



Kern City Klarion

March
2019

Don't miss these!

- Mar. 5 -- Social Club Mtg, 2p
- Mar. 8 -- 2nd Friday Potluck, 12 noon
- Mar. 10 -- Set clocks forward
- Mar. 12 -- Board Mtg, 9a
- Mar. 14 -- St. Patrick's Dinner
- Mar. 16 -- Pancake Breakfast, 8-9:30a
- Mar. 27 -- How to downsize, move and
earn more money speakers,
5:30p

Key to Kern City goes to Hallmarks; board names Ray as new director

Last month's board meeting had a festive spirit because the Social Club presented two members with the Key to Kern City and directors named a new board member.

Dianne Hufnagel of the Social Club recognized brothers Fred and Ray Hallmark at the beginning of the meeting with a Key to Kern City and added their names to a plaque in the Town Hall foyer. The board of directors also named Ray Hallmark as the newest member on the board, replacing Tim Smale who resigned recently due to an increasingly heavy workload at his business.

According to Hufnagel, Ray and Fred Hallmark moved to Kern City in 2007 and 2008, respectively. Over the years they have worked quietly behind the scenes helping Kern City with repairs,



KERN CITY THANKS HALLMARKS -- Ray (left) and brother Fred Hallmark show their awards after member Dianne Hufnagel named them as the latest recipients of the Key to Kern City for all their hard work for the community. Ray Hallmark was also voted in as a member on the 2019 board of directors.

upkeep and more.

"Fred is a retired engineer, and he can fix anything," said Hufnagel. "The office always says

that if Fred can't fix something, you better just buy a new one. He has kept the

Compliance

Reminder: Dirt yards must be landscaped

Director Kyle Ray reminded residents that effective this past January, properties with dirt lawns needed to be landscaped. He pointed members toward the new rule under the Declaration of Restrictions, Section 2, which reads:

Effective Jan. 1, 2019: Lawns and yards must be attractive even if members do not have grass. Lawns without grass cannot be plain dirt, and any plants or other grass replacement, statuary and/or ornamentation must first be approved by the Architectural Committee. Dirt yards must be landscaped within 180 days.

Director Ray also said that if any resident has questions regarding compliance or Architectural alterations, he would be happy to talk to them. He can be reached at 304-5881.

2 Special Speakers

Learn how to downsize, move, earn more money

Two interesting subjects will be presented free to residents on Wednesday, March 27, in the Town Hall this month.

"Downsizing – The overwhelming task of moving" will be presented by Cheryl Ketchum from Watson Realty, and "An Introduction to Dynamic Risk Management (aka "How Not to Become a Walmart Greeter unless you want to") will be delivered by Brad Barnes, Founder & CEO of Entruity Wealth.

The speakers are sponsored by the 50 Plus Bakersfield group, and reservations may be made by calling 319-5033.

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GUESS WHO?!

Last month we ran a photo of a married couple. Three members correctly guessed they were Director Roger and Pat Kirby. We drew names, and the winner was Maxine Hood who wins \$10.

This month we have another married couple. If you know who they are, call the office at 831-2035. If we receive more than one correct answer, we will put the names in a hat and draw one winner who will receive \$10.



LORENE'S RANCH HOUSE

Lorene's Coffee Shop • Ming Ave, Bakersfield, CA
Business Hours: Monday-Saturday 6am to 9pm, Sunday 7am to 4pm

We would like to thank our friends at Kern City for their continual support. So we would like for you to receive a 20% discount on your next visit. You may use the coupon below for Breakfast, Lunch or Dinner.



Lorene's March Coupon

Receive 20% off the total of your bill.
Cannot be accompanied with other offer.
May use for breakfast, lunch or dinner.
Please present to server before ordering.

Coupon good for 2 people from 3-1-19 to 3-31-19
 Only original coupon copies will be accepted.



President's Message

Every now and then a resident asks a question about living in a homeowners' association, and I would like to remind people a little about what that entails.

There are three things that make living in an HOA different from other types of home ownership, and they are:

- Shared ownership of common land with access to facilities such as the swimming pool, library, Woodshop, etc. that is often not affordable any other way;
- Membership in the HOA and as such must abide by its rules;
- An annual assessment that must be paid which is used to maintain the common areas and provide other services, such as providing members with a yearly packet of information and legal paperwork; enforcing the rules; sponsoring and promoting recreational programs and events; and communicating with members and residents. (Kern City has one of the lowest assessments around.) If one lives in a condo here, there is also a monthly assessment that is due to a local association which offers some insurance and keeps up the gardening and certain parts of the outside of the properties. Owners of single-family houses keep up their own properties, including insurance, gardening, repairs, etc.

Of course, the big advantage to living in an HOA is that the area is much better maintained and attractive than many other neighborhoods. That positively affects property values. That's why it's so important that residents abide by the bylaws, restrictions and rules of an HOA.

The disadvantage to some people is that they must abide by the rules and they don't want to. That makes it hard on everyone.

Members (homeowners) have the added advantage of participating in the monthly board meetings and voting in elections. Our board of directors is comprised of homeowners.

While renters do not have all those rights, they can use all our facilities, and we are very interested in their opinions and concerns so they can always communicate with us.

We greatly appreciate our members and residents, and thank you all for keeping Kern City beautiful.

Jolene Simons

Condolences

The Board of Directors and staff of the Kern City Civic Association offer their thoughts and prayers to the families and loved ones of the members here who passed away recently:

Georgia Judia, Yvonne Williams

Manager's Report

We've heard back from the post office, and they will not be putting back the mailbox that was on Pebble Beach and Sundale. They said there just wasn't enough mail in it regularly to warrant keeping it there.

