



Thoughts From the President

First, I want to thank the Rally Masters, Jenny and Jim Evans for all of their planning and hard work to make the rally a great one. The feedback has been very positive. There was plenty to do, and enough “down time” for great socializing. The Bella Terra RV Resort is a beautiful facility with many amenities and it served us well.

Thanks also to our sponsors, Liberty Coach and Prevost Bus, for their continued support. A thanks also goes out to Richard and Charmaine Wilson for their generosity by providing T-shirts, hats and other souvenirs for the attendees.

We started out by eating our way through the Annual National Shrimp Festival in Gulf Shores on Thursday afternoon. If it once lived in the ocean, you could find it for sale here...fried, of course.

I thoroughly enjoyed the “man things” that were scheduled. The tour of the USS Alabama, the Drum and the Naval Air Museum at Pensacola were all wonderful! It reminds us all, in these troubled times, of how much our men in uniform have sacrificed in the past, and are still doing so. God bless them all.

The ladies all loved the tour of the Carnival Museum, with all of its beautiful costumes and the Bellingrath Gardens and Home. They also were able to sneak in some extracurricular, local shopping.

The dinner, the music and the atmosphere on the last evening were great. Some of our ladies took the opportunity to kick up their heels and show off their dancing skills. Now, if we could just get the guys to move like that.....

The recent survey of the membership about what type of rallies, where they should be geographically, how many meals should be served and what price range we need to be looking for at future rallies, etc. was not very conclusive. The small response we did get did

seemed to show that the membership would like to see more rallies in the central and western states. This was discussed by the board and it was decided that the best way to accomplish this was by encouraging members who either live in an area or are very familiar with an area to take on the task of hosting a rally in that area. That way, we get a rally that best shows off the features of that area. We are also looking into the possibility of taking advantage of offers from RV resorts that offer up promotional package deals with a Rally Master thrown in free. If you are interested in holding a rally, contact Wayne Bost.

For those of you so inclined, Graham and Mary Catherine Ricks are hosting a “mini rally” in the Evergaldes which runs from January 22 through the 26th. If you are interested, see the Royale Coach website for more details.

Our Spring rally in Williamsburg, Virginia is on April 22-26. Mary and John Habicht have been working diligently to make it another great one. If you haven't seen this area, this is a great opportunity to do so.

On a more somber note, the club recently lost a great friend. Long time member, Charlie Utz passed away in Florida during the time of our Alabama rally. Those of us who knew Charlie remember him as one who always had a zest for life and a big, warm smile on his face. Our sympathy goes out to his wife, Linda and family.

Safe Travels,

Smitty

Below are the results of the apps survey taken at the Royale Coach Club rally recently held in Foley, Alabama. The survey form was also emailed out to some club members not in attendance at the rally (including one to my daughter!) I received six back via email from non-attendees and six handed to me during the rally . . . hmmm, that was strange. I went to the app store to look up every app recommended to get a discription and was unable to find a few. It is possible that app was not for an Apple products therefore was not in the store. I have also listed the cost and and if the app was recommended more than once the number of times is noted. Thanks for participating and, yes, I will be using most of these apps!

Name of App	Description	Cost of App	# of times recmd.
Allstays	Many different apps under this name ranging from campgrounds, rest stops, truck stops, Wal-Mart Overnight and more	Range of Free to \$10	4
Around Me	Find local restaurants, stores, gas stations, etc. close to your location	Free	
Banking	All banks have their own apps for on-line banking	Free	
Best Alarm	Alarm clock	Free	
Bible + 1	Bible reader with fully formatted text and multiple versions. Navigate by book, topic, passage and search	Free	
Bloomberg	Instant access to business and finance news, market data and portfolio tracking	Free	
BMI Calculator	BMI and weight tracker to see progress over time	Free	
Box	Similar to Dropbox, access and edit your files, share content and stay connected	Free	
Bubble	Bubble level to see if your coach is level	Free	
Camera+	Editing, borders and captions of photos	Free	
CardStar	Don't carry bulky store loyalty cards, carry them in your phone and present at checkout	Free	2
CHL or Gun Conceal	Tells CHL holders where they can and cannot carry concealed weapons and confirms reciprocity or not in all other state.	Free	
Craigslist	Several different apps to review items on several different types Craigs List	Range of Free to \$4	

Name of App	Description	Cost of App	# of times recmd.
DataVault	Leading app for passwords, credit cards, bank accounts, logins. Uses AES encryption, iCloud Sync and backup	\$10	
Dictionary	Dictionary	Free	
Disney World Park Hours	Operating hours of all Disney Parks	Free	
Dog Friendly	Comprehensive guide to dog friendly hotels, restaurants, parks, beaches and more across the United States and Canada	Free	
Ebay	Several different apps to sell, search, bid, buy, browse and pay	Free	
Elevation	List your current elevation	Free	3
ESPN Sports	Many different apps for ESPN . . . Take your pick	Free	
Evernote	An app for staying organized	Free	
Find iPhone	In my opinion this is the most important app to have. Find your device if lost or stolen and have the ability to remotely lock and/or wipe clean the device to prevent unauthorized use	Free	7
Flashlight	Turns phone with flash camera into a flashlight	Free	4
Fox News	News app	Free	2
FoxFi	Android phone, creates mobile Wi-Fi hot spot, I was unable to find in app store for the iPhone		2
Gas Buddy	Find gas stations and prices near you	Free	3
Golf Logix	GPS for yardages while playing golf, over 30,000 golf courses listed	Free	
Good Reader	For reading digital books	Free	
Google Sky Map	Identifies constellations at night, I was unable to find this in the app store		
Google Translate	Translate words and phrases between more than 60 languages, typing and speaking	Free	
GPS Phone Tracker	GPS tracking device to see where your friends and family are across the globe	Free	
Hanging with Friends	Game	Free	
Heart Rate	There are several apps that measure your heart rate thru the phones camera lense	Free	
Holy Bible	35 versions of the Holy Bible	Free	

