



Kern City Klarion

April
2019

Don't miss these!

- Apr. 2 -- Social Club Mtg, 2p
- Apr. 9 -- Board Mtg, 9a
- Apr. 12 -- 2nd Friday Potluck, 12 noon
- Apr. 12 -- Meet author in Library, 2pm
- Apr. 13 & 20 -- Driving Class, 9a-1p
- Apr. 20 -- Pancake Breakfast, 8-9:30a
- Apr. 24 -- Speaker on tax tips, 5:30
- Apr. 25 -- Potato Bake

April 13^{0TH} & 20^{0TH}

Senior driver class is back

The ever popular AARP Driver Safety class is back again, and this time it is the complete course which will be held over two Saturdays from 9:00 a.m. to 1:00 p.m. on April 13 and April 20 in the Sewing Room.

According to instructor Judy Harris, seniors who take the class can often keep driving longer because the course helps them to more aware when driving. Also, she said that by taking this course, all insurances are required by law to give a discount, provided you have no points on your driving record.

"Residents might like to know that the Pancake Breakfast is also on Saturday, April 20, starting at 8:00 a.m. so if they come early, they can eat some delicious food first!"

The cost for materials used in the class



is \$15 for AARP members and \$20 for non-AARP members. A certificate which is good for three years will be given at the end of the class. Residents must complete Part I on April 13 to be able to take Part II on April 20.

It is important to make reservations to attend right away because the class fills up quickly. To register, contact Harris at 831-7613 or by email at ibejudyh@sbcglobal.net.

FREE SPECIALS THIS MONTH

One of the most talked about movies from last year -- A Star is Born with Lady Gaga and Bradley Cooper -- will be shown on Tuesday, April 9, from 2:00 to 4:00 p.m. at no charge in the Town Hall. Free popcorn!

Meet author Barbara Krueger who will introduce her latest book on Friday, April 12, at 2:00 p.m. in the Library. She is an accomplished writer of secular mysteries and Christian books. Come meet one of our newest residents and enjoy some classy desserts! Free.

That fun and delicious 2nd Friday Potluck Lunch, which only requires people to bring a dish to share, will be on April 12 at 12:00 noon in the Town Hall. First-time attendees don't need to bring a dish.

Are your taxes done? Come hear a free presentation on how to start now to be better prepared for next year!! "Tax Saving Tips for Seniors -- Be Better Off in 2020" will be the topic on Wednesday, April 24, from 5:30 to 6:30 in the Town Hall. Refreshments. RSVP to 319-5033.

Would you like singles events?

The Kern City Social Club has come up with a new idea, and it would like your input.

"We have such fun at our get-togethers that we are always looking for ways to draw more of our residents in," said Scott Ford, social club president.

"While discussing how to include more people, we thought that maybe some residents don't like to attend events because they don't have a partner to come with them. That gave us the idea that maybe we can arrange some events or outings specif-

ically for people without partners."

Ford asked that if residents are interested in attending events or outings with other singles, that they complete the form on page 8.

GUESS WHO?!



Last month we ran a photo of a bride and groom. Two members correctly guessed they were Virginia and Tom Pounds, a former president of the KCCA board. We drew names, and the winner was Pat Kirby who wins \$10.

This month we have a lovely photo of another member. If you know who she is, 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 April 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 4-1-19 to 4-30-19
 Only original coupon copies will be accepted.

President's Message

Watch out for coyote!

We don't know where it is now, but a coyote was spotted in Kern City in March. The Bakersfield Californian newspaper even ran its photo which was taken by a resident. There is a variety of wild animals in the community, and the steps below can help ensure your safety and that of your pets if you run into one.

We all hope you have a wonderful April and enjoy the spring!

Jolene Simmons

Editor's note: The following information is reprinted with permission from the Community Associations Institute to help residents in homeowners' associations.

How to be safe if wild animals appear

1. Report sightings of wild animals to California Department of Fish and Wildlife at 1-559-243-4005, extension 133, especially if the animal is not intimidated by loud noise or lights or if you see it during the daytime.
2. Don't leave bins on the street or set food out. Secure lids on trash and recycling bins.
3. Pick fruit as soon as it's ripe, and pick up and discard fallen fruit daily.
4. Avoid bird feeders. The aroma attracts scavengers even though they can't reach the nuts and seeds.
5. Don't put meat scraps in compost heaps.
6. Don't let cats and dogs outside unattended, especially at night.
7. Walk your dog on a short leash, at your side, not behind you, at all times. If you encounter a coyote, pick up the dog and walk away.
8. Don't walk near bushy vegetation, particularly at dusk and dawn, and avoid walking near abandoned or neglected properties.
9. Carry a flashlight, air horn, or bear or pepper spray when walking. If caught unprepared, shout and throw small objects.



