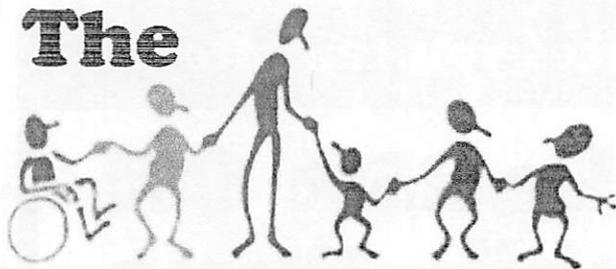


# The



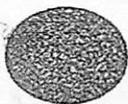
# CONNECTOR

## EASY RAIN BARREL CARE

Is an odor coming from your rain barrels? Unused water can start to smell in mid- to late summer, but that doesn't mean you still can't put it to good use.

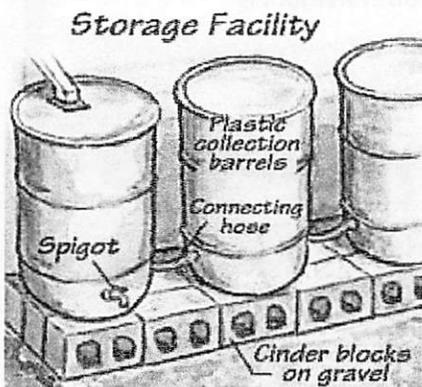
Chunks of charcoal are sometimes used to filter the water that drips into an underground cistern. In the aquarium supply section at a local pet store, look for charcoal granules, sold as "activated carbon," and add 1/2 cup to each of your barrels. In a few

days, the odor will disappear, and you'll be able to use the rest of the water without any trouble.



## HOW TO HARVEST RAINWATER

The three elements of any rainwater harvester are the collection area, the transportation system and the storage facility.



Collect run-off where falling rain doesn't soak into the ground.

You need the right size gutters and downspouts for your roof.

Buy or make rain barrels.

See: <http://www.gardengatemagazine.com/52droughttolerant/#storage>

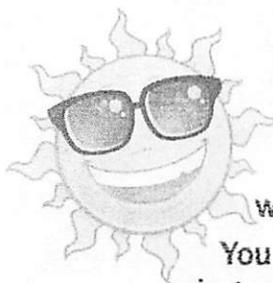
[www.gardengatemagazine.com/52droughttolerant/#storage](http://www.gardengatemagazine.com/52droughttolerant/#storage)

# August 2015

## DID YOU NOTICE?

... that there are no lifetime events about residents this month? There should be! I've seen babes-in-arms on my street, so babies have been born... What else has happened that we could commemorate if we knew?

No one person can know everything happening in the Park, so please, y'all help.



## ARE YOUR EYES SAFE BEHIND YOUR SUNGLASSES?

When it comes to sunglasses, what you can't see can hurt you!

You may think your shades are doing a fine job by just taking away the sun's glare. But sunglasses have important purpose—blocking invisible ultra-violet light. Exposure to ultraviolet (UV) light can cause short-term discomfort. More importantly though, over time, it can lead to cataracts and other vision problems.

It's not immediately obvious if sunglasses are blocking damaging UV light. In fact, wearing dark glasses that don't block UV rays can actually be more harmful to your eyes than wearing no protection at all!

See more at: <http://visionsource-familyicare.com/2015/07/08/are-our-eyes-safe-behind-cheap-sunglasses/#sthash.HuKPwO.dpuf>

**Kearney Lodge Community Connection  
Monthly Meeting Thurs., August 13, 2015  
7:00 pm — Clubhouse**

**DID YOU KNOW?** The origin of "August" is Middle English, from Old English, from Latin Augustus, from Augustus Caesar; he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt. It is the eighth month of the Gregorian and Julian calendars, and one of seven months with the length of 31 days. First known use: before the 12th century.

