

THE NAARVA



VOICE

VOLUME 20 ISSUE 2

SPRING 2019

From Your President...

Hello Fellow NAARVA Members:

Welcome new and renewed members! NAARVA membership has increased, thanks to all of our devoted members.

I hope you have registered for the 27th NAARVA National Camp Rally at Mesa Spirit RV Resort in Mesa, AZ, July 21 - 27, 2019. If not, there is still time to register before the deadline of June 14, 2019!

This RV Resort has all the amenities you have requested; plenty of 50 amp sites, lots of air conditioned buildings to gather in with your friends, swimming pools, billiards room, snack bar, etc., Nearby, find Casinos, shopping malls, restaurants, Walmart (your favorite) and many tourist opportunities. Come share the fun!

Before you travel, please have your RV checked, the better you prepare your rig, the better your trip. Be sure to check: the fluid levels, the batteries, the hoses, the tires and the pressure in the tires, windshield wipers, transmission and engine. We have been broken down on the side of the road; it was not a good experience. Let's prepare our rigs for our summer travels. Please refer to the spring 2018 *Voice* on the website (*plus article on this page*) for more detailed information on preparing your RV for travel.

Please visit our new NAARVA Website: naarva.com.

The Constitution and By-Laws will be posted with the Standards of Operating Procedures (SOP): Executive

Board Policy Manual and Rally Policy Manual in the Members Only section. We are attempting to share this knowledge with our NAARVA members. Keeping you informed is our goal.

SAFE TRAVELS!

SEE YOU IN MESA,

Gladys M. Curtis

NAARVA National President



Maintenance Tips for Spring

If your RV has been sitting most of the winter months, it's time to inspect prior to loading it for your upcoming road trips and rallies. Don't forget to inspect your RV for obvious signs of wear and tear, but most importantly your tires and generator.

Getting your generator ready, you will need to start it and also check certain functions on it. Getting your generator started can be tricky, especially if your generator has sat for an extended period of time. The lack of fuel in the lines is usually the reason why your generator won't start. If you have a prime feature, prime your generator until your indicator light turns on for the fuel pump. Run the pump for about 20 seconds to deliver fuel to the carburetor — the generator should start much quicker. If you do not have a prime feature on your generator, you will have to crank it until it starts. Let the starter rest to cool after about 15 seconds of cranking. Cycle the starter until it runs.

Once you have your generator started and it's been running a while, check the oil level and it may be a good time to have the oil changed. Also check the air filter for nests and to make sure it doesn't need to be replaced.

Inspect your tires for sidewall cracks or cracks between the treads. Any cracks should be treated seriously and consider replacing the tire. Also, don't forget to check your tire pressure. To find the right tire pressure recommended for your tires, refer to your owner's manual from the manufacturer. There should also be a decal inside a cabinet that has the recommended pressure on it.

And because you may be parking next to me, don't forget your sewer hoses have a limited lifespan. Inspect your sewer hose for any tears or holes before using it.

See you at the rally,

Bruce Toney

NAARVA EXECUTIVE BOARD - 2017-2019



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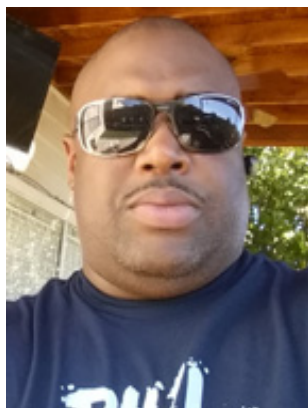
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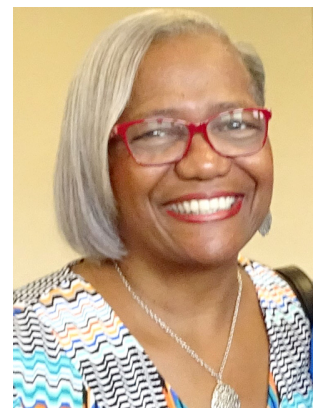
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A Word From the Editor

Springtime is the Right Time to Reboot!