Manager's Report

When spring arrives, many people think about spring cleaning. For those homeowners, that will mean "Out with the old, and in with the new." But what to do with the old?

Last month we had a speaker on downsizing and clearing out things to help you move. Downsizing is a good idea almost any time because then children won't have to wade through rooms full of items and tons of paperwork when someone passes on.

In the office, we have already received questions about what numbers to call to donate items or to get rid of appliances.

While we will not recommend any businesses, below are some that residents have said they found helpful.

For dropping off donations

Salvation Army: 4130 Ming Ave., (Backside of building), Bakersfield · (661) 835-0337

Goodwill: Drive-through at corner of Ashe Rd. and Ming Avenue
American Cancer Society Discovery Shop: 5420 California Ave, Bakersfield, 324-1359

NOTE: Also, check with your favorite charity or church which might be able to use your unwanted items.

To have donations picked up

RAD will pick up unwanted items for free Monday through Friday between 10:00 a.m. and 5:00 p.m., 323-2984

Large items to discard

The City will pick up unwanted large items -- a maximum of two items every three months -- including refrigerators and mattresses, for no charge. Call 326-3114 and press 0 to skip the long telephone message if you want more information.

Mannings Trash Removal charges to pick up and haul away trash, junk, green waste, construction debris, furniture, etc. It has free estimates. Call 978-4996.

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 residents here who passed away recently:

C. W. Faucett, Santiago Frayre

OPPORTUNITIES

Events for Seniors at the Beale Memorial Library, April 2019:

Please note that the events below for seniors are at the Beale Library downtown at 701 Truxtun Ave. Call 868-0701 for more information or to register for any event below that requires registration. Online it's www.kerncountylibrary.org. All events are FREE.

Tuesdays, 5:30 pm: Legal Help Clinic. Local attorneys will hold a free informational workshop to answer questions from those in attendance. Lake Room.

Wednesdays, 5pm: Adults Get Crafty. Enjoy an evening devoted to the joy of crafts & conversation. Create a new craft, work on an on-going projects, or bring a craft from home. Tejon Room, 2nd floor.

Saturdays, 10 am: Volunteer Orientation. Volunteer orientation and training for the Beale Library.

Saturdays, 2-4 pm: Math Clinic. Learn math or get assistance with your math homework. Open to all learners of all ages. Registration required.

Saturday, April 6, 4:30 pm: The Art of Storytelling. Learn how to tell a story, practice in a safe supportive environment, and have the opportunity to present your masterpiece at our community storytelling showcase on May 25. Tejon Room.

Tuesday, April 9, 6 pm: Dark Dial: Haunted Radio Hour. Join us for a chilling good time listening to old, eerie radio dramas.

Saturday, April 13 & 27, 10:30 am: Color Me Happy. Stressed out? Join the coloring craze with a relaxing morning of conversation & coloring. A variety of stress-relieving coloring pages will be provided. Auditorium.

Saturday, April 13, 3 pm: Veterans Unite. Inviting military members, past and present and their families to come together to share their experiences and meet others who understand what it means to serve in an informal, non-judgmental setting. Lake Room.

Tuesday, April 16, 5:30 pm: The Play's the Thing: Play Reading. Come "play" with us! Everyone takes a role and reads along. Each time we'll be reading through a different script. All materials provided.

Tuesday, April 23, 5:30 pm: Book Club in a Pub: Participate in conversation with local food & spirits! New title chosen monthly by group participants during the event prior. Event held at: Downtown Red Zone 900 Truxtun Ave.

Wednesday, April 24, 6 pm: Cinema Macabre. Join us for a spooky classic film. This month's film is *The Killing* (1958) directed by Stanley Kubrik and will be shown in the Beale Library auditorium. Doors open 15 minutes before the movie starts. The film begins at 6:00 p.m. and doors open at 5:45 p.m.

