

THE NAARVA



VOICE

VOLUME 20 ISSUE 2

SPRING 2018

From Your President...

Hello Fellow NAARVA Members,

It is that time of the year again. That time being that you have either been on a campout or preparing your RV to go on your first campout 2018. Either way, we are hoping that you have or will be getting your RV ready to head to Sarasota, Florida to attend the 2018 NAARVA National Camp Rally this July.

Here's hoping that by now you have registered for this year's National Rally so you can be part of another exciting rally. If not, then know that the rally packet is on the NAARVA website and you can either register online or mail your registration to the National Office. Do know, that the Southern Region is preparing a funfilled rally that you won't want to miss.

It is also the beginning of NAARVA's 26th year of being an RV organization. NAARVA has a bright future and in order to ensure that, we need your help, support and understanding. NAARVA has survived as an organization based on our membership since we don't have the robust advertising budget like other national RVing organizations.

Recently, NAARVA has experienced an unexpected but pleasant surprise in the number of new memberships. We extend a big "Thank you" for that accomplishment. Needless to say, we are pleased, but we still need you and the membership to spread the word about NAARVA and let other people know about our existence. We hear so often from people that they have spent days, weeks and months on the road, but fail to see many, if any,

minority RVers. Well, we are out there, so continue to let people know about NAARVA.

Now, it doesn't really matter whether you been on the road for months or rather if you are just starting your camping season, you still need to continue to check out the vital parts of your RV at some point in time. Here is a checklist of items found provided by Mark Polk on the KOA website.

Here are eleven important checks I wouldn't leave out:

1. RV Batteries: Let's start our spring checks with the battery(s) since it's possible you removed them for winter storage. The condition of the battery(s) is dependent on how well they were cared for over the winter. Batteries in storage will lose a percentage of current through internal leakage. It's not uncommon for a battery to discharge up to 10% a month when it is in storage. If you checked and recharged the battery(s) periodically while in storage they should be ready to go. If not, the first step is to fully charge the battery(s). Water should only be added to lead acid battery(s) after fully charging the battery unless the water level is already below the plates. The plates need to be covered at all times. After the battery is fully charged, check and add distilled water as required. If the battery(s) was removed for storage, reinstall it making absolutely sure it is connected properly. If you don't feel comfortable performing this work, have it done by a qualified service facility.

2. RV Water System: After sitting in storage the water system needs to

be de-winterized, checked for leaks and sanitized. If your unit was winterized using non-toxic RV anti-freeze you

need to run fresh water through the entire system until all traces of the antifreeze are removed. Hopefully, no antifreeze was added to the fresh water holding tank. If it was, the first step is to drain any remnants from the fresh water tank. Add potable water to the fresh water holding tank, turn the water pump on and open all of the water faucets. When the water is running clear through the system turn the pump off and close the faucets. Take the water heater out of the by-pass mode (if applicable). If the water heater wasn't bypassed before winterizing the unit, the antifreeze needs to be drained from the water heater tank. Replace any water filter cartridges you removed for storage.

3. Plumbing: This is a good time to check the plumbing for leaks. With water in the fresh water holding tank turn the 12-volt water pump on and pressurize the water system until the pump shuts off. If the water pump cycles back on, even for a short period of time, there is a leak somewhere. Locate the leak and repair it or take it to an authorized RV service



CAROLYN J. BUFORD
President

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NAARVA EXECUTIVE BOARD - 2017-2019



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A Word From the Editor

It's Time To Hit The Road!

We all smell, see and feel it in the air. That awe-inspiring time of year when seasons change, along with our mindsets, from the winter blues to a springtime awakening.

Around the country there is a transitioning from blustery cold temperatures to sun-kissed days with vibrant, blooming foliage. The cycle of life on full display all over the earth.

The arrival of spring inspires us to break out from winter's hibernation and embrace the fresh outdoors in our RVs. What better way to kick off the spring season than with an exciting road trip. There's nothing better than the

feeling of freedom and adventure as you set off to discover something different. There are so many spectacular places to visit it can be difficult deciding where to go.

Wherever you go, make sure your road trip includes a stop at one of NAARVA's Spring Regional Rallies around the country. Needless to say, what's a Summer without a visit to the NAARVA National Camp Rally — being held this year in Sarasota, Florida. You can read about these exciting destinations in this newsletter, on the NAARVA Facebook page or on our website at naarva.com.



GWYNNE TONEY

Editor

No matter where you're headed or how many detours you take, be thankful for the freedom and flexibility of RV traveling and enjoy the journey as much as the destination.

*Live, Love and Travel,
Gwynne*



Honoring NAARVA's Mission to Ecology

A World Without Plastic Pollution Earth Day 2018 Campaign

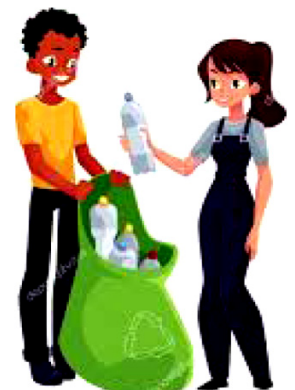
Each year, Earth Day marks the anniversary of the birth of the modern environmental movement. On April 22, 1970, 20 million Americans demonstrated for a healthy, sustainable environment in massive coast-to-coast rallies. Earth Day is now an annual global event, with more than one billion people in 192 countries taking part in what is the largest civic-focused day of action in the world.

