

# THE NAARVA VOICE



VOLUME 13 ISSUE 2

SUMMER/FALL 2011

## From Your President...

*Greetings to All NAARVA Members, Supporters and Prospective Members,*



**ELBERT D. SMITH, SR.**  
NAARVA President

We just finished our 19th Annual NAARVA Camp Rally a few weeks ago in Berrien Springs, MI. I must first thank the Northern Region for working with our National Rally Chairperson to make the rally go as planned. I know change is a hard pill to take at times, but we made it.

We had great seminars, and of course the Red Hat Tea was off the chart as usual, and the golfers enjoyed a wet outing (the course was soaked from the rain). We enjoyed meeting and greeting old and new friends. Our special guests were President and CEO of Detroit Chassis LLC, Mr. Michael J. Guthrie and several top level members of his team, and the Vice President of Customer Products at Navistar and Monaco RV LLC, Mr. William Osborne. They each pledged support for NAARVA. If you were not there you missed it.

I would be remiss if I did not mention our closing Sunday morning service brought to us by our own National Chaplain Rev. Janet Lee. It was titled "Family Reunion," and was very inspiring. If you look at the rallies it is a family reunion because we are a family-orientated organization and we re-

unite each year. I hope some of us who attended the service got what the sermon was about and how it can impact our organization as well as our daily lives.

We are moving forward with the plans for our 20th Annual Rally which will be July 22 - 29, 2012, in Marion, North Carolina, at Tom Johnson's Rally Park. Registration forms and information should be finalized before the end of the year. We are also working on the 2013 Rally and attempting to host it in the central part of the USA. Hopefully, we will have registration for the 2013 Rally ready for early registration at the Rally in 2012. This is

an effort to get our rallies planned and scheduled years in advance so that our vendors and supporters can include us on their calendars.

I encourage you too enjoy the rest of this year's RVing and making preparation for the school year to start. Keep NAARVA in your prayers and pray for me, as I am praying for all of us.

Remember, if you attend the National Rally and bring one other family with you to the "Family Reunion" we will be back where we were a few years ago numerically, we can do it.

**"WE DO NOT PLAN TO FAIL — WE FAIL BECAUSE WE DO NOT PLAN!"**

*Gratefully Yours,*  
*Elbert D. Smith, Sr.*

## *Congratulations to the Newly Elected 2011-2013 NAARVA Executive Board Members*



(Top l. to r.) 1st Vice President - Jimmy E. Smith, Eastern Region; 2nd Vice President - Joseph Porter, Southern Region; Treasurer - Albert Wilson, Western Region; Financial Secretary - Joe Solomon, Western Region. (Bottom l. to r.) Recording Secretary - Gladys M. Curtis, Southern Region; Asst. Recording Secretary - Dorothy L. Redd, Central Region; President - Elbert D. Smith, Sr., Southern Region; Asst. Treasurer - Dorothy L. Smith, Western Region; Asst. Financial Secretary - Sandra Bryant, Central Region.

## Executive Board Members

### OFFICERS

**Elbert D. Smith, Sr.**  
President

**Jimmy E. Smith**  
1st Vice President

**Joseph Porter**  
2nd Vice President

**Gladys M. Curtis**  
Recording Secretary

**Dorothy L. Redd**  
Assistant Recording  
Secretary

**Joe Solomon**  
Financial Secretary

**Sandra Bryant**  
Assistant Financial Secretary

**Albert Wilson**  
Treasurer

**Dorothy L. Smith**  
Assistant Treasurer

### REGIONAL DIRECTORS

#### Northern

Donna Slaughter  
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#### Southern

Myrtle Mayfield  
gqmayjr@aol.com

#### Western

Louise Grogan  
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#### Central

Carolyn Buford  
cjbuford@sbcglobal.net

#### Eastern

Belinda Moore  
queenbee2300@aol.com

## *A Word From the Editor...*



**GWYNNE TONEY**

### “United We Serve”

NAARVA relies on the generous support of volunteers in order to flourish, as evidenced by the outcomes of the 19th National Camp Rally and Regional Rallies. An immeasurable amount of gratitude is extended to all who worked together to ensure the success of all the Rallies in 2011. Volunteerism comes in many forms and varying levels of commitment. No act of service was too small nor undertaking greater than another; all were equal in importance and vitality to the mission and continuance of NAARVA.

There are many reasons and opportunities to serve. A continuing mission of NAARVA is to reach out, beyond ourselves, to serve others. Like NAARVA, President Obama has called on all Americans to engage in meaningful service, to create change — and be a part of building a better future for our country.

In April 2009 the President signed the Edward M. Kennedy Serve America Act which, for the first time, officially recognizes September 11 as a National Day of Service and Remembrance and encourages all Americans to recommit to service in their communities throughout the year. This initiative aims to expand the impact of existing organizations, like NAARVA, by engaging new volunteers in their work and encourage people to develop their own service projects. The United We Serve summer initiative began on June 22nd and runs through September 11th.

This year, more than one million Americans are expected to serve in their communities in honor of 9/11. Service projects may include mentoring children, helping persons with disabilities and the elderly to maintain their independence, food drives, rehabilitating housing for low-income families, or driving a neighbor to an appointment or church.

We encourage you to serve or support a cause on 9/11 as a way of paying tribute to the victims and heroes of 9/11, and remembering the remarkable way that so many rose up in unity and service following the attacks.

### **9/11/11 National Day of Service and Remembrance 10th Anniversary - Paying Tribute**

To create new service projects for your RV club or to find service projects in your communities and to share stories about projects that are making a difference, NAARVAites can visit the website, <http://www.serve.gov>. Together we can make a difference — **United We Serve.**

*Live, Love and Travel,  
Gwynne*

### ***Rules for Submitting Articles to The Voice ...***

If you want to share news from your Clubs, or have something to say about RVing, E-mail your information to your Regional Director. **The deadline for RDs to submit articles to the Editor for the Winter issue is December 15, 2011.** The Winter *Voice* will be available in January 2012. You may access *The Voice* through the NAARVA website: [www.naarva.com](http://www.naarva.com).

Contact **704-333-3070** if you do not have an E-mail account or access to a computer and a hard copy will be mailed to you. *The Voice* is published four times yearly by NAARVA.

Special notice: This is a busy time of year, so please abide by the deadline. Articles sent in after the deadline will go into the Spring 2012 issue.

## NAARVA Chaplain's Corner... REVEREND JANET O. LEE

*He has shown you, O man, what is good; And what does the LORD require of you  
But to do justly, to love mercy, And to walk humbly with your God? (Micah 6:8 - Read, Micah 1-8)*

Greetings Fellow RVer's;

The 19th Annual NAARVA Rally in Berrien Springs, Michigan, has come and gone and I am still remembering the many blessings that the Lord showered upon us in the Northern Region of NAARVA.

I was on the grounds for about one hour, when one of my unknown NAARVA brothers yelled across the way to me, "This is like a family reunion." I replied, "It sure is!" I later found out that this gentleman was a first time Rally attendee and also that he was a faithful volunteer throughout the Rally.

From those words: "This is Like a Family Reunion," I looked at the Rally from a totally different perspective. Yes, we are a family, a rather large, unique family. Our family is no different from the families in the Bible. In this passage of scripture, Micah 6:1-8 relates the behavior of the Israelites after the LORD GOD had brought them up from the house of slavery, and sent Moses, Aaron and Miriam to aid in their deliverance.

We, like the Israelites often think that we must do something big and noteworthy to please God, but God's requirements are simple: But to do jus-

tice, and to love kindness, and to walk humbly with your God?

