

ISA CAMPER

ILLINOIS STATE CAMPERS ASSOCIATION
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ISA & FCRV DATES TO REMEMBER FOR 2019

- March 24th – 30th , National Retiree Rally “Blue Bayou”, Houma, LA
- April: 26th – 28th , ISA Campout, Randolph County State Recreation Area, Chester, IL (Alf’s Hosting)
- June 9th – 12th, Retiree Campout, Putnam County Fairgrounds, Henry, IL
- June 14th – 16th, ISA State Campout, Illinois State Fairgrounds, Springfield, IL (host: State President & State Director)
- July 7th -12th, Campvention, Kansas State Fairground Hutchison, Kansas
- July 31st – August 4th, Great Lakes Regional, Iroquois County Fairgrounds, Watseka, IL
- September 8th – 11th, Retiree Campout, Putnam County Fairgrounds, Henry, IL
- September 13th – 15th, ISA State Campout, (place to be determined)

MESSAGE FROM THE PRESIDENT

Hello Fellow Campers,

Well, I'm happy to say that it is time to start thinking about camping again now that the holidays are over. But if it doesn't warm up soon, we may be ice camping. Right now, I'm not sure we could build a big enough campfire to warm us up.

I would like to wish Matt & Marla Mantia luck at the Retiree Rally. Know that our thoughts will be with you.

The board has decided to work The St. Louis RV Show with Missouri, which will be February 1st – 3rd. and The Bellville RV Show March 1st - 3rd. In a conference call the board decided to not work the Peoria RV Show this year, as it was the same weekend as the Bellville show and we did not have enough workers for both shows. Please help us by inviting new families and people to your own campouts.

The board had an auction at the September State Campout, which helped pay for the two RV Shows we are doing this year. We plan to have activities to raise the money to continue working RV Shows. If you have any ideas as to what would be fun activities for this fund raiser, please let someone on the board know.

The Executive Board is still working on the Illinois Constitution. We have a weekend planned to get together in March, so we can complete it. We hope to be presenting it to all of you at the April and June State Campouts. Then we will put out a printed copy of the changes, so we will be ready for a 3rd reading and vote at the September State Campout.

Our Corresponding Secretary will be mailing out the ballots by March 1st for the ISA Election. The ballots must be returned to her and post marked no later than April 1st. Please take the time to vote.

I would like to remind all of those who are interested in applying for an ISA Scholarship to please e-mail Pat Taylor at OPTAYLOR1098@yahoo.com. This is also time sensitive, so please get started soon. All ages are eligible to apply for this scholarship.

It's also time to apply for Wildlife Grants. For the grant, please e-mail Rhonda O'Neal at rhonda.oneal@sbcglobal.net. She needs to have these applications April 1st, so she can present them to the board.

I know that our snowbirds will be flying back soon; I hope you all have a safe trip.

Yours in Camping,

Doug Black

FROM THE STATE DIRECTOR

Hello Fellow Campers,

I hope to see many of you at the 3 State Campouts in 2019. It is always fun catching up with all of you. Please e-mail me at ILFCRV@yahoo.com with any ideas that you might have for places to have our State Campouts and thing you would like to see happen during these State Campouts.

We will be working 2 RV Shows, to help build your chapters and our state membership. I hope that your chapter will also invite new people to your campouts and help Illinois to build our membership. I know you all know people and families that camp and are looking for different place to go and meet new people. Let that place and people be all of us. Our chapter held a "Get Acquainted" campout last year (handing out invitations) and was able to build our membership with 2 families that we have really enjoyed.

I am very pleased with how many new members Illinois recruited last year, but we also lost several members. The biggest majority of those we lost were from moving out of state, sold campers or no longer able to camp, diseased, etc. What I would like to stress is that we all need to make sure we keep all of our members (old & new) involved camping with their chapters, State Campouts, Regional Campouts National Campvention and National Retiree Rally. As many of you have found out, the more we get them involved and camp, the more new friends they will meet from all over the states and provinces. Over the 33 years Doug & I have camped and gotten involved the more friends we have met. It is always fun to reunite with them and catch up on their families, receive Christmas cards, exchange e-mails, get together with them when your passing through their state or province, etc. Let's share that same fun with all of them!

I would like to congratulate Matt & Marla Mantia. They will be representing Illinois in Houma, LA at the National Retiree Rally, March 24th-30th. Good luck to Matt & Marla! I hope many of you are planning to attend the Retire Rally and show support for Matt & Marla

Please make your reservations for the April: 26th – 28th , ISA Campout, Randolph County State Recreation Area, Chester, IL The Alf Chapter is hosting, and they always plan a fun campout for all. If you have never been in this area, Chester is the home of "Popeye the Sailor Man" (for

those who are old enough to remember this cartoon). There are statues all over town of the Popeye characters, so it will also be an interesting place to visit.

