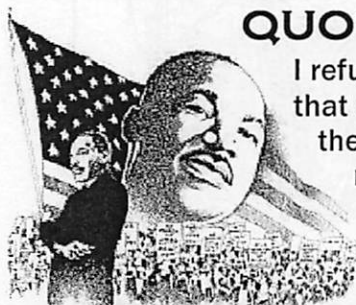


# The CONNECTOR



## QUOTES



Source: Department of Defense

I refuse to accept the view that mankind is so bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality....

I believe that unarmed truth and unconditional love will have the final word.

— Martin Luther King, Jr.

Faith is taking the first step even when you don't see the whole staircase. — Martin Luther King, Jr.

The curse of poverty has no justification in our age.

— Martin Luther King, Jr.,

*Where Do We Go from Here: Chaos or Community?*, 1967

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.

— Martin Luther King, Jr.

The time is always right to do what is right.

— Martin Luther King, Jr.

## KLCC POTLUCK and MEETING THURSDAY, 10 JAN 2013

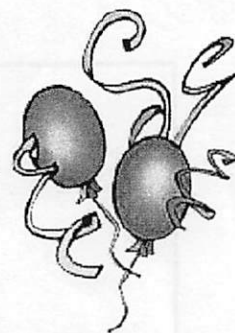
6:30 PM & 7:00 PM

Bring plate & utensils.

*Are you a good neighbor?*  
(Would you want to be your own neighbor?)

JANUARY  
2013

Happy  
New  
Year!



## SOME THOUGHTS FOR A NEW YEAR

by Regina Brett, age 90,  
Plain Dealer, Cleveland, Ohio.

- Life isn't fair, but it's still good.
- No matter how you feel, get up, dress up and show up.
  - Yield.
  - Be eccentric now.
  - Always choose life.
  - Stay true to yourself.
  - Get outside every day.
  - However good or bad a situation is, it will change.
- Miracles are waiting everywhere.
- When in doubt, just take the next small step.
  - You don't have to win every argument.
- It's OK to get angry with God. He can take it.
  - God loves you because of who God is, not because of anything you did or didn't do.
- Don't compare your life to others. You have no idea what their journey is all about.
  - Clutter weighs you down in many ways. Get rid of anything that isn't useful.
  - Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save it for a special occasion. Today is special.
  - Don't wait for old age to wear purple.
- No one is in charge of your happiness but you.
  - Pay off your credit cards every month.
  - Frame every so-called disaster with these words, "In five years, will this matter?"
    - Save for retirement starting with your first paycheck.
  - If a relationship has to be a secret, you shouldn't be in it.
  - What other people think of you is none of your business.
  - Don't take yourself so seriously. No one else does.
- When it comes to chocolate, resistance is futile.
  - Life isn't tied with a bow, but it's still a gift.



# If Your Home Is Destroyed

Are You Guaranteed  
To Get  
A Brand New Home?



*We are mobile & manufactured home insurance specialist*



***"Mobile & Manufactured  
Home Insurance,  
It's what we know  
and do well."***

---

If you have questions about your coverage, or,  
wish to upgrade your policy, give us a call.

---

***American Renaissance Insurance Services***

8530 Tio Diego Place

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La Mesa 91942

**619-463-2300**

*AR-Insurance.com*

**Kearney Lodge  
Community Connection  
meets *SECOND Thursday each month.***

President: **Joe Beatty** 619-212-6495

Vice President: **Vacant**

Treasurer: **Nadine Mein** 858-277-8645

Secretary: **Wendy Hunter** 858-571-0391

**Medical Equipment Loans** 858-277-8645

Editor: **Joleen J. Gonser** 858-279-6088

[joleen.gonser.ctr@navy.mil](mailto:joleen.gonser.ctr@navy.mil)

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" **do not necessarily represent** the views of the editorial staff, but are printed to encourage comments and discussion among resident homeowners.

The Connector reserves the right to use such discretion as it may consider appropriate in the printing of advertising material submitted for publication herein.