There were many acts of justice, mercy and humility throughout the 19th NAARVA Rally. You can recall and share your own stories of those who shuttled us around, those who invited us to delicious feasts and fellowship, those who taught us God's word during Bible studies, those who used their musical gifts to render appropriate music during our Worship Services and those who diligently sought out the names of our deceased members and honored them! Don't forget those who mercifully share their financial offerings to make life better for someone else.

We often think that we must do something big and noteworthy to please God. The Israelites in verse seven asked, *shall I give my firstborn for my transgressions our families and our friends* — but God's requirements are simple.

Micah 6:8 defuses all of our noble, but false intentions of what God wants dear NAARVA Family. The Prophet Micah puts it very simply. What can we bring before the LORD?

What teachings and heritage will we leave our children and our grandchild-

dren? The three points mentioned by Micah, the Prophet, cover the Ten Commandments, the Golden Rule and the Sermon on the Mount. But to do justice, NAARVA, let's just be fair to one another! And to love kindness, NAARVA, let's just be kind to one another! And to walk humbly with our God - NAARVA, let's walk humbly with God

We are family! Please let's continue the spirit of justice, kindness and humility throughout this year in our homes, in our communities, in our churches, and in our camping experiences.

NAARVA has systems in place for prayer and support on the local, state and national levels, please continue to share your needs with those available to you. We are blessed to have many pastors, preachers, ministers and Bible teachers throughout the five Regions.

I too, extend myself to you as NAARVA's Chaplain:

**Rev. Janet O. Lee**  
[revjolee@gmail.com](mailto:revjolee@gmail.com)



### Requirements for producing optimum quality photos for newsletters:

(As per request of the printing company.)

- 1 - Do **NOT embed** the photo in the text copy.
- 2 - Save the **photo separately in a .jpg file** and send separate from the article being sure to use a tag line that will identify the photo with the article.
- 3 - Be sure the photo is at **LEAST 2 inches** across. (When a very small photo is enlarged it will lose its quality and sharpness.)
- 4 - Be sure the photo is not **TOO DARK** ....if it's too dark to see the features of faces ...don't send it to be used in the newsletter.
- 5 - The resolution of a photo should be at least 250 psi ...for optimum 300 is better. Most digital cameras are set for a low 72 in order to maximize the storage disk, however, you can reset these cameras to a higher resolution.
- 6 Sending photos directly from your camera will also ensure better quality - don't print them out on your printer first and then send them.

# NAARVA Awards Five Scholarships



The winners of the essay contest for the 2011 Annual NAARVA Scholarships were revealed at the National Camp Rally. The five winners are recent high school graduates and are all related to NAARVA members. The theme for this year's essay contest was "Now that we have an African American President of the United States, there is no need for Affirmative Action — Yes or No." Recipients each wrote a 500 word essay supporting their respective positions. The essays were read by a committee of NAARVA members from each region, under the leadership of Scholarship Chairperson, Charley Hinton. Best wishes to the winners, who were each awarded a \$1,000 scholarship.

## Nkenge Cameron

Nkenge Cameron is the remarkable grandson of Aaron and Dorris Cameron, NAARVA members #94-1037. He graduated with a 4.350 GPA/5.0. When one reads the many extra curricular accomplishments of this student, it is difficult to imagine how he maintained such a high grade point average — but he did!

A few of his accomplishments are as follows:

- He is a musician par excellence having released his first album entitled "Talent" in 2010. "Talent" is comprised of over 20 songs with original lyrics.
- He is a private percussion instructor.
- He is a member of the National Honor Society.
- He is a member of the Tri-M Music Honor Society.
- He is a math instructor.
- And he has served as a research assistant for three PhD researchers.

Nkenge will attend Florida A&M University.

*Photos of Nkenge Cameron and Whitney Johnson were not available.*

## Justin Conklin



Justin Conklin has been accepted at the University of Central Missouri. His acceptance papers and schedule of classes have already been sent to NAARVA via the Scholarship Chairman. Justin, a fine musician who plays the tenor saxophone, is sponsored by his grandparents, Lemuel and Nancy Steed, NAARVA members #94-1440. Justin carries an above-average grade point of 3.20/4.0, his many outside activities notwithstanding.

Some of those activities are participant of:

- Kansas City Metro #3 All District Jazz Ensemble;
- Kansas City Youth Jazz Band;
- First Chair Grandview High School Symphonic Band and Jazz Orchestra;
- Grandview High School Marching Band; and
- Grandview High School Choir.

Justin also finds time to play golf. James A. Ingram, Justin's Science teacher writes: "If your program is seeking to support superior candidates with a record of achievement, Justin is an excellent choice."

Grandview High School of Grandview, Missouri, produced an excellent product and his future accomplishments will reflect well on his Alma Mater.

Justin is a five-star winner who writes as well as playing the saxophone.

## Robin Christmas



Robin Christmas is the granddaughter of NAARVA members William and Maxine Christmas. While attending the Egg Harbor Township High School in New

Jersey, Robin pursued a demanding schedule of college prep, honors and advanced placement level courses while maintaining a 98.714 cumulative average. She ranked number 32 in her graduating class of 631 students.

Additionally, she was:

- Student Council President;
- Class Council Treasurer;
- Member, National Honor Society;
- Spring Track and Field Captain;
- Member of the Drama Club; and
- Sunday School Teacher.

Robin plans to attend Rutgers University in New Brunswick. In her essay she writes, "President Obama's election is a huge advancement in the history of African Americans, but ....Affirmative Action cannot be easily discarded, it must remain to educate future generations."

## Whitney Johnson

"Current and past events surrounding Obama's presidency are prime examples of why Affirmative Action is still needed in today's society." This sentence was taken from the essay written by Ms. Whitney Johnson, granddaughter of James and Barbara Atkinson, NAARVA members #94-1145.

After having scrutinized this student's application, the five readers and most certainly the care person, concluded that Whitney is an all-around person whose mission in life will be to help others. Nancy Lewis, one of Whitney's instructors stated that Whitney has unknowingly taken on being a role model for younger students. Kimberley Reid, Guidance Counselor, wrote that, "Not only does this out-of-the-box thinker give 150% effort to everything she pursues, but she also counsels her younger peers into better ways of resolving conflict than resorting to violence."

*(See Scholarships, page 5)*

# The Big Rolling Wheels Contest

By Dr. Anne B. Shearer Steele

Melvin and Gloria Shelton of Cincinnati, OH, members of the *Ohio Buckeye Roadrunners* were the winners of the 2011 travel adventures contest. The Sheltons entered the pictorial arm of the contest with a photo album of the highlights of their travels, starting with the Central Region Rally in Monticello, Indiana, in May, to the White House in Washington, DC and return. Numerous stops were made at interesting, historical and social venues along the way. Snapshots of historical markers helped identify highlights of their travels.

While Melvin and Gloria have never entered the contest before, they are not short on travel history because they have never missed a

NAARVA National Camp Rally. They are proud to be among the honorees listed as "Founders of NAARVA" and they proudly wear their Founders' Badges.

The following criteria was used by the pictorial contest selection committee:

1. Historical landmarks
2. Identification of sites by theme markers
3. Verbal impressions of sites visited
4. Quantity, quality and clarity of pictures submitted
5. Cumulative story of travels were reflected by the pictures

Congratulations to Melvin and Gloria!

*Note: There were no entries for the narrative portion of the contest.*

## New Way to Pay NAARVA Dues!

We have a new way to pay our dues and Charter renewals in 2011.