Your Camping Friend,
Connie Black
Illinois State Director
Family Campers & RVers

HELP WANTED – ISA EDITOR

It's been several years now since I volunteered to be the ISA Newsletter Editor, but it is getting harder and harder for me to get the information out to you all in a timely manner. Work is crazy as my company was purchased and we have been converting all of our systems. With that being said we are in dire need of someone who is able to take over the ISA Editor job. I have simplified the layout and put it in MS Word so the only requirement is that you have some version of MS Word on your computer and email where you can receive articles and photos from submitters. If you would like to be the person to help out with this important job, please reach out to me (Jill Serbousek) at jnsserbousek@gmail.com or 314-435-7303.

OBITUARY - MICHAEL J. BOYD

April 10, 1947 - December 31, 2018



Michael J. Boyd, 71, of Du Quoin, passed away at 9:25 A.M., Monday, December 31, 2018 at the St. Louis University Hospital in St. Louis, MO.

Mike had worked at the Du Quoin Packing House and he was also a mechanic at the Arch of Illinois Captain Mine. He was a member of the First Christian Church in Du Quoin, where he was an elder. Mike was a member of the UMW of A, A-Wa-We-Go Tribe, Kentucky Colonels, NRA, and FCRV.

He was born April 10, 1947 at Du Quoin, IL, the son of John and Lavada (Kiehn) Boyd.

He married Deanna Sue Cook on June 8, 1968 at the First Christian Church in Du Quoin and she survives.

He is survived by his wife of Du Quoin, three children - Kimberly Ferrari of Herrin, Shelley Feltmeyer and husband Billy of Pinckneyville, and Christopher Boyd and wife Sue of Joshua, TX, two sisters - Sally Boyd of Pinckneyville, and Diane Waite and husband John of Grand Junction, CO, five grandchildren - Kayce Morgan, Jordan Boyd, Lindsay Feltmeyer, Baylee Feltmeyer and Lucas Boyd.

He was preceded in death by his parents.

Funeral services will be at 10:00 A.M., Saturday, January 5, 2019 at the Searby Funeral Home in Du Quoin with Rev. Terry Brace officiating.

Friends may call from 4 to 7 P.M., Friday at the Searby Funeral Home in Du Quoin.

Burial will be in the Mueller Hill Cemetery at Pinckneyville.

Friends may make memorials to the Diabetes Association or American Cancer Society and will be accepted at the Searby funeral home in DuQuoin, IL.

ISA BOARD NOMINEES & ELECTIONS

This year we will be holding elections for the ISA Board. Martha Cooley is the nomination chair and she has presented the following slate of candidates which will be presented to our members on ballot and mailed to your home. In order to vote in the election, you must be an active member of FCRV so please ensure your membership is active. The nominees are:

President: Doug Black, VP: Joe Betourne, Treasurer: George Helmich, Corresponding Secretary: Rhonda O'Neal, Recording Secretary: Jill Serbousek

DASAT – MAKING HEALTHY FOOD CHOICES



Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. But a few basic tips have weathered the fad diets, and have withstood the test of time. Regardless of what cuisine you prefer, here's what all healthy meal plans have in common. They include: Fruits and vegetables, Lean protein foods, Less added sugar, No Trans Fat

There are many foods rich in vitamins, minerals and fiber that you can make part of your daily eating plan that are good for your health. Some of these include non-starchy vegetables, fruits, legumes, nuts, seeds, and whole grains.

“Superfood” is a term used by many food and beverage companies as a way to promote a food thought to have health benefits; however, there is no official definition of the word by the Food and Drug Administration (FDA). The FDA regulates the health claims allowed on food labels to ensure there is scientific research to support the claims. The list of foods below are rich in vitamins, minerals, antioxidants and fiber that are good for overall health and may also help prevent disease.

- Beans-Kidney, pinto, navy, or black beans are packed with vitamins and minerals such as magnesium and potassium. They are very high in fiber too. Beans do contain carbohydrates, but ½ cup also provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much added salt as possible.
- Dark Green Leafy Vegetables - Spinach, collards, and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamins A, C, E, and K, iron, calcium and potassium. These powerhouse foods are low in calories and carbohydrates too. Try adding dark leafy vegetables to salads, soups and stews.
- Citrus Fruit - Grapefruits, oranges, lemons and limes or pick your favorites to get part of your daily dose of fiber, vitamin C, folate and potassium.
- Sweet Potatoes - A starchy vegetable packed full of vitamin A and fiber. They are also a good source of vitamin C and potassium. Craving something sweet? Try a sweet potato in place of a regular potato and sprinkle cinnamon on top.
- Berries - Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Berries can be a great option to satisfy your sweet tooth and they provide an added benefit of vitamin C, vitamin K, manganese, potassium and fiber.
- Tomatoes - The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, vitamin E and potassium.
- Fish High in Omega-3 Fatty Acids - Omega-3 fats may help to reduce the risk of heart disease and inflammation. Fish high in these healthy fats are sometimes referred to as "fatty fish." Salmon is well known in this group. Other fish high in omega-3 are herring, sardines, mackerel, trout, and albacore tuna. Choose fish that is broiled, baked or grilled to avoid the carbohydrate and extra calories that would be in fish that is breaded and fried. The American Diabetes Association Standards of Medical Care in Diabetes 2017 recommends eating fish (mainly fatty fish) twice per week for people with diabetes.
- Nuts - An ounce of nuts can go a long way in getting key healthy fats along with helping to manage hunger. In addition, they offer magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, are a good source of omega-3 fatty acids.
- Whole Grains - It's the whole grain you're after. The first ingredient on the label should have the word “whole” in it. Whole grains are rich in vitamins and minerals like magnesium, B vitamins, chromium, iron and folate. They are a great source of fiber too. Some examples of whole grains are whole oats, quinoa, whole grain barley and farro.
- Milk and Yogurt - You may have heard that milk and yogurt can help build strong bones and teeth. In addition to calcium, many milk and yogurt products are fortified to make them a good source of vitamin D. More research is emerging on the connection between vitamin D and good health. Milk and yogurt do contain carbohydrate that will be a factor in meal planning when you have diabetes. Look for yogurt products that are lower in fat and added sugar.

