



# THE ORIGINAL RANCH PALAVER

FOUNDED BY  
C.T.HANCOX  
SKP#16549  
1998

VOLUME XX NUMBER 2 THE ORIGINAL RANCH LAKEWOOD, NM March-April 2013

Phone: (575)457-2303

Web: [www.skpranch.com](http://www.skpranch.com) Office: [skpranch@pvt.net](mailto:skpranch@pvt.net)

FAX: (575)-457-2100

Yahoo Group: [ranch\\_ramblings@yahoo.com](mailto:ranch_ramblings@yahoo.com)

## Board of Directors

President - Barbara Walther  
Vice President - Wally Mauck  
Treasurer - Richard Wygant  
Secretary - Orv Schinke  
Chuck Queen  
Dave Norton  
Greg Obst  
Marion Braum  
Paula Russell

## President's Post—Barbara Walther

Hi Ranch Hands,

Where has the time gone? Soon it will be time for the semi-annual meeting. The board has been working hard getting things ready. There will be several new proposals to be discussed and voted on. If possible, please attend the Pre-meeting Town Hall to be held March 27 (the Wednesday before the meeting).

I don't have copies of all the proposals but as they become finalized, we will get them out on RR so you can become familiar with them or direct your proxy person if you won't be here. We will also try to cover all of them at the 27th Town Hall meeting. Come prepared with your questions. We will do our best to have answers for you.

Our weather has been wonderful. We have had some wind but the days without it are marvelous; sunny and warm. Spring seems to be in the air. The stores are starting to stock planting material. Since we plan to be here for the next year, I am getting all sorts of ideas for things to grow. Mostly I'm looking forward to some homegrown tomatoes!

The committees are all working hard to keep things on an even keel. The water committee is keeping a close watch on all phases of the water issues here at The Ranch. They take care of a complicated maze of things in order to keep our water flowing.

Charlotte Bratcher has shaped up the Ranch Hands committee and there are a lot of active committee members helping with everything. As usual, the Lot Transfer functions without a hitch as do the rest of the committees.

***I really want to give a huge thank you to all the committee chairpersons and members.***

Maureen Bigalow and Barbara Heaver are co-chairing the 30th Anniversary Party. They have a lot of neat things planned. There will be a dinner theater on Saturday night where a play written by Maureen will be preformed. This will be very special as it is specific to our area and lifestyle.

I also want to thank all the folks who have shown me so much support. We don't always have to agree on everything. Sometimes it is okay to agree to disagree! Remaining a "family" is what is important.

Many of our newest leaseholders have taken an active part in committees. It is really great to see some of the younger folks becoming active. This is what will keep The Ranch going strong. Thank you! What a wonderful place to live. I don't think I would want to be anywhere else.

***Barbara Walther***  
BOD President





## Health Tips from Marge Schinke

It just might be true that you are what you eat. A big buzz word these days regarding health is "inflammation". If you search on the internet for "inflammation diseases in the body" you will find lots of information on this subject, but I will give you some of the high points. Becoming informed and pro-active about our health enables us to make lifestyle changes that could improve our health.

Too much fat, sugar, and protein in your diet, constant dehydration, consumption of too many sodas or caffeine, inactivity, and lack of sleep can all increase inflammation in your body. Food allergies, stress, environmental toxicity can also be causes of inflammation which causes things to go wrong in your body. Processed foods with all the additives and trans fats are a problem. Red meat is a particular problem because of the antibiotics and other things cattle are injected with. Grass-fed beef with no antibiotics that you can sometimes find in special stores is expensive but much better for you.

Symptoms of inflammation include:

- Visible signs of aging like wrinkles.
- Susceptibility to bacterial, fungal, and viral infections.
- Acid reflux
- Cancer
- Skin conditions like psoriasis and acne.
- Arthritis
- Bronchitis
- Chronic pain
- Diabetes
- High blood pressure
- Osteoporosis
- Heart disease
- Candidiasis
- Urinary tract infections

Sources:

[http://bodyecology.com/articles/inflammation\\_cause\\_of\\_disease\\_how\\_to\\_prevent.php](http://bodyecology.com/articles/inflammation_cause_of_disease_how_to_prevent.php)

<http://www.buzzle.com/articles/foods-that-cause-inflammation.html>

Foods that are particularly helpful in reducing inflammation are raw apples with their peeling, broccoli, avocados, blueberries, beans, salmon, spinach, red bell peppers, oatmeal, extra-virgin olive oil. (see <http://www.livestrong.com/article/299513-top-ten-best-foods-for-nutrition/> for details) (Note: tomatoes, white potatoes, eggplant, paprika, and peppers and tobacco are called "night shade" and produce inflammation in some people. If you have joint pain, you try eliminating these foods for 2 weeks to see if it makes a difference.)

