

# THE NAARVA



# VOICE

VOLUME 20 ISSUE 1

WINTER 2018

## From Your President...

### Greetings and Happy New Year to All!

Here's hoping that each of you had a wonderful holiday season and looking forward to what this new year has to offer. 2018 marks the beginning of NAARVA's 26th year of being in existence. With each New Year comes multiple challenges and opportunities for both individuals and organizations.

A past President of NAARVA has often said that "NAARVA is one of the best kept secrets." Since, hearing him say that, I have noticed that his words are so very true. So, going into 2018, each NAARVA member is being asked to step up to the challenge of increasing our membership. Do consider this to be both a challenge and an opportunity.

If you meet someone that is interested in joining NAARVA, please ask them to go to our website: [NAARVA.com](http://NAARVA.com) where they can sign up for membership in NAARVA and also find more information about our organization.

For the last 25 years, NAARVA obviously did a few things right and we need to capitalize on those things. As human beings we so often can point out things that an organization should do differently or not at all. However, you don't often hear people talking about the positive things that an organization has done over time. Therefore, we are asking you to share your thoughts regarding both the positive and negative aspects of NAARVA. The goal of doing this will allow your leadership team an opportunity to focus more on what you like about the orga-

nization and less on the not so positive areas. Feel free to send your comments to me at [cjbuford@sbcglobal.net](mailto:cjbuford@sbcglobal.net) and they will be shared with your leadership team.

As you are reading this article, I suspect that many of you are making plans to attend your regional rally. Here's hoping that all of the regional rallies are a success and are an incentive for you to attend the 2018 NAARVA National Camp Rally. The Southern Region is planning a funfilled rally from July 15-22, 2018, at the Sun-N-Fun RV Resort in Sarasota, Florida. The national rally offers an opportunity to

meet new people from other regions and to re-establish previous relationships. So, many people view them as NAARVA's version of a 'family reunion.'

I look forward to seeing each of you in Sarasota.

*Safe and happy travels!*  
**Carolyn**



## Executive Board Highlights...

The intent of this column is to share what has been occurring within the newly selected NAARVA National Executive Board since July 2017. Historically, this information has been shared at the National Rallies, but that

does not allow you an opportunity to ask questions and get answers before each rally.

Well, let's first begin by identifying both the elected and appointed members of the New National Executive Board. (See *Executive*, page 5)

### Elected Officers 2017-2019

Last Name	First Name	Position	Email
Buford	Carolyn	President	<a href="mailto:cjbuford@sbcglobal.net">cjbuford@sbcglobal.net</a>
Curtis	Gladys	1 <sup>st</sup> Vice President	<a href="mailto:brookshiregirl@gmail.com">brookshiregirl@gmail.com</a>
Manuel	Aubrey	2 <sup>nd</sup> Vice President	<a href="mailto:Aubreymanuel999@att.net">Aubreymanuel999@att.net</a>
Swann	Pat	Recording Secretary	<a href="mailto:patnels@bellsouth.net">patnels@bellsouth.net</a>
Donald	Michele	Asst. Recording Secretary	<a href="mailto:Michele.donald15@gmail.com">Michele.donald15@gmail.com</a>
Cannon	John	Treasurer	<a href="mailto:jmcannonball@hotmail.com">jmcannonball@hotmail.com</a>
Bryant	Sandra	Assistant Treasurer	<a href="mailto:scbryant512@yahoo.com">scbryant512@yahoo.com</a>
Smith	Dorothy	Financial Secretary	<a href="mailto:ladydlvnnv@embarqmail.com">ladydlvnnv@embarqmail.com</a>
Brady	Joe	Assistant Financial Secretary	<a href="mailto:Jbrady1243@aol.com">Jbrady1243@aol.com</a>
Moore	Belinda	Eastern Region Director	<a href="mailto:Queenbee2300@aol.com">Queenbee2300@aol.com</a>
Ford-Davis	Dr. Monica	Southern Region Director	<a href="mailto:Srdirector2016@yahoo.com">Srdirector2016@yahoo.com</a>
Moore	Jerome	Central Region Director	<a href="mailto:Jhercules1950@gmail.com">Jhercules1950@gmail.com</a>
Grogan	Louise	Western Region Director	<a href="mailto:nanagrogan@veriaon.net">nanagrogan@veriaon.net</a>
Horton	Lemuel	Past President	<a href="mailto:yhorton@aol.com">yhorton@aol.com</a>

# NAARVA EXECUTIVE BOARD - 2017-2019



**CAROLYN J. BUFORD**  
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cjbuford@sbcglobal.net



**GLADYS CURTIS**  
1st Vice President  
brookshiregirl@hotmail.com



**AUBREY MANUEL**  
2nd Vice President  
Aubreymanuel1999@att.net



**PATRICIA SWANN**  
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scbryant 512@yahoo.com



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Financial Secretary  
ladylvnv@embarqmail.com



