

Trails and Tales

Volume 46 Issue 4

San Fernando Valley California Unit 12-016

April, 2010

■ ■ A Superior Merit Award Unit 2004-2007 ■ ■

March Rally at Guajome Regional Park

Our campsites were waiting for us nestled under the tall eucalyptus trees on the upper circle of the campground at Guajome Regional Park. Attendees included Joe and Ann Thomas (and Kyzer), Bob and Nancy Kirksey (with grandson in tow), Ray and Bobbie Simkin, Bill and Alice Dews (guests of the Simkins), Victor and Bobbi Kingsland and our Saturday afternoon surprise members Conrad and Marla Liberty who were able to join us for the weekend (via motel) after Marla's "Emergency Response" class she is taking on Saturdays. We will all be well taken care of in an emergency with Marla present to organize us (especially with all these earthquakes we have been having lately – although no big ones allowed during rallies). During the rally, we learned that Bob and Nancy's grandson was a motocross enthusiast, and he did a great job patrolling the campground on his off-road bicycle.

We all arrived by Friday evening and decided that happy hour was not enough, and decided to head over to Carl's Jr. for a quick dinner. After dinner, Joe Thomas started a campfire by which we all talked and got caught up from the last time we had seen each other.

On Saturday morning, the picnic tables were covered in red and white table cloths and adorned with wooden birdhouses that every family was able to pick their "house" for a rally favor. Ray Simkin made a pot of coffee for the group and Bobbi Kingsland made her "camping eggs". Everyone has their own definition of "camping eggs" and for some, it was a surprise – eggs fried in the center of a slice of bread – an easy way to make "eggs on toast".

Following breakfast, we all caravanned over to the Guajome adobe for a docent tour. Our docent was a very friendly and knowledgeable gentleman, that had lived in the area for a long time, but was originally from the Mid-west. We started in the carriage courtyard, with a history of the home – the only adobe to be owned by the same family until it was sold to the State of California. The property is on a very large tract of land, and it was the wife of the owner that was given the initial parcel by a very wealthy relative from the Los Angeles area. The original economic basis was cattle raising, but the railroads put an end to that activity due to the cheaper beef from the Mid-west. To keep things going, the owner shifted to planting crops and trees.

We then were led into an adjoining tack room, where examples of adobe construction, and a blacksmith shop were located. In the blacksmith area, there was a beautifully preserved carriage that the wife of the original owner used when she traveled to church.

Stepping carefully over thresholds, we were led through a courtyard and into a second courtyard. This adobe is unique, in that it has two courtyards, one for working (with a large gate leading to the outside) and the other as a garden and relaxing area. There was a large outdoor oven that was used to bake large quantities of bread built into the outside wall of a room. We were led through a series of rooms from the ranch manager's room to parlor rooms. Bedrooms, kitchen

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PRESIDENT'S MESSAGE

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Our March buddy rally at Guajome Regional Park in Oceanside was quite fun. Although we only had a few members and one buddy present, everyone had a good time and it was a nice “get away from it all” weekend for those of us still doing the Monday – Friday “thing”. It was good to see Ray and Bobbie Simkin along with their guests Bill and Alice Dews (who we met at the Jan/Feb rally in Pomona), along with Joe and Ann Thomas and (to our surprise) the arrival late Saturday afternoon of Conrad and Marla Liberty. We may have been a small group, but it was a good time.

We have had to make some changes this month that I need to bring to your attention. It is with great sadness that I report to you that Unit Past President Dale Atwater passed away on April 11th. At the time of this writing, funeral arrangements are still pending. Dale was a cornerstone of our unit and will be greatly missed. Please continue to keep Frieda and the Atwater family in your thoughts and prayers during this time. Frieda has asked for some assistance with her duties as Treasurer during this time. Bobbi Kingsland will assist her in the day-to-day operations, and until further notice, please mail all rally coupons to the attention of Bobbi Kingsland at P.O. Box 8809, Newport Beach, CA 92658. In addition, if you have any other Treasurer type matters, please bring them to Bobbi’s attention.