Submissions to The Connector must be received no later than the **15<sup>th</sup>** of the month.

Advertisements of products or services herein **do not imply endorsement** of any products or services.

*The KLCC is **NOT** responsible for your use or purchase of them.*

**PRICES FOR NEWSLETTER ADS**

Business Card-size = \$8.....1/4 Page = \$12

One-half Page = \$20.....Full Page = \$35

**KLCC POTLUCK and MEETING**  
**THURS., 10 JAN '13 - 6:30 & 7:00 PM**  
**Bring plate & utensils.**

**Kearney Lodge Office - 858-277-6060**  
Hours: M-W-F 9 am-4 pm & TU-TH 9 am-1 pm.  
Voicemails may be left with the answering service after office hours.  
<http://www.kearneylodge.net/index.htm>

**LOST & FOUND "CLOSET" AT PARK OFFICE**  
Take to- or look for- Lost or Found items at the Park Office during regular hours.

**FOR FUTURE REFERENCE**

The Swift Communications  
Technician is  
**CAESAR** at 619-572-1140  
or 858-268-2885.



**KLCC POTLUCK and MEETING**  
**THURSDAY, 10 JAN 2013**

**6:30 PM & 7:00 PM**

**Bring plate & utensils.**

**T A B**  
**Screen Maker**

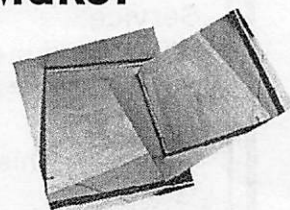
**Thomas A. Belmont**

6460 Convoy Ct. #59

San Diego, CA 92117

858-277-7889

619-994-9930



Rebuild, Repair or  
Build New Screens



**Handyman +**

Angel Perez—619-244-8168

Good Quality Work  
Reliable & Dependable

Builds/Repairs/Paints/Cleans  
Decks-Steps (new rugs)  
Ramps-Skirting  
Subflooring/repair soft spots  
Power Washing

Kearney Lodge Resident  
(Park References Available)

**TOM DOLESKI, D.D.S.**

**Family Dentistry**

**858-279-0350**

**Hazard Village Center**  
**9340C Clairemont Mesa Blvd.**  
**San Diego, CA 92123**

**10% Senior Discount**

# Air Conditioning & Heating

## Excellent Customer Service!

Read more customer reviews on our web page at  
**www.ActionAC.net**

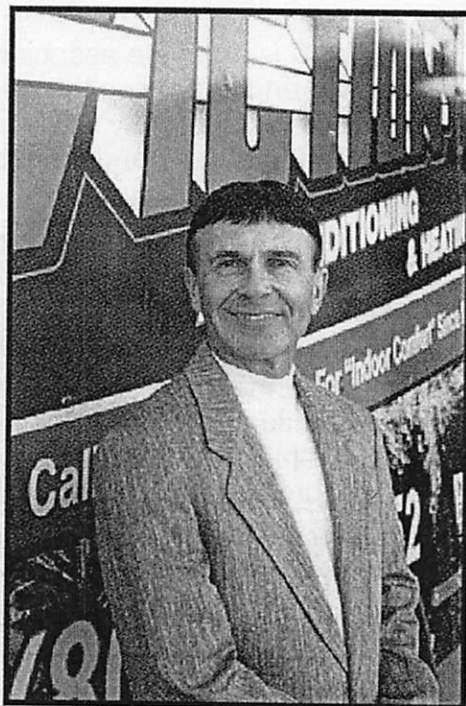


Pam Gave Us A 5 Star Review!!

Service: 5 Stars  
Will Recommend: 5 Stars  
Total Experience: 5 Stars

Summary: This is a great company with great people!

Review: I have used Action Air for many years. I was referred to them by a neighbor and it was the best advice! Get this: they are prompt, courteous, friendly, thorough, fast and don't try to "create" problems to fix. In other words, they are fantastic! They do their job! What a concept! Can't thank them and my neighbor enough. Well done!



