



February 2011

**Welcome Lazy Dazers to Buena Vista!
Your Host Group, the Past-Tents**

A MESSAGE FROM THE NO-MADS AT LAKE PERRIS

It was a hectic start to the beginning of our camp-out with keeping track of our new group areas, in addition to individual space numbers, as we celebrated the first Caravan of the New Year. Everyone seemed to like our new spot better than the other Owl Loop, and we settled in. We had 98 rigs in camp including two first-timers. Memories of our last visit here were of rain, rain and oh- wind. However, our time spent this time had been one of almost “picture postcard” perfect weather. Some of us chose to walk, or bicycle the ten miles stretch around the serene reflective lake while observing the informative signs along the trail. Others attended meetings, visited, or warmed up for the washer toss games hosted by, “that guy, who glues us together,” John Malliard. Dave Nordstrom and Don Reiner of the Outbacks escorted some of us to the County Administration building where Dave is the Coroner for the Riverside County. Here we were able to tour the building and view an ongoing autopsy. Thank you to Dave and Don; Greg Young arranged for a trip to the Veteran’s Memorial and assisted with the driving. Thanks, Greg. And if you could fit it into your schedule, Joanne Wayne conducted hearing tests giving us valuable information. She promised to fit more folks in during the next outing. Thank you, Joanne. Also BIG thanks for those of you who sat at the Host Tent and helped with the site information and endured the wind. Ongoing discussions around the evening campfire, involving how we can best serve the needs of our organization blended well with all the delicious meals served and our mutual camaraderie. We hope you had a good time.



WE SALUTE YOU

HOST TENT VOLUNTEERS FOR JANUARY

MOORE, EARL & FLORENCE

HIRST, ENOS & JOYCE

MAILLIARD, JOHN & CATHERINE

BOSCHMA, BETTY

ARTHUR, BILL

ROADRUNNERS

FLETCHER, JOE & JANE

ZABEL, MARLIN & PEGGY

PATHFINDERS

SKINNER, MIKE & MARGARET

GRINDE, PAUL & URSULA

HERB JOHNSON

WELLS, GARY & VELNA

SURBROOK, BILL & FRANCES

CHRISTIAN, HERB & CARLYNN

EDGECOMB, LURLIE

REEDER, GEORGE & ROSEMARIE

HERITAGE, DAN & GRETCHEN

CAMPBELL, JOHN & ANITA

PAST TENTS

RAMEY, JIM & MARILYN

MOORE, EARL & FLORENCE

NO-MADS

THANK YOU FOR YOUR SERVICE TO THE
LAZY DAZE CARAVAN CLUB.



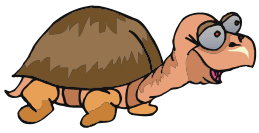
“Lazy Dazers thank you very much the generous \$150.00 gift certificate to the Five Crowns restaurant. Katharine and I look forward to enjoying quite a lovely meal there in the near future. It has been a busy year and I have appreciated the support you have given me and the E. Board to get us going in the latest version of our favorite club. I hope that my experience will encourage other really qualified leaders to step forward and keep us going down the road.”

Happy Trails,
Dave Spencer



Terry Joe, our sound technician.



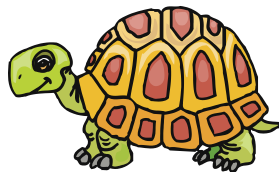


Painted Turtle

TEAM TURTLE is up and running, well maybe not too fast, but very steady...Behold the Turtle. Ruthie Judd and Joyce Hirst made afghans this time and thank you both!!! There was a mystery person who dropped an afghan that need finishing. Thank you too and is there anyone who would like to finish her start? Let me know.

Side Note: Paul Newman started the Hole in the Wall Gang, which became a dream of his to have a summer camp for terminally ill children in an attempt to give them as normal a camping experience as possible, completely free of charge. He wanted one of these camps in every state of the Union. Painted Turtle is the California camp name. This camp is at Lake Hughes and offers fishing, horseback riding, swimming, acrobats, crafts, sing songs and you name it, it is there.

Jane Farwell
The Afghan Collector



Henrickson, Paul & Kay—Richland, WA



Small, Ken & Bev—Chula Vista, CA

GOODWILL AMBASSADOR REPORT



I always hate to start my article with sad news, but then again I hate to end this article the same way. Missing from future caravans are listed below:

Outback DON ANDERSON #2942 passed last year on October 1st. If you wished to send a belated card, MARY's address is listed in the latest copy of the roster.