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

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**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 20<sup>th</sup> 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.

**FIVE  
DRIVE**

### **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: M-W-F 9 am-4 pm & TU-TH 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.



**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 JUNE 11, 2015 (no July meeting.)  
FOR REVIEW:**

Vice President Dara Dobbins called the meeting to order at 7:14 PM. The Pledge of Allegiance was recited May 2015 Meeting Minutes were approved.

TREASURER'S REPORT was presented by Nadine Mein and approved.

<b>PREVIOUS BALANCE (5-31-15)</b>	\$	1,157.70
A. Income - Newsletter Ads	+ \$	618.00
B. Donations	+ \$	2.00
C. Newsletter copying	- \$	238.79
D. Expenses	- \$	10.00
<b>NEW BALANCE:</b>	= \$	1,528.91

There may not be another meeting in July because Joe will be gone. It was suggested that a July meeting be held because six people did attend the June meeting without Joe and Joleen. **(NO JULY MEETING)**

**OLD BUSINESS:**

1. Shuffleboard was cancelled due to lack of interest. Mark Monroe, along with Michelle and Richie, suggested that a "ladder" system be started like at most Tennis Clubs. A list of 5-10 Shuffle-board Players should be listed in order 1-10. To improve your standing, you must challenge a player ahead of you and schedule a time for a match.
2. Mark Monroe asked the status of an updated "Neighborhood Watch list" or Confidential Directory list so we can contact each other in our neighborhood. Nadine mentioned that this existed in the past but has not been a concern of the Park Management for years.

**NEW BUSINESS:**

Mark Monroe suggested that instead of trying to hold "Park-wide" Social Events that seem to fail, we should find individuals willing to organize "Block Parties" involving 30-40 Units (or a block): arranging to block off a street area (legally) and having a no-host BBQ/Potluck including organized games. Michelle and Richie volunteered to assist Mark in choosing a date and organize the first one in July or August. Members of the Board will be invited to attend. Perhaps this will slowly increase participation by various neighborhood groups.

The meeting adjourned at 7:54 pm.

Respectfully submitted by Acting Secretary,

*Mark Monroe*

**Kearney Lodge Community  
Connection Monthly MEETING  
THURSDAY, AUGUST 13 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. Social Events (Summer Party, Block Parties, etc.) update
2. "Online Rent Paying" update
3. Writers/Contributors to Newsletter
4. Volunteers Needed
5. Newsletter Ads update – Joe or Joleen
6. Office Response Time update
7. Scholarship update
8. Neighborhood Watch or Confidential Directory of entire Park update

**NEW BUSINESS:**

1. **THE FUTURE** of the KLCC (Kearney Lodge Community Connection) –  
**Will we continue as an organization with a newsletter or resolve to dissolve?**
  2. Suggestion Box Items
  3. Suggestions from the Floor
- Raffle Drawing  
Adjourn

**REMEDY FOR SANDY HANDS**

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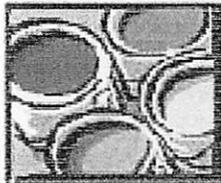
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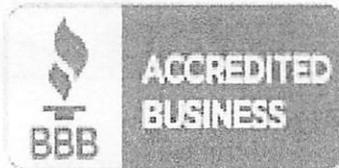
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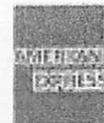
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## WAYS TO MEET THE NEW WATER RESTRICTIONS

- Save established trees first
  - Monitor shallow-rooted shrubs
  - Stop watering the lawn      Mulch
  - Check your irrigation system
  - Water carefully      Try hi-tech watering
  - Group containers      Plan ahead
  - Manage the veggie garden
- See more at: <http://westphoria.sunset.com/2015/04/02/11-ways-to-meet-california-new-25-percent-water-cutbacks/#sthash.vstqtjeA.dpuf>

## TREAT FOR YOUR SWEET TOOTH

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

## PECAN CHICKEN SALAD

- 4 cups chicken breast (chopped) or two (2) 15 oz. cans
  - 1 1/2 cups sliced seedless grapes (your choice of color)
  - 1 Tbsp Worcestershire Sauce
  - 1/2 cup chopped celery
  - 1 Tbsp sugar
  - 1 Tbsp lemon juice
  - 3/4 cup pecans
  - 1 cup mayonnaise
- Mix all ingredients and stir together; serve.