If you have severe inflammation problems, a raw food diet for a period of time could help. Raw food has enzymes and is a life force. Heat kills this life force. For more information go to:

<http://www.thebestofrawfood.com/raw-food-diet.html>

Marge Schinke  
Lot 83

## The Ranch's 30th Anniversary



The Ranch's 30th Anniversary is March 23, 2013 and that weekend we are celebrating!

Registration will begin on Friday, March 22nd and the opening festivity will be a "Sock Hop" on Friday evening.

Saturday will begin with donuts, bagels, cream cheese, fruit and coffee (tea available). During the morning there will be a couple of seminars featuring solar energy and Kindle tips. Lunch is on your own. Afternoon: Outdoor games (weather permitting) and memory sharing.

Saturday evening, March 23 is the Dinner Theater called "Our Town Ranch". Characters are Jim White, founder of Carlsbad Caverns, Sally Chisholm, Mrs. (Tomato Factory wife), Sculptor of Artesia Bronzes, and Joe Peterson.

This play written by Maureen Bigelow is based on real people whose lives shaped the history of The Ranch and this area. Maureen has been in touch with Kay Peterson and Kay shared some of Joe's jokes to use in the script.

(Maureen has talked about adding one more lady character to the play, but the details aren't worked out yet.)

Lots of help is needed for the Dinner Theatre. Contact Maureen Bigelow if you want to be involved.

Sunday morning 8-9 am there will be Breakfast Burritos and Sunday evening there will be a double feature movie and pizza. It's going to be a great weekend.

Sign-up sheets will be appearing in the clubhouse before long. Please sign up if you will be here or contact Barbara Heaver to let her know you are coming so she can plan food quantities.

**Marge Schinke**

## ARE YOU READY FOR RAUNCHY TOWN?

The **30<sup>th</sup> Anniversary Roundup** will begin on Monday, the 28<sup>th</sup> of October 2013, and end after the Hitch Up Breakfast on Monday, November 4<sup>th</sup>. **Please come in character** as anything from a cowpoke to Indian princess, mariachi to schoolmarm, minister to card sharp, gunslinger to saloon girl, cow pony to town drunk. Dress may be as simple as a representative hat or feather (in addition to your regular street clothes, *please*), or as elaborate as an Edith Head number from a John Ford production, but **prizes will favor the creative and well-executed costumes.**

**We are also looking for raffle items**, *particularly hand-made raffle items*, for this year's Roundup. So whether you work in fabric, metal, wood, glass, paint, clay, flour, or chocolate, please consider donating your time and talents. Most importantly, **we need everyone to volunteer** a few hours of

their time over the week of Roundup to help with activities like putting on meals, manning carnival booths, supervising games, heading up field trips, and performing skits, songs, or demonstrations of skill. Remember, **Raunchy Town really only comes alive if you do!**

Please e-mail or call me if we can count on you for this year's Roundup. **If everyone pitches in, our 30<sup>th</sup> Anniversary Roundup will be the best celebration in the whole history of Raunchy Town!**

Much obliged,

Jolieanne Brunton, Lot #17  
[jolieannebrunton@gmail.com](mailto:jolieannebrunton@gmail.com)  
 (907) 320-0276

## Glyn's Driving Tips (Part I)— From a Post-Drivers Education Class

Glyn Carson has been a commercial driver for 36 years. He has driven in 49 states and 6 provinces of Canada. He has driven Limousines, buses, tractor trailer (local PUD, long haul, and off road), heavy equipment, and farm tractors. Only part of the "Class" is in this issue—it will be continued in the next couple of issues.

### Introduction

The purpose of this material is to learn how to share the road with other vehicles in such a way that safety is enhanced. Vehicle accidents occur all too frequently; and most of the time they are preventable.