Thursday, April 25, 4 pm: International Cinema. Showcasing films from around the world. This month's film is *Nosotros los Nobles*. Doors open 15 minutes before the movie starts. The film begins at 4:00 p.m. and doors open at 3:45 p.m. Children under 12 must be accompanied by an adult. Auditorium.

Friday, April 26, 2 pm: Low Income Assistance Program Event. Independent Living Center of Kern County will assist Kern County residents and explain the various programs offered to low income households that include PG&E Care Discount Program, Digital Access internet program, and CalFresh Food-Stamps.



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
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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 BOARD MEETINGS

KCCA'S REGULAR BOARD MEETING MINUTES March 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: Ray Hallmark, Roger Kirby, Steve Parks (by speaker phone), 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 said the Sundale Country Club is still in escrow. Director Ray reported that the club has hired a chef from Las Vegas for its restaurant.

II. MINUTES: Director Tyner. Director Kirby moved to accept the Feb. 12, 2019 board meeting minutes as presented. Vote: Passed, unanimous.

III. TREASURER'S REPORT: Director Tyner reported that as of Feb. 28, the Checking Account had \$336,823.74 and the Reserve Account had a balance of \$456,244. She explained that the board had announced several times last year that it would hold off incurring new expenses, including the Town Hall floor, so that money would be left over from 2018 to bring the Reserve Account up to where it should be according to the annual Reserve Study. That was very successful, and we deposited \$80,000 into Reserves early this month. That Reserve Study says the ideal Reserve Fund Balance for 2019 is \$371,596, so we have not only achieved that goal, there is now enough money to do the Town Hall floor and other items this year.

IV. MANAGER'S REPORT: Jill Foley. Any Klarion classified ads and Letters to the Editor are due March 15. Condolences go to the loved ones of residents C. W. Faucett and Santiago Frayre. Special Speakers: The 50-Plus group will send two speakers this month on Wednesday, March 27, from 5:30 to 6:30 pm in the Town Hall. The topics are "Downsizing – The overwhelming task of moving" by Cheryl Ketchum, Watson Realty, and "An Introduction to Dynamic Risk Management (aka How Not to Become a Walmart Greeter unless you want to...)" by Brad Barnes, Founder & CEO of Entruity Wealth Driver Class: In April Judy Harris will lead another senior driving class which can help reduce car insurance costs and bring seniors up to date on the latest information. It will be a complete course, not just a refresher, and it will be four hours on two Saturdays. Watch the Klarion for more information. A coyote has been spotted in Kern City at River Oaks and Casper. Please make sure your small pets are safe.

V.

COMMITTEE REPORTS

- a. Architectural: Director Ray reported approvals were given for: Converting a carport to a garage; 4 requests to paint houses; 2 requests to paint trim; install solar; add a flagpole; add a shed; and add a garage.
- b. Compliance: Director Ray said we resolved or were working on the following: Residents allowing dogs to run loose; not picking up after a dog; 2 property maintenance issues; and a house with tarp covers.
- c. RV/Garden: Director Kirby said someone who was up to no good got into the RV Park but was spotted by an RV owner who chased him. He ran across the street and jumped a fence into a backyard, but that property was owned by a sheriff who arrested him.
- d. Pool: Director Simons said everything looks good at the pool.
- e. Library: Director Tyner said that she and volunteers were still making improvements to make room for more books, and she appreciated the donations of puzzles and new books they've received lately.
- f. Outside Maintenance: Director Hallmark reported that someone had broken into our storage shed on the north end of the common area but apparently found nothing they wanted to take. He and Director Kirby strengthened the lock on the shed. He also said two people had climbed over a back fence a couple of times lately to enter the pool area and they used the women's restroom to take showers.
- g. Inside Maintenance: Director Toms said these items would be covered under Old and New Business.

VI. OLD BUSINESS -- Action on Replacing Town Hall Floor. Director Toms said that she and directors Simons, Tyner and Ray had received bids from several companies over the last two years to replace the floor in the Town Hall and its restrooms. All the bids were \$25,000 or higher but they had recently received one from Stockdale Tile for \$18,439.42. Director Kirby moved to accept the latest bid and to cap the floor cost at \$19,000. Vote: Passed, unanimous.

