



# Ramblin' NoDaks

May 2022



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Hello, and Happy Spring!

Camping is happening! It's great to see our friends once again. Our NoDaks Chapter has created a family all of its own. What a great group we have!

Please note..... There are several attachments included in this email. Minutes, Roster, June registration, and June schedule.

Pam

## Rallies for 2022 and 2023

June 16-19, 2022 - Medora (Eckenrode, Meier)

July 7-10, 2022 - Watford City (Tveit, Roed)

August 11-14, 2022—

August 24-27, 2022 - Lincoln NB (International Convention)

September 22-25, 2022—Minot (Grindy)

May 4-7, 2023—Mandan (Ringland/Hoirup)

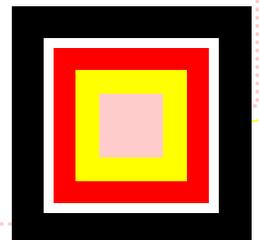
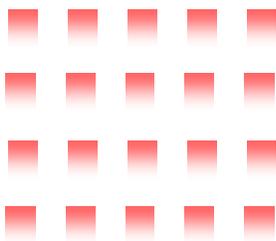
June 2023—

July 2023—

August 18-20, 2023 - Spearfish, SD

August 21-27, 2023 - Gillette, WY  
(International Convention)

September 2023—





## **Our Ramblin' NoDaks Officers for 2021-2023:**

President—Dave Eckenrode—701-202-5411

Vice President—John Meier—701-440-1359

Secretary—Sandy Eckenrode—701-426-7757

Treasurer—Duane Heinrich—701-535-0830

Parliamentarian—Karen Grimm—701-371-3093

FMCA National Director—John Emmett—605-228-4075

FMCA Alt. National Director—Wayne Bohnet- 701-400-3258

Webmaster & Newsletter Editor—Pam Meier-701-440-1189

Chaplains—Kathy Heinrich, Kent Roehl

Security—Bill Sommers, Larry Grindy, Dean Little

Nominating Committee—John Ringland, Darlyne Roed, Karen Grimm, Pam Meier



**From Treasurer Duane:** Dues for 2022 were due by January 1st. Please mail your dues at your earliest convenience to: Duane Heinrich, 4333 47th Ave S, Fargo, ND 58104. Remember you can pay more than one year at a time.

The following owe \$15.00 for annual dues.

Chesla	Little
Gunter	McMillan
Harrington	Morrow
Hepworth	Mychasiw
Hodgson	Rutledge
G Jaeger	Wolfe
King	



FMCA Bylaws Article III  
#4E

ARREARS: Any member whose dues remain unpaid for more than 6 months after becoming due shall be considered delinquent; after 12 months, membership is cancelled.

**Dropped  
Members:**

Don't forget to check out our website:

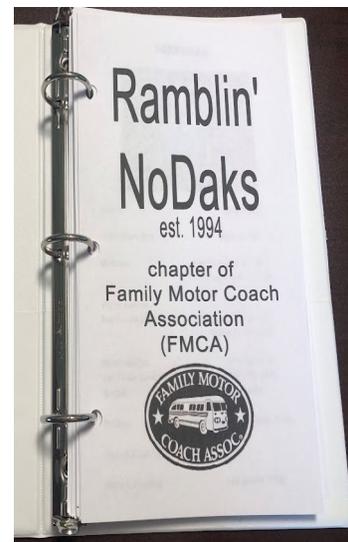
[www.ramblinnodaks.com](http://www.ramblinnodaks.com)

**Ramblin' NoDaks membership books for sale**

We have membership books for sale. They are \$10.00 each. There is a page designated to each member unit. In the book you will also find the chapter standing rules, the by-laws, past Presidents, and Charter Members.

If you have a book and in comparing it to the roster you find that you are missing someone, please let me know and I can email you their page. You can also contact me if you need the information changed on your personal sheet.

To purchase a book or to have pages emailed, contact Pam Meier, [jpmeyer@midco.net](mailto:jpmeyer@midco.net) or 701-440-1189.



## President's report for May 2022 newsletter

By David Eckenrode

Hopefully everyone is enjoying May. It's nice to see occasional rain showers. The grass is turning green, trees are budding, and the birds are chirping, a good sign that spring is here.

Revised Ramblin' NoDaks Standing Rules are being sent out in May. We plan to ask for approval at the meeting during the June rally, If you are not planning to attend the June meeting and have comments/concerns, please send them to me at [daeckenrode@gmail.com](mailto:daeckenrode@gmail.com).

Dennis Fox the Midwest Area National Vice-President has resigned. There will be a special election to be held in June 2022 to fill his position. There are other Midwest Area elections for Senior Vice President, Treasurer, Region #2 Vice President and Region #3 Vice President to be held at the International Convention in Lincoln NE. If you are interested in running for any of the vacancies , please fill out the Candidate Consent Form with your resume and send back to the Nominating Committee Chairman, Don Chesnut, email: [Donchesnut47@gmail.com](mailto:Donchesnut47@gmail.com), no later than May 24, 2022.

