



# Region 4 WBAC



September 2022

[airstreamclub.org/region4](http://airstreamclub.org/region4)

Fall Issue

## Region 4 Officers

President <a href="mailto:r04president@wbcci.net">r04president@wbcci.net</a>	Brad Briggs (614) 207-1241
1st Vice President <a href="mailto:fred@kiehlbuilding.com">fred@kiehlbuilding.com</a>	Fred Kiehl (330) 697-0463
2nd Vice President <a href="mailto:mustang6147@gmail.com">mustang6147@gmail.com</a>	Mike Pastva (330) 352-0344
Corresponding and Recording Secretary <a href="mailto:r4secretary@wbcci.net">r4secretary@wbcci.net</a>	Mark Kennedy (937) 609-9415
Treasurer <a href="mailto:r04treasurer@wbcci.net">r04treasurer@wbcci.net</a>	Elaine Barrick (513) 477-7102

## Region 4 Chairpersons

Membership <a href="mailto:r04membership@wbcci.net">r04membership@wbcci.net</a>	Linda Smith (248) 284-3627
Community Service <a href="mailto:jkingseed@gmail.com">jkingseed@gmail.com</a>	Jamie Kingseed (937) 539-3139
BB Contributing Editor <a href="mailto:stella10826@gmail.com">stella10826@gmail.com</a>	Barbara Derian (248) 425-2417
Webmaster <a href="mailto:velina@durbin.com">velina@durbin.com</a>	Velina Durbin (513) 703-0990
Newsletter Editor <a href="mailto:jebriggs80@yahoo.com">jebriggs80@yahoo.com</a>	Jane Briggs (614) 679-6936

## Inside this Newsletter

From Your Region Officers .....	1-4
Region 4 Needs You .....	4
2023 R4 Rally Information .....	5
Kalamazoo Area Information .....	5
What to do in Kalamazoo .....	6
Community Service .....	9
Membership Update .....	9
Notice to Mohican Valley of OH.....	9
Swiss Festival National Rally .....	10
International Rally .....	10
International Board of Trustees .....	11
Tip and Tricks .....	11
Where We Are Going .....	12
Where We Have Been.....	13
Recipes .....	14
From the Newsletter Editor.....	16

## President's Corner



Hello, Region 4 Members!

Jane and I had a great time on our way to the 2022 International Rally in Fryeburg, Maine. Leaving from our Lancaster, Ohio, home we made our first stop near Erie, Pennsylvania. Jane cannot pass up one of her favorite grocery stores, Wegmans. I like Wegmans because I appreciate their sense of humor. For example, on the wall of their cheese department was the following, *"Sweet Dreams are made of Cheese—Who am I to Diss a Brie? I cheddar the world and the Feta Cheese-- Everybody's looking for Stilton."* If you know the rock group Eurythmics with Annie Lennox, this should ring a bell!

Next stop was Tanglewood's Opening Night in "The Shed." Tanglewood serves as the summer home of the Boston Pops and is located in Lenox, Massachusetts. The Tappan family donated the grounds and home (mansion) of what they called their summer cottage. Their next door neighbors, the Wards, then donated their property and home as well. Tanglewood is located in the beautiful Berkshires of Western Massachusetts.

Although we did not particularly love our campsite in Pittsfield, the Opening Night made up for it! Students from around the globe learn and practice their musical talents at Tanglewood.

The next stop was the Southern Maine Coast. We camped at the Red Apple Campground just outside Kennebunkport in Arundel, Maine. Campers can pre-order by 10 a.m. cooked “lobstah” delivered nightly to the site, which made this a perfect base camp area for us. I loved the price of the lobster at \$8 for a 1 ¼ lb. and \$9 for a 1 ½ lb. softshell. Hard shell lobsters were \$1 more. We were joined by Cincinnati friends for a while and together explored the Kennebunkport area, starting with the excellent trolley tour. Additional site-seeing included Ferry Beach State Park, with an entrance fee but including access to beautiful picnicking areas and the ocean with a lovely, almost private beach. Driving up the coast a bit, we visited the [Coastal Maine Botanical Gardens](#) to see the Dane, Thomas Dambo’s [artistic trolls](#), all made from recycled materials.



