



CHAPTER, FMCA

BIRD

BLUE

President's Report

You may think that all I think about are rallies. Well, that's not totally true, but I do believe that rallies are at the heart of what a motor home club is all about. Last month I told you that the Blue Bird

Chapter of FMCA, in conjunction with Hearthside Grove RV Resort in Petoskey, Michigan, will have a Blue Bird Summer Rally hosted by Jack and Ila Van-DenBerg. This month I get the privilege of announcing another great rally. Alvie and Elsie Miller called

to let me know they wish to host an Illinois Amish Rally to be held in Arthur, Illinois starting August 2nd and ending August 6^{th,} 2011. Alvie told me about some of the plans he has in mind including a factory tour of the C.H.I. Overhead Door Company, where he is a Division Manager. We may also sample traditional Amish cooking, (and you know how we Blue Birders like to eat), visit Rockome Gardens, tour a high end Amish furniture manufacturer, Das Holz Haus and take an Amish buggy ride through the beautiful countryside.

Plans are still underway for our 2nd Annual Blue Bird Family Reunion to be held at the Camp Jordan RV Park in



East Ridge (Chattanooga), TN. Our hosts, Leroy and Glenda Wilson, have been going above and beyond to make this rally one to remember. If you haven't been to Chattanooga you are in for a great surprise and if you have, I know you can't wait to get back. Riverboat rides, Confederate Battlefields, fabulous restaurants, great shopping, scenic rides through the Great Smoky Mountains and much, much more.

So make this year a time of renewing old friendships and making new ones. Our hosts for each of these rallies are putting their best foot forward to show you the time of your life. They are so proud

of their part of this great land we call America and want you to come and join in with friends and family and explore the area that they call home.

Mark your calendars: August 2^{nd} -August 6^{th} for the Illinois Amish Rally to be held in Arthur, Illinois. And then August 10^{th} - 15^{th} for the Blue Bird Summer Rally to be held at the Hearthside Grove RV Resort,

Petoskey, MI. Last, but not least, will be the Blue Bird Family Reunion to be held at the Camp Jordan RV Park in East Ridge, TN from October 25th - October 30th, 2011.

I hope your coach is fueled up and ready to go! This looks like a great summer of fun and Bobbie and I are looking forward to seeing you "On the Road Again".

Dan

Inside this issue:

Cooking is For the Birds

Tech Tips & More!

Classifieds

Traveling In Our Blue Bird Part. II

Health Tips II!

Special points of interest:

- Friendship
- Rallies, Rallies, Rallies: See Inside
- Sunshine & Mists
- Michigan!!!
- Niagara Falls

Upcoming Rally Schedule

2011 Blue Bird Chapter of FMCA Rally Dates

Associated FMCA Clubs

And Dealer Rallies

May 26th - 30th, 2011 Vintage Birds & Blue Bird Chapter FMCA Great Lakes Area Spring Spree, Berrien Springs, Michigan Contact Ron Rueckwald, Caravan Leader at 269-313-2586 or <u>RRUECKWALD@AOL.com</u>

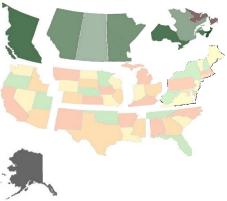
June 9th - June 12th 2011 Vintage Birds Rally, Denver, Colorado, hosted by Karen and Denny James

June 9th - June 12th 2011 Vintage Birds Rally at Vernon Downs contact Shane Fedeli at <u>sfedeli3@comcast.net</u> or 717-520-0316 June 15th - 20th, 2011 Vintage Birds Rally at West Yellowstone, MT contact Bob Dilks 580-564-3517

August 2nd - August 6th Blue Bird Chapter of FMCA, Illinois Amish Rally to be held in Arthur, Illinois. Hosted by Alvie and Elsie Miller

August 10th - August 15th Blue Bird Chapter of FMCA, Blue Bird Summer Rally to be held at the upscale Hearthside Grove RV Resort in Petoskey, MI, Hosted by Jack and Ila VanDenBerg and the staff at Hearthside Grove

October 19th - October 23rd 2011 -- RATS Rally, Pine Mountain GA. Contact John Finn 803-783-7137 October 25th - October 30th, 2011 " 2nd Annual Blue Bird Chapter Family Reunion," East Ridge, TN Hosted by Leroy and Glenda Wilson and the Blue Bird Chapter



To email your area VP, click on the section of the map that corresponds to the area where you wish to hold your rally.

2011 Dues Are Past Due: by Greg Peterson, Treasurer

The annual dues for the Blue Bird Chapter of FMCA are now due. Membership Dues of \$25.00 are due on January 1st of each year for the calendar year. When submitting your dues payments please either complete the form in Bird Tracks or send along a note with all of your contact information. This way we can ensure that our membership data is up-to-date.

Please send your dues payment to:

Treasurer, Blue Bird Chapter of FMCA

3590 Round Bottom Road

Cincinnati, OH 45244

The Chapter has established this as our new permanent mailing address to replace the Post Office box in Fort Valley. I do miss Fort Valley and the Nest. We are using the FMCA Mail Forwarding service and they forward all mail to wherever my Blue Bird is parked.

We have added a field to the online Membership Directory. This field shows the date on which the Chapter received and processed your dues payment for 2011. You can check your dues status at any time by going to our Chapter website: www.BlueBirdChapter.org/Directory (caps and spacing are important) and, when prompted, the username is:

bluebus and the password is: BBMemb10

After you open the Directory, you can save it to your computer for offline reference. Also, please note, that you can expand each of the columns as needed by using the capabilities of your spreadsheet program. For example, many people will see that the street address field appears to be truncated, however, if you expand the width of the field, you will see its full contents.

Please be aware that with mail forwarding delays and my travel schedule, your dues payment may not appear in the online Directory for 3-4 weeks after you post it.

Happy and Safe travels to all.

Greg Peterson, Treasurer



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Editors Note:

For your convenience and to keep your membership/contact information up to date, please print the back page of this newsletter and fill out the renewal form. Send it along with your payment.