Name of App	Description	Cost of App	# of times recmd.
iBooks	Download and read books	Free	
iHeart Radio	1500 live radio stations, digital music	Free	
iTriage	Health and Fitness, answers medical questions	Free	
Lookout	Scans apps for viruses and locates your phone when you lose it. I could not find this app in app store		2
Lose It!	Tracks daily calorie intake, track exercise, track weight loss	Free	5
M Secure	Password and data manager	\$10	
Map My Run	Run, walk and workout tracker, distance, calories, elevation, nutrition with voice prompts of progress	Free	4
MovieFone	Shows movies available and locates theaters	Free	
My Fitness Pal	Tracks daily calorie intake, track exercise, track weight loss	Free	
My Pilot	Locates nearest Flying J station and displays fuel price	Free	4
NCAA Sports	Sports	Free	
Night Sky	Identifies constellations at night.	Free	
North Face	Trailhead locator across the United States	Free	2
OnStar RemoteLink	For 2010-2013 model year eligible vehicles can use their phone to access real time data from their vehicle and perform commands like locking doors, sounding horn and remotely start and stop engine.	Free	
Pandora Internet Radio	Personalized radio	Free	
Prevost Service	Lists authorized Prevost Service Centers in United States and Canada	Free	
RadarNow!	shows weather map	Free	
radio.com	Music, sports, news radio	Free	
Realtor.com	Find property for sale around the United States	Free	
Remedies	Several apps for home remedies	Range of Free to \$1	
RV Park Finder	Trailer Life Directory, a must have	Free	
Shazam	Listens to music then identifies the song, artists and most lyrics	Free	

Name of App	Description	Cost of App	# of times recmd.
Shopkick	Get points by walking into stores and then purchase gift cards with points. Could not find this in app store		
ShopSavvy	Reads barcodes in stores and then checks surrounding stores to tell you what their prices are	Free	
Skype	Video telephone calls, great for seeing your grandkids!	Free	
Sonos	Control your music in every room, manage your iTunes Library	Free	
Starbucks	Locates Starbuck stores, loads payment card and keeps track of rewards	Free	
Television Stations	Key in station of choice (NBC, ABC, Fox, etc.) to download and then watch your favorite TV shows for free	Free	
TripAdvisor	Rates restaurants, attractions, hotels, etc.	Free	
Truck Stop Locator	Find a truck stop near you	\$3	
Vital Signs Camera	Measures heart rate and breathing rate	\$1	
Vitals	Shows doctors in the area you are in with good ratings. Could not find this one in app store		
WalMart Overnight	List where you can and can't park overnight at a Wal-Mart	\$3	2
Walt Disney Wait Time	Shows time in line so you know what park is crowded	Free	
Weather Channel	Real time weather	Free	
WeatherBug	Real time weather	Free	
Wimp	Family friendly videos	Free	
Word Lookup	Words with friends dictionary and anagram finder	Free	
Words with Friends	Game	Free	
Yelp	find local restaurants, stores, gas stations, etc. close to your location	Free	
Zillow	Finds property for sale around the United States	Free	

People Foods to Avoid Feeding Your Pets

Reprinted from the ASPCA website

Chocolate, Macadamia nuts, avocados...these foods may sound delicious to you, but they're actually quite dangerous for our animal companions. Our nutrition experts have put together a handy list of the top toxic people foods to avoid feeding your pet. As always, if you suspect your pet has eaten any of the following foods, please note the amount ingested and contact your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435.



Chocolate, Coffee, Caffeine

These products all contain substances called methylxanthines, which are found in cacao seeds, the fruit of the plant used to make coffee and in the nuts of an extract used in some sodas. When ingested by pets methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.



Alcohol

Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death.



Avocado

The leaves, fruit, seeds and bark of avocados contain Persin, which can cause vomiting and diarrhea in dogs. Birds and rodents are especially sensitive to avocado poisoning, and can develop congestion, difficulty breathing and fluid accumulation around the heart. Some ingestions may even be fatal.



Macadamia Nuts

Macadamia nuts are commonly used in many cookies and candies. However, they can cause problems for your canine companion. These nuts have caused weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and last approximately 12 to 48 hours.



Grapes & Raisins

Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. In pets that already have certain health problems, signs may be more dramatic.



Yeast Dough

Yeast dough can rise and cause gas to accumulate in your pet's digestive system. This can be painful and can cause the stomach or intestines to rupture. Because the risk diminishes after the dough is cooked and the yeast has fully risen, pets can have small bits of bread as treats. However, these treats should not constitute more than 5 percent to 10 percent of your pet's daily caloric intake.