Whenever my computer runs slow, my husband Bruce does a reboot which gets it up and running smoothly again. What about your personal operating system? Do the mundane tasks of daily living have you feeling like you're stuck in a rut? Are you functioning at your highest level of efficiency, or do you need a personal mental and physical reboot?

As RVer's, whether our lives are stagnant or in a state of chaos, we can hit the refresh button and give ourselves a nice boost by hitting the road. Scientific research has proven that travel boosts mood, health and overall happiness.

Accordingly, the positive mental benefits of RV travel may:

Broaden our perspective by pushing us out of our comfort zones and opening our minds to a whole new way of life.

Strengthen our relationship. Working together to plan a trip, the expectation of a new experience, and the blissful mishaps of traveling can increase closeness. As we try new things, achieve new goals, and share moments along the way, we experience greater intimacy.

Provide stress relief by allowing us to reset our minds so we can focus on the present moment. It's a great way to escape the stresses and commitments of everyday life, offering novelty and change in the form of new people, sights and experiences.

Improve physical health. Whether you plan an outdoor adventure or you're out seeing new sights, a daily routine makes it difficult to stay stagnant. Physical activity increases endorphin production in your brain, which increases happiness.

Increase our happiness. The effects of travel are not only felt during



GWYNNE TONEY
Editor

and after your trip, but the mere anticipation of an upcoming trip can boost your mood.

So, if the daily grind has you a little down, planning an RV vacation could be just the cure you need. Hopefully your plans will include a stop in Mesa, AZ — July 21-28, to attend the 27th NAARVA National Camp Rally.

May your journeys be memorable and your blessings plentiful,
Gwynne



RV Cooking with Bev Ann

By Beverly
Dailey
MO/KAN
Roadrunners

Ingredients:

5 Eggs, room temp
3 sticks Butter, room temp
3 cups All Purpose Flour or Cake Flour
3 cups Sugar
1 cup 7 Up (soft drink)
1 tsp Lemon Extract
1 tsp Vanilla Extract

In a small bowl, lightly beat the eggs and set aside.

In a large bowl, mix the flour and sugar together. Beat the butter and eggs together with electric mixer.

Slowly combine the butter/eggs mixture into the large bowl of flour/sugar mixture. Mix well with the electric mixer.

Finally, add the 7 Up, lemon extract and vanilla extract. Beat well the electric mixer.

Pour the cake batter into a tube cake pan or bundt cake pan, evenly. Be sure the cake pan is well greased and floured.

Convection Oven or Regular Oven Bake Temp is 325 degrees. Bake Time is 1 hour or until golden brown.

Glaze (optional)

1 cup Powder Sugar
1 tsp Lemon Juice or 7 Up

Stir to your consistency. Drizzle on warm cake fresh from the oven. Enjoy!



NAARVA Chaplain's Corner... REVEREND THOMAS HANES

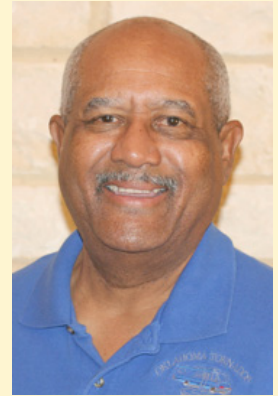
Psalm 17: ¹ "How long, Lord? Will you forget me forever? How long will you hide your face from me? ² How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?"

Have there ever been times in your life when you have found yourself wondering, "How long, Lord?" How long will these struggles and disappointments last? How long will we have these financial difficulties? How long will these health issues persist? How long will the difficulties in this relationship last? How long will I struggle with this addiction? How long will these intense temptations last? How long will it take me to get over this loss? How long will I be attacked by my enemy?