The Midwest Area is down to 15 chapters from 22.

Hopefully everyone can make it to one of the rallies this year. Please drive safe and have a wonderful summer.

We all have a great time and love our rallies. Will you please consider hosting one? Let President Dave know if you would be willing. We still need to fill August for this year and we are looking for 2023 also.



## REPORT FROM JOHN EMMETT, NATIONAL DIRECTOR

FMCA's Midwest Area National Vice President, Dennis Fox, resigned on March 22, 2022. We are in the process of filling this vacancy with a special election, with National Directors in the Midwest Area voting. This special election will be conducted by mail ballot. This term will be from June 2022 to August 2023.

John Jacobs, F413028, of DeForest, WI has been nominated to fill this position. He is a retired business owner and has been full timing since June of 2021. His complete bio is available. If you wish to read it I will be glad to pass it along.

The Constitution and Bylaws Committee met in January to review two proposals to amend the National Bylaws. The Bylaws amendments are among several items that will be voted on during the Governing Board meeting at the Lincoln, Nebraska, convention this summer. The proposed changes are listed below.

### Proposal #1

The Constitution and Bylaws Committee moves to change the title of the national "Area Vice President" to "Area President."

Article XVI – Area Association, Paragraph (4) Amend this article to read: (4) The Area Vice President, ~~who also serves as the area association president,~~ shall preside at area association meetings and/or conduct issue forums at FMCA conventions, and serves on FMCA's Executive Board.

### Proposal #2

Article XVII - Chapters (5) Amend this Article to read: A chapter shall ~~shall~~ **will** elect a president, one or more vice presidents, a secretary, a treasurer, a national director, and an alternate national director for a one- or two-year term. An associate chapter shall elect a president, one or more vice presidents, a secretary, and a treasurer for a one- or two-year term. A chapter may elect in their Bylaws to combine the positions of secretary and treasurer into a single position. **A chapter has the option of whether to elect an alternate national director. However, a chapter, other than associate, must maintain at least three (3) members holding the officer positions in that chapter.** An FMCA member may hold no more than two chapter offices simultaneously. A member may hold an office in two chapters, however he/she may not hold the offices of national director or alternate national director in more than one chapter.

That's all for now. I hope to see everyone in Lincoln, NE in August.



## May Birthdays and Anniversaries

2—Dale Paquin  
4—Gene Grimm  
5—Irene Beckman  
11—Janet McMillian  
14—Izzy Burdeniuk  
14—Champagne  
15—Ken Roed  
18—Gordy Wettlaufer  
20—Irene Hellman  
21—Mark Morgan  
22—Gerold Hoff  
23—Peggy Roberts-Titze  
25—Wilz  
29—Kathleen Hepworth



12—Darel Harrington

12—Lucy Pierce

12—Baumann—1971

13—Karen Little

14—Stainbrook

16—Dan Knell

17—Jerry Hopfauf

17—Bonnie Brackin

17—Knell—1977

18—Sutheimer—1976

21—Jerri Morrow

23—Marvin Sutheimer

25—Richard—1976

26—Rutledge

27—Meier—1975

28—Bill Tveit

28—Baumberger—1964

29—Gunter—1957

## June Birthdays and Anniversaries

2—Charlet Sperbeck  
2—Wettlaufer—1952  
3—John Morrow  
4—Alice Bergan  
5—M&S Sommers—1965  
7—MacDonald—2019  
9—Sharon Wilz  
10—Lynne—1956  
11—Schmidt—1961  
11—Wolfe—1972  
11—Emmett—1977

## Mandan Rally re-cap

It was great to be back together again. We had 5 RVs and 8 drive ins. There was so much to visit about and so much to do. Our "Behind the Scenes" tour at the Heritage Center was fabulous! Thanks to Becky for arranging the tour. How do we live right in ND and not even know that this all exists!! Friday night we had a supper of Chili and then finished the night with card BINGO. Our newest member Diana was extremely skilled or extremely lucky. Saturday was started with a hashbrown eggbake followed by the business meeting. For supper we had creamed meatballs and a delicious assortment for potluck. After supper, all the jockeys got ready for some horse racing. Some had troubles getting their horses going while others were pretty fast and speedy. I think we now have a name for all of the horses. Thanks Betty! God provided a beautiful day on Sunday. We had breakfast and a short worship service. Everyone helped clean up and after saying our good-byes, we were on our way home.



### **Granola Bars** From Sharon Baumberger

Heat the following to melt together:

1 c honey    1/2 c olive oil

1/2 c brown sugar

Add:

4 c. oatmeal    1/2 c ground flax

1 tsp. cinnamon    1/4 tsp. salt

Dried fruit and nuts

Pressed into greased and floured pan.