VII. NEW BUSINESS:

- a. Action on Reserve Study -- Director Simons said that Walla Services had presented a bid to do a complete Reserve Study this year for \$1,650. Other companies' charges are \$7,000 on up but Walla has done ours for years so it gives us a much lower price. Director Ray moved to accept the Walla bid. Vote: Passed, unanimous.
- b. Discussion/Action on Painting Town Hall -- Director Simons said that Director Parks had recommended painting the Town Hall and she appreciated that because we've had many comments over the years about how drab it looks. Repainting is one of the lesser expensive ways to make a place look much better. She noted that Director Ray recommended that a committee choose the paint color, and she

and Directors Toms and Tyner and member Willie Flaherty would like to participate. She asked if any other members were also interested in joining them and member Jan Kennedy offered to help. Director Toms explained that there aren't many times when the Town Hall can be free to be painted and those dates are coming up shortly. She said that when it gets warmer, the painters get booked quickly so she had three companies look at the Town Hall last week to present bids. One company didn't offer a bid, and the other two gave the following: \$7,240 by Sharp's Painting and \$5,500 by the Paint Doctor. She said the committee could choose the color later. She also noted that Asbestos Testing Laboratory tested the Town Hall floor and found no asbestos. Director Ray moved to accept the Paint Doctor's bid but to add the foyer to be painted in addition to the Town Hall. Another \$1,000 to include the foyer was added to the quoted bid. Director Toms will contact the Paint Doctor to arrange a time to get the additional quote for possibly doing the foyer. Vote: Passed, unanimous.

- c. Action on Replacing Bicycle in Exercise Room -- Director Toms said the recumbent bicycle in the Exercise Room was damaged and needed to be replaced. Wheeler's Fitness, which gave us the lowest price on our last equipment, offered a new commercial bike for \$2,000 which was discounted from \$2,222.17. Director Ray moved to purchase the bike. Vote: Passed, unanimous.

- d. Action on Additional Fencing -- Emergency vote: Director Ray said that some people were climbing over part of our fencing in the back of the common area by the woodshop and we should add additional fencing to stop that as soon as possible. He moved to check into and purchase additional fencing or fence-top spears to stop that immediately. Vote: Passed, unanimous.

VIII. AUDIENCE

- a. Public Forum - Fred Hufnagel said the St. Patrick's Dinner will be March 14 and will feature Dave Winstone who performs in Las Vegas, TV and elsewhere. The Pancake Breakfast on March 16 will feature green eggs and ham plus those wonderful pancakes. The next 2nd Friday Potluck will be on April 12. This is a fun and delicious event!

- b. Audience -- Member Willie Flaherty said a member of a group called Best Friends is trying to remove some feral cats from one Kern City area and rehome them elsewhere.

IX. ADJOURNMENT: President Simons adjourned the meeting at 9:57 a.m.

Respectfully submitted,

Donna Tyner, Secretary-Treasurer

Meeting attendance: 25 (includes directors and manager)

Writers Group

Editor's Note: The following short story was written by resident Karen King. If others would like to write a story, visit the writers' group. See below for more information.

FINAL EXAM

By Karen King

My husband, Jim, was blind from diabetes but had adjusted well. He decided to attend a school for the blind for a few months to learn more coping skills. At the end of the course the students were given a final test. Each student was to travel by bus to the city, perform various tasks, then return to the school. One more thing...they were to go alone with no help other than their white cane. Jim had no problems until he walked across one busy intersection. As he was crossing the street, his white cane was suddenly jerked out of his hand. He stopped not knowing what had just happened. A woman's voice from below said "Here's your cane mister" and the cane was placed in his hand. No explanation was given, so he thanked her and finished crossing the street. Only when he returned to the school did he learn what had happened. Although students were told they would be alone for the test, a teach-

er actually followed them to keep them safe and judge their progress. When Jim was crossing the street sweeping his cane back and forth, the tip went between the ankles of a young woman passing by. She tripped and the cane went flying. She crawled on her hands and knees to retrieve the cane and handed it back to him. After the teacher quit laughing, he continued to follow Jim. In spite of the slight mishap, Jim passed with flying colors.

"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 grandchil-
dren, or maybe something to be published?
All residents welcome. For more informa-
tion, call Karen King at 664-8998.



Our Companion Care Services Include:

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- Housekeeping, laundry, home safety
- Errands, including shopping, transportation to doctor and other appointments
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- Hospital sitting
- Care for bed bound & terminally ill
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LIC 154700003

Social Club News

*** \$5 ***

Neighborhood Watch

Last month we were notified that a car was stolen from a residence on Thunderbird St. It occurred about 9:30 at night.