For more information about healthy eating, visit <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html>.

APRIL STATE CAMPOUT AT RANDOLPH COUNTY RECREATION AREA

4301 South Lake Drive, Chester IL 62233

Pine Ridge Loop

April 26-28, 2019

Make your reservations for the campout at www.reserveamerica.com. We will try to get the sites from 001-033 but please reserve the site that works best for you – the campground is not that big. The park is open to the public, it is recommended you make your reservations as soon as you can.

Camping fees are \$18 per night plus a \$5 reservation fee. Sites are water and electric and there is a dump station at the park.

NOTE: Reserve America shows limits to the equipment and driveway length but we have spoken with the ranger there and have listed the actual pad lengths of the sites below.

We will set up some large tents for gathering in case of rain or cold weather.

Driving Direction:

All access to the area is from the west entrance off Palestine Rd. Coming from the North on Route 3 one will turn east on Shawneetown Trail south of the town of Ellis Grove. At Palestine turn south on Palestine Road and proceed two miles then turn left at the entrance sign. Coming from the north on Route 150 turn west on Shawneetown Trail and proceed to Palestine then turn south on Palestine Road and proceed to the entrance sign and turn left into the area. Coming from the south from Chester head north on Palestine Road to the entrance sign and turn right into the area.

Tentative Schedule:

Friday Night

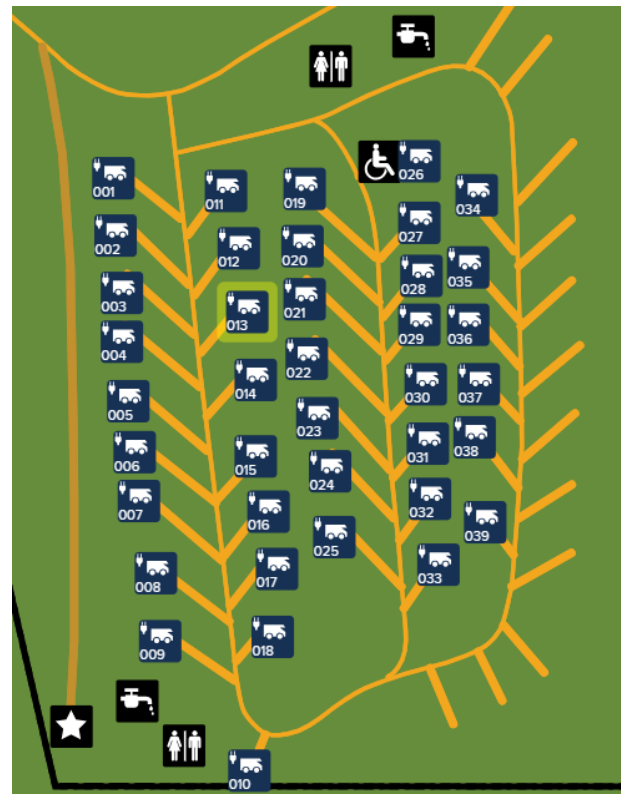
- 8:00 pm at site 13: Hospitality & Check-In, Camp Fire

Saturday:

- 8:30 am – Breakfast Potluck (optional participation)
- 10:00 am – Choose your activity: Trail Hike/Kayak/Explore Chester/Dominoes or Pegs-n-Jokers
- 12 pm -1 pm – Lunch on your own, sign up for Corn Hole
- 1 pm- 3:30 pm – Corn Hole Tournament
- 4:00 pm – Cake Walk Fundraiser (please bring cake, cookies, pies, cupcakes, candy to donate)
- 5:30 pm - Dinner
- 7:00 pm – Teen Queen Coronation
- 7:30 pm - Games (cards, cribbage, board games), Campfire

Sunday:

- 8:30 am – Leftovers Breakfast (optional, bring your leftovers to share)
- 9:30 am – Church (optional participation)
- 10 am – Membership Meeting (review proposed changes to ISA Constitution)
- 11:30 am – Potluck Lunch before check out (optional)
- 3 pm – check out



