

**APRIL
2021**

2021 SWBN OFFICERS

President: Gene LeMeur
714 264-0674

glemeur@verizon.net

Vice Pres: Warren Moore
909 262-5056

mor2com@gmail.com

Secretary: Lois Jones
562 866-1623

ceeanel@aol.com

Treasurer: Beverly Jones
951 236-1419

photonana@aol.com

Nat Director: Christine Cross
714 814-7178

lccross1225@att.net

Alt. Nat. Director:

Unfulfilled

Wagon Masters:

Gene LeMeur

714 264-0674

glemeur@verizon.net

Directors: Bob Croft

714 743-7000

rvbob007@yahoo.com

Alan Jones

951 830-7803

photonana@aol.com

Ron Macy

951 757-1702

ron@macyassoc.com

Jim Patterson

909 269-1877

double2d@verizon.net

Appointed Positions

Newsletter: Jan Macy

951 757-1701

jan@macyassoc.com

Hospitality: Jan Macy

951 757-1701

jan@macyassoc.com

Membership: Bob Croft

714 743-7000

rvbob007@yahoo.com

Data/Roster: Sue Fuller

714 345-9631

suefuller1230@gmail.com

Past President: Tony Fraley

559 799-7155

dixie2pixie1@gmail.com

SOUTHWESTERN BUS NUTS NEWSLETTER

...AND THE WHEELS GO AROUND AND ROUND
BUT IT TAKES OUR BUS NUTS TO KEEP THEM GOING!



PLEASE HELP... OUR TIRES ARE LOSING AIR!!!!

WE NEED NEW MEMBERS!!!!



From the President's Desk.....



Here we are April 2021, and we were able to have our first Rally of 2021!

What a good time was had by all that attended. A BIG THANK YOU goes out to each of our Trail bosses, the Fuller's and Moore's. They fed us very well as usual. The location was Bonelli Bluffs located in San Dimas, CA. The weather could not have been any better. We had 16 coaches and were able to catch up with some of our friends and greet them with tales of the past year. We also had several guests!!!

Our May Rally will be held at Golden Village Palms RV Resort in Hemet. It sure would be nice to see more of our members attend, as this outing will be the last rally until September. Registration and Information are included in this Newsletter, and I will need them returned as soon as possible, if you plan on attending.

The September Rally will be located at the new Chula Vista RV Resort located off E street, in Chula Vista. This is a brand-new park, and I am sure it will be a good time as usual.

At this time, I would like for everyone to invite a guest to our rallies, and we may be able to persuade them to join us, in hopes of building our membership. Please let us try and welcome any family that may join us so that they can enjoy our future outings.

As the Rally sites, are getting a higher fee per night, the Board has voted to try and have our rally every other month except for summer. This will start in the next year. I am looking for some new sites that we can all enjoy. If you should have any ideas, please share them with the Board.

Jeany and I will be leaving Hemet and start a long trip across the states and be back for our September rally, so until then have an enjoyable summer and stay safe.



From our Secretary....

Respectfully submitted by Lois Jones

If you missed the rally in San Dimas, You missed a goodie. The Fuller's and the Moore's put on a relaxed, fun rally. We had great food, lots of chatter, games, a bonfire with samores-although I had more on me than in me...as usual! The place was lovely, the weather good, and the company couldn't have been better, unless if you would've been there! You can see the minutes of the General Meeting included.



From our Treasurer

Respectfully Submitted by Beverly Jones

Monies are held in Bank of America.

In the General Account, we have \$ 9435. In the Savings Account \$3500.

As a side note: It was great to see who we did get to see, and miss those we didn't get to see!

Ps...Speaking of seeing...this little camoflaugue is one of my neighbors. A baby Alpaca. ~Jan Macy



MINUTES OF GENERAL MEETING

SOUTHWEST BUS NUTS

BONELLI BLUFFS, SAN DIMAS – APR 10. 2021

MEETING CALLED TO ORDER BY PRESIDENT GENE LEMEURE AT 10:15.