Cooking is for the Birds: by Kay Green Losh



Hello! Hope all of you are planning your travels for Spring by now, or perhaps you ARE traveling and enjoying your Bird. My theory is we have 'em, we love 'em, and we should use 'em--all we can! We have a couple of things on our calendar already, and will be adding more as the months go by. Seeing friends in South Texas is on the immediate agenda--can't wait!

We just had something a little unusual at **Cappy's Café** in Bonham, TX. I loved it. They served it as a side dish with lunch, and I think it would be good as a desert, too, perhaps with Chinese food?

Pineapple Casserole

- 2 large cans of chunk pineapple, undrained
- 1 ¹/₂ cups grated cheddar cheese
- 1 ¹/₂ cups crumbled Ritz crackers
- 1 stick margarine
- 5 Tblspns. Flour
- 1 cup sugar

Pour pineapple into greased baking dish. Mix flour and sugar in separate bowl, then sprinkle over pineapple. Layer cheese, crackers, and margarine. Bake at 350 for 45 minutes.

Here's a hearty supper for those cool nights we'll still have this spring. Easy to do, since you just put the stuff in the oven and relax.

Double Onion, Kielbasa and Potato Roast with Mustard Sauce

2 leeks, chopped

1 large sweet onion, cut into $\frac{1}{2}$ inch thick wedges

4 tsp oil

4 carrots, cut in 1 ¹/₂ inch pieces

1/4 tsp. each salt and pepper

5 medium Yukon Gold potatoes, cut lengthwise into quarters, then halved crosswise

1 turkey or beef kielbasa (14 oz.), cut in 2 inch pieces, then halved lengthwise

Position racks to divide oven into thirds. Heat oven to 500. You'll need 2 rimmed baking sheets lined with non-stick foil.

Toss Leeks and onion with 2 tsp oil on one baking pan. Toss carrots and potatoes on the other pan with remaining 2 tsp. oil. Sprinkle all with salt and pepper.

Place onions on top rack, carrots and potatoes on bottom. Roast 15 minutes.



Remove pans from oven; toss. Add kielbasa to carrots and potatoes. Return to oven; roast 15 minutes more until vegetables are tender. Toss Kielbasa with vegetables, pass sauce.

Mustard Sauce

1/2 cup reduced-fat sour cream

- 2 Tblsp country-style Dijon mustard
- 1 Tbsp water

Combine all ingredients, chill while veggies and kielbasa roasts.

We need **YOUR** recipes--favorites, comfort foods, new finds, and those you make at home for an easy meal, or those where you go all out! Please send your contributions to:

Cooking@BluebirdChapter.org

Michigan Rally!!!

JOIN US AT HEARTHSIDE GROVE FOR THE BLUE BIRD SUMMER RALLY 2011 Blue Bird Rally

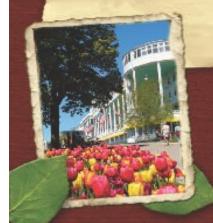
AUGUST 10 - 15, 2011

Blue Bird and Hearthside Grove invite you to come see what all the buzz is about Northern Michigan through a series of beautiful and entertaining events you don't want to miss. You will long remember this as one of the high points of the season!

Your rally fee includes:

- Five nights on Premier Hearthside lot
- Two cocktail parties with live entertainment
- Full and continental breakfasts
- Dinner theater with the dynamic Young Americans
- Group transportation and stylish welcome gifts
- OPTIONAL A Day on Mackinac Island! Includes ferry trip and lunch at the historic Grand HoteL Advanced reservations required. Add \$69 per person.

Nestled in Northwest Michigan, Hearthside Grove offers luxurious outdoor living in one of the nation's premier resort destinations. Our million-dollar sunsets over Lake Michigan, the boutique shopping in quaint downtowns, and championship golf, as well as the fine dining and rich scenery together with a full array of cultural events come together to promise memorable experiences season after season. Come join us!

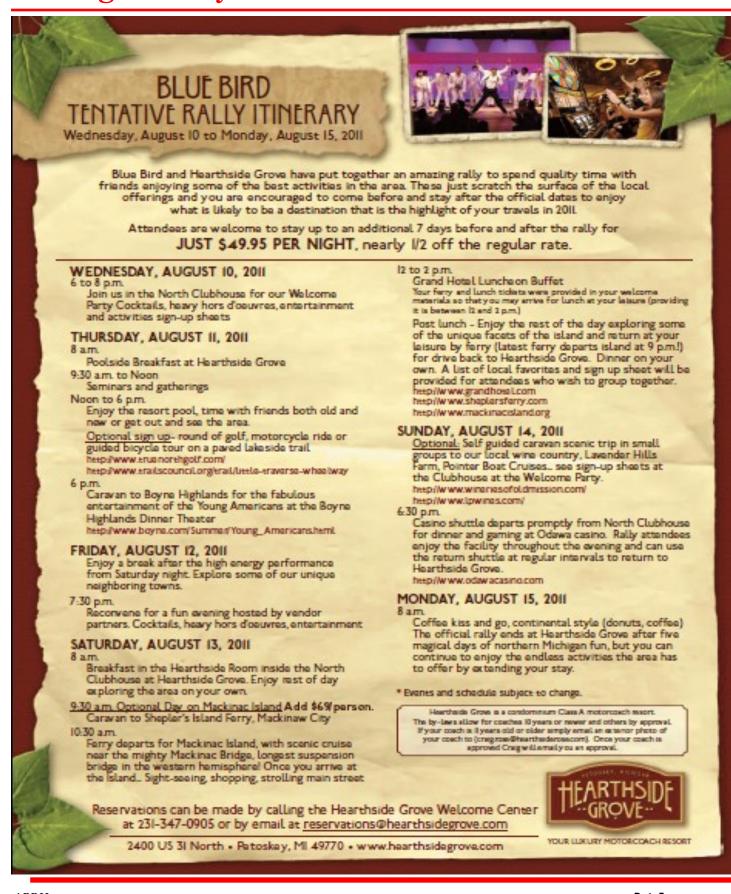




Reservations can be made by calling the Hearthside Grove Welcome Center at 231-347-0905 or by email at reservations@hearthsidegrove.com Reserve Today! \$499 per coach

> Deposit of 1/2 of raily fee due upon reservation. 2nd half payable 7/1/11. Non-refundable after 7/1/11.