On another day, we focused on Portland’s lighthouses along the coast as well as the Portland Museum of Art and the downtown shopping district. Great seafood, of course, was present throughout the day. Portland, Maine, is an old city and still has cobblestone and brick streets. The cobblestones are from the ship’s ballast discarded before being loaded with cargo. Our city tour with Eric from Portland Explorer Tours made the lighthouses and history of the area come alive.

And a final note about stepping up! To all Region 4 members--this club is about volunteers! We need you to serve in various leadership roles in the coming year. Nomination committees at all levels of the Club are finalizing their slate. Just like a lighthouse, you can be a beacon of hope for others, help to connect many people together with their love of travel and Airstreams, and serve our organization for the benefit of all. Please consider taking a leadership role in the coming year!

Safe travels, and I look forward to seeing you down the road,

*Brad*

Brad Briggs #215  
President, Region 4

region 4



The place where...  
new best friends meet!

## From the First Vice President

### How about a Solar Eclipse themed Region 4 Rally?

Hello Everyone,

It's September and time to get ready for the Swiss Festival National Rally in Sugarcreek, Ohio. There is still a spot open for YOU! Sign up online or call/text Brad Briggs at 614-207-1241.

Kathy and I are currently in Almond country (Oakdale, CA) on our way to the Bonneville Salt Flats in Utah where we are the pit crew for my brother's 1932 Ford race car, we decided to visit some friends in California and Nevada. I know that it doesn't sound logical, but when you're in the west end of Utah our first stop in California is only another 600 miles. By the way after we got to California, the races were cancelled due to poor salt conditions (flooding), so we are heading home soon.



I would like to talk about the 2024 Region Rally. The idea of having the Region Rally in conjunction with the 2024 Solar Eclipse has been raised. The Eclipse will be April 8 and viewable from central western to northeastern Ohio. We could find a venue that would be located in an area that would be close to "The Mothership" where we could get factory and Heritage Center tours. Also close enough that the museum at Wright-Patterson AFB and others in the area would be possible.

In a nutshell, we would be moving the Region Rally from the 2nd or 3rd week of May to April 7 –11, 2024, which is Monday through Thursday.

These dates are outside our NORMAL timeframe and it could be cold and wet weather. This rally is for the members of Region 4, so I would love to hear from everyone (even if you don't plan on attending) whether this is something we should consider for 2024's rally.

**We need to book the venue by the end of this year**, so email, text, or call me at [fred@kiehlbuilding.com](mailto:fred@kiehlbuilding.com) or 330-697-0463.

The 2025 Region 4 Rally will be in West Virginia.

See you down the road,

Fred Kiehl, #2544  
Region 4, 1<sup>st</sup> VP





## From the Second Vice President

### Looking for a few good people!

Greetings,

Here it is, the fall edition of the newsletter and it seems like I was just talking about everything we planned to do this year.

The International Rally was a lot of fun. There was so much to see and do there. I tried to catch up with all of the Region 4 attendees so hopefully I saw you there.

I mentioned that my puggles traveled with us, and they managed the trip without a problem. They even got to see the ocean, so they experienced a lot.



Thank you to everyone who helped with the registration table. I appreciated the assistance. Also, thank you to Judi Lang for the fantastic quilted table cover and candy basket. It was amazing how many people in the building commented on it. It was lovely.

Jill and I also traveled to Michigan for the Silver on Silver Lake rally. We loved the area and intend to return for a future rally.

I noticed that every time we go to a rally somewhere, I say, "let's come back here." I guess that's a sign that we're having fun.

Plans are already being made for the Region 4 rally next spring. I'm not sure what the different committees will need but if you're interested in volunteering, be sure to let us know. You can reach me at [mustang6147@gmail.com](mailto:mustang6147@gmail.com).

Hope to see you soon,

Mike Pastva #6931  
Region 4 2<sup>nd</sup> VP



### WBAC Region 4 Needs You

The Region 4 nominating committee is looking for a person to be our next Region 4 2<sup>nd</sup> Vice President. If you would like to have your name considered or would like to pass on a name to the nominating committee, please contact either Fred Kiehl or Mike Pastva.

