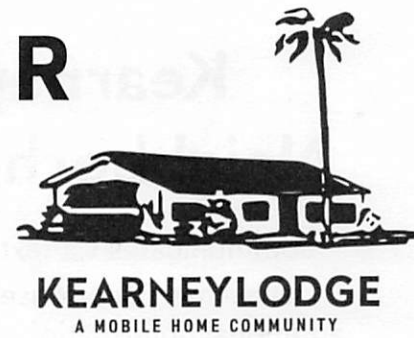


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Community News + Information

JULY 2023

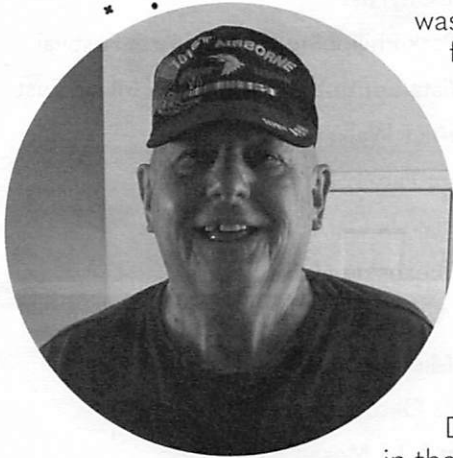


Community Meeting's will now be held Quarterly!

NEXT MEETINGS: SATURDAY, SEPTEMBER 9TH + SATURDAY, DECEMBER 9TH We hope to see you all there :)



Community Veteran Spotlight Gilbert "Gill" Emery LaRocque



was born in 1946, in Long Beach, California. Just after his sister Linda was born, their father joined the Navy and moved the family to San Diego; Gill was four years old. The family moved into government housing then to Linda Vista until permanently settling in Clairemont when Gill turned 10. He remembers playing in the canyon where our current park exists. This is when Clairemont was divided into three areas: the quonset huts, "the Quad" and "the Square," where Vons now exists. Gill's senior year was the first graduating class of Madison High School in 1965. After high school Gill joined the military. He tried to join the Navy which unfortunately had a waiting list, so he enlisted in the Army. His first four years included two years in Germany, one tour of Vietnam (which resulted in injury burns over 50% of his body), Japan and Colorado; before his honorable discharge in 1969.

During his tour in Germany, he served as Unit Police (later named Military Police), in the 308th Combat Aviation Battalion where he received the Army Commendation Medal. After some leave time, the Army sent him to Vietnam. There, he learned to handle M60's as a door gunner on helicopters, belonging to the 101st Airborne Division, where he earned the Air Medal. Gill was injured and sent to Japan for treatment. After a few months, he returned to San Diego for a long rehabilitation at Balboa Hospital. Afterward he was stationed in Colorado for the last few months of his fourth year of service. After leaving the Army, Gill return to San Diego, got married, had a daughter and began a civilian career with the Department of the Navy, in the Navy Installations Command at Admiral Baker Field. During his working years, he enjoyed treating his family to cruises to Mexico, Europe and Alaska. At age 54, Gill joined a 55+ bowling league at Kearny Mesa Bowl, which he enjoyed for 10 years until concern of further injury forced him to change his lifestyle.

In 2012, Gill retired and moved into Kearney Lodge. He loves park life: chatting with neighbors, resident walkers and dog walkers--never failing to make new doggy friends with a treat in hand! You may have seen him walking around the park and driving his motorized cart up to the local stores. Gill enjoys Saturday visits every week from a high school friend of nearly 60 years, as well as care visits every 2 to 3 months by Linda and her husband Ben, who live in Washington State. He also loves to grow vegetables and give them to his neighbors.

We SALUTE Gilbert "Gill" LaRocque for his bravery and sacrifice to our country as well for our gratitude of enriching our community life here at Kearney Lodge Mobile Home Park. Stop by and chat with Gill---he'll always have an interesting story to tell!

Respectfully Submitted by Amber Bennett



Kearney Lodge Neighborhood Watch

communicates via text, get in touch with our chairman, **Bob Muse at 858.232.9183** for additional information on available openings are and to learn about the duties of Block Captains.

As residents we need to take responsibility for keeping our community safe. That means we should all attend these meetings. We discuss what is happening in our community, events and how we can improve our program.

Becoming involved with neighborhood watch is a great way to meet other residents and continue to keep our community safe.