Michigan Rally!!! Continued



Technical Tips and Tricks: by Ralph Fullenwider



It is April already! Time is running out to get ready for the Highways and Bi-ways that crisscross this wonderful land, we call home. Imagine, for a moment, being in the Coach, seeing the panoramic view before you, through those huge front windshields. The Coach is just purring and you snap a photo that seems to come out great, even though you're traveling at 70 MPH down the asphalt road. Interesting at how that happens, ever wondered about it? Or about how soft the road feels when you're at speed and the bumps just seem to magically disappear?



Let's have a look at the Air Ride Suspension on our beloved machines for a moment. We have all heard about the "rubber bumpers" inside of air bags but have you ever seen one? Then how about the inner and out bag, that is like a tire somewhat? Yes there is an outer ply like the side wall of a tire and an inner ply that actually holds the air.

Having recently replaced a rear Air Spring on Ruff Diamond, I cut away the old air bag for a show and tell and you can see the defect that made the Air Spring fail and it is only 25 years old too!! Sheesh, Grin.

One can see the bumper that the weight of



the Coach rests upon when the suspension is dumped. The steel plate that forms the top of the Air Spring is the opposite resting place.

Another photo shows the 2 ply's that make up the air envelope and note that there are actual

chords between the ply that gives the Air Spring strength to with stand the rigors of the open road or parked in a nice camping area.

There is no maintenance required on our part, for the life of the Air Spring, but it is nice to know what is actually in the makeup. There are 2 of these for each tire on the axles. In the case of the drive tires there are still only 2 bags per tire pair, and for a PT there

is one bag for each tag axle tire. That is a total of 10 on a PT and 8 on an FC or SP Coach.

The ride height valves that keep the Coach level is what regulates the supply air and adjusts the height the bag will extend to. If you ever need to replace an Air Spring, there is a manual that includes the part info used on your Coach, located in the Blue/ Black box or case. If that info can't be located then the part number is actually stamped on the side of the Air Spring just like the info on tires.

A final photo shows the old Air Spring still in place between the frames.

> So get ready for April showers, and spring flowers that will be popping up everywhere! What a great photo opportunity and from the interior of our rolling abodes as we cruise along at 70 MPH. Smile!

Safe travels,

Ralph and Charolette Fullenwider "84FC35 "Ruff Diamond" Duncan, Oklahoma <u>TechTips@BlueBirdChapter.org</u>





Traveling With Our Blue Bird, Part 2: by Jenise Harper

As you may recall from the March issue of *Birdtracks*, I declared we had, referencing the game of golf, hit a Birdie on Hole #1 when we purchased our 2001 Bluebird WanderLodge.

Our story continues

At the time of our purchase, it was late January 2009. We were in Florida, and had no intention of driving Big Bird back to Colorado in the midst of winter. Besides, we were living on our boat (a 42' motor yacht), and enjoying the Gulf Coast waterways. So we asked our dealership, North Trails RV, to store the rig until late April, when we would officially take possession.

We spent the next few months cruising and readying the boat for sale. At the end of April we asked North Trails to do a final checkout and tune-up of the bus, had new tires installed, and drove it to our

home port, Cape Harbour Marina, Cape Coral, FL. The Harbormaster allowed us to boon-dock on the yet-to -be developed north side of the marina. We moved the boat out of its slip and tied up to the seawall just below the rig. Made transferring belongings quite easy!

I filled every nook and cranny of the Bird, especially relishing the compartment above the bed! And under the mattess! And in the hanging closets! And all the drawers! We were packed to the max! But alas! The night before we were to hit the road, the domestic water pump stopped ... pumping!

Hole Two, Day #1: The next morning we bade farewell to the boat, with "For Sale" signs prominent on her bow and stern, and drove the rig to North Trails for whatever repairs needed to begin "pumping" again. We were there from 9 a.m. to 4 p.m. The mechanic tried everything, but could not find the problem. The schematics were pe-

As we settled in for the night, we were greeted by two moochers – sandhill cranes! Stately in appearance, they circled us and then moved in... rused over and over. Eventually he decided he needed to look at the fuse and relay box in the compartment above the bed. Well! He had to unload a season full of clothes

from the area before he could reach the needed panel. (I literally took everything off the boat – seven years of clothing and gizmos – and that compartment was particularly jammed.)

But his instincts proved correct ... a relay was tripped and voila! We were "pumping" once again. Now 4 p.m. is not a good time to be on the road in the Ft. Myers, FL, area. But we were determined to get started. So we managed a good 150 miles in rush hour traffic to just north of Tampa, and way.

Lesson #1 regarding "lay of the course": When traversing a tree-lined street, definitely hug the center line and PERHAPS you won't damage the top of your rig with every canopied tree branch!

As we settled in for the night, we were greeted by two moochers – sandhill cranes! Stately in appearance, they circled us and then moved in, froze in position, and waited ... We've seen the majestic creatures aloft and in the cornfields of Nebraska, but never so close and so fearless! When they realized we weren't going to feed them, they moved on to the next arrival.

Considering our delay in being "on the road again", we'd call Hole #2 a Bogie – not too bad, but not good enough to be a par.

Hole Three, Day #2 took us 330 miles further, to Quincy, FL – west of Tallahassee. This stretch of the drive was

particularly colorful, with beautiful wildflowers lining the interstate - magenta, pink, white and yellow ... the vivid hues took my breath away ... as did Beaver Lake RV Park, our stop that night. Woodalls labeled it "Good Sam". Ha! We checked in at a gas station and then drove into an open field. There were primitive electric and sewer hookups ... and a distinct odor! The "lake" was a dried-up pond. If wet, it would have been a mosquito haven, so I guess I should have been grateful. But I wasn't sure which smelled worse - the pond or the sewer hookups! Speaking of taking one's breath away! We stayed inside and read that night (no television reception or cable) and left as soon as possible in the morning. Double bogie on Hole #3!!!