## REGION 4

### Save the Date for the 2023 Region 4 Rally



The 2023 Region 4 Rally will be held at the Kalamazoo County Expo Center, 2900 Lake Street, Kalamazoo, Michigan, starting Tuesday, May 16, through Sunday, May 21, 2023.

**SAVE THE DATES!**  
**for *Rendezvous in Kalamazoo!***  
**2023 Region 4 Rally**  
**May 16-21, 2023**

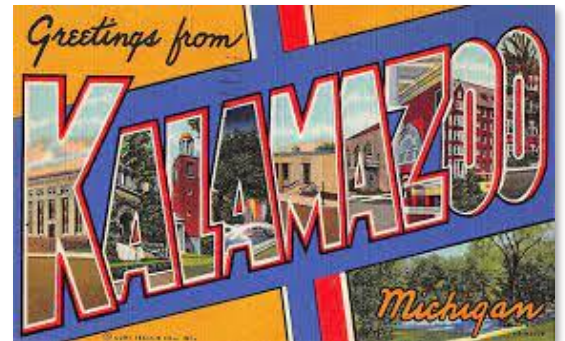
Registration Opens November 1st

### Series on Kalamazoo and the Surrounding Area

**By: Jane Briggs, Newsletter Editor**

#### Part I: Downtown Kalamazoo

In preparation for the Spring 2023 Region 4 Rally at the Kalamazoo Expo Center in Kalamazoo, Michigan, three articles will highlight what to see and do in 1) Downtown Kalamazoo, 2) Kalamazoo County, and 3) the surrounding counties. Articles 2 and 3 will appear over the following two issues.



There is no doubt in my mind that there is more to see and do in Downtown Kalamazoo than our time permits, but it may give you, the reader, a starting point and a reason to return to Kalamazoo in your future travels. Over the past few years, Brad and I have traveled to Kalamazoo several times, starting with a Joint Rally with SE Michigan and Mohican Valley units in August of 2020.



Kalamazoo is really a crossroads in many ways. Located in southwestern Michigan approximately 136 miles west of Detroit, it is approximately 73 miles southwest of Lansing and 145 miles east of Chicago. It is easily accessible from both I-94 and U.S. 131 and is the county seat of Kalamazoo County.

The origins of the name “Kalamazoo” are really unknown. There is speculation that it comes from a Potawatomi legend. Fleet Foot, in order to win his bride, had to run from the settlement down the river

and back again before a pot of water could boil away. The translations "boiling pot," "boiling water," and "where the water boils" originate from this legend. Others have said the name translates to "mirage," "reflecting river," or even "smothered."

As shared on the city website (<https://www.kalamazoocity.org/Community/About-Kalamazoo>), the city itself was founded in 1831 when Titus Bronson (1778-1853) recorded the original plat for the Village of Bronson at the County Register of Deeds Office. Shortly thereafter, Governor Lewis Cass selected the village as the site of the county seat, which spurred the rapid development of the community. Bronson, an eccentric and argumentative man, often found himself at odds with his fellow settlers. After a series of incidents, including being fined for stealing a cherry tree from another settler, his enemies successfully changed the name of the town to Kalamazoo in 1836.



Visitors will find that today Kalamazoo is home to the Kalamazoo Promise (<https://www.kalamazoopromise.com>), three colleges & universities, nationally recognized healthcare systems, diverse and affordable housing, clean and safe drinking water, and many parks, lakes, and golf courses. There are a large variety of businesses who call Kalamazoo home, including industry leaders in the pharmaceutical, medical science, and craft beer industries. Kalamazoo also offers a huge variety of music, visual art, dance, and theater for everyone to enjoy.

Just 3 miles from our Rally Site at the Kalamazoo Expo Center, downtown Kalamazoo has A LOT HAPPENING! On their visitor bureau's website <https://www.discoverkalamazoo.com/things-to-do/>, look for the link titled 269



things to do in area code 269—a creative approach to learn about all of their offerings. Museums, art events, shopping on the pedestrian way, breweries, wineries, distilleries, music events, casinos, and even ghost tours!