Raw/Undercooked Meat, Eggs and Bones

Raw meat and raw eggs can contain bacteria such as *Salmonella* and *E. coli* that can be harmful to pets. In addition, raw eggs contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems. Feeding your pet raw bones may seem like a natural and healthy option that might occur if your pet lived in the wild. However, this can be very dangerous for a domestic pet who might choke on bones or sustain a grave injury should the bone splinter and become lodged in or puncture your pet's digestive tract.



Xylitol

Xylitol is used as a sweetener in many products, including gum, candy, baked goods and toothpaste. It can cause insulin release in most species, which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to recumbancy and seizures. Elevated liver enzymes and liver failure can be seen within a few days.



Onions, Garlic, Chives

These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed. Toxicity is normally diagnosed through history, clinical signs and microscopic confirmation of Heinz bodies. An occasional low dose, such as what might be found in pet foods or treats, likely will not cause a problem, but we recommend that you do NOT give your pets large quantities of these foods.



Milk

Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other milk-based products cause them diarrhea or other digestive upset.



Salt

Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning in pets. Signs that your pet may have eaten too many salty foods include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death. In other words, keep those salty chips to yourself!

HUMOR TIME



My Favorite Animal – By Little Johnny

My teacher asked what my favorite animal was, and I said, "Fried chicken."

She said I wasn't funny, but she couldn't have been right, because everyone else laughed.

My parents told me to always tell the truth. I did. Fried chicken is my favorite animal.

I told my dad what happened, and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too, especially chicken, pork and beef.

Anyway, my teacher sent me to the Principal's Office. I told him what happened, and he laughed, too. Then he told me not to do it again.

The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken.

She sent me back to the Principal's office. He laughed, and told me not to do it again.

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am.

Today, my teacher asked me to tell her what famous person I admired most.

I told her, "Colonel Sanders."

Guess where I am now?

IN MEMORY OF OUR FRIENDS LOST



Charlie Utz



Sandy Young



Ken Sparks

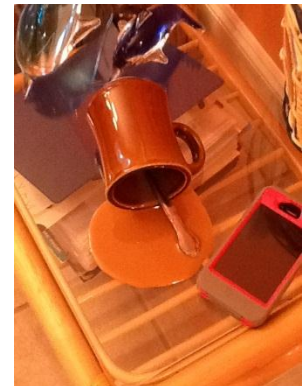
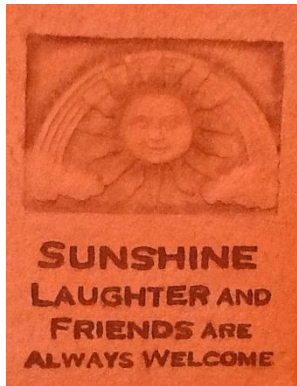
Debbie Lebal

Royale Coach Club Fall 2012 Rally Recap

Gulf Shores, Touring South Alabama



Written By Kally Kitchings



Jim and Jenny Evans should have titled their rally “Sunshine Laughter and Friends are Always Welcome” because that is exactly how their wonderful rally was presented to the members of the Royale Coach Club. We were all welcomed into their lovely home the night before the rally started. For those who did not show up early they really missed a great evening. Jenny, I sure hope the above spill was the only mishap of the evening!

For those of us who showed up really early we had our usual dinners and get-togethers in the evening hours. As you can see from the below photos each night the attendance grew.



The official start of the rally was the gathering at the Bella Terra RV Resort Club House. Bella Terra provided wine and cheese prior to our evening meal (Thanks Bella Terra!) After our southern meal of red bean and rice, crawfish bisque and shrimp, Jim and Jenny proceeded to give out wonderful door prizes. They made sure everyone received something and it was a lot of fun. Also thanks to Richard and Charmaine Wilson for the donation of tee shirts and hats!

The following day was a free day to do as you pleased. Of course most went to the



and enjoyed blue sky, music, sandy beaches and every imaginable fried seafood possible!



And in case you forgot where you were the city made sure to let you know!



Prevost provided the buses that we boarded for travel on Friday. The first stop was the Carnival Museum. This museum was not what I expected. The carnival in question is really Mardi Gras! We learned that Mardi Gras in French means “Fat Tuesday” and is celebrated the day before Ash Wednesday. We also learned that the first Mardi Gras celebration in the United States was not in New Orleans but rather in Mobile, Alabama in the early 1800’s. The official colors selected in 1872 are purple representing justice, green representing faith and gold representing power.

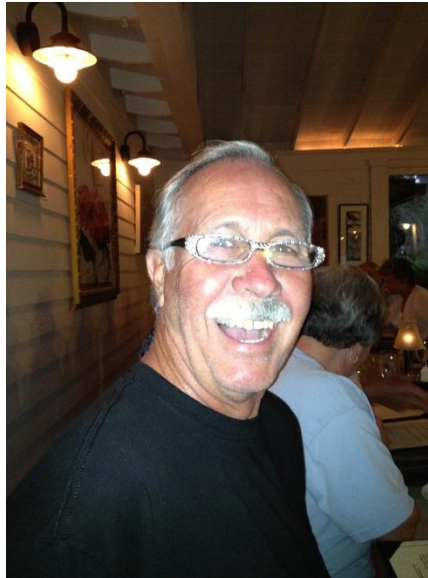


It just would not be a Mari Gras without a King and Queen!! May I present to the Club

King Roger and Her Majesty Queen Charlotte!!!