NOTE: Kearney Lodge has private security patrolling the park from 9pm-5am

JULY 4TH WORD SEARCH

BDAFIREWORKSCSRQWNSIKLOUBS
NIFJUDEGILMTOTRSOYHBVYOPE
NFGIDRBAKNOAPSRTWHITTEERUXS
MLBJGHEWAQDRNHHYTBFWRTBOA
VAMIKLUYNDESUFREEDOMIMEAW
NGIHFBABLUERWAOC SHNUI OFDAC
NHUIGFJLOPYNVFDSTEWBSGHJSE
NIYJULYFRSGHSTRIPESMINHTOP
HFVNDFESTFAHBMEOLPGDENCFRS
BUHMLKOINDEPENDENCEPLJTEDC
BDNFRALOGFBNDRENUCIODBLNYT
VLFUNBIKLEUTDSKMYINTAKSLIB
KMOAUTRSVAVKLNDRABYMRIEWAC
NMIGMDSCGBYNKIDSGLIACURTVS
WEBUMIDWAPSRNBKHMPSAWEORD
ONTIUPLIBERTYOBMUSUMMERYNS
MOPTDACYVTUSAEVNDMASOEIGKM

FIREWORKS

FLAG

RED

WHITE

BLUE

SUMMER

LIBERTY

INDEPENDENCE

FAMILY

STARS

STRIPES

FREEDOM

JULY

FUN

SPARKLER

FREE STREET FAIRS/FESTIVALS: 2023

shared by Activities Coordinator, Salomon Rojas:

Tue Jul 4: Coronado Fourth of July

Tue Jul 4: Lake Murray Music Fest & Fireworks

Tue Jul 4: Mira Mesa Fourth of July

Tue Jul 4: Poway Fourth of July

Tue Jul 4: San Diego Big Bay Boom

Tue Jul 4: Santee Salutes: Fourth of July

Sat Jul 15: San Diego Pride Parade

Additional Fairs and Festivals for 2023

Sat-Sun Aug 5-6: ArtWalk NTC Liberty Station

Sat Aug 12: Chula Vista Lemon Festival

Sun Aug 13: Hillcrest CityFest

Sat Aug 26: Balboa Park Philippine Cultural Arts Festival

Sat Aug 26: Chula Vista South Bay Pride Art & Music Fest

Sun Aug 27: LeucadiART Walk

Sat Sep 9: Clairemont Family Day

Sat-Sun Sep 9-10: ArtWalk Carlsbad

Sat-Sun Sep 16-17: Oceanside Harbor Days

Sat-Sun Sep 23-24: Adams Avenue Street Fair

Sat-Sun Sep 23-24: Mission Bay Pacific Islander Festival

Sun Sep 24: Encinitas Oktoberfest

Fri-Sun Sep 29 – Oct 1: La Mesa Oktoberfest

Sat Sep 30: Mira Mesa Asian Pacific Cultural Festival

Sun Oct 1: Poway Fall Festival

Sat Oct 7: Mira Mesa Street Fair

Sat Oct 7: Pacific BeachFest

Sat-Sun Oct 7-8: La Jolla Art & Wine Festival

Fri-Sat Oct 13-14: Ocean Beach Oktoberfest

Sat Oct 14: Tierrasanta Oktoberfest

Sun Oct 15: Escondido Grand Avenue Festival

Sat Oct 21: Mira Mesa D6 Fall Festival

Sat Oct 28: Chula Vista Dia de los Muertos

Sun Nov 5: Carlsbad Village Faire

Sat Nov 11: Poway Train Song Festival

Sun Nov 19: Encinitas Holiday Street Fair

Fri-Sat Dec 1-2: Christmas on the Prado / December Nights (Balboa Park)

Sat Dec 2: La Mesa Holiday in the Village

Sun Dec 3: La Jolla Christmas Parade

Fri-Sat Dec 8-9: Poway Christmas in the Park

JULY RECIPE

Grama's Famous Watergate Salad

5 ingredient Grama's Famous Watergate Salad:

INGREDIENTS

- 1 (3.4 ounce) package instant pistachio pudding mix
- 1 (8 ounce) can crushed pineapple, with juice
- 1 cup miniature marshmallows, rainbow was grama's preference.
- ½ cup chopped walnuts
- 4 ounces of Cool Whip, brings the dessert salad together.

DIRECTIONS

Combine crushed pineapple with juice, instant pudding mix, mini marshmallows, and walnuts in a large bowl. Mix until well combined, then fold in whipped topping.

Chill for 1 to 2 hours before serving.



HEALTH + SAFETY ANNOUNCEMENTS

Neighbors have seen coyotes in the community, specifically near the back pool. We want to warn residents of the danger of leaving pets outside after dark.

Discourage scavenging by ensuring no trash, fruit or food is left outside. Don't leave your fur family members outside without supervision. Discourage hunting by eliminating the desire to feed wild animals. Anything that brings rabbits, squirrels, birds, etc. into your yard will eventually bring in the natural predators to hunt the smaller animals.

