

# SMART TRAVELER

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JULY 2023

HAPPY 4TH OF JULY



**2024 Maritime Caravan**

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SMART is a not-for-profit 501(c)19 Veterans Organization



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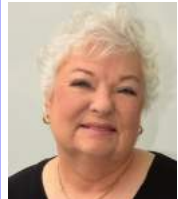
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Go to our website for more info [www.SmartRVing.org](http://www.SmartRVing.org)



*From the desk of our SMART President:*

## SUMMER SAFETY

(Extracted from AARP.ORG/Bulletin, June 2023, Vol 64, No 5)

Splashing in the waves! Hitting the road!! Going to shows! These are some of the joys of summer, and if ever there was a time we could use more joy, it's summer of 2023. So why, you ask, are we pointing out all the risks that come with the season? Simple: By being well briefed in advance, you can enjoy yourself more – confident that, in the unlikely chance something dicey comes up, you'll be prepared for it. To help, we've asked professionals with expertise in all aspects of summer-time activity.

### STAY SAFE AROUND TOWN

**Distracted Drivers** – There's no way to know if the drivers around you are texting or eating lunch or both. Your best strategy to avoid deadly accidents is to rely on defensive best practices. Use the "what if" strategy: As you are scanning the road, ask yourself, "What if that car runs that red light?" or "What if the driver ahead of me is reading a text?" Doing this allows you to respond to the situation and choose the most appropriate defensive action, such as covering the brake and/or increasing your following distance. Speaking of phones, set yours to "do not disturb" while driving, and put it in a spot where it won't slide around but will be accessible in an emergency.

**Ryan Pietzsch**, driver safety educator, NSC

**Road Rage** – Start with prevention, not provocation. Drive with common courtesy: Let others merge or change lanes, drive at a speed comparable to those around you, use turn signals and don't tailgate. Tap your horn only as a last resort. Show restraint if a fellow driver does something illegal or inconsiderate. Avoid angry hand gestures, honking or cursing. If you find yourself dealing with a hostile or aggressive driver, don't engage. Keep driving calmly. If it escalates further get to a public place, such as a police or fire station. Stay in your car. If you feel at risk, call 911.

**William Van Tassel**, manager of driver training, AAA

**A Stranger Behaving Erratically** – Remain calm. Move away if you want to and are able to do so casually. If you, the person or someone else is in immediate danger, call 911 or, even better, 988 – a new national mental health emergency number. If you call 911, tell the dispatcher and ask for a mental health support response team. If the person confronts you directly, use a quiet and respectful tone; reacting with high-intensity emotion may escalate the situation. A compassionate statement from you – such as

"I'm sorry you're going through this" – may help calm the person down.

**Michael Flaum, M. D. IPP**, American Association for Community Psychiatry

*Submitted by Gene-O*





### SMART 1st Vice President

Well we've all been waiting for spring to arrive so that we can get the rigs out and on the road. Well spring in Texas arrived for a short time then summer pushed her out of the way and summer is here in south Texas cooking up a storm. Now it's too hot to travel. Roads are too hot in the south for the tires to take long trips. And it's now too hot to climb up on the roof of the rig to fix the A/C that was hit by a tree limb in the neighborhood while departing for a short cool trip. So I've taken this time enjoying the home A/C to do recruiting on the internet. Hooked up with an acquaintance we met in Weatherford, TX and sent him SMART materiel for him to pass out. Fishing by proxy, I call it. Never pass up a chance to recruit.

As y'all have probably heard, we will be Honoring Lee Greenwood with an Honorary Membership plaque at the National. His appearance is still pending his 3<sup>rd</sup> quarter event schedule planning. His Soldier Valley Spirit, an all-veteran owned group, 5<sup>th</sup> wheel has also been invited to attend. So get your reservations in and come be part of the presentation.

Richard D. Palmer  
SMART 1st Vice President

*The difference between Ordinary and Extraordinary is a little Extra.*



### Message from your 2nd VP

As I write this article, we are sitting in St. Mary, Montana, getting ready to start the North to Alaska 2023 Caravan. Folks have started arriving – some as early as June 10 (even though we don't start until June 14). We have a very eager group who are excited to begin this great adventure. The sense of anticipation is palpable. Watch for postings on our Facebook page as we wend our way through Canada and Alaska.

People are starting to head out across the U.S. We have met many people who are out and about already. Let us also be mindful of SMART activities during those travels. The following musters are planned across the U.S. Include some of these in your planned travels. If something interests you, go online and register for it. You will have a great time.

**Don't forget about the National Muster in Amana, Iowa September 18 to 22. In just 2 months, we will be celebrating 40 years of SMART travel and camaraderie. Lee Greenwood, singer and songwriter, will be inducted into SMART as an honorary partner. What a great celebration it will be.**

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.