Former member of the Vagabonds, DAN ESTEP #2376 passed also last year on December 12th. BETTY's address is 739 Oceanbluff, San Dimas, CA 91773-1929, if you would care to send a card.

Past Tents, TANYA MAURER #2954 who attended the Live Oak Caravan passed on December 28th. Her parents ANGELA and DWAYNE SMITH #2988 were among the new members at that same caravan.

DAN ZOLL #2740 of the Outback's missed the Live Oak Caravan due melanoma surgery in December. Hopefully we will see them at Buena Vista in February.

Road Runner Mama Bear, LAURETA GIBBS #2641 has been hospitalized for several days due to blood clots in her lungs.

Sorry we missed Lake Perris, but Back Scratcher BYRON SHANER #2817 a.k.a. as my better half has visited the E.R. due to a-fib problems that continue to bother him to the point he does not feel comfortable being too far from his favorite hospital. Hopefully the situation will be corrected very soon.



Mona Shaner
MonaL@sbcglobal.net

Washer Toss

Group Challenge



1st Place : No Mads Bob Lowe & Sharon Turner
2nd Place: Drifters Vern Tutterrow & Peggy Zabel

Saturday Contest



1st Place Dave Hurley & Ruth Carter
2nd Place Willie Judd & Cynthia Casebolt



Coffee Hostess with the Mostest!

A big Thank You goes out to Millie and Don Reiner for volunteering as Coffee Hosts at Lake Perris. Early one morning I glanced toward the coffee pots and spotted a large number of people socializing so I moseyed over to see what was going on. Plates of cakes and Millie's homemade peanut butter cookies were waiting to be paired with fresh hot coffee and chocolate. Some of Millie's customers had waited for that first cup of java since the crack of dawn.

Millie obviously planned in advance to make this an enjoyable activity where contented customers (peanut butter cookies will do that to you), could have a place to share stories and discuss issues. Millie and hubby Don enjoyed being Coffee Hosts for one month. They were thanked and appreciated by their guests (especially for the peanut butter cookies). Millie's experience reminded me of our own when we did the coffee duty and how we wondered why we never volunteered before. It was no problem carrying the coffee pots home, no problem at all. Preparing coffee in the evening and setting the timer to make coffee for the following morning is simple to do. If you have never volunteered before, how about signing up on the Coffee Host signup sheet and take your turn too. You will be glad you did.

Donna LaPorte

Anniversaries



Dan and Gretchen Heritage—100 Caravans



Paul and Ursula Grinde—150 Caravans



Betty Boschma—225 Caravans



Norm Martin—275 Caravans

Hearing Test



Joanne Wayne giving hearing tests at Lake Perris



Safety Team

I want to thank all of you who stepped up and volunteered for our safety team. Our members are as follows:

Joanne Wayne-Chairperson (Outback)	Ruben Pasillas (Nomad)
Sandi Bartel-Assistant 1 (Road Runner)	Al Granger (Nomad)
Lurlie Edgecomb-Assistant 2 (Outback)	Dave Spencer (Nomad)
Ann Cook (Firesider)	Bob Lowe (Nomad)
Peggy Zabel (Drifter)	Steve Tivy (At Large)
Bob Wayne (Outback)	Howard Cleek (Backscratcher)

We would like to have each group represented because the closer we are to a problem the faster the solution. Anyone interested please sign up at the host tent and join us at our monthly meeting on Thursday at 11:00.

HEART ATTACK - HELP!

What are the symptoms and what should I do? It is always good to review the symptoms and know what to do in case of a heart attack no matter where you are. What do I look for?

SIGNALS OF A HEART ATTACK

(American Red Cross)

- | | |
|---|---|
| 1. Persistent chest pain or pressure that lasts longer than 3-5 min. or goes away and returns | 5. Dizziness, light-headedness or fainting. |
| 2. Chest pain spreading to the shoulder, neck, jaw, stomach or arms. | 6. Pale, ashen (grayish) or bluish skin |
| 3. Shortness of breath or trouble breathing | 7. Sweating |
| 4. Nausea and vomiting | 8. DENIAL OF SIGNALS |

Women are more likely to have:

- | | |
|---|------------------------|
| 1. Shortness of breath | 3. Nausea and vomiting |
| 2. Delay in letting others know about their symptoms to avoid bothering or worrying others. | 4. Back or jaw pain |

CARING FOR A HEART ATTACK

- | | |
|-------------------------------------|---|
| 1. Call 911 | 4. Closely observe person until EMS arrives. Watch for changes. |
| 2. Stop what you are doing and rest | 5. Obtain information about person's condition, allergies, medications. |
| 3. Loosen tight clothing | |

OFFER ASPIRIN if medically appropriate. Aspirin can lessen heart attack damage.

