

The Voice of Colorado FCRV

FIRESIDE EMBERS



May / June 2021
Volume MMXXI Issue 2



Founded 1967

Our Teen Queen



STATE DIRECTORS CORNER

RON & CARLA MARTINEZ



We are glad the camping season has begun.

Spring Fling this year was a bit smaller than we have had in the past, but we were still able to do all the fun activities we love and enjoy. It was also good to see our camping family again and to just catch up. The Chamber of Commerce of Brush came in with goody bags for all and had 3 door prizes for a drawing when the Honorable Mayor Rick Bain came in to say hello and welcome FCRV back to Brush and do the drawing.

We also crowned Tahlia Demarest as our Colorado Teen Queen 2021

We want to thank everyone who helped to make this year's Spring Fling fun. This organization is built and thrives on great people who step to volunteer, and we appreciate all the members who year after year and event after event who step up to help. It is all of you who make these events fun for everyone.

Colorado Gold and Silver Sponsors

These Gold and Silver Sponsors will always have an ad in the Embers.

We encourage all Colorado FCRV members to support these sponsors when you need their products or services.



GOLD SPONSOR

- **KOA Lakeside Ft. Collins**



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- **All Stars RV**
- **Hitch Corner**

2021 DATES TO REMEMBER

DATE	TIME	EVENT	LOCATION
May 13th - 16th		2021 Colorado's 34th Spring Fling	Morgan County Fairgrounds Brush, Colorado
Jun 7-11		Colorado Retiree Rally	Fort Collins, KOA Lakeside
Jul 11th - 16th		2021 International Campvention "Wander Wisconsin"	Walworth County Fairgrounds Elkhorn, Wisconsin
Sep 20th—24th		Southern Colorado Retiree Rally	Pueblo South KOA Colorado City, COLORADO
Sept 30 - Oct 3		Colorado's Fall Statewide	Fort Collins, KOA Lakeside

The "Embers" is published six times a year. Please send any information that you would like to have included in the "Embers" to: (If you do not receive a reply to your submission, please reach out again.)



twalorski@mercyhousing.org

EMBERS CUT OFF DATES

Jan - Feb	Dec 15th
Mar - Apr	Feb 15th
May - Jun	Apr 15th
Jul - Aug	Jun 15th
Sep - Oct	Aug 15th
Nov - Dec	Oct 15th

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Article submission is for chapters, program chairmen and members who have news or interesting articles or classified ads that they would like to share with the membership.

ARTICLES MUST BE TYPED, PHOTOS MUST BE SCANNED INTO THE WORK DOCUMENT OR EMAIL INCLUDE YOUR CHAPTER NAME & YOUR NAME

*Recipes are published when space is available. Recipes not published will be saved for future issues.
Recipes must be typed.*

Editor:
Teresa Walorski

RECIPE*Easy RV Dinner Ideas***Slow Cooker Tater Tot Casserole**

Yield: 8 servings, Total cook time: 4 hours and 20 minutes

**INGREDIENTS:**

1 tablespoon olive oil	1 1/2 lbs ground beef
1 onion, diced	1 (15 oz) can black beans, drained
1 cup corn kernels	1 cup salsa
1 (4.5 oz) can chopped green chiles, drained	1 tablespoon taco seasoning mix
1 (10 oz) can mild enchilada sauce	1 (16 oz) package frozen tater tots
3/4 cup cheddar cheese	2 tablespoons chopped fresh cilantro

DIRECTIONS:

Heat olive oil in large skillet over medium high heat. Add ground beef and onion and cook until beef has browned. Drain excess fat and remove from heat.

Stir in black beans, corn, salsa, green chiles, taco seasoning and enchilada sauce.

Lightly coat the inside of a 4 quart slow cooker with non-stick spray.

Spread half of the tater tots onto the bottom of the slow cooker; top with ground beef mixture and remaining tater tots.

Cover and cook on low het for 3 - 4 hours. Add cheese during the last 30 minutes of cooking time.

NATIONAL DUES**\$35.00 - 1 year****\$68.00 - 2 years****\$98.00 - 3 years**

Send a check (include your member number) to

4804 Transit Road, Bldg 2,

Depew, NY 14043

Or

Renew on-line

<https://fcrv.org/membership2/membership-online-payment/>



Spring Fling Fun!

