

Camping Women Trails

February 2010

Greetings from Our New President, Joey Johnson



Happy 2010! I want to thank everyone for electing me to the position of National President. I hope to live up to your expectations and prove to be a positive leader for the organization. Many of you know me, but for those who do not, I have been a member of Camping Women since 1995. I have been facilitator of the Sacramento Chapter, Camping Coordinator at the chapter level and most recently, the webmaster of www.campingwomen.org and the purveyor of emails containing information for members throughout the state.

As president, I have a goal to increase the connection between the Board of Directors, the Chapters and the general membership. I believe the primary way for this to happen is through communication. All levels of the organization need to be able to communicate with one another so that the board serves as a support for the chapters and the chapters can help the board understand the needs and wants of the membership.

At the January meeting, the board decided to set two goals for themselves. One is to look at the mission of Camping Women and develop a renewed vision of what the organization offers women who enjoy the out of doors. The other is to broaden our outreach to connect with a more diverse group of women. We recognize that we need to learn more about what younger women are interested in and what activities would bring them into the organization.

The Board of Directors is excited about the new year and we want your input on your vision for Camping Women. We want Camping Women to be a vibrant, relevant organization that provides women who love camping and enjoy the out of doors a place to connect with others who share those feelings.

*I go to nature to be soothed and healed,
and to have my senses put in tune once more.*

John Burroughs
American Naturalist and Essayist

Board Briefs

By Penny Smith, Recorder

Many thanks to Joey Johnson, our new Board President, for hosting the Camping Women board meeting in Sacramento on January 23, 2010. Here's a quick look at what happened:

Our annual elections resulted in the following: President-Joey Johnson (Sacramento), Recorder-Penny Smith (LA/Beach Cities), Finance-open, Public Relations-open and National Camps-open. We discussed the idea that National Camps could be done by a committee, rather than one person – the members may or may not be from the same chapter. A committee is doing Invitational this year – LA/Beach cities chapter has a committee who has divided up the tasks. Regarding the other board openings, if you have an affinity for finance or public relations, we would love to have you consider filling one of these empty slots. Contact Joey Johnson @ joeyj2550@sbcglobal.net if you are interested.

Joey's goal as President is to increase the communication between the board and the chapters. Our board goals are to come up with a mission statement and to look at the future of Camping Women and make sure we are bringing in younger members to "fill the pipeline" and provide activities that are relevant to them.

Our annual "Invitational" will be June 13-20, 2010 at Quail Valley Recreational Village. Registration packets will be/were mailed to members in February. There will also be information available on our website. New this year will be a Thursday morning RV maintenance rally by Rachael Harp of Harp's RV Service and Joel Harp will be available for RV maintenance work. So make a list of your RV "To-Do's" and schedule an appointment with Joel. You can watch and learn!

Our chapters are busy planning their 2010 camping trips and activities so check the website for upcoming events. Unfortunately, the Central Coast has disbanded. Many of us certainly enjoyed their annual Morro Bay campout over the last several years. Thanks to Kat Merrill and Tina Lavrouhin for all your hard work to make those campouts such a success and so much fun!

We are designing official "Camping Women" badges that will be available for order soon. But.....these will never replace our Invitational badges which have become legendary!!! (thank you, Marge Gleason, for your many years of dedication to this task!) I wonder who has the most Invitational badges?!

The board is looking at creative ways to conduct our board meetings, which are held 4 times a year, including one at Invitational. To keep travel expenses down, we will be experimenting with our spring meeting being an "electronic" meeting. This means we will conduct it via e-mail.....more information on how this goes in our next CWT. Another cost effective option could be a conference call where all board members in a particular location

would come together and call in to conferenceso stay tuned - we've entered the 21st century!

Treasurer's 2 Cents Worth

By Cheryl Baker

As your Camping Women Treasurer, I want to address a couple of issues that came up in 2009 in hopes of stopping them from happening again this year. This job is monumental in some respects and I would like to acknowledge all the treasurers who came before me. You women Rock!