A supervisor said that if residents want to mail letters safely, they can give them to their mail carrier or mail them inside a post office.

Just a reminder: We received a complaint recently about a resident who had a yard sale over several days. Since spring will be here on March 20, many people will soon start their spring cleaning. Please remember to follow our restrictions which read:

Section 1, H, 8: Private "garage sales" or "yard sales" may be conducted with a frequency of no more than three (3) sales of no more than three (3) days each in any calendar year, and such sales are permitted only for the disposition of articles owned by Kern City residents.

Thank you all who are so faithful to abide by the rules!

Jill Foley

Social Club News

What fun we have planned for you! What colors do you think of when you think about spring which will arrive on March 20? Pastels, including the color green, right? Well, we have a couple of green events for you this month!

Do you like green eggs and ham? If you like regular ham and eggs, I believe you'll love these. They'll be the stars at our Pancake Breakfast on March 16 from 8:00 to 9:30 a.m. even though we'll still have the best pancakes in town on the menu, too. There will also be French toast, warm syrup, potatoes, and vegetarian and vegan options. The breakfast is a bargain at \$5, and you can sit with friends and neighbors and have a great time!

We also have another "green" event this month, and it will be the St. Patrick's dinner on Thursday, March 14. It will be catered by that favorite, Keith Barnes, and there will be corned beef and cabbage, carrots and potatoes, Irish soda bread, dessert and coffee plus entertainment by Dave Winstone, a multi-talented performer who has been on many television shows and performs in Las Vegas. All this for \$12?! Where else can you find such a deal? The doors will open at 5:00 p.m. with dinner at 5:30. Please purchase your tickets by March 12 in the office Monday through Friday between 9:00 a.m. and 2:00 p.m.

We'd love for residents to attend our monthly Social Club meeting. It is on the first Tuesday, March 5, in the Del Webb Conference Room in the Town Hall and runs from 2:00 to 3:00 p.m.

I wish all of you a very happy, and green, spring!

Scott Ford, president

OPPORTUNITIES

Like to play Texas Hold 'Em? -- If so, a member would like to set up a card group here in Kern City. If interested, call him on 979-5320.

Welcome Newcomers

Residents, please update your Kern City directory to include the resident below. If you are new and want your name and information listed but haven't seen it, please call or drop a note to the office (1003 Pebble Beach Dr., 831-2035). All phone numbers are area code 661 unless otherwise listed.

Shelle Kallgren & Cindy West	5916 Burke Way	448-5199 432-5988
John Charles Mitchell	5700 Cypress Pt	323-0590
Daryl Wolf & Jill Wolf	608 Cherry Hills	889-1244 496-1810

2nd FRIDAY POTLUCK LUNCH

Friday, March 8

12:00 noon



In the Town Hall

Entertainment, delicious food!

All residents and guests welcome!
Free. All but first-timers should bring
a potluck dish to share.

Free help with wood projects from Don Gunder

Member Don Gunder will be available in the Woodshop on Tuesdays and Thursdays from 1:00 to 4:00 p.m. to help any resident who would like to make a project like a bird house, serving tray, magazine rack -- you pick the project!

There is some free wood and Don has some free designs and books and he will guide those who need help.

If interested, visit the Woodshop on a Tuesday or Thursday afternoon.



Kern City Klarion

KERN CITY OFFICE HOURS:

9 a.m. to 2 p.m. Monday through Friday
Closed holidays

BOARD OF DIRECTORS

Roger Kirby, Ray Hallmark, Steve Parks, Kyle Ray,
Jolene Simons, Donna Tyner, Carol Toms

OFFICERS

President: Jolene Simons
Vice President: Roger Kirby
Secretary-Treasurer: Donna Tyner

Publisher: Belaire Publishing and Consulting

Editor: Jill Foley

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KERN CITY BOARD MEETINGS

DRAFT KCCA'S REGULAR BOARD
MEETING MINUTES
Feb. 12, 2019, 9:00 a.m.

I. CALL TO ORDER: Director Jolene Simons called the meeting to order at 9:00 a.m. Other directors present: Roger Kirby, Steve Parks, Kyle Ray, Carol Ann Toms and Donna Tyner and Manager Jill Foley. Director Simons welcomed attendees, and member Fred Hufnagel led the flag salute.

Announcements: President Simons announced that Director Tim Smale has resigned due to a heavy workload with his business and the board will vote for his replacement at this meeting. She also reported that the Sundale Country Club is in escrow and the new restaurant should open this week. It offered free drinks and appetizers last week.

II. KEY TO KERN CITY AWARD -- Dianne Hufnagel represented the Social Club and said the key was being presented to two members: Fred and Ray Hallmark. Fred is a scientist and engineer and has been helping Kern City for years by fixing almost anything that needs to be fixed (except when licensed experts are needed, including plumbers and electricians). Ray Hallmark has helped Kern City in many ways but he is especially responsible for keeping the RV Storage facility looking beautiful. He and Fred and member Wayne Eskew recently upgraded the Woodshop.

III. NEW DIRECTOR -- Director Simons. Director Kirby moved to nominate member Ray Hallmark to fulfill Director Smale's term on the 2019 board. Vote: Passed, unanimous.

IV. MINUTES: Director Tyner. Director Kirby moved to accept the Jan. 8, 2019 regular board meeting minutes as presented. Vote: Passed, unanimous.

V. TREASURER'S REPORT: Director Tyner reported that as of Jan. 31, the Reserve Account had a balance of \$287,027.55 and that the Checking Account had \$484,235.75. She noted that at the beginning of February, \$92,750 was deposited into Reserves from the

Checking Account per the 2019 budget. More will be deposited into Reserves after we receive the final 2018 bills. The board postponed doing the Town Hall floor last year so that the Reserves could be built up. Money will be used from the Reserve Account this year for the floor.