## COMMONYMS

- |                              |                         |                                             |                          |
|------------------------------|-------------------------|---------------------------------------------|--------------------------|
| 1. Loan - Pool - Great White | 2. Clog - Pump - Flat   | 3. Rain - Fur - Trench                      | 4. Silver - Tin - Nickel |
| 5. Coffee - Oil - Air        | 6. Tulip - Lamp - Onion | 7. Saturn - Dirty Shirt Collars - Newlyweds |                          |
| 8. Date - Cook - Phone       | 9. Spock - Seuss - Phil | 10. Fire - Soda - Safe                      |                          |

## FRUIT WORD SEARCH

Y	Y	X	G	B	J	V	V	B	Q	I	I	W	W	T	O	M	A	T	O
Y	H	Y	V	R	X	E	I	N	O	M	E	L	B	A	N	A	N	A	Y
R	C	B	G	G	L	R	W	G	Q	E	E	V	Z	W	Y	E	I	V	R
R	A	R	O	R	A	A	G	Y	R	W	A	T	E	R	M	E	L	O	N
E	E	G	O	M	J	L	Y	T	N	A	R	R	U	C	Y	I	E	E	X
B	P	R	S	Z	Q	V	V	V	I	R	A	S	P	B	E	R	R	Y	X
K	Z	E	E	I	X	V	R	B	W	Z	L	B	Y	Q	Y	X	V	G	M
C	V	L	B	Q	E	T	A	N	A	R	G	E	M	O	P	M	V	M	J
A	M	P	E	E	G	N	A	R	O	A	Z	V	X	G	R	A	P	E	J
L	N	P	R	V	G	R	G	B	I	X	Y	J	G	I	M	L	E	B	R
B	O	A	R	B	V	J	M	J	E	N	I	R	A	T	C	E	N	E	R
Y	L	E	Y	M	M	E	T	N	A	R	R	U	C	K	C	A	L	B	G
X	E	N	I	Q	M	R	A	P	P	L	E	L	I	M	E	X	R	J	E
Z	M	I	I	Z	I	R	T	N	A	R	R	U	C	D	E	R	M	I	B
W	E	P	G	L	Y	R	R	E	B	W	A	R	T	S	Q	M	X	Y	B

- ORANGE
- LEMON
- APPLE
- BANANA
- STRAWBERRY
- RASPBERRY
- BLACKBERRY
- GOOSEBERRY
- PEACH
- NECTARINE
- MELON
- WATERMELON
- PINEAPPLE
- LIME
- GRAPE
- CURRANT
- BLACKCURRANT
- REDCURRANT
- POMEGRANATE
- TOMATO

## VOLUNTEERS ARE NEEDED

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

## 5 PLANTS YOU (ALMOST) NEVER HAVE TO WATER

Every plant needs water, but drought-resistant varieties need very little once established.

Susan Gottlieb, a drought-tolerant gardens expert, says native plants have the best chance of surviving dry summers or whatever nature throws at them. "Natives have evolved to thrive in your climate without a whole lot of extra work," she says.