Earth Day Network (EDN), the organization that leads Earth Day worldwide, announced that 2018 will focus on mobilizing the world to End Plastic Pollution, including creating support for a global effort to eliminate single-use plastics along with global regulation for the disposal of plastics. EDN will educate millions of people about the health and other risks associated with the use and disposal of plastics, including pollution of our oceans, water, and wildlife, and about the growing body of evidence that decomposing plastics are creating serious global problems.

RVer's enjoy a unique relationship with the environment, as we travel across our picturesque country. A study which compares total carbon dioxide emissions demonstrates that RV vacations are more environmentally friendly than vacations involving flying, car driving and hotel stays. That's great news! But what else can we do to make Earth Day the catalyst that galvanizes NAARVites and supports our commitment to Ecology? NAARVA's Ecology Chair, Dr. Anne Shearer Steele, encourages chapters to choose two Ecology projects annually. Here is a great way to start:

PLANT A TREE OR DONATE TO PLANT A TREE. Join our Ecology Chair, as she plants a tree on the grounds at the National Camp Rally in Sarasota, FL. Also, bins will be placed around the campsites for your recyclables. **YOU CAN HELP.** Take personal responsibility for the plastic pollution that each one of us generates by choosing to reject, reduce, reuse and recycle plastics.

CREATE YOUR OWN ACT OF GREEN NAARVA you can help the EDN reach 3 billion acts by creating your own Act of Green. Register at: earthday.org/create-your-own-act-of-green to learn ways you, your family, and your RV clubs may join in Earth Day activities, while supporting NAARVA's commitment to Ecology.



By Gwynne Toney

Don't Be So Surprised

Acts 3:11-16

Acts 3: 11 While the beggar held on to Peter and John, all the people were astonished and came running to them in the place called Solomon's Colonnade. ***12*** When Peter saw this, he said to them: "Men of Israel, why does this surprise you? Why do you stare at us as if by our own power or godliness we had made this man walk?" ***13*** The God of Abraham, Isaac and Jacob, the God of our fathers, has glorified his servant Jesus. You handed him over to be killed, and you disowned him before Pilate, though he had decided to let him go. ***14*** You disowned the Holy and Righteous One and asked that a murderer be released to you. ***15*** You killed the author of life, but God raised him from the dead. We are witnesses of this. ***16*** By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has given this complete healing to him, as you can all see.

What do we understand about prayer and faith?

Faith without works is dead. You don't have to be present to pray.

Why are we surprised when we pray and God answers our prayer?

Is it that we lack faith? Or is it just the surprise of God acting on our prayers?

If we have faith then why are we so surprised?

If we have faith then why are we so amazed at the works of God?

If we have faith then why are we astonished when God answered our prayers?

When I was teaching, I kept crackers in my office at school for kids who missed lunch or were hungry. A young lady came to me and asked: Capt. Hanes, 'Can I have some crackers?' I said sure, go get you a pack. She said, 'you're lying?' I then told her don't get any. She said why? Because you asked and knew I had some crackers yet when I said sure you doubted? When we ask God we have to believe that He will answer. We have to trust in His divine wisdom as to what is best for us. FAITH — "don't be surprised."

When Jesus was asleep in the boat. Jesus calms the storm. Matthew ***8:23-27*** "The men were amazed!"

When Jesus raised a widow's son: Luke 7:11-16, "They were filled with awe and praised God."

2 Timothy 1:7. "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

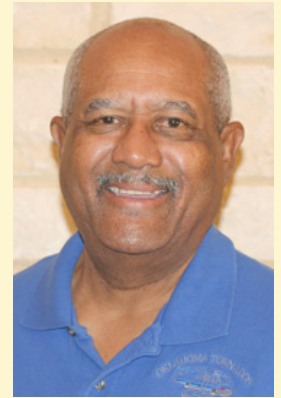
When God works in your life don't

be surprised as to what God can do for you. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened...." Matthew 7:7-8.

Joe Pace sang: ***"Stir Up The Gift"***
Donnie McClurkin sang a song and said: "We fall down but we get up."

Did you stop to pray this morning as you started on your way, did you ask the Lord to guide you to walk beside you through the day. **FAITH** James 2:14-17 & **WORKS** goes hand in hand. So this spring, as we conduct our spring cleaning look within yourself. So as new growth on the trees and lawn, PRAY for yourself to grow spiritually as the Lord God leads you to step out of the box for someone else. Keep the faith and don't be surprised as to what the Lord can do.

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



Rev. Thomas A. Hanes
National Chaplain
serving "YOU."
talberthanes@yahoo.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

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/Rally issue is Wednesday, August 1, 2018. RD's and contributing writers, please E-mail your articles to the Editor soon after the events.**

NAARVA members will receive *The Voice* by E-mail. You may access it 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.

President...

(Continued from page 1)

facility to be repaired.

4. Water Pump: Every spring I like to sanitize the water system. Make sure all of the drains are closed and drain plugs are installed. Take a quarter-cup of household bleach for every fifteen gallons of water your fresh water tank holds. Mix the bleach with water into a one-gallon container and pour the solution into the fresh water tank fill. Now fill the fresh water holding tank with potable water. Turn the water pump on and run water through all hot and cold faucets until you smell the bleach. Close the faucets and let it sit for twelve hours. Drain all of the water and re-fill the tank with potable water. Turn the water pump on and open all faucets, running the water until you no longer smell any bleach. It may be necessary to repeat this process to eliminate all signs of bleach.

5. Appliances: If the LP gas cylinders or tank has any LP gas remaining, open the gas supply and check the operation of all LP gas fired appliances. Make sure the water heater tank is full of water before testing the water heater. If an LP gas appliance is not operating properly, have it inspected by an authorized RV service facility. Insects are attracted to the odorant added to LP gas and they build nests that can affect the appliance from operating properly. *Note:* The LP gas system should have a leak test and LP gas operating pressure test performed annually. These tests should be performed by an authorized RV repair facility.

