

# The



# WINdow

Volume 2, Issue 3, March. 1, 2024

## WIN — 36 years and going strong!

Hello from sunny and beautiful southern California. For the month of February, I am staying at the Fountain of Youth Resort and Spa near Niland, CA. If you haven't been here, you are missing something.

We will visit this premiere resort in our Best of the West tour this October.

But first, we need to acknowledge March is a special month for WIN. It is the 36<sup>th</sup> anniversary of the founding of our club and the first anniversary of my ownership.

I follow in the footsteps of four great WIN presidents -- and we will tell you more about our history and about our oldest living former WIN owner, Roger Holliday, on Page 3.

I know that the 5,000-ish members who have belonged through the years are grateful for the decisions and follow through of our early members. My RV life changed once I met the group; and I know I speak for others when I say the friendships we've created are beyond measure.

On March 7 of last year, I assumed ownership of WIN from Maynard Magee. I am so grateful for the support of the trusted advisers, the newsletter editor, FB moderators, helping hands and kind words. The support I received, especially in the early days, is invaluable.

In 2023 we had 169 renewals and added 144 new members! Nearly 100 WIN, former WIN and WIN curious visited us at Quartzsite last month. And at \$120 annually, WIN is still the best bargain in the industry!

Have you ever visited the Fountain of Youth? Traditionally, WINs have gathered here each October and this year we will again.

Fountain of Youth is a fabulous large resort set in the middle of the desert and is family owned and operated. It boasts incredible views, has natural mineral hot springs, hot tubs and warm pools.

They have a great special each year. Last year's posted rate was \$950 for Sept. 1 to Dec. 31 with full hookups! While September is still hot — October, November and December present as perfect weather.

The Best of the West Circuit (details coming soon) will lead us here so we can hang out in the resort. We will take advantage of the resort amenities, hike, go four-wheeling in the desert, listen to the bands, dance, play games, etc.

It's not too early to reserve. Call the resort directly now (760-354-1340) to leave a \$300 deposit for the special rate for the four months.

The special rates offered in past years are no longer offered to us for our October 21-31 visit. . Mention WIN and they will try to park us together.



**Jenell Jones is WIN owner/operator.**

### Cancelled

Please note the Canadian Maritime Circuit scheduled for this summer has been canceled.

Watch for it in summer 2025!

### Call ahead

The struggle is real: Finding free and inexpensive places for a group to park is becoming more and more challenging.

You will notice some of the Circuits ask that you let the leader know you are coming. Please adhere to this request. This is also when you can let the Leader know what Stop you will be hosting.

### Thank you!

Thank you to the 10 WINs who renewed their membership last month.



## Happy anniversary

It's been a long and winding road for Wandering Individuals Network. We reach our 36th anniversary this month.

Our timeline:

**March 25, 1988:** 13 people attended the first WIN meeting under president Dorothy Prince at The Slabs near Niland, CA.

**1998:** Dorothy sold the club to Roger Holliday.

**2003:** Sharon Runyon bought the club from Roger.

**Jan. 1, 2013:** Maynard Magee bought the club from Sharon.

**March 7, 2023:** Maynard sold the club to Jenell Jones.

## Life on the road with WIN's second president

**By Jan Steele**  
NEWSLETTER EDITOR

Roger Holliday, age 92, of Sparks, NV, was the second president of WIN – from 1998 to 2003. We're sharing some of his story today as March is the 36th anniversary of WIN and he is our oldest living leader.

A Wisconsin native, son of a Methodist preacher, Roger lived in several places during his 30-year career at IBM, fathering three children along the way. He took early retirement while living in Palo Alto, CA and soon found himself single and not wanting to live in the Bay Area on his retirement income.

I cannot wrap my head around the RV travel club Roger joined — no Internet, no GPS, no cellphones. Newsletters were mailed every other month. Once a year a membership booklet was published — which was out of date the day it hit the mailboxes.

In fact, WIN didn't even have circuits until somewhere in the mid-1990s. "Randy Vining (who is still going strong) invented the idea," Roger said. "I was really happy with the way the circuits worked out. It gave us contacts with new people that we would not have found otherwise."

Roger doesn't remember how he discovered WIN — maybe an ad in a RVing magazine (yeah, we did those back in the day). His first meeting was at a gathering in Death Valley, CA, in 1995, driving a Volkswagen Vanagon he had bought in Germany. (Other rigs included a fifth wheel and a 32-foot Class A.)

