

HAPPY NEW YEAR JANUARY 2010



MAKE A NEW YEAR'S RESOLUTION

The first of each January means many things to many people – a new calendar year, the parades, college football bowls, hangovers, the end of the holiday season, but most of all, the widely-known "New Year's Resolution."

Maybe your resolution is to quit smoking or lose weight. Maybe it is to stop watching reality TV. Maybe it's to go back to school. Maybe it's to get out more. Maybe it is to get out less. Maybe it's to finally hire that personal trainer.



Enjoy the holiday season and prepare to start fresh in the New Year – with your personal life, your family life, your social life, and your work-a-day life.

According to http://www.usa.gov/Citizen/Topics/New_Years_Resolutions.shtml, the following are the Top 12 New Year's Resolutions:

Lose Weight	Manage Debt
Save Money	Quit Smoking Now
Get a Better Job	Get Fit
Get a Better Education	Take a Trip
Volunteer to Help Others	Drink Less Alcohol
Reduce Stress at Work	Reduce Stress Overall

The web site offers many tips under each of the above categories to help you progress with your New Year's Resolutions.



QUOTE ~

Honor, justice, and humanity, forbid us tamely to surrender that freedom which we received from our gallant ancestors, and which our innocent posterity have a right to receive from us. We cannot endure the infamy and guilt of resigning succeeding generations to that wretchedness which inevitably awaits them if we basely entail hereditary bondage on them.

~ Thomas Jefferson

IN THE PARK NEWS

BREAKFAST REPORT

The November Pancake Breakfast went well. Door prize winners were Celee, Del Card, Sylvie Thomson and Bob. If you would like to volunteer to help, we'd like to have another breakfast in February. Please call 858-525-2282 anytime.



REPORT ~ "JACKETS FOR VETERANS"

SPAWAR Headquarter receiver over 200 jackets from donors. Kearney

Lodge Park residents donated eight jackets that could include in that number



THANK YOU SO MUCH ~ Editor



JUST IN CASE . . .

On Google, I searched with this phrase "San Diego low income assistance to mobilehome owners" to get these results:

<http://www.google.com/search?hl=en&q=san+diego+low+income+assistance+to+mobile+home+owner&btnG=Search&aq=f&oq=&aqi=>

You may find the information useful.



QUOTES ~

A happy New Year! Grant that I
May bring no tear to any eye
When this New Year in time shall end
Let it be said I've played the friend,
Have lived and loved and labored here,

And made of it a happy year.

~ Edgar Guest

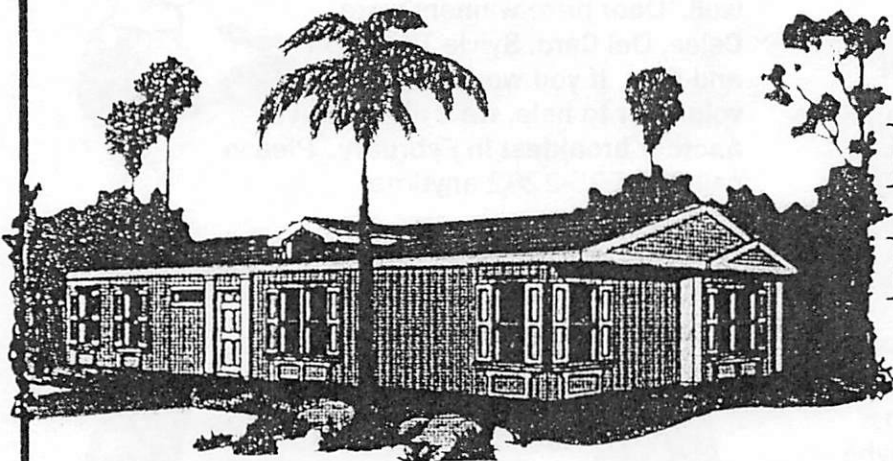


Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.

~ Benjamin Franklin

**REMEMBER to
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KEARNEY LODGE
FOOD PROGRAM**

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WINTER 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
													20												

N N N
 17 20 13 18 15 20 1 16 17 14 1 21 5 20 16 5 14 11

 N N
 25 24 14 13 13 16 15 20 25 13 14 11 17 20 25 24 2

See page 5 for solution.

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 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

REMEMBER to DONATE \$1.00 to the

KEARNEY LODGE FOOD PROGRAM



RESPIRATORY RELIEF

Loren Nancarrow's Field Notes: "Ear, nose and throat specialist Dr. Mario Yco gave me a recipe to share with those of us who get colds, have sinus problems or are affected by the wildfires. This solution is meant to be sprayed inside the nose, dropped into the nose or gargled."

Saline Nasal Spray

8 ounces of water ½ tsp salt
 1 tsp baking soda 1 tbsp Karo Syrup

Mix it up, pour it in the container of choice and spray, drop or gargle often. Once every half hour while the problem is acute would not be too much.



THOUGHTS TO PONDER

1) There is no key to happiness. The door is always open. 2) Silence is often misinterpreted but never misquoted. 3) Do the math ... count your blessings. Faith is the ability to not panic. 4) If you worry, you didn't pray. If you pray, don't worry. 5) Blessed are the flexible for they shall not be bent out of shape. 6) The most important things in your house are the people. 7) A grudge is a heavy thing to carry.