Four times in quick succession David cries out, "How long—?" (v1-2). There are periods when it appears that God has forgotten us (v-1). It seems that He has hidden His face (v-1b). For some inexplicable reason, we don't sense His presence with us. Every day seems to be a struggle wrestling with our thoughts (v-2), Every day brings sorrow. We seem to be losing the battle and the enemy seems to be triumphing over us (v-2c). How should we respond in times like these?

Well, Proverbs 3:5-6 says: ⁵ "Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways submit to Him, and He will make your paths straight. David's example suggest four things that we should continue to do during difficult times: 1) Keep praying; 2) Keep trusting; 3) Keep rejoicing; 4) and Keep worshipping. As we begin to praise and worship God, it brings a perspective to our problems. Sometimes, I find it helpful to look back on my life and thank the Lord for bringing me through so many of my own personal struggles, disappointments and bereavements and to remember how through it all, "He has been good to me." (v-6)

**Your National Chaplain,
Rev. Thomas Hanes**



**Rev. Thomas A.
Hanes
National Chaplain
serving "YOU."**

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RV Trip Diary



Have you ever wanted a place to store all of the information about your favorite RV campgrounds? Then **RV Trip Diary** is the app for you! Record information about RV campgrounds including location, amenities, services provided, site information, photos, and more!

This app allows you to store all of the information about RV campgrounds in one consolidated place. Store everything from what hookups are available to pictures of the site you visit and more! Save information for possible trips to help plan out your future ad-

ventures or record information from past trips to keep a log of where you have been.

Would you like to camp in all U.S. states and Canadian provinces? Use RV Trip Diary's state/province tracking map to keep tally of which regions you have camped in and which regions you have yet to visit. Try to complete the full map with your RV!

This App is really worth checking out for keeping a record of your travel experiences.

This App is available for free for both iPhone and Android.

Bereavement Information

A NAARVA member's death announcement should be given to your Chapter President, who will pass it along to your Regional Director. The Regional Director will submit the list of names to **Gloria Shelton, NAARVA's National Benevolence Chair**, at: shelt57@aol.com



ECOLOGY! ECOLOGY! ECOLOGY!

Help Save Our Planet!
Keep your Chapter's project up and running or start one if you don't have one.
Vie for the Prize in Mesa!

Announcing the 2019 “Big Rolling Wheels” Contest

Do your RV vacations involve winding through breathtaking landscapes, picturesque villages, and spectacular views of our natural American treasures?

Is your camera ready to capture these sights?

Is your computer on hand to record and share your adventures?

Then you are on the road to entering NAARVA’s 2019 BIG ROLLING WHEELS CONTEST!

Please bring the entry form along with your travel submissions to the National Camp Rally in Mesa, AZ. You may turn in your entries to: The Opening Ceremonies, and leave it with Anne Shearer Steele, 6 p.m. on Wednesday, July 24, 2019. We can’t wait to see and read about your adventures!



OFFICIAL ENTRY FORM — BIG ROLLING WHEELS CONTEST

A separate form must accompany each entry.

1. Author/Photographer’s name: _____

How you want your name on/to appear on plaque - if different from above: _____

2. Author/Photographer’s mailing address: _____

3. Author/Photographer’s phone number: (_____) _____

or cell (_____) _____.

4. Author’s Photographer’s E-mail: _____

5. Division/Category of this entry: A - Written Narrative _____ B. Photos _____

6. TITLE of entry: _____

7. Information about your RV _____

Make/Model _____ Year _____

8. Information about your:

The number of years that you have been RVing:

6 to 12 mos. _____ 2 years _____ 5 years _____ 10 years _____ 15 years _____ 20 years _____

Working _____ Retired _____

9. Bring entry form along with your photos or narrative to: The Rally Registration area to:
Anne Shearer Steele on Wednesday at 3:00 P.M.