**JOE BRADY**  
Asst. Financial Secretary  
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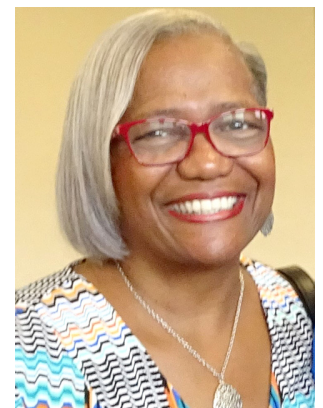
**BELINDA MOORE**  
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**DR. MONICA FORD-DAVIS**  
Director, Southern Region  
srdirector2016@yahoo.com



**JEROME MOORE**  
Central Region Director  
Jhercules1950@gmail.com



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

## *A Word From the Editor*

### No Boundaries...

Travel means dreaming of what's next, and there should always be a "next"! Travel allows you to live a life without boundaries. I know that's contrary to what you're accustomed to hearing, that boundaries bring order to our lives — property lines, gates, time constraints, and personal boundaries, which are the limits you set on how people can behave around you. We all have these markers, parameters and no's in our lives. But I'm talking about loosening up the self-imposed boundaries which stifle our ability to grow.

What if you begin to eliminate some of the "No...I can't..." inner talk and allow a new world of possibilities to open. You suddenly have the freedom to consider options you never would have before, like scheduling time to RV across this scenic and intriguing country. "Workamping" (work camping) for a season in a town that's completely foreign to your current environment. Selling your house to become a fulltime RVer. If you don't have a lot of time or coins, try a mini escape, secluded in your RV overlooking the ocean, for the health of your marriage (or yourself).

Say "yes" to the thrill of losing yourself in a new culture where things look, taste, and sound different, and to understand ourselves freed from all of our familiar constraints. My husband and I spent four weeks, this past sum-

mer around Middlebury and Elkhart, IN — "Amish Country", riding in a horse and buggy, eating deliciously wholesome foods, and exchanging stories with the residents. We attended a multi-ethnic outdoor church service in Vandalia, MI, as part of their "Underground Railroad Days" celebration and formed a friendship with chicken farmers, Bob and Donna.

As Rver's, we can travel with the freedom to visit five states in one week, never having to unpack once, or take a 3-day trip to a music concert, without incurring hotel expenses. We rebel against the very notion of boundaries because adventure seeking is core to our identities as RVer's. We learn and grow from the different people and places we're blessed to experience up close and personal. Let this be your year of "No Boundaries". I hope this encourages you to explore not only the discovery of new places but also your personal self-discovery. See you on the road!

*Love, Live and Travel,  
Gwynne*



**GWYNNE TONEY**

**Editor**

## *RV Cooking with Bev Ann*



### *Lemon Dip Cake*

#### **Ingredients:**

1 box Yellow Cake mix  
3/4 cup Oil  
3/4 cup Water  
4 Eggs  
1 Small Box Vanilla Instant Pudding

#### **Lemon Glaze**

**Ingredients:**  
1-1/2 cup Powder Sugar  
Juice from 3 Lemons

#### **Directions:**

Mix all ingredients well in a big mixing bowl. Pour into a 9 inch x 13 inch baking pan.

Bake until golden brown in a 350° oven or a 325° convection oven.

While the cake is still warm, pierce holes in the top with a straw or blunt knife.

Then spoon the LEMON GLAZE all over the golden brown cake.

**ENJOY!**



## Christian Mathematics (kfv)

**Math signs: +, -, x, ÷**

Mathematics has been around for thousands of years. Basic math is addition, subtraction, multiplication and division. We use math in various ways throughout our lives. We are taught math at a very early age all the way up to our senior years. But I just want to show you how mathematics should be looked upon from a Christian perspective. So, in Genesis 1:18: *“And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good.”* So, God is telling us that He divided the light from the dark to give us night and day. What an awesome God we have.

We then learn addition from the scriptures as in II Peter 1:5-7: *“And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; <sup>6</sup>And to knowledge temperance; and to temperance patience; and to patience godliness, <sup>7</sup>And to godliness brotherly kindness; and to brotherly kindness charity.”* The addition in our Christian life is to grow in the faith and understanding of Jesus Christ. From the personalities we have, we should use these virtues as Christ would have us to use them as servants to Him.

We then should step up to multiplication as in Genesis 1:28: *“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”* He wants us to be in charge but not per-say, dominate it to destroy the earth. Increase it, but don't let pollutants through our industry destroy what God has given us to take care of.

