

# THE NAARVA



# VOICE

VOLUME 21 ISSUE 1

WINTER 2020

## From The President's Desk...

### 2020 NAARVA CAMPAIGN



Louise Grogan, President  
[lg.naarva@yahoo.com](mailto:lg.naarva@yahoo.com)

This is a great time to become part of an extended Family of Recreational Vehicle owners and users! A time when partnerships will be built within NAARVA along with our friends of the RV Industry. With the start of our 2020 Campaign we will be a team working with the very best for our NAARVA Members as our goal!

NAARVA has launched a 2020 Sponsorship Campaign which will provide support to our Rallies.

Do you own or know of a business that would like to be a part of our 2020 Sponsorship Campaign? Please contact NAARVA's National Public Relations Officer, Elaine Standifer, for more information about the opportunity to be part of this Campaign.

## National African American RVer's Association



### 2020 Sponsorship Campaign



**\$10,000**

Full Page Color AD in National Souvenir Booklet  
No Cost Ad on NAARVA.Com



**\$5,000**

Full Page Black & White AD in National Souvenir Booklet  
No Cost Ad on NAARVA.Com



**\$2,500**

Half Page Black & White AD in National Souvenir Booklet



### Join Our Team

For More Information Contact  
Elaine Standifer  
NAARVA Public Relations Officer  
Ph: (703) 402-2817  
Email: [standeo190@gmail.com](mailto:standeo190@gmail.com)



Become a  
**SPONSOR!**

# NAARVA EXECUTIVE BOARD - 2019-2021



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## *A Word From the Editor*

### **Keep On RVing!**

Remember when the year 2020 was what futuristic sci-fi movies imagined the future to be? How astonishing to realize that the future is now here — year two thousand and twenty!

While we appreciate the clean slate a new year brings, it also grants us a time of introspection. The start of any new year certainly presents the perfect time to renew, rejuvenate as well as reevaluate life and priorities. Don't worry, I'm not going to ask that you come up with a list of New Year's resolutions that you, I and the rest of the country will be hard-pressed to keep. But I am encouraging you to continue doing what we NAARVAites love to do anyway — Keep on RVing!

According to an anthropological

study of RV enthusiasts, RVers said they were both physically and mentally healthier and happier than their non-RVing counterparts. And isn't that in keeping with most of your resolutions anyway? Why not view travel as a great pressure valve to let off the built-up steam of everyday life? So, keep on RVing, not only will it benefit you today, but in the long-haul as well.

February is the month for all things heart related - Valentine's Day and American Heart Month, a perfect time to make a commitment to be more heart healthy. As active RVers, we all want to increase our chances of living longer and enjoying more time on the road. If you have not considered the health benefits of RV traveling, you will after reading: "Travel is Good for Your Heart Health." Also, check out my ar-



"Happy 33rd Anniversary to my husband Bruce."

ticle on simple steps you can take to support a healthy heart.

As we embark upon a new year, I would like to offer a word of thanks to our readers, contributors and Web master, for their support of the newsletter and its mission to promote connection and communication among members of NAARVA and other RV enthusiasts. Throughout 2020, may your hands always be stretched out in friendship and generosity, never in want.

To all: May the road ahead curve with excitement and your next great adventure be even more memorable than the last...

**Gwynne Toney, Editor**

## **Education Station**



**DR. PRESTON BRYANT**  
**National Scholarship Chairman**

The 2020 NAARVA Scholarship applications will be posted on NAARVA website. I encourage all NAARVA members to keep alert and watchful. Scholarship application forms will be available on the site during the month of March.

### **ARTICLES**

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



# You Have a VOICE!

By Louise Grogan

Just as “*THE NAARVA VOICE*” serves as communication for important activities, encouragement, what’s new in recreational vehicles, safety issues, regional updates, etc., also has other opportunities for the members to be the **voice!** NAARVA has two (2) committees working for NAARVA Members.

The first committee working for the future of NAARVA is the Constitution and By-Laws Committee. The representatives are appointees at the recommendation of the NAARVA Regional Directors and NAARVA President.

“The Constitution and By-Laws Revision Committee will receive Proposed Constitution and By-Laws amendments no later than 90 days prior to the Convening of the Annual Camp Rally.