VI. MANAGER'S REPORT: Jill Foley. The deadline for Letters to the Editor and Classified Ads for the Klarion is Feb. 15. Something to watch out for: A resident reported a young man came to her door and said he was just back from being in Afghanistan with our military. He was selling books to help him get through college. The resident gave him a check and then he asked to use her bathroom. She let him in. Later she found that her prescription drugs were gone. Please do not let any stranger in!

VII. COMMITTEE REPORTS

a. Architectural: Director Ray reported approvals were given for: Relandscaping, redoing a driveway and adding a garage. He noted that approvals for condos must go through the local association first before we can approve anything.

b. RV/Garden: Director Kirby said he and Ray Hallmark have continued to work hard to keep the park clean and weed-free. He has also been working on converting the garden area to new RV spaces, and he has removed eight truckloads of carpet which was used to keep out weeds. Director Hallmark noted that Round Up is not used to kill weeds because of concerns about its safety.

c. Pool: Director Simons said we replaced some lights in the women's restroom, and everything looks good at the pool.

d. Library: Director Tyner said that she and volunteers had shifted some shelving around, and she invited residents to see what all is available for their enjoyment.

e. Inside Maintenance: Director Toms noted that the Town Hall floor will receive new linoleum tiles this year and invited residents to look in the February Klarion if they want to vote on the color of the tiles to use.

VII. OLD BUSINESS -- Action on Adding Fencing and Lighting to RV Park. Director Kirby said bids had been received to change the fencing and add lighting to the park to convert the garden area to extra RV spaces. He moved to accept the fencing bid of \$6,380 from Steve Morrison Fencing and the \$7,160.09 bid from Bakersfield Lighting Inc. He explained that income from the newly created spaces will cover the expense of the fencing and lighting in approximately three years. Vote: Passed, unanimous.

VIII. NEW BUSINESS: Action on New Director -- Was handled earlier in the meeting.

IX. AUDIENCE

a. Public Forum - Fred Hufnagel said the Feb. 16th Pancake Breakfast will be Valentine's Day-themed, including heart-shaped chocolate waffles. It will be from 8:00 to 9:30 a.m. with door prizes given at 8:45. The Mardi Gras celebration will be Saturday, Feb. 23 with gumbo, jambalaya, and more for \$10. The February 2nd Friday Potluck was a great hit, and March 8 will be the next one. Please bring a dish to share unless you're a first-time attendee

b. Audience -- An audience member spoke.

X. ADJOURNMENT: President Simons adjourned the meeting at 9:32 a.m.

Respectfully submitted,

Donna Tyner, Secretary-Treasurer

Meeting attendance: 21 (includes directors and manager)

Next board meeting

~ Calling all Members (Homeowners) ~

**This month's board meeting will be on
Tuesday, March 12, at 9:00 a.m.
in the Town Hall.**

Come hear what's going on in the community and enjoy some refreshments.

Writers Group

SERMON SURPRISE

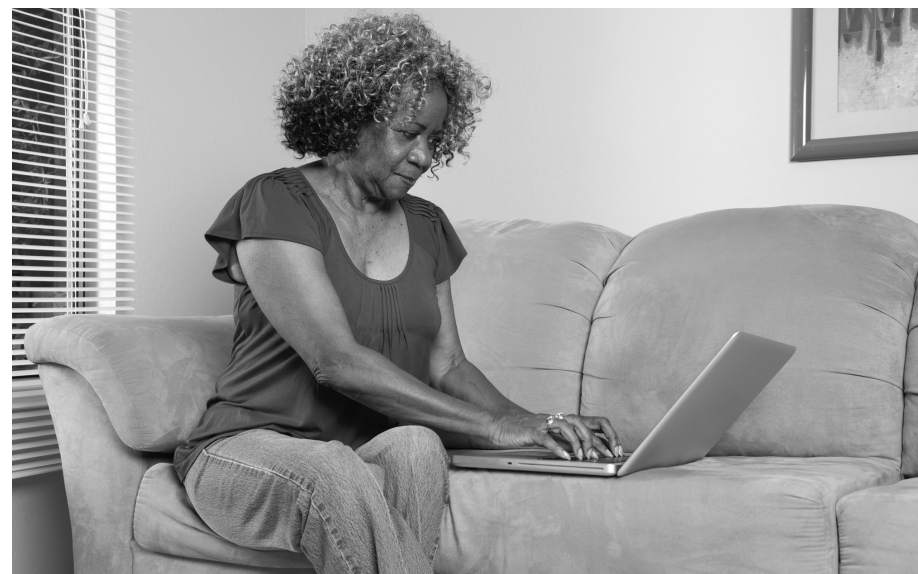
By Karen King

My earliest memory of church was when I was about three or four years old. We were visiting my grandmother's church for the first time and my mother left me in their nursery. I didn't know anyone there and after a while, decided I didn't want to stay any longer. I knew if I tried to leave by the front door, someone would stop me, so I looked around for another exit. Finally, I noticed a door at the rear of the room. When no one was looking I quietly opened it and tiptoed out.

When I turned around, I was shocked to see a roomful of people looking at me and laughing. Then I noticed a tall man standing next to me by a pulpit. Apparently, I had just walked into the sanctuary during the sermon and was standing next to the startled pastor. I stood there gazing over the congregation trying to spot my mother, but didn't have to wait long. She ran up the aisle, grabbed my hand, and walked me quickly back to her seat next to my grandmother. I imagine she was pretty embarrassed, but as far as I was concerned, my mission was a success. Come to think of it, I don't think we visited again there again for quite some time.