Greg Gill - President & CEO

### MENTION THIS AD WHEN YOU CALL & RECEIVE...

- ◆ \$300 off the purchase of a Heating & Cooling System (\$150 off one system)
- ◆ \$79 Precision Tune-up (Always this low price!)
- ◆ \$30 off Air Duct Cleaning

Promo Code: MH-DIR

Not valid with any other offers, coupons or discounts. Some restrictions may apply.

# ACTION

AIR CONDITIONING HEATING SOLAR

**(800) 400-4152**

**www.ActionAC.net**

License# 509805



## Your "One Call" Comfort Solution!

## FUN and/or USEFUL WEBSITES

[http://www.ehow.com/how\\_4687631\\_live-groceries-week.html](http://www.ehow.com/how_4687631_live-groceries-week.html)

[http://www.ehow.com/list\\_7336600\\_grocery-list-family-budget.html](http://www.ehow.com/list_7336600_grocery-list-family-budget.html)

<http://www.volunteermatch.org/search?l=San+Diego%2C+CA%2C+USA>

[http://www.discoveryeducation.com/parents/index.cfm?campaign=flyout\\_parents](http://www.discoveryeducation.com/parents/index.cfm?campaign=flyout_parents)

<http://www.allkidsnetwork.com/http://www.catster.com>

<http://www.kaboose.com/http://www.dogster.com/>

<http://www.abcteach.com/http://phrontistery.info/>

<http://eartheasy.com/blogcategory/healthy-home/>

<http://printactivities.com/>

<http://www.onelook.com/>

<http://ndb.nal.usda.gov/>



### KLCC ACTIVITIES & SUGGESTIONS

(Please deposit form in the Suggestion Box in the main Recreation Room)

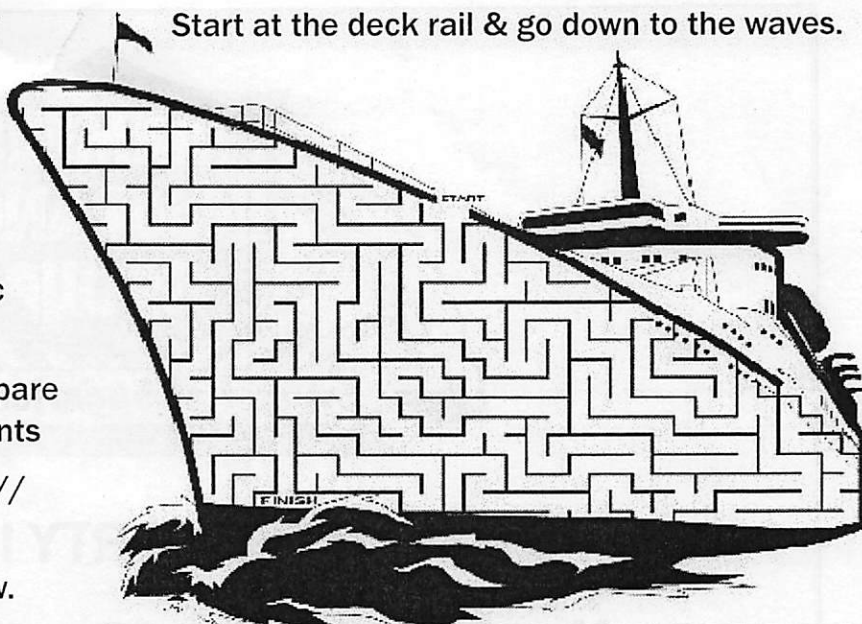
#### TO DISCUSS AT MEETINGS:

#### ACTIVITY IDEA:

- FOR: Adults ☐ Kids ☐ Families ☐  
Everyone ☐ Groups ☐
- Have you had experience with your idea before? YES ☐ No ☐
- Would you help? YES ☐ Not Able ☐
- If "yes", please give your Name, Space # and best method of contact.

Would you participate? YES ☐ Not Able ☐

Start at the deck rail & go down to the waves.



## K L C C POTLUCK & MEETING THURSDAY, 10 JAN 2013

6:30 & 7:00 PM. Bring plate & utensils.