1. California lilac (*Ceanothus*): This shrub flowers in late winter/early spring with blossoms that are from white to purple, and have a lovely fragrance. They prefer wind protection and well-drained soil, but they do not do well in clay unless it has been well-amended.
2. Deer grass (*Muhlenbergia rigens*): Deer grass is a spiky and dependable ornamental. It loves full sun, but will grow in a little shade. Water every three days until established; after the first year, water only every three weeks.
3. Salvia, heatwave series: These perennials were developed in Australia to withstand extreme weather. They bloom spring through fall.
4. Dusty miller (*Senecio cineraria*): This low-growing perennial has silver-gray foliage. Plant it in soil that drains well.
5. Tickweed (*Coreopsis*): There are more than 100 species of these low-maintenance, long-blooming (so long as you deadhead) perennials. They are available in many sizes and forms, plus they are easy to divide, creating many more plants for future seasons.

<http://www.houselogic.com/home-advice/plants-trees/plants-that-dont-need-water/>

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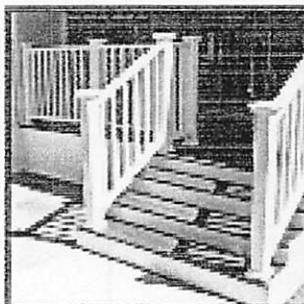
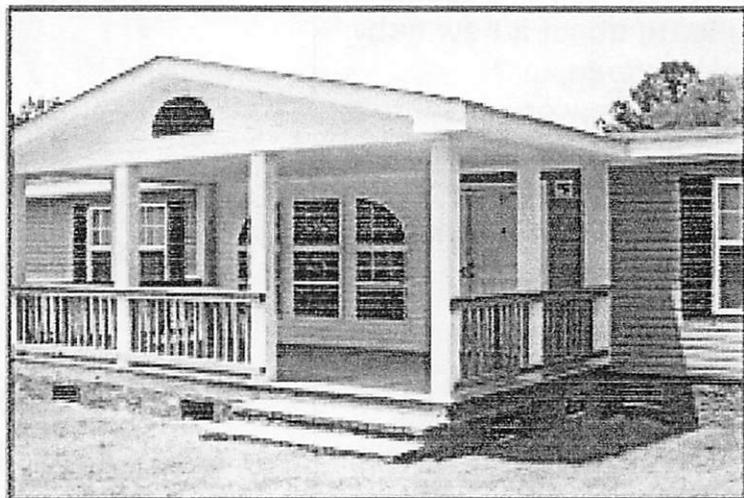
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NASA'S PHOTO OF THE DAY ARCHIVE (Beginning June 16,1995)

<http://apod.nasa.gov/apod/archivepix.html>

<http://systemagicmotives.com/PositiveAdjectiveGlossary.htm>

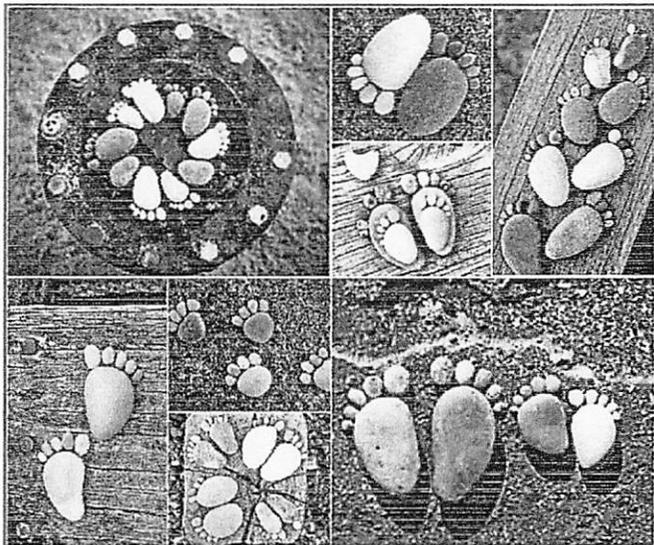
<http://www.humfer.net/gcanyon/index.html>

[http://www.onroute.com/drives/drives\\_hwy395.html](http://www.onroute.com/drives/drives_hwy395.html)

HIGHWAY 395 HISTORY (San Diego's Highway 163 used to be part of the original Highway 395) <http://www.floodgap.com/roadgap/395/>

<http://www.gardengatemagazine.com/52droughttolerant/>

## DRY YARD ART IDEAS



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

EVER WONDER ABOUT THE



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## XERISCAPE

### PARK GARDEN

Now that it is Summer, it will be difficult for young plants to get established, so Fall might be a good time to plant and get the desired results.