OFFICERS PRESENT WERE: WARREN MOORE, LOIS JONES, BEVERLY JONES

ALAN JONES, JAN MACY, RON MACY, SUE FULLER. ABSENT WERE CHRISTINE CROSS AND BOB CROFT.

FLAG SALUTE WAS LED BY WARREN MOORE.

SECRETARY REPORT. NONE GIVEN.

TREASURERS REPORT: BY BEVERLY JONES: \$9,435 IN CHECKING. \$3,500 IN SAVINGS.

HOSPITALITY: JAN SPOKE OF THE DEATHS OF LONGTIME MEMBERS - URSIE FISHER, BARBARA HART AND WALLY FOUTS. SHE THEN INTRODUCED NEW MEMBERS GLORY AND LOREN BAYER AND WELCOMED THEM TO THE CLUB.

THANKED WARREN & MOLLY MOORE AND SUE & EVERETT FULLER FOR ALL THE WONDERFUL WORK AND FOOD FOR THIS RALLY.

SHE ALSO ASKED FOR ANY MEMBERS PICTURES AND OR ARTICLES ABOUT WHAT WE'VE BEEN DOING TO SEND HER TO BE PUT IN THE NEWSLETTER.

OUR PRESIDENT THEN TOLD OF FUTURE RALLIES: MAY WILL BE AT GOLDEN VILLIAGE IN HEMET AND HE AND HIS WIFE JEANY WILL TAKE THAT RALLY. SEPTEMBER WILL BE AT CHULA VISTA AND WILL BE DONE BY ALAN & BEVERLY JONES. OCTOBER WILL BE AT GOLDEN SHORES IN LONG BEACH AND NEEDS TRAILBOSES –AND NEW YEARS WILL BE BACK TO CHULA VISTA – AND TRAILBOSS NEEDED.

GENE AND JEANY WILL BE GONE THEN FOR 3 MONTHS. EXTENDED HONEYMOON???

IT WAS DISCUSSED AND VOTED ON, THAT FROM NOW ON, TRAIL BOSSES AND ASSISTANT TRAIL BOSSES WILL HAVE ALL PARKING AND RALLY FEES BE PAID FOR BY THE CLUB.

GENE SPOKE ON THE PROBLEM OF GETTING COUNTY PARKS – THEY ALL WAN'T DEPOSITS IN ADVANCE, WHICH IS A PROBLEM.

A DISCUSSION FOLLOWED ON MAYBE HAVING TWO RALLIES A YEAR FARTHER NORTH, (PASO ROBLES, OCEANA, SOLVANG) IT WAS ALSO DISCUSSED ABOUT HAVING FEWER RALLIES SINCE WE SEEM TO HAVE A PROBLEM ABOUT GETTING MORE PEOPLE OUT. LOIS MADE A MOTION TO HAVE ONLY 5 RALLIES A YEAR. IT WAS SECONDED - VOTED ON AND PASSED.

MEETING ADJOURNED AT 11:00

RESPECTFULLY SUBMITTED: LOIS JONES, SECRETARY

MEMBERSHIP CHAIR... Bob Croft (MIA)

In his place, Warren Moore- VP)

The Board members gathered on the cement circle to hold their meeting, and the following was discussed.

- Possibilities of merging with other clubs, like the Discovery Club, and what are the legal ramifications of such a move. It was decided research was needed but the idea was worth the investigation.
- The Club will begin, with the next rally to pay for the Trail Bosses and Co-Bosses parking and rally fee, as well as the Wagon Masters. This is something done in the past and is a great incentive to be a Trail Boss.
- New membership, recruitment, and loss of members, due to passing or health related difficulties, was high on the list of topics. We did have a couple of 'potentials' join us, but there is not a clear-cut path to increasing our numbers. We did a tally of members from the roster which reinforced our thoughts on the dwindling numbers of membership.
- Lastly, it was decided to change Rally events from nine each year to five a year, striving for every other month, exception during summer.
- Our President, Gene LeMeur spoke of this year's rallies, booked and needing Trail Bosses, as well as the New Year's rally booked at the new park in Chula Vista.