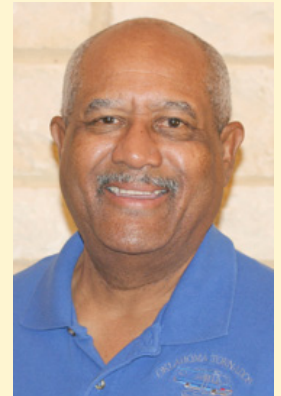
Then last, but equally, subtraction (take away) in Revelation 22: 19: *“And if any man shall take away from the words*

*of the book of this prophecy, God shall take away His part out of the book of life, and out of the holy city, and from the things which are written in this book.”* In other words, don't take away from what God has written in His Book. We should get close to Jesus to get close to God the Father.

Change is understanding and knowing that Jesus Christ is the author and finisher of our faith. We should add to our love of Him, by taking away those things that are harmful to the love of our neighbors. We should multiply Christ's love in our hearts to be more understanding with others. When all is said and done, we can divide the difference between those of Christ and those not of Christ. We should know who we are and as well as whose we are. We should take these factors to increase the relationships between our organizations both on the National level as well as on the local chapter level. We should work better to build up and support our leadership through addition and not subtraction. Multiply our numbers by spreading the word from campground to campground, rally to rally and camper to camper. Finally, Matthew 5:16: *“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”*

**Rev. Thomas Hanes**

**Your NAARVA National Chaplain Serving "YOU"**



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

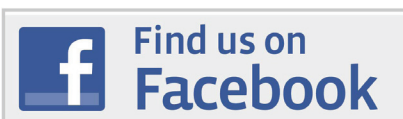
[talberthanes@yahoo.com](mailto:talberthanes@yahoo.com)

### 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](http://naarva.com)

**Become a friend of NAARVA.**



### 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](mailto:shelt57@aol.com)

### 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.**

# Executive Board Highlights...

(Continued from page 1)

These are the people who agreed to represent the membership until 2019. So, feel free to contact any of us if there are issues you wish to have addressed.

As you will note while looking at the appointed positions there are two open positions. Those Chairperson openings being National Nominating & Election, and National Grievance. Should you or anyone you know be interested in being the Chairperson of one of these committees, please give me a call.

Another committee that is not listed on these charts is the 501(c)(3) committee. This committee will be asked to determine the criteria for NAARVA to change their tax status from being a 501(c)(7) to 501(c)(3). The organization has acquired several new members over the last few years who might have the knowledge as to how we should make this transition. We are hoping that someone will volunteer to be part of this committee. Our goal will be to share with you their findings at the rally this year.

Since the first of August, the Financial Team, comprised of the Treasurer, Assistant Treasurer, Financial Secretary and Assistant Financial Secretary has been reviewing the organization's total financial status. They have created a new fiscal income/expense report that was approved by the rest of the Board. These reports will be distributed to the membership at the 2018 National Rally. Other financial reports are currently being reviewed and updated with the intent of having them approved by the National Executive Board before this year's rally.

Not only has the financial arm of the Board been busy, other members of the Board have also been involved with a number of other work efforts. For instance, Gladys Curtis, our 1st Vice President is chairing a Communications Committee. Committee members are:

- Belinda Moore
- Michelle Donald

## Appointed Committee

Last Name	First Name	Position	Email
Mayfield	Myrtle	National Rally Chairperson	gqmayjr@aol.com
Hanes	Rev. Thomas	National Chaplain/ Necrologist	<a href="mailto:talberthanes@yahoo.com">talberthanes@yahoo.com</a>
Standifer	Ronald	National Historian	<a href="mailto:restandco@verizon.net">restandco@verizon.net</a>
Standifer	Elaine	National Public Relations	elainestandifer@hotmail.com.
Bryant	Preston	National Scholarship Committee	scbryant512@yahoo.com
Steele	Anne	National Ecology Committee	ast1808978@aol.com
Brady	Joe	Constitution & Bylaws	<a href="mailto:jbrady1243@aol.com">jbrady1243@aol.com</a>
<b>Vacant</b>		National Nominating & Election	
		National NAARVA Facebook	
Toney	Gwynne	National NAARVA Voice Editor	naarvavoice@gmail.com
Shelton	Gloria	National Benevolent Chair	<a href="mailto:shelt57@aol.com">shelt57@aol.com</a>
<b>Vacant</b>		National Grievance Chair	

- Joe Brady
- Jerome Moore

This team has been charged with identifying various methods for improving communications with the membership. The team will focus on all aspects of communications currently used by the NAARVA organization and will examine new and different ideas.

Aubrey Manuel, 2nd Vice President is chairing a Membership Committee. Its members are:

- Dorothy Smith
- Louise Grogan
- Monica Ford-Davis
- Pat Swann

As the name implies this committee will focus on our current membership and its expectations of the organization. Once those expectations are fully defined and understood, the next step will be to identify what the organization needs to do to address the expectations.

Another area they will be exploring is what we need to do to attract new members and increase our membership base. This is a key area of any organization because without adequate growth an organization will find it exceedingly difficult to flourish. The FMCA organization is a prime example of making positive changes to increase its membership. It now allows owners of self-contained towables to join their

organization.