"REMEMBER WHEN" Writers' Group

Come join us at 3:30 p.m. every Thursday in the Sewing Room. Ever think about writing down memories for your grandchildren, or maybe something to be published? All residents welcome. For more information, call Karen King at 664-8998.



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Caregiver Spouses Need Help!

Right at Home, Inc. is a national organization dedicated to improving the quality of life for those we serve. We fulfill that mission through a dedicated network of locally owned providers of in home care services.

The following is reprinted with permission from Right at Home.

With the aging of our population, more Americans are providing care for a husband, wife or partner who is living with health problems.

There's a media stereotype of grouchy old couples getting on each other's nerves after years of marriage — yet University of California, Berkeley researchers who studied marriages over the course of 25 years found “an emotionally positive trajectory for long-term married couples.” Psychology Professor Robert Levenson noted, “Older people in stable marriages are relatively happy and experience low rates of depression and anxiety. Marriage has been good for their mental health.”

But with age comes an increased risk of illness and disability, and a greater likelihood that one spouse will be providing care for the other. Statistics show that while adult children provide most informal care for older relatives, the percentage of spouses who become caregivers is growing.

When a senior is living with heart disease, arthritis, the effects of a stroke, dementia or another disabling condition, having a spouse to help is an advantage. Caregiver spouses help keep track of their partner's doctor appointments, medications and other health routines, also lowering their loved one's risk of isolation and depression.

Studies show that being in a long-term committed relationship conveys the same benefits, regardless of marital status. Gender doesn't matter, either. Close to half of spouse caregivers today are men. And male caregivers are doing a good job. University of Oxford experts noted that even men who hadn't helped much earlier in the marriage, for example with childcare and housekeeping tasks, nonetheless were likely to step up to the plate and provide attentive care when their spouses needed it. If you or a loved one is providing care for a spouse or partner, here are four important things to consider:

1. Take care of the marriage. A good marriage promotes good health, but a troubled relationship doesn't. Marital strife is stressful. It can have a negative effect on health, which, in turn, increases stress ... a cycle to be avoided. It can be hard to maintain a loving, romantic relationship in the midst of medication management, wound care, helping one's spouse use the toilet, or dealing with the changes brought by Alzheimer's disease.

Couples can benefit from marriage counseling to help them nurture their relationship even as it has changed. Penn State University experts recently noted, “Looking beyond the illness, to improve the overall quality of the relationship, might have some impact on health.”

2. Take care of the caregiver. We saw above that receiving care benefits the ill spouse, but providing care may have the opposite impact on the well spouse. For one thing, the term “well spouse” is an overstatement in many cases. Spouse caregivers frequently have health problems of their own.

Even for spouses in good health, caregiving can be hard work, both physically and emotionally. Michigan State University experts noted, “As a spouse or partner attempts to care for their loved one, the risk of injury and other negative health factors can begin to appear in the caregiver, which can be amplified by age.

It is typical for a spousal caregiver to neglect their own self-care in pursuit of immersing themselves in caring for their spouse.” Caregivers often fail to get enough sleep, eat well, and keep their own doctor appointments. They suffer emotional distress as their loved one and life change. There are special support services, such as counseling and support groups, to help these caregiver spouses.

3. Ask for help. Studies show that compared to adult children and other family caregivers, spouse caregivers are much less likely to seek assistance from family and friends. The caregiving spouse may believe they are the only one who can provide the best care —

and the care recipient may prefer it that way! The couple may feel protective of their independence, and fear intrusion into their intimate situation.

“As a former spousal caregiver, I certainly understand the desire to take care of all of a spouse's needs,” said Carol Levine, Director of the United Hospital Fund's Families and Health Project. “But the care that is needed and the responsibilities thrust upon family caregivers by our healthcare system — typically, without adequate support — are more than any family caregiver, particularly an older spouse, can handle alone.”

4. Call in professionals. The help of family and friends may not be enough. Fortunately, there are many resources caregivers can access. Your local senior services agency can recommend care support services, as well as caregiver support. An aging life care professional (geriatric care manager) can locate services and help the couple navigate the changes in their lives.

Professional in-home care also is available — everything from home health services to assist with complex medical tasks, to less costly nonmedical care. In-home caregivers can provide assistance with personal care such as bathing, dressing and grooming; respite for the caregiver spouse; help with keeping the home safe and in good order; and in short, provide support that allows the couple to focus on their relationship and things they like to do. In-home care normalizes a couple's relationship. “We weren't sure about having a stranger in the home,” reports one man whose wife is slowly recovering from the effects of a stroke. “But with the help of our caregiver, my wife and I spend more time together like we used to.”

Caregiving can be hard, no doubt about it. But many studies show that the intimacy of the caregiver relationship can make a marriage stronger. Getting help makes that more likely ... “in sickness, and in health.”

Neighborhood Watch

Two important warnings this month!

Very important! A resident reported a young man came to her door and said he was just back from being in Afghanistan with our military. He was selling books to help him get through college. The resident gave him a check and then he asked to use her bathroom. She let him in. Later she found that her prescription drugs were gone.

Please, please, please DO NOT let any stranger into your house! Asking to use the bathroom is just an excuse to steal drugs or rob you. Or even attack you! Do not feel sorry for these people! This is a ruse to get into your home! Do not be taken in by their looks or their stories.

One resident wanted to alert people that she mailed a letter with a check in it at the drive-up mailboxes in front of the Stockdale Post Office, and the letter and check were stolen. She lost \$2,000, and her bank said it will take up to 90 days for it to investigate and return her money. The resident reported that the bank representative said they had had some other Kern City residents with the same problem.

Of course, the news has been reporting for a few

years that mailbox theft has been increasing around town -- at residences and at post offices. It has also been reported on the national news.

