



SMART

E-NEWS

“Seeing the Country We Defend”



SMART HEADQUARTERS

SMART BI-MONTHLY SUPPLEMENT

MAY 2023

September 18—22nd, 2023

Plan to come to our 40th Anniversary
Celebration of SMART Veterans RV Club

Amana RV Park & Event Center

Amana Colonies, IA



Lee Greenwood has been nominated to be a

Honorary Partner of SMART

He will be given a Honorary Partner Plaque at our 2023 National Muster this year in Amana Colonies, IA . Lee Greenwood has been a big supporter of Veterans though out his singing career. We look forward to having him join us in SMART as a “Honorary Partner of SMART”.

Check out all the new exciting Caravans
we have to offer for 2024

Pages 6-10



Breakfast Foods for Maximum Energy

A mix of fiber and protein is the key. These ideas can help you fuel up.

What if there was a simple change you could embrace to boost energy, fend off weight gain, and live longer? It turns out there is: Studies show that having breakfast can unlock those benefits. But the

key is

choosing the right foods – those rich in protein and fiber. Sounds easy, but how do these foods fit in with your appetite and lifestyle? Here are some ideas.

The Nutrients You Need The fiber-protein combination can keep you satisfied, boost your energy, and help protect against some illnesses. Fiber takes the body a while to digest, so it fends off hunger. And the combination of fiber and breakfast

helps your health. In a study in the Journal of the American of Family Medicine on 2021, those who ate a morning meal had a 31% lower risk of dying from any cause during the study period than those who didn't. But even among breakfast eaters, fiber played a role. Those who had a morning meal and a high fiber intake had a 21% lower risk of mortality from all causes than those who ate breakfast but got less fiber. Conversely, people who had a high fiber intake but did not eat breakfast didn't see any benefit. Like fiber, protein keeps you full. Research shows that eating a protein-packed breakfast keeps blood sugar stable for hours afterward, preventing the energy slumps that lead to snacking and overeating.

Aim to get at least 8 grams of fiber and 15 grams of protein in your morning meal. Here are a few ways to do that:

- Two scrambled eggs with vegetables and 1 tsp of shredded cheese wrapped in a whole-wheat tortilla, plus a medium apple, for 8 grams of fiber and 19 grams of protein.
- A smoothie made with ¼ cup oats (pulverized in a blender first), 1 ½ cups of frozen berries, ½ cup of nonfat Greek yogurt, ¼ cup of orange juice, 1 tsp of orange zest, for 8 grams of fiber and 17 grams of protein.
- An Oats Oat Cup (Apple Cinnamon) from RX A.M. and a ¼ cup of almonds, for 9.5 grams of fiber and 19 grams protein.

4 Tips for a Healthier Breakfast

These are common obstacles that may stand in the way of healthy morning meals and some solutions that can help. You want only carbs.

A strong craving for carbs can signal that you are not getting enough protein or fat in your diet. But you can slip a protein into a carb-heavy breakfast. For example, if you like pancakes or waffles, replace half of the flour in the recipe with whole-wheat flour, and use protein rich cottage cheese or

Greek yogurt in place of half of the liquid. And switch from syrup to a scoop of nut butter and fruit.

Another healthy carb choice: oatmeal. This whole grain has 4 grams of fiber per cup. Increase the protein content by serving it with milk and nuts.

You are not very hungry.

People have different internal clocks that influence hunger. If you do not have much of an appetite when you wake up, it is okay to wait an hour or two before eating. Can't stomach a full meal? Have something small that contains fiber and protein, such as Greek yogurt with berries or an apple with a cheese stick.

You are always in a rush.

Prep something healthy the night before. Mix chia seeds with yogurt and pop it in the refrigerator for a chia pudding. Or whip up a smoothie with fruit, Greek yogurt, milk, and flaxseed that you can grab and go.

You are not a fan of breakfast foods.

There is no rule that says you must eat cereal, eggs, or pancakes. Consider heating up last night's leftovers or making a peanut butter and banana sandwich on whole-grain bread.