The General meeting was presented with these topics and full of questions about these ideas but in the end, it was agreed upon and approved by a positive vote.



NEWS FROM OUR ROSTER CHAIR..... Sue Fuller



Rosters were handed out to those in attendance at the rally. The others will be mailed, and you should be receiving them soon.

You will notice that on some of the "FMCA" numbers there is an "A" in front of them. These are members that no longer have motor homes but are still Associate members and would like to receive the Newsletter to keep in touch with what the Bus Nuts are doing. Not all have been updated since there have been changes since it was printed.

Please send in any changes on the roster information to either me, Sue Fuller or Jan Macy, so we can stay up to date.

Sue Fuller - suefuller1230@gmail.com

Jan Macy - jan@macyassoc.com



From our Hospitality Desk

Respectfully submitted by Jan Macy

Hmmm.... I haven't received any news from anyone, but I did learn at the rally, that our Bus Nut member, Roy Downs, had passed away. I do not have any details. Our sincere regards to you Nancy. Please let me know if you would like to be removed from our group email list, otherwise you may stay informed of what is going on.

Through the "grapevine" it was also said that several of our members may not be joining us any longer for rallies due to health issues, personal reasons, and/or may no longer feel safe driving the big rigs. YOU will be missed. We do wish for the health issues to resolve, and totally understand your concern about the safety factor in driving these rigs. It is a lot of responsibility for yourself and to others. If still driving a car, please feel free to pop in and join us if you are in the area where we are having a rally. We would love to see you!

Now that the Covid-19 vaccines are becoming more readily available and businesses and restaurants are starting to open, we hope you will feel more comfortable going out to support them. While the price on many things may have gone up, and advantages taken, the businesses suffered a huge loss while at the same time they were in the same boat as us and had to hunker down. Let us continue to use good judgement, and not have to take any steps backward in this pandemic. Go out and meet, eat, travel, enjoy, and practice our safety habits.

The BEST OF HEALTH to everyone!



TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

Sending virtual Hug



Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference.

- Max Lucado

.....AND SPEAKING OF HEALTH

Falling under the HEALTH category, is this excellent article that Sue Kalac sent in.



Best explanation of this sensitive subject...important for all of us, yet often ignored.

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

*This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process. *

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

*Conclusion: *

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) *Get into the habit of drinking liquids*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches, and pineapple; Orange and tangerine also work.

*The important thing is that every two hours, you must drink some liquid. Remember this! *

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now?? Send this information out to others! DO IT NOW! Your friends and family need to know for themselves and help you to be healthier and happier.

It is good to share! *For people over 60*



And now a humor break.....

I don't mean to brag, but . . . I just put a puzzle together in 1 day and the box said 2-4 years!

- • Why do French people eat snails? . . .Because they do not like fast food!
- • What has 4 eyes but cannot see? . . .Mississippi.

Can you stand more punditry?

- • What do you call a melon that is not allowed to get married? . . .a cantaloupe.
- • What do you call a lazy kangaroo? . . . a pouch potato!
- • What does a thesaurus eat for breakfast? . . .a synonym roll!
- • Breaking news! Man gets hit by a rental car. Said it Hertz.
- • Why did the cows return to the marijuana field? . . . It was the pot calling the cattle back!
- • Lance is a very uncommon name nowadays, but in medieval times people were call Lance a lot!
- • If your dentist fixed your cavities with different colors, would it be OK . . . or would you have mixed fillings.
- • I call my horse Mayo . . . and sometimes Mayo neighs.
- • What do you call an Irishman bouncing off the wall? . . . Rick O'Shay
- • If you boil a funny bone, it becomes a laughing-stock. That's humerus.
- • Why did the phone wear glasses? . . .Because it lost all its contacts.
- • What did the cow say to the calf? . . . It is pasture bedtime.
- • Where did the terminator find toilet paper? . . .Aisle B, back.
- • Bread is like the sun. It rises in the yeast and sets in the waist.

Since light travels faster than sound, some people appear bright until you hear them speak.

We never really grow up -- we only learn how to act in public.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

To steal ideas from one person is plagiarism. To steal from many is research.

