



The Boondocker Chatter

Senator Wash's Newsletter

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Christmas on the LTVA

Inside this issue:

Health Tip	2
Final Goodbye	2
Angel's Angles	3
Fishing 101	3
Getting to Know LTVAers	4
Agitator-A Modern Fable	4
History of Swap Shop	5
Christmas Card List	5
A (Long) Day Trip to Oatman	6
Black Holding Tank Recipe	7
Trash Request	7
Art Classes	7
Birthdays & Anniversaries	8



Dates to Remember

- Dec. 31 Art Class @ CSC—2pm
- Feb—Cookie Drive

Cookie Drive (Sue/Schoolteacher)

The annual Cookie Drive is coming soon to an LTVA near you. Cookie and Boomer will be here soon and fliers will appear, as will announcements on the CB. No particulars yet, but rumor has it, the drive will be in ear-

ly February, so you have a month to get ready to bake or buy.

(By the way does anyone know when the Cookie Drive started? Or any other history of it? Please let me know.)

The Cookie Drive is our way of thanking the members of the YPG rescue squad who respond without compensation whenever we have an emergency. Please help us show them how much we appreciate them.

Health Tip of the Month: Benefits of Poor Posture (Lyn/Desert Rain)

Our posture, the way we hold our bodies, conveys a lot of information about our wellbeing. Headache, fatigue, back ache, and neck soreness may all stem from poor posture. Retirement and advancing age often herald a sedentary lifestyle with less physical work. I know this is what we call livin' the good life. But unless we remain active our bodies will lose strength and agility and our postures will suffer. There are simple changes we can all make right now that can benefit our physical and mental wellness.

A new study from

Harvard University says we are unknowingly slouching much more than we did in years past and this is mainly due to our use of cell phones, tablets, and laptops. People are spending two to four hours a day reading and texting on electronic devices with their heads tilted downward causing strain on the cervical vertebrae and connective tissue. The adult spine is made to support a fourteen pound head, but when that head is tilted downward just fifteen degrees the pressure on the spine doubles. To avoid this, try to hold your phone or other electronic device at eye level so

that you move just your eyes.

Working at a desk, sitting for long periods of time, as well as long commutes in the car can cause the shoulders to hunch over adding strain to neck muscles. This hunched position also compresses the abdomen causing intestinal problems of digestion and elimination. Slouching in your chair also decreases the amount of air getting to the lungs by as much as 30% causing tiredness and a slowness in the thought process caused from less oxygen.

So Mom was right when she said, "Stand up straight." Be con-

scious of holding your shoulders back and your head up straight and tall. Break up your computer time with frequent stretches and position changes. Place the computer screen, TV, iPad, or smartphone directly in front of you with the top of the screen level with your eyes.

Here in the desert with the warm sunshine and vast horizons, the number one way to combat slouched-over-sitting-at-the-computer-fatigue is to get up and go for a walk. Stand up tall and head out the door. Be active. Let good posture lead you in good health. Enjoy our desert lifestyle.

A Final Goodbye to these LTVA Campers

Flyrod/Paul & Tacklebox Mary, Squaw Lake Caretakers/lived in gravel pit

Unc (Ladybee's uncle), lived next to Jarhead & Ladybee on North Florida Flats, survived by wife Desert Flower

Maggie widow of Blue Goose, from Texas

Idaho Jack of Diamonds AKA Perry, lived behind contact station, drove a big Harley, survived by wife Little Dutch Girl/Tina

Friendly Frog AKA Larry AKA Frog, lived on Herman's Horsepath & Ferguson RD, survived by wife Poliwog/Sheila



Angels Angles (Joyce—Angel)

As we end an old year and begin a new,
I'd like to share a few words with you.

"May Light always surround you;
Hope kindle and rebound you.

May your Hurts turn to Healing;

Your Heart embrace Feeling.

May Wounds become Wisdom;

Every Kindness a Prism.

May Laughter infect you;

Your Passion resurrect you.

May Goodness inspire

your Deepest Desires.

Through all that you Reach For,

May your arms Never Tire."

...D. Simone

And remember, every year end is a new beginning.

Fishing 101 (Bill & Elaine Johnson Christian Service Center)

Fishing for the past 60 + years has never been more exciting or fulfilling than taking a Kid fishing. We have taken our Kids, our nieces and nephews and our grand kids fishing when ever we could. Helping them catch that first fish and the Joy and excitement of their faces is one of the most precious gift's from God.

We met up with our grown nephew for lunch recently in Yuma and he remembered going fishing with us as a child, and would we be willing to take his 7 year old daughter fishing on the Colorado? That was to be an honor for us. After church and a big dinner we all went to the river and cast in three lines. Two plus hours without a bite, but with my newly met Grand Niece sitting with

me she got a nibble , then another and pretty soon she landed her first Red ear Sunfish. You talk about excitement, she even got excited over her catch almost as much as her Dad and I.