I also want to bring to your attention that we have changed the location of the May rally (originally planned for Indio) to Hemet. We will be joining the San Diego Unit at the Golden Palms RV Resort, the location for the Region XII rally in October. Be sure to read the article about this rally in this Trails & Tales for information about what is being planned and what you will need to bring (besides yourself and some food to share). Please send your rally coupon to Bobbi Kingsland as soon as possible so that we can coordinate our headcount with the San Diego Unit. This will be our last camping rally until September, where we will meet up with the San Diego Unit again near Temecula, at Vail Lake Resort (another great rallying spot).

We only have two more rallies and a lunch in June to get together until we leave for International. We have four rigs going on the “unofficial” caravan to Gillette, and we can hardly wait. The June luncheon flyer is in this Trails & Tales, so mark your calendar for June 12th and plan to be there. It’s a great get together hosted by Harrie and Barbara you won’t want to miss – I know I don’t!

Have safe traveling and we’ll see you down the road.

Victor



Sunshine Committee
Bobbie Simkin & Mary Doughty

Mary Doughty had a total left knee replacement. She is at home on home care with physical therapy three times a week, she is doing well. She will soon graduate to physical therapy at the hospital

Dale Atwater passed away Sunday April 11th .Dale was a long time member and served as past president twice .

Please keep
 Dorothy (and their families) in your thoughts and prayers.



**S F V C Unit
 Members Recipes**

Celestial Oatmeal Cookies

Ingredients

1 C. granulated sugar
 8 Tbs. (1 stick) Blue Bonnet@ spread
 1 C. LIBBY'S@ 100% Pure Pumpkin
 2 egg whites or 1 egg
 1 tsp. grated orange peel
 2 C. Quaker@ Oats, quick or old fashioned, uncooked
 1 C. all-purpose flour
 1 tsp. pumpkin pie spice or ground cinnamon
 1/2 tsp. baking soda
 1/2 tsp. salt
 1/2 C. finely chopped, pitted prunes
 1/4 C. finely chopped walnuts

Glaze:

1/2 C. powdered sugar
 1 Tbs. orange juice

Directions

Heat oven to 350 degrees. Lightly spray cookie sheets with cooking spray. In large bowl, beat sugar, and vegetable oil spread with electric mixer until well blended. Add pumpkin, egg whites and orange peel; beat well. (Mixture will look curdled.) Add combined oats, flour, pumpkin pie spice, baking soda and salt; mix well. Stir in prunes and walnuts. Drop dough by rounded measuring tablespoonfuls about 2 inches apart on cookie sheets. 1 Bake 11 to 13 minutes or until lightly browned. Do not overbake. Cool 1 minute on cookie sheets; remove to wire racks. Cool completely. For glaze, combine powdered sugar and orange juice in small bowl; mix well. Drizzle glaze over cooled cookies.

Let stand until glaze sets. Store tightly covered.



Happy Birthday this month to the
 Following Members

Sally Elmlinger 6-Apr
 Dorothy Palmer 18-Apr



Happy Wedding Anniversary to the
 Following Members:

Jim & Sally Elmlinger 11-Apr



Vision Loss: What You Should Know

What is low vision?

The term "low vision" includes people who are legally blind and people who are not legally blind, but who cannot see well enough to function on their own. People who are legally blind have vision worse than 20/200. This means that they see objects that are 20 feet away as though they are 200 feet away. People with low vision need special devices to help them see well enough to do their normal daily activities.

What causes vision loss?

Some vision changes are a normal part of aging, such as trouble focusing on close objects. Other common causes of vision loss are injury, infections, and changes linked with other illnesses. The main causes of vision loss in people older than 40 years are:

Macular degeneration ("MAK-yoo-ler DE-jen-ur-AY-shun"). This happens because of changes in the back of the eye.

Glaucoma ("glaw-KOH-mah"). This is pressure from the fluid inside the eye.

Cataracts ("CAT-uh-racts"). This is a clouding of the lens inside the eye.