Additionally, avoid leaving containers of water outside for periods of time, these create breeding grounds for vectors like mosquitos that are not only annoying but mosquitoes carrying heartworm larvae transfer the parasite and infect dogs. There's no other way to transmit heartworm disease, but one bite is all it takes. Heartworm disease has been reported in all 50 states. Let's do our parts to keep our community safe and healthy for our pets!

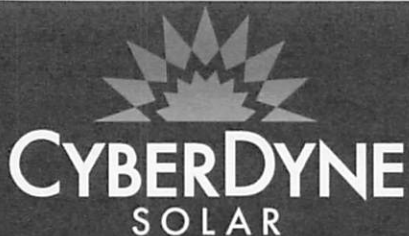
TIPS FOR USING SALT IN CLEANING

submitted by Joleen Gonser

How many ways can you use salt? I can think of no other mineral that's so versatile. The use of salt to preserve food was one of the early cornerstones of civilization (preservation reduced dependence on seasonal foods and provided food for long distance travel). However, salt was very difficult to obtain. Today, thanks to modern production methods, salt is the most abundant and readily available non-metallic mineral in the world; in fact, the supply of salt is inexhaustible. You can use any type of salt for cleaning purposes. Epsom salt is a different animal altogether: magnesium sulfate, to be exact (a salt that I think is basically a miracle). Here are just a few of the many ways you can put salt to good use in your home.

- 1. Clean drains:** Periodically pour salt mixed with hot water into the kitchen sink to deodorize it and prevent grease buildup.
- 2. Remove water rings:** Gently rub a thin paste of salt and vegetable oil on the white stains on wooden tables caused by beverage glasses and hot dishes.
- 3. Clean greasy pans:** Cast iron frying pans can be cleaned with a good pinch of salt and paper towels.
- 4. Clean dirty cups:** Mix salt with a dab of dish washing liquid to make a gentle scrub for stubborn coffee and tea stains.
- 5. Clean refrigerators:** A mixture of salt and soda water can be used to wipe out and deodorize the inside of your refrigerator - a great way to keep chemical cleaners away from your food.
- 6. Clean brass or copper:** Mix equal parts of salt, flour and vinegar to make a paste and rub it onto the metal. Let the paste sit for an hour, clean it with a soft cloth or brush, and polish it off with a dry cloth.
- 7. Clean rust:** Mix salt and cream of tartar with just enough water to make a paste. Rub it on the rust, let it dry, brush it off and polish it with a dry, soft cloth. You can also use the same method with a mixture of salt and lemon.
- 8. Clean a glass coffee pot:** Every waitress's favorite tip: Put salt and ice cubes in a coffee pot, swirl it vigorously and rinse. The salt scrubs the bottom, and the ice provides more agitation for better scrubbing.
- 9. Combat spilled wine:** If your tipsy aunt spills her wine on the cotton or linen tablecloth, blot as much as you can and immediately cover it with a pile of salt, which will help loosen any remaining wine from the fiber. Soak the tablecloth in cold water for thirty minutes before putting it in the wash, (this works on clothes too).





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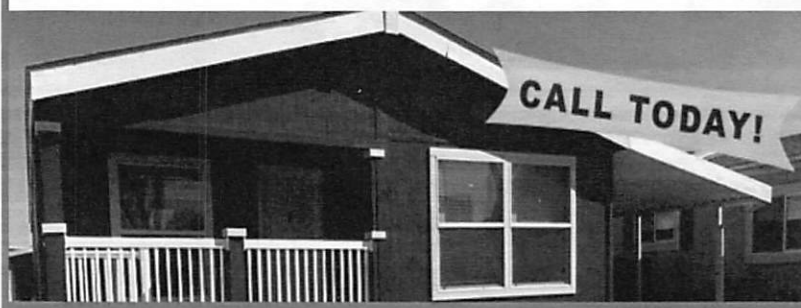
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JULY 2023



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WITH GAME NIGHT IN JULY

KLCC GAME NIGHT: 6-8PM
MAIN CLUBHOUSE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 30						1 HAPPY CANADA DAY
2 HAPPY WORLD UFO DAY!	3 PAINTERS 6PM	4 INDEPENDENCE DAY	5	6	7 MOVIE NIGHT	8
9 TOM HANKS' BDAY	10 PAINTERS 6PM	11 NATIONAL FREE SLURPEE DAY @ 7-11	12	13	14 MOVIE NIGHT	15 SAN DIEGO PRIDE PARADE
16	17 PAINTERS 6PM	18 NELSON MANDELA DAY	19	20	21 MOVIE NIGHT	22
23	24 PAINTERS 6PM	25	26	27	28 MOVIE NIGHT	29

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