DEADLINE IS WED., JULY 24, 2019



REASONS TO ATTEND THE 2019 NAARVA RALLY

1. You want to enjoy fun and fellowship with your NAARVA Family and Friends.
2. You want to enjoy the five-star amenities offered by Mesa Spirit RV Resort - "Catch the Spirit."
3. Your "bucket list" includes a trip to the Grand Canyon.
4. Your children and grandchildren will participate in supervised activities, crafts, scavenger hunt, pool time, etc.
5. You want to enjoy our evening parade with a "Block Party," food vendors, DJ and dancing.
6. You can be a part of honoring NAARVA Veterans!
7. You don't want to miss the journey that leads to some of the best Western Region destinations that begin with Mesa, Arizona - Yellowstone, Yosemite, San Francisco, Lake Tahoe, San Diego, Monterey, Zion National Park and Las Vegas!
8. You want to celebrate the USA - NAARVA Style.
9. Your love for dominos, bid whist and poolside chats will all be satisfied.
10. You will be a part of what makes NAARVA great!

27th National Camp Rally — Mesa, Arizona
July 21 - 28, 2019

"NAARVA Across America"
(Honoring our Veterans)

ADMIT

★ ONE ★



2019 National Camp Rally Mesa, Arizona

Register today and be guaranteed access:

Root beer Floats
Medical Screening
Line Dancing
Cooking Class – “Chef Goodwill”
Bible Study
Pancake Breakfast
DJ & Dancing
Members Flea Market
Saturday Dinner
Health Walks
Pickle Ball
Seminars
RV Vendors



Deadline June 14, 2019
Visit naarva.com for additional information.



27th NAARVA National Rally
July 21 - 28, 2019
Mesa Spirit RV Resort
3020 East Main Street, Mesa, AZ



LOUISE GROGAN
 Director,
 Western Region
 nanagrogan
 @verizon.net

Your registration packet is online and ready for completion. We are excited as we celebrate the 2019 National Camp Rally — **“NAARVA Across America - Honoring Our Veterans”**

You are invited to catch the “Spirit” at Mesa Spirit RV Resort!

Mesa Spirit is your warm-weather destination for a wide array of activities and attractions, including fishing, swimming, golfing, sporting events, shopping, spas, casinos, and much more! This Arizona RV resort is situated in the desert just west of the beautiful Superstition Mountains and only a 30-minute drive away from Phoenix. A pet-friendly RV Resort, Mesa Spirit features 1,800 spaces with full hook-ups. Even big coaches are very welcome and easily accommodated.

You don't want to miss the great activities planned for your enjoyment, all seminars and activities will be scheduled in fully air-conditioned, spacious rooms to ensure your comfort. You can choose to be inside or poolside.

Planned activities:

- Youth Camp, Tuesday, Wednesday and Thursday (10 a.m. - 3 p.m.)
 Scavenger Hunt, Mommy Muffins, Daddy Donuts
- Bible Study, Tuesday and Thursday
- Church Service, Saturday morning

- Texas Hole ‘em, Bid Whist, Billiards, Dominoes, Bean Bag Baseball, etc.

- Cooking with “Chef Goodwill”

- Dresses for African Girls Service Project

- Wednesday night



parade and “Block Party” with DJ - food vendors.

- Red, White and BLUES “A Night of Rhythm & Blues.”
- Line Dancing.
- Skate Party.
- Opportunity Drawings and Silent Auction.
- Veterans Recognition.
- Couples Dance Competition.

Register now, before May 3rd and you will automatically be entered in a drawing for \$50 and a 32-inch Smart TV! Some activities have a fee and require pre-registration. Visit naarva.com for Rally Packet and updates. Make the Western Region your 2019 Vacation Destination as we take “NAARVA Across America.”

Rules for Submitting Articles to The Voice

If you want to share news from your Club, or have something to say about RV'ing, E-mail your information to your Regional Director. **The deadline for the Summer/Fall issue is August 19, 2019. RD's and contributing writers, please E-mail your articles to the Editor soon after the events.**

NAARVA members may access *The Voice* through the NAARVA website: www.naarva.com.

