

WHAT'S KRUIISING

THE KOMFORT KRUISERS NEWSLETTER

MAY 2011

PICNIC IN THE PARK

A small but dedicated group of Komfort Cruisers attended our May rally at the Valencia Travel Village. Our twelve rigs circled in the area known as the "Wagon Wheel" at the very end of the park. Turns out this was a beautiful space under giant Sycamore trees with a huge picnic area and campfire ring in the center. It really felt like we were out in the woods for the weekend.

We arrived on Friday, to find that most of the group had already started enjoying Valencia, shopping at Camping World, Walmart and all of the Valencia chrome shops.

We were very pleased to see Art and Hildie who drove in for the afternoon Friday to visit with us. They may have sold their motor home, but they are still KK's at heart, enjoying life to the fullest. We spent some time sharing stories, peanuts, popcorn and pretzels before it was time for the official cocktail hour to begin.

The picnic tables were beautifully decorated with red checkered tablecloths and sunflower centerpieces. Our Wagon Masters, Teresa and John and Cheryl and Ken did everything to make this a wonderful outing.

The ladies brought out the appetizers and we enjoyed a tasty supper in the great outdoors. After supper, Teresa handed out a word/symbol game that had us all baffled. We had a lot of laughs trying to figure out what word the pictures were supposed to represent. The winners were Carol B., Jeanne B., and Kathe R. Prizes included a solar sunflower garden light, fire starters, and a bottle of wine.

After dinner we circled the chairs around the huge fire pit. Jim Riha, Master Campfire Maker, and his trusty apprentice, Ken R. built a spectacular, blazing fire. Our fireman, Jim Rankin kept things safe by bringing out his special backpack water pump to extinguish the fire should things get out of hand. We had a lovely evening under the stars watching the fire, telling stories, and roasting marshmallows. Turns out it was a good thing that Jim left the water pump fire extinguisher near the fire after we all went to bed. It was such a hot fire that even after carefully putting it out, it came back to life. Jeff had to go out and spray it several times. After hearing about this event, Jim decided to donate his backpack water pump to the club for future campfires.

When we woke on Saturday morning the trail bosses had prepared a very special breakfast. There was delicious homemade coffee cake,



What's in that picnic basket?



A toast to the good life!



Dig in, it's really delicious!



Sit down, I made enough for three.



Give me a marshmallow, Grandpa



The master campfire maker begins



The apprentices watch carefully



Now lets enjoy a blazing campfire!

fruit salad, and juice on the table and when you stuck your empty plate into the window of Ken and Cheryl's coach, your plate magically reappeared with Eggs Benedict on it.

The Komfort Kruiser business meeting was held at 10:00 AM Saturday morning. Linda and Larry T, Art B, and Jerry K. were all unable to camp with us for the weekend, but drove in to attend the meeting.

We were fortunate this weekend to have Shirley and Bobby Donald attending our rally. As National Vice President of FMCA and WMHA President, Bobby has been traveling with Shirley, the WMHA Secretary all over the country attending FMCA functions. They spoke about the important things that are being discussed at these meetings and within FMCA. He urged all of us to attend the Annual CCFMCA Octoberfest in Hemet September 29 thru October 2. Jeff Newby announced that he has already made reservations and that we hope to have a large turn-out this year.

Later that afternoon, Teresa and Cheryl handed out a scavenger hunt for the men to work on. They had all afternoon to gather, borrow, or steal what they needed. Bobby Donald, Dave Brown, Jim Riha and Jim Rankin took home prizes for collecting the most stuff. There were lots of pretty strange things on the list, like seashells, birthday candles and bubble gum, but all of the men stepped up to the challenge.

When things settled down a bit, it was time for cocktails and our special dinner event. Each of the ladies prepared a picnic supper for two or three people and set out the food. It was a beautiful display of special picnic baskets, tableware, wine, flowers, candles and of course, food. The gentlemen drew numbers to see which of the ladies they would be lucky enough to join for supper. There were all sorts of goodies in the picnic baskets. There was fried chicken, pot roast, tasty Italian sandwiches, homemade cookies and lots of strawberry shortcake with whipped cream. Every dinner was different and every one delicious.

The happy camper that won this weekends fifty-fifty winner was Art B. Art had to replace two batteries in his coach this week and they cost \$1600. Hope this helps, Art!

We gathered again around another blazing campfire after dinner. Kaye R. brought some giant marshmallows for the s'mores. Most of us were too full from dinner to try them, but those who did said they were delicious.

Sunday morning we gathered for some breakfast goodies, before saying our good byes. It was another great weekend. Thank you to our wagon masters, Teresa and John and Cheryl and Ken.

This month the photographs were provided by Gary Saar and Mac Brown. Thank you.

WATCH OUT FOR THIS SCAM

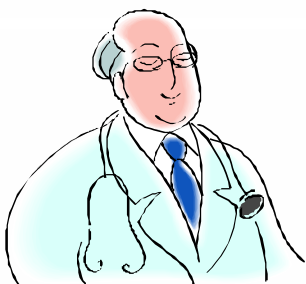
Scammers pretending to be from the IRS are sending e-mails designed to frighten recipients into clicking on phoney links that allow the scammers to steal data. A criminal gang called Avalanche is sending messages warning that federal tax payments have been declined or that the number that you entered on a tax form was incorrect. Clicking on the embedded links takes you to an innocent seeming page that downloads a program to capture your user names, passwords, address book and other personal data.

What to do: Delete any e-mail claiming to be from the IRS. If you accidentally open such an e-mail, delete it before clicking on any links it contains. The IRS does not communicate with taxpayers by e-mail---only by postal letter



Jane Bryant Quinn, personal finance columnist writing online at CBS
MoneyWatch.com

PUT DOWN THE REMOTE



As little as one minute walking around can make a difference in waist circumference over time.

Example: People who get up regularly and switch channels by hand, instead of using the remote, have, on average, a waist circumference of six centimeters less than those who stayed seated.

People who do these small amounts of activity also have lower body mass indexes and lower glucose and triglycerides levels. Stand up to answer the phone, a long route to your desk and do some stretches before reading a new e-mail.

Genevieve Healy, Phd, Population Health, The University of Queensland, Herston, Queensland, Australia, and leader of a study of 169 adults, published in Diabetes Care.

OR DON'T WATCH TV AT ALL

Did you know that TV watching increases risk for heart disease?

Every hour per day spent watching television increases the risk of dying from heart disease by 18% --- and also raises the risk of dying from strokes or cancer.

Reason: Long-term daily sedentary behavior has a negative effect on blood sugar and fats.

David Dunstan, Phd, researcher, Baker IDI Heart and Diabetes Institute, Victoria, Australia, and leader of a study of 8,800 adults, published in Circulation.

All three of these articles were taken from BottomLinePersonal
On the web: www.BottomLineSecrets.com