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QUOTES

Be careful about reading health books. You may die of a misprint.

~ Mark Twain

No amount of time can erase the memory of a good cat, and no amount of masking tape can ever totally remove his fur from your couch.

~ Leo Dworken

Maybe it's true that life begins at fifty
But everything else starts to wear out, fall out, or spread out.

~ Phyllis Diller

Waste your money and you're only out of money, but waste your time and you've lost part of your life.

~ Michael Leboeuf

It is a good thing to be rich, it is a good thing to be strong, but it is a better thing to be beloved of many friends. ~ Euripides (480-406 BC) Greek Playwright

Most folks are about as happy as they make up their minds to be. ~ Abraham Lincoln

**REMEMBER to
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FUN AND/OR USEFUL WEBSITES

Please be sure to verify the reliability of all sites.

<http://www.insurance.ca.gov/0100-consumers/0060-information-guides/0010-automobile/lca/index.cfm>

http://elderjusticenow.org/http://www.meganslaw.ca.gov/search_main.aspx?searchBy=county&county=san%20diego&lang=ENGLISH

http://www.ultimatecoupons.com/offline_coupons.htm

<http://mises.org/daily/3887>

<http://www.earlychristianwritings.com/index.html>

<http://inews6.americanobserver.net/>

http://cohort11.americanobserver.net/latoyaegwu_ekwe/multimediafinal.html

<http://deathby1000papercuts.com/>

<http://mises.org/>

<http://www.architecturesdesign.com/2009/08/07/architecture-rotating-building-called-dynamic-building-in-dubai/>

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

<http://www.serve.gov/>

<http://www.catage.com/care/Facts.aspx/FF/H02>

<http://www.dummies.com/how-to/content/nocturnal-leg-cramps-nighttime-calf-muscle-pain.html>

<http://www.mayoclinic.com/health/night-leg-cramps/MY00410>

http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm

<http://tipnut.com/>



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

ONE KIND WORD CAN WARM

17 20 13 18 15 20 1 16 17 14 1 21 5 20 16 05 14 11

THREE WINTER MONTHS

25 24 14 13 13 16 15 20 25 13 14 11 17 20 25 24 2

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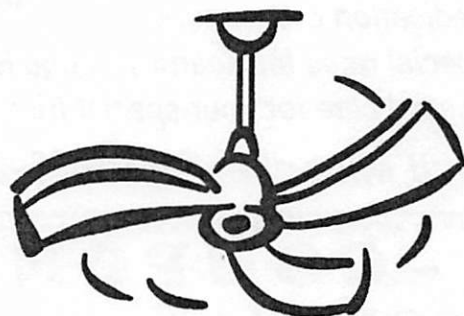
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HAPPY NEW YEAR



JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself. — A. Neilen					1 New Year's Day 7 pm Bingo	2
3	4	5	6	7 9 am Quilters	8 7 pm Bingo	9
10	11 	12	13	14 9am Quilters	15 7 pm Bingo	16
17	18	19	20	21 9 am Quilters	22 7 pm Bingo	23
24	25	26	27	28 9 am Quilters	29 7 pm Bingo	30
31	REMEMBER TO DONATE \$1.00 TO THE KEARNEY LODGE FOOD PROGRAM					

CHILDREN AND HOME FIRES ~ Fast Facts

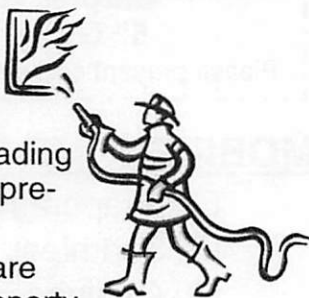
Children under the age of five are twice as likely to die in a home fire than the rest of the population, and child-playing fires are the leading cause of fire deaths among pre-schoolers.

About 300 people per year are killed and \$280 million in property is destroyed in fires attributed to children playing with fire. Just over half of child-playing fires in the home start in a bedroom, and bedding material is most often the first item ignited.

About two out of every three child-playing fires, and three out of every four associated deaths and injuries involve matches or lighters. Children also start fires by playing with candles, fireworks, stoves, and cigarettes.

An alarming fact is that only twenty-six percent of families have actually developed and practiced a home fire escape plan.

See <http://www.redcross.org/homefires> for more information on children and fire safety.



CLEANING NON-DOWN COMFORTERS

Most down-alternative comforters are machine washable, but it is best to do this in a large commercial machine at the neighborhood Laundromat. A smaller or household washing machine may compress and distort the filler.

Wash the comforter with the machine on the gentle or delicate cycle, using cool or warm water. Check the care tag or contact the manufacturer for detergent suggestions. Dry the comforter on low heat with a few tennis balls to plump it up.

If you wish, you can keep your comforter clean in between washings by protecting it with a duvet cover. When the cover needs a cleaning, it will easily fit into a household washer.

— Info from <http://www.realsimple.com/>



QUOTE ~ One resolution I have made, and try always to keep, is this: To rise above the little things.
~John Burroughs