Also last month, two vehicles also were broken into -- one on New Stine and one on Burke Way. A house on New Stine was also broken into and a safe was stolen. Police were notified.

A resident also alerted us to a scam telephone call: A caller said s/he was calling from Social Security and said there was a problem needing her identification information right away or there would be a penalty. Fortunately, she did not call the number the caller left and went to the Social Security website instead. She called the phone number listed on the website and was told that Social Security does not call people it sends out letters.

Because some people are trying

to say they're from Social Security and then trying to use the identification information they receive, residents may be sent letters from the real government office asking them to verify their information. If that occurs, check the Social Security website and call the number listed there before providing information.



Please complete form IF you would like events for singles.

Name _____ Phone _____

What days can you attend events?

What times are best for you to attend events?

☐ Mornings ☐ Afternoons

☐ Evenings ☐ Saturdays

Please cut out this form and return it to the Office, which is open M-F from 9:00a to 2:00p.

The form may also be dropped through the mail slot on the street side of the office by the drive-through.

Easter Pancake Breakfast



Saturday, April 20, 8:00 – 9:30 a.m.

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

**Enjoy pancakes w/warm syrup, casserole
w/eggs, hash brown potatoes, ham & cheese,
plus those delicious sausages!**

\$5 per person

Join us in the Town Hall for the "best breakfast in town"

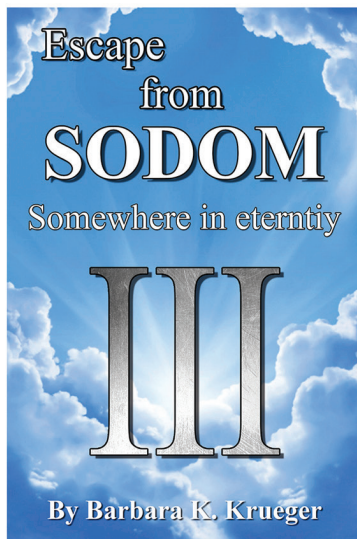
Around Kern City

Did you make it to the Social Club's recent Mardi Gras celebration or St. Patrick's Day Dinner? If not, you missed a lot of fun and delicious food. The Town Hall looked like Ireland with a sea of green decorations and many residents dressed up like they were on a krew in New Orleans for Mardi Gras. Don't miss out! Get tickets for the Potato Bake on April 25!



Book Signing *Meet Barbara K.*

Krueger's new book, *Escape from Sodom III*
Friday, April 12th, 2:00 PM
at Kern City Libray
with classy desserts



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Library News



Are you tired of the rain and cold weather? I know I am...even though we need the rain. Now that the sun is shining and it's warming up, you have no excuse to not come visit the library. Not only do we have great books, we have magazines, movies, audio books, the daily newspaper, copies of the Kern City monthly newspaper and computers and printers for your convenience. And I'm excited to see that we have a couple of puzzles being worked on. They are there for your enjoyment, to work in the library or take home and enjoy at your leisure. If you're a newcomer please come by and see what we have to offer. And if you're an "old timer" come by and see what's new!

We want to thank everyone for the donations of books this last month, especially the newer releases. I was able to purchase several more so look for them in the coming months. Thank you too for the donations of puzzles. Your thoughtfulness is what keeps us going.

This month we have another great offering by John Grisham entitled The Whistler. It's an electrifying novel of the year, a high-stakes thrill ride through the darkest corners of the Sunshine State. We expect judges to be honest and wise. But what happens when a judge bends the law or takes a bribe? It's rare, but it happens.

My next offering is from the ever popular Danielle Steel. Entitled The Duchess, this story takes us to nineteenth-century England, where a high-born young woman is forced out into the world and begins a journey of survival, sensuality, and long sought justice.