### PLAY WITH WORDS — Lipogram: *noun*

A written work composed of words chosen so as to avoid the use of one or more specific alphabetic characters, such as the letter "e". *Origin:* 1705–15; < Greek lipográmματος - missing a letter.

That script-sign is most difficult to omit in today's Anglo-Saxon patois. T, A, O, I, and N follow it as most common in writing, thus most difficult to omit. No known lipogram omits all six most popular symbols. It's also tough to remove "S" (for plurals), "R" (for comparisons) and "D" (for conclusions of past actions).

<http://phrontistery.info/lipogram.html>

### TOOTHACHE HOME REMEDIES UNTIL YOU SEE THE DENTIST



Until you see your dentist, you may get temporary relief with some toothache home remedies:

- Rinse your mouth with warm water.
- Use dental Floss to remove anything wedged between teeth because trapped food causes some toothaches.
- Over-the-counter pain medicine or antiseptic containing benzocaine may ease the pain of toothaches.
- Toothaches may cause sensitive teeth, so treat your teeth gently by not eating or drinking anything really hot or cold.

Toothaches do not go away without treatment. You will need to see a dentist.



**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.

Here are some examples of how little it can cost to protect your property and personal possessions!!!

|                                         |                                          |
|-----------------------------------------|------------------------------------------|
| \$80,000 in coverage is only \$25 a mo. | \$100,000 in coverage is only \$32 a mo. |
| \$90,000 in coverage is only \$29 a mo. | \$110,000 in coverage is only \$35 a mo. |

**Contact me for a personalized quote!**

**Jon Meier 858-342-1252 or [jmeier@farmersagent.com](mailto:jmeier@farmersagent.com) (license #0H23616)**

**Farmers Insurance Group**

**\*\*Rates based on personal needs. Rates based on: 24feet by 44feet, \$100,000 in personal liability, and \$500 deductible. To receive additional savings we offer multi-policy discounts to those who insure their home with auto and/or life insurance with Farmers/Foremost.**

## DISASTER SUPPLY KIT

Help protect your family against potential weather disasters and emergency situations by compiling an emergency supply kit. The kit can be assembled over a five-month period on a weekly basis. Perishable items should be changed or replaced every six months.

### THE ESSENTIALS

Battery-operated radio

Flashlight

Extra batteries

✓ Do not include candles, which cause more fires after a disaster than anything else

WATER - 3 gallons/person, minimum, in a food-grade, plastic container

Additional water for sanitation

FOOD — *Minimum three-day supply of non-perishable food that requires no refrigeration or preparation and little or no water.*

Dry cereal Peanut butter

Canned fruits Canned vegetables

Canned juice Ready-to-eat canned meats

Ready-to-eat soups (not concentrated)

Quick energy snacks, graham crackers

FIRST AID KIT — *Create one for your home and one for each car.*

Scissors Thermometer Tweezers

Needle Sunscreen Cleansing agent/soap

Latex gloves (2 pairs) Tongue blades (2)

Moistened wipes Assorted sizes of safety pins

2" sterile gauze pads (4-6)

4" sterile gauze pads (4-6)

2" sterile roller bandages (3 rolls)

3" sterile roller bandages (3 rolls)

Triangular bandages (3)

Petroleum jelly or other lubricant

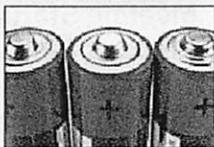
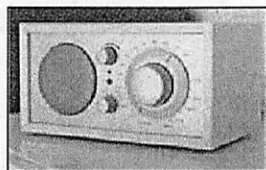
assorted Sterile adhesive bandages

### NON-PRESCRIPTION DRUGS

Laxative Anti-diarrhea medication

Aspirin or non-aspirin pain reliever

Antacid (for upset stomach)



**KLCC POTLUCK and MEETING**  
**THURSDAY, 10 JAN 2013-6:30 PM & 7:00 PM**  
**Bring plate & utensils.**

The KLCC By-Laws is in the Minutes Notebook in the clubhouse and also available at meetings.