6. LP Gas System: If all the LP gas appliances work properly, plug the unit in and test 120-volt appliances and accessories for proper operation. *Note:* Make sure you have an adequate electrical source (30-50 amps) depending on your unit, before testing items like the microwave and roof air conditioner(s). After checking the refrigerator in the LP gas mode, turn it off and with the doors open allow suf-

ficient time for it to return to room temperature before checking it in the electric mode.

7. Tires: Just like a battery loses a percentage of its charge in storage, tires lose a percentage of air pressure. Your RV tires can lose 2-3 psi a month while sitting in storage. This means they could be dangerously low on-air pressure. Check the tire pressure in all tires with a quality tire inflation gauge and adjust the inflation pressure to the manufacturer's recommendation based on the load. Don't forget the spare! Remember, failing to maintain correct tire pressure, based on the load, can result in fast tread wear, uneven wear, poor handling, and excessive heat build-up which can lead to

tire failure. Tire manufacturers publish load and inflation tables that should be followed for proper inflation pressure.

8. Power Train & Generator: Whether you have a motorhome or a tow vehicle, the power train needs to be checked out. Start by checking all fluid levels. Check the transmission, power steering, engine coolant, engine oil, windshield washer and brake fluid. Consult your vehicle owner's manual for proper levels. If a fluid level is low, try to determine why and correct the problem. Service the engine and engine fluid levels according to specified intervals found in the vehicle owner's manual. Start the engine and check for proper readings on all gauges. Check

(See, *President*, page 6)

Elected Officers 2017-2019

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Bryant	Sandra	Assistant Treasurer	scbryant512@yahoo.com
Smith	Dorothy	Financial Secretary	ladydlvnnv@embarqmail.com
Brady	Joe	Assistant Financial Secretary	jbrady1243@aol.com
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Shelton	Gloria	National Benevolent Chair	shelt57@aol.com
Vacant		National Grievance Chair	

President...

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the operation of all lights. Make sure the vehicle emissions / inspection sticker is up to date.

9. Oil Level: Check the oil level in the generator. Service the generator according to specified intervals found in the owner's manual. Inspect the generator exhaust system for any damage prior to starting. Never run a generator with a damaged exhaust system. If you didn't exercise the generator during storage, start and run it for about two hours with at least a half-rated load. Check your generator owner's manual for load ratings. If you didn't use a fuel stabilizer and the generator won't start or continues to surge after starting, have it checked out and repaired by an authorized service facility.

10. Seams & Sealants: If you didn't inspect the seams and sealants for potential leaks prior to storage, or if the RV was stored outdoors, this is a good time to do it. I recommend inspecting and resealing seams and sealants at least twice a year and possibly more depending on conditions. Inspect all roof and body seams and around any openings cut into the RV for signs of cracking or damage. Reseal any seams or sealants that show signs of cracking or separation. It's important you consult your RV owner's manual or RV dealer for sealants compatible with different types of materials you are attempting to seal. If you don't feel comfortable performing the inspections or repairing seams and sealants, have the maintenance performed by an authorized service facility. *Note:* Be extremely careful working on the RV roof. A fall can cause serious injury or death.

11. Safety Stuff: Re-install any dry-cell batteries or fuses that were removed for storage. If batteries were not removed from safety devices replace them with new batteries now. Test the operation of the carbon monoxide detector, LP gas leak detector and smoke alarm. Inspect all fire ex-

RV Cooking with Bev Ann



The Awesome Chocolate Cake Recipe

Ingredients:

1 box Chocolate Cake Mix
1 box Chocolate Fudge Brownie Mix
4 Eggs
1 cup Oil
1-1/4 cup Water

Convention Oven 325 or 350 degrees Time to bake

50 to 55 minutes. Mix all ingredients well in a large mixing bowl. Pour into a greased cake pan and bake.

I grease my cake pan with butter cooking spray. You may use a bundt cake pan or an oblong cake pan.

Frosting:

A can of Chocolate Fudge Frosting

Place frosting in a bowl.

Heat in microwave for 45 seconds. Drizzle over baked cake. Garnish with nuts (optional)

Enjoy!

Beverly Dailey



tinguishers to make sure they are fully charged. If you have dry powder fire extinguishers, shake and tap them on the bottom to release any settled powder. Review how to properly use a fire extinguisher in the event you need to use it. Make sure everybody understands what the symptoms of carbon monoxide poisoning are and what to do if you are exposed to it.

These are what is considered to be eleven of the most important checks to prep your RV for spring and summer travel. You can add to this list to tailor it to your specific needs, but most importantly, be safe and have a great camping season.

For a more in-depth look at getting your RV ready to roll, check out Mr. Polk's instant download e-book titled *Checklists for RVers*.

As always, on behalf of the NAARVA Executive Board we wish you a safe and funfilled 2018 camping season. And it goes without saying we are definitely looking forward to seeing each and every one of you in Sarasota. **Safe and Happy Travels!**

Carolyn



ANNOUNCING The 2018 "BIG ROLLING WHEELS" CONTEST



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

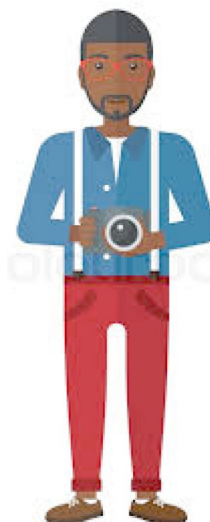
Is your camera ready to capture these sights?