Hole Four, Day #3: We drove 387 miles to Livingston, LA – east of Baton Rouge. It was a multi-state day, crossing through the panhandle of Florida, Ala-





decided to call it a day. Our stop was a Good

Sam park in Wesley Chapel called Quail Run

would be a fair distance off the interstate, and

battled low-hanging tree branches along the

RV Resort. We did not realize the park

Friendship: Submitted by Neat Scott

What determines friendship? Is it something that is intangible, something that we can't define? Isn't it a wonder when we meet up with another person and something just clicks! We find we have similar dreams,

goals and enjoy many of the same activities. Something in our soul responds like a flower opening to the sun. We can't specify it ahead of time, but we know it when we feel it. Friendships remain a mystery. Solving the mystery is impossible. If we were to ask different members of our club just why they have chosen

group. Perhaps a friendship first occurred as we sat together at a banquet or happened to park near one another, we laugh together, sometimes support one another when life isn't treating us as we'd like.



certain people within the club to become special friends with, we'd likely get a response that they can't explain it. "We just are." Then they would just smile. Most of us met because of our Family of Friends club originally.. We purchased Blue Bird Buses and had that in common. We met first at one or another Rally. We had fun together as a Friends bring sunshine into our lives. We are grateful for those that care for us and for those who care for others as well. Word spreads quickly when one or another friend is near. We do keep in touch these days by cell phones and the emails flying across the map.

Your Chapter Officers, Directors and Committee Members

President: Dan Jensen Senior Vice President: Alan Ritchie Treasurer: Greg Peterson Secretary: Karen James Northeastern Division VP: Jay Zeiglar South Central Division VP: Roy Zanca West Central Division VP: Roy Zanca West Central Division VP: Jim Olds Eastern Central Division VP: Jim Olds Eastern Central Division VP: Jimmie Cox Western Division VP: Dan Sunderland National FMCA Director: Bill Kirchner Alt. National FMCA Director: Jon Scott Past President: Tom Bay Welcome Hostess: Neat Scott Sunshine & Mists: Brenda Rodgers Newsletter Committee Rich Ducci: Chairman Neat Scott Ralph Fullenwider Karen James Kay Losh Alan Ritchie Slim Somerville Martha Vaughn Shane Fedeli

The following email addresses have been set up for your convenience. Your Chapter Officers, Directors and Committee Members want to hear from you.

President@BlueBirdChapter.org

Secretary@BlueBirdChapter.org

Friendships bring laughter into our life. Laughter with a friend has been said to be like eating cake at a party. You can have a party without cake but who wants to.

• Laughter is like changing a baby's diaper, it doesn't permanently solve any problem but it does make things more acceptable for a while.

* Smile! It kills time between disasters.



Treasurer@BlueBirdChapter.org SeniorVP@BlueBirdChapter.org NortheastVP@BlueBirdChapter.org SouthCentralVP@BlueBirdChapter.org WestCentralVP@BlueBirdChapter.org EastCentralVP@BlueBirdChapter.org SoutheastVP@BlueBirdChapter.org WesternVP@BlueBirdChapter.org NationalDir@BlueBirdChapter.org AltNatDir@BlueBirdChapter.org Newsletter@BlueBirdChapter.org TechTips@BlueBirdChapter.org Cooking@BlueBirdChapter.org Sunshine@BlueBirdChapter.org Welcome@BlueBirdChapter.org Classifieds@BlueBirdChapter.org

Historic Denver: Vintage Birds Rally

June 9, 2011 to June 13, 2011 Hosted by Jon & Neat Scott and Dennis and Karen James

Make your own reservation at Dakota Ridge RV Park, 17800 West Colfax Avenue, Golden, 80401. Phone number is 303-279-1625 or 1-800-398-1625.

Thursday, June 9. Registration, Welcome and hor de ourves at campground. Meet and greet, games and door prizes.

Friday, June 10. Tour of The Denver Mint and Downtown Denver attractions. Don't miss the Aquarium, the Molly Brown House, a tour of Hammond's Candy company, the gold domed State Capitol, or browse the many stores along the 16th Street Mall. There are also tours available for Coor's field or the Denver Bronco's Invesco Stadium at Mile High. The Denver zoo is just across town as well as the Museum of Natural History. Interested in a Colorado Rockies/Los Angeles Dodgers baseball game? Let us know and we will arrange to purchase tickets for you sometime during the rally. (Games are at 5:40 each night or Sunday at 12:10.)

Pot luck dinner at 6:30 p.m.

Saturday, June 11. A fun and entertaining Banjo Billy Bus tour of infamous sights around Denver. Coor's Brewery tour in Golden.

The Colorado Railroad Museum offers train rides and a look at the history of railroad in the West.

Don't miss Lookout Mountain and Buffalo Bill's Grave and Museum. Dinosaur ridge and a drive to the beautiful Colorado Rockies could find you riding the steam train at Georgetown Loop and touring a gold mine.

Also, the historic towns of Central City and Blackhawk can provide a look at historic buildings or try your luck at the various casinos in the area.

Dinner on your own. Check out the historic restaurants in Golden or dine at "The Fort" and experience the culinary delights of our rich Western cultural and culinary past, where food trends of the 1800's are reintroduced. Be inspired by historic recipes and sample items on the menu such as the buffalo empanadas ... delicious like the first kiss!

Sunday, June 12. Enjoy the many art galleries in Golden or Denver, tour Red Rocks and meet for an afternoon performance at the Heritage Square Music Hall. Dinner and show at Heritage Square Music Hall. Meet at noon with the show at 2:00. Heritage Square is a delightful replica of a western village with Victorian architecture. Go early and enjoy the many shops or take a daring ride on an Alpine Slide.

The rest of the afternoon and evening is free to enjoy the many attractions in the area.

Drive to the world's highest paved highway and view the state from world famous Mount Evans. All 14 miles of the road from the entrance station to the Mount Evans summit parking area (14,130) are paved. From there, you can hike the last 130 feet (about 1/4 mile walk) to the top at 14,264 feet. After you have made this climb, you can tell all your friends: "I climbed a 14,000 foot mountain in Colorado on my vacation!"

Monday, June 13. Coffee & donuts and farewell. Some will travel on to the Terry Bison Ranch in Wyoming, then on to more adventures in Yellowstone National Park. Rally at Grizzly RV Park in West Yellowstone. June 15 to June 18, 2011. Contact Bob Dilks for more information.

Rally fee: \$180.00 per coach with two people. Extra person: \$90.00.

