

The



WINdow

Volume 2, Issue 5, May 1, 2024

Your guide to summer RV adventures

As the sun stretches its golden rays across the land and the air fills with the promise of adventure, there's no better time to heed the call of the open road than during the summer months.

Even though WIN travels all year, summer travel is still the ultimate way to explore, unwind and reconnect with the beauty of our nation.

One of the greatest joys of RV travel is the opportunity to explore the great outdoors in all its splendor. From national parks to Harper, Texas, for a solar eclipse, WIN has exciting destinations to discover with the trips offered this year.

Are you ready for an epic summer of adventure? It all kicks off with a thrilling journey through the Badlands Circuit starting on May 14. Picture this: we'll embark from the heart of Iowa, venturing through the rugged landscapes of South Dakota, and conquering the wild terrains of Wyoming! Leading the charge through this expedition is none other than the fearless Minnie Bedrick, guiding us through all seven stops.

Then we get ready for a whirlwind adventure with the Evergreen Horizons Circuit! We're ditching the southern heat and diving headfirst into the cooler breezes of Idaho, Washington and Oregon. It's the ultimate summer escape!

I will lead this trip circuit and the next one. I have never been to this part of the country and am very excited.

We move right into the Best of the West. Starting Aug. 21, we will cruise down the stunning California coast, hitting up iconic spots like Crater Lake, Napa Valley and the majestic Redwoods National Park along the way.

The details for each trip can be found on the WIN website after you log in. Not a member? Check out the trips on the WIN website www.winsrvclub.com



Jenell Jones is WIN owner/operator.



There is still time to join the Waltz Across Texas Tulip Festival in Pella, Iowa, May 1 to 8.

This month WIN have been featured in [Traveler Magazine](#), and three podcasts: *Great Decisions*, *Incredible Lives*; *Call of the Wild* and *Eat. Explore. Love.*

Podcasts

This month WIN starts a new series on podcasts that can improve your life.



Join Kevin on [Toward A Better Life](#) podcasts this month.

May 1 Jenell Jones: Solo RV adventures.

May 8 Pamela Shaw: Tools and strategies for eating healthier.

May 15 Marianne Kilkenny: Alternative housing models as we age.

May 22 Kathleen Israel: Take risks and live your life to the fullest. She walked 500 miles solo across Northern Spain at age 72!

May 29 Rosanne Niebor: Learn about chakras and use them as a foundation for self-development.

Getting Technical Part I: Solar — Power, batteries, more

Editor's note: Who knows solar better than our own master mechanic Steven Weiler? We're kicking off a new series this month with a Q & A.

By Steven Weiler

Let's start with addressing the fact that you technically don't run anything on solar. Solar is just to charge the house batteries which are lithium or lead acid. You need a certain amount of solar power from the sun to charge each battery. The more batteries you have the more solar panels you will need to charge them.

How many solar panels do I need?

That depends on what you want to run in your RV. Most RVs require at least 600 watts for general use. For example, you need an additional 600 watts of solar panels to operate a residential refrigerator for a total of 1200 watts.

What is the difference is an inverter and a converter?

An inverter increases battery voltage to 120 volts AC. Your outlets are 120. A converter converts 120 volts to 12 volts DC. DC runs your water heater, furnace, two-way refrigerator; it also runs the thermostat for the AC.

Why can't I run my air conditioner on solar power?

You can. You will need 2,000 plus watts of solar and about 10 lithium batteries with 100-amp hours each.

How much power do I need to run my C-pap at night just on batteries?

Assuming you have a 60 watts machine, the calculation for amp-hours: 5.5 amps for 8 hours of sleep = 44 amp hours from the battery. 5.5 amps for 10 hours of sleep = 55 amp hours from the battery.

Should I buy lithium batteries?

Absolutely. No maintenance, no corrosion, a third of the weight, they are 100 percent usable and warranted for 10 years but will last even longer. You can add additional batteries as you need them.

Do I need to buy Battleborns?

They are still the best. However, there are cheaper options available. I bought two Chins lithium batteries two years ago to test. They cost approximately \$200 each and I connected them into my Battleborn battery bank. I have been very pleased and have recommended them to customers.

What is the number one repair questions I get?

Poor performance issues. It is generally a loose battery connection, bad crimps and shadowed panels through out the day.

Do you have to do anything to the panels once they are mounted?

Start with making sure whomever is installing the panels uses Dicor under and around the screws. This prevents leaks in your roof. Remember to wipe them off occasionally. If you find they don't seem to be charging like normal check to see if there is shading on any part of the panels. If even a corner of one panel is shaded it effects the entire charge

In closing, solar is a green investment with a steep upfront cost. However, it will last the life of the RV, can help with resale value and opens up more camping options. It makes for an enjoyable RV lifestyle.



Steven Weiler

Next month: Getting Technical looks at roofs by Randy Smischny

WIN challenges me to become my best self

By Jan Steele

NEWSLETTER EDITOR

I am not, by my nature, an adventurous person. I don't like roller coasters, I don't like sky diving, I don't like climbing sheer rock walls.

But WIN has brought out that sliver of adventurous spirit lurking within me and has prompted me to try things I would never have attempted on my own.