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

Then you are on the road to entering NAARVA's 2018 "BIG ROLLING WHEELS" CONTEST.

Please bring the entry form along with your travel submissions to the National Camp Rally in Sarasota, FL by 3:00 p.m., Wednesday, July 18, 2018. We can't wait to see and read about your adventures!

Dr. Anne Shearer Steele



OFFICIAL ENTRY FORM - BIG ROLLING WHEELS CONTEST

A separate form must accompany each entry.

1. Author/photographer's name: _____

How you want your name to appear on the plaque if different from above.

2. Author/Photographer's mailing address: _____

3. Author/Photographer's phone number: (_____) _____ or cell (_____) _____

4. Author/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 you: The number of years that you have been RVing: _____

6 to 12 mos. _____ 2 Years _____ 5 Years _____ 10 Years _____ 15 Years _____ Over 20 Years _____

Working _____ Retired _____

9. Bring entry form along with your photos or narrative to:

The Rally Registration Area to Anne Shearer Steele on Wed. at 3 p.m.

DEADLINE IS WEDNESDAY, JULY 18, 2018

Tips for SURVIVING LONG-TERM RV TRAVEL with A SPOUSE

It doesn't matter if you've been married for 25 years or are newlyweds — heading out on the open road in a small RV can sometimes be stressful on even the strongest of couples. After a while of being alone in the RV with your spouse or partner, you may start to feel cramped and crowded.

Don't let the stress of RV travel get the best of your relationship. Work together and find a way to enjoy your time together and make your road trip the best it can possibly be. Here are some tips to ensure you both make it back home in one piece:

While planning your RV trip, you will probably make a list of campsites to stay at, places you want to see, and things you want to do. But make sure you leave room in your schedule for relaxation. Try leaving a day where you plan on doing nothing for the entire day — no chores, no plans. Make this day your day to just sit back and relax.

Before you leave, determine who will be responsible for what while traveling. RV chores include cleaning, cooking, maintenance, and sewer dumping. Knowing who is responsible for what before leaving will reduce any arguments when it comes time to take care of your RV.

If for some reason there is stress between the two of you, try not to stay angry. The longer you stay angry, the less likely you are to enjoy your time together on the road.

An RV does not offer up a lot of room for each spouse to have his or her own personal space while traveling. However, just like at home, you will likely want a space to call your own. This may be a drawer or cabinet for your own items, or even a designated area that you can spend time in — some place that's just for you.

While traveling in your RV, make plans for the two of you to get away



from the unit. This includes going for a walk, visiting local monuments, or heading out for a nice dinner away from your tiny kitchen.

You may also want to plan time away from each other. Just like having your own personal space inside the unit, you might want some personal time away. This could include going for a walk on your own, going for a swim, or shopping for supplies.

By Heather Carlson

CENTRAL REGION



JEROME MOORE
Central Region
Director

Jhercules1950@gmail.com

The Central Region Executive Board is busy preparing for the 2018 Central Region Rally in Amana, Iowa. The Rally will be held at the Amana Colonies RV Park from June 3rd — 10th, 2018. The Executive Board would like to extend a warm welcome for ANY NAARVA members to join us for a fun-filled week of activities and fellowship with other Central Region members.

The Registration packet can be accessed online at www.NAARVA.com under the Central Region section. Feel

Are You Ready For An “Amazing Amana Adventure?”

free to share this information with all of your RV friends, as this will be a fun-filled Rally.

Many members have been to Amana for a previous rally, but just remember, “no two rallies are the same.” There are always new members who come out and this gives everyone an opportunity to meet and greet old friends and make some new friends.

There have also been some changes in Amana, as some new businesses have opened up and some of the “shops we already knew” have expanded. Don't miss out on the opportunity to shop, eat, and drink.

One “new activity” for this year's rally will be the “Ladies African Themed Luncheon.” This will replace the “Red Hat Tea” and should be a wonderful event for all ladies to par-

ticipate in. Start thinking about your “African attire” to complete the celebration.

Another “event change” will be the former Flea Market. This year, we will have a “Central Region Yard Sale” where you will be able to “show off new or used items to sell.” Start gathering now!

The Rally Team is looking forward to seeing everyone at the rally! Until then, be safe on the road.

Become a friend of NAARVA.



Find us on
Facebook

SOUTHERN REGION

Winter Texans 2017-2018

Is the Rio Grande Valley in South Texas the new Florida just as age 60 is the new 40 for active NAARVA campers? Well, it may be speculated after viewing these pictures that many NAARVA "Snowbirds" spend the winter there. Three of the four regions of NAARVA are represented including Central, Eastern and Southern, as well as former NAARVA members and even two residents of the area with no NAARVA affiliation. This gathering, held at the Saltgrass Steakhouse in McAllen, Texas, was organized by the current NAARVA president, Carolyn Buford, after she realized that there were several African American RVers in the area. At the Saltgrass Steakhouse we got to know each other better by participating in an icebreaker called "Find Someone Who," and we learned about fellow RVers who spoke different languages, participated in



marathons, had our same middle initial or birth month and many other categories. The rendezvous

was a fun experience for all including good food and complimentary desserts.

Many of the repeat RVers in the Rio Grande area state that the numerous available activities draw them back here each year. Clarence and Beverly Dailey, *Mo-Kan Roadrunner* associates, expressed that their group is involved in various resort activities, community efforts, sightseeing, crafts and of course, shopping. Luther and Carolyn Buford, Charles and Celestine Knox-Wilson, Dennis Person and Beverly Albertson, and Eugene and Margaret Hill, round out the *Mo-Kan Roadrunners* in the valley in attendance at the restaurant.