The area needs to be prepared ahead of time — rocks cleared, soil broken up and turned, amendment added,

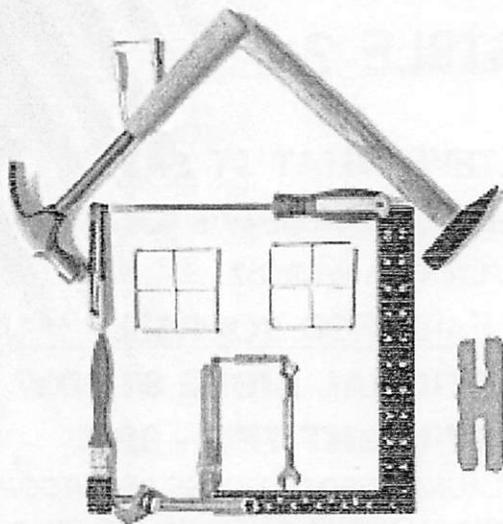
etc. before we plant anything. Maybe neighbors could team up to prepare the space for planting. We all could start now by getting cuttings and young/small plants ready for Fall planting. Hardier varieties that can take full sun all day are the aloes, agaves, dyckias, dudleyas, and sedums.

Contact Joe Beatty or Park Management for more information.



## COMMONYM ANSWERS

- |                    |                    |
|--------------------|--------------------|
| 1. sharks          | 2. shoes           |
| 3. coats           | 4. metals          |
| 5. filters         | 6. they have bulbs |
| 7. they have rings | 8. books           |
| 9. doctors         | 10. crackers       |



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- Sub-Floor Repair
- Earthquake Bracing



## The Tradesmen

- Gutters
- Awnings & Awning Post
- Kitchen & Bath Remodels
- Painting
- Siding
- Swamp Coolers
- Patio Covers
- Roofing— Shingles & Aluminum
- Permanent Foundations
- Skirting

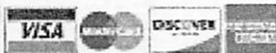
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**Kearney Lodge Community Connection Monthly Meeting**  
**Thursday, August 13 at 7:00 pm in the Clubhouse**

**REMINDER**

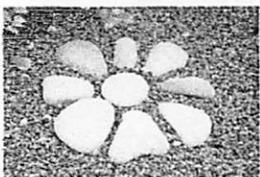
**Kearney Lodge Community Connection (KLCC) does not acknowledge or print anonymous suggestions or complaints. An item being considered for printing in "The Connector", the KLCC newsletter, must have Your Name and Space Number on it (for verification.)**



**PREVENT WEEDS-IMPROVE YOUR SOIL**

Heavily cover your garden beds with newspaper before you put down mulch. Weeds cannot grow through the newspaper, and the decomposing paper feeds your soil. From: <http://www.agardenforthehouse.com/2013/05/how-to-smother-weeds-with-newspaper/>

**MORE DRY YARD ART**



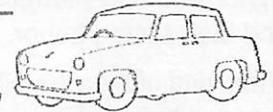
**WHAT TO DO WITH EXTRA YARN**

The Special Military Active Retired Travel (S\*M\*A\*R\*T) club is always looking for more yarn to take to personnel in the Miramar brig who then create lap robes for patients in the Veteran's Hospital. Call 858-279-6088 to arrange collection of your yarn, please.



**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 schedules 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 items such as canes, crutches, walkers, and bathroom aids. Other items may also be available. Please call Nadine at 858-277-8645 to inquire.