Roger had a blast with the WINs at Death Valley and enjoyed his 10 years in the club. "I didn't go anywhere with them that I didn't have a good time," he said.

When circuits were introduced, they initially were just in the winter and then gradually added in summer months, but circuits were not 12 months a year like today.

"It was hard to get (circuits) started," he said. "The challenges: Finding places that were reasonable to stay and short driving distances." Now we have many years of institutional knowledge about reasonably priced places to stay all over the United States, Mexico and Canada — but of course any site can change at the drop of the hat these days.

Roger took over president in 1998 because Dorothy Prince wanted to step down and she thought he was the only WIN who could do the job, he said. He said it wasn't easy running WIN back in his day and he was happy to pass it on to Sharon Runyon in 2003. Roger had to be in Pahrump, NV, every other month to help pull the newsletter together. That was, as you can imagine, inconvenient — like the time he had to say "see you later" to his friends on a Baja circuit and head back.

"I was really kind of wanting to get off the road and find a place to settle down," he said. In 2005, his wanderlust satisfied, he quit the RV life for good. Nearly 20 years later, he says, he still occasionally misses that life. He says he enjoys reading the WIN newsletter. "I think Jenell is doing a bang-up job," he said with enthusiasm.

I am sure Roger has many stories to tell about his adventures in WIN and I would love to hear them one day. The fact he is so incredibly sharp in his 90s gives me hope that the memories I make with WIN will last all my life — like they have for Roger.



## Big 5 circuit leader loves life under the stars

**By Kathy Belge**

Astronomy is the thing that brought Victoria Kelly to RVing.

She's been active all her life, riding horses, playing golf, gardening and bike riding.

She retired at age 55 after 30 years with the Philadelphia Inquirer and Daily News in advertising.

**Victoria Kelly leads The Big Five Circuit April 11 to May 22 in Utah.**



When she joined the University of Florida Astronomy Club and was spending time out under the stars at night, she noticed most of the astronomers had RVs. What better way to enjoy the night sky, and have your bed and essentials with you.

Victoria travels in a Class B and loves the small size of it. When she first bought her RV three years ago, she took off on a trip with her granddaughter to as many Florida state parks as she could: Gamble Rodgers, St. George Island, Topsail, Fort Pickens. Even a Walmart parking lot in Pensacola.

Since then, she's traveled far and wide. She loves to explore history up front and personal. Some favorites are Belle Meade and the Hermitage outside of Nashville, the Owens-Thomas House in Savannah and numerous Civil War history spots.

She joined WIN last June.

Now she's looking forward to leading the WIN circuit for the Big 5. "We can all be in the same place at the same time and each of us may have a different interpretation of it," she says. "Travel does that for me. I want to see everything!"

"We are going to a whole lot of places to see so much... These are the places that I would encourage people to see. Any size RV will enjoy this great trip!"

When she is not on the road, Victoria lives in a 55+ community in Central Florida and loves it. She gardens and is a member of the local rose society and rides her bike every day.

### Log in!

If you joined the WINS at Quartzite, update your account with an email address and phone number.

For all members, please update your emergency contact on the WIN profile. Log in, click on to the Membership Directory, type in your own name and you will see the emergency contact on file.



### Coming up

**Waltz Across Texas:**  
March 18 to May 9

**Solar Eclipse:** April 3 to 10

**The Big Five:** April 11 to May 22

**Pella, Iowa, Tulip Festival:** May 1. Email [winsrvclub@gmail.com](mailto:winsrvclub@gmail.com) if you want a camping spot.

**Badlands:** May 14 to June 22

**Evergreen Horizons:**  
June 24 to Aug. 21

**Alaska:** Four dates starting May 29

**FOY:** Oct. 21 to 31

**Quartzsite:** Jan. 14 to 28, 2025

**Baja, MX:** Feb. 1, 2025 (details soon)

Ready to join the WINs? Sign up at [www.winsrvclub.com](http://www.winsrvclub.com)