Our group, the *Rhythmic Rollers RV Club*, included nine coaches, residing at Victoria Palms RV Resort in Donna, Texas. Victoria Palms is a scenic resort that has a multitude of organized activities at the resort and meeting space we utilized for games, pot lucks, and our Super Bowl Party...Fly Eagles Fly! We participated in line dancing, a horse race simulcast, pickle ball, karaoke, bingo and golf. Two of our member coaches visited two years ago in the winter, and recommended it to the rest of the club. This Encore Resort offered a first-time visitor reduced monthly rate that we

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FORD-DAVIS**
Director, Southern
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Veronica Lucas and Carmen King

were able to take advantage of, so we decided to check



out the area. "Rollers" in attendance were Joe and Brenda Deener, Sterling Fitzpatrick (Dorothy Jones), Walter and Christine Carter-Hill, Larry and Hettie Mitchell, Sitnotra Outlaw (Andretta Cravens), Oliver and Ceola Stepp and Larry Travis (Bernice Rand). George and Rose Harris and Samuel and Coria Williams were with us earlier, but had already returned back to the Memphis area. Most of our group visited Mexico, South Pa-



Seated l. to r.: Beverly Albertson, Beverly Dailey, Dorothy Jones, Carolyn Buford, Ceola Stepp, Nettie Mitchell, Brenda Deener. Center row: Larry Mitchell, Celestine Knox-Wilson, Christine Carter-Hill, Andretta Cravens, Sitnotra Outlaw, Eugene Hill, Toni Revis, Margaret Hill, Sis Rose, Paul Rose. Top Row; Larry Travis, Bernice Rand, Dennis Person, Walter Hill, Joe Deener, Charles Wilson, Oliver Stepp, Clarence Dailey, Sterling Fitzpatrick and Luther Buford.

*(See
South-
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Region,
page
10)*

*(Submitted
by
Andretta
Cravens)*

Southern Region---

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dre Island, and at least one Flea Market.

Toni Revis, along with her well known parrot, Henrietta, is a full-time RVer representing the Eastern Region. Previous NAARVA members from the Eastern Region who I met in Hershey, Pennsylvania, Paul and Sis Rose, also joined us.

Finally we had two members from the community who attended. They actually live in the Mission, Texas area, but work in Mexico. Veronica Lucas and Carmen King are absent from the group picture because they left early to prepare for work the next day.

Overall, whatever you are looking for as you leave the northern, mid-western and eastern United States for the winter months, you can find in the Rio Grande Valley. We saw all kinds of weather, from picture perfect to wind, rain and even a tiny bit of snow. Generally, we could be outside most days. In summary, if you like winter, summer spring and fall, the Rio Grande Valley has it all. For sun and fun with a little rain, then Florida may still remain. Safe travels!



Humorous sign seen at a campsite.

EASTERN REGION

Welcome New NAARVA Members

Michael and Lola are new to NAARVA and are a part of the Eastern Region. They recently joined the *VA Camping Cardinals*.

Michael and Lola Porter are both Army Veterans and Norfolk State University alumni. They enjoy traveling and camping with their two sons, Noah and Michael III. They have been RVing for the past year and prior to that they were tent campers. Michael is from Portsmouth, Virginia and Lola is from Washington DC. For the past 14 years they have been enjoying working together in their family business, "Cherish The Moment Photography and Video."

Submitted by Lola Porter



NAARVA Eastern Region Annual Camp Rally

Chilling On The Outer Banks

Camp Hatteras Resort

Waves, North Carolina 27968

April 29 - May 6, 2018

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 dispells 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.**

WESTERN REGION

You're Invited to Make Your 2019 "Vacation Destination" Mesa, Arizona!



**LOUISE
GROGAN**
Director,
Western Region
nanagrogan
@verizon.net

We will host the 2019 Rally at the 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 resort, Mesa Spirit features 1,800 spaces with full hook-ups. Even big rigs are welcome! Don't have an RV? No problem! Rental cottages will be available for rent.

"Catch the Spirit" with NAARVA Western Region as we host the 2019 National Camp Rally. Our team is very busy preparing the 2019 Registration Packet for distribution at the 2018 Rally in Sarasota, FL. We have an exciting theme and our Rally Dates are planned July 21 — July 28, 2019.

Nearby Resources:

- Golf Courses
- RV Vendors
- Golf Cart Rental
- Shuttles
- Casinos
- Tours
- Malls
- Post Office

Watch the Western Region website for updated information and receive your early registration packet in Sarasota, FL.

Visit www.naarvawesternregion.com

Other Amenities:

- Pickle Courts
- Laundry Facilities (2)
- Shuffle Courts
- Tennis Courts
- Rear Entrance
- TV Room in Main Building
- Horseshoe Pit
- Pet Areas

N.A.A.R.V.A.

National African American RV'ers Association

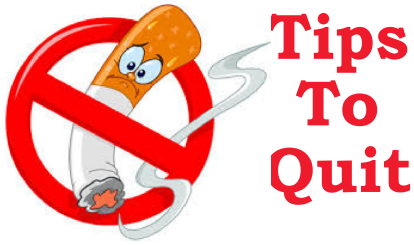
Western Region Spring Rally

"The Wild, Wild West"



Nevada Treasure RV Resort
301 W. Leslie Street
Pahrump, Nevada 89060
May 1-6, 2018

YOUR HEALTH MATTERS...