The first issue is checks that are sent by me to each chapter or chapter representative. These checks may be your chapter's portion of a member's dues, or some type of reimbursement for services you have provided the organization. *They need to be deposited or cashed within 90 days.* To hold these checks really clogs up the books and prevents me from reporting accurate figures on a quarterly basis. Please deposit these checks in a timely manner and keep our system running smoothly.

The other issue is the release forms needed for any Camping Women activity involving hiking, camping, or any outdoor events. These forms are for insurance purposes and record the necessary information we need if there is ever a reason to file a claim. Once the forms are filled out and the event is over, send them to me directly so that I can maintain a file. The address to send these forms to is:

Camping Women
P.O. Box 1402
Twain Harte, CA 95383

As your treasurer I am here to serve and I can answer any questions you may have regarding the financial dealings of Camping Women. To contact me please do so through my email: Cher005@aol.com

I welcome all communication and will try to answer any and all of your questions.

CHAPTER REPORTS

Sacramento - Joey reported - Balance of \$6000, 37 members

Future Events: Feb 7 - Superbowl Party

Morongo Basin - Linda Messersmith - Balance of \$1198, 12 members

Future Events: Morongo Basin has new officers.

Elsi Daringer – facilitator

Terri Medford - recorder

Linda Messersmith – treasurer

Denise - Event Coordinator

We have planned a few camp outs, including Feb 11-15 campout at Lake Perris.

San Joaquin Valley – Joey reported - Balance, \$1,061, members TBD

Future Events: Feb-Eagle watching at Millerton Lake, March-March Mystery Campout, April-Mennonite’s Quilt Auction and Craft Show, May-Yosemite campout in the valley, July-Dinkey Creek, August 22-25-Sunset Campground @ Sequoia National Park (annual event), October-Springville Apple Festival, November-Monterey Veterans Memorial Park Campout, Dec. 4-SJV Holiday Party

Sierra Foothills – Cheryl Baker - 58 members, balance of \$1007

Past Events: Sand Hill Crane trip in November, Long Barn hike with dogs, Bicycle ride through Yosemite November 21st, Turkey Waddle day after Thanksgiving, Annual Christmas Party at Donna’s December 13th, Red Hills New Year’s Day Hike, Wednesday game nights. Hosted 2 families at Christmas for Adopt-A-Family-4 kids per family.....each kid got 6-7 presents each and \$75 per family for food.

Future Events: Feb. 19th – 21st Campout at Woodward Lake, March 18th – 21st Campout at Eastman Lake, April 10th pouring brew at “Reggae on the Mountain” in Bear Valley for Sierra Hope, April 23 – 25 Campout at the Pinnacles with Central Coast, May 14th – 16th Campout and game weekend at Seva’s, September 11th – 19th Green River Kayak trip, September 24th – 26th annual year end Campout, October 2nd annual open air flea market for Adopt a family

LA/Beach Cities – Kathy Arellano - Balance of \$827, 9 members

Past Events: July exploratory meeting for Invitational to Quail Valley, created multi-chapter planning grid and distributed to all chapters

Future Events: Working on a community outreach project which will be respite camping for GAP – Grandparents As Parents.

Central Coast – Marge reported

Central Coast is disbanding – approximately \$1,200 will be returned to our chapter development account.

Invitational 2010: Quail Valley RV Resort

Invitational 2010 will be held at Quail Valley RV Resort, June 13 – 20, 2010. The committee working on this event is from the LA/Beach Cities Chapter. Park-like atmosphere with lots of mature trees, fishing stream (need license), three catch/release ponds (no license), privacy in most sites, each site includes table and fire ring. Pets OK on leash. Sites are separated from creek by a wide grassy area. Two tenters or an RV and tent can share a site. Full hookups. For further information, go to the website for the registration form. Call the resort for reservations and have your credit card ready.

Final Membership Information for 2009, January 22, 2010

By Linda Millspaugh, Membership Coordinator

I inherited this position from Sharon Taylor, who passed the baton and excellent information on to me. She was extremely helpful and always available to answer questions and I have truly appreciated all the great data she transferred to me. She deserves special recognition for her many years of good work and job well done.