Site Pad Lengths:

001	67'	009	64'	017	63'	025	59'
002	70'	010	62'	018	53'	026	52' (HC)
003	63'	011	65'	019	61'	027	67'
004	66'	012	67'	020	63'	028	68'
005	60'	013	73'	021	67'	029	54'
006	64'	014	58'	022	67'	030	55'
007	61'	015	65'	023	65'	031	53'
008	60'	016	67'	024	58'	032	57'



April State Campout Pre-registration Form

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

ADULTS: _____ TEENS _____ CHILDREN _____

Are you a veteran? _____ Is this your first state campout? _____

Are you an FCRV Member? _____ Guest of _____

PLEASE: PRE-REGISTRATION: \$10.00 BY APRIL 15TH; AT GATE: \$15.00

Make Checks Payable and Mail To:

Alf Campers

1027 Winter Lake Dr

Fenton, MO 63026

AROUND ILLINOIS—KANKAKEE, IL



Illinois is hosting this year's Great Lakes Regional in Watseka and Kankakee is just a 30-minute drive north. Why not take the opportunity to visit one of the great American Architect's designs in our own back yard?

The B. Harley Bradley and Warren R. Hickox houses are the very first of their kind and for the next decade Wright's commissions are said to have been derived from these two basic plans. They were also some of the first in which Wright exercised total control over the interior, including furnishings, and unique art glass windows.

Designed in 1900, these two houses marked the beginning of Wright's Prairie Style period. The style is distinguished by a simple, plain composition, horizontal to the ground, with rows of casement windows, a low-pitched roof, extended overhanging eaves, and wood trim that defines planes, turns corners and highlights special features. The geometric art glass patterns reflect natural plant forms.



Tours of the Bradley House are available and you can even take a 30-minute river cruise on the Kankakee River from the Bradley House boat dock! For more information visit www.wrightinkankakee.org

COOK'S POT - GRILLED SALMON AND AVOCADO SALAD

This is a great seafood dish that will pair well with a small side of quinoa, or simply add on other nonstarchy vegetable like steamed green beans or cauliflower!

Ingredients

- 4 frozen salmon filets (4-ounce each, thawed)
- 1 tbsp olive oil
- 1 tbsp grill seasoning (no-salt (Mrs. Dash Steak Grilling Blend))
- 4 cup romaine lettuce (chopped)
- 1/2 cup red onion (thinly sliced)
- 1 cup cucumber(s) (thinly sliced)
- 1 ripe avocado (peeled, seeded and sliced)
- 1/4 cup lime juice
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp stevia
- 1/4 tsp salt
- 1/4 tsp black pepper



Directions

1. Preheat an indoor or outdoor grill.
2. Pat the thawed salmon filets dry with a paper towel. Brush each side with the olive oil and season with the no-salt grill seasoning.
3. Grill the salmon filets on each side for 4-5 minutes, or until just cooked through. Set aside.
4. Build each salad starting with 1 cup of Romaine lettuce, top with 1/4 of the sliced onion, 1/4 cup of the sliced cucumber, the grilled salmon filet and 1/4 of the sliced avocado, Repeat for remaining three salads.
5. In a small bowl, whisk together the lime juice, olive oil, Dijon mustard, Stevia, salt and pepper. Drizzle the dressing over each salad

Nutrition Information

Serves: 4 | Serving Size: 1 salad

Per serving: Calories: 330; Total Fat: 21g; Saturated Fat: 3.5g; Monounsaturated Fat: 0g; Cholesterol: 60mg; Sodium: 260mg; Carbohydrate: 10g; Dietary Fiber: 4g; Sugar: 2g; Protein 24g Potassium 790mg Choices/Exchanges: 3 Lean protein, 3 Fat

MESSAGE FROM THE TEEN QUEEN

Hi, everyone! I want to start by saying thank you for all of your support in my time as the Illinois Teen Queen. Since Campvention has ended, I have been a busy bee with work and making college plans. I will be taking some summer classes to jumpstart so I can transfer to a university sooner.

My first Campvention as a queen was phenomenal! One of my favorite things was all of the interesting people I met from other states and Canada as well as the conversations we had. I always saw us as one big family and this year really cemented that for me! And being a part of the pageant made my heart so full. I definitely made life-long friendships with my fellow queens and kings, and I couldn't be happier! Happy camping!

Hailey Roark, Miss Illinois

MESSAGE FROM THE RETIREE KING & QUEEN

Hello, we are Matt and Marla Mantia from Bradley, Illinois and we have recently been elected the FIRST King and Queen for the Illinois Retirees Chapter.

We started out camping with our local chapter, Kankakee Valley Wanderers, and became FCRV members in 2008. When Matt became President of our local chapter in 2010, we began to get more involved in FCRV. As time went on Matt became the President of the Illinois Retirees Chapter and still is the current President. He is also a past Illinois State Vice-President and is currently the Illinois Field Director for two local chapters.

