



NEWSLETTER

April 2020

April Newsletter time! The cliché really is true, these are certainly strange times we are living in. Terms from a decade or more ago, and new ones seem to roll off everyone's tongue. Social Distancing, self-quarantine, we're all in this together, and I am sure a host of others. Who would ever thought we would all be wandering around with masks on? I hope these things will not necessarily define the year 2020, but I know Vickie and I, along with many others, are anxious to hit the road, even if keeping our distance.

Those of you on Facebook and our other social media accounts seem to stay caught up with neighborhood activities, or what there may be of them. I know I enjoy seeing the updates and hear people asking one another if they saw so and so's post. If you have not joined, the links for all are on the second page of this issue.

I hope to recap some of the activities, or what there were of them over the last month. We did hold a Board Meeting this past month, likely the first of its kind at NTAC, as it was a virtual meeting via Zoom. For the most part they were able to conduct the necessary business at hand.

2020 NTAC President:



As of this writing there are no COVID-19 cases here at NTAC. This is a true testament to everyone who lives at the Park. By practicing social distancing and other measures recommended by the CDC you have managed to keep our park free of the COVID-19 virus. But the battle isn't over yet. We must continue following the

guidelines until told otherwise.

I realize it is getting tougher and tougher to live our lives the COVID way (social distancing, no social gatherings, etc.). We all must do it for our self and for our neighbors. Ginger and I have had very few trips out of NTAC, but each time we do (mostly for groceries) I wonder if I was careless somehow and brought the virus home. This is not the way I want to

The NTAC Office has a new look. Jenn Nekola provided a very refreshing update to the office, making it both inviting and seemingly much larger; thanks for the update, Jenn!

We all have to acknowledge everyone who spent time around the park this past month. NTAC looks great; landscaping is attractive, and so inviting. Fortunately, even while honoring social distancing expectations, many were able to get out and enjoy the sights of spring.

I tried launching the shorter NTAC Nuggets as a quick weekly update following the last newsletter. Thank you to those who submitted material, especially Jim Rester for his photos. The "Nuggets" idea is much harder than I expected, as it is very much dependent upon reader submissions. I will try and continue, but I really need you to submit!!

Send what you have to NTACNewsletter@gmail.com and I will do my best to keep up.

live my life. I should be traveling in my Airstream or visiting family.

But in times like these, as is always the case, the good in people comes out. I hear stories throughout the park of neighbor helping neighbor. I see others making trips to the grocery store so others don't have to get out of their house. Many shareholders are taking the time to work on their landscaping, do a project, or make masks. My grandmother would say that you never know what kind of tea you get until you put in hot water. The COVID-19 virus has us in hot water and I see some sweet tea being brewed here at NTAC.

She would also tell me that no-one is born to worry – it is always something that is self-taught.

I appreciate everyone doing their part in keeping NTAC COVID-19 free.

Steve Zeringue
President, North Texas Airstream Community

Remember this newsletter is all about you and your neighbors. Articles and photo submissions are certainly welcome from everyone, especially photos of members, on the road or not; your favorite pictures, special campground discoveries, great deals, or a unique recipe. Please include a brief description of any photo and I will try to include submissions in a future edition.

NTAC Public Relations & Advertising Committee

The Power of Social Media

Get Connected!!

NTAC Facebook Page

<https://www.facebook.com/AirstreamCommunity/>

NTAC Instagram Account

<https://www.instagram.com/northtexasairstreamcommunity/>

NTAC Twitter Account

<https://twitter.com/NTAirstreamComm>

NTAC Private Facebook Group

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

New Members

A warm welcome to David and Anna Brandon; new owners of Share 205. They joined our community the end of March.

David and Anna currently live in Grapevine, and are both still working. David owns a textile-sales agency, covering five states in the southern region of the US.

On weeks when he can work virtually, we plan to take our Airstream (Drag-n-Fly, #5157) to some of the more distant parts of his territory. With the nature of David's business, he often has fabric samples to get rid of, so if there are quilters in NTAC, let them know so we can keep you supplied!



Anna is a clinical psychologist with a private practice in Southlake, TX. She is also the founder/director of a non-profit, My Red Tent, which serves women who are pregnant, postpartum, or have experienced miscarriage/stillbirth.

They have five children and 10 grandchildren, so there isn't a passing month where it seems they don't have a birthday to observe. Our oldest grandchild graduates from high school in Grapevine this May and our youngest is almost three, so we have quite a spread! The Brandon's also note they are new to the Airstream/RV community, so welcome any helpful tips from all of you.

Meet Your Neighbors

Tom and Norma Collier

When asked how they met, Tom frequently replies, "We've known each other all our lives." In fact, their families met four generations ago. As preschoolers, Tom's and Norma's backyards backed up to each other, and Norma would watch as Tom and his best friend played. Tom and Norma were in the same classroom for both first and second grades.



They still have the school pictures they exchanged in second grade. Life happened and Tom moved away. Tom's family lived in Houston, Texas while Tom was in high school, but in the summer Tom would return to Goldthwaite, working for his uncle and granddad. It was the summer preceding their junior year that Tom and Norma began dating.