Send your rally fee to:

Karen James

677 S. Carr Ave

Lafayette, Co. 80026

(phone: 303-665-6347 or cell phone 303-859-3822)

Traveling With Our Blue Bird, Part 2 (Continued): by Jenise Harper

(Continued from page 7)

bama, Mississippi, and now Louisiana! Although the colors weren't as vivid as the previous day, Louisiana's forests and bayous were magnificent. We drove through a huge wilderness preserve where the roadway (I-10) was elevated over swampland. And then, a study in contrasts, we were suddenly in farmland country. We followed the Sabine River, which intersected the roadway frequently and ultimately would divide Louisiana and Texas.

Our journey took us over Lake Charles. The bridge was very very high not a drawbridge. I felt we were driving uuUUPPPP and then DDOOwwnn a mountain! It wasn't a new structure either, but obviously substantial! Nearby was a railroad trestle with a swing/pivoting bridge - with a distinctively aged look about it!

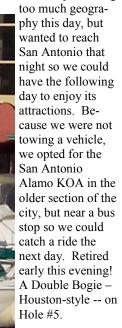
alert" status, pointing out potential driving hazards as we encountered them right, left, front and back - everywhere!

We spent the night at Lakeside RV Park in Livingston, LA (on I-12, the New Orleans bypass). What a lovely oasis! The lake was pristine, and inhabited by two swans, one black and one white. They glided effortlessly through the water, as if they were King and Queen of the domain. The facilities were spotless and the residents friendly. The only downside was lack of cable or television antenna reception. However, we sat outside and watched the sun set. and relished the quietude. Let's consider Hole Four a par - too many wild drivers for a Birdie, but everything else was quite nice ... Par for the course!

Hole Five, Day #4 - Destination, San Antonio, TX - 494 miles. We left Livingston early and drove through

We might have missed traffic in Baton Rouge, but we hit Houston either at the height of rush hour, or else there is always a problem getting through the city. The road construction was a definite contributor, as well. Cement barricades were placed ON the dividing lines, and lanes were extremely narrow. I was watching out the passenger window, and we seemed to be a mere inch away from scratching the entire side of the Bird - either on the barricade OR one of the semis passing us so closely I could have reached out and shaken hands with the drivers. Jim was moving as slowly as traffic would allow, but it appeared that even if we were crawling along, there was extreme danger of damaging our rig. The only good thing was that Texas paints the roadway numbers on the paved surface, so it's quite easy to navigate through the city – or would have been IF there hadn't been so much traffic, construction and barricades!

We stretched our limits by covering



At this point, we're half-way through our trip, and this

This was our "driver beware" day! We have never, in our 50 years of driving, encountered so many crazy drivers! They were zigzagging in and out of traffic (has anyone ever mentioned to them how difficult it is to slow down or stop a big rig?), and even passing on the right shoulder! We both put ourselves on "extra Baton Rouge before traffic could engulf us. What an interesting cityscape! We overlooked the huge industrial port and were amazed by the massive bridge over the Mississippi! We also saw an unusual Outdoor World Bass Pro Shop. It was new, but designed to look like a massive old cannery.

chapter in our saga is long enough. So let's say we've reached a shelter in the golf course, and are taking a brief "time-out" to "re-coop" (as in Birds) and "re-group"! ... To be continued with

Hole #6 ...

Health Tips #II by Sharon Kirby

Nails – Brittle nails can be a sign of low thyroid function. Have it checked by your doctor. Frequent exposure to water or detergent can weaken nails, and so can dehydration. Keep your hands and nails clean, but hydrated. Use a good, natural moisturizer on your hands after washing, and wear gloves if you do dishes in the sink. Nutrients that are good for the hair are usually also good for nails. These include high-dose silica, vitamin A (25,000 IUs) daily, fish oils, and biotin (10,000 mcg daily). Try taking a zinc lozenge: if it tastes very strong to you, that typically means you are replete in zinc, and don't need additional mega-doses. If you taste nothing metallic, this often means you need zinc and should supplement 50 mg daily until the taste is strong. Certain oils and salves applied topically can strengthen nails. Try a cream from calendula and comfrey. It works for hangnails, paper cuts, and even to repair and moisturize the nail itself. Comfrey is brilliant for superficial wounds because it speeds up the process of surface calls, helping to fill the gap of the wound. In no particular order, the following essential oils can be placed on nail surfaces to strengthen them and make them more flexible so they are less likely to break off: tea tree, holy basil, grape seed, pumpkin see, rose hip, rosemary, and also aloe vera gel. Experiment with what works best for your nails. Avoid biting or chewing your nails. One of the more common reasons for an adult to get acute appendicitis is from swallowing an indigestible scrap of their own fingernail!!! (This health tip came from an article by Emily A. Kane, ND, LAc in Juneau, Alaska in Better Nutrition magazine, Nov. 2010. Her website is dremilykane.com.)

Cranberries – Did you know that cranberry extract can:

- 1. prevent and treat urinary tract infections
- 2. help prevent kidney stones
- 3. help maintain healthy cholesterol levels and aid in stroke recovery
- 4. promote oral health
- 5. help prevent cancer
- 6. is a good source of manganese, fiber and vitamins C and K.
- 7.

(This information came from Better Nutrition magazine, November 2010.)

I personally drink cranberry juice concentrate by Dynamic Health. You mix 1 part juice to 5 parts water—please don't use water with chlorine or fluoride in it. There are other products to check out, but I enjoy the juice especially since it is not like cranberry juice cocktail which is full of sugar and pasteurized.

Vitamin C – Taking vitamin C supplements lowers the likelihood of developing osteoarthritis in the knee, according to a study of 1,023 people age 40 or older. The research, conducted at the University of South Florida, was published in Public Health Nutrition. Vitamin C is used to make collagen, a component of cartilage that supports bones in joints, but is destroyed with osteoarthritis. Vitamin C is depleted by non-steroidal antiinflammatory drugs (NSAIDs), such as aspirin, ibuprofen (in Advil and Motrin), naproxen (in Aleve), and some prescription pain relievers. High doses of vitamin c can raise blood levels of these medications, so dosages may **need to**

be adjusted. ((This information

came from Better Nutrition magazine, November 2010.)