Give 2 chewable (162mg) baby aspirin, or up to (325mg) adult aspirin with small amount of water. Do not use coated aspirin. Do not give Tylenol, Motrin or Advil- these are pain killers.

If an emergency occurs on a Lazy Daze outing, please contact anyone on your Safety Team by mouth or CB-CH 30. The CB should remain clear until the emergency has been resolved.

Hope this review has been of some value to you.

Joanne Wayne, Safety Team

Morgue Tour

Submitted by Dave Spencer

A small band of Lazy Dazers was privileged to be taken on a privately guided tour of the Riverside County Morgue by none other than our own David Nordstrom, Capt. Riverside Sheriff's Dept. We were brought to the morgue and escorted through the very interesting facility with its specially large refrigerated rooms that hold decedents until they are taken to a mortuary, as well as the large warehouse where property of deceased persons who have no apparent heirs ends up in probate court and a judge takes over responsibility of seeing to its disposal. We also went through the investigations section, but the most interesting part were the autopsy suites, where the pathologists do the cuts to determine the cause of death and other factors related to the death of the decedents.

We were allowed to view two autopsies and one external examination. The first was that of a man who had died as the result of a head-on collision earlier that morning. We were escorted into a viewing room adjacent to the autopsy suite and looked down into the room, where the body was rolled in on a special gurney that could contain bodily fluids. The doctor worked with technicians who assisted him in the procedure. The doctor made the famous "Y" cut and then used common pruning shears to cut the ribs, so that he could remove the rib cage by grasping the sternum and pulling it up. After that, he began removing and examining organs. He also weighed them. Their weights were recorded on a white board. I should also mention that before these two began their work, another tech photographed the body in great detail, including a measuring scale next to any lacerations or wounds. There were permanent markings around any injection sites or other areas of treatment that were given to the person by the medical teams prior to death, so they were separately noted. The tech brought the various organs by the viewing window for a closer inspection by our group. Also, we had a camera view directly over the body cavity that we could zoom in. Additionally, we had two-way communications with the doctor, so that we could ask questions as he performed his work. He and the techs worked as a team and with great coordination. The doctor commented along the way so we knew what he was doing, and what it was he saw. The third tech assisted by suctioning the blood and other fluids to keep the area they were working on clear. The body organs were put into a bucket as they were discarded and later all would be returned into the body cavity.

The first tech was responsible for the brain. First, she made a scalpel cut behind the ears, from the top of one ear to the top of the other. Then she had to roll up the skin to expose the skull to the top of the head, and then roll down the skin to below the ears. This is very hard to tear away the skin from the bone and she wrapped a towel under the initial portion of skin to get a grip and had to use much force to peel the skin away. Then she drew lines behind the ears and up to the center of the skull and around to the back of the skull. When these lines were cut with a small circular saw, they would make a hatch in the skull which would be removed to access the brain. The tech also had to scrape the dura matter off the interior of the hatch cover as well as the interior of the skull, which was very resistant and hard to remove. Once the hatch was removed she reached in, and removed the brain. Before doing that, the doctor observed the exterior of the brain for any signs of trauma. The brain was weighed and then she showed it to us, both the upper and under sides. After that, the doctor took his own personal knives, and cut it into thin slices to look for any signs of problems or irregularities. He also kept samples of the brain and other organs. The tech bunched up a towel, and put it into the skull, then she replaced the hatch.

I asked the deputy coroner, who was our guide, where the tech was trained, and was told that it was O J T. Our guide had been a tech previously, and had started out as a volunteer, but had promoted up for better pay, because the techs top salary is \$17.00 and hour. I was astounded at the skill it took to do that type of work, brain surgery actually, for only \$17/hr.

(Continued on Page 8)

(Continued from Page 7)

The next body was that of a man who had died the previous night of unknown causes and the pathologist had to determine the cause of death. The man was in his mid fifties and had diabetes and had dropped dead in his shower the night before. There were still the little white patches from the EKG machine on him and the markings from sights the medial teams left on the body. After the “Y” cut and the removal of the rib cage the pathologist could look directly at the heart and lungs and quickly assessed that the man had died of a pulmonary embolism. He pointed out the embolism to us and then proceeded to cut it out and pass around for us to see. After further removal of organs the doctor found a fatty tumor in the body cavity which produced the embolism that killed the decedent and others. It was really quite interesting to see the doctor and techs at work in harmony and see how they investigate the body and are able to find the problems and causes of death.