Restaurants, too, are in abundance in Kalamazoo! Bring your appetite and sample whatever your heart desires. Check out this link for a current list: <https://www.discoverkalamazoo.com/food-drink/>

If you wish, you can sign up for the latest newsletter from the Visitor's Bureau delivered directly to your Inbox by signing up here: <https://www.discoverkalamazoo.com/plan-your-trip/newsletter/>

SAVE THE DATES to Rendezvous in Kalamazoo, May 16-21, 2023! Registration opens November 1, 2022!

## What to do in Kalamazoo? Take a Hike!

**By: Jane Briggs, Newsletter Editor**

There is something about the fall of the year that brings people outside—especially those of us who enjoy nature! In Ohio, at least, we look forward to the day when that darn humidity is in the rearview mirror and we can walk, ride bikes, or take a hike in nature. Perhaps living just 30 minutes or so from the Hocking Hills brings the signs of fall to my attention—leaves changing color, tree slowly dropping their leaves, and then the crunch underfoot of those same leaves!

Hiking is clearly a past-time around Kalamazoo, Michigan. On the AllTrails website one can see the various trails available in this area, including their lengths, their altitude changes, and locations on the site's map (<https://www.alltrails.com/us/michigan/kalamazoo>).

Of course, as with any outdoor activity, knowing a few safety tips is important any time of year. According to the National Park Service and its webpage article titled, "Hike Smart," (<https://www.nps.gov/articles/hiking-safety.htm>) the steps to a good hiking experience include 1) Knowing Your Limits, 2) Planning Your Hike, 3) Considering What to Bring, and 4) Hiking Smart.

### Know Your Limits

Take a minute or two before setting out on any outdoor activity such as hiking and think back to the last time you hiked. Was it just a month ago or was it years ago? We are simply not as young as we once were—a fact of life, of course. But it is critical that we know our bodies' limits in terms of experience levels, weight of items to carry, physical fitness, environment for the hike, and finally thinking about higher elevations.

One personal story of mine happened at the Smokey Mountains National Park, the 5.2-mile Abrams Falls Trail which can be found on Cades Cove Loop Road. My list included two bottles of water each (it was hot and humid), snacks, comfortable clothing and shoes. After parking, Brad and I saw two Park Rangers asking all who entered if they had water and knew the hike was challenging. The first part of the hike is in the shade on a wide, sloping, popular trail. However, after turning a corner, the trail narrowed, became steep and bottomed out near beautiful Abrams Falls. So far, so good. You know where this story is going.... we had to make the return trip! At this point, my water was basically out, my muscles were cramping from hiking up the steep trail, and the final mile or so I was not doing well. Brad thought he might have to get the EMTs to bring me out—how embarrassing! Stubbornly, I thought I could make it; Brad provided me some of his water, and we just made it out! Whew! Now, on another cooler day, we could have hiked the same trail with very few problems. Knowing your limits in various types of weather conditions is key to a good hiking experience!

### Plan Your Hike

This step includes picking the right trail for you and your group. Thinking through the group's abilities or better yet, asking the group members just makes good sense. Always leave a trip plan with others so people know when you are expected to return; obviously, if you don't, they know where to come and look for you. Emergency plans always make sense—what should you do if there is illness or injury with yourself or a group member. Watch the weather in the hiking area and make sure you are ready for different weather possibilities. Making sure you have a personal locator beacon and not just a cell phone can make a huge difference in helping people locate you should you be late in returning. Two types of personal locator beacons are described in REI's article here: <https://www.rei.com/learn/expert-advice/personal-locator-beacons.htm>



Whenever we get the chance to camp in Tucson, we stay at Rincon Country West RV Resort. There are multiple hiking groups in this resort, and experienced hike leaders to make sure all are in the right group, have the trip plan, and are briefed on emergency procedures. Hiking in a group is a fun way to learn to know people. However, it is more important that you are in the best hiking group for your abilities. The hike leader watches the weather forecast, carries a personal locator beacon, and checks for any park alerts which could change the hiking group's plans.