Hot Flashes - My doctor told me to leave off the following teas-black, green, white, rooibos (African red bush). These teas are grown on plants that absorb a lot of fluoride from the soil. I eliminated those teas and my hot flashes (and my mother's) were greatly reduced in severity and number. I switched to rose hips and other fruit flavored teas plus some medicinal teas like ginger, and dandelion. Read your labels some fruit flavored teas are black teas with flavorings. Don't think I gave up my Southern sweet tea!! Sometimes I just have to have some, but I know what may follow and don't worry about it. Hope you find these tips helpful!!!

Sunshine & Mists: by Brenda Rodgers



We extend our deepest sympathy to Leona Palmer in the loss of her husband, Ron

Palmer in February. They resided in Orlando, Florida. Ron and Leona enjoyed many years in their Blue Bird and frequently attended the rallies.

We extend our sympathy to George Hansen whose wife, Judy, passed away in January. They resided in Maryland. George served as the second President of the Vintage Birds.

We extend thoughts and prayers to Martha and Charlie Vaughn in the recent loss of Martha's Mother. Jeanetta (Neat) Scott is recovering from a recent fall and reports that she is healing well. She says she is so grateful for all the help from her husband, Jon, and from the Blue Bird friends. She says they have helped both physically and emotionally as she continues to improve daily.

We are pleased to report that Maurice De-Shazer is doing fine following his stay in the hospital recently. He received excellent reports from his tests.

We send get well wishes to Art Overgaag following his stay in the hospital.

(Continued on page 13)

Niagara Falls: by Martha Vaughn

As long as I can remember, I have wanted to see Niagara Falls, the place for honeymooners, one of the world's wonders, and the division between Canada and the US. Charlie had been to Buffalo several times hauling produce during his trucking days, but he had never gone to the falls. We were really excited about this trip. We were staying at a campground on Grand Island southeast of the falls and west of Buffalo. The campground was located next to an amusement park where the squeals of people on the rides could be heard. We were packed in pretty tight among the trailers, tents, and smaller RVs.

A young couple was in a tent across from us. While we parked, they

watched us in awe as Charlie maneuvered the GigaRex into place. When Charlie went outside to connect the water, electricity, and sewer, the young man came over. I could hear him asking Charlie a thousand questions while he worked. Charlie hates to have someone asking questions when he is busy and usually answers curtly, but I was surprised at how gently he explained everything to the man. When he came in he told me that the man was

"not quite right." Later, I met the man and his wife. Both were "developmentally challenged" if those are the correct words to use. They were so sweet and childlike that I invited them in to see the coach. They were astounded. We were humbled by their appreciation of our spending time with them. Kindness is such a simple thing. I think of that young couple often, especially when I am inclined to brush people off and not take time to be kind.

The next morning we drove the car to Niagara Falls. The first thing we wanted to do was ride the boat to the bottom of American Falls. We rode an elevator to the base of the cliffs. There we were given blue plastic ponchos with hoods. We slipped on the ponchos and joined the line of blue-clad people waiting to board the "Maid of the Mist," a

double-decked boat. We climbed to the top deck. Nearby we could hear the roar of the water that got louder when we approached the American Falls. The boat steadied in the water at the bottom of the falls near the huge pile

of rocks as large as cars. Drifts of mist covered us as we beheld the immense power of millions of gallons of water tumbling over the falls and crashing to can side is, Horseshoe Falls on the Canadian side is more awesome. The boat, pitching and swaying, crept closer into the roiling water below the falls. The mist devoured us. The power

We slipped on the ponchos and joined the line of blueclad people waiting to board the "Maid of the Mist," a double-decked boat. We climbed to the top deck.

of the water is beyond description. The roar is enveloping. I clung to the railing in fear and reverence. Finally, the boat turned and sailed to calmer waters back to the dock. We left the boat knowing we had

experienced a natural wonder like no other.

I was hungry by this time. We bought a hotdog for nine dollars! What can possibly be in a hotdog to make it worth that much? I could

> buy a whole pack of dogs for that price and there was nothing great about it.

After eating, we wanted to take the walking tour to the bottom of the American Falls. We rode the trolley to the entrance and stood in line slowly snaking its way to the building where we were given a bright yellow poncho and blue and white sandals and a bag to carry our regular shoes in. I'm used to sandals, wear them nearly all year, but Charlie is not. He always wears lace up leather shoes and black socks. I did persuade him to roll up his pant legs so they wouldn't get wet. His sandals didn't fit or he was unaccustomed to the looseness of them. He kept fussing with them and twice I had to adjust them for him. I was so absorbed in his

sandal problem that I didn't see the whole picture until we had walked down the path. I looked back at him and burst into laughter.

Charlie had on the yellow poncho with the hood tied tightly around his face. His big nose jutted out like a beak. Below the hem of the poncho, his white, white legs stood out like porch pillars on a Southern mansion further graced with the blue and white sandals on his huge feet. He walked waddling side to side, putting his feet flat on the ground. By his side, he carried a large black umbrella.

"You look like "Big Bird!" I howled

(Continued on page 13)



the rocks below. It was awesome in the true sense of the word.

We were told of a 62-year-old woman who rode down the falls nailed into a padded barrel and lived to vow never to do it again. A small boy in only a life vest survived going over the falls when the boat he was in capsized above the falls and he was swept over. He was picked up by one of the tour boats, unharmed. His father drowned, his mother was rescued yards from the top of the falls by some sightseers who plucked her from the water.

As magnificent as the Ameri-

Niagara Falls continued: by Martha Vaughn

(Continued from page 12)

and pointed at him. "Stop! Let me take a picture!"

He waved the umbrella at me threateningly. "No!" He roared. "Get on down the path."

I turned around and tried to stop laughing. I was fine as long as I didn't look at him. I walked and he slowly waddled down the path because he was terribly unsure in the loose-fitting sandals. We climbed down the wet stairs and stopped at the landings to let others pass. The stairs made a u-turn and went back up. One offshoot was perched over the rocks. Of course I had to go there. I stopped at the top and put my hand through the steps and into the rushing, cold water. The mists swirled around us and the water sprayed

over our heads. It was frightening to be so close to so much power, but I loved it. After getting thoroughly soaked we climbed down and proceeded up the main stairs to the top.

Charlie was delighted to be shed of the sandals and yellow poncho. The castoff sandals were put in a bin to be given to people in other countries who need shoes. It will take some mighty big feet to fill "Big Bird's" uh...Charlie's sandals.