## New members

**Robert N. Allen**  
Fountain Hills, AZ

**Nancy L Combs**  
Oceanside, CA

**Richard C. Cook**  
Carrollton, TX

**Joan Fay**  
Port Angeles, WA

**Cathy R. Fielding**  
San Antonio, TX

**Laura Genoe**  
Belfair, WA

**Sandra L. Hannon**  
Sioux Falls, SD

**Grace G. Harris**  
Pensacola, FL

**Barbara A. Lane**  
Syracuse, NY

**Donna Loenker**  
Reno, NV

**Mark McClain**  
Gig Harbor, WA

**Lawrence Medina**  
San Diego, CA

**Elizabeth (Beth) M. O'Brien**  
Vermilion, OH

**Beverly E. Schlabs**  
Apache Junction, AZ

**Debra L. Smoger**  
Casa Grande, AZ

## Exciting hike offered at Moab stop, Big 5

**By Kathy Belge**

Moab is known for its beautiful red rock formations, its proximity to Arches National Park, mountain biking trails and the twisty Colorado river. But a short hike to a hidden swimming hole close to town will take you away from the crowds and into a scenic canyon for a refreshing dip.

At just 1 1/5 miles out and back, it's the perfect short hike along and through the creek. Yes, expect your feet to get wet as you cross the creek in several spots. At the end you'll be treated to a small local's favorite swimming hole that's perfect for a cold dip on a hot day.

The trail is located just a short drive from Moab's downtown and invites you to walk up close to some of the area's stunning geological formations and famed red rocks. The trail meanders along Mill Creek amongst a lush oasis of cottonwood trees and willows. Its relatively easy terrain makes it accessible to all levels of hikers. And it's dog-friendly.

The hike culminates at a small swimming hole and waterfall that's worth a visit whether you plan to take a dip or not. Since this is an out-and-back hike, hang out as long as you want before returning to the parking area.

Note the free parking lot is small and can only accommodate rigs up to 22 feet.

### Location:

38.5636568, -109.5104629

1415 Powerhouse Ln, Moab, UT 84532

Here is the link for the All Trails:

<https://www.alltrails.com/trail/us/utah/mill-creek-trail--2>



Photo courtesy of [Solowomenrv.com](http://Solowomenrv.com)  
**The Mill Creek Trail near Moab ends at a swimming hole.**





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**Mission state-  
ment:** The Wan-  
dering Individuals  
Network (WIN) is  
a woman-founded  
and owned business  
with the mission of  
producing an active  
and adventurous RV  
experience for the  
solo traveler.

## 9th in a series — Health Wise: Protein warning

### By Joanne Evans

Americans are more obsessed then ever about protein. Every time you turn around, there is an article or someone telling you to eat more protein, especially if you are older.

As I mentioned earlier, I worked in an ER, and no one came in with protein deficiency. Protein is important but it needs to be the right kind of protein. Animal protein is filled with fat and has few nutrients and is usually high in calories.

Do you ever wonder where elephants get their protein? They eat about 330-375 pounds of vegetables a day. They primarily eat grasses, small plants, bushes, fruit, twigs, tree bark and roots! I just wanted to point out that you can definitely get enough protein eating a whole-food plant-based diet including all fruits, vegetables, legumes, grains, seeds and nuts and not be an elephant!

The Recommended Dietary Allowance (RDA) for protein is about 0.36 grams per pound. A woman weighing about 150 pounds would need about 54 grams of protein while a man weighing 180 pounds would need about 65 grams of protein. This would meet your basic nutritional requirements but is the minimum amount to keep from getting sick. This is a good web-site to calculate your protein and other nutritional needs.

<https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>

Some examples of protein in plant food are: 1/2 cup of beans is 8 grams, 1 cup of cooked whole wheat pasta is 8 grams, 1/2 cup of tofu is 10 grams, 1/2 cup of lentils is about 9 grams, 1/2 cup of peanuts is 20 grams, 1/2 cup of almonds is 16 grams, a baked potato has 8 grams. Vegetables that are high in protein are broccoli, kale and mushrooms.

It is important to eat "healthy proteins." Many times, people read "get more protein" and interpret it to mean eat more beef, fish, chicken, eggs, cheese etc. These can all lead to high fat content and then chronic disease. If you eat these high fat foods, try to transition to plant foods whenever possible. Focus more on the "protein package" which are plant foods which are high in protein and also high in nutrients. Plant foods including beans, whole grains, legumes, nuts and vegetables all have protein.

Many animal proteins also lead to heart disease, diabetes and some cancers. Some signs and symptoms of eating too much protein are the following: headaches, constipation, bad breath and intestinal discomfort.

For more information on this topic, just email me at [joanne32349@gmail.com](mailto:joanne32349@gmail.com)



**Joanne Evans**