KLCC MEETING of DEC 13, 2012 - Minutes will be provided in the January 2013 issue.

## DISASTER SUPPLY KIT (Continuation)

### NON-PRESCRIPTION DRUGS (Continued)

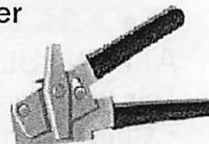
Activated charcoal \

(use if advised by the Poison Control Center)

Syrup of ipecac (use to induce vomiting if advised by the Poison Control Center)

### TOOLS AND SUPPLIES — *Create a set for your home and for each car.*

Whistle Crowbar Paper, pencil  
Medicine dropper Needles, thread  
Signal flare Assorted nails, wood screws  
Compass Plastic storage containers  
Cash or traveler's checks, change  
Tape, duct and plumber's tape or strap  
Patch kit and can of seal-in-air for tires  
Shut-off wrench, for household gas and water  
Aluminum foil Plastic sheeting  
Matches in a waterproof container  
Pliers, screwdriver, hammer  
Heavy cotton or hemp rope  
Manual can opener, utility knife  
Mess kits, or paper cups, plates and plastic utensils  
Map of the area (for locating shelters)



### SANITATION

Disinfectant

Soap, liquid detergent

Feminine supplies

Toilet paper, wet wipes, paper towels

Plastic garbage bags, ties  
(for personal sanitation uses)

Household chlorine bleach

Personal hygiene items

Plastic bucket with tight lid

### CLOTHING AND BEDDING

Sunglasses Hat and gloves

Blankets or sleeping bags

One complete change of clothing and footwear per person

Rain gear Sturdy shoes or work boots

Thermal underwear

### FOR BABIES

Formula Bottles Diapers

Medication Powdered milk

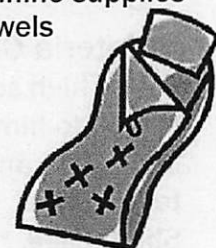
### FOR PETS

Food Leash, harness or carrier

Records of vaccinations

Non-tippable food and water containers

(Continued on next page)



## DISASTER SUPPLY KIT (Continuation)

### IMPORTANT FAMILY DOCUMENTS

Important telephone numbers

Record of bank account numbers

Family records

(birth, marriage, death certificates)

Inventory of valuable household goods

Copy of will, insurance policies, contracts,  
deeds, stocks and bonds

Record of credit card account numbers  
and companies

Copy of passports, social security cards,  
immunization records

### FAMILY MEDICAL NEEDS

Insulin Extra eye glasses

Prescription drugs Denture needs

Contact lenses and supplies

Heart and blood pressure medication

### ENTERTAINMENT

Games and books, huggable toys

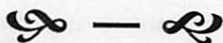


## JOKES

### ATTAINABLE New Year's Resolutions

This year, I resolve to . . .

- Gain weight. At least 20 pounds.
- Procrastinate more. Starting tomorrow.
- Stop exercising.
- Read less.
- Watch more TV.



### Cafeteria Choices

A new high school student examined the food served to him in the cafeteria.

"Do I have any choice here?" he asked a cafeteria lady.

She replied, "Yes, you do. You can eat it or not."

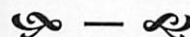


Use a (clean) dustpan to fill a container that doesn't fit in the sink.



Cut toilet paper rolls lengthwise for a cuff to save to keep gift paper from unrolling.

## KLCC POTLUCK and MEETING THURSDAY, 10 JAN 2013 6:30 PM & 7:00 PM Bring plate & utensils.



### KLCC Agenda — 10 JANUARY 2013

POTLUCK starts at 6:30 PM

Meeting Starts at 7:00 PM

Pledge of Allegiance

TREASURER'S REPORT (Nadine)

HOUSEKEEPING CONCERNS

COMMITTEE REPORTS:

1. Block Captains

2. \_\_\_\_\_

OLD BUSINESS:

1. Transportation update

2. \_\_\_\_\_

NEW BUSINESS:

1. Suggestion box item(s)

2. Possible speaker:

Emergency Preparations [unconfirmed]

3. Raffle drawing

Meeting Ends 8:00 PM



### WAYS TO STAY SAFE SHOPPING ONLINE

- Look for HTTPS and/or a padlock in the address bar before submitting personal information on a website
- Look for a trust seal
- Avoid ads
- Use strong passwords
- Look for your browser address bar to light up green



### USE A HANGING SHOE RACK TO STORE CLEANING SUPPLIES



**KLCC POTLUCK and MEETING**  
**THURSDAY,**  
**10 JANUARY 2013 6:30 PM & 7:00 PM**  
**Bring plate & utensils.**

**PLEASE LET US KNOW IF . . .**

- ... you need transportation.
  - ... you got engaged or married.
  - ... there is a new family member.
  - ... you have lost a family member.
  - ... you are planning an event in the Park that the public may attend.
  - ... you need medical equipment that we may have available to lend to you.
  - ... you want to donate something to lend.
- If any, please CALL someone listed on Page 3.



**TRANSPORTATION**

Sylvia and Ellen coordinate the transportation needs of residents with other resident drivers.

To provide or to ask for transportation, please call Sylvia at 858-268-1777 or Ellen at 858-525-2282. Please plan ahead for arrangements to be made.

Emergency transportation requests must be made through the proper public channels.

**Kind hearts are the gardens; kind thoughts are the roots; kind words are the flowers; kind deeds are the fruits.**

**BLOCK CAPTAINS**

| SPACE NUMBERS                     | TOTAL | BLOCK CAPTAIN       |
|-----------------------------------|-------|---------------------|
| 1 - 12, 58 - 79                   | 32    | Dee Cowley          |
| 13-26, 52-57, 80-91, 33-45, 92-97 | 31    | Cheryl Clark (Bill) |
| 21-126, 328-333                   | 29    | Marcie Thomas       |
| 46-51, 99-106, 310-327            | 32    | Bonnie Ellert       |
| 107-120, 237-251                  | 30    | Ellen Conrad        |
| 127 - 153                         | 28    | Joe Beatty (Alex)   |
| 155-157, 252-277                  | 29    | Sylvia Thomson      |
| 158-163, 219-236                  | 25    | Mary Jo Cox         |
| 164-173, 204-218                  | 26    | Wendy Hunter        |
| 174-203                           | 30    | Steve Cook          |
| 278 - 309                         | 32    | Dara Dobbins        |

**QUOTES**

Everyone thinks of changing the world, but no one thinks of changing himself. — Leo Tolstoy

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope... and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

— Robert F. Kennedy

How wonderful it is that nobody need wait a single moment before starting to improve the world.

— Anne Frank

Past the seeker as he prayed came the crippled and the beggar and the beaten. And seeing them ... he cried, "Great God, how is it that a loving creator can see such things and yet do nothing about them?" God said, "I did do something. I made you."

— Author Unknown

Only undertake what you can do in an excellent fashion. There are no prizes for average performance.

— Brian Tracy

If you mess up, 'fess up.

— Author Unknown

Work on yourself first, take responsibility for your own progress.

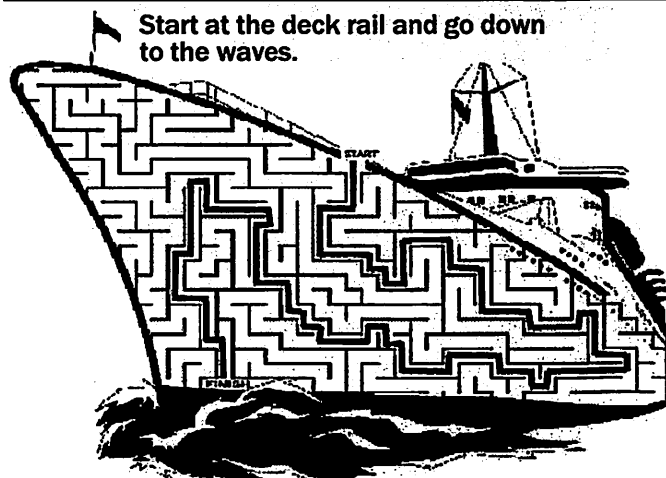
— I Ching

We need not fear life, because God is the Ruler of all and we need not fear death, because He shares immortality with us.