APRIL ADDITIONS & DONATIONS

DVDs

- | | |
|----------------------------|----------------------------------|
| My Big Fat Greek Wedding 2 | John Corbett / Lanie Kazan |
| The Iron Lady | Meryl Streep |
| Witness | Harrison Ford |
| Safehouse | Denzel Washington /Ryan Reynolds |

AUDIO - BOOKS ON CD

- | | |
|----------------|-----------------|
| No Competition | Debbie Macomber |
| One Step Away | Sherryl Woods |

BOOKS

- | | |
|-----------------------|-----------------------------|
| N Blackstock, Terri | Shadow In Serenity |
| N Cooper, Tom | The Marauders |
| N Stedman, M.L. | The Light Between Oceans |
| N Steel, Danielle | The Duchess |
| M Baldacci, David | End Game |
| M Gardner, Lisa | Find Her |
| M Grisham, John | The Whistler |
| M Patterson, James | Cross The Line |
| M Woods, Stuart | Family Jewels |
| LP Leonard, Elmore | Maximum Bob |
| NF Bonsall, Joseph S. | GI Joe & Lillie |
| NF Dungy, Tony | Uncommon |
| NF O'Reilly, Bill | Killing The SS (Blitzkrieg) |

Happy Reading!

Donna Tyner

Completed Puzzles



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

Lafalot presents an

Easter Parade Dance

*Live Music from the
Bakersfield Swingtime Orchestra*

Saturday, April 6

7:00 to 10:00 p.m.

Free dance lesson at 6:15 p.m.

*Singles \$15 / Couples \$25 /
Seniors or 21 and under \$10*

Questions, call Shari Fortino at 204-0920



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: Phyllis Cox, Bill Angevine, Jim Van Stedum (2).

Game Winners:

2/19/19	2/26/19	3/5/19	3/12/19
Norman Rilling	Marian Wright	Claire Patrick	Claire Patrick
Terry Ford	Phyllis Cox	Norman Rilling	Gordon Bisbee
Phyllis Cox	Allen Warnick	Gordon Bisbee	Marjorie Bethke

Master Pinochle Player: Marian Wright with a score of 542. This was the highest score for the period Feb. 19 - Mar. 12, 2019.

Clean Sweep: None

Congratulations to all the winners!

Terry Ford and Claire Patrick

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I am a full-service on-site computer technician in most cases; I have 16 years' experience in the technology field. This experience gives me unique Consumer and Computer Technology perspectives.

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.

When it matters most, count on us!



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... you're not alone.

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help you receive!*

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longer the best option ...



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Everyday Life: Living with an Alzheimer’s Diagnosis

An Alzheimer’s diagnosis affects the person’s family almost as much as the person who is diagnosed. It can be difficult for partners, family members and friends to cope with the changes in the person; many take on caregiving and other responsibilities while at the same time considering a future without their loved ones.

Caregivers should make sure they are receiving the help and support they need.

The Alzheimer’s Association lists creating a new balance as one of the biggest challenges for caregivers. You may not know how much help to provide, especially in the early stages of the disease, when the person is still largely independent and are able to work,

drive and go about their daily tasks with relative ease. When you look at when to help and when to back off, consider the following factors:

- **Safety:** Is there an immediate safety risk for the person with Alzheimer’s or others around them? If there is no immediate risk, provide encouragement and supervision, if needed.
- **Stress:** Prioritize tasks that don’t cause unnecessary stress or take steps to make tasks less stressful.
- **Assume the best:** Assume the person with dementia is able to complete the task. Don’t intervene immediately; watch for signs of frustration before helping. Focus on the person’s needs.

- **Talk to the person:** As long as the person with Alzheimer’s is lucid, talk to them about how best to provide support and what tasks are most frustrating or might require some help. Create a plan and a help signal.

You also may reassign household tasks. Budgeting, calendar-ing, keeping track of medications and organizing are among the most difficult tasks for someone suffering with dementia, so a partner may want to take those on or at least take on a larger or more supervisory role. In addition, people with Alzheimer’s may need reminders about appointments and remembering dates such as

birthdays and anniversaries. Find responsibilities that the person is able to do by themselves or without much oversight, helping them to retain as much independence as possible.

This balance will change as the disease progresses, so be open to reassessing the person’s needs and having these conversations regularly.

A person in the early stages of Alzheimer’s also is likely to feel a sense of loss, grief, rage, denial, frustration and other emotions, similarly to what family members feel.

Consider talking to grief counselor or joining a support group.

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LOADED POTATO BAKE

For Kern City resident and guests



Thursday, April 25

In the Town Hall

\$8 per guest

Serving: A potato with the works
Salad, Coffee & Tea
Dessert

Doors open at 5:00 pm, Dinner at 5:30 pm

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SOCIAL ACTIVITIES CLUB

Tickets available in office
Deadline to buy: April 23, 2 pm

2nd FRIDAY POTLUCK LUNCH

Friday, April 12

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.**

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

April 7

Coffee Hour

April 21, 8:30 a.m.