Y	Y	X	G	B	J	V	V	B	Q	I	I	W	W	T	O	M	A	T	O
Y	H	Y	V	R	X	E	I	N	O	M	E	L	B	A	N	A	N	A	Y
R	C	B	G	G	L	R	W	G	Q	E	E	V	Z	W	Y	E	I	V	R
R	A	R	O	R	A	A	G	Y	R	W	A	T	E	R	M	E	L	O	N
E	E	G	O	M	J	L	Y	T	N	A	R	R	U	C	Y	I	E	E	X
B	P	R	S	Z	Q	V	V	V	I	R	A	S	P	B	E	R	R	Y	X
K	Z	E	E	I	X	V	R	B	W	Z	L	B	Y	Q	Y	X	V	G	M
C	V	L	B	Q	E	T	A	N	A	R	G	E	M	O	P	M	V	M	J
A	M	P	E	E	G	N	A	R	O	A	Z	V	X	G	R	A	P	E	J
L	N	P	R	V	G	R	G	B	I	X	Y	J	G	I	M	L	E	B	R
B	O	A	R	B	V	J	M	J	E	N	I	R	A	T	C	E	N	E	R
Y	L	E	Y	M	M	E	T	N	A	R	R	U	C	K	C	A	L	B	G
X	E	N	I	Q	M	R	A	P	P	L	E	L	I	M	E	X	R	J	E
Z	M	I	I	Z	I	R	T	N	A	R	R	U	C	D	E	R	M	I	B
W	E	P	G	L	Y	R	R	E	B	W	A	R	T	S	Q	M	X	Y	B



## REVISITING THE AMERICAN PAST

Have you ever wondered what happened to the 56 signers of the Declaration of Independence? Their stories:

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the Revolutionary War. They signed and they pledged their lives, their fortunes, and their sacred honor.

What kind of men were they? Twenty-four were lawyers and jurists. Eleven were merchants. Nine were farmers and large plantation owners; men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts, and died in rags.

Thomas McKean was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton.

At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt. Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished.

**Remember: freedom is never free!**

## ANTI-INFLAMMATORY FOODS

Summertime offers many kinds of produce. Eat the many raw fruits and vegetables with bright color and available now. The more color, the better for you.

Apples	Apricots	Artichokes	Beets
Beans (i.e. red, pinto, and black beans)			
Blueberries	Broccoli	Brussels sprouts	
Berries (i.e. strawberries, & blackberries)			
Cabbage	Cantaloupe	Carrots	Cauliflower
Cherries	Extra virgin olive oil		
Dark chocolate (at least 70% cocoa)			
Fish (salmon, herring, mackerel, tuna & sardines)			
Garlic	Ginger	Grapes	Kale
Kelp	Mushrooms		
Nuts (i.e. flaxseed meal, pistachios, almonds, pecans and walnuts)			
Papayas	Peppers	Prunes	Pumpkin
Spinach	Sweet potatoes (yams)		Tapioca
Tomatoes	Whole grains (especially oats)		

### LIMIT OR AVOID:

Dairy products (i.e. milk, cheese, butter, & ice cream)  
 Margarine      Meat  
 Refined grains (such as those found in white bread & many processed foods)  
 Vegetable oils (i.e. corn, safflower, soybean, peanut and cottonseed oil)

Read more at: [http://www.ehow.com/how\\_4791554\\_reduce-inflammation-body-food-exercise.html#ixzz2wF9XeYPS](http://www.ehow.com/how_4791554_reduce-inflammation-body-food-exercise.html#ixzz2wF9XeYPS) AND  
[http://www.ehow.com/list\\_7296059\\_anti-inflammatory-food-ist.html#ixzz2wF7zSTEm](http://www.ehow.com/list_7296059_anti-inflammatory-food-ist.html#ixzz2wF7zSTEm)

## SUCCULENT POTTING SOIL RECIPE

This recipe for succulent potting soil is 3 parts lightweight potting soil, 2 parts sand, and 1 part perlite. If you are potting a cactus, use a little more sand and perlite in the succulent potting soil for extra drainage.