This is tailored for RV driving, but is "good to know" information for driving all types of vehicles. It is largely oriented toward driving on two lane roads.

### The topics are:

#### *General Thoughts*

*Over size loads*—meeting and passing

*School bus*—loading and unloading on the highway

*Flagger*—proper, safe and respect of people working on the highway

*Emergency vehicles*—unwritten safety guide lines

*Bicycles*—safe way to pass

*Passing or being passed*—safe and easy ways

*Small town driving*—cars parked on the side of the street and local people's thinking

*Safety equipment*

### **General Thoughts**

On two lane roads you should always have your lights on.

Be alert for cross traffic.

Remember the 2 second rule.

According to U.S. Department of Transportation (DOT) you should allow 1 second more for every 10 feet of vehicle length over 40 feet.

Don't assume you are right. Two wrongs don't make a right. You could be Dead right. Always yield to the other driver.

### **Over Size Loads (wide, long, or over size)**

*Wide load*—Any load that extends over the width (8 and ½ feet) of the trailer. Many states do not require a pilot car for load less than 10 feet wide, just a sign and flashing yellow light.

*Long load*—Any load that extends more than 4 feet behind the end of the trailer. Or any load that is over the normal length (53 feet) of a trailer.

*Over size*—Can be either of the above or tall. Tall loads (over 13 ft. 6 in.) will have a pilot car in front of it with a height pole attached.

### **Wide Load:**

#### *Passing a wide load*

This is about the only time I use the CB radio. It is good to call the pilot car and ask to pass. When it is safe to pass the pilot car will tell you. Remember the front pilot car is far enough ahead to see over the hill or around the curve. If there is not a pilot car then normal passing is required. Use caution and look for parts of the load to be protruding into your lane. Let the pilot car know how long it will take you to pass (how big or slow you are).

#### *Meeting a wide load*

Always watch the driver of the lead pilot car. They can put a "slow" or "stop" sign out the window.

Sign or not always slow down. With wide loads, the driver is required to have "all of the load" in his lane, but for safety, slow or stop when meeting him. Pull as far to the right as possible. I had rather be in the loose rocks than require him to pull into the loose rock on the edge of the road. When they get out of the traveled part of the lane there is a greater possibility of getting the loose rock in the windshield of your vehicle. There is also the possibility of the truck slipping off the edge of the pavement and that could cause him to lose control and cause an accident.

Gage your speed so you don't meet where there is a guard rail or on a bridge.

# PALAVAR

---

## From the Editor

Thanks to everyone who contributed to this issue.

We have Ranch Hands checking in, including a report from Cheapskate Chili. Glyn Carson contributed a driving tip column—part one is in this issue; Marge Schinke's "Health Tips" is back and Nancy Newland's first of many recipes from their blog begins in this issue.

Cooking classes have started at The Ranch and the first report is in this issue.

I'd like everyone to think about contributing a short bio for future issues—with picture if possible. Since we are a traveling community it can be hard for new members to know who the old members are and vice-versa. What to say?? Just think about what you would want to know about others

or what you want others to know about you.

Pam McMickin  
Editor

PS— If you receive the Palaver by Post Office mail The Ranch must pay for postage. It will save us money if you will read it or download it from The Ranch web page. One benefit is that you will get the full color version. The link is posted to Ranch Ramblings for every issue. If you don't get Ranch Ramblings, send a message to [pmmcickin@yahoo.com](mailto:pmmcickin@yahoo.com) and I'll add you to my Palaver notification list.

---

## Ranch Hands Check In

Hello all,

Many of you know that we have lived in different states for the past 3+ months. Well, that ended on Valentine's Day. After all of that time in NJ, Sally arrived back at The Ranch. Best Valentine's Day gift either of us could receive this year!

Spending all that time in NJ made Sally very happy to live out in the west! While there is a lot to see and do in the NYC general area, there are way too many people and vehicles!

If you've traveled in NJ you no doubt have been as frustrated by the "jug handles" as I. What are jug handles you ask? Well, that is the name given to how you need to make left turns from 4 lane roads. You see in order to make a left turn, you must turn right and go on a road shaped like a jug handle to come back to the road you just left where you can make a left turn. Confusing? Yes it is! To make matters worse, not every intersection will allow you to make a jug handle turn sometimes forcing you to go almost a mile further down the road before you can make a jug handle turn to come back to a store or restaurant on the opposite side of the road. I appreciate our left turn

lanes here in the west!

