time jobs. Please consider helping your neighbors; one day, you too, may need assistance.



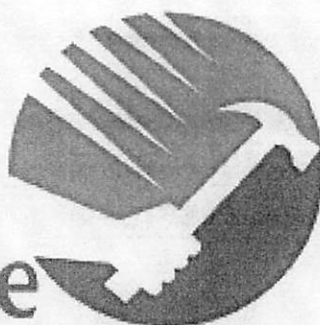
WELCOME TO BINGO, all new and returning players. You can play:

1. Three (3) cards for \$1.00 through seven (7) games.
 2. Progressive jackpot game is \$1.00 per card.
- For \$2.00, have a fun evening and maybe you'll be a winner!
 - If you'd like to play but need a ride, call 858-525-2282 by 6:30 pm Friday.
 - Bring your own drink and snack if you like.



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WEBSITES TO INVESTIGATE

Please verify the reliability
and security of all sites.

Some are self-explanatory.

<http://www.thebudgetdecorator.com/diy-projects-with-letters/>

<http://www.thegardenglove.com/diy-potting-benches-2/>

<http://www.decoratingyoursmallspace.com/clever-storage-ideas-you-never-thought-of/>

<http://www.thegardenglove.com/creative-diy-house-numbers/>

<http://www.cbc.ca/parents/play/view/water-bottle-wind-spirals>

[http://www.thekitchn.com/how-to-plant-succulents-in-eggshells-projects-from-the-kitchn-207709?utm_source=RSS&utm_medium=feed&utm_campaign=Feed%3Aapartmenttherapy%2Fthekitchn+\(TK+Channel%3A+Main\)](http://www.thekitchn.com/how-to-plant-succulents-in-eggshells-projects-from-the-kitchn-207709?utm_source=RSS&utm_medium=feed&utm_campaign=Feed%3Aapartmenttherapy%2Fthekitchn+(TK+Channel%3A+Main))

<http://www.thegardenglove.com/diy-rain-chains/>

<http://www.afa.net/the-stand/press-release/s/afa-releases-national-map-identifying-anti-christian-groups/>

<http://www.allfreecrochet.com/Crochet-for-Charity/Charitable-Contributions-Patterns-to-Crochet-for-Charity>

http://www.gardengatenotes.com/2015/08/11/terrarium-planting-steps/?utm_source=GardenGateNotes&utm_medium=email&utm_campaign=9749

<http://eatanddrive395.com/>

<http://www.ayearofslowcooking.com/2008/12/crockpot-christmas-ornaments.html>

**Kearney Lodge
Community Connection
Monthly Meeting
Thursday, August 13 at
7:00 pm in the Clubhouse**

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**Kearney Lodge
Community Connection
Monthly Meeting
Thurs., September 10 at
7:00 pm in the Clubhouse**

WORD CHANGE

(One letter at a time.)

dive

name

THERE IS JUST ONE

There are over 300
units in the Park,
but we now have only

ONE Volunteer Transportation Driver.
Please seriously consider how you can
help. If there are several drivers, no one
will be called upon all the time, and sched-
ules can be arranged around other drivers
and those needing assistance. Call one of
the KLCC officers (Page 3).



MEDICAL EQUIPMENT LENDING PROGRAM

The KLCC has a medical
equipment lending program.
Residents may borrow or donate
canes, crutches, walkers, bathroom
aids and other medical equipment that
may be available.

Please call Nadine at 858-277-8645 to
inquire.



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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
(for verification.)

CROCK POT HAWAIIAN CHICKEN

Cooking Time: 4-5 hours

Serves: 6-8

INGREDIENTS:

- 5-6 boneless chicken breasts or thighs (approx 2 1/2 lbs)
- 16 oz can of pineapple slices, drained
- 15 oz can of mandarin oranges, drained
- 1/4 cup corn starch 1/2 cup brown sugar
- 1/2 cup soy sauce 1/4 cup lemon juice
- 1 tsp ground ginger
- Salt/pepper, to taste preference



DIRECTIONS:

Spray crock pot with non-stick cooking spray or use liner/parchment. Place chicken in pot. In a mixing bowl, whisk together corn starch, brown sugar, soy sauce, lemon juice, ginger and salt/pepper. Pour over chicken. Next, pour in drained pineapple slices and mandarin oranges. Cover and cook on low for 4-5 hours.

THOUGHTS

Time. It's our number one resource. It's limited and in case you haven't noticed, it goes by really fast. What will you do with your time? Will you claim you were busy or got distracted by the TV? Or will you say you went for it and made the most of your precious time? It's a decision you can make now that you cannot make later. Value your time and use it wisely.

Learning to say no is a skill. It's easy to say yes to things that may be easy or fun. We fill our days with thoughtless tasks to keep us "busy". Busy is no longer productive. Busy is no longer to be desired over creating or doing something meaningful. Say no go the good and say yes to the best things in life. Create, do interesting, or move your life forward in some way... replace "busy".

