



THE CARAVANER



Welcome Lazy Dazers To
Tucalota Springs RV Park
Hosted by the Roadrunners



The Drifters want to thank all the caravaners for all their help running the host tent at Vail Lake. We had 87 rigs and it went very smoothly. We had perfect weather, a very light rain early Saturday morning and it did not last long. We got the mornings off to a great start with Marlin Zabel, the voice of the Drifters always having something amusing to say to put everybody in a good mood, he does a professional job.

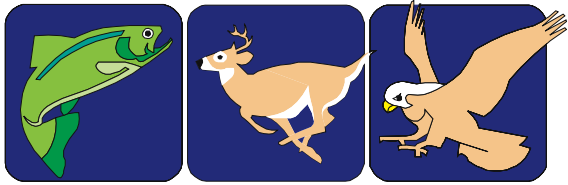
John Mailliard has been running a Friday seminar to show people an outlook on the game of washer toss which may not have been considered by some players. The Saturday tournament drew 32 teams. We owe a lot to John who seems to always find ways to bring a lot of people together. Thanks to John.

We had a very unique situation when 1st timers, Sean & Debbie Hurley joined the club. Their son, Shane, is the 4th generation of the Hurley family to attend the caravan club, and the first three generations all owned a Lazy Daze and are/were club members. Give Shane time, he is a little too young to own a Lazy Daze yet.

The Temecula area has a lot of interesting places to visit and we will be back in the same area in April hosted by the Road Runners who picked up the equipment from the Drifters in a quick and well coordinated manner.

The Drifters thank everybody for making hosting the caravan a pleasant experience!





Mother Nature

aka Lurlie Edgecomb #2285

As I write these notes, I'm resting my legs after a hilly walk in chilly northern Georgia. Near my son's home, I spotted five small nests and a large one - all currently unoccupied, as the trees haven't leafed out yet. Robins pecked at the grasses looking for worms. A noisy crow flew high overhead. Small brown birds disappeared into hedges as I neared. Mockingbirds flitted from tree to ground to tree. A pair of Canada geese honked with every beat of their wings. "Kleer-kleer" was heard from behind the house, a hawk in the tall pines in the green belt. The weather here is still uncertain and the storms are strong.

Yesterday, we visited the Georgia Aquarium in downtown Atlanta. Wow! "Large" doesn't quite describe the whale shark and beluga whale tanks. I'll have to tell you about being eye to eye with penguins.

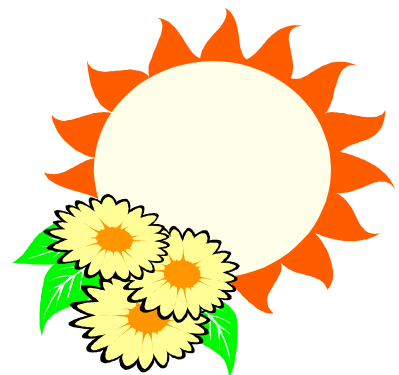
A dolphin exhibit is being built. The large animals are rescues or captive-bred from other zoos or aquariums.

At the March caravan, a large hawk soared over my Dazey as I approached camp at Vail Resort. It's hard to bird watch and drive country lanes at the same time. Caryl Fisher showed me a large, striped feather, from a hawk's tail. There were more reports of hawks and crows. While playing Bingo, several of us watched a pair of oak titmice going in and out of a large knothole in a big oak branch. They were quite active - one out, next one in. Since we didn't see nest materials in their beaks, we assumed they were parents feeding their young. Next day, same time and place, nothing was happening except this crow was hanging about. Since they are known nest robbers and that knothole was too large for safety, we assumed the worst.

At quiet times in the large, open area where washer toss was played, a variety of low level birds could be seen pecking or searching for insects - a white-crowned sparrow, western bluebirds, dark-eyed juncos, and a white-breasted nuthatch going down the tree trunk. He or she used his/her long, narrow beak to search for insects and insect eggs missed by birds going up the bark. The songster hidden way up in the oaks was probably a warbler. A covey of quail came up the creek bank and across the road late each afternoon and could be heard at other times.

Speaking of hearing, late afternoon choruses coming from the stream spoke of many frogs. One of them showed up in the men's shower room and did not like warm water. Some lucky campers got to hear the owls. Mother Nature did not.