9/14 The White Sands Panhandlers will have a Chow Call at the Broussard Bayou Grill in Navarre Beach, FL at 11:00 a.m.

9/15-17 The Nomads will hold their pre-muster meeting and lunch in Amana, Iowa, prior to start of the National Muster

9/18-23 The Nomads will hold their annual meeting during the National Muster

9/23-25 The Nomads will hold their post-muster meeting following the end of the National Muster in Mount Pleasant, Iowa .

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:

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*

## **2023 SMART NATIONAL MUSTER**

**COME CELEBRATE OUR 40th (RUBY) ANNIVERSARY**

**With us in**

**AMANA COLONIES, IOWA**

**Sept 18-22, 2023**

***(get your FREE 40th Anniversary  
Commemorative Pin )***



***Sign up online at [www.SmartRVing.org](http://www.SmartRVing.org)***

## Golf Tournament: September 19, 2023 in Amana, Iowa

Must be signed up before August 1, 2023

Fill out this form and mail it to:

S\*M\*A\*R\*T

114 Duxbury Ave

Molino, FL 32577



Name/Names: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Include \$10 per each golfer for Food & Prizes

The tournament will include a putting contest before we begin play. We'll be playing under the scramble format, so no matter your skill, you will have fun. Hopefully, we will get enough players, men and women, to have a shotgun start. We will have a ceremony, prizes, and snacks after everyone has completed play. Sign up as soon as possible to ensure we have a great tournament. If you have any questions, contact, James R. Collier, 2023 Tournament Coordinator 210-289-8248

Golf tournament will be held at "Brown Deere GC" if we get enough players. Need at least 36 players to commit to the golf tournament, by August 1. We are in need of quick response, in regards to your intention of joining us for a great day of golf. We would like to have all you women and men golfers sign up. The more the merrier, plus we can get better deals!

## **DEADLINE to order your** **40th Anniversary National Polo** **Shirt is July 10th, 2024**



**Mens and Ladies**

**\$24- \$26**

**Place order when you sign up for National online**

**[www.SmartRVing.org](http://www.SmartRVing.org) or email at [smart@smartrving.org](mailto:smart@smartrving.org)**



### ***A Message from our National Chaplain***

***Find 30 books of the Bible (circle or underline your answers)***

***There are thirty books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving the puzzle so involving, she brews a cup of tea to help her nerves.***

***There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new sales record. The local paper, the Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "the books are all right here in plain view hidden from sight". Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind that punctuation and spaces in the middle of the names are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus. There really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found.***

***Lamar Enfinger***

***(Answers will be in next E-news)***

**2024 National Muster**

**will be in Ladson, South Carolina September 16-21, 2024**

**2025 National Muster**

**will be in Mineola, TX Sept. 15—19, 2025**

# 2023 SMART CARAVANS

## Autumn in the Appalachians Caravan

28 Sep – 30 Oct 2023

**Wagon Masters: Kathy and John Steinbauer, 210-386-9018 (John Cell) 210-386-9024 (Kathy Cell) Assistant Wagon Masters Gina and Tony Mason, 813-480-9170 (Tony Cell) 813-480-9185 (Gina Cell)** Cost for Double: \$4200, Single \$2950, Guess \$1300; Full Payment: Due Now. 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 with a departure date of 28 SEPT which is about 850 miles to our first campground. 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.



Number of Days: 33 days; Caravan Limit: 20 member RVs plus the WM and TG; 575 mile caravan in Georgia, North Carolina, Tennessee, and Virginia. We will start the caravan in Helen, GA; then to Cherokee, NC; Asheville, NC; Bristol, TN; Galax, VA; Waynesboro VA near Staunton, VA; and end in Luray, VA. We will be sight-seeing at several locations where there will be considerable walking to enjoy the venue. The first will be in Asheville, NC at the Biltmore.

This link provides info on the tour of the Biltmore for individuals with mobility issues <https://www.biltmore.com/help-center/accessibility/> The next will be in the Staunton, VA area where we will go to Charlottesville, VA where we will visit Thomas Jefferson’s home, Monticello.