When we went to our first Campvention and our first Retiree Rally we were really hooked! We met so many new friends and had so much fun that we decided that we didn't want to stop. We started volunteering at the very first Campvention and Retiree Rally we attended and have continued to volunteer at each one since. We have volunteered at Security work, Red Hats, Hard Hats, Food Bank, Putting goodie bags together etc. Continually we have Chaired and Co-Chaired the First-Timers, and Matt was Chairman of the Trams for the last Campvention. We found out all you have to do is ASK, and someone will tell you where help is needed.

We are looking forward to going to the Retiree Rally in Houma, LA and representing the Illinois Retirees as Retiree King & Queen.

ISA WILDLIFE PROGRAM

Mike & Deanna Boyd have been the ISA Wildlife Directors for many years and with Mike's recent passing, Deanna has chosen to step down as the ISA Wildlife Director. If you are interested in taking over this position, please let Doug Black know. In the short term, requests for a wildlife grant can be sent to Corresponding Secretary, Rhonda O'Neal. Simply write a letter to the ISA Board telling us how much money you would like to donate, some information about the organization you want to donate to and how the funds will be used. Letter's should be submitted by April 1st and will be reviewed and awarded at the April State Campout. Letters should be mailed to Rhonda O'Neal, 2730 N. Waterford Dr, Florissant, MO 63033 or you can email your letter to Rhonda at rhonda.oneal@sbcglobal.net.

ISA SCHOLARSHIP APPLICATIONS DUE APRIL 1

HIGH SCHOOL SENIORS, COLLEGE STUDENTS, AND ADULTS RETURNING TO COLLEGE. Now is the time to apply for the ISA scholarship. All completed paper work and filled out application needs to be received by April 1st.

All applications are to be mailed with a Delivery Confirmation to: Pat Taylor, 1206 N. Jackson St. Bushnell, IL. 61422

ISA/FCRV SCHOLARSHIP PROGRAM

College scholarships are awarded by the FCRV/~NCHA-Illinois State Assn. Scholarship Program to FCRV/~NCHA-ISA members and their children who are accepted in a two or four year accredited institution of higher learning.

Scholarships will be awarded annually after review and approval of the FCRV/NCHA-Illinois State Association Scholarship Board of Directors. A recipient of an award will be eligible to reapply each spring for a scholarship for the following year. Students currently en-rolled in college will be given equal consideration with incoming freshman students.

More information and application forms are printed in the ISA Camper. Copies also can be obtained by e-mail from:

Scholarship Director Pat Taylor (optaylor1098@juno.com) or

Scholarship Treas. Duane Keegan (dentec957@att.net)

SELECTION OF THE ILLINOIS FCRV/ISA SCHOLARS

Selection is made by the FCRV/ISA Scholarship Board of Directors. Membership of the Board is comprised of the current officers of the Illinois State Association; Conservation Chairman; Wildlife Director; ISA Scholarship Program Director; Scholarship Program Treasurer; Teen Director; FCRV-ISA State Director; and Asst. State Director.

Selection will be made at the annual April State Campout. Official announcement of the Scholarship recipients shall be made at the General Membership meeting at the April State Campout.

Recipients of Scholarship awards will be notified by mail by the Scholarship Program Director. All awards are to be presented at the General Membership meeting at the June State Campout. All recipients and/or their parents/guardians must attend the June State Campout weekend to receive the award.

CRITERIA FOR SELECTION OF THE FCRV/NCHA-ISA SCHOLARS

1. Parents, guardians or applicants must be members of FCRV/NCHA-ISA for one year or longer immediately prior to applying. Membership must be maintained during the period of the award.
2. Student must be enrolled and attend a two or four year accredited institution of higher learning.
3. Applicants graduating from high school must have a cumulative 2.5 average based on a 4.0 scale
4. Applicant enrolled in college must have a cumulative 2.5 average at time of application or 2 consecutive semesters/quarters of 2.75 or above
5. Other considerations are: general maturity; leadership; related activities and goals of the candidate as related to the objectives of FCRV/NCHA and ISA.
6. Special consideration will be given to students majoring in fields related to Conservation, Ecology or outdoor activities.

PROCEDURE FOR APPLYING FOR THE FCRV/NCHA-ISA SCHOLARSHIPS

All applicants must have the following information on file with the Scholarship Program Director NOT LATER THAN April 1st of the year the award is given.

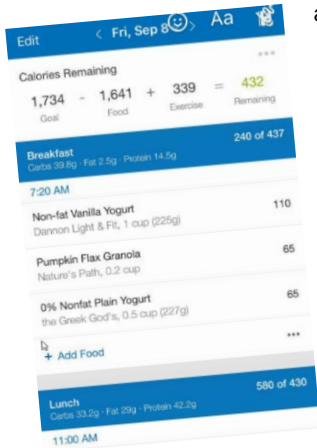
1. Official Application Form
2. Copy of high school transcript and record of official test scores (ACT-SAT) etc. (Note: if you would like your transcripts returned please include self addressed stamped envelope)
3. Transcript of all college courses taken through February of the year the award is being sought. (Note: if you would like your transcripts returned please include self addressed stamped envelope.)
4. Two new (not duplicate from previous years) letters of recommendation (other than relatives). One of them needs to be from a teacher/professor if currently attending school.
5. Photostat of parents' or applicants (if married or over age of 21 and not residing with parents) membership in FCRV.
6. Proof of admission to an accredited institution of higher learning or a list of institutions applied to. Proof of admission must be provided before June State Campout.
7. If a recipient fails to attend and complete during the academic year, for one full semester/quarter, all monies awarded MUST be returned to the Scholarship Program. Recipient must submit a transcript from the school/college at the end of the first completed semester/quarter to the Scholarship Director. Transcript must be received by March 1st of the year following the award. Failure to comply shall render the applicant ineligible for future scholarships.