Underfoot were many gopher holes and ant hills and columns of marching ants. One sharp-eyed Lazy Dazer told of seeing tiny footprints in the sand with a long line or indentation traveling between prints. Sounds like a lizard trail to me. Lydia Granger found a pond with polliwogs. Some of my nature reporters have promised that I will see owls here at Tualota Springs. I will appreciate all your reports and ideas for a Nature Walk as I have not been here before. See you out and about.



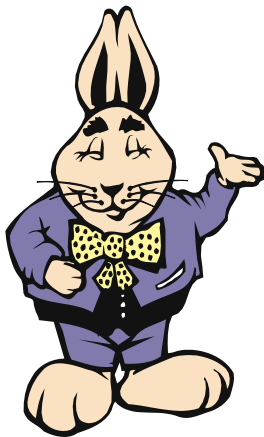


Morning Coffee

Herbert Johnson Jr and wife, Connie took coffee pots home from Buena Vista, replenished supplies and brought them to Vail Lake Resort.

Tom Heimstra set his alarm for early morning to make sure coffee and supplies were in place to assure grumpy men plus one grumpy woman would not miss out on what has become a favorite ritual. The homemade cookies went down well with their drinks.

If you drink coffee or not, or volunteer for this activity because you just like to see happy members (our heroes), we do appreciate you.



PATHFINDERS?



As you probably know by now a small group of caravaners is seeking to restore a ninth sub-group to the Club. This means, of course, that sub-groups would again be asked to host only one venue a year. At this time, the 'core group' for this effort consists of four members. To be a viable sub-group and to meet the Clubs' expectations for sub-group participation we will need to add a few conscientious members to the core. It is our hope that the through the change in membership requirements and a small , but continuing, flow of 'new comers' we can build a sub-group of eight to ten in the coming year.

Since this will be the first new sub-group formed in recent times, it will be a new experience for us. We would be appreciative of any interest, suggestions or help you wish to share.

Don and Carol Kratzer ~ Mike and Jan Ludolph

Ken and Linda Palmer ~ Claude and Carol Potts

Washer Toss



Washer Toss Winners:

1st: Herb Johnson III & Sharon Turner

2nd: David & Carole Hurley



WE SALUTE YOU

HOST TENT VOLUNTEERS FOR MARCH

Betty Boschma

Bill Arthur

Marlin & Peggy Zabel

John Mailliard

Joe & Jane Fletcher

Roadrunners

Bob & Joanne Wayne

Greg & Sandy Young

Pathfinders

Bob & Pat Perdue

Leonard & Ivy Crocker

Lurlie Edgecomb

George & Rosie Reeder

Carol Hyland

Barbara England

Merlin & Delores Thimlar

Sharon Turner

Randy & Lynn Murray

Bill Surbrook

Al & Lydia Granger

Kathrine Spencer

Jenny Pasillas

Paul Grindie

Tom & Jan Hiemstra

John & Susie Balk

THANK YOU ALL !!!

Around the Camp



Looks like a great Potluck to me!



Host Tent Announcements



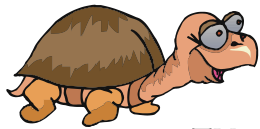
Ticket sales for Corned Beef and Cabbage



Happy St. Patrick's Day



Painted Turtle



NEWS FLASH

Last month on Donald Trump's Celebrity Apprentice TV Show, the winning project manager was "Meatloaf" (a celebrity entertainer). By winning the competition he was awarded \$20,000 for his favorite charity which is the Painted Turtle. He almost cried at the idea of his winnings going to such a great cause. All applauded.

Well, Team Turtle, we probably will not get that kind of attention, but our work is just as important. We are a part of a whole bunch of individuals and groups helping these kids have some real fun without all the medical atmosphere. I understand the hospital at Lake Hughes Camp does not even look like a hospital...they decorate the medical stuff so it does look so medical.

Again, your afghans, and Turtle Pillows decorate the camping tents where the kids sleep and share experiences. Each one takes their afghan and pillow home with them as a reminder of a wonderful week. Joyce Hirst and Connie Williams came forth at Vail Lake bring our count of afghans to 24 for the coming summer camp season. Thank you and again to all from the Painted Turtle. There will be no show and tell unless you want it. So....if this intrigues you, bring your chair and we will see what comes from an Artist's Date.