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**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.

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OTHER COMMENTS: \_\_\_\_\_

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Your Name and best method of contact:

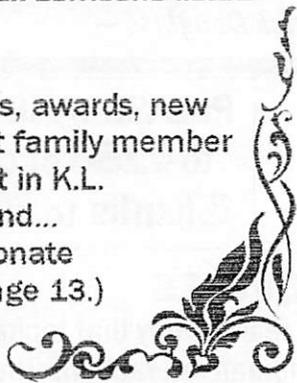
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**ABOUT NEIGHBORHOOD EVENTS**

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.)



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for more details.**

**20 BEST BREEDS**

**FOR FIRST-TIME DOG OWNERS**

Are you a dog lover who is ready to commit to the responsibility and fun of having your own pooch? Some canine companions are easier to take care of, and PetBreeds.com selected the 20 best breeds for first time dog owners.

These 20 dogs have the ideal blend of low maintenance, minimal shedding, and easy trainability, as well as playing nice with others (kids and other dogs).

- |                        |                            |
|------------------------|----------------------------|
| Labrador Retriever     | Boston Terrier             |
| Boxer                  | Brittany                   |
| Weimaraner             | German Shorthaired Pointer |
| Australian Cattle Dog  | German Pinscher            |
| Havanese               | Silky Terrier              |
| Papillon               | Pointer                    |
| Xoloitzcuintli         | Golden Retriever           |
| Rhodesian Ridgeback    | Mountain Cur               |
| Miniature Bull Terrier | Spinone Italiano           |
|                        | Mi-Ki                      |
- For doggie details, see: <http://www.dogster.com/dog-breeds/>

**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**

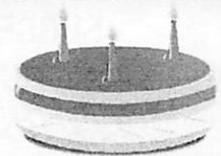
in this newsletter, *The Connector*, by doing business with them. Be sure to check each business against your needs.

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# August 2015

## HAPPY BIRTHDAY AUGUST Celebrants!

Stone = Peridot — Flower = Gladiolus



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Rejection is an opportunity for your selection. — <i>Bernard Branson</i> Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness. — <i>George Sand</i>						1 	
2	3 6 pm Painters	4	5	6 9 am Quilters	7 7 pm Bingo 7 pm Bible Study	8	
9 	10 6 pm Painters	11 6 pm Movie Night	12 	13 9 am Quilters 7 pm KLCC Monthly Mtg	14 7 pm Bingo 7 pm Bible Study	15 	
16	17 6 pm Painters	18	19	20 9 am Quilters	21 7 pm Bingo 7 pm Bible Study	22 <b>NEW</b> <b>FARMERS</b> <b>MARKET</b> Madison High School <b>SATURDAYS</b> from 9-3.	
23	24 6 pm Painters	25 6 pm Movie Night	26 	27 9 am Quilters	28 7 pm Bingo 7 pm Bible Study	29	
30	31 6 pm Painters	It is easier to build strong children than to repair broken men. — <i>Frederick Douglass</i> —					

### BE PART OF KEARNEY LODGE LIFE

- ↳ 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 15 right.
  - › Yam Stash: page 13 right.
- ↳ Volunteers: pages 9 left and 13 right.

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

PLEASE TAKE NEWSPAPER BAGS  
to #256 or call 858-279-6088.  
**Thanks to all the regular donors.**

### QUOTES

I fear the day that technology will surpass our human interaction. The world will have a generation of idiots. — *Albert Einstein*

We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer. — *Dietrich Bonhoeffer*

### SOMETHING TO THINK ABOUT

Surely one of the most striking features of human dynamics is the alacrity with which those who have been oppressed will oppress whomever they can once the opportunity presents itself. — *Randall Kennedy, Atlantic, May 1997*