Diabetic retinopathy ("DIE-uh-BET-ic RET-in-AH-path-ee"). This happens when people with diabetes have changes in the back of the eye because of high blood sugar.

How can I tell if I'm losing my vision?

You might have vision problems if you have trouble with your normal activities, such as reading mail, watching television, signing your name, paying bills, or walking up and down stairs. You might have trouble recognizing people.

What can I do for my vision problems?

You should visit your doctor if vision problems keep you from doing your normal activities.

He or she can treat any problems that might be causing your vision loss. Your doctor can also help you find specialists to treat your vision problems. For many patients, a team approach is the best way to treat vision loss. Some of the specialists might include:

- ◆ An ophthalmologist to treat the eye disease causing the vision problems.
- ◆ An optometrist to manage the vision problems.
- ◆ A doctor specializing in low vision to prescribe optical aids, such as special magnifiers and telescopes.
- ◆ A physical therapist to help you with balance and walking problems, and to teach you how to use a cane if you need one.
- ◆ An occupational therapist to help you with normal daily activities and to teach you how to use optical aids.
- ◆ A social worker or therapist to help you cope with the emotional issues of vision loss.

Where can I get more information?

Your doctor

American Academy of Family Physicians

Web site: <http://familydoctor.org>

American Academy of Ophthalmology

Telephone: 1-415-561-8500

Web site: <http://www.aao.org>

American Council of the Blind

Telephone: 1-800-424-8666

Web site: <http://www.acb.org>

American Foundation for the Blind

Telephone: 1-800-232-5463

Web site: <http://www.afb.org>

American Optometric Association

Telephone: 1-800-365-2219

Web site: <http://www.aoanet.org>

Jewish Guild for the Blind

Telephone: 1-800-284-4422

Web site: <http://www.jgb.org>

National Federation of the Blind

Telephone: 1-410-659-9314

Web site: <http://www.nfb.org>

Prevent Blindness America

Telephone: 1-800-331-2020

Web site: <http://www.preventblindness.org>



Non-Camping Event!!

There are the days of wine & roses!
There are the "dog" days of summer!

AND

THERE ARE THE DAYS - BARBARA & HARRIE
who are Hosting:



"LUNCH AT THE DAYS"

SATURDAY - JUNE 12TH

12:00 Noon

23406 Candlewood Way, West Hills, CA



HOW TO GET THERE:



From the 101, go West and get off at the Valley Circle off ramp. Go North on Valley Circle to Burbank Blvd. Turn right on Burbank and continue straight (Burbank becomes Platt) for approximately 3 miles, crossing Victory, Vanowen and Highlander. The next stop light after highlander is Platt/Sherman Way. Turn left on Platt at this stop light, go up the hill two blocks, passing Balmoral and then to Candlewood. Turn right on Candlewood, turn right on Bernadine, go three houses and turn left on Candlewood. Proceed to 23406, a two story, yellow house on the right hand side of the street, flying a house flag that says "WELCOME."

OR

From the 118, go West and exit on Topanga Canyon Blvd. Go south on Topanga Canyon Blvd. until you hit Sherman Way. Turn right (West) on Sherman Way until you come to Platt. Turn right on Platt, go up the hill, passing Balmoral, turn right at the next street which is Candlewood Way and proceed as above, turning right on Bernadine, left on Candlewood proceeding to 23406.

RSVP TO BARBARA AT: 818-716-7174

RALLY SCHEDULE FOR 2010

May 14-17 Host:	Hemet	Golden Village Palms RV Resort
Saturday, June 12, 2010	West Hills, CA	Brunch at Day's
June 18 - 25	Caravan to International	(Tentative)
June 27 - July 4	Gillette, WY	International Rally
August	tbd	Beach Picnic or other non-camping get together
June 27 - July 4	Gillette, WY	International Rally
September 16-19 Host:	Temecula	Vail Lake Resort Joint w/San Diego
October 14-17	Region 12 Rally	Hemet, CA
November 12 - 14 Host:	Chula Vista	Chula Vista RV Park Veterans Day Saturday Night Dance
December 4 Host: Kingsland	Pasadena	Hilton Hotel Installation Luncheon

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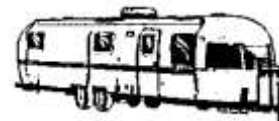
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and storage rooms. We also toured a second story tower where you could see for miles.