We left The Ranch on Feb 19 for Alpine, TX and the Texas Cowboy Poetry Gathering. We had a good time as usual. Weather cooperated, except for wind. However, on Sunday the 24th we drove to The Fort in Brackettville, TX with a tail wind most of the way, how often does that happen! When we pulled up to our lot we were greeted by John and Libby Veach, Bill and Linda Good, Spike and Kasey Jones, all current or former Ranch hands, and another neighbor all sitting in their golf carts under our port. Not quite like having the bell rung as we enter The Ranch but pretty darn nice! We aren't sure how long we will be at The Fort but we are hoping to be able to at least begin to build our house while we are here. Since we arrived John Veach and Phyllis Frey have both been sent to NYC by FEMA. We are hoping I will be able to stay home long enough to avoid going back east for FEMA. If you're in west TX, stop and see us.

Hugs,  
Dave and Sally

## Ranch Hands Check In

### CHEAPSKATE CHILI'S EXCELLENT ADVENTURE

It was November 12 when we (me with Lou and Barb Novy) left the Ranch heading in a southeasterly direction.

Later that day, we crossed the state line into what seemed to be a whole different country. We continued our journey and the next day arrived at our destination just north of Houston. What a wonderful place with grass, plants, and trees. I even met some distant cousins—Bell, Cayenne, and Jalapeno peppers.

Later that week we drove to Livingston TX to pick up a shotgun from the Polk County Sheriff. It had been recovered after having been stolen from their son in Houston about 5 years ago. While there we also visited the SKP Headquarters—lots of RV's there.



Two days later, from my perch above the window in the kitchen, I watched Ms Barb polish the kitchen floor to a shine. Later on she came down the stairs and when her stocking feet hit that floor they just kept going. I tried to warn her but it was too late. When she got up, her wrist was bent in two places. She called Lou and they drove away, When they returned, her arm was all bandaged up. Mr Lou is a good cook and is sure taking good care of her.

One thing I know for sure. They really love having cappuccinos twice a day.

Every week is an adventure and I can't wait to see what happens next.

### RAMBLING RAILEYS REPORT

Sometimes the best of plans go- somewhere. We decided to spend a few weeks in southern CA, specifically in Joshua Tree NP and Anza-Borrego SP. We envisioned sunny days, hikes, and wonderful campsites. Reality was COLD wind, rain for 3 days and nights, campsites that accommodated a 32 foot rig (their definition of a rig was the total length of the rig and tow vehicle) and loose sand that we got stuck in (three times).

But hey, the scenery was beautiful, the people were

nice, and it was a gorgeous day each time we moved to a different location.

We did see Merrilee and Corky on the way west, and stopped to see Greg and Lynell 2 times. We also visited with cousins of both of us, so all in all, it was a great trip.

We are going to stay at the Ranch for a few weeks so we can enjoy the Spring breezes and watch the weeds grow. Sometimes the adage "There's no place like home" is true.

Bob and Marilyn

### George and Bonnie Keefe

Well, since we left The Ranch, Buster has traveled 3,880 miles to North Carolina, Florida and we are now in Texas. Bonnie and I stopped in Austin, TX visiting our daughter and grandson there at Thanksgiving.

Traveling east, we stopped in Raccoon Valley. There Bonnie and I visited with Lanie & Loyce (lot 48) in Tennessee. Then we spent Christmas with our children and grandchildren in Holly Springs, North Carolina and New Years with all our children and grandchildren in Boon, North Carolina for snow

tubing.

We then traveled to Florida to warm-up and stayed at the Brandon Elks Lodge for six weeks. While there we visited my sister and saw the Florida RV show.

On the way west we stopped at the Rainbow Plantation and had a birthday lunch with three Ranch couples—Jim and Mary (lot 24), John & Trudy (lot 25) and Mark & Karen (lot 16). Also there were Monty & Wendy.

Ft. Worth today then start a Gate Guarding Job.