C.A.M.P. HOW TO KEEP TRACK OF YOUR MILES USING FITNESS APPS

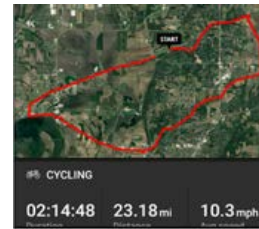
If you have a cell phone you can load one of these apps that can motivate, coach, and help you track your progress. Best of all, they are FREE. There are some other high tech apps that you can pay for, but for the average person out for a stroll or walking and biking through the neighborhood, you don't need to pay for your tracker. Thankfully, your mobile device can help you become a fitter and healthier you with great health and fitness apps that cost next to nothing. You don't have to blow through your savings on gym memberships and personal trainer fees if you know how to use your smart phone as a training tool.

You can log workouts, count calories, and collect stats about runs, walks, and bike rides to see overtime how you're improving, or just to track for those C.A.M.P. coupons and to rack up miles for your chapter. You can also share your progress with your physician.

One of my personal favorite apps for health and fitness is MyFitnessPal. This free app helps you out by functioning as an easy-to-use calorie and nutrients counter with a database that boasts more than 2 million foods (www.myfitnesspal.com). This means MyFitnessPal can estimate how many calories you burn automatically by pulling in your activity data from your tracker. MyFitnessPal is wonderful at helping you become more aware of your eating habits and just how much exercise it takes to burn off the food you eat. It's also compatible with a number of fitness trackers, such as Fitbit Tracker, Garmin Connect, The Withings Pulse, Pacer Pedometer, Polar Flow, Misfit. (I will go into detail with these in the next newsletter.) You do not need a fitness tracker to use MyFitnessPal. You can enter your workout manually.



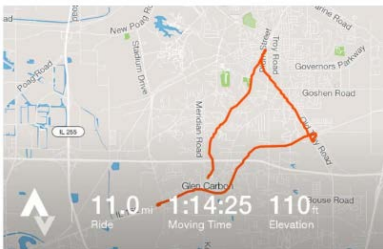
Another app I love is Sports Tracker. Sports Tracker progress when running, cycling, or skiing, providing exercise rote, as well as average speed, and You can record a workout diary and track your exercise progress with others who use the app.



uses GPS to track your you with a map track of your estimate d calories burned. progress. You can share your

Other apps tap into your competitive side to motivate you to work out. For example, Strava is a running and bicycling app that lets you compete against every other person who has signed up to use the app. You use Strava to track your runs and bicycle rides, and other Strava members do the same. The app collects everyone's routes and times, breaks them into segments, and then tells you who has the best time along different stretches of roads and trails. If you're the fastest on the road, everyone else using Strava near you will know it. Strava is very similar to Sports Tracker in that it uses GPS to track your travels. In addition, you can download *Relive* which uses Strava to create a map video of your route.

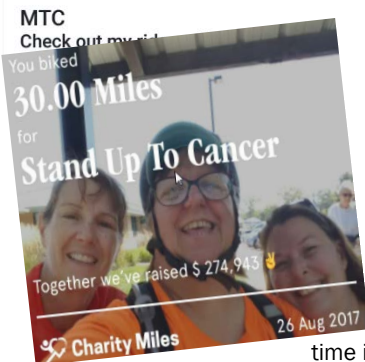
Nice ride today. New trails for Pete Luensmann and I.



Perhaps you're more motivated by competing against someone else. too. Charity Miles is an app that runs, walks, and bicycle rides and mile you complete. Corporate make donations on your behalf. All you sponsorship logos or ads when you fire moving, you can choose which charity from a list. You can create a team of chapter miles. Charity Miles donates \$0.10 for every mile mile walked/hiked/ran.



helping others than There's an app for that, tracks workouts, such as donates money for every sponsors foot the bill and have to do is look at their up the app. Before you get will benefit from your miles your chapter and track your biked and \$0.25 for every



I personally like to do both compete and help others. By the way, you can run multiple apps at the same time if you want. All of the apps I have mentioned are available on both Androis and iOS. No matter what kind of motivation or daily prodding you need to meet your fitness goals, there's an app that can push you in the right direction. I am willing to assist you if you want to use any of these apps and need direction.

Keep Moving! Micki.