If you do not have an E-mail account or access to a computer, **call 704-333-3070**, and a hard copy will be mailed to you. *The Voice* is published three times yearly by NAARVA. Voice Editor: Gwynne Toney, naarvavoiced@gmail.com.

**Easy Way
to Pay NAARVA
Dues!**

Eventbrite, a form of Paypal, provides an easy way to pay your dues and Charter renewals.

Check it out at naarva.com

NAARVA ACROSS AMERICA

"Honoring Our Veterans"



**Wake up America, look out NAARVA, here we come
We're raising the American flag, a tribute for everyone
From the north to the south, the east to the west
We're coming together to show off our best.
Like the stars and stripes, our colors don't run
By diversity we're threaded together as one.**

We honor our proud veterans that fought for our freedom

**All branches of service, you know that we love them
From the Army to the Navy, Coast Guard, Air Force and Marines
We tip our hat to you for giving us our American dream.**

**Western Region is always here to show you lots of fun
With games, prizes and shopping, you'll be tired when you are done.
There's a paint party we planned so show off your art skills
With different colors and paint brushes we know that you will.**

**A skate party is also fun where the pros can race around
If you're an amateur, that's ok, just try not to fall down.
There's a candy factory in town where you can make your own treats
Everybody loves chocolate, it will be so sweet to eat.**

**The Queen Creek Olive Mill is a great place to see
The production of olive oil made especially for you and me.
We always have our Red Hat Tea and the ladies look so pretty
But we didn't forget the guys, food and drinks is the nitty gritty.**

**We'll keep our kids real busy, they'll have loads of fun
With games, crafts and swimming, a great time for everyone.
For those who love playing cards, the competition is cocky
Get your partner and get ready, you're either good or you're lucky.**

**A nighttime parade will be special and oh, so exciting
With floats and a Grand Marshal, flags waving and lights shining.**

**What is Biosphere2? We are going to find out.
A trip to the laboratory where science is what it's all about.**

**The red rocks of Sedona should be on your agenda
The scenery, the art and the shopping will win ya'.**

**The Combat Aviation Museum should be on your list to see
Airplanes from World War II to the present, there's so much history.
So we'd love to see you in Mesa, we're excited to show you around
Western Region in 2019, where NAARVA fun can be found!**

**~Elizabeth Hemingway
Western Region — CA Cruisers**

Your Health Matters...**COLORFUL EATING**

As many of us head out for the summer months, we will have outdoor activities on our lists. The ability to enjoy the outdoors is part of what makes RVing so exciting and healthy. Staying healthy should be all RVers' top priority.

As we travel, my husband, Bruce, and I love to visit the outdoor local farmer's markets. The beautiful array of colored foods delight our eyes and stimulate our taste buds. Plus, we love that we are supporting locally produced growers.

Fruit and vegetables generally contain little fat, cholesterol or sodium and provide complex carbohydrates, fiber and nutrients. Most contain natural sugar, as opposed to refined sugars. Brightly pigmented foods are loaded with the nutrients which help to keep us vibing and thriving, so focus on eating more colorfully this summer!

Reds such as raspberries, tomatoes, guava, watermelon, red cabbage, kidney beans, cherries, and beets, are rich in the antioxidant's lycopene and anthocyanins. They help protect the body from oxidative damage and lowers the risk of certain cancers and other chronic diseases.

Oranges and **Yellows** are rich in beta-carotene, which your body converts to vitamin A, a nutrient that not only improves night vision, but also helps keep your skin, teeth and bones healthy.

Greens are good for your eyes, bones and teeth and their vitamin K content helps your blood to clot properly. They contain antioxidant vitamins, particularly vitamin C and E that may lower your risk of chronic diseases. Greens also provide nutrients which may protect you from vision loss due to eye diseases such as macular degeneration.

Blues and **Purples** contain anthocyanins, natural plant pigments with powerful antioxidant properties that may reduce your risk of cardiovascular disease. They also contain compounds that may prevent or destroy many different cancers.