Membership Information:

Final membership for 2009 is: 149

New Members: 32

Renewing Members 117

Members with dual memberships 8

Membership by Chapters:

Central Coast	14	New 2
Central San Joaquin Valley	12	New 1
LA/Beach Cities	11	New 5
Morongo Basin	14	New 5
Sierra Foothills	60	New 18
Sacramento	37	New 1
At-large	01	New 0

With the loss of the Central Coast Chapter, revenue will decrease by \$210.00 in 2010, but will be offset by the funds remitted to the National Board once the Central Coast officially disbands. Amount of fees collected according to membership forms submitted to me and available during the year for operations by National and the respective chapters:

National Camping Women General Checking Account	\$2182.50
Chapters Retained, including portions returned	\$1645.00

Your dues for 2010 are now due.

See the CW Membership form on this website.

www.campingwomen.org



Notes from Fund Development

By Karen McVey

To raise money for National, two events have traditionally been held at Invitational: a raffle and a silent auction.

For the raffle, each chapter donates a basket of goodies. Tickets are sold and each attendee puts a ticket or tickets in the cup in front of the basket she hopes to win. After much disappointment last year, the National Board decided that nobody may win more than one basket even if her name is drawn twice or three times. Instead another name will be drawn. Start working on your chapter's basket for Invitational. For example, last year LA/Beach cities tricked out a cooler with beach goodies, i.e., beach towels, sunglasses, sandals, a game, etc.

For the silent auction please bring any item that you no longer have a use for: old camping stuff, dishes, books, cameras, plants, bedding, games, etc. On Saturday, a committee sorts the goods and arranges them on tables. Each item has a bid sheet on which people write the amount of money they're willing to pay. The highest bid wins. There usually is a mad scramble for the popular items at the end of the bidding time. It's a lot of fun.

Plan-Ahead Potlucks

By Kathy Arellano

Group meals are always popular with Camping Women but are sometimes a challenge to accomplish. There is usually limited cold storage at the

campsite and keeping a hot dish hot is no easy task in the great outdoors. When the meal takes place outside, flying insects often want a piece of the action and swarm around the food table quickly.

Plan for those conditions

- Consider making the dish at home, freezing it in quart-sized zip bags, and then reheating it. If you are someone who uses a cooler on trips, the bags will serve as blocks of ice until they're defrosted.
- Add water and meat to a jar of homemade "whole meal" dry soup mix.
- Use your slow-cooker. If the ingredients are already prepped, a Crock Pot will save hours of time.
- Whip up a concoction of canned goods. That's about the easiest and least perishable of the choices and the quality and nutritional integrity of today's canned food makes for a very tasty potluck offering.

Presentation

- Choose a recipe with visual appeal – we eat with our eyes, too!
- If the dish includes a garnish, such as shredded cheese, set it out in another covered dish.
- Make sure the serving dish has a cover to keep bugs out.
- If the recipe is served hot, consider using an insulated serving dish or wrap the dish in newspapers or towels to hold in heat.
- Provide bowls or cups for diners if needed.
- Include a serving spoon or two.
- Bring a moistened wash cloth tucked into a zip-top plastic bag and wipe up spills as they occur – this will keep bugs from gathering.
- Bring a "food umbrella" – that cute mesh-and-metal thing that fits over a serving platter
- Have a few lidded plastic containers on hand for leftovers.

Recipe Ideas

Frozen/reheated

Kathy's Turkey Chili Beans – serves 12-14

2 lb ground turkey
2 Tbsp cooking oil
1 large onion, chopped
1 large green bell pepper, chopped
4 cloves garlic, minced
4 Tbsp New Mexico red chili powder
1 Tbsp paprika
1 Tbsp ground cumin

1 - 28 oz. can tomatoes, crushed or diced
1 - 6 oz. can tomato paste
1 - 7 oz. can green chilies, diced
2 - 15 oz. cans kidney beans, drained
1 - 15 oz. can great northern beans, drained
1 - 15 oz. can black beans, drained
1 - 15 oz. can white hominy, drained
1 - 15 oz. can whole kernel yellow corn, drained
Salt and pepper to taste
1-2 cups shredded cheddar cheese for topping

In a large skillet, brown meat in oil; add onion, bell pepper and garlic; cook until onion is clear. Add all herbs and spices; stir until blended. In a large soup pot or Dutch oven, pour all other ingredients (except cheese). Add meat mixture; bring to rolling boil and then reduce heat to low. Simmer for 90 minutes, stirring often. Garnish with cheese. Serve. Freezes well.