(Will announce my site when I get to the campout)

Jane Farwell 2445

Quilt's of Love

At the last outing at Vail Lake; I picked up a book on baby quilts. I just want to let whoever brought it know that it will be used for "Quilt's of Love" that the quilt guild I belong to makes for military babies and wounded warriors at Camp Pendelton. I'm excited about making them and one would work for a wounded warrior changing the colors. A real treasure you have shared. Thank you very much.

Carol Kratzer

GOODWILL AMBASSADOR REPORT

This month's article will be very short as everyone must have stayed healthy and accident free. The only news I have to report is the death of a member who has not been on caravan for some time. At Large, JACKIE DAY #1265 past away on February 13th.



Mona Shaner
MonaL@sbcglobal.net
3/25/10

Happy Easter



From the Editor

The deadline for articles is the Sunday following each Caravan. Thank you for your continuing support in the production of the Caravaner.

David Hurley Rig #229
PO Box 3155
Ontario, CA 91761-0916
d.churley@verizon.net



Caravans Attended



George & Alice Parrish— 25 Caravans



Al & Lydia Granger — 50 Caravans



Don & Millie Reiner — 100 Caravans



3rd Generation of Hurley Lazy Dazers



Penny & Bergren Bowman — Brea, CA



Sean, Debbie & Shane Hurley — Chino, CA



A-fib: When a stroke begins in your heart

by Frank Newton, Santa Barbara News-Press

It may surprise you to learn that many strokes (that is, a blockage or rupture of blood vessels in the brain) don't always begin in the brain, often, they begin in the heart.

The culprit is blood clots that form in the heart and get pumped into the brain. The damage can be severe, of course, with loss of memory, speech and many other functions. What's more, stroke is a major cause of premature death.

What happens in the heart to create these clots? The answer is atrial fibrillation (called AF or A-fib, for short). Atrial refers to the atria, two chambers in the heart where blood gathers before being pumped. Fibrillation refers to irregular beating of the heart (cardiac arrhythmia), where muscles in the atria fail to contract fully and smoothly.

A-fib allows some blood to pool in the atria instead of getting flushed out. The problem is that if blood pools, it tends to gradually congeal and clot. That clot can come loose and travel to the brain, causing a stroke. The risk is dramatic, as A-fib sufferers are five times more likely than others to experience a stroke.

What's immediately meaningful to us is the fibrillation part of this condition because that is the part we feel. Fibrillation is commonly described as fluttery sensations, or heart palpitations, or even "like a tiny fish flopping around in my chest". Unfortunately, some people don't feel anything at all, but they may recognize other symptoms such as tightness in the chest, shortness of breath, fatigue, poor exercise tolerance, a sense of fullness, an irregular pulse or fainting.

Doctors regard age as a risk factor for A-fib — particularly for men age 75-plus and women 65 and older. Other risk factors include congestive heart failure, high blood pressure, diabetes, obesity and a history of stroke.

In Santa Barbara, cardiac specialist Dr. Joseph Ilvento has established the Center for Treatment of Atrial Fibrillation because A-fib is so common in seniors; the incidence will steadily increase as our aging population grows.

According to Dr. Ilvento, the basic treatment for A-fib is medication that thins the blood; thus minimizing the chance that clots will form. And for the last 40 or 50 years, he explains, the medication of choice in the U.S. has been warfarin (sold as Coumadin). The medication works but, in the doctor's words, it is a "finicky" drug that requires a lot of "vigilance."

First, Coumadin makes some patients feel uneasy because it is the active ingredient in rat poison. Second, the Coumadin dose can be impacted by a patient's liver and kidney function. Third, Coumadin is affected by a person's diet and other drugs - which is significant since seniors often take a variety of medications at once. As a result, doctors must continuously monitor the Coumadin to make sure it's not making the blood dangerously thin. This monitoring means patients must come in once a month, sometimes once a week, for a blood test—which is costly and bothersome.

In November, the Food and Drug Administration approved a second A-fib-fighting drug called Pradaxa — new in the U.S. but used effectively for many years in Europe and Canada. It is much less finicky than Coumadin, requiring less monitoring by doctors. Pradaxa is not affected by other drugs or by the patient's diet. And the elderly are less likely to have bleeding incidents and bruising, which may occur when Coumadin thins the blood too much.