### What to Bring



Many of you are probably familiar with the Ten Essentials (Categories) to take on any hike. These include the following:

1. NAVIGATION – Map, compass, and GPS system
2. SUN PROTECTION – Sunglasses, sunscreen, and hat
3. INSULATION – Jacket, hat, gloves, rain shell, and thermal underwear
4. ILLUMINATION – Flashlight, lanterns, and headlamp
5. FIRST-AID SUPPLIES – First Aid Kit
6. FIRE – Matches, lighter and fire starters
7. REPAIR KIT AND TOOLS – Duct tape, knife, screwdriver, and scissors
8. NUTRITION – Food
9. HYDRATION – Water and water treatment supplies
10. EMERGENCY SHELTER – Tent, space blanket, tarp, and bivy



### Hike Smart

This includes many tried and true guidelines to consider before, during, and after hiking. Always stop at the Visitor's Center or ask a ranger about trail conditions in the park. Parks typically communicate alerts and those could affect your hiking plan. Experienced hikers know that the slowest hiker sets the pace because it is critical to always stay together as a hiking group. Tracking your time and distance on the hike, making sure to consider that on any hike, going uphill takes twice as long as going downhill. Your group may want to set a "turnaround time" if the hike is taking longer than planned. Trail etiquette includes being courteous and cautious of others on the trail. If you are a downhill, carefully step to the side to allow others to pass. Breaks are important, so all hikers need to pay attention to how they are feeling on the trail. The National Park Service recommends this Rule of Thumb: If you can talk while you are walking, you are traveling at the perfect speed.

Always watch your calorie and water intake carefully. Keep energy levels high. Watch where you are walking to make sure you are on dry paths and solid areas with good footing, staying away from slippery areas, cliffs, or rapid water. Tidal areas near oceans are charted with tide tables that all hikers can consult.



Repelling pests is necessary for many trails. This can be done by spraying for mosquitoes, checking for ticks, as well as wearing long pants and sleeved clothing.

Keep an eye out for wildlife of all types, making sure you "carry in/carry out" any food sources.

And, above all, use common sense when hiking in the outdoors. Just trying to get a selfie with a bear MAY NOT be the best course of action!



## Region 4 Community Service Update

**By Jamie Kingseed, Community Service Chair, #3824**

Looking for Ideas!

If anyone has an idea for an event or needs assistance with an event that they are currently working on, as always, I would be more than happy to help out in any way that I can.

Also, if you have an event planned, or that took place in the past, that you would like posted in the Community Service section of an upcoming Newsletter, feel free to send me the information so I can add this to this update.



## Region 4 Membership Update

**By John Schnettler, #6594**

(John is Vintage Airstream Club's Membership Chair, and this message is a paraphrase of his message to VAC-Vintage Airstream Club.)

It's membership renewal time!

If your WBCCI renewal date is January 1, the "Renewal Window" is now open and it's time to renew your membership.

The dues are now collected by the WBCCI for your Local Club, Intra Club, and Affiliate Club. You can navigate to <https://airstreamclub.org> and log into your WBCCI membership account.

If your WBCCI renewal date is January 1, a window will open automatically, which will allow you to renew all your memberships all on one easy form--one-stop shopping!



Beginning on September 3, go to <https://airstreamclub.org> to renew online or contact WBCCI HQ at (937) 596-5211.

Thank you for your continuing support of WBCCI at all levels.

## NOTICE: To all Mohican Valley of Ohio Members and Affiliates

At the Mohican Valley of Ohio unit meeting held on August 25, 2022, the members present took a straw vote to move toward unit dissolution. We no longer have enough actively participating members to sponsor our rallies, attend rallies, or fill a slate of officers as outlined in our unit Constitution and Bylaws. While we continue to discuss our options, make decisions, and move forward through this sad process, we discourage fellow WBAC members from renewing or becoming Affiliates of our unit when paying online dues for 2023. Any questions can be referred to Mohican Valley Club President Nancy Findling, [nfindling777@gmail.com](mailto:nfindling777@gmail.com), or by cell (419) 688-0001.

## Swiss Festival National Rally

By Fred Kiehl, Chairperson, BRN #2544

### 59th Swiss Festival National Rally

September 24 to October 1, 2022, Sugarcreek, Ohio



Join us for a week of FUN and FELLOWSHIP in the heart of Ohio Amish Country.