Try the protein and fiber-filled smoothie recipes at [CR.org/4smoothies](https://www.cancerresearchandbiotechnology.org/4smoothies)



E-News. What is E-News for? It is for BOD's and Committees to put articles in for your enjoyment and information. So as the Recruiting & Retention Coordinator I want to again let you know that there is an abundance of recruiting material available to you for the asking. Just let HQ know what you want. Now is the time to get your pole (Traveler) and bate (application) and go to your favorite fishing hole (recruiting area) and bring in the big ones. No limit. No through backs. Just land them and bring them to the table (muster) As the President of the STAR Chapter I want to let the First Timers to the National Muster know, there is going to be a First Timers Session, Monday, Sept 18th , at 1530-1630. All BOD's, RD's, Chapter Presidents, STAR Chapter members and guests are invited. As the Advertising & Publicity Chairman I want to let y'all know that we have great posters available both large and small. Great place for the small ones, are the boards in the laundry rooms of the RV parks. And in dealerships. See y'all at our 40th Anniversary National Muster. Great one-time events are being planned. Get your reservations in now to see what is going to happen.

Richard Palmer, SMART 1st VP

As the Advertising & Publicity Chairman I would like y'all to try IGive.com for all your online purchases. Numerus stores to pick from. A percentage of your purchase cost goes back to SMART. What a great way to help SMART out financially.

Richard Palmer, Recruiting & Retention Coordinator

Attention all Members

Please make sure you go into your profiles online at SmartRVing.org and update your Address, Emails and Phone #s we are getting way to many returns on mail.

Thank you! SMART HQ

North East Regional Muster

June 6-11, 2023

Chestnut Lake RV & Campground Resort

New Jersey

Host: Ginny Louis 856-381-3969

SMART.ginnylouis@gmail.com





Summer has arrived! So much is happening now. The Michigan Bound Caravan is finishing up and the Alaska Caravan is preparing to start. The last touches are dropping in to place for the Autumn in the Appalachians Caravan. The 2024 caravans are busy solidifying schedules, and a cruise is on the docket for 2025. Such exciting activities are on the calendar with more to come.

The following musters are planned across the U.S. If something interests you, go online and register for it. You will have a great time. And don't forget about the National Muster in Amana, Iowa September 18 to 22. In just 3 months, we will be celebrating 40 years of SMART travel and camaraderie. What a great celebration it will be.

6/7-11 The NE Regional Muster, sponsored by the Capital Campers and the SMART Cats, will be held at Chestnut Lake RV & Camping Resort in Port Republic, NJ. Three tours include a winery, a brewery, and a dolphin watching cruise. There will be meals, potlucks, and lots of fun. Sign up now to be sure to reserve your place at this event.

6/7-11 FL Sunshine Chapter will have a muster at Paradise Oaks in Bushnell, FL.

6/11-17 The Golden Gate Chapter will get together at the Gold Ranch Casino & RV Park in Verdi, NV. Maybe you will walk away with the jackpot, hmmm?

6/28-7/2 The AR Hogs will hold a muster at the North Little Rock Riverside RV Park in Arkansas.

7/8 The AR Hogs will have a lunch at The Grumpy Rabbit followed by games at the home of Bobby & Lisa Duckworth.

7/17-21 Tri-State Travelers muster at Palmetto Cove Campground in Cleveland, SC. They are planning for meals, games, social hours, and fun, fun, fun.

8/19 The AR Hogs are back with a Summer Potluck and Game Day Muster. Potluck and games will take place at the home of Richard Engel. Sounds delicious! Love those potlucks.

I recently sent out a CALL TO ACTION challenging the membership to help with recruiting and retention efforts by setting up information tables at club events and RV shows around the country. Gather your members, solicit volunteers to staff an information table for 2 or 3 hours each, hang up a SMART banner, get ready to hand out brochures, and answer questions. Even just one person can make a difference. You don't have to be at a show the entire time it is open. Be there for just part of the show if that's all you can do. That's OK, too. Just get out and tell people about the benefits of belonging to SMART. There are several upcoming shows that we can participate in. Their schedules are as follows:

6/4-8 RVs Move America at the Mayflower Hotel in Washington, D.C.

6/8-11 Tampa Bay Summer RV Show, Florida State Fairgrounds, Tampa, FL

9/8-10 Fall Outdoor Showcase, Midwest Gateway RV Dealers Association, St. Louis, MO

9/13-17 America's Largest RV Show, Giant Center, Hershey, PA. *Note: this is an incredible show with*

thousands of attendees over a 5-day period.