— Ryan Gillespie, <http://ryangillespie.life>

CRYPTOGRAM SOLUTION

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
17	10	23	8	19	7	6	4	9	22	14	13	20	3	24	15	26	21	12	2	5	18	16	1	11	25

M A Y Y O U L I V E A S L O N G A S
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Y O U W A N T A N D N E V E R W A N T A S
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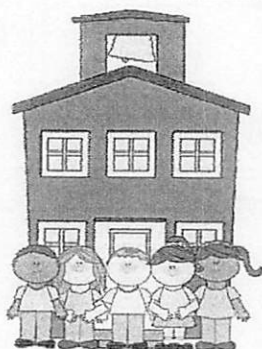
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M aking new friends,
B eing good as you can,
E xciting discoveries,
R eading books with a friend.

— Boni Fulgham



BAKED CHEESY TOMATOES

INGREDIENTS: 4 tomatoes, halved

1/4 cup freshly grated Parmesan cheese

1 oz reduced fat shredded provolone cheese,
or Mozzarella

1 tsp each chopped fresh basil and oregano

Salt and pepper to taste

DIRECTIONS: Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, provolone, oregano, basil, salt and pepper. Bake until the tomatoes are tender, about 15 minutes.

ABOUT CLEANING FOR A REASON

"Cleaning For A Reason" is a nonprofit organization that serves the United States and Canada. The mission is to give the gift of free house cleaning for women undergoing treatment for any type of cancer. The goal is to let these brave and strong women focus on their health and treatment while the organization focuses on, and take away the worry and work of, cleaning their homes— free of charge. They have recruited over 1,200 maid services to donate free housecleaning to women who are undergoing treatment for cancer. Since 2006, the partner maid services have volunteered their time to clean for over 17,000 women — valued at over \$5,000,000.

<http://www.cleaningforareason.org/patients-2/locate-providers>

QUOTES

Wise leaders listen. — Eric Gelger

Today my goal is to be more productive than I was yesterday, and tomorrow more productive than today.

— Noel DeJesus

ABOUT NEIGHBORHOOD EVENTS

To include more news about Kearney Lodge residents, your observations are needed. Please tell us about important events like marriages, births, graduations, awards, someone coming home, and other noteworthy events that occur. For any of these or other important events, call someone listed on page 3.

Please let us know if...

- Engagements; marriages, awards, new family member, or a lost family member
- You're planning an event in K.L. that the public may attend...
- you need to borrow or donate medical equipment. (page 13.)
- you need transportation (See article at right.)



SUGGESTIONS FOR ADDITIONAL ACTIVITIES AND EVENTS *plus OTHER COMMENTS*

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:

WORD CHANGE ANSWERS

dive dime dame name

TRANSPORTATION SERVICE

If you need transportation for medical or other appointments, groceries or similar, please call Lynnda at 619-977-4472 to provide or request transportation. Please plan ahead. (As of July 1, 2015, Ellen is no longer available for transportation services.)

Donations would be appreciated.

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

ENCOURAGE THE ADVERTISERS

in this newsletter, *The Connector*, by doing business with them. Be sure to check each business against your needs.

**Kearney Lodge
Community Connection
Monthly Meeting
Thursday, August 13 at
7:00 pm in the Clubhouse**

SEPTEMBER 2015

HAPPY BIRTHDAY

SEPTEMBER Celebrants!

Stone = Sapphire — Flower = Aster



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Blessed be the Lord for the beauty of summer and spring, for the air, the water, the verdure, and the song of birds. — <i>Carl von Linnaeus</i>		1	2	3 9 am Quilters	4 7 pm Bingo 7 pm Bible Study	5
6	7 LABOR DAY 6 pm Painters	8 6 pm Movie Night	8	10 9 am Quilters 7 pm KLCC Monthly Mtg	11 PATRIOT DAY 7 pm Bingo 7 pm Bible Study	12 FARMERS MARKET Madison High School SATURDAYS from 9-3.
13	14 ROSH HASHANAH 6 pm Painters	15	16	17 9 am Quilters	18 7 pm Bingo 7 pm Bible Study	19
20	21 6 pm Painters	22 6 pm Movie Night	23 AUTUMN Begins YOM KIPPUR	24 9 am Quilters	25 7 pm Bingo 7 pm Bible Study	26
27	28 6 pm Painters	28	30	The wisest use of American strength is to advance freedom. — <i>George W. Bush</i>		

BE PART OF KEARNEY LODGE LIFE!!!

- › Bingo: page 9 right.
- ↳ Community Garden: page 11 left.
- › Drivers: pages 13 right and 9 left.
- ↳ Medical Equipment Loans: page 13 left.
- › Monthly Meeting: calendar above.
- ↳ Reporters of K.L. News: page 15 left.
- › Suggestions & Activities Form: pg. 15 right.
- ↳ Transportation Service: page 13 left.
- › Yam Stash: page 5 right.
- ↳ Volunteers: pages 5 and 9 right.

Kearney Lodge Community Connection Monthly MEETING
Thursday, September 10, 2015
7:00 pm in the Clubhouse