Watching and then tasting some tasty dishes from Chef Mike!





Spring Fling Fun!





Spring Fling Fun!





Spring Fling Fun!





Spring Fling Fun!



SPRING FLING EVENTS

The 2021 Spring Fling did not have as much participation as in the past, but we still all had fun! From Bean Bag Baseball, Chef Mike giving presentations on some yummy recipes...to Gerry Pfirsch dealing cards to everyone playing Polish Poker! He got his steps in that night.

The following received honors for participation:

CRIBBAGE:

1st Place - Jim Knoll - Colorado Eagles
2nd Place - Judy Kinzey - Star Chasers

3rd Place - Rich Knight - Rocky Mtn Revele

WOMEN’S SINGLES HORSESHOES:

1st Place - Carrie Tolzier - Stargazer

MEN’S DOUBLE HORSESHOES:

1st Place - Rick Boatright - Colorado Cruisers
2nd Place - Richard Boatright - Colorado Cruisers

3rd Place - Carrie Tolzier - Stargazer
4th Place - Carlyle Glover - MAL

MEN’S SINGLES HORSESHOES:

1st Place - Richard Boatright - Colorado Cruisers
2nd Place - Rick Walorski - OOPS

3rd Place - Shawn Kendle - Aspen Adventures
4th Place - Lance Perrin - Aspen Adventures

CASTING CONTEST:

ACC-

1st Place - Kathy Boatright - Colorado Cruisers
3rd Place - Bill Hutchison - Rolling Renigades

2nd Place - Rick Boatright - Colorado Cruisers

LONG-

1st Place - Rick Boatright - Colorado Cruisers
3rd Place - Kathy Boatright - Colorado Cruisers

2nd Place - Bill Hutchison - Rolling Renigades

BEAN BAG BASEBALL:

1st Place, ‘Red Team’ -
Nancy Boeme, Sandy Scott, Bill Snyder, Gene Hall
2nd Place, ‘Blue Team’ -
Terri Ward, Larry Scott, Linda Snyder, Sue Hall



COLORADO FCRV IS IN NEED OF VOLUNTEERS

The “HELP (Volunteer) WANTED” sign is still out there
We desperately need volunteers for the following position in 2020.

A brief summary of duties are:

- ⇒ Teen Director - Responsible for planning teen activities
- ⇒ at two State Campouts.

For further information contact:

Ron or Carla Martinez at
cofcrvrc@gmail.com

DON'T FORGET To Stay Informed

Update your home address and email address with
Colorado FCRV and
National FCRV

Let us know at
cofcrvrc@gmail.com

and

National FCRV at
fcrvnat@verizon.net

**2021 Colorado Fall Statewide
September 30 - October 3
KOA, Ft Collins, CO**

Camping Fees: \$52.00 for pull through and \$56.00 for back in sites per night plus tax.
Camping Fees will be paid to Lakeside KOA upon registration.

(Additional fee for more than 2 adults and for children)

(If you Arrive Before 1:00 pm you may be charged an additional fee by the KOA)

Registration Fee: \$10.00 per adult (payable to Colorado FCRV)
Registration fees are nonrefundable

DAY ONLY: Registration Fee: \$5.00 per adult (payable to Colorado FCRV)

Deadline to pre-register is August 30th with KOA.

Last Name _____ First Name _____ Spouse _____

Address _____ City _____ State _____ Zip _____

Cell Phone (_____) _____ Email _____

Chapter _____

Is this your first Fall Statewide Yes / No

Other Adults Attending (in same rig)

Name _____

Name _____

**We will make every effort to park
Chapters Together**

Please let us know what day you will arrive if not arriving on Sept 30th

Children Attending (Ages 2 - 19)

First & Last Name _____ Age _____ Female _____ Male _____

First & Last Name _____ Age _____ Female _____ Male _____

First & Last Name _____ Age _____ Female _____ Male _____

Type of RV Motorhome Travel Trailer 5th Wheel Tent Trailer Length _____ Number of Slides _____

Please let us know how many Saturday Hamburger lunch meals you wish to purchase for \$5.00. We need your advance reservation so we have enough meals available. You will need to pay for your meal Saturday, 10/2/2021 at the time of pick-up.