They continued dating through college, marrying the last semester of Norma's senior year. After graduation, Tom worked in the air conditioning field and Norma taught school.

Tom worked every area of A/C: factory research, teaching in high school, A/C dealer, and sales for York International A/C. He won several company trips and top sales awards. Norma taught high school mathematics and retired as the Associate Principal for Curriculum and Instruction at Plano East Senior High. Both Tom and Norma were recognized as being top performers in their chosen careers.

After retiring, Tom and Norma operated Kristy Kay Doll Hospital where they repaired all kinds of dolls and stuffed toys while teaching doll repair and doll making classes.

In 1997, they bought their first Airstream from a couple living at NTAC. They joined the North Texas Unit and began volunteering in the unit. In 2000, Tom and Norma closed the doll hospital and moved to NTAC. They are very content and happy living here.

Tom was unit president in 2002. While unit president, Tom was the Region 9 Membership Committee chairman. This was when he developed the mentoring program for Region 9 and then International. From 1997 through 2012, Tom and Norma traveled extensively throughout the United States with Tom's duties as Region 9 and then International President. They still travel some, but have downsized from their 37 ft. motorhome to a 20 ft. Bambi.

Tom and Norma have two children. Jason is a deputy fire chief in Highland Village, Texas. He and Ginger have three sons. Their daughter, Kristy Kay, died in 2009.

PLEASE CHECK THE CALENDAR AND WATCH FOR OFFICE ANNOUNCEMENTS AS MANY CHANGES MAY HAPPEN DUE TO THE IMPACT OF COVID-19.

Health and Wellness

Sue Essary, Health & Wellness Chair

Study: Taking hypertension meds at bedtime cuts health risks significantly Oct. 28, 2019 at 11:02 p.m. CDT (Excerpt From the Washington Post)

When people take their hypertension medications at bedtime, blood pressure is better controlled during the night and the risk of death or illness due to cardiovascular disease is significantly lowered, a new study suggests.

The researchers found, after accounting for such factors as age, gender, Type 2 diabetes, chronic kidney disease, smoking, cholesterol levels and previous cardiovascular events, that timing of medications made a difference.

At their final evaluation, patients who took their medications at night had significantly lower LDL cholesterol, higher HDL cholesterol and lower sleeping blood pressure.

During follow-up, 3,246 volunteers experienced a cardiovascular event: 274 had heart attacks, 302 had procedures to open clogged arteries, 521 were diagnosed with heart failure, 345 had a stroke and 310 died of a cardiovascular cause.

Risk of these events, and of dying from them, was significantly lower in the bedtime group. Those who took their medications at bedtime were 45 percent less likely to die of cardiovascular causes overall, 56 percent less likely to die of cardiovascular disease, 61 percent less likely to die of hemorrhagic stroke and 46 percent less likely to die of ischemic stroke — the more common kind.

Those taking medications at bedtime were also 34 percent less likely to have a heart attack and 49 percent less likely to have a stroke.

Keeping NTAC Looking Great

Steve Zeringue, Landscaping Chair

About this time every spring, we are often on the go traveling in our Airstream around these United States; rarely taking the time to look around NTAC. With COVID-19's arrival to the State of Texas, we have found ourselves limited in our travels to a few trips in town and our daily walks around NTAC.

As you walk around NTAC, you will see the flowers are in full bloom; with the Bluebonnet and the Indian Paint Brush making their annual appearance along with all the other wildflowers. The "pastures" are in full bloom for all to see. However, you should'n't forget to look at NTAC's flower beds. The Pavilion flower bed is also starting to bloom and deserves a slow walk by to enjoy all the colors and smells. Soon the Butterfly flower bed will also bloom, ready to welcome the many butterflies visiting our area.

I would like to thank the members of the Landscape committee, who on their own, take the time to work in the many beds around NTAC. Due to social distancing it is difficult to get the committee together. So, thanks to all of you for all you do, on your own, and with a partner (6' apart). This really is a great place to live.



Jim Rester shared this photo following one of our recent March storms. Great colors and composition. Thanks, Jim!

Activities Committee News

As of publishing all and April Activities are cancelled. We shall see what May brings. The calendar remains available on our website, but please note most of these activities may not happen, until restrictions in social distancing and travel are lifted.

2020-2021 NTAC Book Club

Bob & Marne Kaemmerer announce the book club selections for the upcoming year. Generally they meet in the Card Room on the first Thursday of the month at 1:00.

They extend their thanks to everyone who participated in our selection of books for next year. We hope to see many of you.

"Nerves of Steel" by *Tammie Jo Shults*, Sept 3, 2020

The true story of her life – as the daughter of a rancher who breaks thru the gender gap as one of the Navy's first female fighter pilots. She recently safely landed the crippled Southwest Airlines flight 1380, saving the lives of 148 people.