Church Luncheon offsite, \$12 April 28, 11:00 a.m.

Place to be announced. Please RSVP to 331-6977

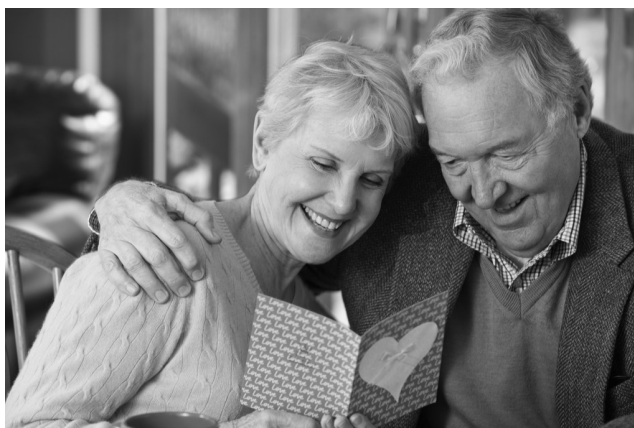
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*Thank you,
The Social Club*



A MOMENT WITH PASTOR AL

April and we continue to move forward! The year is passing by so quickly. Notice the word I used in the opening sentence of this article. FORWARD. Life is about going forward. Reverse works in cars but not in life. The Bible tells us in Philippians 3:12-14, *"I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us".*

Notice that Paul the apostle tells us to forget the Past and look forward to what God has in store for us. It doesn't really mean to actually try to forget or erase our past from our memory, it means for us not to live or dwell in the past. We can learn from our past. We can try to not make the same mistakes over again and we can try to also learn from our good choices or accomplishments. The past is good if we learn from it. We should every once in a while, "look in our rear-view mirror" but always keep looking forward.

The past has passed. The future hasn't happened yet. The past may have hurts and pain but it also has joys and laughter. The future is the same. There will be hurt and pain but the joy and laughter will outweigh every bad experience. We read in Lamentations 3:22-23, *"The faithful love of the LORD never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning."*

Tomorrow has great possibilities. Tomorrow has great hope. Tomorrow has unlimited potential. Tomorrow will be great no matter what happens. Someone once said, "At my age, thank God there is a tomorrow."

We as seniors have a lot to offer our world. Let's each and every one of us to look forward to tomorrow and what we can do to make our world a better place to live in. Let's be a source of good and of love and of joy as we travel on this road we are each traveling. There used to be a song years ago sung by the Florida Boys quartet that said:

I know that you've heard people say many, many times
You don't pass through this world
But once you'll get yours and I'll get mine
But I've got a philosophy I believe I'd rather go by
And if you'll just listen you may want to give it a try

Leave a lotta happy tracks as you go down life's road
Leave a lotta happy tracks everywhere you go
Leave a lotta happy tracks and keep this in mind
Others will have to follow in the path you leave behind

As you walk the tangle streets of life notice your fellow man
And when he gets in trouble, lend him a helping hand
Sow good seeds in your fields of life as you go along
Let others reap your happiness a long time after you're gone
Leave a lotta happy tracks as you go down life's road
Leave a lotta happy tracks everywhere you go
Leave a lotta happy tracks and keep this in mind
Others will have to follow in the path you leave behind

Don't ever use a good friend for a personal game
To gain wealth and lose one friend would only be in vain
Let your happy tracks be many, leave them everywhere you go
Others will have to harvest each and every seed you sow

Leave a lotta happy tracks as you go down life's road
Leave a lotta happy tracks everywhere you go
Leave a lotta happy tracks and keep this in mind
Others will have to follow in the path you leave behind

I trust Barbara and I have and will continue to leave some
"Happy Tracks" in your life!

*Love to All,
Pastors Al and Barbara Rountree*

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.

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.

FOR SALE

For Sale: Men's "Trek" mountain bike, red, new tires, great condition. \$60. 204-2459.

For Sale: White GE 30" electric cooktop and white 27" GE Profile wall oven (w/convection), \$150. Call 203-9314.

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

For Sale: Golden Technologies Buzz Around XL Scooter, not many hours usage. \$500. 837-8207.

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: Oak futon with cushion. Makes queen size bed. 2 storage containers, \$200. 837-8207.