The original owners kept very detailed records of his business and those books provide a very good history of the activity at the adobe and the cost of goods at that time. Since this structure was the largest in the area, there was also a small store that was used to supply local residents and other farmers with basic supplies. There was even a tale of threats and a shoot-out in old San Diego as the owner "defended" himself against a disgruntled former worker. During the tour, the docent asked many questions and our group was able to successfully respond to nearly every query. Hats off to Ray for getting the most answers and surprising the docent.

The formal tour ended in the small chapel that was built to provide religious services for the children that were schooled at the adobe. The owner's wife had enough social clout to force the local bishop to obtain the Pope's approval and formally sanctify the chapel as an official Catholic Church.

After the tour, our group went our separate ways, either returning to camp, or off on other adventures in the area for the remainder of the afternoon. We gathered together at the picnic tables for happy hour, and enjoyed a string of Airstream lights (the Kirkseys') and campfire (the Thomas'). Everyone brought a pot of their favorite chili and the club provided two types of cornbread, and everyone brought a salad or dessert.

After stuffing ourselves on all the food, we gathered around the campfire for an enjoyable evening under the stars.

Sunday morning, we all enjoyed a nice continental breakfast of wagon wheel pastries and coffee. Once again, it was hard to pack up and say good-bye. It was another great relaxing and fun weekend!

May Rally with San Diego Unit in Hemet May 14-16, 2010

The location of our May rally has been changed from Indio to the site of the Region XII rally in Hemet, California. We will be joining the San Diego Unit for a fun-filled weekend on May 14-16 at the Golden Village Palms RV Resort, located at 3600 W. Florida Avenue, Hemet, CA 92545 (www.goldenvillagepalms.com).

SFVU Members who would like to extend their weekend either by arriving early on Thursday OR by staying over until Monday can do so on the unit rate of \$20/night, but you need to notify Bobbi Kingsland as soon as possible so that those arrangements can be made. This will be a "no-host" rally with the San Diego Unit.

On Friday, all campers are asked to bring 'heavy hors'douerves and we will snack from happy hour on and call it dinner.

Saturday/Sunday breakfast will be on your own. Coffee will be provided for everyone to gather around (unless you want to bring some Danish or something out to share with the coffee), after which we will discuss area things to do and then our units will have their respective unit meetings. For the Saturday evening pot-luck dinner, "even" unit numbers bring salad or dessert, and "odd" unit numbers bring a main dish. Usually the snacks from happy hour blend into dinner. Everyone is to bring their own setups and dishes. Coffee will be provided.

Please contact Bobbi Kingsland either by phone (949) 689-4378 or email (vbwkngslnd@yahoo.com) if you are planning on going. We need to get our count in to the San Diego Unit by next week if you are planning on attending.

Golden Village Palms RV Resort
RALLY COUPON
 May 14 -17, 2010

The May 2010 rally will be at Golden Village Palms RV Resort

Arrival Date: Friday May 14, 2010
 Departure Date: Sunday May 17, 2010
 This is a Friday and Saturday night ONLY campout.
 Golden Village Palms RV Resort
 3600 W Florida Ave.
 Hemet, CA

Name _____ Member # _____

Number of people in your rig _____

Fee for: - SFVC / Affil Members. - (Fri/Sat) NIGHTS @ \$20.00 per night. \$ _____

Fee for: All Others: (Fri/Sat) NIGHTS @ \$38.00 per night. \$ _____

Make Check Payable to SFVC Unit TOTAL Check \$ _____

RALLY COUPONS MUST BE RECEIVED BY April ?, 2010

Mail Coupon & Check to Bobbi Kingsland - P.O. Box 8809, Newport Beach, CA 92658



Dates to Remember for 2010

2010 SFVC Unit Rally Schedule



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TO:

FIRST CLASS MAIL

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