Scan the QR code to register or go to: <https://airstreamclub.org/59th-annual-swiss-festival-national-rally>

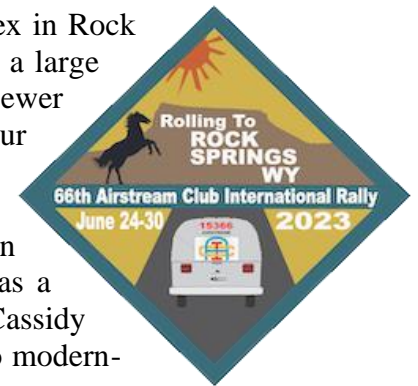
For additional information about the Swiss Festival National Rally, go to <https://airstreamclub.org/swiss-festival-national-rally> or contact Fred Kiehl at [Fred@KiehlBuilding.com](mailto:Fred@KiehlBuilding.com)

## INTERNATIONAL

### 2023 - 66th International Rally in Rock Springs, WY

Plan on attending the [66<sup>th</sup> International Rally](#) at the Sweetwater Events Complex in Rock Springs, WY! This facility setup is perfect! The Sweetwater Events Complex, a large 400+ acre property featuring 1,235 RV spots with 50 amp service and water and sewer hookups in each site! You will want to make sure you check off some of your "bucket list" items on your way out or coming home.

Rock Springs, Wyoming, was incorporated in 1888 and is the largest city in Sweetwater County. Downtown Rock Springs has a long history of serving as a stopping point for everyone from early-day pioneers and bank robbers (Butch Cassidy earned his nickname working at a butcher shop in Downtown Rock Springs!) to modern-day travelers.



Not sure what to see and do in the area? You can access [Things to Do in Sweetwater County](#) here. In addition, you can check out the "[Stay and Play](#)" in the Rock Springs area as well.

Hope to see you in Rock Springs June 24-30, 2023! Mark your calendar and make sure you register here: [Registration](#). AND, if you don't want to hitch up and leave on July 1, consider staying where you are for a few days and avoid the July 4 travel congestion. You can join the local July 4th celebration held on site, and enjoy some more nearby activities such as hiking, birding, target shooting, bike riding, and local tours. It is easy through their "Stay & Play" Package for as little as \$20/night (includes water, sewer, and 50 amp service).

## 2022 International Board of Trustees (IBT) Meeting

**By: Brad Briggs, Region 4 President, #215**

Starting this fiscal year, International Board of Trustees (IBT) will meet quarterly.

The first meeting of the year was August 18, 2022. Highlights of the meeting include passage of the budget which included a new full-time position at HQ, Vice President Per Hamnqvist presented a report on fine-tuning the Standing Committees. He is working on this project with EC member Karen Fisher, and a new category for Intra-Clubs called Interest Groups.



The Interest Groups would be distinguished from Intra-Clubs by their lack of ability to establish a treasury, require officers or constitutions. It is for members who want to gather with a common interest such as hiking.

An Intra-Club was given a provisional charter--Pride Streamers.

The full minutes and video recording of the meeting can be found at: <https://airstreamclub.org/international-board-trustees/20222023-international-board-trustees-q1-august-18-2022-business>

## Region 4 Member Tips & Tricks

### Eke Out a Little More Storage Space

**By: Brad Briggs, Region 4 President, #215**

Does your Airstream have a LP tank cover?

There is storage space under the lid you can take advantage of.

Since our first Airstream, I have made use of this space. I hang a LP extension hose and electrical extension cord over each tank.



Because our hitch was ruined in the crash of 2022, we needed a new hitch. At Alumapalooza this year, I bought an Airstream Edition Blue Ox SwayPro hitch. The Service Center Store offered the hitches at \$166 off retail--their regular price. Blue Ox representatives were on hand at Alumapalooza to install them.

The included tensioner wrench is too big to fit in the A-Frame storage box. Besides the A-Frame storage box is not dry storage, it allows rain water to enter. I did not want the wrench to be in this environment and rust. So, I realized that the wrench could nestle on top of the hinge to the LP tank cover. See above picture at the base of the lid.