9/22-24 Washington State Evergreen Fall RV Show, Evergreen State Fairgrounds, Monroe, WA

11/10-13 Portland Metro RV Show, Expo Center, Portland, OR

Melody C. Thomas, 2nd VP

How to use the Mil RV Parks Evaluation Program

Step #1 – Log in to the SMART website

Step #2 – Sign in under Members Only

Step #3 – On the Members Only page there are three rows of blue ovals – the first row is light blue, the second and third rows are dark blue. The third dark blue oval in the third row is labeled “Military RV Parks.” By clicking on that oval, it takes you to the **US Military RV Parks**/RV Park of the Year Awards page.



Step #4 – Go to “Submit an RV Park Evaluation Form”

Step #5 – Select the State

Step #6 – Select the Military RV Park

Step #7 – Complete Form, making especially sure that you answer Yes or No in line **Four**. If you do not, your evaluation cannot be used in voting for the Mil-Park-of-the-Year. (NOTE: You do not have to stay at the Mil-Park to evaluate it. Ask to see the park and do a drive-through. Write your evaluation from what you observe. The **best** place to leave the Travelers and poster is in the laundry.)

Step #8 – Submit form.

Done! Please submit the Evaluation even if you are not impressed by the Mil Park. This information gives me an opportunity to contact the Mil Park to see if there is a way we can help them to improve.

Thank you. Gene-O Chairman

*Special Thanks to Carol Adams, 03-04-23,
And Leroy Armacost, 05-20-23, for there evals on Fam-*

The 2023 Printed TRAVELERS are in.

These make great Recruiting Tools, if anyone wishes to get more please email HQ and we can mail them to you. We also have the Tri-Fold applications.

We can mail to you.

2023 SMART Caravans

2023 NORTH TO ALASKA CARAVAN



Start: June 14, 2023 End: August 26, 2023

Prepare for the trip of a lifetime! There is just no other destination with the same combination of wildlife, scenery, outdoor activities, history, and facilities. Known as the Land of the Midnight Sun, Alaska truly is the Last Frontier. The caravan starts in Shelby, MT and ends in Oroville, WA.

Wagon Master(s): Melody & Paul Thomas
Email: thomas4smart@gmail.com

Tail Gunner(s): Johnny & Linda Leggett Email: johnny_leggett@hotmail.com

Costs - Single Cost: \$7500.00 Couple Cost: \$11500.00 Guest Cost: \$4200.00

Payments: \$280 upon application; 50% by December 14, 2022; and full payment by March 14, 2023.



The North to Alaska Caravan will take place over 74 days. The group will overnight in 33 campgrounds, share 19 meals and 5 potlucks, and participate in 26 planned activities. Total mileage will be 5,800 miles/1,768 km. In addition, folks will have free days to explore on their own as well as additional excursions offered to those who wish to experience more adventure. There will be plenty of opportunities to fish, hike, bike, and explore the phenomenal scenery.

Some of the planned activities include panning for gold, cruises to watch sea life and glaciers, learning about Alaskan history, touching the Alaskan pipeline, holding husky puppies at a famous dog kennel, enjoying salmon bakes, touring cities, riding through Denali National Park, taking a train ride through the White Pass, riding a sternwheeler down the Yukon River, visiting wildlife centers, and watching bears feast on spawning salmon.



Members of the caravan will receive a jacket, a tote bag, a swinger, a travel guidebook, the MilePost, a video presentation, lots of comradery, a memory book filled with pictures and stories of your personal adventures on the Alaska Frontier shared with fellow veterans, and the chance to make lifelong friendships.

Go to <https://youtu.be/5JAPf6MwDiA> to see a preview of the caravan (skip the ad). Then

We Have 1 Opening Now!



Autumn in the Appalachians Caravan

28 Sep – 30 Oct 2023

Submitted by Kathy & John Steinbauer, Wagon Masters

Wagon Masters: Kathy & John Steinbauer, jfs9840@gmail.com (John)
kathy.steinbauer@gmail.com (Kathy)

Tail Gunners: Tony and Gina Mason, fresno632000@yahoo.com (Tony)
& belle1013@hotmail.com (Gina)

Cost for Double: \$4200 - Costs for Single \$2950 /Guests \$1300

Deposits and Payments: \$280 upon application; 50% by six months prior to start;

Full Payment: three months prior to start.

We will be leading the 33 day, 575 mile adventure in seven RV parks which will run right after the SMART National in Amana IA. Traveling along routes close to the Blue Ridge Parkway and Appalachian Trail, we will be viewing the beautiful scenery and highlights of the Blue Ridge Parkway, Smoky Mountains, Appalachian Trail, Skyline Parkway, and the Shenandoah National Park.