**Due date for any recommended amendments is April 22, 2020.**

## Committee Chairpersons

### **Rodney Thompson**

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### **Sylvia Allen**

Central Region

*Ebony Dream Makers*

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The second committee working for the future of NAARVA is the National Realignment Committee. The representatives for this committee will be appointed at the recommendation of the NAARVA Regional Directors and NAARVA President. This committee has not begun working but will be led by John Cannon. NAARVA’s original structure had five regions and this provided two very important factors and may have been the very best structure for the NAARVA members:

1) Increased opportunity to plan additional National Rally Sites,

2) Increased voice for the members (adds another Regional Director to the National Executive Board). Please watch for more information.

## Committee Chairperson

John Cannon

Western Region

*Funseekers/Rain. City Travelers*

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Never use any kind of petroleum-based products on rubber or plastic components in your RV, such as your trailer connector. That includes products such as Vaseline, WD40 or any other type of spray lubricating oil. Doing so will eventually break down the plastic and/or rubber components causing them to swell up and eventually disintegrate. The proper treatment is anything silicone-based. Heavy Duty Silicone is useful on rubberized door sweeps and is good for general connector cleaning and lubrication.

## WAITING CAN BE RESTORATIVE

By now, those of us who did not enjoy the privilege of snow-birding to the south or the west to escape the harshness of winter snows and the frigid colds of the northern regions of both the east and west, or the central states from the Canadian border to the Mason-Dixon Line... We are ready to enjoy the warmth of spring and summer days as we cruise down the road to our favorite RV campsites and exciting POI's. Our eagerness to hear the roaring of diesel engines crushing through the headwinds; or to smell the mesmerizing fumes of hardworking gasoline motors gliding across the interstate highways is insatiable. The yearning desire can only be quelled by the memories of last year's Club Campouts, Regional and National Rallies. The anticipation of the events of the new year sprinkles an unparalleled excitement to our waiting!

While waiting can be quite loathsome, it can also be restorative. From the beginning of God's relationship with mankind, we have been admonished over and over again to wait. In the religious experience of many of the faithful members of NAARVA, there are multiple admonitions to wait. The Bible teaches: ***"Wait on the Lord, and be of good courage!"***

Another of my favorite passages from the Bible emphasizes the positive value of waiting. It promises unequivocally: ***"But they that wait upon the Lord***

***shall renew their strength..."***

Not only are we taught to wait; but, among other things, we are often told how to wait. We are even reminded from time to time of the benefits of waiting. We are told of those who wait: ***"...they shall mount up with wings as Eagles; they shall run, and not be weary; and they shall walk, and not faint."*** Waiting can indeed be restorative!

Waiting gives rise to our review of previous actions! Waiting encourages the contemplation of better methods! Waiting breeds renewed energies! Waiting calms nervous anxieties! Waiting fosters stronger relationships! Waiting transforms bland anticipation into lifelong memories! And while waiting is unavoidable, how we wait can make the difference between disappointment and fulfillment. The kind of fulfillment that comes from positive waiting adds excitement to the activities for which we wait. Campouts are better; Regional and National Rallies are more exciting; fellowship with old friends is enhanced; we emerge as better people from the activities resulting from positive waiting! The above referenced



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text makes it clear that the ability to soar with eagles; the endurance to run without becoming weary; the strength to walk and not faint is all the result of such waiting.

Of course, you have a choice! You can wait grudgingly, and minimize the enjoyment of all of the upcoming events; or, you can wait with the kind of excitement that guarantees a fulfilling year ahead!

While I look forward to greeting some of you at your Regional Rally; I look forward to greeting all of you during our National Rally in Doswell, Virginia. May the blessings of God be upon us as we wait patiently, reflectively, correctively and joyously for the presence of God in all our activities of 2020.

### 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.**



Find us on  
**Facebook**

**2020 NAARVA  
NATIONAL CAMP RALLY**

**“NAARVA Exploring the East Coast”  
(History and Heritage)**



**July 19-26, 2020**



**The Meadow Event Park**

**13191 Dawn Blvd.**

**Doswell, VA 23047**

**Hosted by: Eastern Region**



## SOUTHERN REGION

Dear NAARVA Southern Region Members and RV Friends:

The members of *Good Life and Gulf Coast Ravens RV Clubs* are excitedly preparing for your arrival to the 17th Annual NAARVA Southern Region Camp Rally at the Agricenter International Expo Center in beautiful Memphis, TN. This year's theme is "Memphis bound....let the RVs Roll!"