Sunshine and Mists continued: by Brenda Rodgers

(Continued from page 11)

We also send our get well wishes to Doug Columb.

Christine Giffen has recently been diagnosed with breast cancer, and has already had surgery. She begins her chemo treatments on April 4 and has requested that you remember her in your prayers.

Tommy Vance is still recovering from surgery on his arm and will have a cast for several more weeks. Dan Greer is getting along fine following his recent stay in the hospital. Carolyn Greer's Mother has recently had pneumonia, but is doing much better. Her Mother will celebrate her 100th birthday later this year.

Best wishes to all of you and your families for a wonderful Easter, and a beautiful Spring. It was a pleasure to see several of you who attended FMCA in Perry. Reports indicate around 3000 motor homes attended this year. We were thankful the Bradford Pear trees and the Peach orchards welcomed you as they were in full bloom during your visit. Many folks stayed over an extra week to enjoy the Cherry Blossom Festival in Macon -which also had Yoshino Cherry trees at their peak.

Warm regards to each of you, Brenda

Sunshine@BlueBirdChapter.org

CUT ALONG DOTTED LINE—NOTE: Rally Committee Reserves the Right to Add Even More Fun at No Extra Charge!

Blue Bird Chapter, FMCA Rally Registration Form - Use This Form For Any Chapter Rally Registration

Rally Name/Event You a	Te Registering Por_		
First Names:			
City/ State/ Zip:			
Cell #	Email:		
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FMCA #		First time:	Handicap? _
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Mail to: Treasurer, Blue Bird Chapter of FMCA, 3590 Round Bottom Road, Cincinnati, OH 45244



2000 Wanderlodge LXI 43' 500 HP Detroit Diesel Series 60 engine. 15 kW autostart generator, one slide-out. Includes washer-dryer, new refrigerator, 37" LCD TV in living room and 20" LCD TV in center storage bay. Tires and Batteries only 3 years old. Coach has been detailed and serviced annually by Holland Motor Homes. We are the first and only owners. Contact Harry or Marge Perpich at 239-352-5246 or on our cell phone at 313-729-9109



1983 Wanderlodge FC35 Rear Bath It only has 130,000 miles on a strong engine. Has most of the standard equipment plus some additions or replacements including new tires, batteries, toilet, cover, tow bar, refrigerator (AC), front shocks, rear view camera system, and more. Engine and generator start instantly. Asking \$16.000 firm. Call for more information- Jerald and Molly Peterson at 918 810-3615 or 918 407-6742



1978 Wanderlodge FC35 Rear Door- New Paint Job new upholstery, new carpet, new tires, new generator. Everything works in this coach and it is a solid as a rock. Asking \$21,900. Has new brakes, new batteries, new tires, new fantastic fans and a/c throughout the coach. 149,000 original mi. and coach has new hoses. Contact Jon Lechich at jipjob@yahoo.com



1986 Wanderlodge PT40 475 HP Detroit Diesel, 186,000 miles. Cruiseair air conditioning, new dinette upholstery, new flexsteel captains chairs (electric), new reefer freezer, new radiator, new alternator. Coach is in very good condition, no pets, no smoking. Asking \$39,000. Contact Terry Blaire at 760-310-5129.



2001 Wanderlodge LX Millennium Edition Galley and living room slide- outs. Always stored inside with electrical hook-ups. We are the second owners of the coach with 70,022 miles. 500 HP Cummins ISM engine, Jacob 2 stage engine brake, Allison 6 speed transmission. New Michelin tires and batteries 3 years ago. VDO/Dayton navigation system. Interested parties should contact Bill at (828) 312-3005. Asking \$165,000.







1991 Wanderlodge WB 40 198,000 miles, Detroit Diesel 8V92,500 HP w/Bulk Oil Fill, Allison HT-755 Transmission, 15KW Power Tech Generator. Interior is light gray with laminate cabinets. Ceramic tile flooring in dining & bath rooms with light gray carpet elsewhere. New Blue ox tow bar with cables + ball hitch, External Zip Dee custom screen room with water bags and screen covers that attaches to main awning. Coach is in excellent shape and priced at \$95,000. Contact Rich Schwendler at 863-605-2884 or at <u>r.schwendler@verizon.net</u>



1984 Wanderlodge FC33 Side Bath CAT 3208 Turbo Diesel 250 HP. 79,910 miles. All original, garage kept, no rust, perfect paint! Washed, waxed and serviced regularly. Tires only 2 years old. Allison Automatic Transmission. 12.5 kVA Kohler/Perkins Diesel Generator. Interior is in excellent condition too. Located in New Castle, DE. Selling because we purchased a newer model. For more information contact Paul Knotts at (302) 838-9317.

1997 Wanderlodge WB 43' 500 HP Detroit Diesel; Low mileage (20,000) like new inside; garage kept; will sleep four: has private, separate bathroom and full master bedroom; many amenities;. Located in Long Valley, NJ. **Price Reduced to \$110,000 or best offer**. For more information contact Bernard Peach at <u>bwpeach@gmail.com</u> or by phone at 908-852-1755.



1984/85 PT40 Newly rebuilt engine. Road ready. All Bluebird options. New appliances. Selling due to health issues. Contact Marge or Joe Zakowski at <u>mjzakowski@juno.com</u> for additional pictures and information. Asking \$40,000. Bus located in Northern Indiana



1985 Wanderlodge PT36 6V92, 330 HP. My vision is failing and unfortunately we have to sell the coach. It has been stored inside when not in use. No pets, many whistles and bells- too numerous to list. Call Reggie and Marty Pryor at 740-653-6489.Coach is located in Lancaster, OH

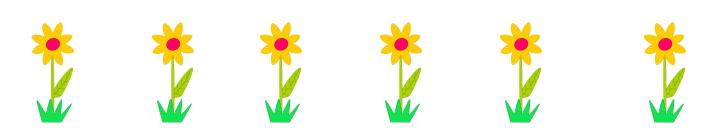


1990 SP-36 Wanderlodge 137,000 miles. 3208 CAT 300 hp with 3200 engine hrs. Coach is in fair condition inside and out. Priced at \$39,000; Contact Robert Erath at <u>robertwerath@aol.com</u> with any questions