This link provides info on the tour of Monticello <https://www.monticello.org/visit/tips-for-visiting/accessibility-2/> The last place is at our last stop in Luray at Luray Caverns <https://luraycaverns.com/news/luray-caverns-is-step-free-at-last/>

Additional 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](mailto:jfs09840@gmail.com) or call 210-386-9018 or go to the SMART website <https://www.smartring.org/Caravans/>



# 2024 CARAVAN

## Grand Canyon and Beyond... April 11– May 5th of 2024

**April 11th of 2024**, we'll kick off the Grand Canyon and Beyond Caravan in Williams Arizona. We'll tour the bottom of the Grand Canyon by 4 wd Vans, ride a Tram to view the Canyon Rim, enjoy a calm water float trip to Horseshoe Bend, We'll take a Jeep Safari tour of Monument Valley National Park with a real Navajo code talker as our tour guide. We'll take a Jet Boat Cruise and enjoy a light show and Dinner in Moab Utah. We'll take a Bus tour to Arches and Canyonland National Parks. We'll take a tour of Capital Reef by Jeep, tour Bryce Canyon National Park by shuttle, and Zion National Park before we head to Las Vegas, Nevada. In Las Vegas we'll enjoy a few shows and dinners and take a bus trip to tour the Hoover Dam. This and so much more is what you'll be enjoying from April 11th to May 5th 2024. Now is the time to get your application and deposit of \$280.00 into SMART Headquarters as we are limited to 20 RV participants.



David & Jackie Weis will be your Wagonmasters  
dweis74@hotmail.com for this wonderful trip.  
Assistant Wagonmasters: Melissa Wade  
and Phyllis Enfinger smart@smartrving.org

Prices: EST Couple \$6495 Single EST \$4500 Guest \$3495  
Price includes, Camping, Dinning, Tours, Shows,





# 2024 Whiskey and Water Caravan

*Start: May 13, 2024, End: 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 to see waterfalls is also included as well as time to visit Ft. Knox for their Memorial Day activities and the General George Patton Leadership Museum.

**Wagon Master(s):** Joe Padberg & Diane Pepperell email: [Padberg4Smart@gmail.com](mailto:Padberg4Smart@gmail.com)

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

**Cost:** Single cost: \$3600 Couple cost: \$5200 Guest cost: \$1700

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



**Sign up today, We have several spots available!**

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 facility, and a trip on the Belle of Louisville, steamboat. Back in Bardstown we will visit the Oscar Getz Whiskey Museum, and 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. Free days will be provided for participants to visit distilleries of their choice and other sites. Take a hike to Tio-ga Falls, if you are up for a steep trail.



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. Time is allowed for personal visits to sites of your choice.

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. Free time is allowed to explore the area on your own, including the original Kentucky Fried Chicken.

# The Great Atlantic Canada Maritime Experience

Start: June 15, 2024 End: August 27, 2024

This caravan promises to provide memories that will last a lifetime! Spend 74 days traveling throughout the four Canadian maritime provinces. Some of the activities scheduled:



In **New Brunswick** you will see majestic brown-sugar beaches, culturally rich Acadian villages, quaint coastal islands and vast tracks of forests brimming with wildlife. It is also home to the world's highest tides at Hopewell

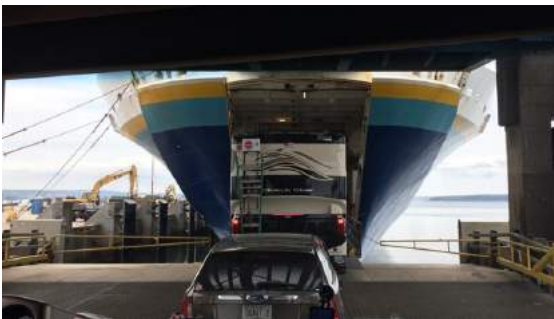


Rocks. During low tide we'll walk among the "flowerpot" formations. We'll visit the beautiful Kingsbrae Gardens – a multi-award winning, horticultural masterpiece. Those brave of heart will have the opportunity to traverse the ocean bed to Ministers Island during low tide.

**Newfoundland**, which is impossible to adequately describe briefly, is where you will have 33 days to explore some of the most unique geology, breathtaking vistas, wildlife galore, icebergs, whales, and puffins. You will



immerse yourself in the region's extraordinary history while touring the ancient Viking settlement of L'Anse aux Meadows. And shhh ... we'll visit a Secret World War II Officers Club and a World War II Bunker.



In **Nova Scotia** we'll attend a variety of unique offerings to include; attendance at the Royal International Tattoo, enjoy a Ghost Tour of Annapolis Royal National Historical Park, and, whether you are a believer or not, Oak Island. We'll take a memorable underground mine tour and attend the Men of the Deeps Concert.



You'll have time to explore Cape Breton, rated one of the world's most beautiful road trips with 22 stops for unique crafts or sightseeing. There will be whale watching tours, city bus tours, and a harbor cruise on a tall ship. We'll attend the 159th Antigonish Highland Games to watch competitions of traditional Scottish Heavy Events plus Pipe and Drum, and Highland dance. (con't)



**Prince Edward Island** is the home of Anne of Green Gables. We will attend the Musical and tour the places that inspired the legend. Spend an afternoon at the stunning Cavandish National Park. You can enjoy their Lighthouses, museums and some of the finest seafood in the Maritime.