I used to be indecisive, but now I am not so sure.





**Miscellaneous Ramblings by Warren Moore,
VP Southwestern Bus Nuts**

Co Trail Boss for rally at Bonelli Bluffs

I'm just a little older and started this adventure with a lot of preconceived ideas...after pandemic isolation for so long. And as it turned it out, I didn't even have time to get my Bocce ball set out!

We arrived at Bonelli on the Bluffs RV Park in San Dimas just before 1:00PM and don't you know they will not let us in a minute earlier. As the Trail boss, in retrospect, I probably should have gone in a day earlier, to preclude the Bus Nut parade around the camp sights! But it all worked out, after some assistance we got parked on a nice bluff



overlooking the lake and airport and all had lovely sites.



Everyone pitched in to set up pop ups, tables, and chairs in a centrally located site where we quickly settled in to enjoy the long-anticipated conversations and an evening meal of chili and cornbread. You may notice some new faces in the bunch.... guests!!!





Friday morning coffee and “Omelets in a bag” was delish and the great weather prompted folks to wander around, play some games, and for me, to figure out how to cook the meals and keep everything warm with electrical shortages.



But again, things worked out fine doing hamburgers and hot dogs on a large George Foreman grill that evening and everyone helping themselves to the fixings, chips, and salad. Molly had girl scout cookies to share from her granddaughter’s troop and with ice cream on the side, it was just right!



The bonfire at the cement circle supported the S’mores and stories! I shared my boy scout fire starter recipe of egg cartons, dryer lint and candle wax drizzled on top-sure start every time and great for the earthquake supplies.



Alan & Beverly leaving with full tummies after Saturday morning breakfast of oatmeal made in the roaster, with all the fixings, fruit, and muffins. So yummy!



The Board members gathered on the cement circle to hold their meeting, and a General meeting followed before everyone scattered to enjoy their day. Jan Macy passed the “Barbara Hart Bus” to Pat Darden, who was a School Bus Driver for many years.



Even the gophers wanted to come out and see the fancy tennies! While some had work to do...including potential new members, Loren & Glory Bayer!

Saturday evening meal was my smoked BBQ Tri tip steak and Sue Fuller's cauliflower casserole and cheesecake for dessert. Recipe for casserole included to follow report.



After a quick cleanup we all sat around the bonfire with music playing, Molly taking requests and all reminiscing of the good 'ol songs and times. It was a great evening and nice way to end our time together.



Are you sure that is water you are giving the dog???



Can you guess who this is???



Hey you beauty queens...you should be looking at the skyline!



Shown here, Ron Macy in the light from the campfire with our beautiful night skyline!

But alas, all good things must come to an end.... until next time!!

One of the best things in life, is a helpful interaction with your fellow mankind. Be well and safe and always remember to help one another.

SUNDAY MORNING HOOK UPS AND GOODBYE'S



Everett's Grandson's "RV"

Zach & Gabi had a great time meeting all our Bus Nut friends!!

Thank you all for attending!!!

Your Trail Bosses,
Warren & Molly Moore
Sue & Everett Fuller



RECIPE AS REQUESTED....

1512268219

Loaded Keto Cauliflower Casserole

★★★★★

Course	Side Dish
Cuisine	American
Keyword	keto cauliflower casserole
Prep Time	15 minutes
Cook Time	30 minutes
Servings	8 servings
Calories	297kcal

Equipment

- 9x13 Casserole Dish

Ingredients

- 1 large cauliflower head, cut into florets
- 1 cup Monterey Jack Cheese, shredded
- 1 cup sharp cheddar cheese, shredded
- 8 slices bacon, cooked and crumbled, divided
- 3/4 cup sour cream
- 1/4 cup cream cheese, room temperature
- 2 tsp brown mustard
- 1 tsp fresh parsley, finely chopped
- 2 tsp fresh chives, finely chopped
- 1/2 tsp pink salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 2 large green onions, chopped and divided

