

OVERLAND TRAILBLAZERS-WEST

Newsletter - August 2007

President – Billy Cantarini; **Vice President** – Bonnie Turri; **Secretary/Treasurer**-Alice Reed; **National Director**-Patty Cantarini; **Alternate National Director**-Vacant; **Newsletter Editor**-Bonnie Turri; **Sun-**

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1. Officer Reports: From the Desk of the President: Hello Trailblazers: Hope everyone has got a good start on your summer fun. We finally got away the first of June and have been working up the West Coast to the August rally in Redmond, OR. We've really enjoyed the time away from the house, and have had more experiences to add to our list. We have made a lot of memories from visits with the Hollands & Gregorys and many friends along the way. As you all know Genette Holland fell and broke her hip about a week ago. She has been all repaired, is receiving therapy

and has done a little walking. Dutch expects she will be home soon.

Redmond will be a voting meeting for FMCA Directors. There will be a lot of discussions and many important matters to work on. If you are there, we want to see you. We will be parked with the Frustrated Maestros. Give me a call when you get in the area. See you in October.....Billy

From the Desk of the Vice President: Tino and I have had a very busy summer and an even busier fall planned. Can't believe the summer is here and almost gone, where did it go?? Seems like the older we get the faster things seem to come and go? Does anyone else have that problem....? The OTB October rally will be upon us before we know it and needless to say, we are quite anxious to attend. We currently have 15 couples signed up, so it sounds like we are going to have a wonderful and relaxing time seeing old friends and meeting with new ones. Just as a reminder, election of officers and newsletter editor will take place at the October business meeting so if you are interested in running for any office, **PLEASE** notify Billy Cantarini ASAP. FYI: You can hold more than one office in a particular chapter but can not hold office in two different chapters, so if you are interested in more than one office in our chapter, sing out!! Bonnie

From the Desk of the National Director: It looks like this is go-

"Happiness comes through doors you didn't even know you left open."

ing to be a critical year in the life of the FMCA. The major areas are: Cost Containments; Membership Improvements; & Long Range Planning. I'm looking forward to an exciting meeting. Can't wait to see you all. Your Director.....Patty

2. Shingles Virus:

Nine out of ten adults in the US have had chickenpox. You were probably one of them. Shingles is caused by the same virus that causes chickenpox. The virus can remain inactive in your body. If the virus becomes active again, it can cause Shingles.

As you get older, your immune system weakens. That means your risk for Shingles increases. In fact, of the estimated 1 million cases of Shingles in the US every year, almost half of them occur in adults age 60 or older. One out of two people who live to age 85 will have Shingles.

The first signs of Shingles may include itching, tingling, and burning. A few days later a blistering rash appears, which can last up to 30 days. For most people, the pain associated with the rash lessens as it heals.

However, for some people, Shingles may lead to pain. Shingles can lead to other serious complications that may include scarring, skin infections, muscle weakness, and decrease or loss of vision or hearing.

FYI: There is currently a shingles vaccine (given by your PCP). It does not prevent the virus but will lessen the severity of the ailment. For more information, Call 1-888-874-4645 or visit www.shinglerisk.com.

3. OTB Rally Schedule: The OTB Rally Schedule is attachment 1. **Please** check the list of attendees for **each** rally and if you want your name added/deleted, please contact Bonnie Turri. This information is very useful for the rally hosts & co-hosts planning purposes.

4. Special Requirements for Puerto Penasco Rally:

There are a number of guidelines provided by our Host/Co-Hosts for this particular rally since it is being held in Mexico. Please read this information carefully so that you have all the necessary paperwork. These requirements can be found as attachment 2.

5. Where have all the Grandmas Gone?

By Walter S. Keyes

In the dim and distant past,
When life's tempo wasn't fast,

Grandma used to rock and knit,
Crochet, tat and babysit.

When the kids were in a jam,
They could always call on "Gram".

In the days of gracious living,
Grandma was the gal for giving.

But today she's in the gym, Exercising to keep slim.

She's off touring with the bunch,
or taking clients out to lunch.

Going north to ski or curl, All her days are in a whirl.

Nothing seems to stop or block her, Now that Grandma's off her rocker.

(This poem was sent in by Hazel Grow. Thanks, Hazel.) By Walter S. Keyes

6. Travel Tidbits: Tino and I recently attended an "Over 55 Training Course" conducted by AAA and we picked up a few useful tidbits that we would like to pass on to you. They are: a. Program your cell phone to include a number(s) in "case of emergency" (ICE). Simply add I.C.E. to your list of telephone contacts with whatever number you would like.

b. Shaving Gel works well on the inside windows to keep them from fogging over.

c. If your windows are fogged, use a blackboard eraser to clear. The eraser absorbs the moisture.

d. Baby powder on rubber products i.e. windshield wipers, weather strips, etc will help maintain the flexibility in the product.

e. Carry reflective triangles in your vehicle in case of an emergency.