We will conclude our trip back in Trenton where Tina's Great Maine Lumberjack Show has extended their season for us. On our last night we will enjoy a lobster dinner and distribute your memory book to share with friends and family back home. Join us on this caravan and make memories that will last a lifetime!

Follow this link for a video preview of the caravan:

[https://youtu.be/\\_hGZRFgx6-Q](https://youtu.be/_hGZRFgx6-Q)

**Wagon Master(s):** Tony & Gina Mason Email: [fresno63@hotmail.com](mailto:fresno63@hotmail.com)  
**Tail Gunner(s):** Joe & Pam Faubion Email: [painthrse@hotmail.com](mailto:painthrse@hotmail.com)

**Costs - Single Cost: \$7,100 Couple Cost: \$10,550 Guest Cost: \$3,484**

**Payments:** \$280 upon application; 50% by December 15, 2023; and full payment by March 15, 24.  
 \* NOTE: For the long ferry there will be a few rooms available that will allow pets or separate kennels for pets only – as the date draws near, we will advise on availability and pricing.

**We have a few spots left!**



**2024 Branson**  
 Nov 6th –15th 2024

**Christmas in Branson, MO**  
**America's Christmas Tree City!**  
**Tinsel, Lights, and Ornaments**

November 6th to November 15th 2024 We will start the Veterans Unite Caravan at America's Best RV Park in Branson Missouri. We'll get things started with our Welcome catered dinner on site. Throughout the week we will enjoy various shows, ride the Showboat Branson Belle (paddle wheel) with a dinner and show, attend Branson Murder Mystery dinner and show, a few museums, March in the Veterans Day Parade and enjoy a few country buffets. Sign up now with your application and deposit of \$280.00



**Couple cost: \$2040**  
**Single cost \$1405**  
**Guest cost :\$805**

**We have a few openings left!**



## 2025 SMART Caribbean Cruise Caravan



## SMART Caribbean Cruise

Feb 8-17, 2025  
9 nights

Join your fellow SMART members and step on board the beautiful Celebrity Eclipse. Celebrity is known for its 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. Prices range from \$1384 – \$2929 pp dbl occ

**\$450 per person deposit is 100% refundable until Final Payment of November 10th, 2024.**

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

**We have 11 cabins to choose from, we have 27 booked already**

## AC-19 GUNSHIP REUNION:

We are looking for former members associated with the **AC-19 gunships** used from 1967-1972 in Southeast Asia. We'd like to find aircrew, ground crew, support personnel, Friends & Families and anyone whose bacon we saved. Shadows & Stingers, Air Crew, Ground Crew Support Crew, 71<sup>st</sup>, 17<sup>th</sup>, 18<sup>th</sup> SOS, Also AC-47 Puff the Magic Dragon folks.

Location: Hilton Crystal City, Washington, DC

**Wednesday, November 8 to November 12, 2023**

54 Years Remembrance of AC-119 Gunships

Reunion coordinator Armed Forces Reunions

Contact: Kelly Bridgeman, [kelly@afri.com](mailto:kelly@afri.com) 757-625-6401

Additional details are on our Association's website:

<https://www.ac119gunships.com/reunion/upcoming-reunion/>

GO to <https://ac119gunships.com/membership-contactinformation/alpha-roaster>

and add any missing names or contacts you have – we can still reach many IF we know who you are! Jim

Dunn AC-119 Association Life Member

SMART Member # 7308

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**Welcome and Congratulations to the following New Members and their Recruiters  
(March & April 2023)**