Along the way, we will experience the grandeur of mountain vistas, waterfalls, and valleys. We will also visit fall festivals, wineries, and travel the “The Crooked Road, Virginia’s Heritage Music Trail” which winds through the mountains of Southwest Virginia where Bluegrass, Old Time, and Traditional Country music is as beautiful and rugged as the landscape itself.

Number of Days: 33 days; Caravan Limit: 20 RVs; 575 mile caravan in Georgia, North Carolina, Tennessee, and Virginia. We will start the caravan in Cleveland, GA near Helen; then to Cherokee, NC; Asheville, NC; Bristol, TN; Galax, VA; Verona, VA near Staunton, VA; and end in Luray, VA. **Addi-**

tional Info: All participants will receive an **Autumn in the Appalachians Caravan** jacket, tote bag, and binder with trip itinerary and activities. For more details on the caravan contact John at

jfs09840@gmail.com or call 210-386-9018 or go to the SMART website at

<https://www.smartving.org/Caravans/>



2024 Whiskey and Water Falls Caravan

May 13, 2024, thru June 12, 2024



This caravan will visit several select distilleries and hike to select water falls along this 31-day 365-mile trip across middle America. Additionally, we will visit key museums, sites and activities along the way. Hiking into see waterfalls is also included as well as time to visit Ft. Knox for their Memorial Day activities and the Gen. George Patton museum.

Wagon Master(s): Joe Padberg & Diane Pepperell email: Padberg4rSmart@gmail.com

Tail Gunner(s): Paul & Melody Thomas email: Thomas4Smart@gmail.com

Cost: Single \$3600 Couple : \$5200 Guest \$1700.

Payments: \$280 upon application, 50% by November 13, 2023, and full payment by February 13, 2024



The caravan starts just south of Nashville, where we will visit the oldest registered distillery in the US, Jack Daniels. Here we will also visit the home of country music, the Grand Ole Opry, along with Ryman Auditorium. Other visits include George Dickel distillery and Belle Meade Estate & Winery.



The next stop is near Bowling Green, Kentucky where we will visit the National Corvette Museum, their Aviation Park and their Historic Rail Park, along with Dueling Grounds Distillery. Time will be allowed to visit Mammoth Cave on your own.

We next move to Bardstown, KY, a major hub in the Bourbon industry. From this base we will have breakfast and tour at Churchill Downs in Louisville, the Louisville Slugger and a trip on the Belle of Louisville, steamboat. Back in Bardstown we will visit the Oscar Getz Whiskey Museum, Jim Beam distillery and Forest Giants trail. Also, day trips to Ft. Knox for their Memorial Day ceremonies and a visit to the Gen. George Patton Museum.

Our next stop will be near Frankfort and Lexington, KY. Here we will visit the KY State Capitol building, Four Roses and Buffalo Trace distilleries and take the Thoroughbred Heritage Tour.

The last stop will be inside the Daniel Boone National Forest. Here we will have time to hike and visit several waterfalls within the forest, including Yahoo falls, Dog Slaughter falls and Cumberland falls, the 'Niagara' of the south.



2024 MARTIME CARAVAN

START DATE: June 15, 2024 **End:** August 27, 2024

Prepare for the trip of a lifetime! Your adventures will begin and end in Maine. We will travel through amazing, picturesque coastal scenery to experience the wonders of the 4 Canadian maritime provinces.



Wagon Master(s): Tony & Gina Mason Email: fresno63@hotmail.com

Costs - Single Cost: \$7100 **Couple Cost:** \$10550

Guest Cost: \$3484

Payments: \$280 upon application; 50% by December 15, 2023; and full payment by March 15, 2024.

You will stay at 24 different campgrounds, 30 meals planned, 3 Charter Bus Tours, Visit 4 historic Settlements, International Tattoo, Highland games, Anne of Green Gables, Men of the Deep, Twillingate Dinner Show, Celtics Ceilidhs, 9 Geologic Sites, National Parks, Prince Edward Island sail on a Tall Ship and much much more!

Go to www.SmartRVing.org

To see more info



2024 Grand Canyon and Beyond

April 13 thru May 5th

Watch for more details Coming Soon!
Your Wagon masters David and Jackie Weis
Are working hard on it now.