— Ann Landers

**JOKE — TEACHER:** "Freddie, you musn't laugh out loud in the schoolroom."

**FREDDIE —** "I didn't mean to do it. I was smiling, and the smile busted."



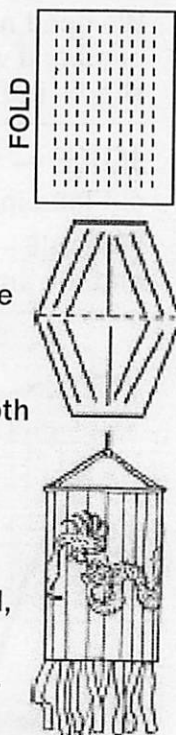
**COULD YOU-WOULD YOU?** The KLCC needs you to with local businesses about placing ads in our newsletter. Taking a copy of the newsletter with you could help.

# JANUARY Happy New Year! 2013

| SUNDAY                                                                                 | MONDAY                                            | TUESDAY             | WEDNESDAY | THURSDAY                                                                                 | FRIDAY                                                           | SATURDAY                                                                                  |
|----------------------------------------------------------------------------------------|---------------------------------------------------|---------------------|-----------|------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| I think in terms of the day's resolutions, not the year's. - Henry Moore               |                                                   | 1<br>NEW YEAR'S DAY | 2         | 3<br>9 am Quilters                                                                       | 4<br>7 pm Bingo                                                  | 5                                                                                         |
| 6<br> | 7<br>7 pm Painters                                | 8                   | 9         | 10<br>9 am Quilters<br>6:30 pm POTLUCK<br>7:00 pm KLCC Meeting (Bring plate & utensils.) | 11<br>7 pm Bingo                                                 | 12<br> |
| 13                                                                                     | 14<br>7 pm Painters                               | 15                  | 16        | 17<br>9 am Quilters                                                                      | 18<br>7 pm Bingo                                                 | 19                                                                                        |
| 20                                                                                     | 21<br>MARTIN LUTHER KING, JR DAY<br>7 pm Painters | 22                  | 23        | 24<br>9 am Quilters                                                                      | 25<br>6:15 pm POTLUCK and Bingo                                  | 26                                                                                        |
| 27                                                                                     | 28<br>7 pm Painters                               | 29                  | 30        | 31<br>9 am Quilters                                                                      | To shorten winter, borrow some money due in spring. - W.J. Vogel |                                                                                           |

## MAKE A CHINESE LANTERN

Fold a 9 x 12 sheet of construction paper in half lengthwise (plain or decorated.) Leaving a one inch margin on all sides, cut straight lines about a half-inch apart from the fold to the opposite side (see illustration.) Open the paper. Shape it into a tall cylinder with the cuts vertical (see illustration.) Attach a strip of red construction paper to both ends at the top to make a handle. Staple or glue the cylinder together. Hang red or yellow construction paper strips at the bottom of the cylinder. These strips may be curled, accordion-folded, or left plain. Hang your lantern in a safe location.



*The beginning of a new year is considered a time of reflection, resolutions, and change. Perhaps something in this issue will resonate with you. — Editor*

## BUDGETING TIPS

- Avoid grocery shopping with more than \$20, if that is your budget. If you have more money, you'll be tempted to spend it.
- Frozen vegetables are even cheaper than fresh and are just as good in most recipes.
- Give up junk food and other unnecessary parts of your diet such as smoking and drinking.

## YOU ARE NEEDED

To help deliver the newsletter (teens and adults). It happens every so often that additional delivery people are needed. Perhaps you could deliver on one street. It's good exercise and gets you out in the fresh air.

Please call 858-279-6088 to volunteer. Any help will be a help, and very much appreciated. Thanks!