	<b>(Recruiter)</b>
15624 Paul Lokotz (Yvette) Box Elder, SD	R Palmer
15625 Yvette Lokotz (Paul) Box Elder, SD	R Palmer
15626 Marsha Hill St Petersburg, FL	R Hitt
15627 Carol MacDonald (Allen Carter) Labelle, FL	A Carter
15628 John Graham (Theresa) San Antonio, TX	R Palmer
15629 Theresa Graham (John) San Antonio, TX	R Palmer
15630 Andy Deal (Juanita) Hardy, AR	
15631 Juanita Deal (Andy) Hardy, AR	
15632 Mary Engel (Richard) Jacksonville, AR	R Engel
15633 John Samouce Tucson, AZ	
15634 Jim Merchant (Peggy) Phoenix, AZ	E Greven
15635 Peggy Merchant (Jim) Phoenix, AZ	E Greven
15636 Rick Wiggs (Sharon) Jacksonville, FL	
15637 Sharon Wiggs (Rick) Jacksonville, FL	
15638 Thomas Boggs (Angelika) Riverside, CA	
15639 Andy Butterworth (Julia) Oak Grove, MO	R Palmer
15640 Julia Butterworth (Andy) Oak Grove, MO	R Palmer
15642 David Walker (Jeanette) Sioux Falls, SD	
15643 Jeanette Walker (David) Sioux Falls, SD	
15644 Doug Foster (Miriam Georg) Middletown, KY	J Padberg
15645 Miriam Georg (Doug Foster) Middletown, KY	J Padberg
15646 Ben Lane (Tee) Southside, AL J Fuhrman	
15647 Tee Lane (Ben) Southside, AL J Fuhrman	
15648 James Hendrickson Chimacum, WA	J Weis
15649 Sam Arnsdorff (Kaycee Armstrong) San Diego, CA	
15650 Jared Peterson (Elise) Twentynine Palms, CA	
15651 Elise Peterson (Jared) Twentynine Palms, CA	
15652 Jack Van Devender (Cathy) Purvis, MS	J Lemaire
15653 Cathy Van Devender (Jack) Purvis, MS	J Lemaire
15654 Gary Michalosky (Monica) Tamarac, FL	J Steinbauer
15655 Monica Michalosky (Gary) Tamarac, FL	J Steinbauer
15656 Mike Reichling (Rosina French) Pine, AZ	
15657 Rosina French (Mike Reichling) Pine, AZ	
15658 Bill Pettigrew (Donna) Bismarck, AR	
15659 Donna Pettigrew (Bill) Bismarck, AR	

## **HOW TO EXERCISE IN SUMMER HEAT**

### **With temperatures rising, tips on staying active and safe while outside.**

The summer of 2023 will come in sizzling, with temperatures in many parts of the U.S. shattering records, baking landscapes and prompting those of us who usually exercise outside to question when, how, and if we should continue to work out in nature's furnace.

### **It's hot, so be strategic.**

When we exercise, we generate internal heat, which our bodies shed by sweating and shunting warmed blood away from our cores and toward the skin. If ambient temperatures rise, though, this process falters. Body heat builds up. Our hearts labor to send additional blood towards the skin. We glisten with sweat, and the same run, stroll or ride that felt tolerable during cooler weather now drains us. To sidestep these conditions, we can move our workouts indoors, into air-conditioned comfort, or schedule them strategically. The recommendation for city dwellers would be in the morning. In an urban area, it is likely that the concrete will have retained a high amount of residual heat that will radiate back at exercisers later in the day. Unshaded sidewalks similarly will be hotter than parks and leafy pathways.

### **Aim for acclimatization.**

We should accustom ourselves, slowly, to unfamiliar swelter, a process known as acclimatizing, which involves sometimes working out when the day is warmest. This approach helps to condition our bodies to better cope with the heat. Once acclimatized, we will sweat earlier and more abundantly than before, dissipating internal heat better and leaving us feeling bouncier and less fatigued. Acclimatizing should be gradual. To start, slather on sunscreen, fill a water bottle, head outside after 10 a.m., when temperatures intensify, and try to complete a gentler version of your standard workout. If you usually run for 30 minutes, maybe jog for 20, and monitor how you feel. If your heart seems to be racing, or you feel lousy, slow down. After a few sessions, you should notice your clothes and skin are drenched. Earlier and more profuse sweating is a great sign that heat adaption is taking place. Most of us acclimatize after 5 or 10 workouts, although women, who tend to sweat less freely than men, may require an extra session or two to be fully prepared for harder workouts in the heat. After each session, head for the showers, but dial up the heat. Standing under a warm shower spray or soaking in a hot tub for 10 minutes or so after a workout prompts our bodies to continue acclimatizing.

### **Slurp a slushie beforehand, consider cold underwear.**

An icy beverage before a hot workout will help with hydration and provide a combination of perceptual and actual cooling. Aim to drink about 16 ounces of cold fluid 20 minutes before you head out. Drinking closer to the session's start could cause cramps or stomach upset during your workout. Slapping a cold washcloth to your neck, donning an ice vest, or slipping into athletic undergarments that have spent the night in the freezer can help coolness during hot weather exercise. So can a gentle misting of chilly water on your face or licking an ice pop. But these techniques can be risky, too, because the cooling effects are limited, short term, and potentially deceptive. People cool before exercise, feel great, and then head out too fast or too hard, winding up prematurely winded and possibly on the cusp of heat illness problems.