Instructions

1. Preheat oven to 375 degrees F. Spray a 9x13 casserole dish with non-stick cooking spray.
2. Place cauliflower florets and 3 tablespoons of water in a large microwave safe bowl. Cover with damp paper towels and microwave 7-8 minutes, steaming until tender. (Steps shown in video above)
3. Meanwhile, in another large bowl, combine half of each cheese, half of the bacon, half of the green onions sour cream, cream cheese, mustard, herbs and spices, mixing well. Add the steamed cauliflower florets and the water from the bowl, tossing gently until coated.
4. Transfer mixture to prepared baking dish and top with remaining cheese, green onions and bacon.
5. Cover with foil and bake for 20 minutes. Remove foil and bake another 5-10 minutes or until cheese is bubbly and beginning to brown. If desired broil for 1-2 minutes at the end for browned crispy cheese topping!
6. Garnish with green onion and serve immediately.
7. Best stored in an air tight container in the fridge up to 5 days.

<https://www.ketocooked.net/keto-cauliflower-casserole/>

1/2





APRIL

30 Pat Darden

MAY

14 Gene LeMeur

17 Alan Jones

29 Norm McDonald

JUNE

24 Everett Fuller

JULY

Bob Croft

August

1 Lois Jones

7 Lou Huff

29 Glen Blankenship



APRIL

??

MAY

14 Alan & Beverly Jones

JUNE

6 Tony & Betty Fraley

JULY

??

AUGUST

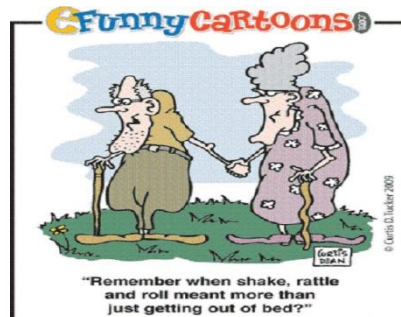
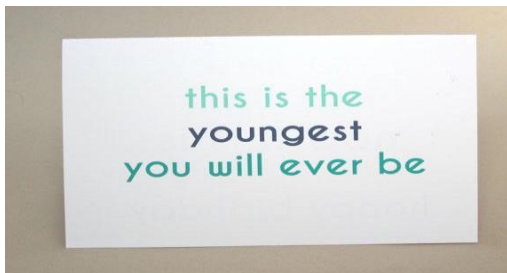
21 Glen & Jeanne Blankenship

25 Norm & Phyliss Wilson

27 Bob & Pat Darden



PLEASE ADD TO OUR LIST!!! BIRTHDAY AND ANNIVERSARY DATES...I only need the month / day...unless it's a biggy! Just drop me a quick email with your information. ~ Jan Macy



OUR
SCHEDULE!



SOUTHWESTERN BUS NUTS RALLY SCHEDULE

2021

JAN 6 – 10	WMHA Area Rally	Indio, CA	Cancelled
FEB 11-13	Golden Shore RV	Long Beach, CA	Cancelled
MAR 11-14	KOA Stagecoach	Banning, CA	B- LeMeur's Cancelled
✓ APR 8-11	Bonelli Bluffs RV Resort	San Dimas, CA	Moore's/Fuller
MAY 13-16	Golden Village Pals	Hemet, CA	LeMeur's & Bayer's
JUN	No Rally		
JUL	No Rally		
AUG	No Rally		
SEP 9-12	Chula Vista (New Park)	Chula Vista, CA	Bev & Alan Jones
OCT 7-10	Golden Shore	Long Beach, CA	
NOV	No Rally		
DEC 28-Jan 2	Chula Vista (New Park)	Chula Vista, CA	

If you would like to Trail Boss a rally or have any suggestions for future rallies, please contact Gene LeMeur. (714) 264-0674

WHEN THE REGISTRATION FORMS BECOME AVAILABLE TO YOU, I URGE YOU TO SEND THEM IN FOR THESE RALLY'S AS SOON AS POSSIBLE, AS THE PARKS ARE WANTING DEADLINE CONFIRMATIONS A MONTH OR MORE IN ADVANCE.

WE WILL SEND REGISTRATION FORMS PRIOR TO EACH RALLY.