1996 Wanderlodge WB42 Approximately 102k miles on a series 60 Detroit 470 HP with Jake brake and Allison World 6 speed transmission. 15KW Powertech generator with auto start has 1038 hours. This coach was the Wanderlodge show coach for the 1996 FMCA summer convention and has lots of special lighting and extra features. This unit is in very good condition and everything works.. Asking \$102,000. For more information, contact George Fox at 509-215-0367 or at doszorros@hotmail.com





Classifieds (Continued)

1982 FC35 Bluebird Wanderlodge Rust free - always garaged. Entire interior and exterior modernized. All new upholstery and curtains. Oak laminate flooring. All table surfaces redone in real oak with solid oak trim. All electronics updated including generator controls. Many other upgrades. Reduced to \$35,000 firm Contact Bob Rosenberg at rincon1938@gmail.com or feel free to call me at 607-435-6402.



1984 PT40 Bluebird Wanderlodge 6V92, 325 HP, Allison MT654-CR 5 Speed Automatic with Retarder, All appliances are in excellent working order. Complete set of manuals including 'Blue Box'. Less than 5K miles on NEW brakes and suspension air-bags all the way around. Coach is very clean, never been smoked in and has been meticulously maintained. \$42,500. For More information Contact Brian Prinkki at 626-536-1719 or by E-mail at brian@remotetechs.net. Coach is located in Monrovia, CA



1994 Wanderlodge WB40 95,000 miles, Detroit Diesel 8V92 w/Bulk Oil Fill, Allison HT-755 Transmission, 15 KW Power Tech Generator. Exterior Platinum/Black with Aqua, Rose and Purple Highlights; Interior is Black and Cream, White Laminate Cabinets w/ Corian Countertops and White Ceramic Tiled Floor with Carpet Inlay in Living Area, White Leather Dinette and Sofa. Walk thru bath with private toilet, Cross island bed, ½ booth dinette w/ free standing chair, Asking \$85,000, Will Negotiate. Contact Joe at 715-559-5947 or by email at nrausch.rn@gmail.com



1984 FC35 SB Wanderlodge 124,875 miles, Coach is in very good condition. Asking \$30,000. For questions/additional info, contact Howard Smith at 803-568-4755 or by email at howlyn@pbtcomm.net





Classifieds (Continued)

1981 Wanderlodge FC 35 Rear Bath 3208 turbo Diesel Caterpillar Engine. 500 Allison 4 speed automatic transmission. 10 kW 4 cyl diesel generator. 65,000 miles on coach, about 50,000 miles on the engine. Sleeps 6, large rear bathroom across the back of the bus with tub & shower. Asking \$27,500. Contact Norm Wobschall at 507-456-3728 or at normco3@yahoo.com for more photos and info.



2000 Wanderlodge LXI 97,000 miles. 500 HP Series 60 Detroit Engine. Allison transmission w/ Jacobs Engine Retarder, Kitchen single slide, 260 gal. fuel / 48 gal. LPG, 150 gal. fresh water, 160 gal. grey & black water, 3 roof air ac's, Aquahot & electric heat,. Reduced to \$179,900. Contact Richard Ramsey at yeamar49@yahoo.com or by phone at 850-447-1700.



1984 PT40 Bluebird Wanderlodge 6V92TAC 325 HP Allison MT654-CR 5 Speed Automatic with Retarder. 234,010 miles showing on odometer. Original engine was replaced with a Detroit Diesel factory remanufactured Silver Series 6V92TAC at around 153,000 miles due to a spun bearing, 6 new batteries installed in December 2009. Complete set of manuals including a full set of electrical schematics (full size drawings) and Reduced to \$45,000. Contact Page Britt at <u>KE4WKL@gmail.com</u> or by phone at 850-528-6862



1986 Wanderlodge PT40- Detroit Diesel 8V92, 475HP, Allison Transmission. Coach is in Great Shape- it's been garage keep most of its life! 107,000 miles, 12.5KW Diesel Generator, 2964 Engine Hours, 3 roof Airs, 4 Heaters, Priced at \$48,995. Call Rick Vossen at 850-527-4765.



APRIL 2011

BLUE BIRD CHAPTER OF FMCA, LLC

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Send your article contributions to: <u>Newsletter@BlueBirdChapter.org</u>



The Blue Bird Chapter of FMCA, AKA, the Family of Friends was Chartered July 15,1975. The general purpose of the Blue Bird Chapter is to promote the goals and objectives of the Family Motor Coach Association (FMCA) and to operate within the guidelines of the FMCA. The specific purpose of this Chapter is to promote fellowship, camaraderie, cooperation and enjoyment of Blue Bird Wanderlodge and BMC coaches by their owners. The Chapter plans rallies and other social events that promote solidarity and friendship through lifestyles shared by these owners. Members help each other by sharing knowledge and promoting the travel and lifestyle these fine machines make possible. If you presently own a Blue Bird Wanderlodge or BMC motor coach, your ownership will be enhanced by filling out the application below. We look forward to you joining this unique and international "Family of Friends". If already a member we appreciate your continued support and welcome your comments, newsletter contributions and

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APPLICATION FOR MEMBERSHIP / RENEWAL / CHANGE FORM

You must be a member of the **FAMILY MOTOR COACH ASSOCIATION.** Your club application fee is \$50 which includes two name badges and dues for the current year. Your dues are \$25 per year. Make check payable to the **BLUE BIRD CHAPTER of FMCA, LLC**.

		New Application \$50.00		
DATE	_ FMCA #	Renewal \$25.00		
LAST NAME		Information Update		
STREET/SHIPPING ADRESS				
CITY/STATE/ZIP				
PHONE NUMBER		_ CELL #		
OFFICE NUMBER		_ COACH #		
PLEASE PRINT FIRST AND LAST NAMES AS YOU WANT THEM TO APPEAR ON YOUR CLUB BADGES:				
(New Applications Only)				
1st BADGE				
PLEASE RETURN FO Blue Bird Chapter of 3590 Round Bottom	RM TO: FMCA Print, Fill Out and Mail <u>OR</u> load			
Cincinnati, OH 45244	<u>C</u>	lick Here To Fill Out On Line.		