Taking this idea a step further, a fellow Airstreamer, Chris Cooper BRN #3814, has developed a product he calls Airboards. An Airboard is a shelf that fits over the LP tanks and under the lid. Three models are offered; Classic Wood, Heavy Metal, and Excella Blue. For more information about Airboards, go to <https://airboardshop.com/>.



## SPOTLIGHT: WHERE WE ARE GOING

### Southeastern Michigan Airstream Club (SEMAC)

**By: Linda Smith, President, #4552**

Save the dates! June 8-12, 2023!

SEMAC will be celebrating its 50<sup>th</sup> Anniversary at Holiday Park in Traverse City, Michigan!

You are invited. More details will be shared as they become available.



### Heart of Ohio Airstream Club

**By: Mike McGinnis, Vice President #01281**

September 22-25, 2022. The Heart of Ohio Airstream Club will be gathering at the **Fall Festival in Brown County State Park**, Nashville, Indiana. We have 9 Units signed up and one spot open that the club reserved; but if someone wants to book their own site, they are welcome to join us.

October 29, 2022. Our annual **Business Meeting** will be held at 11 a.m. at the Clubhouse at Tremont Condominiums in Hilliard, Ohio.

December 10, 2022. We will be holding our **Christmas Party** at Mark Wahlberg Airstream & RV on 3865 West Broad Street, Columbus, Ohio.



### Northern Ohio Virtual Airstream (NOVA)

**By: Randy Shiplett, President #3516**

October 5-10, 2022. NOVA will be holding a **Gettin' Lucky in Kentucky Rally**, including a Keeneland Outing, bourbon tasting, potlucks, and more! Whispering Hills RV Park in Georgetown, Kentucky, will be our camping location for the rally. Reservations can be made at [whisperinghillsrv.com](http://whisperinghillsrv.com), (502)-863-2552 (reservations are in the name of Mike Stallings/NOVA) Host/Coordinator: Mike and MJ Stallings ([mds1958@gmail.com](mailto:mds1958@gmail.com)). Fees TBD.



October 12-24. Join your NOVA friends at the **Jekyll Island Campground** on beautiful Jekyll Island, Georgia <https://www.jekyllisland.com>. This is a Casual Campout with no planned activities. Host/Coordinator: Randy Shiplett ([rlshiplett@gmail.com](mailto:rlshiplett@gmail.com)).

## Miami Valley of Ohio Airstream Club

**By: John Sellers, Miami Valley Newsletter Editor #1587**

The **Fall Rally for the Miami Valley of Ohio Airstream Club** will be held on October 21-23, 2022. The Oak Crest Campground, 4226 Township Road 187, West Liberty, OH 43357, will serve as the camping location. Their phone number and website are (937) 593-7211 and <http://oakcrestcampgrounds.com/>.

This will be a fun rally with the crisp fall temps and weather—possibly some color in the trees. The Oak Crest Campground has a lake, fishing (catch and release), row and pedal boat rental, pool, campground store, and clean restrooms and showers. Go fishing, kick back, join the potluck dinner on Saturday, see the sights, and enjoy the quiet of the location.



For additional information about the area, check out the Logan County Visitors Bureau and view their nice video of local attractions at <https://youtu.be/1SdsKiRyca4>.

Let the organizer, Don Hetzler, know if you are coming! Contact: [pophetzler@hotmail.com](mailto:pophetzler@hotmail.com), (937) 335-3301.

## SPOTLIGHT: WHERE WE HAVE BEEN

### Northern Ohio Virtual Airstream (NOVA)

**By: Randy Shiplett, President #3516**

There was a good showing of NOVA members at the International Rally, with over 30 regular and affiliate members attending, and it was fun to see familiar faces and meet new members whom we had not seen yet!

Chris and I were able to take our time returning from Maine, allowing us to visit many great places. I would recommend camping at Winter Island, Salem, Massachusetts. You will need to make reservations ahead of time, especially if you want an ocean view site. Only a few miles from the center of Salem and several restaurants are within a short walk. If you plan to explore New England in the future, I highly suggest you purchase an EZ Pass Transponder as there are many toll roads, and it eliminates stopping at toll booths or having to pay later.