So what to do? The Post Office offers the following advice:

- Mail important letters, especially those with checks or something valuable, inside the Post Office -- not in outside mailboxes.
- Hand your important outgoing mail to your letter carrier.
- Never leave mail in your mailbox overnight -- that's when thieves usually attack.
- If you see suspicious activity around your mailbox, call local police at 327-7111 and the local postal office at 834-4158.
- If your mail has been stolen or your mailbox vandalized, report it to 1-877-876-2455.



Home security tips for seniors

Seniors are often targeted by criminals. Though many criminals target seniors from afar via telephone or internet scams, criminals seek to enter seniors' homes. The Bureau of Justice Statistics offers that, between 2003 and 2013, the ratio of property crime to violent crime was higher for the elderly and persons between the ages of 50 and 64 than it was for younger persons between the ages of 25 and 49.

Home security is important for people of all ages, but especially so for seniors and aging individuals living alone. By following certain safety tips and developing a home security plan, seniors can feel safer at home.

• Lock windows and doors. It may seem like common sense, but failure to repeatedly lock windows and doors can, and often does, give burglars easy entry into the home.

• Think about a smart doorbell. Technology now enables doorbells to provide a video feed to a person's smartphone or tablet over WiFi. This allows residents to see who is at the door and speak to this person without having to open the door. Some products like Ring® will even register motion activity and record short videos from outside of the house.

• Don't share or leave keys. Avoid leaving keys under a mat or in a flower pot. Others may be

watching your actions and gain access to your home while you are away.

• Ask for ID. When service people or other individuals come to the door, verify their credentials by asking to see some identification.

• Get a home security system. The best protection against burglars is a home security alarm, states HomeSecurityResource.org. Such an alarm often deters burglars from breaking in.

• Install a lockable mailbox. Locked mailboxes restrict access to sensitive information, such as bank account numbers, sent in the mail. Make sure retirement checks or other payments are deposited directly into bank accounts instead of having them sent by check.

• Use home automation. Home automation, or a "smart home," can be utilized to turn on lights, set the thermostat, lock doors, and much more.

• Adopt a dog. Dogs can be an asset to seniors. Dogs provide companionship and can bark or alert seniors if someone is around or inside of the home.

Home security is serious business for seniors who are vulnerable to criminals.

Key to Kern City goes to Hallmarks

CONTINUED FROM PAGE 1

golf cart running, identified the problem with the waterfall when experts couldn't, serviced numerous types of equipment, and built items, including a pass-through shelf from the kitchen to the breezeway."

She added, "Along with Director Roger Kirby, Ray has worked almost daily keeping the RV Park looking pristine, and there's a joke that people couldn't find a weed in the storage facility if they tried. He recently helped add landscaping around the pool and with his brother Fred and member Wayne Eskew upgraded the

woodshop."

Board President Jolene Simons said, "People like the Hallmarks really help Kern City maintain its beauty and property values. We had a good time celebrating their accomplishments at the last board meeting, including spending time talking with them and eating some delicious goodies afterward."

Simons invited other members (homeowners) to attend the monthly board meetings on the second Tuesday of each month at 9:00 a.m. in the Town Hall. Coffee and treats will be served.

Bunco

Everyone is welcome to join us for Bunco on

Monday, March 18, in the Town Hall.

Doors open at 6:00 p.m. Play starts at 6:30.

If you've never played and would like to learn,

call Carolyn Holtschulte at 832-7368.

*** \$5 ***



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If you’ve been in the Library lately you’ll notice the shelves in the fiction department are more open. With the changes we’ve made we’re able to spread out and make room for more new books. I appreciate my volunteer’s hard work in making this all possible.

If you get a call from one of the ladies checking on an overdue book please know that we’re just trying to keep track of what we have. Someone else may be waiting to check out that book. Please do a good check of your home before telling us you turned it in. If you feel you have then that’s fine. We’ll keep an eye out in case someone took it when you returned it without waiting for it to be checked in.

Another reminder is to always take a look at the oversize paperbacks on the west wall. We get a lot of newer releases and/or great authors in that area. I try to feature them on the turntable of new releases when possible, just to make them more visible.

This month’s features are both 2018 releases. The first is DARK SACRED NIGHT by Michael Connelly. In it Harry Bosch teams up with the LAPD to solve the murder of a young girl. He’s looking into a cold case that has gotten under his skin. The unsolved murder was of a 15-year-old girl, a runaway on the streets of Hollywood. A night shift detective gets involved and they team up to try and solve the crime.

The second book is by Jodi Picoult entitled A SPARK OF LIGHT. This is a powerful and provocative new novel about ordinary lives that intersect during a heart-stopping crisis. A desperate and distraught gunman bursts into a women’s reproductive health clinic opening fire and taking hostages. The police negotiator finds his 15-year-old daughter is inside the clinic.

As always, if you have any suggestions, concerns or questions feel free to contact me or tell one of the volunteers or leave me a note.

Happy Reading!

Donna Tyner

MARCH ADDITIONS & DONATIONS

DVDs

Fences	Denzel Washington/Viola Davis
Collection of 4 Nicolas Sparks	Various Actors
Favorites	
Book Club	Diane Keaton/Jane Fonda/Candice Bergen/ Mary Steenbergen

AUDIO – BOOKS ON CD

Merciless	Palmer, Diana
The Forgetful Bride	Macomber, Debbie

BOOKS

M = Mystery LP = Large Print ** = Christian Novels NF = Non-Fiction N = Novel ML = Military OP = Oversize Paperback

N Cannell, Dorothy	The Thin Woman
N Mitchard, Jacquelyn	The Deep End of the Ocean
N Picoult, Jodi	A Spark of Light
M Baldacci, David	End Game
M Connelly, Michael	Dark Sacred Night
M Harper, Karen.	Dark Angel
M Peretti, Frank	Monster
M Taylor, Brad	Ghosts of War
NF Gates, Robert	A Passion for Leadership
LP Box, C.J.	Paradise Valley
LP Galbraith, Robert	Career of Evil
** Peterson, Tracie	Dawn’s Prelude
** Tweet, Sharon D.	Illuminating Days of Discovery

Completed Puzzle





Pinochle Club

We invite all Kern City residents and their guests to join us on Tuesday evenings in the Community Room on the south side of the complex to play single-deck Pinochle. Play starts at 6:00 p.m. If you are interested in learning to play the great game of Pinochle, please call: Terry Ford at 735-7955 or Claire Patrick at 203-3517.