NAARVA, of course, is currently comprised of both self-contained motorized RV's and towables. However, we do need to identify how we plan to attract the generation of potential RVers who were born starting in 1975. Many in this age group have either young children or children in college. These potential members will need to be in the workplace several more years before they can retire. For many of them, their financial challenges may hamper their ability to purchase a self-contained RV. Not only that, their personal preference, needs and means may cause them to look at the other RVing options on the market that might exclude fully full self-contained units.

We welcome any and all comments you might have regarding the Communications and Membership committees. You will find both Gladys Curtis and Aubrey Manuel's E-mails listed above, so don't hesitate to contact them with your ideas.

Lastly, mark your calendars to join us at NAARVA's 26th National Rally scheduled for July 15 thru 25, 2018 at the Sun-N-Fun Resort in Sarasota, Florida. You will not want to miss this rally which is hosted by the Southern Region.

**By Carolyn Buford, President**

## SOUTHERN REGION

# 2018 NAARVA 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](http://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 an 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.



**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 throughout 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 the 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

(See 2018 Rally, page 7)

## SOUTHERN REGION

# Northeast Florida Campers Celebrate Thanksgiving Weekend

The Northeast Florida Campers RV Club enjoyed a fall outing at the Tropical Palms RV Resort in Kissimmee, Florida, where they celebrated with a Thanksgiving dinner.

## 2018 National Camp Rally--

*(Continued from page 5)*

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.



*Vacation rentals available.*

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 funfilled 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.*

The youngest member brought her class project "Tucker the Toucan," along to enjoy the weekend festivities. Members gladly joined in on the fun by taking photos together.

At each outing the Activities' Committee offers something fun for the members to enjoy together. At this outing, club members learned about RV Fire Safety from club members Sylvia Elam and State Fire Marshal James Little (below).



*Fire Safety demonstrated by Fire Marshal James Little.*



*Youngest member steals show with her class project "Tucker the Toucan."*



*Dessert for Thanksgiving? Pumpkin pie, of course!*



**SOUTHERN REGION**

## *Rollin' Buccaneers Pay Tribute to Chester Victor*



The *Rollin' Buccaneers* lost one of its most beloved members, Chester Victor on September 7, 2017. A balloon releasing celebration was held on the final Southern home football game of the Jaguars, to honor him and his love and support for the Jaguars. He touched the hearts of many.



*"Life is precious, love is all that really matters, and who we are in the end and how we've touched the lives of others is the legacy we leave behind."*

## *Rollin' Buccaneers Celebrate Anniversary*

The *Rollin' Buccaneers RV Club* celebrated another anniversary January 11-14, 2018, which was attended by RV Clubs from Louisiana and numerous other states. Friday night was a Mardi Gras themed event which featured a parade followed with dinner. The main event on Saturday featured a Southern-style breakfast, games, a movie with a taste of Louisiana cuisine and a second line parade which lead into the Pirates Ball festivities.

A good time was had by all. On behalf of the *Rollin' Buccaneers*, we would like to thank everyone who came to celebrate with us.

*By Johney L. McQuarter*





## CENTRAL REGION

### MO/KAN Roadrunners Celebrate 15th Anniversary



**JEROME MOORE**  
Central Region  
Director  
Jhercules1950  
@gmail.com

Throughout 2017 the *MO/KAN Roadrunners* acknowledged and celebrated the 15-year existence



as a club. The club ended their anniversary year at a “End of the Year Celebration” held Sunday, November 5, 2017, at Bayou on the Vine, a restaurant and music establishment serving Cajun, Creole and Soul Food cuisine. Bayou on the Vine is a family-owned and operated establishment by club members Chuck and Eartha Byrd. It is located in Kansas City’s historic 18th & Vine Jazz District. Club historical moments were provided by Carolyn Buford, Eugene Hill and Mike and Nancy Steed.



*(Above) Individuals who attended the 2001 NAARVA National Rally held in Forest City, IA, helped to form what is now known as the MO/KAN Roadrunners RV Club.*

Meetings began following the 2001 Rally and throughout the winter months to discuss and establish the club’s structure and new member recruitment began. The first club campout was held in April 2002. In July 2002, 14 families attended the NAARVA National Rally in Urbana, VA. The club received its NAARVA charter at that national rally.

Over the years, MO/KAN Roadrunners have purchased school uniforms for children whose families were in financial crisis, made donations to the Kansas City Union



*2002 NAARVA National Rally, Urbana, VA.*

Mission and Ross Brooks’ Center, a shelter for victims of domestic violence.

Currently, the club has 28 member families and continues to enjoy monthly club campouts from April to October.

Members travel together and attend regional and National Rallies, as well as some club members escape the cold weather by wintering together in warmer climates. Our club is thankful for all the many blessings as we travel the United States and the growth the club continues to experience.