## Calling All Region 4 Members for Tips & Tricks



As a Region 4 member, no doubt you have worked your way around many issues, challenges, and storage problems while traveling in your Airstream. This section of the Newsletter is dedicated to sharing travel tips and sharing tips and tricks for making our Airstreams work better for us! Please send any tips and tricks (no matter how trivial you think they are) to Jane Briggs ([jebriggs80@yahoo.com](mailto:jebriggs80@yahoo.com)) for use in future newsletter editions.

# RECIPES FOR THE ROAD

## Healthy Recipes – Snacks for the Trail

### Collected by: Jane Briggs #215

To keep your energy at levels needed for any outdoor activity, consider these healthy recipes for making snacks to take with you. While at Fryeburg, Maine, I found a magazine devoted to the outdoors, with these healthy, easy-to-make recipes. Enjoy!

Source: *Scenic New Hampshire*, White Mountains, Summer 2022

### Cliff Bars

#### Ingredients

- ☐ 1 cup pitted dates
- ☐ 1 ¼ cup crisp rice cereal
- ☐ 1 cup quick-cooking oats
- ☐ ¼ cup coarsely chopped peanuts
- ☐ 1 tbsp ground flaxseed
- ☐ ½ tsp ground cinnamon
- ☐ Pinch salt
- ☐ ½ cup peanut butter
- ☐ 1 cup brown rice syrup
- ☐ 1 tsp vanilla extract
- ☐ ¼ cup mini semisweet chocolate chips



#### Directions

1. Spray an 8x8 inch pan with non-stick cooking spray and set aside.
2. Place the dates in a food processor and pulse until finely chopped.
3. Combine the pureed dates with the cereal, oats, peanuts, flaxseed, cinnamon, and salt in a large bowl.
4. Combine the peanut butter and brown rice syrup in a small saucepan over medium heat, stirring until melted and completely blended.
5. Remove from heat and stir in the vanilla extract.
6. Pour the peanut butter mixture over the oat mixture and stir until well combined.
7. Gently stir in the chocolate chips.
8. Turn the mixture into the prepared pan and press firmly to pack the mixture into the pan.
9. Let the mixture sit until completely cool and set for at least 1 hour.
10. Cut into bars, then wrap individually in plastic wrap and store in the refrigerator.



## Fruit and Nut Trail Mix

Source: *Scenic New Hampshire*, White Mountains, Summer 2022

### Ingredients

- ☐ ½ cup raw almonds
- ☐ ½ cup raw cashews
- ☐ ½ cup raw walnut halves
- Sea salt
- ☐ ½ cup golden raisins
- ☐ ½ cup dried cranberries
- ☐ ½ cup dried apricots
- ☐ ½ cup dried bananas



### Directions

1. Preheat your oven to 350 degrees.
2. Toss the nuts with a couple of pinches of salt in a large bowl and gently spread them out onto a cookie sheet. Toast for 12-15 minutes, stirring about halfway thru, until they start turning golden in color.
3. Let the nuts cool completely, then mix with all the dried fruit.
4. Store in an airtight container at room temp for up to 5 days or maybe more.

If you have a favorite recipe or several that make a delicious meal, submit it to Jane Briggs, Region 4 Newsletter Editor



Please help make this Newsletter interesting for all  
by submitting ideas and articles.

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*Newsletter Deadlines and Publication Dates*

Issue	Article Deadline	Publication Date
<i>Spring</i>	<i>March 1</i>	<i>March 15</i>
<i>Summer</i>	<i>June 1</i>	<i>June 15</i>
<i>Fall</i>	<i>September 1</i>	<i>September 15</i>
<i>Winter</i>	<i>December 1</i>	<i>December 15</i>




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FROM YOUR NEWSLETTER EDITOR

*This newsletter is for YOU, the Region 4 Member!*

*Feel free to submit information of interest to our members!*

Newsletter issues typically include the following:

Spotlight: Where We Have Been (Unit Rally or Caravan  
already taken)

Spotlight: Where We are Going (upcoming Unit Rally or  
Caravan)

Healthy Airstream Cooking Recipes

Region 4 Member Tips & Tricks

Officer Articles

Announcements

Jane Briggs, Region 4 Newsletter Editor  
([jebriggs80@yahoo.com](mailto:jebriggs80@yahoo.com))