The program, called **Eventbrite**, is a form of **Paypal**. Check it out on the **NAARVA website!**

The NAARVA Voice — 5



Melvin and Gloria Shelton are congratulated by Rally guest, Mr. Michael J. Guthrie, President of Detroit Chassis, LLC.

## NAARVA Awards Five Scholarships

(Continued from page 4)

When one considers the overall record of Whitney, one could easily predict her future path could parallel those of Sojourner Truth; Byron Pitts of 60 Minutes; and General Colin Powell, recently retired Chief-of-Staff — “givers all!”

Whitney will attend Norfolk State University in Norfolk, Virginia, and will, according to her counselor, “be a positive asset to that campus.”

### Nathaniel James Howard Shelton

Nathaniel James Howard Shelton, the man with four names, is a relative of NAARVA members #94-0283; Fred and Mary Shelton. He is a graduate of John Burroughs High School in Florissant, Missouri, sporting a GPA of 3.410/4.0. He plans to attend Howard University in Washington, DC.



When one reads the writings of this

graduate, one immediately classifies this scholar as a Generator of thought rather than a Reflector of other men’s thoughts. All five of the regional readers saw this immediately, as each of them gave him a thumbs up vote.

Eric A. Hanson, a mathematics teacher at Burroughs for 43 years, has high praise for Nate. He writes, Nathaniel:

- Is a thoughtful and enthusiastic participant;
- Has good deductive reasoning ability;
- Is skilled in using technology to solve problems;
- Enjoys the ideas and the deductive reasoning he encounters in mathematics.

Jim Roble, Science Department Chair, says: “I recommend Nate with absolutely no reservation.”

Drama teacher Wayne Solomon says: “Nate Shelton is as delightful and as charming a young man as I have had the pleasure to teach in my 24 years at John Burroughs School. I have taught him three of his four years here. He gets my high recommendation.”

# 19th NAARVA National Camp Rally Highlights of Berrien Springs



**By Dr. Anne B. Shearer Steele**

On Sunday July 24, 2011, NAARVA members and friends starting rolling into the Berrien Springs, Michigan Youth Fairgrounds. And, the “rolling in” continued through Wednesday of Rally week.

Entry and parking were a well-disciplined and well “manned” operation, led by the Rally Parking Committee under the direction of Eddie Slaughter and Paul Jameson. This process made for “happy campers.” The Registration process was equally as well “womaned,” and registration goody bags were disseminated to members containing lots of informative documents on events in the state of Michigan, KOA Campgrounds directories and maps, Winnebago logo bags and many other useful items. Members were also presented an opportunity to test their luck during the week by entering the Early Bird 50-50 Raffle and by taking a chance on a Lap Top Computer, donated by Regional Director Donna and Eddie Slaughter.

The first two days of free time were spent in activities among families, old friends and club groups, as well as in the formation of new friendships. The youth in attendance ranged in age from four years old to sixteen and that group gravitated toward each other. Like the adults, they renewed old friendships from previous rallies and developed new ones among the first timers. And, of course, the die-hard card players lost no time finding each other and making dares and threats to their opponents about the outcome of the week’s Bid Whist games.

A sell-out crowd, with lots of disappointed “turn-aways,” boarded the tour bus early Wednesday morning for the 180 mile trip to Detroit. An “educated group” returned Wednesday evening, fascinated by the informative visits they had experienced on the tour. Their first stop was at the “Sojourner Truth” and the “Underground Railroad Monuments” in Battlecreek, MI, and in Detroit at the “Charles H. Wright Museum of African American History,” the Motown Museum - “Hitsville USA” and the Underground Railroad Monument on the Detroit River, the last stop for the slaves before crossing into Canada. This well-planned journey into our past was chaired by Gloria Mills of the *Interstate Nomads*.

President Elbert Smith officially opened the 19th NAARVA National Camp Rally at 7:45 Wednesday evening following the return of the tour group. NAARVA Youth carrying the state flags were directed by Louise Grogan, Western Regional Director. The flags were presented for posting to President Smith and 2nd Vice President Azell Johnson of *Broward Country Campers*.



Platform guests were introduced and words of welcome were extended to the audience by Fairgrounds Director Lana Stover-Henderson and the Berrien Springs Fire Chief, Corey Burks. Two Vice Presidents



from Detroit Chassis, LLC, an African American owned company, Anderson Dobbins, V.P. of Operations, Darin Burns, V.P. for Business Development and Technology and Ms. Linda Ratliff,

Manager of Ministry, Community Affairs, and customer service were also guests. In addition to extending words of welcome to the state of Michigan, they shared some of their industry’s success stories with the audience. Detroit Chassis also sponsored the “Welcome Reception and Mingling Time” which followed immediately after the close of the Ceremony.

The newly appointed President of Monaco RV, LLC and Workhorse Chassis, William H. Osborne, also joined the guests on podium. He drove in from his headquarters at Navistar in Chicago, where he also serves at V.P. for Custom Products, to bring greetings to NAARVA. He informed the audience of his expectations of his role as President of a major RV industry and of the goals he is putting into place to move the company forward and to make the RVs they build more user friendly. Mr. Osborne is the first African American to head a major RV corporation. His appointment followed the retirement of long time President of Monaco Coach and sponsor of NAARVA Rallies, Mr. Kay Toolson. The industry guests all made themselves available the rest of the evening to ascertain how they can be of assistance to members with problems with their units, and to take questions and provide further insights into their business operations.



Mr. Michael J. Guthrie, President of Detroit Chassis, arrived on Saturday to spend the afternoon meeting with President Smith and other key Executive Board members, and the evening socializing with NAARVA members. Mr. Guthrie pledged the company’s future support for our organization.



Five NAARVA Scholarship winners were presented by the Chairman of the committee, Charley Hinton, a member of the California Cruisers. Each winner receives a \$1,000 Scholarship which will be forwarded to the institution of higher education they will attend in the fall. RVIA, under the leadership of Mr. Richard Coon, provided a stipend which was used to help fund the scholarships.

Northern Regional Director and Rally Chairperson, Donna Slaughter, presented the entire body of committee chairpersons and volunteer workers who had, and were continuing to work tirelessly, to execute all of the aspects of the Rally to assure that the week ran as smoothly as possible.

Wednesday was also the beginning of three days of seminars

*(Continued on page 7)*

## HIGHLIGHTS OF BERRIEN SPRINGS--- (Continued from page 6)

on a variety of topics, which included sessions presented by; our own Lenora Hammett, who educated attendees on a myriad of strategies on “financial planning;” Allison Transmission on “Preventive Maintenance on Allison Transmission;” and Blue Ox on towing and braking systems. Members curious about their family history attended a Genealogy seminar and those desiring to improve their computer skills had two sessions on that topic. Single RVers and First Timers, who did not take the tour, had an opportunity to meet. Azell Johnson provided orientation for the latter group.

The President and the Executive Board conducted the Governing Assembly Meeting on Thursday, complete with annual reports and a question and answer session. President Smith urged the Delegates to return home and share with their respective members, a “strategy for reducing the National budget,” which was introduced, but did not, at this session of the Assembly. All other members were requested to gather, following the Assembly meeting, to take nominations from the floor for the three

positions for which there were no candidates during the regular election process. Nominations and Election Chair-



person, Maurice Anding, received the ballots. All election results were announced at the Annual National Camp Rally Meeting on Saturday. Azell Johnson, immediate Past 2nd Vice President, conducted the installation of the new Board. Regional meetings followed the Governing Assembly.