After seeing all the costumes in the magnificent colors and all the sparkles and bling it reminded me that in my family I always try to be the one with the bling. Unfortunately for me this rally my husband decided to outdo me!! Sure am glad he only asked to borrow my glasses and not my jewelry.



Everyone was starting to get hungry (can you believe it) so we departed the museum, boarded the Prevost buses and took off to the USS Alabama. The battleship was commissioned on August 16, 1942 being built at the Norfolk, Virginia Navy Yard. She was involved in many battles during World War II and was decommissioned in 1947. In 1964 she was towed 5,600 miles to USS Alabama Battleship Memorial Park and was opened to the public on January 9, 1965. She is 680 feet long with a beam of 108 feet 2 inches, displacement of 35,000 to 42,500 tons with an armor thickness of 18 inches. Her crew was 127 officers and 2205 enlisted servicemen.



We were lucky enough to have a catered lunch aboard ship and it was quite a spread. I don't think our dedicated servicemen that served aboard the ship were anywhere near as lucky as we were with their food. After lunch I just really needed a nap so I climbed in a bunk for a little snooze!



You would think that after that wonderful lunch that we would not be hungry for dinner (you thought wrong) so it was back on the buses to Felix's Fish Camp. From the looks of the outdoor décor we all wondered if the food would be good.



We did not have to wonder very long. The minute we all walked into Felix's we could tell from the aroma of the food that it would be delicious . . . and we were all correct!

I was finally able to get a couples photo of Tony and Charlene McNeal who were the guests of Richard and Charmaine Wilson. Fortunately we don't have to call them guests anymore

because I just received word that Tony and Charlene decided to join our club. Welcome Tony and Charlene!! Unfortunately I was unable to get a photo of our other guests Ralph and Alberta Weinheimer. Alberta was very unfortunate at the rally as she fell and broke her arm. Let's all pray for a speedy recovery with the hopes that the memory will not deter them from joining us again. They were guests of our only Newbie of the rally Jim and Martha Vaughn who I was able to snag a photo of. You will be hearing more from Martha later in the newsletter.



Tony and Charlene McNeal



Jim and Martha Vaughn

The Royale Coach Club Business Meeting was held the next morning with the remainder of the day to do as you pleased. I went shopping and purchased new dishes for our coach so I honestly don't know what everyone else did, Ha-ha!!!! That evening we all met at The Gift Horse Restaurant. Once again the meal was wonderful. The evening was filled with friendship and laughter, well, that is for everyone except for one unfortunate soul . . .



One of these days those wicked old witches will learn to watch out for houses!!!

The next morning the Prevost buses arrived as scheduled and took us to the Bellingrath Gardens. The gardens were 77 miles away so naturally Jim and Jenny made sure we did not go hungry by providing us with a box lunch along the way. The gardens were self-guided

and Charlotte and I found things to keep us busy. I had to remind Charlotte she was not Lady Godiva because she was on a lion and not a horse!



We all wanted to hurry back to Bella Terra to attend the Liberty Coach Wine and Cheese party with finger foods being provided by the club. After all, since we have all been gaining weight all week what was one more meal . . . and believe me all the finger food constituted a full meal!



During the Liberty Party (and by the way, thank you Liberty and thank you Robin) is when Jenny decided to raffle off the beautiful Turtle table decorations that everyone had been eyeing all week. And the people that won them all wanted to hold them a little different than the next.



Any guesses who that last person is . . . it's none other than Barbara Chalk!!

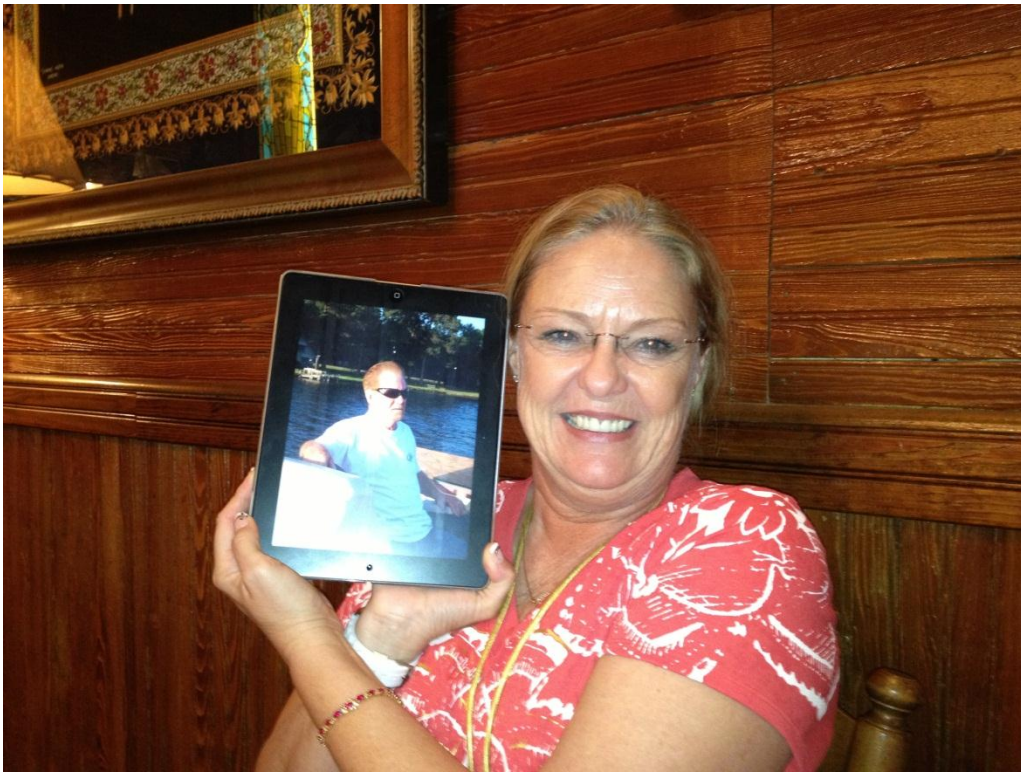
Our last day was a trip to the Naval Aviation Museum in Pensacola, FL and to eat lunch at the Naval Air Station Officers Club. I loved seeing the Blue Angels airplanes hanging from the ceiling and all the American Flags on display.