These tidbits and others can be found on the "Bottomline Personal" web site. Bonnie Turri

"Pain & suffering is inevitable but Misery is optional."

7. Old Age: Old age is like a bank account. You withdraw from what you've put in. So deposit a lot of happiness in the bank account of "Memories" When making a deposit, remember these five simple rules to be & stay happy: (1) Free your heart from hatred, (2) Free your mind from worries, (3) Live simply, (4) Give more, and last but not least (5) Expect less.

8. Add Color to your Diet: A colorful diet is a healthy diet. Eat-

ing a rainbow of foods can help ensure that you're getting disease-fighting substances, such as anti-oxidants. The National Cancer Institute encourages eating at least one item from each color category every day. **Red** watermelon, pink grapefruit—lowers blood pressure. **White** garlic, leeks, white onions—reduces blood pressure and cholesterol; lowers risk of heart attack. **Blue** blackberries, blueberries,

purple grapes—lowers risk of cancer, heart disease, and age-related memory loss. **Yellow** apricots, cantaloupe, peaches, pineapple, yellow peppers—reduces risk of cancer and heart disease and keeps skin, bones, and teeth healthy. **Green** broccoli, green peas, leafy greens, cauliflower, cabbage—helps maintain good vision and reduces risk of breast and prostate cancer.

9. OTB Application: For your convenience we have enclosed a copy of our current OTB Application that can be given out to any prospective new member. Let's see who can bring in the most members!! The application is attachment 3.

10. Newsletter Input: Inputs to the newsletter are due to the Editor, Bonnie Turri, two weeks, prior to publication.



The next newsletter will be published in November. Members are encouraged to furnish articles of common interest i.e. RV items that you want to sell or trade, an experience you would like to share, a favorite recipe, or ???. It's free, so why not use it!!



OVERLAND TRAILBLAZERS-WEST



2007-2008 RALLY



SCHEDULE

(Please note: If your name appears as an attendee and you do not want it to or cannot attend, **please advise the host and the newsletter editor ASAP.** If you want to attend and your name does not appear, **please contact the host and the newsletter editor ASAP.**)

Dates	Hosts/Co-Hosts	Where	OTB Atten-	Remarks
1-15 Oct 2007 14 days 	Julio & Lidia Villasenor (Hosts) & Gene & Carolyn Kelley (Co-Hosts)	Reef RV Park at Sandy Beach Puerto Penasco, Sonora, Mexico	Cantarini (2), Fordyce (2), Gregory (2), Grow (2), Hoffman (2), Holland (2), Johnson (2), Kelley (2), Mosley (1), Rathbun (1) Reed (1), Stevenson (2), Teach (1), Turri (2), Villasenor (2) (2) two weeks (1) one week	Rally is scheduled for two weeks. Members can attend for the full duration or less depending on your desires. <u><i>Look for the update on this rally contained in the newsletter as attachment #2.</i></u>
9-13 Jan 2008 	"No Host" Rally	Indio Fairgrounds Indio, CA	Cantarini, Fordyce, Gregory, Lemeur, McNeill, Marek, Perry/Kessler	This is our annual WMHA "unofficial" rally. Traditionally, we have volunteered for the FMCA clothing booth. Patty Cantarini will be the chairperson.

Spring 2008 	Conaly & Alice Reed (Hosts) & Jack & Norma Marek (Co- Hosts)	Claremore Expo RV Park ?? 400 Veterans Parkway Claremore, OK 74017 1-918-342-5357	Cantarini, Fordyce, Gregory, Kel- ley, Martinez, Perry/ KesslerReed, Stevenson, Turri, Vil- lasenor	Exact location in OK may be changed. Our Hosts will be fur- nishing more infor- mation in future newsletters
Late Spring or Early Summer 2008 	Cliff & Carol Gregory (Hosts) & Genette & Dutch Holland (Co- Hosts)	Sacramento, CA area	Cantarini, Fordyce, Gregory, Hol- land, Perry/ Kessler, Reed, Stevenson, Turri	Planning Stages. Watch for more details in future newsletters.
Oct 2008 	Gerry & Hazel Grow (Hosts) & Tino & Bon- nie Turri (Co-Hosts)	Campground in the Sparks/ Reno, NV area	Cantarini, Fordyce, Gregory, Grow Holland, Kelley, Perry/ Kessler Reed, Stevenson Turri	Our Hosts and co- Hosts are busy planning the sched- ules activities. Rally fee has not yet been deter- mined.