On Friday afternoon, another pretty picture of ladies in red hats, with a few in pink, and purple dresses was captured on camera when 70 plus women attended the Red Hat Luncheon. Chairlady Carole Redwine gave a history of the official Red Hat Society and engaged the participants in challenging, exciting, and thought provoking discussions, games and fun during the afternoon. A delightful luncheon was served and wonderful gifts were given to lucky ticket holders. Edible table decorations were shared at each table and one person at each table got to take home the candy dishes. Thanks again to The Newmar Corporation and Mr. John Sammut, for sponsoring this event.

Earlier on Friday morning the golfers of NAARVA had been given the opportunity to participate in the annual Mary M. Thompson Golf Tournament. Several winners rose to the top of the leader board, and received WalMart Gift Certificates for their scores. Participants were especially grateful to Roadtrek Motorhomes, Inc. for their first-time assistance in sponsoring the tournament.

**Become a friend of NAARVA.**



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On Saturday, a beautiful sight to see was when all of the members, dressed in their white NAARVA tee shirts, came out to enjoy the bar-b-que and chicken dinner with all the trimmings. The day had started early when all members joined in as participants in the Annual National Camp Rally Meeting. Again annual reports were presented, newly elected officers were introduced and plans for the 2012 Rally were announced by Julian Jackson, in his new position as the National Rally Chairperson. The site for the 2012 Rally is at Tom Johnson Rally Park in Marion, North Carolina.

Other activities and events enjoyed by Rally attendees included Bible Study; the Robert Reese Cake Walk; the two different 50-50 Raffles; the Friday night DJ and dancing; Ice Cream Socials on Thursday and Saturday; Continental Breakfasts; the Saturday Pancake Breakfast, and Sunday morning Continental Breakfast, complete with country ham, provided by the Amana Colonies of Iowa. A variety of Table Vendors brought their wares for

s a l e .  
American  
RV and  
Veurink's  
RV Centers  
p r o v i d e d



beautiful RVs that were available for purchase.

Eighteen youth attended the Rally with parents, grandparents and other relatives. They participated in the following activities - bike riding, basketball, a pizza party and a cupcake decorating



class. Their activities were under the direction of Louise Grogan, Liz Hemingway, and Barbara Wilson of *The California Cruisers*, Sheila Jackson of *Virginia Camping Cardinals*, and Dorothy Smith of *The Original Las Vegas Rolling Wheels*. Our thanks go out to Blue Ox for providing the funds which, in addition to the above, made it possible for each youth to receive a \$10

Gift Card for WalMart and a goody bag filled with useful, fun, practical and scrumptious items.

Adult members and friends were greatly rewarded with the many door prizes, if they were lucky ticket holders, among which were: logo embossed jackets and tee shirts donated by Allison Transmission; Winnebago Industries; bar-b-que mitts set; KOA, camping discount coupons; \$25 Gift Certificates from Camping World; gift cards from Mickie's Cafe in Berrien Springs; a beautiful handmade quilt donated by the Amana Colonies of Amana, Iowa and Aroma candle holders provided by Donna and Eddie Slaughter.

(Continued on page 8)

# Opening Ceremonies...



Members participate in singing during opening ceremonies.

## HIGHLIGHTS OF BERRIEN SPRINGS---

(Continued from page 7)

As the week came to an end our Chaplain, Rev. Janet Lee, of Tampa, Florida, who had engaged all the members of the clergy, and other members, in Bible Study during the week, celebrated our annual Rally closing Church Services on Saturday evening and on Sunday morning. The lives of the members who had transitioned in death during the past year were honored in the candlelight memorial service, led by Rev. Shelly Holness of *The New York Ravens*. Rev. Lee preached an enlightening sermon, using the book of Micah as her text. Her challenge was to be humble and to show mercy in all we do, and for the people we love and the things we cherish...NAARVA was included as something we all love and want to see continue, and we need to apply those tenets to it and step up to the plate to make that happen.

We were all bid farewell and God was asked for traveling mercies for all in attendance this week as they returned to or moved forward to their next destinations. A small portion of the offerings from the closing church services were shared with the New Vision Apostolic Faith Assembly choir, which had performed in the Grandstand on Thursday night. The non-profit contribution will go the National Organization for Juvenile Diabetes.

**OUR THANKS TO THE NORTHERN REGION OF NAARVA**, Director Donna Slaughter, and all who had a hand in the success of the 19th NAARVA National Camp Rally, July 24-31, 2011.



(Above) Guests participate in opening ceremonies.

Rev. Lee leading members in prayer.

### Calling All NAARVA Charter Clubs

Your current club information is needed to update our records. Please E-mail the following information to the National Office: [naarvainc@bellsouth.net](mailto:naarvainc@bellsouth.net).

- Club President
- Club Address
- E-mail Address
- Names & Positions of Club Officers
- Club Charter Number
- Charter Date
- Your Club's 2011 Schedule Outings

*Family, Friends  
and Fun...*



*"...I shall wear a red hat with a purple dress that doesn't suit me."*



*Gaining Knowledge in Seminars and at the Game Tables...*



*We Love Children ...and Dogs!*



*So Many Ways To Get Around!*



***Final Results of Golf Outing  
2011 at National Rally  
Pebblewood Country Club  
Bridgman, MI***

**1st Place** — (65) Andrew Martin, Henry Hampton, James, George Church.

**2nd Place** — (67) Sitnotra Outlaw, Willie Jones, Carver Lee, Alfred Harris.

**3rd Place** — (67) Shange Outlaw, Eliha Wallace, Lorenzo Pugh, Phil Luney.

**4th Place** — (70) Joe Porter, August Auzenne, Bill Lloyd, McCain O’Neal, J.R. Norman.

*Submitted by J.R. Norman*



*Thanks to photographers Louise Grogan, Western Region Director; Lacy Smith, Western Region; Kevin Kneeland, Central Region; and Special Project Contributor: Anne Shearer Steele, Western Region.*

**See you in 2012  
at the 20th NAARVA  
National Camp Rally  
July 22 - 29  
Marion,  
North Carolina**

## EASTERN REGION

**Belinda (Bee)  
Moore  
Eastern  
Region  
Director**



E-Mail: [queenbee2300@aol.com](mailto:queenbee2300@aol.com)

### *Eastern Region Spring Camp Rally*

The Eastern Region held an enjoyable and successful Annual Spring Rally at Tom Johnson Rally Park/Campground from May 12-15, 2011. There were 115 recreational vehicles in attendance at this Rally.

The McDowell High School NJROTC (Naval Junior Reserve Officers Training Corps) opened the ceremonies with the presentation of the colors, followed by the splendid rendition of the *Star Spangled Banner* and *Lift Ev'ry Voice and Sing*, sung by the group "Eternity."

The Mayor of Marion, NC, as well as one of their council members graced us with their presence and welcomed the Eastern Region to Marion, NC.

The brief history of NAARVA Eastern Region, NAARVA Eastern Region's officers from 1999-2011, NAARVA Eastern Region Rallies from 1999-2011 and charter clubs of the region was provided to all Rally participants in an informational booklet compiled by our Assistant Director, Threnodiez Baugh.

The Rally continued with music by DJ George Wilks on Thursday and Friday and opened on Saturday with a Southern-style buffet breakfast gratis of Tom Johnson Camping Center. This was followed by a sumptuous seafood meal provided by Countryside BBQ. The night continued with the sensational soulful sounds of Nusound Band. The Rally closed on Sunday with an inspirational church service provided by Rev. Jerry Neaves, Chap-

## The Group Camping Club Celebrates 10 Years with NAARVA

In 2001, at the NAARVA National Rally, *The Group Camping Club #18* was officially chartered as a NAARVA camping club. On the May 13, 2011, The Group celebrated its tenth anniversary in style with recognition and tokens of appreciation given to its members, officers and founding president for their dedication and jobs well done.