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: Hewitt 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.

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NOTARY PUBLIC email: fhufnagel@bak.rr.com



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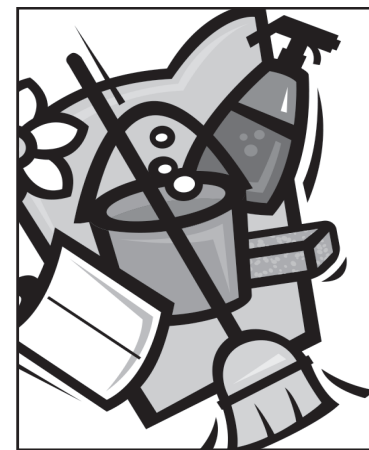
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CLASSIFIEDS

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

SERVICES

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

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.

NEED CLERICAL, ORGANIZATIONAL, RIDES HELP? -- I do clerical, typing, letter writing, bookkeeping, organizing and I can give rides if you need to go somewhere. I was in banking for over 20 years. Very reasonable! I'm a Kern City resident. Sharon, 340-0215.

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Kern City Town Hall

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April Calendar

Sunday	1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
CR = Conf. Room in TH CM = Comm. Rm L = Library P = Pool PR = Pool Room SR = Sewing Rm TH = Town Hall WS = Woodshop	KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 CM	Blue cart pickup Social Club mtg, 2p in CR ***** Gamb Anon, 6:30p, SR Pinochle, 6p, CM	Sr Exer, 10a-12p TH Bible Study, 10a, CM Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, CM	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		Lafalot Easter Parade Dance 7 - 10p 6:15 free lesson
7 KC Comm Church Communion Service, 9:30-10:30a TH	8 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 CM	9 Reg Board mtg at 9:00 AM in TH Refreshments FREE MOVIE: A Star is Born, 2:00p, TH Free popcorn! Gamb Anon, 6:30p, SR Pinochle, 6p, CM	10 Sr Exer, 10a-12p TH Bible Study, 10a, CM Line dancing adv only 2-4p TH Overeaters Anon, Noon-2, CM	11 Street Sweeper TOPS 9-11, CM Sr Exer. 10a-12p TH Canasta 12:30-5p CM Choir practice, 1p, TH Writing Group 3:30, CR	12 FREE -- 2nd FRIDAY POTLUCK 12 noon, TH ***** Author Barbara Krueger unveils latest Christian book, free. Desserts. 2-4, Library	13 Senior Driver Class, Part I, 9-1p, SR
14 Palm Sunday KC Comm Church, 9:30- 10:30a, TH	15 Income taxes due KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 CM Bunco, 6:30p, TH	16 Blue cart pickup Scrabble, 1p, CM Pinochle, 6p, CM Gamb Anon, 6:30p, SR	17 Sr Exer, 10a-12 TH Bible Study, 10a, SR Overeaters Anon 12 SR Line dancing adv, 2 TH	18 SR Bridge, 9-2:45 TOPS, 9-11, CM Sr Exer 10a, TH Canasta 12:30-5pCM Writing Group, 3:30 SR	19 Good Friday Passover begins at sunset	20 PANCAKE BREAKFAST, 8 - 9:30a TH ***** Senior Driver Class, Part II, SR 9-1p, SR
21 Easter KC Comm Church Service, 9:30-10:30a Coffee hour, 8:30a	22 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 SR	23 Pinochle, 6p, CM Gamb Anon, 6:30p, SR	24 Sr Exer, 10a-12 TH Bible Study, 10a, SR Line dancing adv 2 TH Overeaters Anon 12 SR FREE! Speaker on Tax Tips for Seniors -- Be Better off in 2020 5:30-6:30p, TH	25 TOPS, 9-11, CM Sr Exer 10a, TH Canasta 12:30-5pCM Writing Group, 3:30 SR Soc Club's POTATO BAKE, Doors 5:00p, Dinner, 5:30p \$8	26 Passover ends at nightfall	
28 KC Comm Church, 9:30a, TH	29 KC Quilters 9a-1p SR Sr Exer, 10a-12p, TH Line dancing, 1:15-4, improver/intermed, TH Music Makers, 3-5 SR	30 Blue cart pickup Pinochle, 6p, CM				FREE Come build wood projects on Tuesdays & Thursdays from 1-4p in the Woodshop!

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