

NORVA NEWS



November 2024

Message from the President

by Bob Nickel BRN 11527



What's Inside

- Message from the President
- More photos from ACI International
- The Holiday Party is Coming!
- First Peek at our 2025 Caravan
- Special Article
- NORVA Executive Officers

This year's ACI International Rally was held at the Missouri State Fairgrounds in Sedalia, Missouri. The rally started on October 5, 2024 and ended on October 10, 2024. There were a total of about 1300 Airstream units in attendance from all around the United States

and Canada with NORVA having nine trailers and a total of 13 people at the rally. There were numerous events held all week including many social gatherings to include lunches, dinners and happy hours. The rally planners scheduled numerous educational seminars covering all things Airstream, from trailer maintenance to cooking on the road and everything in between. There were a large number of vendors on site with almost innumerable items and services for sale, everything from cleaning products to brand new Airstream trailers, although I'm not aware of anyone from NORVA buying a new trailer while they were there.

The Virginia Airstream clubs decided to have a combined happy hour (see photo) and it was a big hit. It was really nice to see so many familiar faces all gathered together. I have been to



three ACI Internationals so far and they've all been fun. Next year the ACI International Rally will be held in York, Pennsylvania, just a few hours away so I recommend everyone attend if you can.



Here are a couple more shots from Patsy Nagel. Gerry did us proud carrying the Army flag in the opening ceremony and Patsy generously volunteered, as she did last year, to drive the shuttle. Below is one of her shots during a night shift.





Upcoming Events

Annual Holiday Party December 7, 2024

🎵 " We Need a NORVA Party"



Haul out the holly,
Put up the decorations all around the house.
Get out the carolers
They want to meet and greet our Airstream cohorts and how!

For we need a NORVA party, on December 7th
At eleven-thirty, dress up plain or flirty,
Yes, we need a NORVA party, come and party hearty
Need a NORVA party now.

We will have a little music, have a lot of laughter,
Maybe do some singing, ringing through the rafter
And we'll eat and drink and high five happy ever after
We need a NORVA party now! 🎵

You are cordially invited to the NORVA Holiday party.

WHERE: Ed and Beth Jones' house at 3704 Washington Woods Drive, Alexandria,
Virginia 22309

WHEN: Saturday, December 7th at 11:30 am

FEE: \$18 per person (check payable to Ed Jones or cash at the party.)

Please complete the Holiday Party Jotform so we will know how many are coming via this link: <https://airstreamclub.org/norva-2024-holiday-party>. Deadline for registering is November 30th.

NORVA Caravan: "Dead Presidents and a Bourbon Chaser."
Summer 2025 (Date TBA)

Drew and Elizabeth Morgan are planning a caravan during the Summer of 2025. Four US presidents came from Ohio, so as you can see from the title, we will begin in Canton and travel around the state visiting presidential libraries, museums, and historical sites. Added bonus: NFL Hall of Fame. We will also spend a night or two close to Sandusky on Lake Erie. Also, given the title, it will be no surprise that the caravan will end up in central Kentucky along the Bourbon Trail to visit a handful of our favorite distilleries.



Worth the WANDER

Recent study finds that travel may reduce some of the impacts of premature aging

Our Tom Carmichael submitted this article by Mia Taylor from TravelPulse, (date unknown) “in hopes members will be motivated to hook up and come to the rallies this coming year.” It will be the Carmichaels’ 20th year on the road (their Airstream is the photo below).

“While travel junkies probably don’t need another reason to justify their wanderlust, it seems there’s new research out showing that being a globetrotter can be a great way to prevent premature aging.

A study published by Science Daily shows that leisurely travel activities can help alleviate chronic stress, reduce overactivation of the immune system and even promote the healthy functioning of the body’s self-defense system.

‘Forget about retinol night creams, researchers from Edith Cowan University in Australia believe travel could be the best way to defy premature aging.’ Science Daily goes on to point out that for the first time ‘an interdisciplinary study has applied the theory of entropy to tourism, finding that travel could have positive health benefits, including slowing down the signs of aging.’ Entropy is classified as the general trend of the universe toward death and disorder, says Science Daily. Entropy research suggests tourism could trigger entropy changes, including positive travel experiences mitigating entropy and enhancing health. Conversely, negative experiences may contribute to entropy increase and compromise health, per the study.

‘Aging, as a process, is irreversible. While it can’t be stopped, it can be slowed down,’ says Fangli Hu, study leader and Edith Cowan University Ph.D. candidate. Hu also pointed out that positive travel experiences can potentially enhance one’s physical and mental wellness through exposure to novel environments, engagement in physical activities and social interaction. And as an added bonus, travel can foster positive emotions. ‘Tourism isn’t just about leisure and recreation. It could also contribute to people’s physical and mental health,’ Hu added.

Some of the healthiest forms of travel include physical activities such as hiking, climbing, walking and cycling. This physical exertion can boost metabolism, energy expenditure and material transformation. ‘Participating in these activities could enhance the body’s immune function and self-defense capabilities, bolstering its hardiness to external risks,’ Hu says. ‘Physical exercise may also improve blood circulation, expedite nutrient transport, and aid waste elimination to collectively maintain an active self-healing system.’



paralleling the process of promoting entropy increase,’ Hu says. ‘A prominent example is the public health crisis of COVID-19.’ ”

Moderate exercise is also beneficial to the bones, muscles and joints, in addition to supporting the body’s anti-wear-and-tear system. Of course we’ve all had a travel setback or two, and in those cases, your body may not be getting the full anti-aging benefits revealed by Hu’s study. ‘Tourism can involve negative experiences that potentially lead to health problems,

I’m sure Tom would agree with me when I say, let’s get out there and have as many positive travel experiences as we can while avoiding nasty viruses. Also, in my own personal experience, it helps to take a deep breath when things



happen like... oh, I don't know... a flat tire or a close encounter with a guard rail. (What would we do without DJ Mastin?) Taking it all in stride will keep things positive. My mantra is "Treat all disasters like episodes and no episodes like disasters." Let's roll on happily together in 2025.