Dr. Ilvento believes that Pradaxa is a boon in the ongoing battle against atrial fibrillation. But he warns that, like any new drug, it can be much costlier than the old standard medication.

In either case, he urges seniors to be sensitive to the tell-tale signs of A-fib, such as fluttering in the chest, trouble breathing and unaccountable fatigue.

"Don't expect a big bell to go off to warn you that you have A-fib," he warns. "You must be aware even of 'just feeling funny.' The symptoms can be hard to recognize, so don't hesitate to contact your doctor to have it checked out, he advises.

If besides checking with your own doctor, you would like to contact the Center for Treatment of Atrial Fibrillation, 2403 Castillo St. Suite 203, Santa Barbara, call 569-2870.

Santa Barbara-based Frank Newton has worked with seniors in various capacities over many years, including as director of the Southwest Society on Aging in Dallas. His column appears every other week. Opinions expressed in the column are his, and not necessarily those of the newspaper. E-mail him at franktalk@cox.net.

Terry's Tech Talk

Tech Talk Article 58

Fuel Pump Failure – 2001 Ford E450

04/2011

In September 2010 I filled the gas tank of my 2001 Lazy Daze 27 foot Rear Bath at Costco Burbank and was unable to start the engine. The starter would spin the engine but it would not “catch”. I had no “codes” on my Scan Gauge. The symptoms were similar to a “vapor lock” in the pre-fuel injected era. I tried starting it multiple times and then let it sit for about 15 minutes and it started up. I drove from Los Angeles to Albuquerque, New Mexico and back without further problems. In late January 2011, the same starting problem happened again while in line for gas at Costco Burbank and after a waiting period, I was able to restart the engine. Now I thought the problem might be related to multiple starts while advancing in the waiting line for gas. Again there were no “codes” on the Scan Gauge. I thought that it would be unproductive to take the rig in for trouble shooting when the problem is intermittent. In mid February 2011, I went to the Caravan near Bakersfield and went over the Grapevine and back without any performance problems over the grades. On the way home I stopped at my sister's home in the San Fernando Valley and was unable to start the engine. This time, waiting did not work and again I had no “codes” on the Scan Gauge. I put a chalk mark on the serpentine belt and tried to start the engine. The mark had moved so that told me the engine was turning and it was not an engagement problem with the starter.

It was Sunday afternoon February 20, 2011 and I called Good Sam Emergency Road Service (GS). Now the adventure begins. GS was not able to get a “contract” tow service for me but made arrangements for Panorama Tow Service to handle my tow. After about a one hour wait, I was informed by GS that it would be several hours before a tow could be made. I opted to wait until Monday morning for the tow as I could stay at my sister's place, my RV was secure on the street, and the destination would be open for business. I consulted my Ford Owner's Manual about towing procedures and there were no specific instructions there. The tow truck arrived on schedule Monday morning, lifted the front wheels off the ground, and towed me to Benchmark RV (BMRV) in Sun Valley, a distance of about 9 miles.

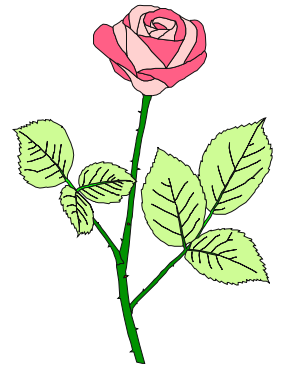
BMRV was now in control of my destiny. They are a large RV service and storage facility. Their guess at the problem was a bad fuel pump and the estimate for repair was \$1500. The fuel pump is, unfortunately, located inside the fuel tank. Access to fuel pump is through the top of the fuel tank which sits just below the floor of the motor home. The fuel tank has to be dropped to replace the fuel pump so it is about 9 hours of labor at \$120 per hour. The service department was booked up (a good sign?) and it would be several days before they could schedule me in. BMRV also told me that the towing service did not disconnect the drive shaft so my transmission was “spinning” during the tow and this could have damaged my transmission but the tow was less than 50 miles so I might be ok. So I may have a \$3,000 to \$4,000 transmission problem in the future. BMRV checked the fuses, removed the engine cover, checked the fuel pressure and found it “low”. They replaced the fuel filter (\$19) and the pressure was still “low”. They replaced the fuel pump (\$389) and fuel hose (\$40) and the fuel pressure was now “normal”. The parts cost \$448 and sales tax was \$44 for a total of \$492. The labor was 8.25 hours at \$120 per hour for a sum of \$990. Grand total was \$1482. The odometer was 46k miles so that works out to only 3 cents per mile. At \$4 per gallon, a full tank of gas is now about \$220 so the repair was less than seven full tanks of gas. Los Angeles is a high cost urban area with a business unfriendly regulation atmosphere. I paid BMRV for the labor so at least I did not reward the entire cost to Ford for their poor engineering design.