Agricenter International is the world's largest urban farm and research facility, a venue for learning about agriculture, forestry, and natural resources. It hosts a variety of events on the 1,000-acre property and houses the Expo Center, RV Park, and Catch'em Lake. Conveniently located across the street from the Agricenter is Shelby Farms Park, one of the largest urban green-spaces in the U.S. and it has so much to offer, including several bodies of water and a wide variety of activities.

In addition to many fun events and live entertainment at the Rally (including the BB King Experience Blues Review featuring Big Daddy Cade!), you will enjoy the wonderful sights and rich history of Memphis. Known as the home of Blues, Soul, and Rock-n-Roll, it's also home to the National Civil Rights Museum at the Lorraine Motel. And bring your appetite so you can fill up on delicious BBQ! We will also have an Ole School Block Party.

We invite you to join us April 19 - April 26, 2020 in Memphis, TN. Our top objective is to ensure you have a great camping and vacation experience. Non-NAARVA participants are also welcome! If you are not traveling in an RV, Agricenter is partnered with a variety of local hotels that offer a discount.

Invite your friends and family and register for a Camp Pass so they can join in the fun.

The Good Life and Gulf Coast



**MONICA FORD-DAVIS**  
Director, Southern Region

[srdirector2016@yahoo.com](mailto:srdirector2016@yahoo.com)

Ravens RV Clubs and the superb staff at the Agricenter International Expo Center are eagerly anticipating your arrival. Visit their website at <https://www.agricenter.org/expo> for more information.

Official Rally Links:

[Southern Region/https://www.naarva.com/southern](https://www.naarva.com/southern)

[SouthernRegionRally.com](https://www.naarva.com/southern)

Facebook: [www.facebook.com/NAARVASouthern](https://www.facebook.com/NAARVASouthern)

Instagram: [www.instagram.com/naarvasouthernregionrally](https://www.instagram.com/naarvasouthernregionrally)

Twitter: [www.twitter.com/aarvasouthern](https://www.twitter.com/aarvasouthern)

## CENTRAL REGION



**JEROME MOORE**  
Central Region Director  
[Jhercules1950@gmail.com](mailto:Jhercules1950@gmail.com)

The Central Region continues moving forward. As we move into 2020, the Region has several tasks we are working on. Here is just a sampling:

- Here's hoping that everyone will be Branson Bound for the NAARVA Central Region Rally. The NAARVA Central Region Executive Board has heard our members loud and clear that the 2019 Rally was "Off the Chain!" So, we're working hard and steady as a team in making preparations for the 2020 Rally an exciting and funfilled

week. Please read the flyer for a sample of a few of the activities we have planned. The Registration packet is also on the NAARVA website.

- The Central Region will also conduct their Executive Board Elections. The Officer positions are open to Active Central Region members. If you are interested, please see the Nomination Form and Guidelines on the NAARVA website under the Central Region Section for established deadlines.

- The 2021 National Rally will be held at the CAM-PLEX in Gillette, WY, located at 1635 Reata Drive in Gillette, Wyoming. The CAM-PLEX has 1,000 acres of land, a fine arts theatre, convention exhibit hall, 2 multi-

purpose pavilions, a race track and rodeo grounds, with over 1,000 RV sites with full service hookups. We have a contract with the CAM-PLEX for July 18-25, 2021. Put this date on your calendar for 2021, as we prepare for another great NAARVA National Camp Rally.

- The *Minnesota Voyager's RV Club* has formed and will be submitting their application to become a Chartered Club of NAARVA. The *Minnesota Voyager's* are looking forward to receiving their Charter soon.

In closing, I've enjoyed these past two years as Central Region Director and will be passing on the baton to the new leadership.

**In your service,  
Jerome H. Moore**

## NAARVA

**Central Region Rally**  
**City Close, County Quiet - Branson Bound**  
**May 31 - June 7, 2020**

**American's Best  
Campground**  
**499 Buena Vista Road**  
**Branson, MO 65616**

### RUG HOOKING

Rug Hooking hosted by our very own **Sandra Bryant**, Central Region, Ebony Dream Makers.

Ladies and Gentlemen, need something to do on those long RV trips. The Central Region has something for you. Bring your own latch hook and all other supplies will be available.

Think of a design and bring it with you. For those of you who have mastered this art form join us and bring a rug you have completed or are working on.

You will receive details including date and time prior to the start of the Rally in Branson, MO.

