

# The



# WINdow

Volume 2, Issue 4, April 1, 2024

## A whole new winter adventure awaits

Greetings, adventurers, wanderers and WINs!

As the road continues to beckon us with its myriad wonders, it's our pleasure to bring you another edition of the monthly travel newsletter. Packed with inspiration, information, all things WIN, and new destinations, this newsletter is your passport to endless adventures.

I am happy to announce WINter Dayz, a brand-new addition to our winter itinerary!

After the exhilarating adventures of exploring the Big 5, Alaska, Best of the West, and the Evergreen Horizons, there's nothing quite like some serenity.

Picture this: a chance to unwind, take it easy, and simply enjoy the company of fellow travelers. Throughout five months, we'll embark on a series of one-month stops, offering ample time to work on our RVs, rejuvenate and bask in the joy of leisurely moments.

Whether you're in for the long haul or just a few stops, the choice is yours. Head over to the WIN website for detailed information on WINter Dayz (also see our poster on Page 2) and each individual stop. Join us for a season of relaxation, camaraderie and cherished memories.

You should have received the Cabo San Lucas email by now. Sign up as soon as possible as this trip is limited and will fill up quickly.

Our website offers detailed information on the latest lineup of exciting trips and captivating destinations during the next several months. You will discover new trips, detailed itineraries, and all the information you need to plan your next WIN adventure.

April is National Volunteer Month. Thank you WIN volunteers for generously sharing your time, expertise, and energy to make sure our trips are fun and run smoothly. Your leadership and guidance inspires us all to explore new horizons and create unforgettable memories. We appreciate you!

### Note change on alerting our travelers to updates on a circuit

Please note the WIN alerts for circuit changes won't be winging their way to your email inbox anytime soon.

Instead, you'll need to practice good old-fashioned vigilance and double-check any stop you're planning to grace with your presence. Changes to circuits will be promptly updated on the WIN website quicker than you can say RV Group. Remember, double-check before you go, and keep an eye out for those dazzling yellow highlights.



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

### We are WINners

We donated \$250 to the Elks National Foundation Scholarship.

We raised \$125 playing a game in Quartzsite and WIN matched it.

### YouTube

Do you know WIN has a youtube channel? Any member can post a video. Send it to [winsrvclub@gmail.com](mailto:winsrvclub@gmail.com)

### Stickers

Do you need a WIN sticker or a new name tag? Send an email to [winsrvclub@gmail.com](mailto:winsrvclub@gmail.com) We will get one out to you right away.

### Thank you!

Thank you to the seven new WINs who joined our club in March.



# Amazing WINTER TRIP AHEAD



## WINTER 2024 - 2025 WIN Dayz

OCTOBER	FOY, NILAND, CA
NOVEMBER	MEXICO
DECEMBER	MEXICO OR FOY
JANUARY	QUARTZSITE, AZ
FEBRUARY	BAJA AND CABO

NEW  
CIRCUIT!

CHECK THE WEBSITE FOR FULL DETAILS  
[WWW.WINSRVCLUB.COM](http://WWW.WINSRVCLUB.COM)



## Experienced RV'er to lead Alaska circuits this summer

**By Kathy Belge**

Our Alaska circuit leader has RV'd for 30 years. In that time, Tom Blount has seen a lot of the country and witnessed many changes in the RV lifestyle.

Over that span, he's lived in seven different RVs from Class As to travel trailers and his current Class B. This one is his favorite because it has all the amenities, and is so much easier to maneuver down the road. He recently added a pickup truck to tow that holds his kayak, bike and other fun stuff.

Tom marvels at the advancements in technology over the years. Solar set-ups have made boondocking so much more accessible, yet at the same time, he acknowledges the accessibility makes finding quiet places to camp much harder.

He adds: "I remember when the first GPS came out. I had a laptop on the dashboard with a device attached giving me all the roads within view all the time. Although I've always loved paper maps, the amount of information available now is astounding."

As a child of military parents and then joining the military as an adult, moving every 3-4 years, the nomad lifestyle is perfectly normal for him. "I love to see new things on a constant basis. Staying active with the WINs also brings additional sights and experiences much better than traveling alone."

Tom was born in Valparaiso, Florida, but has lived in so many places, including Mississippi, New Mexico, Wisconsin, Philippines, California, Virginia, North Carolina, Illinois, South Carolina, Guam, Washington, DC, and Maryland. He joined WIN a year ago.

Tom traveled with his wife Tanya, until she got called back into the office to work – he's retired, she's not. She continues to support him doing what he loves until the day she can join him again. They do travel together when she can, and Tom is excited that Tanya will join him for some of the Alaska Circuit.

His advice to others whose spouses cannot travel with them all the time: write a journal (blog) with pictures and talk daily sharing where you have been, what you have seen and done.

Tom loves driving two-lane roads, seeing wilderness, rivers and streams — so leading the Alaska Circuit is a no-brainer for him. This will be his first trip to Alaska and he can't wait to see the wildlife, including moose, deer, bears, fish so numerous they fill the river and migrating birds of many kinds.