MAY 13, 14, 15, Home on 16, 2021

Golden Village Palms

3600 Florida Ave. Hemet, Ca. 92544

Thursday Arrive Meet and greet old and new friends.

4:00PM Happy Hour in Club room

5:00 PM Heavy Hors d' oeuvre's **PLEASE BRING A DISH TO SHARE**

Games to follow bring your coins

Friday

7:00 AM Coffee is ready

8:00 AM Breakfast is ready.

1:30 PM Car-Pool to Hemet Airport for a presentation for Cal-Fire Forestry and Fire Protection Air Tankers

4:00 PM Happy Hour

5:00 PM Dinner Time - Loaded Baked Potato's

Games to follow after clean up

Saturday

7:00 AM Coffee is ready

8:00 AM Breakfast is ready

9:00 AM Board Meeting

10:00AM General Meeting. Please plan to attend as we have some club business to tend to.

On your own until Dinner time. The Dam there is a wonderful display of the water system for California. There is also a Museum of what they found when they dug the lake and built the Dam. Oh yes, we may have time to get some Shuffleboard in or just lounge around one of the pools.

5:00 PM Dinner will be Catered by EMILLO'S Mexican Restaurant

7:00 PM Games in the Club Room

PLEASE BRING YOUR OWN SERVICE TO ALL MEALS EXCEPT FOR Saturday evening

Sunday Thank you for attending, please have a safe trip home and let's plan on seeing you next September in Chula Vista, Ca.

SWBN MAY 2021 Rally

MAY 13, 14, 15 and Home on 16

Golden Village Palms

3600 West Florida Ave., Hemet, CA. 92545

NAME: _____ FMCA # _____

ADDRESS: _____

CELL PHONE #: _____

EMAIL ADDRESS: _____

HANDICAPPED: YES / NO

RV LENGTH: _____ NUMBER OF SLIDES: _____ SLIDE LOCATION: L / R / BOTH

RALLY PARKING FEE \$45.00 Per Night

\$135.00 TOTAL NIGHTS _____

RALLY FEE PER PERSON: \$ 30.00 _____ x _____ \$ _____

TOTAL: \$ _____

FEES DUE BY **MAY 1, 2021**

PLEASE MAKE CHECKS PAYABLE TO: SOUTHWESTERN BUS NUTS

MAIL TO:

GENE LEMEUR – WAGON MASTER
12390 Triple Tree Terrace
VICTORVILLE, CA 92392

For more information contact Gene at 714 264-0674

OUR SCHEDULE!

2022

JAN	Indio (WMHA)	Indio, CA
FEB	NO RALLY	
MAR	TBD	
APR	NO RALLY	
MAY	BONELLI BLUFFS	San Dimas, CA

So far this is what our 2022 Rally Schedule looks like.....

An extra giggle....

SPEED BUMP By Dave Coverly



Hey, Jim Patterson, OUR luggage can relate!!



When bookstores reopen>>>>>>

Funny thing about getting older. Your eyesight starts getting weaker but your ability to see through people gets much better.

Boy aged 4: Dad, I've decided to get married.
Dad: Wonderful; do you have a girl in mind?!
Boy: Yes... grandma! She said she loves me, I love her, too....and she's the best cook & story teller in the whole world!!
Dad: That's nice, but we have a small problem there!!
Boy: What problem?!
Dad: She happens to be my mother. How can you marry my mother!!
Boy: Why not?! You married mine!!!!



Hello Everyone!

It was nice to see the turnout at Bonelli Bluffs after the long absence of rallies. Be sure to put the next rally on your calendar and get your Registration form in. A HUGE Thank You to all who contributed to this Newsletter!

Take care and be safe!

Please submit something.....



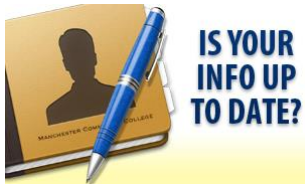
A tasty, easy recipe or one from a rally that was requested. Or a funny one!



A handy hint for an RV user.



Good, clean jokes or thoughts, notes, reminders. Road trip stories!!!