Her fish was only about 6 inches long but you would have thought it was a monster. Our Nephew posted this text on face book the next day.

That was just bait. She caught a 60 pound Catfish on 8lb test line. She fought that monster for nearly 3 hours before jumping into the river and dragging it to shore. It was an epic fight between little girl and huge river

monster..... well anyway that's his story and he's sticking to it.

I remember teaching him to fish but he must have got the tall tales from some where else.



Getting to know LTVAers

Old Timers

From Whiplash & Slowpoke
(Carl & Joyce Haney)

We are from Vale Oregon.
Have been coming down for
about 47 years.

Carl's Dad, W.J Haney and
wife, had been staying at
Skunk Hollow from 1968 to
approx. 1972 .

We are retired, but were Mail
Contractors when we
worked

Now we are parked at Lower
Bee Hive Mesa. Since we
liked the location and the
people we visited with,
(because they are from all
over) we still park there.

We like the easy living and
all the nice people you meet.
Plus our kids have parked
by us the past few years and
can't forget the nice weather

Newbies

From Reluctant Traveler

Where are you from? Maine

How many yrs have you been
coming now? This is my fourth
winter

How did you find Senator Wash
for your winter home? Wander-
ing on the internet

Are you retired? Yes

A full time RVer? Yes

What did you both do before
coming to Senator Wash? I was a
boat builder. Now I build cora-
cles, couraghs and proas

Where did you park the 1st time
and why? Eastern most point
South Mesa. Needed to be with-
in prescribed distance from
Dump station

Are you still parked there? Yes
arrived 1st September

What is the best thing about
Senator Wash? Tranquility



The Agitator—A Modern Fable (Anonymous)

Many years ago, on the desert, there was a lonely agitator, from an old washing machine, making visits to desert friends. Someone painted it gold, some signed it too before passing it on to a desert friend. Kra-Z-Ate was one of the last recipients of this prestigious award. When Kra-Z-Ate & Kra-Z-Lady could no longer come each winter, the agitator award was given to them. They were asked to take it home to Idaho, put it in their yard, & every time they looked at it to think of their desert friends

There is a rumor circulating out on the desert that more agitators from old washing machines are loose out on the desert, so be careful not to agitate or stir up your desert friends & neighbors.

A Brief History of Swap Shop (Bob/Slobberjaws & Mary/Vixen)

To the best of Slobberjaws recollection: Slobberjaws "thinks" the swap shop started about 1995, Kra-Z-Ate probably was the originator of this idea. In the beginning, people would call in swap shop stuff on their CB radios. Then the mailbox was purchased for people to drop off their swap shop items in around 2001. Every Wed. night, right after roll call, Slobberjaws would read the swap shop notes from the mailbox. After reading the mailbox items, he would ask for call ins on the CB radio, & Nitro would use her "smokin' pencil" to write them down in the

swap shop notebook. In January of 2003, the "smokin' pencil", Nitro, died suddenly & unexpectedly. In 2005, Vixen became the new swap shop secretary. The swap shop mailbox was then on the free table next to the liberry. Oh, it was attached securely to the free table so no one would take a free mailbox home. Then McGyver took it for a few years, he put it on a stand, & it was on Ferguson Lake Road very close to his RV. When McGyver & Missy moved into town, the swap shop mailbox came back to Skunk Hollow, this time by the entrance to Skunk Hollow. Slobberjaws said the

record for swap shop sales in one evening is \$76,000.00. It was a motorhome that sold for \$66,000.00 & a 5th wheel trailer for \$10,000.00. Now we have new "Swap Shop Caretakers", Gizmo & Tigger from Minnesota, who reside on Murphy Flats. The new location for the swap shop mailbox is close to the community Liberry, & they have some great ideas.



Please put your description of your swap shop items here. Include your name, the price you're asking and a way to reach you.

The Christmas Card List

There is a list of folks I know, all written in a book.

And every year at Christmas time, I go and take a look.

And that is when I realize that these names are a part—

Not of the book they're written in, but of my very heart.

For each name stands for someone, who has touched my life sometime.

And in that meeting, they've become the "Rhythm and the Rhyme"

I really feel I am composed of each remembered name.

And while you may not be aware of feeling quite the same,

My life is so much better than it was before you came.

For once you've known someone, the years cannot erase

The memory of a pleasant word or of a friendly face.

So never think my Christmas cards are just a mere routine,

Of many names upon a list, forgotten in between.

For when I send you a Christ-

mas card that is addressed to you,

It is because you're on a list of folks I'm indebted to.