Those of you who smoke have already heard the stats, you know the risks, damage and various diseases smoking causes. But did you know this? A recent study conducted by the National Cancer Institute found that participants who smoked less than (or part of) one cigarette daily were 64% more likely than never-smokers to die of any cause and 9 times more likely to die of lung cancer. The outlook was much worse for those who smoked more. The results provide evidence that there is no risk-free level of exposure to tobacco smoke — including second hand smoke. Gwynne Toney

If you want to stop smoking, you can make small changes to your lifestyle that may help you resist the temptation to light up.

Make a list of reasons you smoke and the reasons to quit. Compare the two lists and decide which one best benefits you. Post pictures of your motivations to quit, like your kids, grandkids, or a photo of a healthier you hiking up a mountain.

Throw away all cigarettes and related items. Discard from your home, work and car anything to do with smoking — cigarettes, ashtrays, lighters, rolling papers, cigars, hookahs...

Set a quit date. Make a promise, set a fixed date and stick to it. Say to yourself, “I will not have even a single drag” and stick with this until the cravings pass.

Share your goal with friends and family and ask for their support. Being honest in front of your loved ones will have a positive impact and should be a big motivation to stop smoking.

Avoid all triggers, and learn new replacement behaviors. Some

foods, like meat, make cigarettes more satisfying. Cheese, fruit and veggies, make cigarettes taste terrible. Fizzy drinks, alcohol, cola, tea and coffee all make cigarettes taste better. So drink more water and juice. If you smoke when you are anxious, try yoga, meditation, prayer, or simply breathing in fresh air instead of the poisoned nicotine air.

Get Busy. Set a daily activity schedule so that you will be so tired you’ll just fall asleep. Go to the gym, pursue a new hobby or project, start a blog, listen to interesting podcasts during your walk, volunteer do anything that doesn’t involve smoking or people who are smoking. It is believed that a good habit can make you leave a bad habit; even ten minutes of daily movement will help you to quit smoking and remain fit and healthy. Exercising produce chemicals in the brain that increase happiness which will suffice you of the urge to smoke.

Keep your hands and mouth busy. Try putting a carrot stick, pencil, phone, or drink (nonalcoholic — you don’t want to trade one bad habit for another) in the hand that usually holds a cigarette, and drink from a straw to keep your mouth busy.

Get a Doctor’s help. A doctor can help find the best way to help you quit smoking. There are many choices like Nicotine replacement therapy, patches, gum and a nasal spray, which can double your chances of success.

Reward yourself or donate. Put whatever money you would have spent on buying cigarettes in a jar and

at the end of 1 to 4 weeks, reward yourself with a gift or treat. You can also donate it or buy food for a homeless shelter. Once you see how the money that was going to be spent on a harmful habit will benefit someone’s life, you should be motivated to never smoke again.

Set a no-smoking policy. Even a few whiffs of smoke have been known to entice people back to smoking. Don’t allow anyone to smoke in your home or car, and avoid other smokers.

Get support. Joining groups on the internet with the same experience can be of a great help for you, as you will be able to share and hear success stories that will motivate and encourage you. Suggest to friends or family smokers that you give up together. Utilize counseling, or services such as Nicotine Anonymous and the National Cancer Institute Smoking Quitline at 1-877-44u-quit or NoButts at 1-800-no-butts. Never give up! The average smoker takes ten to eleven attempts to finally quit.

Legal Disclaimer: This information is not meant to be used to diagnose or treat any disease. All diagnosis and treatment of illness and disease should be done in consultation with your licensed health professional. It is suggested that all smoking cessation efforts be undertaken with the help of support services and also in consultation with a health care professional.

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

ARTICLES

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



As the RV travel season is fast approaching us and as we make plans to attend NAARVA Regional and National Rallies, we want to ensure that our home away from home is in tip-top shape. Properly maintaining our RVs is the most important thing that we can do to keep it running and help retain its value. It is recommended to follow the manufacturer's owner's manual to see exactly what you should do to keep your RV in top condition. If in doubt, you

can always schedule an appointment with a certified RV technician at a location near you before your next journey.

- Like cars, RVs need their oil and filters changed at regular intervals. This is necessary to keep your engine running properly and if left undone could eventually cause your engine to seize. This could cost you as much as \$10,000. Most manufacturers suggest an oil change every 3,000 to 4,500 miles, but you should check your owner's manual for advice on your specific vehicle.

- Servicing your RV generator is important as well. Again, check the manufacturer's recommendations for how often the oil and filter should be changed. Ignoring this chore could cost you as much as \$9,000 in repairs. Remember to run your generator regularly when your RV is stored too. If you don't, it could cost you up to \$400 to take care of the build-up on the unit's carburetor.

- Replacing the air, fuel, coolant and hydraulic filters in your RV should also be done regularly. Damage costing upwards of \$2,500 could result from increased fuel usage or overheating issues with the cooling system and oxidization in the hydraulic system.

- Inspect the roof seals and seams of your RV every six months. Water damage can cost hundreds or thousands of dollars to repair if it's not taken care of immediately.

- Keeping your brakes maintained is important for your safety and those of everyone else on the road as well. Brake damage could cost as much as \$2,000 for a motorhome and \$500 for a trailer.

- Keep your waste water system in good condition by using biodegradable RV toilet paper.

- If you have a rubber roof, make sure to have the roof treated at least once per year. This prevents the sun from doing damage. You should also have a roof inspection at least twice a year.

- Check your tire pressure and lug nuts before every trip.

- Check your batteries before your trip. Deep cycle batteries last 3-5 years and should be replaced after their life cycle is complete.