I don't know how many people were aware that most evenings after the official functions many people would show up at Roger and Charlotte's coach because their site had a huge fire pit. It was nice to be warmed by the fire and just wind down before turning in for the evening.



Everyone knows I love to take photos. I can't possibly post all of them in this newsletter but if you would like to see all of my photos please go to www.royaleclub.shutterfly.com to view them. There are some wonderful couples photos and many of us just having fun. I was in the process of taking some couples photo and for some reason Roger Hatcher could not be found. Nevertheless Charlotte made sure he was in the photo anyway. What a girl!!



Here are a few more photos of the fun times.



It was time for our final farewell dinner and Jenny made sure the PARTY WAS ON!!! We boarded the Prevost buses for dinner and dancing at the Oak Hollow Farm. They made us feel welcome even before we got off the bus.



The food was delicious and we even got to burn a few of those calories with the dancing.



Charlotte even got our bus driver on the dance floor! The men eventually made it to the dance floor and everyone was having a wonderful time. Of course everyone knows that all women like to dance but we all found out how much Jenny likes to dance . . . on the dance floor or on tables!! I just could never get her to face the camera, HA!



Special thanks go to the following companies for their donations to our rally: Felix's Fish House, LA BBQ, Heritage Sportswear, Sanmar Sportswear, Quali-Tee Design Sportswear, Governor's Mansion (Montgomery, AL), Bella Terra RV Resort and Camping World.

And a very special thank you to our sponsors: Prevost Car and Liberty Coach. It was truly a wonderful rally and we thank Jim and Jenny Evans for all their hard work.





ASK A NEWBIE

First impression from a newbie at a Royale Rally that I really want to share with you: things you should and shouldn't do as a NEWBIE!

Things **TO DO**:

Come at least 2 days to a week before the rally and stay at least one day afterwards to rest up!

Make sure you have a name badge (you look like a NEWBIE but to eat and attend events they want to make sure you really are a member.) Bring comfortable shoes; you never know what you may walk on (like barn stuff.) Ask lots of questions, believe me, everyone has answers!

Visit other member's coaches (they will give you ideas for upgrades to your coach which can get you to spend more money.) Try to do as many events as they have planned (they talk about you if you don't attend.)

Things **NOT TO DO:**

Be on a DIET!

Sleep in, it's a RALLY, not a vacation (duh, breakfast was cooked for you EVERY DAY!) Show up late for planned events (they talk about you then TOO.) Raise your hand to volunteer (go ahead make their day.) Try to exchange your door prize for someone else's (doesn't work--BLANKETS RULE!)

All funny stuff aside, we look forward to many more Royale Rallies. We have great memories and want to thank Jim and Jenny for being great hosts. Thank goodness I have 2 years to plan the rally I raised my hand to volunteer for (they don't let you change your mind)!!!

Your NEWBIES,

Jim and Martha Vaughn



Gulf Shores, Alabama

2012 Fall Rally

By Maxamillion "Max" Kitchings

Wow, two rallies in one year at the beach . . . I bet that is a record for the Royale Coach Club. Getting to spend some time in Orange Beach was really really fun. I got to see some beautiful white sand beaches and some beautiful blue skies!

The RV park that we stayed at had this wonderful place called a dog run. My mom and dad would take me to it and then they would take that cord thing off my collar and I could run and run and run. Sometimes there were friends of mine there that I could play with. I saw Bonnie and Clyde there a lot.

There were a lot of activities at this rally that I did not get to go to but the ones I did attend I just loved! The best ones were at night around the big bright fire pit over at Ms. Charlotte's. I never did understand why Ms. Charlotte would not bring out her kids to see the fire. I just loved looking into the fire. Now I understand the word hypnotize. Here is a picture of me one of those nights.



I sure did get to visit a lot of my friends around that fire pit!

On the days that I was not able to go to the rally functions I had visits from one of my very best friends, Ms. Charmaine and her kids Bonnie and Clyde. Mr. Charmaine took me for lots of walks around the very beautiful Bella Terra RV Park. She is just one of the nicest people I have ever met. Thank you so much Ms. Charmaine for visiting me.



During the rally I heard the words "door prizes" many times and I did not figure out what that meant until the last night. My mom won a blanket as a door prize and I am soooooo glad she did. As soon as she brought it in the coach I told mom and dad that I wanted it real bad. My folks are soooooo good to me because they said YES!!!! I just love my new soft Royale Coach Club Blanket. Here I am laying on it.