SEPT ISA GENERAL MEMBERSHIP MEETING MINUTES

Meeting called to order at 10:07 by Doug Black, President

Pledge and prayer by Donna

Guests Craig and Shari Weber, Mark and Ina and Kaitlyn

Roll call, clubs present, Alf campers, soy city, beaver and cubs, pheasant runners, at large Craig and Shari Weber, George and Betty Helmich Desplains

Reading of past meeting-motioned to accept the ISA notes by Connie, Pete 2nd the motion

Treasure report- George Helmich

Corresponding Secretary 4 pre registered, we did receive some emails to RSVP we had a total of 13 units and 1 drive in for Saturday.

State Director

- Connie talked about regionals for 2019 July 31 thru Aug 4
- she mentioned additional members vs dropped members and that there was no longer going to be a Cadet program, instead a new member pays \$35 and gets 18 mos membership, so basically 2 seasons of camping, Pete touched base also on why this was changed.
- Nationals is looking for a youth director
- Campvention will be July 7-12, 2019 at Hutchins, Ks first 210 people to register will get full hook up, early days are July 5th and 6th.

Shari Weber brought with her some old camping is magazines with the fold Come Camp with us for anyone who wanted one.

Campout report, We brought in \$140 the cost of food was \$123, The board gave to George \$17

Chaplain report- Donna Powell requested that the offering collected go to Mike and Megan Rose (Mike and Jana Tharps daughter and son in law) for their daughter Charlotte who is 3 mos old and facing some health issues. All agreed and \$73 is what was collected

New Business

Upcoming elections:

- President - Doug Black
- Vice President - Joe Beortoune
- Recording Secretary - Jill Serbousek
- Corresponding Secretary - Rhonda O'Neal
- Treasure - George Helmich

Nominees closed by Shari and 2nd by George

We had an auction at this campout to raise money to help with RV shows, Pete explained we need to bring money in to be able to continue doing RV shows which helps with recruiting people to join FCRV. We raised \$193.50. Pete asked for suggestions to raise money @ the state campouts.

George explained the \$100 to the hosting club (if they ask for it) does not leave much for a profit. This campout was hosted by the Board and no money was asked for in advance and Doug and Connie did donate some food, and enough was brought in with registration to cover the cost.

Craig had his turtle races for Saturday night entertainment that everyone enjoyed. He talked about the Kentucky Colonels campout being held @ Diamond Lake Nov 14 thru Nov 19 this year. The 16 thru 18 of November will be when most of the activities will be going on. Registration Fee is \$5 per person but did not know the price of camping. He then explained the campout and how becoming a Kentucky Colonel started with "good works" and this campout has been going on for a long time.

meeting adjourned

ILLINOIS STATE ASSOCIATION OFFICERS

- PresidentDoug Black, 13250 Cornthwaite Rd, Moweaqua,IL 62550
- Vice PresidentPete Luensmann, pluensmann@gmail.com
- Recording SecretaryJill Serbousek , jnsserbousek@gmail.com
- Corresponding SecretaryRhonda O’Neal, rhonda.oneal@sbcglobal.net
- TreasurerGeorge & Betty Helmich, 2507 Lippizan Ln. Grayslake, IL 60030
- FCRV State DirectorConnie Black, 13250 Cornthwaite Rd, Moweaqua,IL 62550

FCRV COMMITTEE CHAIRPERSONS

- Conservation.....Jill Serbousek, jnsserbousek@gmail.com
- HistorianJill Serbousek, jnsserbousek@gmail.com
- D.A.S.A.T.Jill Serbousek, 1027 Winter Lake Dr. Fenton, MO 63026
- Membership.....Micki Luensmann, thelunzys@gmail.com
- RetireesMartha Cooley, 148 W. 4th St. Coal Valley, IL 61240
- CAMPMicki Luensmann, thelunzys@gmail.com
- Teen AdvisorDonna Powell, PO Box 433 Cerro Gordo, IL 61818
- Wild LifeLooking for a volunteer

ISA COMMITTEE CHAIRPERSONS

- Advertising.....Looking for a volunteer
- Chaplain.....Donna Powell, PO Box 433 Cerro Gordo, IL 61818
- ISA EditorJill Serbousek, jnsserbousek@gmail.com
- Scholarship.....Pat Taylor, 1206 N. Jackson St., Bushnell, IL 61422
- Scholarship-TreasurerDuane & Ruth Keegan, 957 Lois, Addison, IL. 60101

ISA CAMPER

ISA CAMPER is now available on the FCRV web site. Starting with August 2015 ISA will no longer be providing printed copies of the ISA Camper. It will be up to the Chapter to provide printed copies to any members who are unable to read the newsletter online. There will no longer be a subscription fee for ISA Camper.

ISA Camper Article Deadlines

Club reporters and anyone else who are sending articles to be printed in the ISA Camper. Please email them to: jnsserbousek@gmail.com

Here is a list of dates when information for each ISA Camper needs to be provided to us.