Saturday Hamburger Lunch Reservations

adults/children _____ (Lunch is \$5.00/person)

Meals to be paid for at the time of pick-up.

Registration Fee: Number of Adults _____ x \$10

Grand Total \$ _____

Make checks payable to **Colorado Chapters of FCRV**

Mail checks to: Vodean Benham 5452 South Camargo Road, Littleton, CO 80123

**CALL LAKESIDE KOA TO MAKE YOUR CAMPING RESERVATIONS
USE THE GROUP NAME OF FCRV 2021 TO GET THE GROUP DISCOUNT 970-484-9880
DEADLINE TO REGISTER WITH KOA IS AUGUST 30, 2021**

**SEND YOUR FCRV REGISTRATION TO VODEAN BENHAM WITH YOUR REGISTRATION FEES.
DEADLINE TO REGISTER WITH COLORADO FCRV IS AUGUST 30, 2021**



Fort Collins/Lakeside KOA

1910 Lakeside Resort Lane
 Fort Collins, CO 80524
Reserve: 800-562-9168
Info: 970-484-9880
Email: info@fclakesideco.com

It's all about having FUN!!

All these activities are FREE!

Swimming Pool, Wading Pool, Sports Field, Volleyball, Basketball, Horseshoes, Bolo Horseshoes, Fitness Trail, Catch and Release Fishing, Dog Park & Library, Fitness Room, Recreation center including: Mini-golf, Jumping pillow, Bumper boats, Paddle boats and Bike rentals.

Pay activities: Arcade, Chuckwagon and Laundry.

- 24 hour Laundry room
- Basketball
- Catch & release fishing
- Dog park
- Fishing dock
- Fitness trail
- Lakeview sites available
- Library/Fitness room
- Mini-golf
- Spa sites available
- Playground & Sports field
- Volleyball & Jumping pillow
- Bolo & Regular Horseshoes
- Bumper & Paddle Boats
- Chuckwagon—Ends 9/15/2015
- Wading pool—Ends 9/7/2015
- Arcade—Ends 9/15/2015
- Recreation Center—Ends 9/15/2015
- 2 conference rooms w/ Kitchenette Some charges for use (\$)



We love to have FCRV Chapters camp with us! Special Hot Deals for Chapters & FCRV members. Groups rates for Chapters with eight or more units. Or if you are camping without your chapter you will receive a 15% discount. Just show us your FCRV membership card.



These Discounts are for FCRV ONLY! DISCOUNTS NOT AVAILABLE ON HOLIDAYS

From Interstate 25

Take exit 269 B and head west on Colorado Highway 14 into Fort Collins. Follow the signs to U.S. Highway 287 north (about ten minutes). Take 287 north until you get to the northern edge of Fort Collins (about ten more minutes). Shortly thereafter, 287 will split off to the right to go to Laramie. Do not follow 287 at this point. Rather, continue straight into the town of Laporte. The second stoplight after this split will be Taft Hill Road (CR 19). Turn left onto Taft Hill Road (CR 19). Now get into the very first left-hand turning lane that you come to, which is about 1/2 mile down Taft Hill Road (CR 19). Turn left onto Lakeside Resort Lane and follow the concrete driveway straight through the gate.



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Why All Stars RV?

All Stars RV understands your need to trust the people who maintain your motorhome, fifth-wheel, or camping trailer. Our commitment to providing owners with the best possible service, repair and body work is unparalleled.

The dedicated team at All Stars RV strives to treat each customer with courtesy and integrity from the initial point of contact until you drive away. Our trained technicians have years of experience serving your RV needs. All our work is performed in a prompt, professional manner and is guaranteed.

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Where should you go for the best Denver area motorhome rentals?
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Service

If you are the owner of a motor home or other recreational vehicle, you know that upkeep is as regular as it is with your family automobile. It can be an agonizing task to find a good repair shop for your car, and finding someone dependable to work on your RV can be just as frustrating. At All Stars RV, our aim is to be the shop you can rely on, will continue to return to and will recommend to your family and friends. We strive to provide dependable, honest service from the initial point of analyzing problems and providing estimates to performing your service and repairs at reasonable rates.