### **Recognizing the signs of overheating.**

If you feel nausea, headache, dizziness, or cramping during a hot workout, slow down or stop and hunt for



shade. These could be signs of insipid heat illness. Unfortunately, heat illnesses also cloud thinking. Your judgement becomes impaired, and you may not realize you are overheating. It is recommended that you exercise with a partner in the heat. If either of you feels seriously hot or show signs of cognitive disfunction, get in the shade and call for help. Rapid cooling is essential within the first 30 minutes of such an episode. Immediately applying a cool cloth could help to start lowering body temperature. You might protect yourself and your training partners by the simple expedient of rejiggering your routes. On hot days, do shorter loops than normal and include a dedicated water station, such as a public drinking fountain. Refill your water bottle there or stick your head under the flow each time around. Plus, if you are feeling the heat, running in the shorter loops makes ending the session early more realistic. *Submitted Gene –O*

## CHAPTER AND REGION NEWS



**AT-LARGE REGION (Jackie Weis Region Director)**  
**Duffers, Nomads, SMART FMCA, STAR, WIMS**

**The At-Large Region will be Hosting the  
40th Anniversary of SMART  
In Amana Colonies!**

***You can register online NOW!***

**[www.SmartRVing.org](http://www.SmartRVing.org)**



**SOUTH CENTRAL REGION (Nita Taylor Region Director)**  
**Alabama, Arkansas, Florida Panhandle, Louisiana, Mississippi, Tennessee**

**Larry Sockwell** would like for everyone to know he has a new e-mail address  
LarrySockwell34@gmail.com



**SOUTH EAST REGION (Leroy Armacost Region Director)**  
**North Carolina, South Carolina, Georgia, Florida**

South East Region continues to push recruitment of new members, and I ask Chapter Presidents to follow up with all delinquent members, we win some and we lose some but we are holding our own. Shelene and I had a great time on the Michigan Bound Caravan, a beautiful trip. South East Region Muster was a great success with 34 rigs in Cedar Key Florida. Thank you to all SE chapters for making this successful. I mustered with Florida Sunshine Chapter in Bushnell, FL in June. In July we will muster with the TriState Travelers in Cleveland, SC and then we are off for the summer. Look forward to seeing you all at National in September.

Safe travels,

LeRoy Armacost - South East Region Director



### CHAPTER PRESIDENT'S MESSAGE Tony Mason



In April, it was my honor to assume the office of President of the South Florida Gold Coasters. I would like to extend the warmest welcome to all SMART members and hope to see you at a future Gold Coasters muster to check us out. Our next muster will be held from Nov 3 - 8, 2023 at The Great Outdoors resort in Titusville Florida. This is a new and wonderful muster location where our theme will be "Back to Nature at the Great Outdoors". Some highlights our Wagon Masters are considering for attendees are: Kayaking, a visit to the Valiant Air Command, an air boat ride, for you golfers an opportunity to utilize TGO's 18-hole Golf course, and much more. Full details can be found by clicking on the Gold Coasters page on the SMART website.

I'd like to say that considering all the camping trips I've taken, those with our friends have been the most rewarding of all my outdoor experiences. To all who are travelling the remainder of this year, I hope we see you at the next muster! I bid you safe travels.

Tony Mason, President SMART South Florida Gold Coasters

**Tri-State** had a busy spring with our March Muster at Jenny Ridge Campground and Resort in GA, and the Regional Muster at Cedar Key FL. March produced a good turnout where we played a new game, Road Kill. It's played with cards and the prizes are some kind of meat. It was quite entertaining, and raised money in place of one of our 50/50s. We had good weather and ended the week with a traditional St Patrick's day dinner of corned beef and cabbage, veggies, and delicious desserts. Several of our members attended the Regional Muster in FL. For those of us who could attend, we had a good time and enjoyed good food, along with our usual fellowship. During the giveaway events (50/50, auction and drawing of names) over the week, our chapter took home several of the prizes. We also served one breakfast during the event. We had to cancel our May Muster, but are looking forward to a good turnout of members in July (17-21) at Palmetto Cove in Cleveland GA. It's in the mountains where the weather should be cooler and we can escape from the South's humidity. We encourage all members to attend this muster.

We welcomed several first timers in March and April. We hope to see their shining faces at the remaining 2023 musters and beyond. The SE Regional Director and his lovely wife attended, who are members of the chapter. We welcome all SMART members and prospective members to visit our musters and get to know our travelers.

This muster is the last one before our elections in November. The September muster is cancelled due to the National Muster being the same week. Please think about what you might consider as to running for office.

It's always good for members to step up and give something back to their chapter. All offices are open. Information will be discussed at the July muster and in the October newsletter.



## Florida Buccaneers

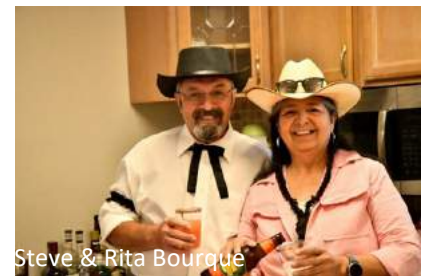
FL Buccaneers' President - There has been a murder... The Florida Buccaneers recently held their 4th annual Murder Mystery - Murder at the Deadwood Saloon. And yes, someone died. The murderer was arrested, and justice was swift!

