

# WHAT'S KRUIISING

## THE KOMFORT KRUISERS NEWSLETTER

### MARCH 2011

## BUCKAROOS IN BAKERSFIELD

The KK cowpokes circled the wagons at the Bakersfield RV Resort for our March "Buckaroo" rally. Seems like most folks couldn't wait for the fun to begin, so they started the party on Thursday afternoon. The restaurant in the park has a "happy hour" and the KK crowd took advantage of all of the delicious food and drink that was offered that evening.

On Friday night the real fun began. Our trail bosses, the Elliotts and the Rihas, turned the clubhouse into the wild west for the weekend; complete with cacti, cowboys, red rocks, and wide open blue skies. The tables were decorated with cucumber cacti centerpieces and red bandana placemats. It set the mood for a great western night. There were even old time westerns playing on the big screen all night. We watched Hopalong Cassidy, Randolph Scott, and Gene Autry and listened to old time country western music.

We enjoyed a great buffet dinner, and then it was time for fun and games. We played personalized "Wild West Bingo". First, instead of numbers, we filled out our blank bingo cards with all kinds of western themed words. Each persons card was different. Then, Kathe and Robin drew the words from the brass spittoon, until someone shouted, BINGO. It was great fun and the lucky winners took home lotto scatch-offs and Robin's delicious cookies.

On Saturday morning, breakfast was served at 9 o'clock allowing us a luxurious extra hour of sleep. We enjoyed an egg and hash brown casserole, with fruit salad, juice, english muffins and coffee. The casserole was so good that many wanted the recipe to be included in this issue of "Kruising."

After breakfast and our morning business meeting, we had the rest of the day to explore Bakersfield. The men organized a mini golf game on the little golf course at the park. And, no trip to Bakersfield is complete without a trip to Dewar's Ice Cream Shoppe for a "Black and White". Definitely worth the calories!

Saturday night we were treated to a great Texas barbecue dinner. The trail bosses cooked barbecue brisket, corn muffins, salad and beans for the crowd. There was even apple pie and ice cream for dessert. It was enjoyed by all.



Welcome to the Chuck Wagon.



Where's that ### golf ball?



Yee Haw, Cowgirl!



**She's rich and beautiful!**

Saturday night games were creative. We played a Cactus Sam Lasso game and tried to throw our lassos onto the giant cactus. Then, we had the cow pie contest. We tried to toss cow pie bean bags into a brass spittoon. The last game was a shoot out. We had a shoot out with the "bad guy" with our rubber band six shooters. The winners received homemade cookies, lotto scratch-offs, and cowboy playing cards. All of the games were great fun and had us all laughing like kids.

After the cowboy games the clubhouse was open for poker, Mexican Train, and Sequence games.

On Sunday morning we enjoyed a cereal, fruit and bagel breakfast before heading home. Thanks to our trail bosses, it was another terrific Komfort Kruiser weekend.



**Mama, don't let your babies grow up to be cowboys.**

### **SODIUM IN YOUR DIET**

According to the most recent Environmental Nutrition Newsletter, sodium intake is foremost in the minds of U.S. nutrition policy makers. Trimming trans fats and refined carbs has taken a back seat because Americans consume way too much sodium, which is linked to increased blood pressure. If you lower your blood pressure, you can lower your risk of heart disease and stroke.

The National Salt Reduction Initiative is a coalition of cities, states, and health organizations working to reduce the amount of salt in their products. The goal is to reduce Americans' salt intake by 20% over the next five years.

To reduce sodium in your diet:

Compare sodium content in food products, read labels and pick out products with lower sodium levels.

Cook at home more often.

Eat more fruits and vegetables. Fill up on naturally low sodium and healthy foods.

Watch your meat dishes. Processed, smoked and cured meats are all high in sodium.

Check out restaurant websites and menus for nutrition information, to plan your menu before you dine.