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VANILLA
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 STRAWBERRY
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 REESES
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 PECAN
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 COOKIE DOUGH
 MAPLE WALNUT
 COCONUT
 COTTON CANDY
 HOKEY POKEY
 NEOPOLITAN
 BANANA

Elderly Sleep Issues

Our bodies just aren't made to last forever. They wear out and that creates all sorts of issues; sleep disorders being just one of many.

As we age, we tend to need less and less sleep. For example, senior citizens generally require 30-60 minutes less sleep than those younger than them (MedlinePlus, U.S. National Library of Medicine). In addition to the duration of the sleep, sleep intervals are also shortened. It's not unusual for an elder to wake up several times per night for no apparent reason.

There are many, many reasons that sleep may be disturbed. In addition to simple age, some of those might include:

- Depression
- Inactivity (no regular exercise)
- Associated pain (i.e., arthritis)
- Medication side effects
- Use of alcohol or caffeine

Of course, when an elder complains of lack of sleep or appears more tired than usual it prompts a caregiver to consider a physician's visit, which is to be expected. A thorough exam with a complete history may show some insights as to the reasons for the poor sleep patterns. Yet, it is also likely that no one area will be identified as the cause, thus requiring a slow methodical elimination of potential causes; such as treating any chronic pain issues or reviewing and altering medications. It is also very important that solid information be obtained from the elder during this treatment period.

There are some simple, yet effective ways to improve one's sleep:

- Don't eat too close to bedtime
- Reduce the intake of alcohol and caffeine during the day, and especially just prior to bedtime
- Avoid watching TV in bed
- Increase your exercise programs (with your doctor's permission, of course)
- Try reading prior to bed
- Make certain you stick to a routine, i.e., getting up and going to bed at the same time every day

Obtaining the proper level of sleep can be difficult. All sorts of issues can invade our minds as we try to fall asleep at night. The aging process doesn't seem to cooperate with the sleep process very well.

Follow some of the easy tips mentioned above and hopefully sleep will once again be a pleasantry that you anticipate at the end of every day.

SOUTHERN COLORADO FCRV RETIREE RALLY 2021

Don't Worry~Be Happy! – **Sep 20-24, 2021**

FOR RETIREES IN ANY COLORADO CHAPTER

Pueblo South/Colorado City KOA – I-25 Exit 174

Camping fees are between \$38.00 and \$41.00 per night depending on the size of the site ASSIGNED by the KOA staff. This includes a 20% discount. **DO NOT SEND** any camping fees, the KOA will call and get your credit card number for one night's deposit. If you cancel your reservation, there is a \$10.00 cancellation fee charge. Some cabins may also be available.



REGISTRATION FEE of \$10.00 PER PERSON helps pay for the main hall rental, entertainment, schedules and beverages. THIS REGISTRATION FEE IS NOT REFUNDABLE.

Send your RESERVATION and REGISTRATION FEE TO:
Elbert Carter, 7215 Fortman Terrace, Fountain, CO 80817

CHECKS SHOULD BE MADE PAYABLE TO:

SOUTHERN COLORADO RETIREE DIRECTOR

If you have questions or need additional information contact Elbert at:
1-719-392-1593 carterfamily@prodigy.net

All reservations should be received by June 30, 2021

After June 30, 2021 reservations only by space available

PLEASE PRINT

LAST NAME _____ FIRST NAME _____ SPOUSE _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS _____ PHONE _____

CHAPTER _____ # PERSONS IN UNIT _____ LENGTH OF UNIT _____

TYPE _____ # SLIDE OUTS _____ TOWING VEHICLE: Y/N 50 AMP REQ: Y/N

SPECIAL NEEDS NEAR: REST ROOM _____ MAIN HALL _____ FIRST TIMER? YES _____ NO _____

ARRIVING EARLY? YES _____ SAT _____ SUN _____ THE DISCOUNT PRICE IS AVAILABLE FOR THESE DAYS

PUEBLO SOUTH/COLORADO CITY KOA ASSIGNS SITES BASED ON THE ABOVE INFO

COLORADO CHAPTERS OF FCRV
A NOT FOR PROFIT ORGANIZATION
1424 James Way
Erie, CO 80516