**The 2024  
Alaska trip is full  
but watch for  
2025!**





# **Unlock RV Living: Free Webinar for Aspiring Nomads!**

*Do you long to  
travel but don't  
know where to  
start?*

**April 13, 12:00pm EST  
Register at  
[freervwebinar@gmail.com](mailto:freervwebinar@gmail.com)**



## Coming up

**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

**Best of the West:** Aug. 21 to Oct. 2

**FOY:** Oct. 1 to 31

**Mexico:** Nov. 1 to 30

**Mexico or FOY:** Dec. 1 to 31

**Quartzsite:** Jan. 1 to 30, 2025

**Baja:** Feb. 1, 2025 to ??

## So many choices during Alaska RV tour

**By Kathy Belge**

The WINs are going to Alaska! Alaska is the largest state and with so much to see and do, it's hard to narrow down a bucket list of just a few places, but we did our best.

**Denali National Park** tops our list for many reasons. The park itself is larger than the state of New Jersey and most of that is untamed wilderness. It is home to the highest peak in North America at 20,310 feet. You have a chance to see the "Big 5:" grizzlies, caribou, sheep, wolves and moose. For your best chance at seeing the wildlife, book a bus tour through the park. Riley Creek, Savage River and Teklanika River campgrounds are open to

RVers, but no hook-ups are provided, so plan accordingly.

**Kenai Fjords:** The other must-see park in Alaska is Kenai Fjords National Park. Most of this park is accessed via water, so it's best to book a sight-seeing tour for your chance to see gray whales, orcas and other wildlife, like sea otters, sea lions, harbor seals and Dall's Porpoises. Kenai is also home to some stunning glaciers. You can drive to Exit Glacier and hike atop it or boat out to see the towering tidewater glacier that cascades down into the sea.

**Go Fishing!** In addition to the amazing scenery, Alaska is known for abundant seafood. Book a fishing trip for a once-in-a-lifetime opportunity to catch fresh salmon and halibut and have it shipped back home. Circuit leader Tom is a fisherman so I know he will want to take advantage of the fishing. Book your spot now!

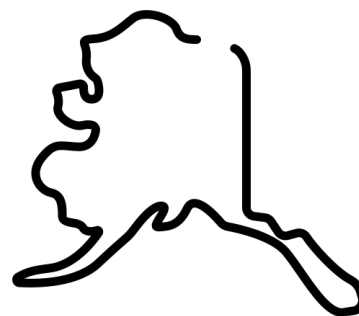
**Train Ride.** Leave the RV behind and hop a train from Anchorage to Seward, Kenai Fjords or Denali.

**Northern Lights!** Alaska is one of the best places to see the Northern Lights and according to the National Oceanic and Atmospheric Administration, 2024 will be an active year. August to April is typically the best time to see the aurora borealis.

**Learn the culture!** For museum lovers, the Alaska Native Heritage Center in Anchorage cannot be beat. It features live presentations, storytelling and performances.

**Get off the beaten path.** There's so many unique things to do in Alaska. How about taking in a baseball game on summer solstice (starting at 10 p.m.) in broad daylight? Go sight-seeing in the historic copper mining town of McCarthy. Or take a dog-sled ride and pretend you're part of the Iditarod race.

**The Alaska Circuit begins May 29. While this trip is full and has a waiting list, watch for a future date!**







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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.

## 10th in a series — Health Wise: Processed food

**By Joanne Evans**

When you pick up a food that is in a package and look at the ingredients, do you ever wonder what the food will do for your health? Remember there are actually three types of food – animal food, plant-based food and processed food.

It is usually pretty easy to identify processed foods as there are many ingredients especially ones that you cannot identify or even say. These foods can be canned, frozen, heated, dried, refined or packaged.

Ultra-processed foods are created from foods and additives and really do not relate to one food group. They usually include sugar, fat, oil, salt and corn syrup as well as preservatives, dyes, and colors.

Some can be stored for months or years while others are meant to be eaten right away and do not need much preparation. Examples are sodas, packaged snacks and premade frozen meals.

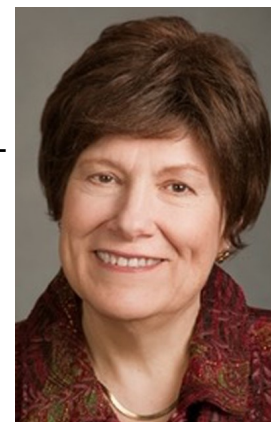
Sometimes ultra-processed foods can lead to health risks like overeating. The fat, sugar and salt make them more appealing. They also usually have a lot more calories. These foods can lead to a higher risk of cancer due to all the additives and are usually low on nutrients which is why they need to have nutrients added.

Some foods to avoid due to processing are low fat yogurt (select the full fat with healthier ingredients), and processed meats which are connected to diabetes, colon cancer and heart disease. Cookies, pastries and cake are loaded with calories and have few nutrients. The refined sugar, white flour and fat add empty calories causing obesity. Choose whole grain bread as white bread is empty calories and spikes your blood sugar.

Sugary drinks, and juices are also on this list as they fill you up but have no nutrients. This can lead to fatty liver disease and insulin resistance. Choose whole cheese as processed cheese is engineered to taste, feel and look like cheese and has filler ingredients.

Try to eat foods that are closer to their natural state and if eating processed try to eat minimally processed. Make sure you read the labels on processed foods. The more items you cannot identify, usually the more processed it is. The more you can select food from the fresh section of the store, the better it will be for your health. The World Health organization recommends avoiding all processed meat including lunch meat, hot dogs, sausage, bacon etc. as they are all carcinogenic.

Your taste buds are hijacked by all this processed food and companies spend millions of dollars figuring out what to put in these foods to get you hooked on them. They are definitely fun to eat but try to spend the most of your food choices on whole foods that are plant-based and the reward will be a healthier WIN.



**Joanne Evans**