Soup in a jar

Beef Barley Dry Soup Mix in a Jar - Serves 8

1 pint jar (glass or plastic)
3/4 cup medium pearl barley, separated
1/2 cup dried lentils
2 tablespoons dried parsley flakes
1/4 cup dried minced onions
1/4 cup instant beef bouillon
2 tablespoons dried celery flakes
1/2 teaspoon dried thyme leaves
2 bay leaves
1/4 teaspoon black pepper
1/4 teaspoon dried minced garlic
Layer soup kit ingredients in jar in order listed, using half of barley first and then remaining barley at the top. Close jar securely with lid. Attach cooking instructions. If using a glass jar with a tightly fitting lid, soup mix will keep for a minimum of one year.

To Make the Soup:

1 jar dry soup mix
2 lbs boneless beef chuck, cubed (or 2 lbs lean hamburger)
1 tbsp vegetable oil
10 cups water

In Dutch oven or soup pot, brown meat in oil. Add the soup mix and the water; bring to a boil. Reduce heat; cover tightly and simmer 1 1/2 hours or until beef is fork tender. Discard bay leaves.

Slow cooker

Bread Pudding - Serves 10

12-14 slices hearty white bread, cut into cubes

1/2 cup raisins

5 eggs

3/4 cup water

1 teaspoon vanilla

1/2 teaspoon cinnamon

1 (14 ounce) can sweetened condensed milk

Spray inside of slow cooker with cooking spray. Place half of the bread cubes in cooker. Sprinkle raisins; cover with remaining bread cubes. Mix remaining ingredients; pour over bread.

Cover and cook on high heat setting 2 ½ to 3 hours or until toothpick inserted in center comes out clean.

Canned Goods

Relish tray - Serves 10 One can each:

Olives, green and black, beets, sliced (plain or pickled), baby corn, whole green beans, carrot slices, asparagus spears, whole new potatoes, yellow hominy, sun-dried tomato slices in oil (patted dry), roasted red pepper strips (patted dry)

Open, drain and rinse veggies; pour into small bowls or onto sectioned serving platter; serve with dip such as hummus, sour cream dip, creamy salad dressing

RV Maintenance

By Rachel Harp

Rachel Harp of Harp's RV Service in Penryn, CA (near Sacramento) will be presenting an RV maintenance workshop at Invitational this year. If there are topics you would like her to discuss, let her know by sending an email to rachelharp@hotmail.com.

Bet you didn't know.....or did you! The term "RV" did not become popular until the 1960s. Prior to that time, it was either campers or travel trailers.

Did you know that one out of every two RVs on the road today were built in Elkhart County, Indiana?

Did you know that over 15 RV manufacturers, and counting, have gone out of business in the last couple of years?

But that shouldn't stop you from purchasing an RV new or used. Most units can be covered by the manufacturer of the individual parts in the coach or you can purchase coverage from an independent company. Check the internet for current companies and pricing for independent insurance warranty companies.

Did you know that RVing versus staying in a hotel or motel can be up to 10 times less expensive?

A recent study found that even if you calculate the expenses of an RV that you still can travel less expensively than staying in a hotel or motel. I personally like cooking my own meals and being able to sleep in my own bed and have my dog, Mugsy, with me.

Did you know that when you hear about a motorhome in the news that they call it a mobile home? Every time I hear that it drives me nuts!

You can save up to 10% on your gas consumption and be a safer driver by keeping your speed down and tires inflated to the proper pressure. These things cost you nothing and put money in your pocket.

Did you know that the vehicle you tow behind your motorhome is called a dinghy?

I guess that term must have come from the boat industry years ago and just stuck. Another term that is used and seems more sensible is the toad (towed).

Did you know the most common roof on an RV is EPDM (rubber)?