Sign up online Now at SmartRVing.org



Veterans Unite in Branson 2024

Start: November 06 - 15, 2024

November in Branson turns into America's Christmas Tree City! Tinsel, Lights, and Ornaments cover the entire town, but this isn't all they have to offer. We are also privileged to learn from Honor and reconnect with fellow Veterans from around the Country at this event.



Wagonmasters David & Jackie Weis

Email: dweis74@hotmail.com

Costs: Couple Cost: \$2040 Single Cost: \$1405 Guest Cost: \$805

Payments: \$280 upon application; 50% by May 06, 2024; and full payment by August 06, 2024.

There are only 16 openings left sign up soon!

This will be a fun filled packed week in Branson. We have tickets planned for the Christmas Story at Sight and Sound, Lunch on the Branson Belle, Dinner at Dollys Pardons Stampede, Murder Mystery Dinner, Grand Country Buffett and Show, Veterans Memorial Museum, Music show SIX, Aquarium of America, Trail of Lights by Tram, in Shepperd of the Hills, Ralph Foster Museum, Yakov and the Grand Jubilee and attendance in the Veterans Day Parade. You don't want to miss an exciting minute of this great caravan all centered around veterans just like you!



2025 SMART Caribbean Cruise Caravan



Join your fellow SMART members and step on board the beautiful Celebrity Eclipse. Celebrity is known for it's fine dining, service, and spacious public areas. There are also nightly shows and entertainment throughout the ship.

Prices include 4 FREE Perks: FREE Wi-Fi, FREE Gratuities and FREE Classic Beverage Package PLUS \$200 Per Cabin On Board Credit for Balcony and Above and \$100 Per Cabin for Inside Cabins when you book before April 8th, 2024

\$450 per person deposit is 100% refundable until Final Payment of No-

vember 10th, 2024.

SMART Rally Fee is \$125.00 Per Cabin and must be paid directly to [SMART](https://1b59a9-6042.icpage.net/smart-caribbean-cruise-feb-2025) separately. More information may be found at <https://1b59a9-6042.icpage.net/smart-caribbean-cruise-feb-2025>

There are 14 cabins left out of 40, So hurry up don't miss the boat!

The South Central Regional Muster was hosted by the MS Magnolias at Anchors Aweigh RV Resort Park in Foley, AL, May 9-12, 2023. As the first SCR Muster since 2018 and with more than 60% of the host chapter as first timers the MS Magnolias were in uncharted territory. Under the leadership of SCR D Nita Taylor, Muster Master Denny Olvany, Asst MM Charley LeBlanc and newbie MS Magnolia President Jan Lemaire, everyone rose to the occasion and exceeded expectations. Our reviews, which were from 90% of the attendees were very positive and spoke to the efforts of everyone involved. **Thank you to ALL who worked so hard to make it happen.**



The Foley High School ROTC students, instructed by Darrell Howard provided the patriotic posting and retirement of the flags during the opening and closing ceremonies. President Jan Lemaire along with Joe Battaglia and Dave Lemaire presented a memorable POW/MIA ceremony. After that Dave Lemaire and Joe Battaglia did a stirring Roll Call of deceased SCR SMART members in the past five years since the last SCR Muster.

We ate lots of food with two breakfasts by the Arkansas Hogs and the Florida White Sands Panhandlers, 2 catered meals and separate Luncheons for the men and women by the Gift Horse Restaurant of Foley, AL. Besides that, there were lots of local restaurants to choose from when you were on your own for meals.

We played lots of games with four tournaments and a Card Bingo with 40 players. We conducted our first Brown Bag Auction with 63 bags and it was hilarious to participate in or just to watch. Also, impressive sums of money were won by many lucky attendees. The 50/50 raffles, Silent Auction, Flea Market, seminar by Mr. RV Tech Josh Bedsaul about RV Maintenance and Repair, Candle Craft by Nancy Arce, and musical entertainment by Leonard Houston were also included in the four days of this jam-packed SCR Muster.

Submitted by Gloria Brady-Cross, Secretary of MS Magnolias

ATTENTION SPOUSES

If you're not a member of SMART, what are you waiting for?
Join now and you can Vote and have your own Member Number and Help
Support SMART.

Plus you have the
opportunity to Win Door Prizes ...
Join today for just \$30 a year.

(and your spouse can get credit for recruiting you!)

Photos from the 2023 Michigan Caravan



JUNE SMART E-NEWS 2023

S*M*A*R*T - SPECIAL MILITARY ACTIVE RECREATIONAL TRAVELERS RV CLUB

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