Whites including apples, pears, bananas, cauliflower and cucumbers are high in dietary fiber, and antioxidant-rich

flavonoids helping to protect you from high cholesterol. Studies have shown that people with high intakes of white fruits and vegetables had a 52% lower risk of stroke.

Brown nuts are full of heart-healthy, unsaturated fatty acids and omega-3 fats. Brazil nuts provide selenium that helps produce glutathione, a super antioxidant and liver detoxifier. However, eat no more than two per day. Selenium can build up to toxic levels in the body.

Sources: U.S. Dept. of Agriculture. Mayo Clinic. American Institute for Cancer Research. American Heart Association.



Super-food Salad: 1 bunch curly kale, chopped, stems removed. 1/4 diced red onion. 1 c. shredded carrot. 1 c. fresh blueberries. 1/2 c. cherry tomatoes, halved. 1/2 c. dried cranberries. 1/2 c. chopped pecans or any nut. 1/2 c. sunflower seeds. 1 c. thawed edamame beans.

Dressing: White sugar or honey. 1/4 c. apple cider vinegar. 3/4 c. extra-virgin olive oil. Optional: 1/4 teaspoon salt 1/4 teaspoon ground black pepper. Mix dressing and toss with salad.

ABOUT PICTURES...

Please remember when taking pictures that you need to have your camera set on a high resolution (at least 250 dpi {300 preferred}) and USE your flash at all times, even when outside, as it dispels shadows especially on faces. Don't be afraid to get "close" to the subject, so we can "see faces" not a lot of background. Send your photos via E-mail in a **separate .jpg file**. Do **NOT embed photos** in the article. If photos are too dark, blurry or too small, they will not be printed in *The Voice*. **Please limit your photos to 6 per article.**

ARTICLES

Submissions chosen for publication may be corrected for length and clarity. Any submission to *The Voice* may be published in any issue, henceforth.

Become a friend of NAARVA.



Find us on Facebook

Tips For Making Beds in Your RV

One of the most cumbersome chores in an RV is making the bed. Tiny spaces aren't exactly easy to navigate. Fortunately, there are ways to make this task a little easier. Try these RV bed-making tips on your next trip. If one doesn't work, move onto the next.

1. Layer sheets

When you make your bed, simply put two or three sheets on instead of the one. A mattress pad between layers will keep the bottom layers clean while keeping you super comfortable. Then, when it comes time to change sheets, all you have to do is pull off

the top layer to reveal a perfectly clean and comfy surface underneath.

2. Use a dowel rod or ruler

Part of the problem with making a corner bed is getting the comforter between the mattress and the wall. If your mattress is a tight fit, you might find it easiest to tuck the excess into the crack using a dowel rod or even a wooden ruler. This will save your fingers some pain and leave your bed looking as good as a hotel bed.

3. Add some tiles

Putting a fitted sheet on a mattress



is made infinitely easier when you can slide the mattress out away from the wall. Unfortunately, many RV beds are on unfinished plywood platforms, that snag the mattress if you attempt to slide it.

By installing some peel and stick tiles on the platform, you can eliminate the snagging issue and make sliding your mattress a breeze. Don't worry though, the mattress does stay in place while you're sleeping.

4. Switch to a foam mattress

Memory foam mattresses are super comfortable, and very easy to make. This is because the foam can easily be lifted and folded while wrestling the fitted sheet into place.

Moisture buildup in foam mattresses gravitates toward the bottom on a solid platform, leading to mold and mildew. There are several solutions, including dry tiles (such as Dri-Dek) or AireFlow™ Moisture Barrier. Simply place the material underneath your mattress to minimize moisture buildup.

5. Invest in zippered bedding

This bedding solution is like a giant sleeping bag made to fit your bed. (check out [Beddy's Bedding](#)) It can be unzipped on both sides and includes a sheet that can be removed for washing. Sleeping in one of these is just like sleeping in regular bedding, but because it only needs to be unfolded on top of the mattress, it is incredibly easy to bring out and put away each day.