*2017 NAARVA National Rally in Hutchinson, KS.*

*(Submitted by Sandra Powell)*

## MO/KAN Roadrunners “Blankets For The Homeless” Project

With the recent dangerously frigid below zero temperatures, the *MO/KAN Roadrunners RV Club* donated new blankets to a family with children at the Homeless Center in Kansas City, MO.

On Saturday, January 13, 2018, blankets were delivered to the City Union Mission Family Center. The center is located near downtown Kansas City in a former school building that provides 142 beds and 28 rooms, which accommodate homeless families.

Guests, as they are referred to, may stay 30 days or longer if they agree to enter into a structured guidance program with a goal of independent and stable living. The program can last up to nine months. The club members delivered the blankets personally, which gave more meaning to the project.



Submitted by Sandra Powell



### ARTICLES

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

### *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 Spring issue is Friday, March 30, 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](http://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, [naarvavoice@gmail.com](mailto:naarvavoice@gmail.com).

## WESTERN REGION

### *Northwest Coast Experience Through Washington State*

We spent the 2017 summer on the Northwest Coast. We have been camping since 1987 and have never stayed away from home longer than three weeks at one time. So, this summer we decided to go away for four months. We traveled with our friends, Major and Bony Wingfield, because they have traveled this route before. Our travels took us to several resorts/cities:

**Yuma, Arizona** for a few days and while we were there we went to Mexico for dental work at Smiles Specialist in Los Algodness B.C. Mexico.

**Adelanto, California** and stayed at the Adelanto RV Park.

**Isleton, California** at the Lighthouse Marina RV Resort.

**Nampa, Idaho** for the Idaho Horse Park for a horse show. We were up close and personal with the horses. The riders were dressed to kill (very sharp).

**Moses Lake, Washington** - SRW Pier Four Resort.

**Longview Cowlitz County Fairgrounds** (Washington) for the FMCA Rally. We were employees for vendors Major and Bony Wingfield who were selling RV related items.

**K/M Columbia Shores in Chinoook, Washington.** We had to travel across a long, long, high bridge and my husband doesn't like bridges! We had to cross this bridge several times to go shopping and also to the dump station.

**Brazil RV Park in Centralia, Washington.** Here we went to the pet groomers "Top 'N Tails" and I found "Sally's African Hair Braiding Salon" and got my hair braided. "What a surprise to find that type of salon in Washington State!"

**K/M Ocean City RV Resort in Ocean City, Washington.** We had our fill of the Rainier Cherries. The Rainier Cherries were very large. These delicious cherries were named after Mount Rainier!

**K/M Beachwood RV Park in Blaine, Washington,** across from British Columbia, Canada. We spent a day over in Canada. Maple Grove RV Park in Randle, Washington. We were close to Mount Rainier, so we took a day trip to see this incredible mountain.

**SRW Pier Four Resort in Moses Lake, Washington.** We saw the eclipse along with many others who couldn't wait for this phenomenal event to take place. The sky got extremely dark about 9:30 a.m. and a few minutes later it was light again!

**Spring Ridge Estates in Newport, Washington.**

**Antelope Valley RV Park in Delta, Utah.** We looked forward to relaxing after the long drive and we enjoyed our stay in Delta, Utah from September 6, 2017 to September 10, 2017.

On September 10, 2017, we traveled to **Pahrump, Nevada.** We were fortunate enough to be able to take a tour of the winery while we were there. We found that "You can grow grapes in Nevada!" Our final journey took us back to our original destination in Yuma, Arizona. We spent a couple of days there and then headed back home to Maricopa, Arizona. What an exciting



**LOUISE GROGAN**  
Director,  
Western Region  
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adventure and learning experience. Spending four months in cooler climates on the Northwest Coast in Washington State was so different from our home in Arizona!



By Riley and Velma Palmer  
Arizona Metro Roadrunners RV  
Club

### *Original Las Vegas Rolling Wheels Christmas Party*



*The Original Las Vegas Rolling Wheels' Annual Christmas Party* was held at the Rhythm Kitchen Seafood & Steak Restaurant, in Las Vegas, NV. Cajun and French Creole cuisine is their specialty.

WESTERN REGION

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

National African American RV'ers Association

## Western Region Spring Rally

Nevada Treasure RV Resort

Pahrump, Nevada

May 1-6, 2018

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## A Celebration of...

# Black History Month and Women's History Month

By Gwynne Toney

In this article, I will fuse two important narratives in recognition of Black History and Women's History. As you plan your winter RV travels, I hope you will visit some of the many museums where the story of African Americans is told year-round. To assist you in planning, a list of Black History museums to visit in your RV can be found in the NAARVA *Voice* archives Vol. 17 Winter 2015 on pages 17-18.