It all started back in 1998 when several motorcycle-club-friends, out of New Jersey, were introduced to camping with The National African Ameri-



lain and other clergy persons.

This year the Eastern Region made a charitable donation from our church service to a local soup kitchen in Marion.

Donations from Lazy Days, WalMart, Tom Johnson Camping Center and Chapter Clubs were given to the Eastern Region for the raffle and door prizes. The Region donated eight \$50 Flying J's Gift Cards for the raffle and door prizes. Each registered Rally member/participant received a six pack cooler bag, a commemorative gift of the 13th Annual Eastern Region Rally as a souvenir.

Eight members of the Region purchased recreational vehicles at the Rally. The Eastern Region was given a sale fee from the dealership for each of the vehicles sold.

A "No Vender Fee" Flea Market was held at campsites of participating dues paying members and some



(L-R.) First Club President John "Rob" Robinson, First "First Lady" Annette Robinson and current President Lionel Lewis.

can Recreation Vehicle Association (NAARVA) and decided to attend an Eastern Region Rally. Liking that experience so much, the next year they

attended the 1999 National Rally in Perry, GA. Here they met RV campers from the New Jersey

(See *10th Anniversary*, pg. 13)

walked away with good deals!

Reports were presented to the Eastern Region Board by the Presidents of Chapter Clubs, Members-at-Large Coordinator and Regional Reader for NAARVA Scholarship Awards. Recommendations from these reports were presented to the NAARVA Executive Board for their consideration.

The Eastern Region will host the 20th Annual NAARVA National Camp Rally at Tom Johnson Camping Rally Park/Campground from July 22-29, 2012. Chairpersons have been selected for the rally and committees will be formed and further meetings will be held in regard to rally preparations.

Currently there are 230 financial members in the Eastern Region. All chapters of the Region have paid their NAARVA renewal chapter dues.

**Belinda (Bee) Moore, Director  
NAARVA Eastern Region**

## He Continues to Go Camping, Thanks to “Home Based Dialysis”

When Lawrence Paynter was first diagnosed with end-stage renal disease six years ago, he thought it would impact his ability to travel throughout the country in his RV. However, Lawrence is not letting kidney failure deter him from his love of traveling. He undergoes home hemodialysis, a life-sustaining procedure where he can use a portable dialysis machine to filter waste products from his blood. Being able to dialyze at home or in his 40 foot Class ‘A’ RV enables Paynter to be more independent and travel about freely.

Prior to starting home hemodialysis he received treatment three days a week at an outpatient center. Each session would take three to four hours. The regular hemodialysis treatments

often left him feeling tired. “I just couldn’t pickup and go. You’re on that big machine and it takes a lot out of you,” he says.

Paynter likes the convenience of not having to spend the bulk of his day in an outpatient center to undergo dialysis. He can now do the two-and-half-hour procedure at home six days a week, with his wife’s assistance. He says, “I’m not worn out when I come off of the machine when I’m doing it at home. I feel pretty energetic. I’m doing well right now. I can get up and do it in the morning and I’m done in three hours.”

Lawrence Paynter is a 69-year-old native of Woodbury, NJ and a member of *The Group Camping Club*. He attends all the scheduled camping trips



**Ruthie and Lawrence Paynter**

and yearly meetings and is the club’s Sergeant-at-Arms.

During the 2011 Eastern Region Rally in Marion, NC, Lawrence coordinated to have several weeks’ worth of supplies delivered right to his RV campsite at Tom Johnson’s Camping Center in Marion, NC. During my morning bike ride around the campground I stopped by Lawrence’s RV to say hello, for I had not yet seen him on this trip. Observing that the screen door was open, I knocked, but did not receive that welcoming reply of his. Then I noticed a case of boxes with a medical logo still on the pallet. It was then that I surmised that he must be taking his morning treatment. A few hours later Lawrence rides up to my site on his bicycle bringing greetings and apologizing for not answering the door. I explained that no apology was needed, for by the Grace of God, “We B’ Campin’.”

Lawrence Paynter’s use of home-hemodialysis was first published in the *Philadelphia Tribune* in an article written by Ayanna Jones on Tuesday, March 30, 2010, titled *HOME BASED DIALYSIS LETS HIM HIT THE ROAD*. In that article it states that according to the National Kidney Foundation, chronic kidney disease affects 26 million Americans, and African Americans are four times more likely to develop kidney failure than whites. When kidney disease leads to end-stage renal disease, the only treatment options are dialysis or a kidney transplant. After being introduced to home hemodialysis by clinicians and Dr. Paul Panebianco of Liberty Dialysis

(See *Home Based*, page 14)

## 10th Anniversary---

(Continued from page 12)

area who were members-at-large with NAARVA. During the general meeting they had a great time laughing, joking and admiring the various clubs with their unified organization colors and togetherness. When these vivacious motorcyclists were asked what club they belonged to they answered “none” and jokingly said we are just “The Group.”

Sometime during the Spring of 2000 these camping motorcyclists met at G&R Campground in Delaware, where they decided to organize and began calling themselves “*The Group*.” One of the members of *The Group* (John “Rob” Robinson) began researching how to officially establish a camping club within NAARVA. He set up the constitution and by-laws and petitioned NAARVA to become a chartered club, organized as follows: Club President - John “Rob” Robinson; Vice President - Jim Baylor, Secretary - April Coons; Treasurer - Philip Mitchell (Mitch); Chaplain - Lovella Rose; and Sergeant-at-Arms - Gary Coons. Founding members in-

cluded: Annette Robinson (Rob’s wife, the club’s first, First Lady), John and Idawase Griswold, Pauline Mitchell (Mitch’s wife), Paul Rose (Lovella’s husband), Pearl and Henry Hazell, Gwendolyn and Sam Elam (Mitch’s daughter and son-in-law), Jesse and Rose Smith, Thomas and Delores Moses, Larry and Gloria Olney, and Elbert and Naomi Henley.

Since Rob left office *The Group* has had two other presidents: Kevin Harvey past president and the club’s current president, Lionel Lewis. Along with the several other officers who have helped continue the smooth working of the organization, *The Group* has matured and grown. Many members have come and gone over the years. A few have gone to the great campground in heaven. The current and past members of *The Group Camping Club* give thanks and pray that the club continues to be blessed and enjoy each other’s company, because “We B’ Campin’.”

**Written by: Kevin Harvey, Public Relations Officer,**  
*The Group Camping Club, with the help of members of The Group*

## SOUTHERN REGION



**Myrtle  
Mayfield  
Southern  
Region  
Director**

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The Southern Region held its 2011 Regional Rally May 1- 6, 2011, in Marksville, LA, at the Paragon Casino & RV Resort, with 195 families attending. One hundred and ninety-nine families registered. Needless to say, we had a very successful Rally. Sixteen of the seventeen Chapters were represented. By rally time, the Southern Region had 334 members. We had a membership table set up at the rally to encourage non-members to join.

The Historian displayed chapters' history in the registration area during the Rally, for all to see. It was very interesting to see how chapters got



started. The history consisted of photos as well as written narratives of the various clubs.

The *Texas Sojourners* and the *Georgia Easy Riders Clubs* sponsored an "early bird" meal on Sunday and Wednesday. On Thursday the Opening Ceremony concluded with Rally



attendees enjoying refreshments. On Friday, members enjoyed a tropical evening at the pool veranda showing off their tropical attire and dancing to the music of

the DJ. Delicious refreshments were served by the staff. A very enjoyable Red Hat Tea was held on



Friday with attendees receiving prizes for the best signing act. And don't forget the Golf competition that was also held on Friday.