Double Pinochle Award: Norma Sloan, Claire Patrick, Norman Rilling, Terry Ford.

Game Winners:

1/15/19	1/22/19	1/29/19
Terry Ford	Norman Rilling	Marjorie Bethke
Gordon Bisbee	Madelaine Gifford	Norman Rilling
Bill Angevine	Jim Granheim	Madelaine Gifford

2/5/19	2/12/19
Terry Ford	Jim Van Stedum
Norma Sloan	Jim Granheim
Norman Rilling	Terry Ford

Master Pinochle Player: Marjorie Bethke with a score of 531. This was the highest score for the period Jan. 15 - Feb. 12, 2019.

Clean Sweep: Claire Patrick and Marjorie Bethke. Bill Angevine and Gordon Bisbee.

Congratulations to all the winners!
Terry Ford



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I have Kern City customers and references are available. My rate is \$18/hr as I live only 1 mile away from your area. I also have the ability to help you over the phone with remote support software if you wish. Teaching and tech support available; whatever you need, it is available.

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We get letters.....

Valentine's Day was celebrated early at the February Second Friday Potluck. Good food, entertainment by the Music Makers, including a singalong, and dancing was enjoyed by 43 residents. Thank you to Vi, Kerry, Mindy, Albert and Maritza for helping.

The next potluck will be Friday, March 8!

Terry

Daylight saving time

Can you believe it? Daylight saving time, which involves setting the clock forward by one hour, is back already on Sunday, March 10. Many people set their clocks ahead the night before.

The change is made so that evenings have more daylight and mornings have less. Most areas of the United States observe daylight saving time, but not Arizona, Hawaii, and the overseas territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the United States Virgin Islands.



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MARCH PANCAKE BREAKFAST

Saturday, March 16, 8:00 - 9:30 am

In the Town Hall

Are you ready for this?

Green eggs and
ham!

Plus those delicious
pancakes & French
toast, potatoes,
warm fruit syrup
and beverage!



Also vegetarian and vegan options available!

\$5 per person

**DOOR PRIZES
GIVEN AT 8:45a!**

Pros and cons of joint replacement surgery

To people outside the medical field, joint replacement surgery might sound like a solution that's considered only after all other options have been exhausted. But joint replacement surgery has become very common, even though some studies have suggested certain procedures are being performed unnecessarily.

A 2014 study published in the journal *Arthritis and Rheumatology* found that one-third of patients who undergo knee replacement surgery may not be appropriate candidates for the procedure because their symptoms are not severe enough to merit aggressive intervention like surgery.

The decision to undergo surgery is always a patient's to make. Weighing some pros and cons of joint replacement surgery can help patients make the most informed decisions possible.

Pros

The Cleveland Clinic notes that many patients who have undergone joint replacement surgeries have experienced dramatic improvement within a relatively short time after undergoing the surgery. Much of that improvement is related to pain, which for many people becomes overwhelming prior to surgery.

Another benefit to joint replacement surgery is the recovery time. For example, the

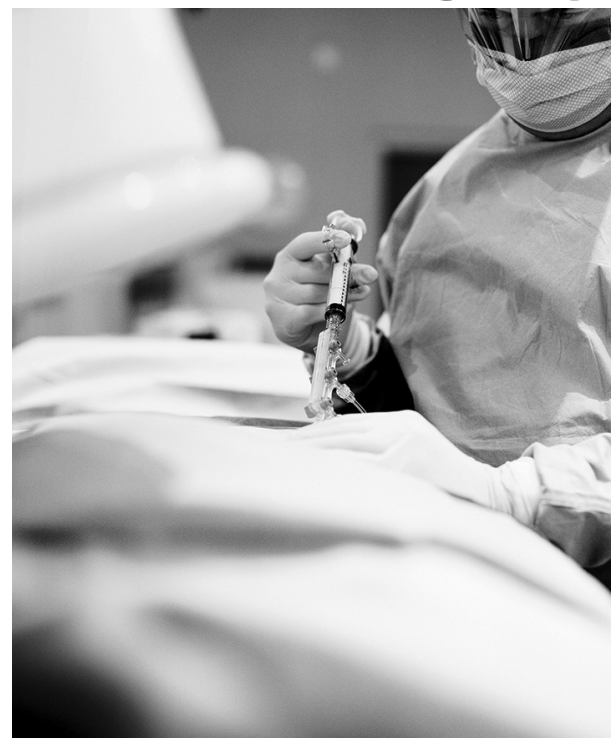
Cleveland Clinic notes that patients who have knee replacement surgery are usually standing and even moving the joint the day after their surgeries. Within six weeks, those same patients are typically walking comfortably with very little support. While each patient is different, any fears that joint replacement surgery will require patients to be immobile for months after surgery are unwarranted.

Joint replacement surgery also can be a long-term solution, whereas the alternatives might not be. The Cleveland Clinic says that roughly 85 percent of knee implants will last 20 years, and that life expectancy figures to grow as technology advances.