There were a lot of people that I normally see at the Royale Coach Club rallies that were not there this time. But my mom told me that I would not have to wait until next April to see some of those people because Mr. Graham and Ms. Mary Catherine has put together something called a mini rally this January in Florida, YIPPIE!!!! It's going to be at someplace that has something called everglades. I've heard there are alligators that live in the everglades so I guess I will need to be really careful while I am there. I am just so glad that I will get to see my friends. I even heard that Mr. Jon and Ms. Caryl is going to be there Oh I hope, I hope, I hope they bring Murphy with them. It has been so long since I have seen Murphy and we have a lot of catching up to do.

Hope to see all of you in Florida. Until then, safe travels!

Your Friend,

Max



Explore the Everglades National Park from the comfort of your Prevost!



**803 Collier Avenue
Everglades City, FL 34139**

Rates per night during stay:
Waterfront \$79
Interior \$59
1 Catered Dinner \$25 each
To register
contact the resort
at (239) 695-2600

Impromptu Mini Rally

January 22-26, 2013



Held at Everglades Isle
Motorcoach Resort, 45
minutes south of Naples.

ROYALE RALLY

Nearby Attractions:



**Airboat
Tours**

**Everglades
National
Park**



**Relax by
the pool**



**Hiking
Trails**



Royale's Winter-2013 Impromptu Mini-Rally in Everglades City, Florida

This is another "unofficial" Royale Rally – there are no planned activities, just a few days to get together with friends and do some sightseeing in the area at your own pace. There will be a catered dinner one night, and we might arrange a pot-luck by the pool or some other activities once everyone is on site. Otherwise, all activities will be "on your own".

We will meet at **Everglades Isle Motorcoach Resort**, about 45 minutes south of Naples. It is a new park, fairly small, nicely landscaped, with a beautiful clubhouse and pool. Nearby is Everglades National Park Visitor Center, where you can take boat tours into the 10,000 Islands and Mangrove Wilderness areas. Within walking distance of the park are air boat rides into the wilderness area and a couple of good seafood restaurants.



The dates are **January 22 – 26, 2013**, which is right after the Tampa Super Show and just before the week of Super Bowl activities. The cost is \$59 per night for an interior lot and \$79 per night for a waterfront lot, plus 10% tourist tax. The catered dinner is \$25 per person, tax and tip is included. You will make your own reservation directly with the resort.

If you would like to join us, call John Kavanagh at the resort – **239-695-2600**. Let him know you are with the **Royale Coach Club**. The rally rate is available for early arrival and late departure if desired. If he does not answer, leave a message and he will call you back.

Please make your reservation soon; Florida resorts tend to sell out as winter approaches. The park is holding our block of sites until the end of October, then they will be released for general reservations by the public. Additional sites will probably be available, but it is not guaranteed. If you have questions, contact Mary Catherine or Graham Ricks at royalecoachclub@mindspring.com or 336-674-2127.

Here are some links for more information:

[Everglades Isle RV Resort](#)

[Everglades National Park](#)

[Ten Thousand Island Cruise](#)

[Mangrove Wilderness Tour](#)

[The Rod and Gun Club](#)

[Havana Cafe](#)



Join the Royale Coach Club for a **Pre-Rally Event
April 18 through April 21, 2013**



Colonial Williamsburg, Jamestown and The Norfolk International Tattoo

Come join us before the Spring Rally at American Heritage RV Park

www.americanheritagervpark.com

**American Heritage RV Park | 146 Maxton Lane | Williamsburg, VA | 23188
Toll Free: 1-888-530-2267 | Local: 757-566-2133**

and their Spring Blue Grass Festival hosted by local musician Johnny Knox.

This is a FREE 3 day event (starting Thursday, April 18 - 21 before our rally) You will be able to go from site to site listening to different groups playing and singing... You can even join in if you like.

This is a very informal event with no food vendors on site, so meals will be on your own.

Contact the campground directly... 1-888-530-2267.

Camping is \$44.80 per night with full hook-ups with Good Sams, AAA, or AARP. This must be paid in advance and is non-refundable.

Sunday night John and I will host a welcome party for all those who come in early.

Rally will be April 22 – April 27th

Join the Royale Coach Club as we tour historic Virginia. April 22 through April 27, 2013



Colonial Williamsburg, Jamestown and The Norfolk International Tattoo

Come join us for a week of history and fun. The group will be camping at American Heritage RV Park at “www.americanheritagervpark.com”. Bus transportation to most events & lots of free time to explore the area on your own.