Ok, when was the last time you went to a SMART muster where someone was murdered, and you had a great time? Really, it's only 1% murder - 99% brain-teasing, suspense, fun and games.

This year we gathered at the beautiful Ocala North RV resort in Reddick Florida. Our hosts, Jack and Roni Fritz, did an outstanding job planning activities that included a bike ride, Pickleball, card games, happy hour, (because therapy is expensive) and an RV maintenance talk. This year's murder mystery had an 1870's theme – Murder at the Deadwood Saloon. Jeff Stephens provided an informative presentation on Pistols of the Period – complete with props!

We enjoyed a wonderful Chuckwagon Breakfast hosted by Tony and Judy DeBello. It was delicious. Thank You, Tony and Judy.

Many played Poker, Nickels, and Hand & Foot. All was fun and games until a thunderstorm took out the power .... That didn't stop the hard-core Hand & Foot players, who continued the game by flashlight. The world looked a bit different when the sun came up the next morning. Two RV's in the park were destroyed by falling tree branches. Fortunately, there were no injuries.



Steve & Rita Bourque

The night before our murder mystery we hold Skills Night in conjunction with the Happy Hour, affectionately known as Murder Eve. Steve and Rita Bourque hosted this Happy Hour with unique, western themed offerings. Thanks so much Steve and Rita.



A special thank you to all that made this muster happen: Jack and Roni Fritz, for hosting, planning the activities, and preparing the wonderful chili dinner; Tony and Judy DeBello and Steve and Rita Bourque for their delicious themed events; Jeff Stephens, for his informative Pistols of the Period presentation; Joanne and Bill Hastings, Gina and Tony Mason, Joe and Pam Faubion, for their creative talents that brought Deadwood to life. And a big thanks to all who attended and were "all in" with their wonderful costumes that made this a muster to remember.

We are already looking forward to next year!

Click on the following YouTube link for more photos from this murder mystery: <https://youtu.be/pxhZGnl2Ll0> Go to the following link to sign up for our next murder mystery – Murder Among the Mateys. <https://www.smartving.org/core/moreinfo.php?id=24>



**SOUTH MID WEST REGION (Joe Noonan Region Director)**  
**Texas, Oklahoma**

**Larry Sockwell** would like for everyone to know he has a new e-mail address

LarrySockwell34@gmail.com



**ALAMO CHAPTER:** Summer is a scorcher in South Texas. Our June muster was postponed, and another is in the planning stages with details to follow. Hoping for the weather to drop below 100 degrees before we venture out. We are certainly looking forward to seeing everyone in Amana Colonies this September, where the SMW Region will be well represented with two past presidents, Paul Rider and Willie Pollard; as well as the incoming president from the Alamo Chapter, Richard Palmer. Our region has been actively recruiting, and many of those new members will be first timers at the National Muster this year. Hosts are in place for future musters in the Hill Country area and festivities are being planned. Following the muster in Iowa, we'll be in the quaint town of Fredericksburg, TX for our annual Fish Fry in October, and then our Christmas Muster in the cowboy capital of Bandera, TX. The Alamo Chapter is known for our fun and friendly musters, and we love to host out-of-towners. Let us know if you're planning a trip to our great state of Texas, as it would be our pleasure to include you in the fun.

Mary Palmer, Alamo Chapter Secretary



**WESTERN REGION (Carl Hopper (Region Director))**  
**Alaska, Arizona, California, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington**



**Greetings from the Golden Gate Chapter.** I hope you all are having a fun time so far this summer. Weather here in Northern CA is still a little cool, but that will soon end as the heat wave will come in sometime this month or next. Golden Gate had its recent Muster at Gold Ranch in Verdi, NV. Attendees were Golden Gate members and members from the Arizona Tumble Weeds and Arizona Road Runners. Our Western Region Director, Carl Hooper, and his wife, Gwen, also stopped by. Everyone had a good time with good friends and good food. It did rain a little and was windy, but that didn't prevent participants from having a great time. Unfortunately, I couldn't attend as my rig was once again in the shop and not ready in time. Summer is here and it's time to wipe off the cobwebs on your rig, check your tires and hit the road. Summer is also a time that snakes are about so just watch where you step and check under your rig before you put any hands under it. Our next Muster will be later this year at Angles Camp, CA



for our annual Christmas outing. Have a great month and get out on the road, kick those tires, and start rolling down the highway. During this muster, our Vice President Rick Hill resigned for health reasons

and Melvin Thompson was elected as Vice President. We want to thank Rick for all his hard work these past couple of years as our Vice President. Rick is also our web page master and Foghorn editor. He has done an outstanding job. Thank you, Rick, for all you have done for the Golden Gate chapter. The picture is of the participants at dinner at Maria's Cantina, eating in the great outdoors, and socializing in one of the rigs, .  
Mike Foley Golden Gate Chapter President