*Introducing the  
Behavior of  
Colors*



*Scrapbag  
Treasurers*



**The Branson Belle**  
**Dinner Cruise**  
**June 2, 2020 - 4:00 PM**



**Boogie Back to the 70's  
Ladies Luncheon**

*Friday, June 5, 2020*  
*Celebrity Station Pavilion*  
*11:00-12:30 p.m.*



*Do you have a 70's outfit in your closet? Here's your chance to break out and boogie down with the best of our Ladies 70's Luncheon. Take that outfit out of the closet, wear it and boogie down.*

## WESTERN REGION

The Western Region of NAARVA is pleased to announce that we will return to Durango RV Resort for our 2020 Rally. The theme of our rally is **“WESTERN REGION GOES HOLLYWOOD.”** We are going to roll out the red carpet, and welcome all to come out with us and enjoy the glitz and glamour.

The Rally begins Tuesday March 24, 2020 and continues until Sunday March 29, 2020. Tours and seminars will fill the week, as well as regional meetings. Fellowship is also a big part of the rally, as we renew and discover new relationships throughout the region.

Club sponsored Lunch on

Thursday and Breakfast on Friday will be offered to all attending.

The culmination of the Rally will be our Saturday night Red Carpet “Glampers Ball.” Get dressed up and walk the Red Carpet, take pictures in front of the Hollywood Red Carpet backdrop and enjoy a delicious catered meal, followed by the Western Region Cake Auction.

The Western Region continues to grow, and we look forward to welcoming new families everywhere we go.



**CHARLES GILL, JR.**  
Director, Western Region  
[cdg2511@comcast.net](mailto:cdg2511@comcast.net)

All regions are encouraged to attend the Western Region Rally. We look forward to a great Rally out West.



**NATIONAL AFRICAN AMERICAN  
RVer's ASSOCIATION  
(NAARVA)**

**WESTERN REGION GOES  
★ "HOLLYWOOD" ★**

**COME OUT AND JOIN US ON THE RED CARPET**

**MARCH 24, 2020 Through MARCH 29, 2020**

**DURANGO RV RESORT  
100 LAKE AVENUE  
RED BLUFF, CA 96080**

**Go to ([www.naarvawesternregion.com](http://www.naarvawesternregion.com)) for Registration Packet**

## *Your Health Matters...*



**February** is Heart Health Month, the perfect time to learn about your risk for heart disease and the simple steps you can take now to help your heart. Start with these daily dietary changes and soon you will be inspired to keep up the momentum leading towards a healthier and stronger heart. *Gwynne T.*

♥ **Monday: Go Meatless.** You'll reduce your overall saturated fat intake, which help prevent heart attacks. Try beans, lentils, tofu, or unsalted nuts to replace meat.

♥ **Tuesday: NO to sugary beverages.** They're typically high in calories and low in nutrients. Quench your thirst with water or sugar-free beverages.

♥ **Wednesday: Take 10.** That is a 10 minute walk, at least 3 times today. Even this small burst of activity can help your heart. Walk briskly enough to increase your breathing and heart rate.

♥ **Thursday: Lighten Up.** Go from whole milk, yogurt, butter, ice cream and cheese to low-fat, non-fat or total elimination for the day. Milk made from soy, rice, almond, hemp seed, and oat are suitable alternatives to dairy products, without the artery-clogging saturated fat. Many stores now cater to vegan customers so many of these ingredients are easily and cheaply accessible.

♥ **Friday: That's Fishy.** Fish containing omega-3 fatty acids may reduce inflammation throughout the body. Inflammation can damage your blood vessels and lead to heart disease and strokes. Salmon, trout, tuna and herring are great choices.

♥ **Saturday: Time to relax.** Set aside at least 15 minutes to sit quietly and breathe deeply. Take a yoga class; listen to soothing music; pray and meditate; be mindful and present; turn off your devices and notice your stress just floating away.

♥ **Sunday: Evaluate.** How did you feel after your heart healthy week. Which of these new healthy heart habits can you work into your life and will you try new habits? These are small steps, but excitement grows when we see progress. Forgive yourself if you fall off but do get back on track. Remember that change takes time. But your heart will love you for it.

# There's An App for That!



## ***RV Life — RV GPS & Campgrounds***

Ever wanted to get real and updated reviews of RV parks and resorts you're considering for a stay-over, as you plan your next road trip? RV LIFE is a community-powered ecosystem that connects you to over 875,000 RVer's. The goal is to learn from each other's experiences and build the ultimate campground locator and RVing GPS App.