George & Bonnie, Lot 85  
busterstravelsgeo-bon.blogspot.com

## Ranch Hands Check In

### Beverley & John Lot #49

#### The Hearing Aid Adventure

For those of you who have had conversations with John White, you may have noticed a problem with his hearing. He would talk over you, not hear you at all, ask you to repeat yourself, etc. He would dominate the conversation - not because he wasn't interested in what you had to say, but because HE COULDN'T HEAR YOU!! For any of you that live with a person with a hearing problem, you know how difficult this can be - for you more than them. They're really not aware that they have a problem!! Although I'm not sure how they can't notice how many times you have to repeat yourself for them to be able to understand you. Of course we all know how stubborn men can be. John waited years before having the knots on his neck checked out (which turned out to be serious head and neck cancer), and he still doesn't think he needs his blood pressure pills (although he's had two life-threatening episodes just in the last year when he "forgot" to take them for a couple of days).

The first trip we took together, in the Allegro Bay, there was a problem with the jacks and the alarm would not go off. It beeped the entire trip from the ranch to New Jersey. I nearly lost my mind but of course, John couldn't hear it. When we were in restaurants, he couldn't hear the waitresses or waiters. Drive-thru restaurants were a nightmare. The television had to be on BLARING volume for him to be able to hear it. Even in movies, he would miss the dialogue. There was no way for us to have a conversation when we were traveling in the Allegro Bay because of the engine noise, but even in the quiet Allegro Bus, I was too far away to be able to have a conversation. Heck, it was even hard to have conversations riding in the truck! His hearing problem had been going on for a very, very long time. John's family had been begging him to get hearing aides for over 20 years - and finally - FINALLY - he got them this year. After our friend Hilda Cerday got a pair that were virtually invisible, John started researching getting his own and finally settled on a pair of Kirkland Signature hearing aides from Costco.

John reports that he received a very thorough hearing test at Costco, and while he was waiting on the casting of his ear to set, he was given sample hearing aides to test while walking around Costco. He said he was surprised to be able to listen in to other people's conversations for once! After arriving home, he was putting something in the microwave and started pushing all the buttons. I asked him what he was doing and he laughed and said that he never realized that the microwave buttons made a noise. We had our first real conversation traveling within the next few days. I have to admit that I was so relieved at being able to carry on a conversation with him that I teared up! It was great! No more yelling and repeating and giving up out of pure disgust!! And John is always saying how nice it is to have real conversations with the people he meets now!

John encourages everyone that might be as stubborn as he was (and missed out on 20 years of really hearing the world) to go ahead and bite the bullet and GET HEARING AIDES! He can now hear the slot machines, the humming of the engine of the RV, the birds chirping, the high notes in music, horns beeping, alarms, one of our little dogs "purring", and best of all, he's no longer viewed as a rude person because no longer ignores or talks over people.

The hearing aides fit on top of his ear and there is a thin little fishing line type of tube that goes down into the ear. They are virtually invisible. You would have to be taller than he is to look down on top of his ear to see them. The remote allows him to turn down the volume, control background noise, etc. And they were only \$1999 for the PAIR vs. \$1999 EACH as most hearing aides of this quality can be. Here is the website for you to get more information. <http://www.costco.com/kirkland-signature-hearing-aid.html>

If your loved one is STILL stubborn and blames YOU - the volume, pitch, tone of your voice, tells you that you mumble, or says that they heard (whatever it was) but just wasn't paying attention, etc., try what one counselor suggested . . . pretend that you cannot hear anything they say and make them repeat themselves constantly - and DON'T STOP no matter how irritated they get - until they get hearing aides. Good luck!!

Beverley - Lot 49

### Ranch Hands Playing 'Winter Texans'

After the wonderful Christmas and New Year's activities at The Ranch, the weather took on that chilly feel and we opted to head south again this winter.

George and Pam had an enjoyable Christmas with family in the Dallas area and then started their trek southward through Houston and stopped along the way to visit with the Novys. The Novys helped celebrate Pam and George's 25th anniversary. Phil and Gene headed to San Antonio to visit with Gene's sister and family.

Our goal was to meet at Sea Wind RV Park. Phil and Gene arrived at Sea Wind on Jan. 18 and George and Pam arrived Jan. 20. Sea Wind is a county park along Baffin Bay, 20 miles from Kingsville, Texas. The first thing we did was head to Baffin Bay Cafe to eat seafood. Eating is always a top priority and we gather every evening for Happy Hour in true Escapees tradition!