Switch to whole food snacks. Instead of chips and cookies, snack on fresh fruit and unsalted nuts.

Consider portion size. Every time you eat twice the amount of the suggested portion size you are doubling your sodium intake.

Cut back on condiments. From marinades, salad dressings, ketchup, and soy sauce watch how much you use.

How much sodium are you supposed to get? In 2005, the experts recommended 2,300 mg daily for the adult population. This amount will probably be reduced to 1,500 mg when the new guidelines are published. This could save tens of thousands of lives.

For more information visit [environmentalnutrition.com](http://environmentalnutrition.com).



**It's not puzzling to us.**



**The best in the West!**

# Hash Brown Quiche

This is the breakfast casserole that we enjoyed at the Bakersfield rally

- 1-28 oz. package of Ore-Ida Potatoes O'Brien
- 1/3 Cup butter melted and a little more for greasing the pan
- 2 Cups (or to you liking) cooked sausage or ham or bacon
- 1 Cup shredded Cheddar cheese
- 1 Cup shredded Monterey Jack cheese
- 1-7oz. can of diced green chilies
- 8 eggs
- 1 Cup whole milk
- 1/2 Tbsp. seasoned salt (or to your liking)



Preheat oven 350 degrees

Grease a 9"x 13" pan. Spread potatoes O'Brien over the bottom and drizzle with melted butter.

Bake for 30 minutes.

Remove potatoes from oven and layer with sausage, ham or bacon and then the cheeses and chilies.

Beat the remaining ingredients...eggs, milk & seasoned salt. Pour over casserole.

Bake for 35 to 40 minutes until set and brown around the edges.

Optional: serve salsa on the side.

# Old Time Barbecue Brisket

- 3 to 4 lb. beef brisket
- 2 Tbsp. liquid smoke
- 1 1/2 tsp. garlic salt
- 1 tsp. onion salt
- 2 tsp. ground salt
- 2 tsp. celery salt
- 1 1/2 tsp. Worcestershire sauce



Place brisket in an oven tempered dish. Combine remaining ingredients and pour over meat. Cover brisket and let stand over night in refrigerator. Cook covered for 6 hours at 250 degrees. Let cool for about 30 minutes, then slice against the grain. Drain off juices and cover with 2 cups of your favorite barbecue sauce and rewrap with foil. Return to oven and cook 1 hour more at 250 degrees. Serves 6 to 8.

February Activity

<b>INCOME</b>			<b>(1,400.27)</b>
<b>2011-02 Pechanga</b>			<b>(2,406.27)</b>
Expense			(2,168.27)
	Food & Kitchen Expense		(114.27)
	Campground		(2,054.00)
Income	Participants		(238.00)
<b>2011-03 Bakersfield</b>			<b>1,006.00</b>
Income	Participants		1,206.00
Expense	Clubhouse cleaning deposit		(200.00)
<b>2012-02 Pechanga</b>			
Expense	Deposit		(100.00)
<b>Membership Dues</b>	2011		<b>10.00</b>
<b>50-50 Income</b>	Pechanga		<b>90.00</b>
<b>EXPENSES</b>			<b>0.00</b>

February NET (1,400.27)

	ASSETS	LIABILITIES
Bakersfield Estimated Commitments		\$2,000.00
Bakersfield Estimated Misc Costs		\$500.00
Income received for future trips		\$714.00
Checkbook Balance -- 28 February 2011	\$10,030.16	
Checks & Cash on Hand	\$714.00	
<b>DEPOSITS OUT</b>		
2011-03 Bakersfield RV Res	\$100.00	
2011-04 East Shore	\$1,006.00	
2011-05 Oasis RV Las Vegas	\$500.00	
2011-06 Chula Vista	\$100.00	
2011-07 Pacific Dunes	\$500.00	
2011-08 Flying Flags	\$200.00	
2011-09 Canyon RV	\$700.00	
2011-10 Golden Village Palr	\$100.00	
2011-11 Emerald Desert	\$200.00	
2012-01 Wine Counry	\$300.00	
2012-02 Pechanga	\$100.00	
	\$3,806.00	
KK Club Items	???	
<b>TOTALS</b>	\$14,550.16	\$3,214.00
<b>NET</b>		<b>\$11,336.16</b>
<b>Cash Available</b>		<b>\$7,530.16</b>