NORVA Executive Officers 2024-2025

President: Bob Nickel

1st Vice President: Jim Oxley

2nd Vice President: Drew Morgan

Secretary: Gail Perkins

Treasurer: Beverly Bevis

Membership Director: Doug Perkins

Newsletter Editor: Barbara Formoso

Webmaster: Patsy Nagel

Legislative Director: John Bevis

Parliamentarian: Lew Brodsky

Past President: Gerry Nagel

Join us on Facebook at:

<https://www.facebook.com/groups/norvaairstream>

<https://airstreamclub.org/northern-Virginia>



"Let's not make changes, let's
only make improvements."

Wally Bayam

Information: <https://airstreamclub.org>

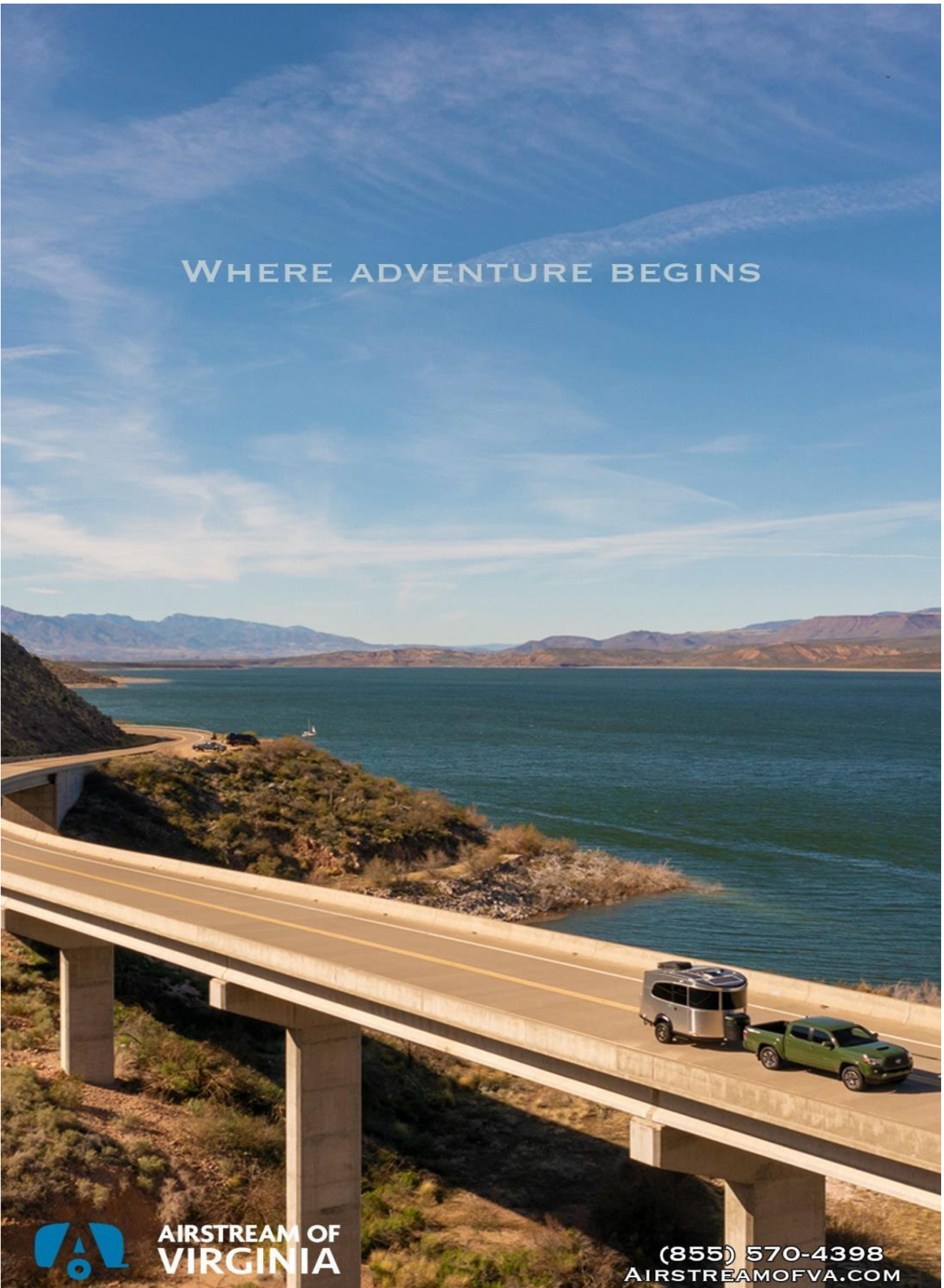
Newsletter contributions and comments are welcome!



Send them to: bformoso@me.com



WHERE ADVENTURE BEGINS



**AIRSTREAM OF
VIRGINIA**

(855) 570-4398
AIRSTREAMOFVA.COM