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April 2024

Hello again Cardinal Virginians,
Spring Greetings,

As I write this, spring is just around the corner, and our winter escape to Florida is coming to an end. Sherree and I have enjoyed spending time with old friends and meeting new folks, all while basking in the warm Florida sunshine. We always a good time when camping.

It is still amazing to me that even though we only see some of our winter friends once a year (or sometimes longer), it feels as though we were just together yesterday. Good friends and great times!

With April, our rally season gets underway. We are looking forward to getting back together with our Cardinal family, it has been too long.

Check our rally schedule and make those reservations and join us. Time waits for no one, don't wait until it is too late! It will be a good time for all.

Baynard, President

CARING CONCERNS

An update on Sharon Seaman, she is doing pretty good, still seeing the doctor for her heart and going to rehab once a week. She gets tired very easily.

Judy Matthews: {AS WRITTEN BY JUDY} I have been in so much pain from July 1 to March 4. I had my back fusion November 14 and I thought that was going to make me better immediately. It didn't. As you know health care always asks for a pain rating of 0-10 and my 10 was equal to 15 or 20. I was in a skilled nursing facility for 3 weeks at the end of December because the pain was so intense and my left leg stopped working. When I got up March 4, my pain level was down to 1 or 2 and now I have no pain at all. Lost a lot of leg muscle due to lack of activity so it will take a long while to get that built back again. I have home care coming in for PT, OT, and bath aide. They have helped me get in and out of the motor home as well as the routine home exercises. I now walk with my walker and hope to get to a cane soon—but you all have seen me go through those stages for many of my other joint issues. This has certainly been a long spell with pain so severe. We will be at the 1st rally in Galax.

Steven Bowers has recovered nicely from his knee surgery and expects to receive a "final" release from his doctor.

We continue to lift Cheryl up in our prayers. Bill says she is not leaving the house now so we will not be seeing them at rallies this year. We miss you both and send you hugs and prayer

My phone number is 540-270-7219 or email fallenoakfarm@juno.com

Betty

Thank you,

Gary Lambert, Wagon Master

Please contact Gary Lambert (sazzmo@outlook.com), trail master, to sign up to host or cohost a rally. Phone 540-354-1963

Cardinal Virginians Rallies for 2024

Month	Host/s	Campground	Location
April 18 - 21	Bishops & Bartons		Cool Breeze CG Galax, VA
May 20 - 23	Meltons	Pocahontas St Pk	Chesterfield, VA
June 24 - 27	Coopers & Handys		Shenandoah Valley CG Verona, VA
July 17 - 20	Bartons	Camp Bursa	Hungry Mother St Pk Marion, VA
August 15 - 19	Sonessas & Pittmans		Madison Vines CG Madison, VA
September 25 - 28		Seamans	Natural Chimneys St Pk Mt Solon, VA
October 17 - 20	Lamberts		Tanglewood RV Park Clemons, NC
October 23 - 27	GEAR		Western NC Agricultural Center Fletcher, NC
December		Christmas Luncheon	???

Your Officers for 2023-2024

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Moneta, Va 24121

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Newsletter, Judy Matthews

My special thanks to Baynard for serving as the newsletter editor during my time when I was dealing with pain, surgery, and pain. JM