## BUSINESS MEETING MINUTES

### BAKERSFIELD RV RESORT

Bakersfield, CA

MARCH 4 – 6, 2011



#### **WAGON MASTERS:**

Jim & Kathe Riha  
Ray & Robin Elliott

#### **ATTENDEES:**

Art Bjornestad, Mac & Mina Brown, Larry & Sharon Canfield, Ray & Robin Elliott, Richard & Dawn Ibarra, Darrel & Lois LaFleur, Paul & Linda Lonquist, Jeff & Trish Newby, Lindy & Carol McGrane, John & Teresa O'Leary, Steve & Sherri Peterson, John & Cindy Phillips, Jim & Kathe Riha, Ken Roberts & Cheryl Braney, Gary Saar, Larry & Linda Troutman, Bob & Sue Walker, Irwin & Sharon Wexler

#### **GUESTS:**

Erv & Trecia Attebury (2nd time guests)

#### **CALL TO ORDER:**

The business meeting of the Komfort Cruisers was called to order by Jeff Newby, President, at 10:00 AM on March 5, 2011 in Bakersfield, CA.

#### **APPROVAL OF MINUTES:**

The minutes from the February 5, 2011 meeting were approved. A motion to file the minutes was made by Lindy McGrane and seconded by John Phillips. Motion was carried by majority vote.

#### **SECRETARY'S REPORT:**

None.

#### **TREASURER'S REPORT:**

See attached February 2011 & treasurer's report from Jerry Keller. A motion to file the reports was made by Paul Lonquist and seconded by Linda Lonquist. Motion was carried by majority vote.

#### **FMCA NEWS:**

Jim Riha reviewed the new FMCA Medex plan.

#### **OLD BUSINESS:**

None

#### **NEW BUSINESS:**

Jeff announced that he has cancelled the May reservations at the Oasis RV Resort in Las Vegas due to numerous difficulties with the park. The park informed Jeff that the tram is no longer running to the Strip; we would have to have 1 dinner catered by the park's caterer in the clubhouse, which is really a meeting room; and the minimum stay was 5 nights. Another reason for the cancellation was the rising cost of gas (\$4.00/gal). The club decided to hold the outing at Valencia Travel Village instead. The wagon masters have reserved the spaces in the back of the park surrounding the firepit.

The October meeting date has been changed to 9/29/11 – 10/2/11 to allow us to attend the Octoberfest in Hemet sponsored by the California Chapter. The cost is \$220.00/couple and \$175.00/single for 3 nights and includes several meals, an ice cream social and entertainment. Lindy McGrane made a motion to change the October date to coincide with Oktoberfest, Art Bjornestad seconded the motion and the club voted to make the change.

Jeff rolled over the deposit for Bakersfield RV Resort to hold it for us in Q12.

BUSINESS MEETING MINUTES

BAKERSFIELD RV RESORT

Bakersfield, CA

MARCH 4 – 6, 2011



Jeff rolled over the deposit for Bakersfield RV Resort to hold it for us in 2012.

Art Bjornestad is taking orders for Komfort Kruiser winter and summer jackets. The winter jackets are \$65.00 and the summer jackets are \$60.00. Please let him know if you want one of these great jackets with your name embroidered on it.

**ADJOURNED:**

A motion was made by John Phillips and seconded by Lindy McGrane and the meeting was adjourned at 10:45 AM.

Minutes respectfully submitted by :

Dawn I barra

Dawn Ibarra, Secretary  
Komfort Kruisers