Tours will include:

- **Five night of camping at American Heritage RV Park with Full Hookups 50amp site, Cable TV, Wi-Fi, Fenced Dog Run**
- **Private Tour of Bassett Hall – Home of John D. Rockefeller Jr. and his wife Abby Aldrich Rockefeller during the restoration of Colonial Williamsburg.**
- **Colonial Williamsburg Evening Program – Cry Witch**
- **Jamestown Settlement and Museums**
- **Jamestown National Park (bring your Golden Eagle Pass)**
- **Tickets for self guided tour of Yorktown**
- **The Norfolk Art Festival and International Tattoo with VIP Seats**
- **Free days for Golf and Bike Riding**
- **Self returning trips to Colonial Williamsburg and Jamestown**
- **Extra days may be added to the weekend before the Rally for the campground’s “Spring Blue Grass Festival” (see flyer) OR to the end of the week to enjoy your 7 day ticket to Colonial Williamsburg, Yorktown and Jamestown**

Meals at:

- **Monday-Tavern dinner in Colonial Williamsburg**
- **Tuesday-Tavern dinner and Evening program in Williamsburg**
- **Wednesday- Lite Lunch (on your own) at Jamestown Settlement**
- **Pot Luck Get-Together Dinner Wednesday night in Rec Hall**
- **Friday- Dinner at the Yorktown Art Festival and International Tattoo**
- **Breakfast Tuesday – Friday in Rec Hall**

DO YOU LOVE GETTING NEW AND EXCITING RECIPES!!!



Hi Everyone,

I want to get started on the "Royale's Cookbook" for the Williamsburg Rally in April 2013.

Whenever the group does a Pot Luck Dinner there are always dishes there that we all want the recipes to. So this year I am going to do a cookbook to go along with the rally.

I am asking ALL members, not just the ones coming to the rally, to please send me 4 recipes you would like to share. The cookbook will have 5 sections: 1) Soups and Salads 2) Appetizers 3) Side Dishes 4) Main Dishes 5) Desserts. You can send one for each section OR just the 4 OR as many as you would like! So PLEASE take a moment and email me (johnsgirlfriday@verizon.net) your favorite recipes so I can get started on this wonderful keepsake.

For those who come to the rally, your cookbook will be in print waiting for you. If you don't come to the rally and would like a copy of the cookbook please email that information and I will email you the book so you can print a copy for yourself.

Enjoy your winter,

Mary Habicht

PS We will be doing a Pot Luck at the rally so you may want to send the recipe that you will be using that night. 😊



2012: The Summer of the Triathlon

By Anne Gould



In 2011, our youngest daughter, Tracy, competed in her first triathlon. She was in Pennsylvania, near Allentown, in the DeSales University Physician Assistant program. What is a triathlon? A Sprint distance triathlon starts with a half mile open water swim, followed by a 13-14 mile bike ride, and finishes with a 3.2 mile run.

Early in 2012 Tracy discovered that the Steelman Triathlon in 2012 was scheduled for August 12th, the day after her graduation. “You’ll be here for graduation, Mom, so we could do the triathlon together!” I told her I would think about it – I had always wanted to do a triathlon.....

So, in March, I signed up for the August 12th triathlon. I purchased a book on triathlon training, printed out a 16 week training program, and the training began. The program was based on time.... 20 minute swim.... 24 minute bike..... 12 minute run.... Each day I wrote down what I had done for training, trying to fit in some weight training and tennis along the way. The first week’s total was 138 minutes of swimming, biking, and running. Week 15’s total was 354 minutes.

We had left the motorhome (and my bicycle) in Mesquite, NV for the winter and were flying back and forth, skiing in Maine, and enjoying a few weeks in Mesquite in November, January, and February. We flew out again in early April. Richard’s cousin was competing in a triathlon in St. George, UT on April 7th, so I decided to join him. They had a beginner division (200 yd swim, 5 mile bike, and 1.5 mile run) and I competed in that event, winning the women’s 55-59 year old division. The weather in Mesquite was perfect for biking and running.



Training continued as we left Mesquite near the end of April and headed east for the Myrtle Beach rally, finding recreation centers along the way with swimming pools.... And of course, it's easy to find places to bike and run! Oh, yes, we had to stop at the large quilt show in Paducah, KY for 3 nights... it was on the way!

Each week of training brought an improved fitness level and every once in a while I would think, "I'm starting to really get in shape!" The swimming and biking were much more enjoyable for me than the run, but I followed the program as written, gritting my teeth and hating the running.

Back in Maine for the summer, I had my eye on a triathlon over near the coast, in the town of Hope, near Camden. It was scheduled for July 7th. In mid-June, Richard and I headed over there in the jeep with my bike to check it out. I had read that it had a very steep hill in the bike segment. We drove around the course, and then I jumped on my bike to check out the hilly sections. Well, I'm embarrassed to report that I had to walk my bike up that @\$@#% hill in two places!! It was so steep that I couldn't re-mount my bike after walking! Richard was waiting for me at the top of the hill, and I sputtered that I wasn't going to do this #@#\$@ Hope Triathlon after all... but he talked me into signing up that day, pointing out that

- a) If I walked up part of Barnestown Hill, I wouldn't be the only one walking, and
- b) We had the perfect training hill right in our neighborhood

You see, for years I had been putting my bike on the car and going down to the bottom of Bigelow Hill (where we live), and riding my bike where is wasn't as hilly. So, I started riding up Bigelow Hill every other day (2 miles up, 400+ ft elevation gain). And little by little, it started getting easier.

July 7th rolled around and we headed over to Hope. It was a hot day – mid 80's here. Richard was my setup crew, setting up my transition area, taking photos, and cheering me on. Barnestown Hill was much easier, but still challenging. The run was very hilly, and I just dragged myself through it. I finished in 3rd place in my age group, but I have to admit there were only 4-5 women competing in that age group.