Cons

As beneficial as joint replacement surgery can be, it's not without downsides. Cost is one such disadvantage. How much a patient pays for the surgery depends on his or her coverage, but AARP notes that the average knee replacement surgery costs \$31,000. Such costs can be prohibitive for aging men and women who are no longer working.

Another potential disadvantage to going under the knife, especially for those who are borderline candidates for replacement surgeries, is the likelihood that surgery won't have a significant impact on quality of life. A 2017



study published in the journal *BMJ* found that knee replacement had minimal effects on quality of life, especially for patients whose arthritis was not severe.

Joint replacement surgeries are common. When deciding if surgery is their best option, patients should consider the pros and cons of going under the knife before making their final choice.

Kern City Music Makers

*The music makers welcomes resident singers,
musicians and wannabes*

*Monday afternoons from 3:00 to 5:00 p.m.
in the Sewing Room.*

Questions, call Marilyn at 835-0539



Religion

(Non-denominational)

Kern City Community Church (In Town Hall)

Morning Worship

Sundays at 9:30 a.m.

Bible Study (in Sewing Room) Wednesdays at 10:00 a.m.

Communion

March 3

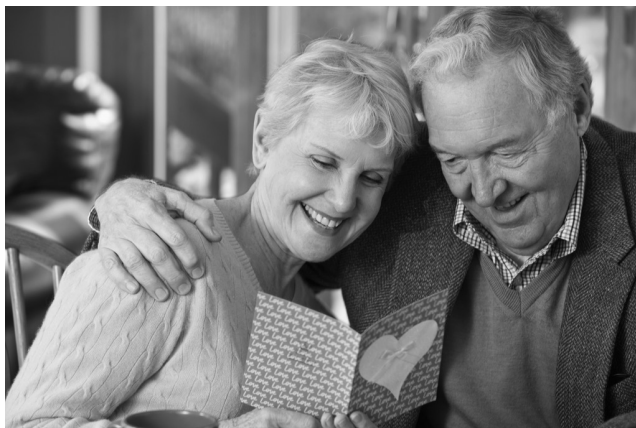
Coffee Hour

March 17, 8:30 a.m.

GREETING CARDS

There is a variety of all occasion cards for just 10 cents. Check the cupboards under the counter if you don't see what you want. Everything is on the honor system so you can leave your payment in the box provided.

*Thank you,
The Social Club*



A MOMENT WITH PASTOR AL

March 2019! Spring is right around the corner. Time is flying, as I have said before. One thing is for certain, spring and summer and fall and winter will continue. We can't change the seasons, but we can change our outlook on the various seasons of life. Spring is so much better than Winter. Winter can be harsh at times and Spring is so full of life and color. But each year we make it through winter and enjoy the Spring.

There is a special time for everything. There is a time for everything that happens under heaven. 2 There is a time to be born, and a time to die; a time to plant, and a time to pick what is planted. 3 There is a time to kill, and a time to heal; a time to break down, and a time to build up. 4 There is a time to cry, and a time to laugh; a time to have sorrow, and a time to dance. 5 There is a time to throw stones, and a time to gather stones; a time to kiss, and a time to turn from kissing. 6 There is a time to try to find, and a time to lose; a time to keep, and a time to throw away. 7 There is a time to tear apart, and a time to sew together; a time to be quiet, and a time to speak. 8 There is a time to love, and a time to hate; a time for war, and a time for peace. Ecclesiastes 3:1-8

We all need to enjoy life with a large smile on our face and a large amount of love in our hearts. As I said previously, not all the seasons of our life are fun and easy, but LIFE IS GREAT!!!

As King Solomon said in Ecclesiastes, everything has a season. So, no matter what season of life you may be experiencing right now, ENJOY LIFE with a smile on your face. Each season of your life is here but for a little while and then it passes and as with the seasons of the year, these times come and go in and out of our lives.

Pastors Al and Barbara Rountree

Song of Solomon 2:11-12: "For, lo, the winter is past, the rain is over and Gone; The flowers appear on the earth; the Time of singing of birds is come, and the Voice of the turtle is heard in our land."

CLASSIFIEDS

Advertisers, please note.

1 - If you want your ad to run more than one month, you must notify the office by the 15th of the month prior to each month you want it to run.

2 - Please provide us with your ad in writing with your name, address and phone number. You can bring it to the office M-F between 9:00 a.m. and 2:00 p.m., email it to kcca@bak.rr.com, drop it through the mail slot on the street side of the office or mail it to KCCA, 1003 Pebble Beach Dr., Bakersfield, CA 93309. -- Editor

All telephone numbers in ads are in area code 661 unless otherwise listed.

FOR RENT

For Rent: 2-bedroom, 1 bath, on golf course. New floors and paint. Call 562-594-8171.

WANTED

Wanted: Utility trailer for hauling. 832-1774.

Wanted: With the cold weather upon us, the Animal Shelters have a desperate need for donations of blankets to keep the animals warm. Call Judy at 831-7613 or ibejudyh@sbcglobal.net for pickup. I would like to thank everyone for the all of the support and donations in 2018.

Wanted: All sporting goods, including old and new golf clubs, all fishing items old and new, old knives, antiques and electric golf carts. I live in Kern City. 397-0234.

Wanted: Residents to play Texas Hold 'Em. If interested, call Cliff on 979-5320

FOR SALE

For Sale: Burial plot, Greenlawn at Panorama & River Dr., Rock of Ages, \$2,450, 837-1757.

For Sale: Samsung dishwasher, bought Nov. 2017, used 3 months, \$125. 834-1841.

For Sale: Hewlett Packard keyboard, \$5; 2 large table lamp, \$5 each. 412-8988.