**2007 PUERTO PENASCO, MEXICO RALLY
OCTOBER 1 THRU OCTOBER 15, 2007
THE REEF RV PARK AT SANDY BEACH**

Meeting Place & Directions: We will meet in Why, Arizona (which is at the intersection of Hwy 86 & Hwy 85) If you are on Interstate 8 at Gila Bend, AZ take Hwy 85 South, if coming from the East on I-10 at Tucson, Exit 260 I-19 South to Exit 99 (first exit) AZ Hwy 86 West.

Time to Leave on Monday, October 1, 2007: Caravan to leave 10:00 A.M. (Kelley's & Villasenor's will be there on Sunday evening. There are Convenience Stores and Gas Stations on both sides of the highway. This area is dry camping only, as we will be in parking lots. There is room on both sides of the road. For those coming in on Monday, there are some camp grounds in Gila Bend, Why and Ajo. **EVERYONE PLEASE BE IN WHY (at the intersection of Hwy 85 and Hwy 86) NO LATER THAN 9:30 AM, ON MONDAY (10/1/07), SO THAT WE CAN GIVE YOU A CARAVAN NUMBER AND LEAVE ON TIME. WE WILL BE GOING ACROSS AT LUKEVILLE, AZ., (28 MILES FROM WHY,) THEN PUERTO PENASCO IS ABOUT 62 MILES. WE SHOULD BE THERE BY NOON OR A LITTLE AFTER.**

Rally Meals: The first week will include four breakfasts and dinners prepared by Host and Co-Host (included in rally fee). Beverages will be supplied for these meals only. Other meals during this week will be probably be at local restaurants and each couple will be responsible for their tab. Plan on potluck meals for the second week of the rally or ???. More information will be provided about potluck meals at a later date.

Happy Hours: BYOB.

Requirements for Travel to Mexico: Passport or Picture ID, driver license, etc is still valid at this time. Mexico Liability Insurance, (which if you don't have can be bought at Why or Lukeville). Registration for Motorhome and tow car. Proof of shots for pets. Puerto Penasco, Sonora, Mexico is within the free zone, so you do not need a Mexican Visa to visit. Make sure that your fuel tanks are topped off with gas/diesel before leaving the interstate.

REMINDER NO GUNS OR AMUNITION ARE ALLOWED IN MEXICO.

HOST: Lidia & Julio Villasenor CO-HOST: Carolyn & Gene Kelley

Going for 2 weeks – Cantarini, Fordyce, Gregory, Grow, Hoffman, Holland, Johnson, Kelley, Stevenson, Turri, Villasenor

Going for 1 week – Mosley, Reed, Teach, Rathbun

This will be a relaxing rally. Look forward to seeing everyone. Attachment 2

OVERLAND TRAILBLAZERS-WEST (OTB)

Annual Dues are \$15.00 plus \$15.00 for Club Badges (first year only). If joining after Sept. 30th, your dues will be paid through the following year.

APPLICATION FOR MEMBERSHIP

*OTB is a CHARTERED CHAPTER OF:
Family Motor Coach Association (FMCA)
(Please Print Clearly)*

Last Name: _____ Date: _____
Husband's First Name: _____ Badge Name (if different) _____
Wife's First Name: _____ Badge Name (if different) _____
Mailing Address: _____ City: _____ State: _____ Zip: (9 Digits) _____
Street Address or Secondary Address: _____ City: _____
State: _____ (Please circle street or secondary, if applicable) Zip: (9 Digit) _____
Winter Address: (if different from above) _____
Winter Phone Number: (____) _____ Dates From: _____ To: _____
Zip: (9 Digits) _____ E-Mail: _____ Cell Phone: (____) _____
Residence Phone: (____) _____ Business Phone: (____) _____

FMCA Number: _____ Note: Requirement for Chapter membership: Must be a member of the FMCA, in good standing, before joining our Chapter. If you are not currently a member of FMCA, you may phone 1-800-543-3622 and request to apply over the phone. They will immediately issue your membership number, which must be included on this application.

Husband's Occupation: _____ Wife's Occupation _____

Would you like to host a rally this year or next? Yes ___ No ___ At a later date: _____ (If so, when) _____

Coach Information: Make: _____ Year: _____ Model: _____ Slides? _____
Length: _____

Please indicate how you heard about the Overland Trailblazers-West:

Husband's Birthday: _____ Wife's Birthday _____ Anniversary Date: _____

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Please mail your completed application and check (\$30.00) to:

*Alice Reed, OTB Secretary/Treasurer
P O Box 1011
Capitan, NM 88316-1011*

Attachment 3