The rubber roof average life is 10-15 years and should only be cleaned with petroleum FREE distillate products. The white chalking material or flaking that you see on the side of the RV is the actual roofing material. It is shedding and that is why it is important to clean it at least twice a year.

Did you know you should lubricate your electric step ONCE A MONTH?

Realistically, most people will not do that, but it is recommended that you try to do it at least 3-4 times a year. Several products on the market can be used.

Did you know putting a flea collar in the hot water heater compartment and the refrigerator compartment stops spiders from building webs?

On the exterior of the RV you can put a flea collar behind the door of the hot water heater compartment, not near the burner, to help stop spiders from building webs in the burner tube, which can cause poor burning of LPG, rendering the unit less efficient and thus wasting propane.

Did you know covering floor furnace registers to send more heat to another area can actually damage your furnace?

Covering, for instance, the floor register in your bathroom and bedroom to send more heat to the living room can cause the furnace to overheat. Manufacturers do not recommend covering more than one register. The heat that would be going out those registers can back up to the combustion chamber causing excess heat in the chamber, which, in turn, causes the furnace to shutdown.

Did you know that if you have hydraulic levelers on your RV the fluid should be checked at least twice a year?

First, you need to research and find out whether you have electric or hydraulic levelers. If your unit has hydraulic levelers, the next task, sometimes difficult, is to find where the reservoir is. Check it at least twice a year. Remember, always check and fill the reservoir when the slides are in. If you don't, a lot of fluid is going to be dumped out on the ground. Almost always the manufacturer that made your levelers has also made your slides if you have any.

Did you know that almost every RV uses the same key for the outside compartments?

When you take your RV to a shop for repair, chances are they do not even use your keys to open up your RV. They have a set of about 6 "master" keys that open about every RV out there. A word of advice: Be careful what you store in the outside compartments.

Did you know that a 6V battery has almost twice the amp hours as a 12V one?

Even though 6 is a smaller number than 12, the 6V battery has much more storage capacity. The only disadvantage if you upgrade to a 6V battery is you will need two 6V batteries to make 12V power.

Did you know that most RV batteries on the market today have an average life of 3-5 years if properly maintained and about 1 year if not?

Whether you have lead acid, gel Cell or AGM batteries, most warranties are about the same. You are paying a price difference for the convenience of not having to maintain them as much. Remember, sulfation and overwatering are the killers of batteries; they cause improper charging. So, along with your step, ha ha, check your battery once a month. Make sure you are getting the proper charge and keep lead acid batteries filled to the proper level with DISTILLED water.

Did you know that if you check your battery with a voltmeter and it reads 12V your battery only has about 25% of its charge life?

If you check your battery with a meter and it reads 12V it is almost discharged. A discharged (dead) battery reads 11.7V. A fully charged battery shows 12.6V or higher. Weird

Did you know that camping with a group is a life enriching experience?

It relieves stress, expands horizons, you do things you might never have done, and most of all it is fun. So, my advice to us all in this time of change and stress is to get out there and go camping. Well, as always if you have comments, questions or concerns, drop me a line at rachelharp@hotmail.com.



Camping Women, Inc.
P.O. Box 1402
Twain Harte, CA 95383



Camping Women was organized in 1977 when a group of women who loved the out-of-doors became aware that there was a need for an organization that could provide camping opportunities for women under the leadership of women.

Camping Women is a nonprofit organization whose primary purpose is to offer persons an opportunity to participate in feminist outdoor programs and to experience our heritage of wilderness lands in order to develop our own potentialities.

No *adult* shall be denied membership in Camping Women because of race, creed, nationality, sex, socio-economic factors, physical condition, sexual orientation, marital status, or age.

ANNUAL MEMBERSHIP (Jan. 1 to Dec. 31)

Check one

RENEWAL \$25

NEW MEMBER \$25

NEW MEMBER \$12.50 after Sept. 1
Membership in a second or third chapter is \$10

I wish to be a member of the _____ chapter

There is not a chapter in my area.

I DO NOT WISH to have my name, address, or phone number published in the directory or newsletter.

Please print

Name _____

Address _____

City & State _____ ZIP _____

Phone _____

Email address _____