**February** is Black History Month. The Smithsonian's National Museum of African American History and Culture (NMAAHC) is the only national museum devoted exclusively to the documentation of African American life, history, and culture. The Museum's nearly 40,000 objects help all Americans see how their stories, their histories, and their cultures are shaped by a people's journey and a nation's story. Museum Address: 1400 Constitution Ave NW, Washington, DC 20560

**March** is Women's History Month and the NMAAHC will celebrate with panel discussions, film screenings and a social-media campaign exploring the contributions of African American women in the arts, business, leadership and activism.

Alongside black men, the continuous existence of black women's voices have always been part of the African American struggle for equality and justice. Early freedom fighters like Sojourner Truth, Harriet Tubman, and Anna Julia Cooper fought against multiple oppressions. In 1991, Anita Hill testified before the Senate committee confirming Clarence Thomas to the Supreme Court, accusing him of sexual harassment and bringing national attention to the issue. Reflecting on the post slavery freedom fighters, the Civil Rights era, the Black Lives Matter, the Women's March, and #MeToo, black women have been a central aspect of these movements, and continue to inspire and embolden individuals today.

**As we acknowledge "Women's History Month," I can't help but note that 2017 can indeed be recognized as the year of women, with Black women at the forefront of three major events. A historic march, a Senate race and a worldwide movement.**

The January 20-21, 2017 the **Women's March**, the largest single-day protest in U.S. history, kicked off a worldwide protest. Over five million marched to harness the political power of diverse women and their communities to create transformative social change, including sexual abuse. It's fitting that *Times Magazine* named "The Silence Breakers" as their "Person of the Year." They are the women and some men who have come forward to shed light on sexual harassment and abuse in America. This moment was born of a potent sense of unrest and a disquieting malaise of frustration and repression among women. The January 20-21, 2018 Women's March occurring throughout cities in the U.S. and world, proliferated a sustained impactful resolve.

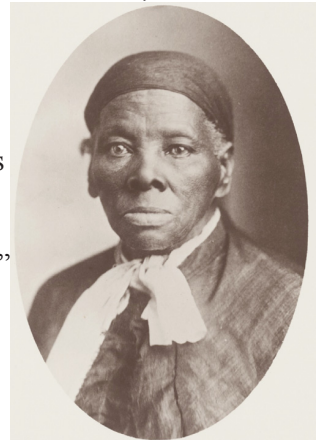
In the recent **Alabama Senate race** African American voters played an essential role in electing Doug Jones, over his scandal-scarred rival, Roy S. Moore, a man accused of sexually pursuing, abusing, and assaulting multiple teenage girls. Ninety-eight percent of black women voted for Doug Jones. Albeit many of those votes were cast against Moore, who opined that the last time America was great was during slavery and championed eliminating all constitutional amendments after the 10th. This would include amendments which abolished slavery and promised "equal protection under the law". It also showed that the future of politics lies in recognizing the work of women of color, who have been leaders across feminist issues for a long time, often with little recognition from

others.

The hashtag **#MeToo movement** to date has provided an umbrella of solidarity for millions of people to come forward with their stories of harassment and intimidation. It is ironically connected to both the Women's March and the defeat of Roy Moore's Senate run, in that it stands in solidarity with harassment and assault survivors, and Civil Rights and social justice proponents.

In recognition of **Black History**, the contributions of three women, past and present, will be highlighted — Harriett Tubman, Tarana Burke, and Shonda Rhimes.

**Harriet Tubman**, often referred to as "the Moses of her people," was a former slave who fled to freedom in 1849.



Tubman worked for years to bring the enslaved from the south to the north through the Underground Railroad. In 1863, Harriet Tubman, under the command of Union Colonel James Montgomery, became the first woman to lead a major military operation in the United States when she and 150 African American Union soldiers rescued more than 700 slaves in the Combahee Ferry Raid during the Civil War. She was also an outspoken activist for women's right to vote.

In 2016, Treasury Secretary Jack Lew announced that Harriet Tubman would appear on the front of the \$20 bill, relocating the slaveholding former president Andrew Jackson to its rear. The changes are a part of a historic overhaul of U.S. currency aimed at addressing America's legacy of sla-

(See *Black History*, page 14)

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## Black History---

(Continued from page 13)

very and gender inequality. Lew called Tubman's story "the essential story of American democracy and the power of an individual to make a difference." Treasury hopes to release the design concept for the new bills by 2020, the 100th anniversary of Women's Suffrage, but it could take years more for all the bills to enter circulation.

In 2007

**Tarana Burke**, founder/senior director of Girls for Gender Equity, a nonprofit that helps survivors of sexual violence,



created the #Me Too movement to encourage young women to show solidarity with one another. Ten years later, in 2017, those two words caught fire and burst into the spotlight of social media with #MeToo hashtag promoted by the actress Alyssa Milano, who has publicly credited Burke for the movement. Amid the firestorm that ignited, some women of color noted the disparity in that the longtime effort by Ms. Burke had not received support over the years from prominent white feminists, until now. Now Tarana Burke's #MeToo is the unifying call of millions of people around the world. It has led to an ongoing, national conversation about sexual assault and harassment and resulted in the toppling of powerful men in Hollywood, politics and media.