We went to the monthly birthday and anniversary ice cream social at the clubhouse. A few days later Dave and Beth Norton drove over from Corpus Christi to join us for a heavy hors d'oeuvres happy hour. Mike served delicious cake and ice cream and once again we sang Happy Birthday to Jennie and Pam!

Jennie and Rudy went to the nearby Catholic Church the first Sunday they were here and they were invited to stay for the covered dish luncheon -- more eating!

We are planning an outing to Padre Island and we will take picnic lunches to eat while we enjoy the surf and getting sand between our toes.

We enjoyed a great evening of fun and music when the line dancers here at Sea Wind entertained at the clubhouse.

One day we gals attended the Ladies Luncheon and left



Happy Hour Drinks



Happy Hour with Everyone



The Last Drop

In early February Rudy and Jennie Schubert, Mike and Margie Klick and Lou and Barb Novy arrived. Barb had broken her wrist several weeks before after a fall and when the doctor released her they were able to travel (that'll teach Barb to do housework and wax floors!).

While here, we have celebrated Schubert's 52nd anniversary and Jennie and Pam's birthdays -- all this calls for eating, so we went to Railey's recommended restaurant, The King's Inn, and had wonderful seafood.

the men at home to fend for themselves.

Pam, Jennie and Barb enjoy the early morning exercise workouts. Gene enjoys the genealogy class and we all enjoy walking. Yes, I think we are making very, very good Winter Texans!

Gene Sharp



Anniversary



B-day Girls



Kings Inn Lunch

Cooking Classes at The Ranch

We had two cooking classes this month.

The first one was on how to make ravioli. We made cheese and spinach stuffed Won Ton wraps and made ravioli. Boiled them and put them in a frying pan that had butter in it and took a couple of gravy ladles of beef consume and heated thru. Served with Parmesan cheese. About 15 ladies came for the class.

On Feb 26th we had class #2 and made Pot Stickers. We could not get pot sticker wrappers so used Won Ton wrappers. Pot sticker wraps are made out of rice flour so taste a little different but everyone said they were good.

Art washed dishes.



Next month there will be a class on the 12th and we'll make fresh rolls. It will be an experiment since I've never made them before. The recipe on the package said to use rice noodles so as part of the class we'll make the rice noodles. I know how to make them.

Lots of eating in March and you know Escapees love to eat.

Hugs Sherry & Art  
Lot 6



Update on recent Ranch Hands moving out, moving in and moving around

Moving In

Lot 41 Keitha and Mike Kiselwick

Moving On

Lot 112 Ron and Phyllis Frey

**Breakfast Burritos**—From Barb Walther — This is the recipe we used for the Hitch Up Breakfast at Roundup and will use again at the 30th Anniversary Party. This was created with the help of Trish Teagarden.

### Ingredients for 25 – 30 Burritos

2 # bulk mild sausage  
 3 – 5 cooked potatoes  
 1 large onion, chopped  
 18 eggs  
 ½ cup milk or fat free ½ & ½  
 3 pkgs 10" flour tortillas  
 2 tsp taco seasoning  
 Salt & pepper to taste  
 2 # shredded cheese  
 Salsa  
 Sour Cream

### Ingredients for 50 - 60 Burritos

4 # bulk mild sausage  
 5 - 8 cooked potatoes  
 2 large onion, chopped  
 3 dozen eggs  
 1 cup milk or fat free ½ & ½  
 6 pkgs 10" flour tortillas  
 4 tsp taco seasoning  
 Salt & pepper to taste  
 4 # shredded cheese  
 Salsa  
 Sour Cream

### Instructions

Beat the eggs with milk season with salt & pepper: set aside.

Brown and crumble the sausage. Add the chopped onion and brown. Shred the potatoes and add to sausage mixture. Cook until potatoes are browned.

Add the beaten, seasoned eggs to meat mixture. Cook and stir until eggs are set and dried. Season to taste with salt, pepper and taco seasoning.

### To make burritos

Lay a tortilla flat, put a heaping tablespoonful of meat mixture along center. Cover with a tablespoon of shredded cheese. Begin by folding sides over the filling, fold flap nearest to you over filling and sides, roll up the rest.