For whether I have known you, for many years or few,

In some way you have had a part of shaping things I do.

So every year when Christmas comes, I realize anew,

The biggest gift that God can give, is knowing folks like you.

To friends on the desert from Straygoose & Nanagoose

A (Long) Day Trip to Oatman (Sue/Schoolteacher)

Early one Friday morning three couples and a dog set off on a journey seeking the old west and new experiences.

Jaws, Vixen, North Wind, Desert Rain, Big Rig, Schoolteacher, and Ringo pulled out of Skunk Hollow at 8 am. It was a beautiful start. As we rolled along, Jaws pointed out sights along the way. There was "The Thumb", and "The Scottie Dog". Formations along hwy 95 between the LTVA and Quartzite. Then the beautiful red rock around Parker and the dam. Two hours after starting off we had a quick stop for coffee and other things in Lake Havasu City and then onwards.

We were going to make a circle, so we turned west toward Needles but at Top Rock we turned north. At noon we arrived in Oatman.

It is a wonderful little one street town that exists for tourists even if getting here is rather off the beaten path. There are shops and vendors everywhere as well as burros. We wandered up one side of the street, sometimes window shopping, sometimes entering and browsing until we reached a restaurant. Its claim to fame is the dollar bills signed and stapled everywhere. The food was good and we enjoyed ourselves immensely.

After lunch we finished the one side of the street and started down the other. Children and parents alike were buying the little alfalfa cubes to feed the burros and they were certainly willing to be fed and petted. There is usually a gun fight, but not today.

Following some shopping we mounted up again, this time heading out of town towards

Kingman. This route took us past several mines, up a steep road with lots of curves and deep canyons. What a magnificent drive.

At the junction of hwy 95 and hwy 40 we stopped for fuel. Just after we started off again, we came upon a wreck. Realizing that we were not going anywhere for quite a while, we turned around and came south on hwy 95 on the CA side. We crossed back at Parker where we stopped for dinner finally returning to the LTVA around 8:30 or 9:00 pm.

I'm sure that our day was not quite the normal, but I urge you, if you have not been to Oatman, to make this trip. Even though it is a long trip (400 miles round trip) and a little tiring, it is certainly worth your while.



"Black Holding Tank Recipe"

(Linda/Layla)

1 cup lemon pine sol

1 cup fabric softener

1 cup ammonia

1/2 cup club soda

Mix all together in a gallon jug, & fill with water. Shake well. Put 1 cup of mixture in toilet after each dump.



Art Classes (Jean Hess)

Art classes will resume on Thursdays at 2:00. in the shelter next to the church. Beginners through intermediate welcome. Basic drawing and/or painting. Individual help with your art project or specific lessons. Everyone is instructed at his/her level at his/her own speed. Some instruction books, photos, etc. available to check out. First class Dec. 31 - 'get-to-know-you' time. If there are too many we will divide into 2 groups. No obligation. Come, check us out.

Trash Request

Thank you everyone for keeping our Senator Wash area so clean & picked up. One of the most helpful hints to keeping our garbage from blowing all over the desert when they dump the dumpsters is to tie your garbage bag before you throw it in the dumpster. Carrying an empty plastic bag in your pocket to pick up garbage as we walk or hike helps too.



Do we have your birthday? Your anniversary? Your email address? When we email, we use BCC (Blind Carbon Copy) so no one sees your email address. You can email me @ maryvixen1944@gmail.com or come & visit @ the north end of Skunk Hollow.

Vixen



“January”



- 1st: Ladybee Chicken Little Eejay/Bluejay Marcos/
Imelda
- 2nd: Poppie
- 3rd: Capt Bligh/Little Beaver
- 4th: Diesel Man Lady Traveler
- 7th: Jarhead Stagecoach/No Name Flatliner
- 8th: Bandid Caribou Traveler
- 10th: Broken Wheel BC Don/BC Lana White Light (George)
- 11th: Stitches Lost Canuck Starlet
- 12th: Imelda
- 13th: CSC Ed V. CSC Slim
- 14th: Macky
- 15th: Uncle Monkey/Barefoot Girl
- 16th: Curly
- 17th: Silver Bullet
- 18th: BC Don
- 19th: Baxter Gal Gold Nugget
- 20th: Pathfinder/Troublemaker Lady Sagebrush
- 21st: Hurricane Ridge Leona Gold Miner/Crevicer Gravel Pit Lynn
- 23rd: Ice Pickle/Raven Normando Crabby
- 24th: Bovine Man Gunsmoke CSC Judy
- 25th: Fun Mover
- 26th: Aunt Mama War Hoop Happy Nomad General Lee/Lulubelle Quail Hill Judy
- 27th: Paintbrush Poor Pensioner/Happy Nomad
- 30th: Jack Spratt