### NORTH EAST REGION (Ginny Louis Region Director)

Connecticut, DC, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New York, New Jersey, Pennsylvania, Rhode Island, Virginia, West Virginia, Vermont



### NORTH MID WEST REGION (VACANT)

Colorado, Kansas, Missouri, Nebraska, North Dakota, South Dakota, Wyoming



### NORTH CENTRAL REGION (Wayne Ballard Region Director)

Illinois, Indiana, Iowa, Kentucky, Ohio, Michigan, Minnesota, Wisconsin

## SMART COOKBOOKS ON SALE

A collection of SMART members recipes for Camping. Appetizers, Beverages, Desserts, Hors d'oeuvres, Potlucks, and more....

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800-354-7681 or email



## WORK CAMPER OPPORTUNITY

### **Work Camper** (for fully self-contained RV'ers):

We have a need for a work camper. In exchange for space rent and full hookup utilities (including propane and high-speed Wi-Fi internet) you will need to work 20 hours per week on a flexible schedule. Duties would include landscape and common area maintenance and some handyman work so knowledge of tools would be helpful. **We do not have restrooms or showers so there is no janitorial work required.** We have two locations where we need a Work Camper: Spend the rest of the summer in 'small town America' at our RV park in Junction, Utah. See more information at this link: <http://www.1horizon.net/workcamper/> ) Or, spend time (summer or winter) in Southern California at our mobile home park in Valley Center about 20 miles north of San Diego. Contact Randy Farrar at 858-549-8894 or by email at [rfarrar@1horizon.net](mailto:rfarrar@1horizon.net).

### **Long Term RV Camping** (for fully self-contained RV'ers):

Spend the summer (May 15 to October 15) next year (2024) in 'Small Town America'. We have RV spaces available with full hook up utilities and high speed Wi-Fi internet. The monthly rent is \$400 which includes utilities (50-amp RV's are \$425). We are located in Junction, Utah, the county seat of Piute County. We have a mild climate at 6000 feet elevation on US Highway 89. See more information about our RV park and the surrounding area at this link: (<http://www.1horizon.net/rv/>). Contact Randy Farrar at 858-549-8894 or by email at [rfarrar@1horizon.net](mailto:rfarrar@1horizon.net).



# S M A R T

## Application for Membership



### Applicant Information

LAST name:	First:	Initial:	Spouse/Companion:
Mailing address:	City:	State:	Zip:
Home phone: (    ) —	Cell phone: (    ) —	Email address:	

SMART is a 501(c)(19) Not- for-profit Veterans Organization and required to have the following information on each member

Branch of service:	Year entered service:	Year service ended:
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### Name Badge Info

**Instructions:** On the first line, enter your preferred first & last name. The second line is optional and may contain what you want others to know about you, e.g., city, state or branch of service or chapter names you belong too.

**Note:** A member badge comes with the New Member Packet, and your co-member's badge may be purchased for \$8.50.

Member first & last:	Spouse/Companion first & last:
Member second line:	Spouse/Companion second line:

### Membership Fees

<b>Member</b>	Who referred you?	His/her name:	His/her SMART #:
Veteran: Active, retired, or honorably discharged from US Military Service, or as a commissioned officer of NOAA or USPHS; or military service of Canada, NATO/SEATO member nation.			
Circle all that apply to the member:    Active    Retired    Reserve/Guard    Honorably Discharged Veteran Recipient of Medal of Honor    Canadian Veteran    NOAA    USPHS    NATO/SEATO			
Annual dues: \$65 (plus one time \$15 new member packet)			<b>\$80.00</b>

### Spouse/Companion

With privileges of membership for spouse \$30: (Spouse/Companion)

If Spouse is also a Veteran, please fill in information about Spouse below:  
(Must include required 501(c)(19) not-for-profit information below)

Branch of Service:                      Year entered service:                      Year service ended:

Your Spouse or Companion will want to join with you to have National voting rights, the ability to hold the position up to Regional director, and became eligible to win door prize drawings.	Spouse/Comp \$30	30.00
	His/her badge \$8.50	8.50
	<b>Total Enclosed</b>	<b>118.50</b>

**"I certify with honor that the information I have provided is true and correct."**

Applicant signature:	Date:
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My SMART contact:		From:	
Contact phone #: (    ) —	Contact email:		
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Video



website



*"Thank you all for your Service"*

**\*\*\*\*\*Thank you for reading our TRAVELER, please pass it on to a Veteran you know.\*\*\*\*\***

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