Working together, traveling adventures become safer, less expensive and more enjoyable. By turning your Smartphone or iPad into an RV GPS, there is no more worrying about low clearances, narrow roads or being

routed over an unsafe winding road mountain pass that so many of us have unpleasantly experienced.

The RV LIFE App is an easy to use RV trip planner companion. The campground locator contains over 10 million data points including 350,000+ reviews covering over 18,800 campgrounds, RV parks, and RV resorts. Designed by RVer's for RVer's, it's the little details that make this App standout. Internet connections can sometimes be nonexistent when we're traveling or camping. The App was designed to work offline. You can download the entire campground knowledge base, including maps so the RV GPS will work without requiring you to be connected to the Internet.

The RV Park and Campground locator is very comprehensive. Filters make it the perfect tool for RV trip planning. You'll find a campground, RV Park or Resort that is a great fit for your travel needs. You can filter to see only highly rated campgrounds and sort by the number of reviews to see the most popular. Search for campgrounds by types such as National Parks, State



**BRUCE TONEY**  
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Parks, KOA campgrounds, BLM campgrounds, or even find ones that are Big Rig friendly. Find campgrounds that offer discounts such as Good Sam, Passport America or AAA.

Another useful feature of the App are tips left by other users. With over 65,000 tips you are sure to hear about area attractions, tasty eateries and other relevant tidbits. You can access tips by looking at any campground's details page.

This App is available for both iPhone and Android and is free for you to explore. There are in App purchases should find them necessary.

## **Travel is Good for Your Heart Health**

Many of us have seen a quote "travel is good for the soul." What if we told you we had scientific evidence that quote was real? With only 46 percent of Americans using their paid vacation time and less than 40 percent of U.S. citizens owning a passport, we're spending more of our time working than taking time to relax and taking in the world around us.

The next time you're contemplating skipping a special occasion or putting a trip on hold, you might want to reconsider that choice. Taking that trip can be beneficial to your health especially your heart's health.

The U.S. Travel Association found that those who don't make time for vacation are more susceptible to developing heart disease.

Vacationing can reduce stress, in-

crease your creativity, fuel productivity, and decrease heart health ailments, especially in women. Heart disease is the number one killer of women in the United States, with 1 and 2 black women having some form of the disease. Women who don't take time off are at a higher risk of developing and dying of heart disease than women who make time for travel. Men also benefit. Vacationing can lower men's risk of death from cardiovascular disease by 32 percent.

For many, travel may seem indulgent, but the reality is that traveling can benefit the mind, body, and spirit. Since depression is twice as likely to occur in people with heart disease, traveling can often ease both issues. We want to encourage you to take those vacation days and make time to decompress. Your health is counting on it.

*(Excerpt from article by Bianca Lambert. Edited for brevity.)*

### **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)

## February is **Black History Month** — NAARVA Honors...

### *Dr. Gladys West, the ‘Hidden Figure’ of GPS*



The next time you use any navigation device or Google Maps, you can thank Dr. Gladys West.

Whether you are getting driving directions in your RV or car, or tagging the location of an Instagram photo, the use of GPS (Global Positioning System) has become seamlessly integrated into our daily lives. But less ubiquitous is the knowledge that GPS got its start in the mind of an Air Force mathematician named Dr. Gladys West.

West used the information from satellites to refine over the years an increasingly detailed and accurate mathematical model of the actual shape of the earth — called a “geoid”. This computational modeling would eventually become known across the world as the Global Positioning System (GPS). Despite her achievements and long career with the military, her accomplishments remained unappreciated until she submitted a short biography for an event honoring members of the Alpha Kappa Alpha Sorority. It included a short line about how she had been part of the team that developed GPS, and caught the eye of one of her sorority sisters — who was determined to share West’s story. In 2018, West’s story was covered by the Associated Press, and then on 12/16/18 she was officially recognized by the U.S. Military Air Force

Space Command, which celebrated her as a ‘hidden figure’ of military history, in a ceremony at the Pentagon, one of the Air Force’s Space Commands highest honors.

To this day 89 year-old West prefers using a paper map and making her own calculations rather than using the GPS technology that she helped develop, saying she still trusts her brain above all.

West lives in Sutherland, Virginia with her husband of 63 years, Ira West.

### *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 May 1, 2020.**

NAARVA members may access *The Voice* 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).

### **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.**