Month of ISA Camper	Info needed by
Feb/Mar/Apr/May	January 23
June/July/Aug/Sept	May 18
Oct/Nov/Cec/Jan	Sept 18

The ISA CAMPER can be found at www.fcrv.org. Go to Newsletters, then letter I, then under Illinois go to “Get your copy of ISA CAMPER”. You will then be able to view the last 5 newsletters in PDF format. Note you will need Adobe Reader to view the files.

ISA SPONSORSHIP OPPORTUNITIES

Advertiser in the ISA Camper Newsletter

For advertisers who are not National Commercial Members or Sponsors:

To place an ad in the ISA Camper, a sponsor will be charged \$20 per year or \$30 for 2 years for a business card size; \$40 per year or \$60 for 2 years for a ¼ page; \$80 per year or \$120 for 2 years for ½ page;

For advertisers who are National Commercial Members or Sponsors:

To place an ad in the ISA Camper, a sponsor will be charged \$10 per year for a business card; \$20 per year for a ¼ page; \$40 per year for a ½ page.

Advertiser on the ISA Web Site

A sponsor page exists on the Illinois State Association web site (<http://ilfcrv.shutterfly.com>). ISA Camper Newsletter advertisers will receive a free listing on this site with a link to their web site.

For advertisers who do not have a printed ad, the cost for a link on the Illinois Web Site is \$10 per year. If you have any potential sponsors, please contact Scott Serbousek at saserbousek@charter.net and he will provide a form

Voice of the Illinois State Association Of FCRV

Official Publication of the Illinois State Association of Family Campers and RVerS

ISSN PUBLICATION No. **01645986**

EDITOR: Jill Serbousek 1027 Winter Lake Dr, Fenton, MO 63026 jnsserbousek@gmail.com

I, Jill Serbousek, certify that all material contained within this newsletter is used by permission and is acknowledged.

Send all chapter news, items, columns, special news, and pictures to the Editors. Deadline is printed in the ISA Camper. Deadline may be extended so State Recording Secretary’s report can be published following State Campout. **The ISA Camper is published 3 times a year (Feb, June, October)**. Enclose stamped, self-addressed envelope for return of photos.

ADVERTISING Scott Serbousek, saserbousek@gmail.com

Minimum ad is \$30 per year. Contact Advertising Chairman for additional rates, deadlines, format, contracts. etc., for advertising in ISA Camper. special rates for chapter projects. Distribution: Entire State of Illinois.

PERMISSION TO REPRINT: Granted, provided credit is given to ISA Camper.

CONTENT CONTRIBUTIONS: Welcomed and accepted; send to Editor or to columnists.

Opinions, observations and conclusions expressed herein are those of the various authors and do not necessarily reflect those of the organization.

Advertising in this publication does not constitute an endorsement by the Illinois State Association of FCRV of the product or service advertised.

Members of the Illinois State Association are affiliated with the Family Campers and RVerS. 4804 Transit Rd.. Bldg. 2. DePew, NY 14043. Membership in FCRV includes a subscription to “Camping Today” magazine. Dues are \$30 for one year, \$58 for two years and \$84 for three years.

Any FCRV member in good standing, who is a member-at-large in Illinois or a member of a chapter in Illinois may become member of the Illinois State Association.

SPONSORS

The advertisers on this page have been kind enough to sponsor our organization by paying for an ad in our newsletter. Your fellow FCRV members have done business with these advertisers and feel they are family-friendly businesses to visit and support. If you are in the area of any of these sponsors, please stop by and tell them thank you and use their services!

Do you have a business that you love to do business with ? Anyone can ask their favorite business to be an Illinois advertising sponsor. For pricing and the application form, visit the new ISA web site at <http://ilfcrv.shutterfly.com> or click [here](#).

We are looking for sponsors all over Illinois, so if you know of someone please contact them. Are you too shy to approach them? Contact Scott Serbousek (saserbousek@gmail.com) and he will take it from there.



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2019 GREAT LAKES REGIONAL CAMPOUT

Iroquois County Fairgrounds

Watseka, IL

July 31st – August 4th



Activities for all, Self-Guided Tours, Pet Parade, Family Feud, Poker Walk, Pet CPR & First Aid, and more.

Saturday Night Kid-Friendly Murder Mystery Dinner

While sippin' on some award-winning root beer, there will be one dastardly dude (or diva) at work to try to spoil your time, so you best be ready to solve a mystery and catch a bandit! Silver Springs is counting on you!

Name: _____ E-Mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Number of Adults: _____ Youth: _____ Teens: _____

Pre-Registration (must be post marked by July 20)

Activity Fee - \$15.00 Camping - \$25.00 per night

Activity Fee at the gate will be \$20

Amount Due:

Pre-Registration: \$15

Number of Nights of Camping: _____ x \$25 = \$ _____ (or pay at arrival for camping)

Total Monies Sent: \$ _____

Make Check payable to: ISA (Illinois State association)

Send pre-registration to: George Helmich

2507 Lippizan Ln.

Grayslake, IL 60030

Questions? Contact Connie Black at ILFCRV@yahoo.com