The closing ceremony included awards being presented to the winners of the golf tournament and to the bid whist, horseshoe and dominoes tournaments. The theme of the dance was "Oldies but Goodies," with attendees wearing 70's attire.

NAARVA President Elbert Smith gave a video presentation and answered questions concerning the 2011 National Rally in Berrien Springs, MI. He urged all to attend in support of NAARVA.

During the general meeting and the church services a collection was taken for a Tornado Relief Fund to help out those NAARVA families in Alabama, Georgia and Mississippi who sustained damage during the devastating spring tornadoes. Money collected from the cooking seminar was also donated. A total of \$708.00 was collected and presented to one victim who sustained damage to their home.

The *Oklahoma Tornadoes* updated us on the 2012 Rally to be held at the Heart of Oklahoma Expo Center in Shawnee, OK, May 6-13, 2012. This too promises to be a very successful rally. It will have a western theme.

Chapter hosts were selected at the general meeting for upcoming rallies. The following Chapters agreed to host the next four Rallies: 2013 - *North-east Florida Campers*; 2014 - *Central Alabama RV Association*; 2015 - *Big Easy Rollers*; & 2016 - *Funseekers of Augusta*. It was decided that we will

(See *Southern Region*, page 15)

## Home Based Dialysis---

(Continued from page 13)

Nephrologists, Paynter is enjoying the feeling of being able to live a normal life. Panebianco said of Paynter, "he's like a perfect success story for trying to rehabilitate people to get back to being active." Panebianco said more patients are becoming interested in utilizing home hemodialysis. "The combination of more willing patients, better understanding of the patients to want to do things for themselves and technology have made it to be something relatively easy to do," he said. Due to high rates of obesity as well as uncontrolled high blood pressure and

diabetes, Panebianco is seeing an upsurge in patients who have developed kidney disease. He's also treating a growing number of African Americans who are only in their 20s who have hypertension.

"If you have high blood pressure and it's not well treated and you have diabetes and it's not well treated, the more likely it is that you're going to have trouble from it," Panebianco said, noting these conditions can lead to heart attacks, strokes and kidney disease. With that in mind, Panebianco said it's important to ensure that people control those risk factors.

**Written by: Kevin Harvey,  
Public Relations Officer**

## CENTRAL REGION

**Carolyn Buford**  
Central Region  
Director

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The 2011 Central Region Rally was held at the Indiana Beach Amusement Park located in Monticello, IN, from June 5 through June 12. This location was found to be very attractive for parents, grandparents and guardians evidenced by the number of young people who attended the rally. There were dedicated personnel at the campground totally devoted to offering craft classes and other activities for the rally "Young-at-Heart" and each day they also got an opportunity to visit with Yogi Bear.

The initial plan for the rally was to utilize a 50'x100' tent for many of our activities and events. However, Mother Nature had other plans. We experienced 60+ miles per hour straight line winds in the campground causing not only the tent to collapse but also damaged several RV awnings and tents belonging to other campers. Personnel at the facility called what we experienced a "Hoosier Hurricane." The Rally activities and events did continue as planned but with some improvising by everyone which showed the flexibility of NAARVA members.

## Southern Region---

(Continued from page 14)

select Clubs in alphabetical order.

Since this was our 10th Regional Rally, we paid tribute to all of the NAARVA members who have passed within the last 10 years. Their names were listed in our souvenir book.

In all, we had a wonderful time in Marksville, LA.

By Myrtle Mayfield,  
Southern Region Director



On Sunday night the rally commenced with a "Gospel Explosion" featuring a marvelous choir from the True Vine Missionary Baptist Church in Indianapolis, IN. Their performance was further highlighted by the musical skills of their young percussionist. Following the choir from True Vine M.B. Church, members of the *Windy City Travelers*, along with their family members, also entertained the audience with gospel music selections.

After getting some rest from traveling to the rally site and attending the "Gospel Explosion," the attendees began their day on Monday by attending a seminar on RV insurance and ended the day with a classic game of card bingo. In between these two events, a game titled "How well do you know your Boo?" was played. By the end of the game, many spouses and/or significant others were left either frowning or smiling depending on the answers provided by their other half. Overall, the game was thoroughly enjoyed by all who were involved.

On Tuesday, there was an optional winery tour that was well attended and appreciated by all of the participants. Their purchases were graciously received by those who did not get a chance to go on the tour. Tuesday evening was filled with more games which provided more fun for everyone. Rally attendees really enjoyed the region's rendition of "Minute to Win It."

Wednesday's activities included



several seminars and the first round of the beanbag baseball tournament. This made for a very busy day. Game participants were challenged by Indiana weather which was hotter than usual. The "planned" tent would really have provided shelter from the beaming sun, but the game was played as scheduled. The Mayor of Monticello and several representatives from the Indiana Beach Amusement park welcomed us to their city and facility during the Opening Ceremony.

The region's "Thirteen Club Feast" was the main event on Thursday. The feast featured cuisines from mainline America, Southern, Cajun, Mexico and everything in between. This was the first year that the region had planned this type of event and it was well received and enjoyed by everyone. The feast was especially welcomed since it followed a very busy day of several seminars, the second round of the beanbag baseball tournament and the bowling tournament.



A first-time Rally attendee arrived with three forms of transportation....a motorcycle, a bicycle and a 1964 Chevrolet Chevette. His biggest decision for the day was ...."Which one will I use today?" The onlookers really enjoyed the show! That being what vehicle or vehicles would he choose to use for the day.

On Friday, everyone enjoyed an  
(See *Central Region*, page 16)

## Central Region Rally---

(Continued from page 15)

All-You-Can-Eat pancake breakfast that helped prepare the beanbag baseball participants for the final round. The final round of the beanbag baseball tournament took place with the 1st place winner being the *Windy City Travelers*. Congratulations, *Windy City Travelers*! Friday was also the day for the Red Hat Tea and all of the ladies dressed up for this event. Men from the region escorted the women for the fashion show.

Who said the bid whist tournament is on? Well, it was and the winners reveled in their glory. This event is a special one for NAARVA members and they can't wait until they see it on a rally schedule. It will most definitely be a return event for the next regional. Friday ended with an All-You-Can-Eat hamburger and hot dog cookout which seemed to satisfy everyone.

Saturday marked the end of the rally, but it was definitely not an end to the fun and enjoyment. The morning started out with the annual regional meeting. At this meeting, the Rally attendees voted to identify the amenities they wanted to have at the Regional Rallies. The results were full hookups, if at all possible, and a climate controlled building(s). The regional auction took place after the meeting with the evening ending with a chicken dinner followed by musical entertainment. Several people attending a skaters' camping outing in the adjacent campground joined us for the evening entertainment.

On Sunday morning, Reverend Bryant from the True Vine M.B. Church delivered the message and the rally ended on a very positive and upbeat note. What a wonderful end to a fulfilled week.

As always, the Central Region welcomes all to attend and participate in our Regional Rallies. The state of Iowa will serve as the setting for our 2012 Regional Rally. We will explore some of the marvelous history of Iowa and we would like to extend an invitation for everyone to come and join us.

16 — The NAARVA Voice



### *Indiana 4A Girls' Basketball Champion*



Meet Jalynn McClain, a six foot Center/Forward for the Jeffersonville High School Red Devils.