One quickly loses touch with the personal human qualities and becomes more scientifically oriented to the scientific investigation at hand and the skill of the investigators.



Terry's Tech Talk

Tech Talk Article 56

Maxxima 84410 LED Fluorescent Replacement

02/2011

In Article 53, I discussed the Maxxima 84409 LED Cargo Light and I mentioned the similar Maxxima 84410 Sleeper/Cab LED 42 LED as a replacement for the Lazy Daze fluorescent fixtures. I installed the 84410 Sleeper/Cab LED recently and the installation is much easier than the 84409 LED as the only modification to the Lazy Daze cutout is to insert a 1 inch wide by 19 inch long by 1.5 inch deep wood filler that is completely covered by the face plate on the new light. The black 84410 mounts flush under the cabinet and it has a built in "Low" (only the center 14 LED lamp "On"), "High" (all three 14 LED lamps "On"), and "Off" switch. The most recent unit cost is \$107.15 plus tax from the Lighthouse in Santa Fe Springs, California.



The installation is simple. Pull the appropriate fuse from the 12 volt fuse panel above the converter. Remove the plastic diffuser from the old fluorescent fixture and then remove the 6 screws attaching the fixture to the cabinet. Then undo the two wire nuts on the Lazy Daze wiring and pull off the old fixture wires. Insert the wood spacer along the far edge of the cutout and countersink a pilot hole for two or more 1-1/2 inch (or longer) dry wall screws and attach with the screws. Add the Black Maxxima wire to the Red Lazy Daze wire bundle and secure with the wire nut. Add the Grey Maxxima wire to the White Lazy Daze wire bundle and secure with the wire nut. Stuff the wiring back into the end of the cut out and then hold the Maxxima fixture in position and drill the four 1/8 inch diameter pilot holes for the four #10 by 3/4 inch self tapping pan head screws and flat washers. Attach the fixture to the cabinet bottom with the screws and flat washers. I used stainless screws and flat washers. Reinstall the fuse and now you have trouble free bright white light that uses less than half the amps of the old fluorescent fixture. No bulbs to work loose or burn out and no inverter/ballast to burn out either.

Detailed specifications can be found on the website: www.maxxima.com and search on "M84410" or "Interior Lighting – Cargo Lights".

[Techsnoz](http://www.techsnoz.com), the "Tech Talk" website.

Check it out at: <http://autos.groups.yahoo.com/group/Techsnoz/>
Terry Tanner Rig #2779

PLEASE REMEMBER
To Park So You Don't
Block The Exit Of
Another Rig

? EMERGENCY ?
Call on CB Channel 30
CODE RED: FIRE/GAS LEAK
CODE BLUE: MEDICAL
PLEASE Do Not Use the CB Until
The ALL CLEAR Is Sounded



Keep in the KNOW!
Pick up the latest news — from the
Lazy Daze website!

Art & Barbara Berggreen #2771
www.lazydazecaravanclub.org

From the Editor

The deadline for articles is the Sunday following each Caravan. Thank you for your continuing support in the production of the Caravaner.

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BAKERSFIELD MUSEUMS

The Crystal Palace

2800 Buck Owens Boulevard 93308
 328-7560

Buck Owens' Country and Western Museum, restaurant and performing arts center.

Kern County Museum

3801 Chester Avenue 93301
 852-5000

Experience Kern County's past in this restored Victorian Village. You will see buildings such as an 1899 general store, a one-room schoolhouse and a grand Queen Anne Victorian home. A multi-million dollar interactive exhibit - Black Gold: The Oil Experience - pays tribute to Kern's oil history.

Lori Brock Children's Discovery Center

3801 Chester Avenue 93301
 852-5000 or 861-2132

Newly remodeled facility offers exhibits and classes year-round for "hands-on" teaching. Displays include art, history, humanities and science, encouraging creative thought.

Bakersfield Museum of Art

1930 R Street 93301
 323-7219

Municipal art museum with permanent collections of local and California artists, rotating exhibits, classes, seminars and school tours.

California Living Museum (CALM)

10500 Alfred Harrell Highway 93306
 872-2256

Fascinating exhibits showcasing California plant and animal life.

Minter Field Air Museum

401 Vultee, Shafter 93463
 393-0291

Local military aviation history lives at the Minter Field Airport where the annual Warbirds in Action air show is held.