- Take your battery out during the winter months and store it somewhere warm.

Bruce Toney

There's An App for That



Bruce Toney

It's here... it's finally here! I first reported on this app on its initial release back in 2012. For me it has been a game changer when traveling on the interstate in our motor home of course, but even when venturing out in unfamiliar territory in our tow vehicle, iExit always lets us know what's there, before we get there. (Exit 2.0 is finally here and it comes with no shortage of goodies. A redesigned user interface, new searching options (preset filters), background notifications, 3,000+ hotel and dining coupons, more customization options, and lots of new points of interest, with way more on the way. iExit tells you what's coming up in real time when driving on the interstate. It's designed to easily communicate which upcoming exits have what you're looking for, whether it's gas, a RV park, a rest area, or specifically a Cracker Barrel.

Your GPS will tell you how to get there. iExit will tell you where to stop along the way. This App is still free and available for both iPhone and Android device users.



*(Editor's note: Being the chairman and CEO of multibillion-dollar corporation, "Camping World," and lending his expertise to struggling businesses on his television show, **The Profit**, takes up a lot of Marcus Lemonis' time. Even so, NAARVA member, Ann Mann, was embolden to contact Mr. Lemonis with an issue that unfortunately, some of us may be faced with while camping. Here is a copy of the letter, which The Voice Editor has reprinted with permission. After you read it, please read the article on "Automated External Defibrillator" on this page. Make sure your club members are prepared — who knows — the life saved may be yours.)*

Dear Mr. Lemonis :

My name is Ann Mann. I was a paramedic for 30 years and a Cardio-vascular Technologist. During the time I was working, I frequently dreamed of getting a motor home and camping. While camping, the wife of one of our friends went into cardiac arrest. My husband, who was also a paramedic/fire chief, started CPR, but the campground did not have a defibrillator.

Additionally, it took the fire department over 10 minutes to arrive. Without the defibrillator chances of survival is questionable. She was pronounced dead at the hospital.

After my friend's death and my own near-death experience with blood clots, I started asking each campground I visited if they had a defibrillator. Unfortunately, I have yet to find one that does. I am hoping you can help me to educate the campgrounds on the urgency of defibrillators and having a CPR certified person onsite.

Our friend was only 45 years old and the average camper is 55 and above. I love "Camping World" and I watch **The Profit**. I love your compassion for people. I hope you will take

14 — The NAARVA Voice

Learn About Automated External Defibrillators (AED)



The American Red Cross supports the position that improved training and access to AEDs could save 50,000 lives each year. The Red Cross believes that all Americans should be within four minutes of an AED and someone trained to use it.

Sudden cardiac arrest is one of the leading causes of death in the U.S. Over 350,000 people will suffer from sudden cardiac arrest this year. It can happen to anyone, anytime, anywhere and at any age. An AED is the only effective treatment for restoring a

a look at this issue.

My condition after the surgeries makes it hard to get into my RV which is an older model. You give me the inspiration to keep pushing on especially when I watch your efforts to help Puerto Rico. I want to thank you in advance for taking time to read this e-mail and I hope to hear from you soon.

Sincerely,
Ann Mann
Buckeye Explores

regular heart rhythm during sudden cardiac arrest and is an easy to operate tool for someone with no medical background.

Time is of the Essence

- The average response time for first responders once 911 is called is 8-12 minutes.
- For each minute delayed, the chance of survival is reduced approximately 10%.

Making a Difference

Boston Celtics' strength and conditioning coach, Bryan Doo, used an AED to save Chuck Conley's life at Newton's Hyde Community Center. The AED was placed in the gym by a local doctor after a friend of his died in the same gym during a game.

Saving Lives

Five students saved a teacher's life at the Noble Activity Center Pool, using an AED. "We hooked him up to the AED, and it administered a shock. His

*(See **Defibrillators**, page 15)*



MAY 24 • 2018

As the Red Nose Day (RND) approaches, people all across America will buy Red Noses and go Nose to Nose to raise awareness and funds to help children in need. Buy yours at Walgreens and Duane Reade locations nationwide, starting April 2. On May 24th, we'll come together to wear our Red Noses and tune into NBC for a special night of prime-time programming celebrating RND. Here is an epic way for NAARVAites to be a part of an humanitarian effort by supporting

programs that keep children safe, healthy, and educated.

Of the more than 1 billion children living in poverty around the world, like Felix from Uganda, (pictured) those living without the care of



Defibrillators (AED)-

(Continued from page 14)

color started coming back, and he started breathing. Without that AED, we would have lost him.”

Background

The 2010 consensus on science for CPR and Emergency Cardiovascular Care agrees that Sudden Cardiac Arrest can be treated most effectively by a combination of CPR and Defibrillation.

What is an AED?

- It is a medical device that analyzes the heart's rhythm.
- If necessary, it delivers an electrical shock, known as defibrillation, which helps the heart re-establish an effective rhythm.

Liability protection for rescuers and providers of AEDs:

- Federal Cardiac Arrest Survival Act (2000).
- All 50 U.S. states and DC have specific AED laws and regulations limiting liability.

Red Cross Value

Why Purchase Your AED Through Red Cross?

- Variety of options — 4 vendors and 11 models.
- AED training and re-training programs.
- AED program implementation at your facility, including site analysis.
- Facilitation of purchase of units, accessories, and service and maintenance plans.
- Working with the Red Cross also supports services in our community.
- Latest Science.
- Aligned with Emergency Cardiac Care Guidelines
- Meets OSHA Guidelines.
- Approved by the Red Cross Scientific Advisory Council.
- Extendable with add-on modules or training (Bloodborne Pathogens, Asthma Inhalers, and more).