Amplifying the voice of the victims has always been Ms. Burke's goal: "Sexual harassment does bring shame". And I think it's really powerful that this transfer is happening, that these women are able, not just to share their shame, but to put the shame where it belongs: on the perpetrator."

The highest paid actress on primetime TV, Ellen Pompeo, isn't a black woman – but – a black woman signs her checks! Pompeo the star of *Grey's Anatomy* credits the show's creator, Shonda Rhimes with empowering her to ask for what she thinks she's worth, resulting in a \$20 million salary.



**Shonda Lynn Rhimes**. A graduate of Dartmouth College, is a television producer, screenwriter, and author. She is best known as the creator, head writer, executive producer of the medical drama *Grey's Anatomy*, its spin-off *Private Practice*, and the political series *Scandal*, all of which are ABC award winners. Rhimes also serves as the executive producer of the ABC television series *Off the Map*, *How to Get Away with Murder*, and *The Catch*.

At the start of her career, Rhimes was a screen writer for numerous movies and documentaries, including the HBO movie *Introducing Dorothy Dandridge* (1999), which earned numerous awards for its star, Halle Berry. In 2001, she wrote *Crossroads*, the debut film of pop singer Britney Spears, grossing more than \$60 million worldwide.

In 2007, Rhimes was named one of *TIME* magazine's 100 People Who Help Shape the World. In 2015, she published her first book, a memoir, *Year of Yes: How to Dance It Out, Stand in the Sun, and Be Your Own Person*. In 2017 Netflix entered into a multi-year development deal with

Rhimes, by which all of her future productions will be Netflix Original series. But her footprint at ABC remains large, with two new series, a Manhattan courthouse drama *For the People* (due March 11) and *Station 19*, a *Grey's Anatomy* spinoff that rides along with Seattle firefighters (March 22).

Rhimes says Netflix understood what I was looking for — the opportunity to build a vibrant new storytelling home for writers with the unique creative freedom and instantaneous global reach provided by Netflix's singular sense of innovation.

Her success and drive can be attributed, in part, to her parents, Ilee Rhimes, Jr., a college professor and CIO and her Mother, Vera Rhimes, a university administrator who earned a PhD in educational administration, while raising six children.

*Shondaland* is the name of Rhimes' production company and its logo also refers to the shows Rhimes has created and to Rhimes herself. The future of *Shondaland* has limitless possibilities!



Here is a cool way to re-purpose that wine rack you've never used. It's a very good use of space for RV's with limited storage.

# Your Health Matters...Loving Your Body — Loving Yourself

Every new year we set about making New Year's resolutions. Often times they're related to our physical image. This year, rather than stressing over a new (or recurring) set of resolutions, why not resolve to love the body you're in and love yourself better.

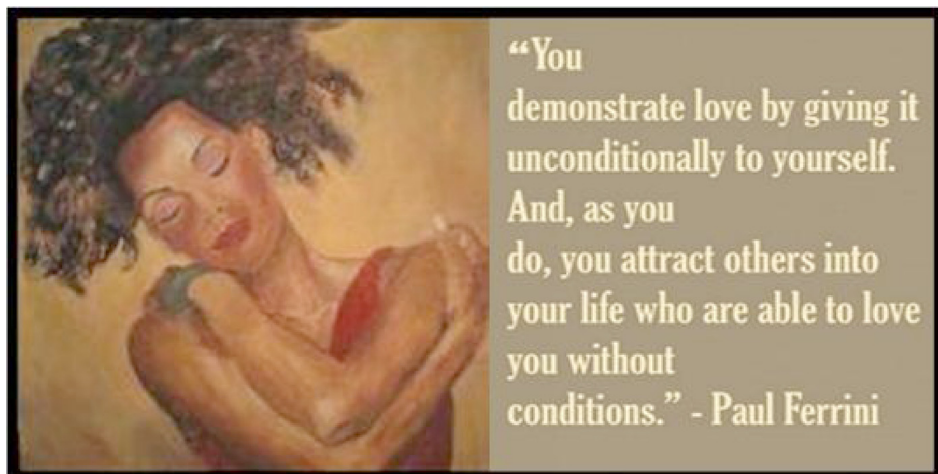
**Appreciate all the ways your body serves you.** It moves, stretches, breathes, hears, sees, feels, thinks, speaks. Everyday thank your body for resting and rejuvenating itself so you can go about your day. The greatest art form that exists on this planet is the human body — a magnificently structured temple. According to our Creator, "we are fearfully and wonderfully made".

**Stop only the negative talk about your body.** We may not like our thighs, but we admire our beautiful teeth. We all have something we like and dislike about our bodies. We need this unique balance to keep us humble and to keep us growing.