For Sale: Left hand golf clubs, Wilson 1200 LT, \$40 OBO; 1 like-new Swiss gear backpack, \$25. 412-8988.

For Sale: Peak Life brand new premium prostate care, 2 bottles unopened, paid \$45 will sell for \$20, 412-8988.

For Sale: Hewlett Packard HP 51931a, 16" color monitor, \$20; window blind 34" x 72" new, white wood grain, paid \$45 but will sell for \$12. 412-8988.

For Sale: Burial Plot, Hillcrest, \$2,000 + \$200 transfer fee. 831-3372.

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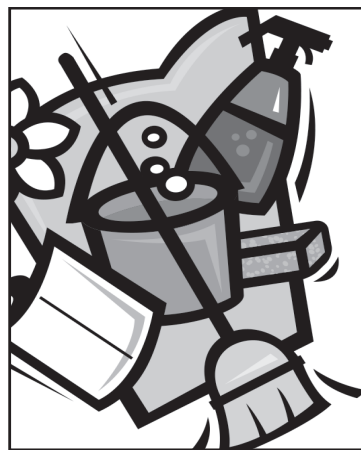


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RETIRED ELECTRICIAN: Will do light electric & A/C repairs. Very reasonable. I'm a Kern City resident. Tony Bradley, 558-7832.

*Happy
ST. PATRICK'S
day*

NEW SEAMSTRESS -- I'm a professional seamstress and do alterations. I love to sew! Call me anytime. 50 years' experience. I can pick up and deliver. Vicky at 208-866-8477.

AVON -- Call Judy Harris 831-7613 or email ibejudyh@sbcglobal.net to buy or sell Avon. Wishing everyone a Happy New Year!!

RIDES/OTHER HELP: Resident will give you a ride to the store, doctor appointment, bank, etc. For references and prices, please call Lori at 805-216-9832.

SEAMSTRESS -- I worked 20 years in Alterations, and I would like to offer my services here. If you need sewing done, call me. Reasonable prices. May at 859-8339.

Can I help you?



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Traditional St. Patrick's Dinner



Thursday, March 14

In the Town Hall

\$12 per person

Catered by Keith Barnes

**Corned beef and cabbage, carrots and potatoes, Irish soda bread
Dessert and coffee**



Entertainment by Dave Winstone

Dave plays 10 instruments and sings in a dozen languages. He has performed in Las Vegas, Tahoe and on cruise ships to Alaska and Hawaii as well as with the Los Angeles Opera Company.

**Please purchase tickets by Tuesday, March 12, in the office
between 9:00 a.m. and 2:00 p.m.**

Doors open at 5:00 p.m., Dinner is at 5:30.

March Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	1 Friday	2 Saturday
CR = Conf. Room in TH CM = Comm. Rm L = Library P = Pool PR = Pool Room SR = Sewing Rm TH = Town Hall WS = Woodshop		FREE Come build wood projects on <u>Tuesdays & Thursdays</u> from 1-4p in the Woodshop!		FREE Come build wood projects on <u>Tuesdays & Thursdays</u> from 1-4p in the Woodshop!	1 Friday	2 Saturday Lafalot Mardi Gras Dance 7 - 10p 6:15 free tango lesson
3 KC Comm Church Communion Service, 9:30-10:30a TH	4 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 CM	5 Blue cart pickup Social Club mtg, 2p in CR Gamb Anon, 6:30p, SR Pinochle, 6p, CM	6 Sr Exer, 10a-12p TH Bible Study, 10a, CM Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, CM	7 <u>Street Sweeper</u> SR Bridge, 9-2:45 TOPS 9-11, CM Sr Exer. 10a-12p TH Canasta 12:30-5p CM Choir practice, 1p, TH Writing Group 3:30, CR	8 FREE 2nd FRIDAY POTLUCK Attendees who eat should bring dish to share. 12 noon, TH	9
10 <u>Daylight Saving</u> Set clock 1 hr ahead KC Comm Church, 9:30-10:30a, TH	11 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 CM	12 Reg Board mtg at 9:00 AM in TH Refreshments Pinochle, 6p, CM Gamb Anon, 6:30p, SR	13 Sr Exer, 10a-12 TH Bible Study, 10a, SR Overeaters Anon 12 SR Line dancing adv, 2 TH	14 TOPS, 9-11, CM Sr Exer 10a, TH Canasta 12:30-5pCM Writing Group, 3:30 SR St. Pat's Dinner Corned beef, cabb, entertainment, Doors 5pm, TH	15	16 PANCAKE BREAKFAST, 8 - 9:30a TH <u>Green eggs & ham</u> Door prizes at 8:45a
17 St. Patrick's Day KC Comm Church Service, 9:30-10:30a Coffee hour, 8:30a	18 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 SR Bunco, 6P, TH	19 Blue cart pickup Scrabble, 1p, CM Pinochle, 6p, CM Gamb Anon, 6:30p, SR	20 Spring arrives! Sr Exer, 10a-12 TH Bible Study, 10a, SR Line dancing adv 2 TH Overeaters Anon 12 SR	21 SR Bridge, 9-2:45 TOPS, 9-11, CM Sr Exer 10a, TH Canasta 12:30-5pCM Choir practice, 1p, TH Writing Group, 3:30 SR	22	23
24 KC Comm Church, 9:30a, TH / KC Comm Church, 9:30a, TH	25 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 SR	26 Pinochle, 6p, CM Gamb Anon, 6:30p, SR	27 Sr Exer, 10a, TH Bible Study, 10a, SR Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, SR FREE! Speakers on Moving & Risk Management, 5:30-6:30p, TH	28 Sr Exer, 10a, TH TOPS, 9-11, CM Canasta 12:30-5pCM Choir practice, 1p, TH Writing Group, 3:30 SR	29	30

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