Her proud grandparents are William (Bill) and Martha McClain from Jeffersonville, Indiana. Bill and Martha are two of NAARVA's founding members.

On March 5, 2011 the Red Devils defeated the Penn Kingmen by a score of 43-29 to become the Indiana 4A Basketball Champion in Fort Wayne, Indiana. Jalynn scored thirteen points to help the Red Devils to win their first ever state championship.

Once Jalynn graduates from Jeffersonville High School next spring, she has committed to become a member of the Western Kentucky Hilltoppers. She was recruited by several NCAA Division 1 schools. Among those who recruited her were Austin Pea, Murray State along with Wisconsin from the Big Ten.

### **We Need Your Campsite Reviews**

Before traveling, we check out RV park websites to get an idea about the park. In addition to viewing the websites, actual campground reviews from Campers/RV'ers have been very helpful in making decisions about where we stay.

We want to hear your thoughts and experiences about amazing RV parks you have visited. Share your RV Park Reviews and stories with your fellow RV'ers. Let us know about the park condition, amenities, freeway accessibility, surroundings, nature trails, pancake breakfast offerings, the town, and anything else that you found exceptional and would like to share.

Your comments will be fun to read, informative and helpful to others who are traveling the country, making decisions about where to stay.

Send reviews to [naarvavoice@gmail.com](mailto:naarvavoice@gmail.com).

## WESTERN REGION



**Louise Grogan**

**Western Region Director**

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### **2012 Western Region Rally — Join the “Family Fun!”**

We’re making plans for 2012, so plan to join the Western Region at Durango RV Resort. This is a wonderful location for our 2012 Western Region Rally! The team selected a repeat of last year’s theme “We Are Family” and the rally colors are green and white.

You are guaranteed to have a good time at the rally. The Resort is located in Red Bluff, CA, alongside the Sacramento River and Interstate 5.

Here are some amenities at the Durango RV Resort you are sure to enjoy:

- 1) The sites are all full-hook up with paved pads.
- 2) Plenty of space for awnings and slides.
- 3) Free Wi-Fi.
- 4) Doggie play and wash areas.
- 5) Rustic fishing from the riverbank.
- 6) Small putting area.
- 7) Hoops (bring your basketball).
- 8) Horseshoe pit.
- 9) Pool and Jacuzzi.



## **19th Annual Camp Rally - FRIENDS!**

**Louise Grogan, Western Region Director**

I had the pleasure of attending the NAARVA National Camp Rally in Berrien Springs, Michigan.

While there I met, greeted and chatted with many friends.

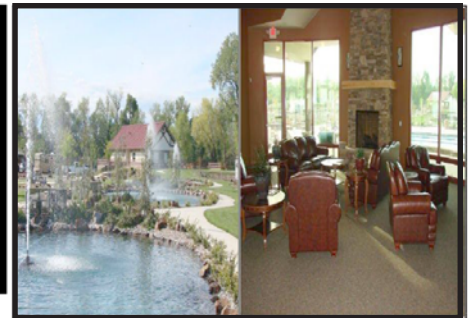
A dear friend named Liz with whom I traveled.

A new friend named Sarah with whom I shared the joy of serving the NAARVA children.

A friend I met only once before named Sylvia with whom I shared a few laughs and watched her sashay in her “purple & red”!

And the brother of a friend with whom I really laughed. Frank looks just like his brother, John, and was equally as kind.

The most delightful friends were the many NAARVA Family members that share a common name and the heart of NAARVA! That common name is FRIEND. Absolutely no one person was a stranger, we were all friends. Thanks NAARVA for the experience and see you next year in North Carolina!



- 10) Awesome gas fire pit near pool area.
- 11) Small exercise room.
- 12) Walking path.
- 13) Walking distance to CVS Drug Store, Grocery Market, Shari’s Restaurant, Luigi’s Pizza & Pasta, etc.
- 14) 20 miles south is the Rolling Hill Casino with slots.
- 15) 20 miles north is an outlet for shopping ‘til you drop.

These are just the items that come with the location. The Rally Team is planning other exciting events. Watch for more information which will include cost and early registration incentives. Visit the Western Region website at [www.easysite.com/naarva-westernregion](http://www.easysite.com/naarva-westernregion) and Durango RV Resort website at <http://www.durango-rvresorts.com>



**Before sending articles for inclusion in *The VOICE*, please review “Requirements for producing optimum quality photos for newsletter on page 3, and “Rules for submitting articles in *The VOICE* on page 2.**

**Especially note that pictures are NOT to be embedded in the text copy, but should be labeled and e-mailed separately.**

**Also, remember to e-mail submission for *The VOICE* to your Regional Directors, not the Editor.**

## Your Health Matters...

### *10 Tips to Help You Live Longer & Stronger*

Living the RV life is said to be “living the good life.” While we do enjoy much R&R (rest and relaxation), we can also experience periods of P&P (pain and pressure). These tools can help you to thrive and survive well.

- 1 **Connect with Others:** Friends help you realize you're not alone on the road you are traveling. Strengthen old bonds and build new ones.
- 2 **Stay Positive:** Increase your optimism. Changing your thinking can change your life.
- 3 **Get Physically Active:** Exercise can make you happier and healthier.
- 4 **Help Others:** Carry buckets of clear water to those who need it and you'll find there's plenty for you to drink also. Helping others nourishes your soul.
- 5 **Get Enough Sleep:** A lack of sleep ages the brain. Sleep regenerates neurons that enable the brain to function optimally.
- 6 **Create Joy and Satisfaction:** Go shopping with a friend; cuddle up with your mate. It can boost longevity by offering social and physical stimulation.
- 7 **Eat Well:** Eating fewer calories could increase your longevity by 25%, says Dr. Oz.
- 8 **Take Care of Your Spirit:** Praying, meditating, listening to a good sermon or just connecting with your deepest self can enrich your life.
- 9 **Deal Better with Hard Times:** Identify the stressors in your life then train your body to respond more positively through deep breathing, meditation and a solid plan of action, so they don't become a constant source of anxiety.
- 10 **Get Professional Help if You Need It:** Don't hesitate to seek the help you need to be the healthiest person you can be.

## **HOT TIP**

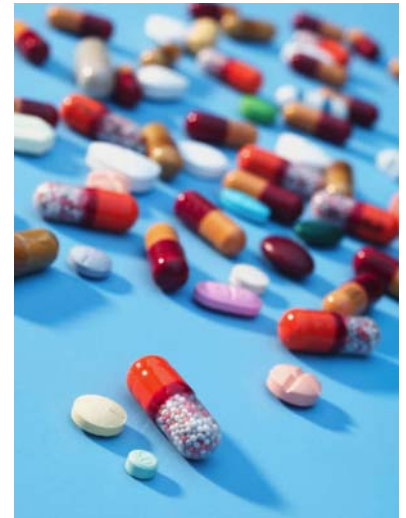
### *The Grill Drill*

Although the final days of summer are upon us, the weather is still nice enough for the outdoor BBQ's — the ultimate in casual dining that we RVer's love. It's cleaning the grills that we all hate!

Most RV sinks are not large enough to soak a grill rack in. The easiest way to clean a grill rack is to lay the cool rack upside down on the grass and leave it overnight. The dew will work to soften any burned-on food and the next morning you can simply wipe it off.

Remove burned-on foods with black coffee. Just pour the coffee over a hot grill rack and wipe with aluminum foil.

Clean the exterior of gas and charcoal grills with GOJO Creme Waterless Hand Cleaner. Dip a paper towel into the GOJO, work it into the outside of the grill, and watch the dirt, grease and barbecue sauce come right off. Buff with a clean paper towel and the grill will sparkle like new — with the added benefit of a nice protective coating.