Why Train with The Red Cross?

- Two-year certification with free digital refreshers.
- Free digital or affordable print materials.
- Emphasis on hands-on skills.
- Flexible training options (classroom/blended/train-the-trainer).
- Superior instructor resources.

a family — on the streets, in institutions, or on the move — are some of the most marginalized. The programs that you help fund when you give to RND will directly impact 88,227 youth, here in the U.S. and around the world.

This impact is delivered through RND funding to various partners like: Covenant House: a U.S. and worldwide organization that offers homeless, trafficked and runaway youth an opportunity to change the trajectory of their lives. In three years, RND partners have changed the lives of over eight million children in America and around the world.

A Red Nose is a symbol of joyfulness — the way we want all children to grow up. It brings us together, breaks down barriers, and reminds us of the power of laughter. Let us all help give children a brighter future and something to celebrate. To learn more visit Rednoseday.org

The Campaign's Iconic Red Noses went on sale April 2, Exclusively at Walgreens and Duane Reade Locations Nationwide.

The Red Nose Day Campaign has raised over \$100 Million Since 2015 to help end child poverty.

SOUTHERN REGION

NAARVA 2018 National Camp Rally

July 15-22, 2018

Sun-N-Fun RV Resort, Sarasota, FL

DR. MONICA
FORD-DAVIS
Director,
Southern Region
srdirector2016
@yahoo.com



Glamping Near the Gulf - NAARVA Style will be an ideal mix of exciting new events and activities you've come to love and expect at a NAARVA National Camp Rally.

Here are just a FEW of the Planned Events:

The Glampers Ball: This will be a night to remember. There will be food, music and entertainment for all rally attendees to enjoy. Show your NAARVA family how a true Glamper dresses. You can wear a tuxedo t-shirt or whatever you feel represents the GLAMPER in you. This fun-filled night will be held in Woodland Hall. Tuxedo T-shirts can be ordered on www.Amazon.com.

Beanbag Baseball Tournament: Each region is asked to form a team to participate in this "NAARVA World Series Tournament" that



will take place on Thursday, July 19 in Woodland

Hall. Each team will need a minimum of 12 people to play. Beanbag Baseball is a fun and competitive non-physical game for both men and women age 18 and over. Players are required to pitch the bean bag underhanded and "walk" from base to base (chair to chair). The team consists of 12 players at a time, a coach, and a score keeper from each region. The selection of the individuals will be made by the Regional Director and/or Chapter Presidents from each region. It is anticipated that everyone who has a desire to play will have opportunity to play. Detailed information about the game and the rules will be sent to each Regional Director and will be posted on the NAARVA website. Until then, get your "pitching arm" warmed up. **Recruit, recruit, recruit!**

Pickleball: Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Come join in the fun on the pickleball court as you play this newest RV resort craze.

Bible Study: Are you like so many others and just simply want to study the Bible and fellowship with those who want to grow in the knowledge of God? Bring your bible and fellowship with other like-minded NAARVA members as we study the word of God together.

(Continued on page 17)

NAARVA 2018 National Camp Rally

July 15-22, 2018

Sun-N-Fun RV Resort, Sarasota, FL

Buffalo Soldiers Seminar and Exhibit: The primary mission of the Buffalo Soldiers Historical Society is to preserve, promote and perpetuate the history of African American military units. Their primary focus covers from 1775 to 1951. Come and see this wonderful seminar and exhibit.

NAARVA Fitness Challenge: Beginning on Monday, start your day with friends on a “Brisk Leisurely Walk”, swimming, bike riding, and/or weight training. Dress comfortably and wear good athletic shoes. Water stations will be provided through-out the park for all participants. Enjoy a state of the art fitness facility.

NAARVA Marketplace: This Flea Market event will take place on Saturday, July 21 in Pavilion. So, start gathering the items you want to offer for sale. Both new and gently used items are acceptable.

Dresses for African Girls Service Project: Now don't you look pretty! WOW, you look good in that dress! These are all words we like to hear from someone and those words make us feel so good. Little girls in Africa would like to have that same warm fuzzy feeling when they wear a dress too. This would be your chance to participate in the 2018 NAARVA Service Project. We can make this happen by making pillowcase dresses and giving hope to little girls in Africa. All you have to do is bring any size or color or print pillowcase, 12 inches of 1/4 elastic, thread, sewing needle, thread, scissors, and 3 1/2 feet of bias tape. The best thing about this pillowcase dress is you don't need to know how to sew! This entire dress can be hand stitched; the hem is already in the pillowcase. Even a novice seamstress can be involved in this worthwhile project.

Games:

- **Mary M. Thompson Memorial Golf Tournament**
- **Fishing Tournament**
- **Bid Whist Tournament**
- **Dominoes Tournament:**
- **Billiards Tournament**

Don't have an RV or care not to drive? You're still welcome to join us. Sun-N-Fun offers premium rental vacation homes, so feel free to invite your friends and family to register and join in the fun.

Your children/grandchildren ages 4 - 17, are going to love Camp Sun-N-Fun. We are thrilled that Sun-N-Fun RV Resort is offering Rally attendees a special reduced rate for the 5-day fun-filled summer camp with daily activities, lunch and snacks included! Enroll your kids in Camp Sun-N-Fun, so that you can enjoy all of the Rally's daytime activities, knowing your children are having fun and are well cared for. Details are included in your registration packet. A NAARVA Youth Activities schedule will also be available.

See you in Sarasota!
Hosted by the Southern Region.



Vacation rentals available.