Yes, I was born to be a wanderer, but WIN has given my wandering a purpose and many challenges.

Often, I am just trying to keep up — whether it's biking (something I hadn't done for years before joining WIN), hiking (beyond my comfort zone) or cramming three museums into one day.

I am challenged by my fellow WINs to go "higher, further, faster, baby," as Captain Marvel puts it

Higher recently presented itself in Enchanted Rock near Fredericksburg, TX. The peak of this gigantic granite boulder looked much higher (and steeper) than anything I thought I could attain. But my buddies were game so I was going to go as far as I could. And surprisingly — as far as I could was to the top and back down. I was taught a simple technique I hadn't thought of before: if you zig zag, or switchback the walk up the hill, it's actually like walking on flat land. Wow!

Further presented itself last winter. For one year, ever since I heard such a thing existed, I wanted to try a swamp walk. So when we returned to the Everglades this past winter, I was more than ready. I don't care about somnambulant alligators, the occasional snake or whatever else might loiter beneath. I want to surround myself in swamp.

Of course, I don't want to just venture into any old swamp by myself and so I joined five other like-minded WINs and a guide who looked barely out of high school. We were up past our waists in the clear, filtered swamp water and I loved it.

Faster? That was probably the time I careened down an Oregon hill on my bike a few years ago, going faster than I ever thought I would. That one I might not try again.

But here's my point. WIN makes many of my new adventures in my new life on the road possible — and I am so very grateful I found this merry band of nomads.



RV 101: Dreaming to Driving -- A Beginners Guide to the RV Life

Jenell Jones sold everything she owned, bought an RV and has been driving for five years.

Attend her free webinar to benefit from her experience, avoid repeating her mistakes, and gain valuable insights without enduring the same pitfalls.

**May 8, 2024, 12:00 p.m. EST
Register at freervwebinar@gmail.com**

Coming up

Badlands: May 14 to June 22

Alaska: Four dates starting May 29

Evergreen Horizons: June 24 to Aug. 21

Best of the West: Aug. 21 to Oct. 1.

FOY: Oct. 21 to 31.

Winter Western: Nov. 1 to March 14, 2025

Mexico: Nov. 3 to 30

Florida Winter; Dec. 1 to March 14, 2025



WIN

Founded 1988

JENELL JONES

Owner, Operator

817-455-4911

Email:

winsrvclub@gmail.com

**RON KING,
CARLENE
CRUTCHER and
STEVE WEILER**

*Facebook post
approvals*

JAN STEELE

WINdow editor

815-710-0179

Steeleyjan2020

@gmail.com

**Jane Mailloux,
Nancy Holmes,
Bob Yager**

Proofreaders


Winsrvclub.com

Mission statement: The Wandering 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.

11th in a series — Health Wise: Diabetes concerns

By Joanne Evans

Are you one of the 49 percent of adults over 65 that do not know they have diabetes? Or maybe you are one of 12 percent that know you have it.

Diabetes is a chronic disease that impacts how your body turns food into energy. Some of the common symptoms are: peeing a lot (especially at night), thirst, hunger, blurry vision, fatigue, dry skin and sores that heal slowly. It causes damage to the large and small blood vessels resulting in heart and kidney problems, blindness and amputations.

There are primarily two types of diabetes. Type 1 happens when your immune system, which is the body's system for fighting infection, attacks and destroys the insulin-producing beta cells of the pancreas. Type 2 diabetes, which is the most common form, is caused by several lifestyle factors and genes.

Obesity and physical inactivity are primary causes of Type 2 diabetes. Extra weight, especially around the belly, is linked to insulin resistance. Type 2 diabetes usually starts with insulin resistance because the muscle, liver and fat cells cannot use insulin well. Your body then needs more insulin to help the glucose enter your cells. At first, the pancreas makes more insulin to keep up with the added demand but over time the pancreas can't make enough insulin and your blood glucose levels rise.

Is sugar or fat the problem? Sometimes people think that sugar is the problem but it is actually saturated fat. Fat blocks the insulin which is trying to help the sugar get into the cells. This is a great video with a visual explaining it in detail. <https://nutritionfacts.org/video/flashback-friday-what-causes-insulin-resistance-diabetes/>

Foods with high saturated fat are the following: meat, poultry, bacon, sausage, cheese, butter, dairy, milk, yogurt and foods fried in fat. Plant-based fatty foods are not problematic and they include avocado, flax and hemp seeds, peanuts, walnuts and olive oil.

WINs can learn to manage diabetes and even reverse it by eating well, being physically active (which you are), managing stress and knowing your blood sugar numbers. Depression is also two to three times more common with diabetes. Cardiovascular risk is what kills diabetics the most. They're more likely to get strokes and suffer heart failure.

This is a testimonial from Barbara who had Type 2 diabetes. She was in the McDougall Program which promotes plant-based eating. I worked with the McDougalls several years ago.. <https://www.drmcDougall.com/education/star-mcdougall-interviews/barbara-leary/>

This is a good 4-minute video to give you more info about diet and diabetes. <https://nutritionfacts.org/video/plant-based-diets-for-diabetes/>

Just let me know of any questions and stay well. Joanne Evans at joanne32349@gmail.com



Joanne Evans

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