"We Were the Lucky Ones" by *Georgia Hunter*, Oct 1, 2020

Based on the true story of a Jewish Polish family who were split up by the horrors of WW II. They each struggled to escape certain death, relying on hope, ingenuity and inner strength to persevere.

"The Great Alone" by *Kristin Hannah*, Nov 5, 2020

A story set in the Alaskan wilderness in the 70's about a family in crisis--the ultimate test of survival. Ernt Allbright, a former POW who comes home a changed and volatile man, impulsively decides to move his family to Alaska.

"Educated" by *Tara Westover*, Jan 7, 2021

A memoir of a daughter of survivalists in Idaho. Lacking formal education, it is an account of her struggle for self-invention as she worked to be admitted to BYU, Harvard and eventually to Cambridge.

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“Hot Springs” by *Stephen Hunter*, Feb 4, 2021

An Earl Swagger novel. In the summer of 1946, organized crimes seemed to have overcome American justice. Nowhere is this more true than in Hot Springs, AR, the reigning capital of corruption.

“When the Men Were Gone” by *Marjorie Herrera Lewis*, Mar 4, 2021

A debut historical novel about the inspiring true story of Tylene Wilson, a teacher in Brownwood TX who became the first female high school football coach in TX during WW II.

“The Library Book” by *Susan Orlean*, Apr 1, 2021

On April 29, 1986 a disastrous fire broke out in the Los Angeles Public Library. It reached 2000 degrees and burned for 7 hours consuming 400,000 books and damaging 700,000 more. Was it purposefully set? Why? Who? A mesmerizing book that also tells the story of libraries and librarians.

“In Hoffa's Shadow: A Stepfather, a Disappearance in Detroit, and My Search for the Truth” by *Jack Goldsmith*, May 6, 2021

His stepfather was a long-time associate of Jimmy Hoffa. Goldsmith explores Hoffa's rise and fall and why the golden age of blue-collar America came to an end. He unravels one of the 20th century's mysteries.

P.S. Even if you haven't read the book you're welcome to join in

Arts & Entertainment

All college events, on or off campus, scheduled to occur through April 5, 2020 are cancelled. This includes, but is not limited to, recruitment events, tours, student programs, performances, conferences and social events. Hill College will continue to evaluate events slated for April 6, 2020 and beyond and will send communication as decisions are made. Please call if you have questions.

Compost Status

-  Bin #1 – will be closing.
-  Bin #2 – is closed – busy making more compost
-  Bin #3 – the fresh compost is gone so Bin #3 will be open to take your items for composting
-  Bin #4 – for bagged leaves and grass clippings and whatever else you have that will make compost..

If you chair a committee and want to included information in a future newsletter to create awareness and/or solicit participation, or just thank those serving on your committee, please send a brief synopsis similar to those above to ntacnewsletter@gmail.com.

Poison Ivy Warnings & Advice

This past week a notice was sent, warning residents to be cautious in the wooded areas due to Poison Ivy, Oak and Sumac. Ray Schmitt, Phil Spruell, and Dave Roper shared self care tips and advice if you come in contact or need to treat clothing.

Ray offered:

There's a fantastic product called Tecnu outdoor skin cleanser that will solve almost all the problems caused by the irritating oils of poison ivy, oak and sumac. This works whether you are aware of exposure and apply it shortly after exposure or if you are not aware until the irritating itch begins. If you apply it within 2 hours you will likely not have any discomfort at all and if applied later on but within 8 hours you will experience only a mild rash and irritation. And lastly if applied when the full on rash erupts it will ease some of the itching. I can only speak of my experiences with the product over the years and my sensitivity to poison ivy but I am not hyper sensitive.

My last exposure to poison ivy was here in the park working on the chipping crew, so I can confirm it is here. You should be able to find Tecnu in Walmart, it's worth the money.

Phil's feedback:

As an adjunct to the poison ivy stuff, Walmart has a product called Tech Nu. Poison ivy does not come off when you wash your clothes. When you use the clothes again, the stuff is still there. Any time I am in contact with it Peggy washes all my clothes and adds tech nu. When you get home you need to take a warm shower and wash thoroughly with soap and water and also use tech nu. The rash doesn't start immediately, but when it does it is painful. If you scratch it, it spreads. In bad cases where you start swelling go the doctor and get a shot.

Keep the poison ivy separate and bag it separately. I always use long rubber gloves when doing so. Don't burn it - the fumes are toxic. You may get the idea I've been in the stuff and I have. Avoid it - very few people are not allergic to it.

And, Dave Roper also shared his testimony

As a field technician with the telephone company he can attest to Tech Nu working. He also noted Poison Ivy is not just a summer nuisance; when it drops its leaves in the fall and winter, leaving the vine and nubs, both which can cause irritation.

Sign of the times.....

Phil and Peggy shared a moment with their 2nd grade grandson, while watching Saturday's World Together Home program.....

When Paul McCartney came on, Nicholas asked who he was.....I said, he was in a famous band....He is a Beetle. Nicholas exclaimed, "He's a bug, that turned human??" Too many Marvel movies with Daddy, eh?