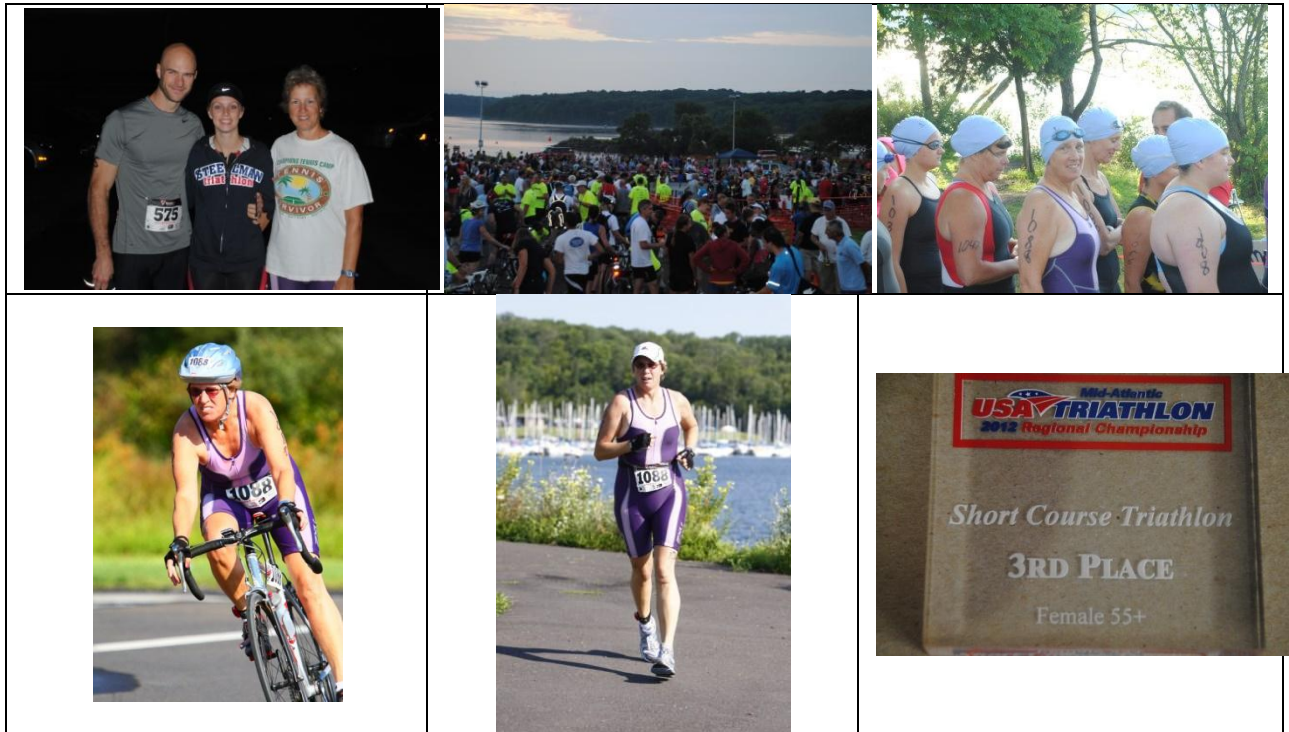


One month left until the larger competition in Pennsylvania. I found a deal on a secondhand, better, lighter bicycle and traded in my bike – this seemed like cheating, as this bike just flew down hill – very aerodynamic!

We headed down with the motorhome to Tracy's graduation a few days early and helped her move into a different apartment. No large graduation party for us – we went to bed early! Then we got up very

early, arriving at the Steelman Triathlon venue at 4:30 am (with 900 other competitors). Tracy and her boyfriend were also competing, so it was fun to have that comradery. This triathlon had both Sprint distance and Olympic distance (1 mile swim, 26 mile bike and 6.4 mile run) competitors.

I didn't really expect to place in this triathlon – so many serious contenders... but without a hill like Barnestown Hill, the biking was much easier, and the run was flat (still no energy for the run at the end.) Well, I finished in 3rd place in my age group. I felt guilty making our little group wait around for the award ceremony, but it was worth it when Tracy shouted out, "THAT'S MY MOM!!!!" I had beaten Tracy by 30 seconds in the swim, 2 minutes in the bike, but she beat me in transitions and the run... She beat me by 2:54 overall.



Richard was ready to head home, so after a celebratory ice cream we battened down the hatches and headed back to Maine with the motorhome. Tracy had a few days off following her National Board exam, so a few weeks later we both competed in a small triathlon in Union, ME, which was a high school fundraiser. She still beat me, but only by 2 minutes.

I had trained for the large, target triathlon for 22 weeks, totaling 5183 minutes (86 hrs) of swimming, biking, and running. But I was still not comfortable with the run. I found a book, Be A Better Runner, and purchased a heart rate monitor – you determine your threshold heart rate, training zones, and then follow a program where you run while keeping your heart rate in a certain range. I have recently completed an 8 week 5k training plan, and guess what? I AM ACTUALLY ENJOYING THE RUN! I think it might be addictive! I thought this might help me to come closer to beating Tracy next year, but I told her about the book and she just started doing the 8 week training plan..... so it doesn't look like this 55 year old will beat her 23 year old daughter anytime soon.

Following the Gulf Shores rally, we left the motorhome in Bonita Springs, FL and flew back to Maine. So we will visit Florida in January and perhaps February, and I will enjoy running in the warm temperatures – hope to see you there!