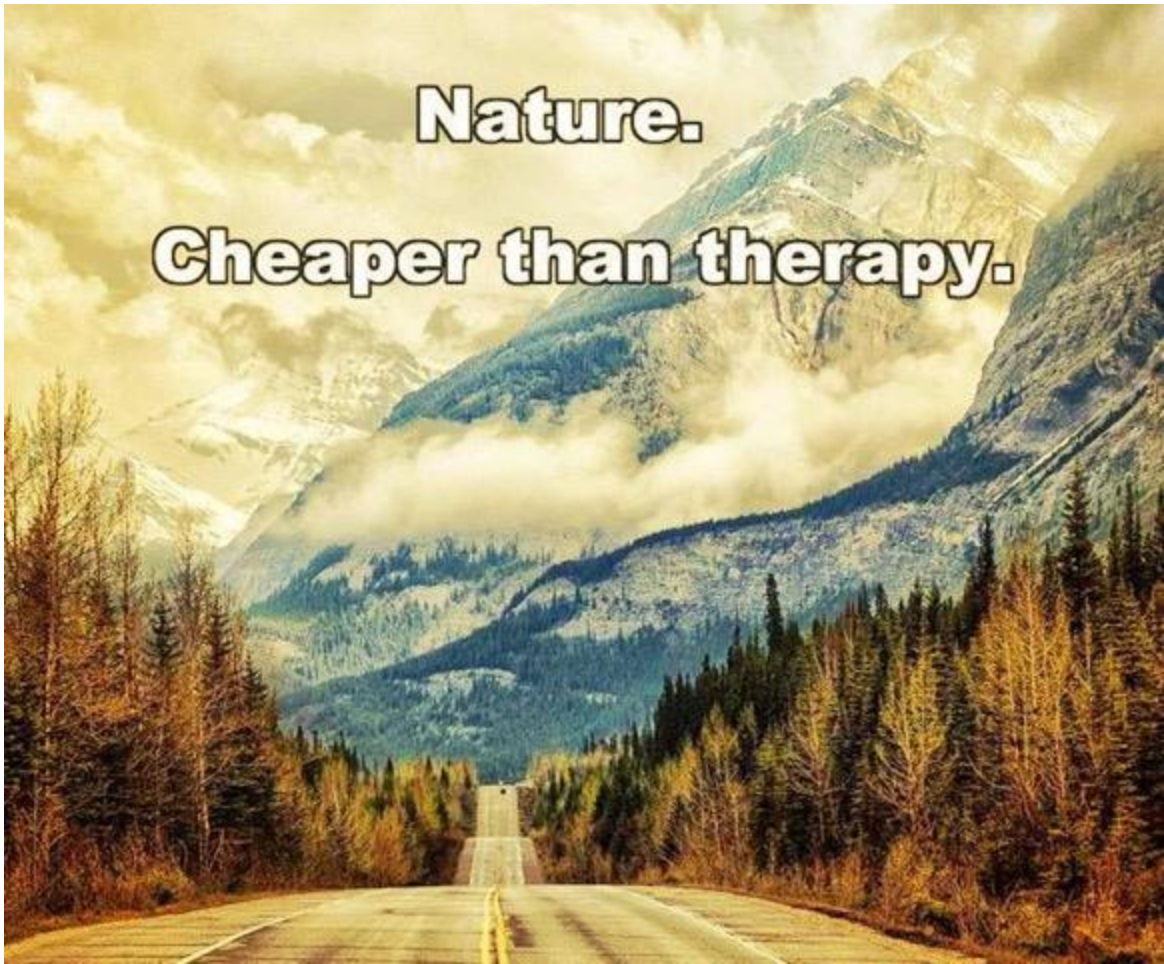
Please keep any changes in your contact info up to date.

THANK YOU!

*~Jan Macy
Southwestern Bus Nuts
Newsletter Editor
951 757-1701 Cell
jan@macyassoc.com*

*"And in the end, it's not the years in your life that count.
It's the life in your years."*

Abraham Lincoln



See ya.....