Techsnoz, the “Tech Talk” website.

Check it out at: <http://autos.groups.yahoo.com/group/Techsnoz/>

Terry Tanner Rig #2779

Remember these?



Ruben Pasillas spotted this in someone's backyard. When inquiring about taking photos he was told the owner is not interested in selling it.



FIRE EXTINGUISHER RECHARGE AND DEMONSTRATION

"Dan Doran, the Fire Extinguisher Man" will once again be recharging fire extinguishers from 9 to 11 AM, Friday, May 14th. The recharging fee is \$10.00 and a new extinguisher can be purchased for \$55.00. Please remember to label your extinguishers with your name and rig number before dropping them off. Name tags and tape are available at the Host Tent.

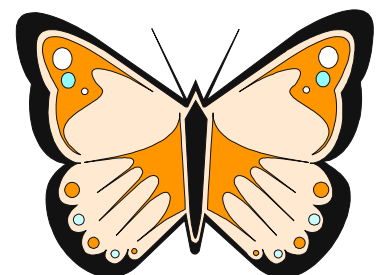
Immediately following at 11 AM, there will be a hands-on demonstration on the proper use of a fire extinguisher. The location will be given during Morning Announcements. This will be Dan's 17th year servicing this vital equipment for our Lazy Daze Caravan Club, so let's show our appreciation with a great turnout at this important program.

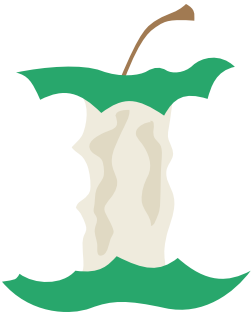
This is a must-attend demonstration.
... if you have not recently used the fire extinguisher you carry in your rig for the protection of yourselves and your Lazy Daze neighbors.

This especially includes all of you "co-pilots" that leave such things to your significant other.
(Where might they be when their safety is up to you?)



Jo Ann Richards with one of her beautiful paintings.





Apple Core

Whether you've been to a Lazy Daze Caravan recently or not, you are still on Granny Smith's Apple Corps roster. After a meeting at Vail Lake March 18, 2011, the five present had five different small Mac devices. Since our Lazy Daze beginnings at Live Oak in December 2004, we are evolving along with the industry. New equipment appears at a rapid rate.

Please keep us up to date on the changes to your interests as we share experiences. Granny is not the teacher! I just like to get us together to chat in person.

iPods and iPads are involving more PC people.

i, i, i!

I guess we've evolved along with the industry. If you are no longer a Lazy Daze or Mac owner or have new e-dresses for spouses, or whatever, please let me know.

Generally, Bob and I only attend 3 or 4 Caravans a year. We do hope to be at Tucolota but probably not another Caravan until the Nov/Dec at Live Oak.

If you get to a Caravan and we are not there, please feel free to ask the host group put you on the schedule. Any of you can call a meeting. When the roster is updated, I'll send out the corrections and you can contact the other apples on our tree.

Cynthia Casebolt #2442

MAY'S FREE PANCAKE BREAKFAST

The At Large people and the Outback's are putting on a free pancake breakfast at the May caravan.

To help us out we need to have a head count on how many hungry people are going to participate in eating our pancakes. We need to know no later than May 6th, therefore we will have someone to take your name down where the Pot of Gold tickets will be sold during March and April. After the April caravan you will need to contact Frances Smith by email, phone or by US mail.

Again, please help us out so we know how many will be attending.

If you have any questions please see or contact Frances Smith