We have a new way to order our NoDaks attire and our nametags. Go to our website [www.ramblinnodaks.com](http://www.ramblinnodaks.com) and on the side panel at the bottom of the front page, there is a link that says "NODAKS STORE". Click on that and it is very simple to order from there. Go check it out!

**A couple weeks ago, I had a scheduled colonoscopy. A “dear” friend of ours sent this to me. It kind of shocked me as I felt as if he had been with me the whole way with his precise descriptions! Enjoy!**

### **Colonoscopy Journal:**

I called Dr. Andy Sable, a gastroenterologist, to make an appointment for a colonoscopy. A few days later, in his office, Dr Sable showed me a color diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly through Minneapolis. Then he explained the colonoscopy procedure to me in a thorough, reassuring and patient manner. I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, 'HE'S GOING TO STICK A TUBE 17,000 FEET UP YOUR BEHIND!'

I left Andy's office with some written instructions, and a prescription for a product called 'MoviPrep,' which comes in a box large enough to hold a microwave oven. I will discuss MoviPrep in detail later; for now suffice it to say that we must never allow it to fall into the hands of America 's enemies.

I spent the next several days productively sitting around being nervous. Then, on the day before my colonoscopy, I began my preparation. In accordance with my instructions, I didn't eat any solid food that day; all I had was chicken broth, which is basically water, only with less flavor. Then, in the evening, I took the MoviPrep. You mix two packets of powder together in a one-liter plastic jug, then you fill it with lukewarm water. (For those unfamiliar with the metric system, a liter is about 32 gallons). Then you have to drink the whole jug. This takes about an hour, because MoviPrep tastes - and here I am being kind - like a mixture of goat spit and urinal cleanser, with just a hint of lemon.

The instructions for MoviPrep, clearly written by somebody with a great sense of humor, state that after you drink it, 'a loose, watery bowel movement may result.' This is kind of like saying that after you jump off your roof, you may experience contact with the ground.

MoviPrep is a nuclear laxative. I don't want to be too graphic, here, but, have you ever seen a space-shuttle launch? This is pretty much the MoviPrep experience, with you as the shuttle. There are times when you wish the commode had a seat belt. You spend several hours pretty much confined to the bathroom, spurting violently. You eliminate everything. And then, when you figure you must be totally empty, you have to drink another liter of MoviPrep, at which point, as far as I can tell, your bowels travel into the future and start eliminating food that you have not even eaten yet. After an action-packed evening, I finally got to sleep.

The next morning my wife drove me to the clinic. I was very nervous. Not only was I worried about the procedure, but I had been experiencing occasional return bouts of MoviPrep spurtage. I was thinking, 'What if I spurt on Dr. Sable?' How do you apologize to a doctor for something like that? Flowers would not be enough. At the clinic I had to sign many forms acknowledging that I understood and totally agreed with whatever the heck the forms said. Then they led me to a room full of other colonoscopy people, where I went inside a little curtained space and took off my clothes and put on one of those hospital garments designed by sadist perverts, the kind that, when you put it on, makes you feel even more naked than when you are actually naked.

Then a nurse named Eddie put a little needle in a vein in my left hand. Ordinarily I would have fainted, but Eddie was very good, and I was already lying down. Eddie also told me that some people put vodka in their MoviPrep. At first I was ticked off that I hadn't thought of this, but then I pondered what would happen if you got yourself too tipsy to make it to the bathroom, so you were staggering around in full Fire Hose Mode. You would have no choice but to burn your house.

When everything was ready, Eddie wheeled me into the procedure room, where the doctor was waiting with a nurse and an anesthesiologist. I did not see the 17,000-foot tube, but I knew Dr. Sable had it hidden around there somewhere. I was seriously nervous at this point. The doctor had me roll over on my left side, and the anesthesiologist began hooking something up to the needle in my hand. There was music playing in the room, and I realized that the song was 'Dancing Queen' by ABBA. I remarked to the doctor that, of all the songs that could be playing during this particular procedure, 'Dancing Queen' had to be the least appropriate. 'You want me to turn it up?' said the doctor, from somewhere behind me...

'Ha ha,' I said. And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like. I have no idea. Really. I slept through it. One moment, ABBA was yelling 'Dancing Queen, feel the beat of the tambourine,' and the next moment, I was back in the other room, waking up in a very mellow mood.

The Doc was looking down at me and asking me how I felt. I felt excellent. I felt even more excellent when the doc told me that it was all over, and that my colon had passed with flying colors. I have never been prouder of an internal organ.

But... Best of all... I asked the doctor to please write a note to my wife and tell her that my head is not up there!

**All joking aside, Colonoscopies are no joke. Be sure to schedule yours. It could save your life!**