**Focus on health rather than weight.** Constantly looking at the scale can be frustrating and defeating. Find a method of exercise that you enjoy and do it regularly. Do it to make your body healthy and strong, and because it makes you feel good. Cut one unhealthy food out of your diet every month. Unhealthy choices can prevent you from fully enjoying what life has to offer.

**Love your body.** Feed it healthy foods, give it plenty of rest, move it, have a massage, hydrate, de-stress, pray and meditate daily, practice mindful breathing, schedule regular wellness checkups and dental appointments.

**Stop comparing yourself to others.** You can control one life — yours. But when we constantly compare ourselves to others, we waste precious energy focusing on other peoples' lives rather than our own. This is true in body comparisons and also in always focusing on what other people have. Once we begin down that road, we never



find an end.

**Surround yourself with supportive people.** I happen to be an intrinsically motivated person. The person who challenges me most is myself. Others do well with an accountability partner or good friend(s) who are supportive and positive. Not that annoying person who feels compelled to tell everyone how many miles they ran today or that they walk 10,000 steps every day. But rather, someone who supports, encourages you and offers positive criticism when needed. You

may prefer a group (like weight-watchers) who support each other in keeping commitments and achieving goals. Someone who is on the same journey as you, so you can exhort each other.

**Be Yourself – Perfectly You.** Your gifts, talents, strengths, successes, contributions and worthiness are entirely unique to you and your purpose in this world. They can never be properly compared to anyone else. My Mom would say – "You're more than enough". Tell yourself that and believe it!  
*Gwynne Toney*

## Mindful Driving

Road trips can be fun and rewarding if you take the time to prepare for the road ahead. Some people enjoy a long drive, while others find it stressful. To reduce the stress of driving, consider the following:

- **Think ahead.** Try to arrange your travel time so that you can avoid driving through congested areas during rush hour and check weather conditions, before you leave.
- **Use relaxation techniques.** If you're stuck in traffic, relieve the frustration by focusing your attention on breathing in deeply and blowing air out slowly.
- **Let the music play.** Listen to plenty of peaceful and relaxing instrumental music to help you stay calm while driving.
- **Take breaks.** Pull over to stretch or walk around when you need to.
- **Switch off.** Change drivers often, if possible.

## There's An App for That



### TRUCKER PATH

I recently discovered a new App that you wouldn't normally think of as an RV'er. After examining and using this App on a recent out-of-state journey, I now find it to be very useful in planning future road trips. It's called "Trucker Path." Trucker Path was originally designed to assist long haul truckers along the highways and interstates to help with locating rest areas, fuel stops, monitor traffic conditions and just about anything having to do with traveling along the highway.

Most importantly, the App allows for users to update conditions and exchange information in real time and updates to your device instantly. Here's an example: you've been traveling for eight hours along I-40 heading West and you're near Gallop, NM. You're tired and want to rest your eyes for a few hours, but you really don't want the expense of pulling into a RV park, doing the hookups and undoing the tow car. So your co-pilot pulls out the App, and you just want to know how far it is to the next roadside rest area along the interstate. Unlike other Apps that you may have used, Trucker Path App will show your location on the map and the distance to the next rest area. But here is the best part, users constantly update the App with the number of available spaces and other information like restrooms and showers at the facility.

In addition to rest areas and existing vacancies, the App will show you popular fuel spots like Pilot Flying J, TA Petro and Loves truck stops. The App is easy and intuitive to use. You can search for your favorite eating spots, Walmart parking locations and travel centers. The App also includes a trip planner allowing you to pinpoint your rest areas, dining and fuel stops. **This is a must have App for those extended journeys.**

Bruce Toney



**One of the best things about RVer's is their willingness to share tips and tricks they've discovered or created out of necessity. Here are a few you might find useful. I welcome you to send Tips 'N Tricks you've picked up during your travels to Gwynne Toney at [naarvavoice.com](http://naarvavoice.com).**

1. If you are planning to leave your RV unattended for an extended period of time, always turn off the plumbing going into your RV. In the event of some type of interior plumbing failure, this tip will save you untold amounts of clean up and possibly an expensive repair bill.

2. To avoid tracking in a mess, wear one pair of shoes outside your RV and another pair inside.

3. Right before dumping your black tank, empty a couple bags of ice into it. The sloshing around will clean off the inside walls of the black tank and make sure it is more completely emptied.

4. Irish Spring soap repels mammal pests, such as mice, rabbit and deer. They hate the smell. Bounce fabric sheets are reputed to do this as well.

5. Keep flies, wasps, hornets, and yellow jackets away by spraying outside counters, awnings, and tables with a 50/50 solution of Pine Sol and water. Pine Sol contains a stinky plant oil — pine, which they hate.

6. Stock up on free condiments from fast-food restaurants. They take up less space than bottles.