## Medication Left in Hot Cars Lose Potency

This statement from an article I recently read really caused me to take notice: You can go to jail if you leave your child or animals in a hot car. You can go to your grave if you leave your medications there.

Nearly 145,000 people die of stroke each year in the United States. No statistics are kept on how many died because their blood pressure medicine had been compromised by either high heat or extreme cold. With record high heat enveloping the country, pharmacists report that medications lose their potency in excessive heat.

A University professor of pharmacology, said the message that should be heard loud and clear from the public is this: After you pick up your prescription at the drugstore, either carry it with you into a climate-controlled environment or take it right into your air conditioned home.

Mail order drugs, which represent nearly 20 percent of retail prescription drug sales in the United States, are also problematic. If medicine has been left unattended for even two hours in the high heat, take them back to the pharmacy. Your insurance company might not pick up the additional expense, but it's better to pay extra money than to pay with your life.

A clinical pharmacist and director of Drug Information Services, said  
(See *Medication*, page 19)

# America's 100 Most Scenic Drive — Part 2

By Brad Herzog

Last year was the Centennial celebration of the RV in America. What better way to start the next century of the RV than by selecting our nation's 100 most scenic drives? The following list covers each of the 50 states—from the Blue Ridge to the White Mountains, from Beartooth Highway to Sawtooth Drive, and from Death Valley to Going-to-the-Sun Road. A

list of 200 drives wouldn't even encompass the jaw-dropping possibilities amid the American landscape, but this is a heck of a start. Enjoy your RV travels!

**Listed are the final 50. You can view the first 50 in the Spring 2011 edition of *The VOICE*.**

51. Dunes Drive (White Sands National Monument, New Mexico).

52. Snowy Range Road (Hwy 130,

Wyoming).

53. North Cascades Highway (Hwy 20, Washington).

54. Rogue-Umpqua Scenic Byway (Hwy 234/62/230/138, Oregon).

55. Black Hills Drive (Hwy 385, South Dakota).

56. White Mountains Scenic Drive (Hwy 16, New Hampshire).

57. Highland Scenic Byway (Hwy 55/150, West Virginia).

58. Western Trails Scenic and Historic Byway (Hwy 26, Nebraska).

59. Harrison to Hot Springs (Hwy 7, Arkansas).

60. Globe to Show Low (Hwy 77/60, Arizona).

61. Kings Canyon Scenic Byway (Hwy 180, California).

62. Mohawk Trail Drive (Hwy 2, Massachusetts).

63. Strait of Juan de Fuca Highway (Hwy 112, Washington).

64. Colorado River Scenic Byway (Hwy 128, Utah).

65. Cherokee Skyway (Hwy 165/143, Tennessee/North Carolina).

66. Land Between the Lakes Trace (Kentucky, Tennessee).

67. Creole Nature Trail (Hwy 27/384/385, Louisiana).

68. Billy the Kid Trail (Hwy 48/70/380, New Mexico).

69. Silverado Trail (Napa County, California).

70. Missouri Ozarks Drive (Hwy 19, Missouri).

71. Kentucky Heartland Drive (Hwy 68, Kentucky).

72. Loess Hills Scenic Byway (Hwy 183/37/175, Iowa).

73. Death Valley Scenic Byway (Hwy 190, California).

74. Glenn Highway (Hwy 1, Alaska).

75. Kancamagus Highway (Hwy 112, New Hampshire).

76. Champlain Islands (Hwy 2, Vermont).

77. Santa Fe Trail Scenic and Historic Byway (Hwy 385/50/350, Colo-

(See *Scenic Drives*, page 20)

## Medication Left in Hot Cars Lose Potency

(Continued from page 18)

studies have shown that during extreme heat, temperatures can hit as high as 158 degrees inside mailboxes and reach 163 degrees in cars.

The nonprofit United States Pharmacopeia Convention Inc., which sets standards to ensure the quality of medications that are enforced by the Food and Drug Administration, recommends that all medications be protected from excessive heat, which is defined as 104 degrees. Yet only a few medications are ever studied at temperatures above 86 degrees.

U.S. Pharmacopeia recommends that most drugs be stored at "controlled room temperature," approximately 77 degrees, with "brief deviations" allowed up to 86 degrees.

A Pharmacist and Market Director, said studies continually show that medications exposed to high heat "break down and may not work at all." Excessive heat will alter insulin, and Thyroid hormones, resulting in dangerously inconsistent doses. Volumes of insulin inside the vials expand, possibly causing the vials to break. Albuterol inhalers used by those who suffer from asthma can burst at temperatures above 120 degrees.

Mail order pharmacies do little to package most drugs to withstand high heat. Allowing drugs to go through the mail to destinations where there is high heat put people in harm's way.

Here are some tips for travelers who are on prescription medications and will be on the road for a month or longer:

- Request an extension on your prescription from your medical provider. This way you will have enough for the duration of your trip. Check well in advance of your trip, so you can plan in case your providers will not consent to this.

- Stop your automatic mail order prescriptions while you're away from home.

- Arrange for your pharmacist to transfer your prescription to the same pharmacy in the town you will be visiting. If your pharmacy is not in the town, have them transfer it to a different local pharmacy. ie: CVS to Walgreens. (I have done this without a problem, on a few occasions).

- Pick up your meds when you are ready to return to your RV, even if it's slightly out of the way. Then your meds won't be sitting in a hot car while you're out and about.

- Have your meds delivered to the campsite, if you use a local pharmacy with delivery service (not U.S. Postal Service, as it may sit in a hot mail truck for hours). Be available to pick it up from the office as soon as it is delivered.

- Keep all medications in the climate-controlled passenger compartment, not in the trunk of your car. Do not leave meds in a hot car or RV.

## America's 100 Most Scenic Drive — Part 2

(Continued from page 19)

rado).

78. Grand Army of the Republic Highway (Hwy 6, Pennsylvania).

79. Russell-Brasstown Scenic Byway (Hwy 17/180/348/75A, Georgia).

80. Talladega Scenic Byway (Hwy 281, Alabama).

81. Centennial Scenic Byway (Hwy 26/287, Wyoming).

82. Cherokee Foothills Scenic Highway (Hwy 11, South Carolina).

83. Great River Road (Hwy 35, Wisconsin).

84. Sakakawea Trail (Hwy 200/200A, North Dakota).

85. Ohio River Scenic Byway (Hwy 7/52, Ohio).

86. Midland Trail (Hwy 60, West Virginia).

87. Payette River Scenic Byway (Hwy 55, Idaho).

88. Panhandle Scenic Drive (Hwy 98/30A, Florida).

89. Turquoise Trail (Hwy 14, New

Mexico).

90. Amish Country Drive (Hwy 772, Pennsylvania).

91. Chesapeake Country Scenic Byway (Hwy 213/20/45, Maryland).

92. Delaware Valley Drive (Hwy 29, New Jersey).

93. Lincoln Hills Scenic Drive (Hwy 62, Indiana).

94. Flint Hills Scenic Byway (Hwy 57/177, Kansas).

95. 17-Mile Drive (Monterey Peninsula, California).

96. Connecticut State Route 169

(Hwy 169, Connecticut).

97. Talimena Scenic Byway (Hwy 1, Oklahoma).

98. Mouth of the Delaware Drive (Hwy 8/9, Delaware).

99. Lake Shore Drive (Chicago, Illinois).

100. The Loneliest Road in America (U.S. 50, Nevada).

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