Wrap in foil or waxed paper, place in plastic bag to freeze.

### To serve

Remove from wrapper, place on folded sheet of paper towel. Heat one minute in microwave on high.



## Recipes from Nancy

Nancy and Dan Newland have a blog, [View From The Dashboard](http://cosmicpossums.blogspot.com/), at <http://cosmicpossums.blogspot.com/> Nancy is going to share some of the recipes from the blog along with little stories to go with them.

## Banana Burrito

*Nancy Newland*  
*Weight Watchers Favorite Homestyle Recipes*

This makes the most delicious and fast snack or lunch. Dan used to like this for his quick 30 minute lunch break.

This was for a short period after we had sold our home and we could have lunch together. We were living at a campground near UTA where we had to live for a month before he could retire and we could hit the road.

### Servings: 1

**1 6 inch flour tortilla**  
**1 Tablespoon peanut butter or more if needed**  
**2 teaspoons reduced calorie jam or more if needed**  
**1 banana**  
**Shredded coconut meat, optional**

Lay tortilla on flat surface and spread evenly with peanut butter and jam.

Coconut if desired. Place banana on edge of tortilla and roll up to enclose.

Wrap loosely in paper towel. Microwave on High for 35 seconds



## Birthdays and Anniversaries



### MARCH BIRTHDAYS

1 – Gary Roessler  
 5 – Debra Simmons/Amari  
 10 – Paula Carey  
 12 – Maureen Bigelow  
 18 – Orville Schinke  
 20 – Joyce June  
 21 – Lucy Billings  
 22 – Charles Russell  
 24 – Jerry Brous  
 25 – Jack Koontz  
 26 – Betty Lugar  
 27 – Dave Norton  
 29 – Margaret Krebill  
 31 – Bob Stuvell

### APRIL BIRTHDAYS

2 – John Tenison  
 4 – Linda Ranes  
 5 – Melody Baker  
 7 – Trudie Tenison  
 8 – Jan Brown  
 9 – Charlie Scarborough  
 11 – Bob Abbott  
 18 – Cliff Dulcich  
 19 – Gil Carey  
 20 – Lola Wood  
 23 – Sheila Miller  
 23 – Bill Pulsipher  
 27 – Mary Ann Obst  
 28 – Bonnie Keefe

### MARCH ANNIVERSARIES

18 – Loyce & Laney Finch  
 18 – Jim and Joyce June  
 24 – Bob and Caren Collins  
 29 – Wayne & Trish Teegarden

### APRIL ANNIVERSARIES

4 – Jim & Mary Gallivan  
 8 – Ro & Al Benish  
 9 – Phil & Gene Sharp  
 29 – Dave and Beth Norton  
 30 – Jim & Beverly Hughes

## Committee Contacts

### Beautification:

Liaison: Orv Schinke  
 Chair: Bob Railey

### Building & Safety

Liaison: Wally Mauck  
 Chair: Bob Nyman

### Finance

Liaison: Richard Wygant  
 Chair: Beth Norton

### Governing Documents

Liaison: Marion Braum  
 Chair: Debra Simmons-Amari

### Grievance/Dispute

Liaison: Marion Braum  
 Chair: Tony Amari

### Library/Video

Liaison: Chuck Queen  
 Chair: Betty Lugar

### Lot Transfer

Liaison: Barbara Walther  
 Keeper of the Keys: Sherry Lumb  
 Keeper of the Keys: Sally Stribling  
 Keeper of the Keys: Chris Giffin

### Nominating

Liaison: Wally Mauck  
 Chair: Martha Nyman

### Palaver

Liaison: Barbara Walther  
 Chair & Editor: Pam McMickin

### Ranch House

Liaison: Barbara Walther  
 Chair: Linda Ranes

### Shop

Liaison: Greg Obst  
 Chair: Jolieanne Brunton

### Water

Liaison: Richard Whgant  
 Chair: Glyn Carson

### Welcome

Liaison: Paula Russell  
 Chair: Marge Schinke

### WiFi

Liaison: Dave Norton  
 Chair: Pam McMickin



---

Palaver  
The SKP Ranch  
PO BOX 109  
Lakewood, NM 88254