

Royale Coach Club

Newsletter

Fall 2019



President's Message for Spring 2019 Newsletter

Dear Club Members:

Richard & Anne Gould, Jim & Nancy McNulty are be the thanked and congratulated on running a wonderful rally for the 21 coaches in Maine. We had our Prevost Sponsor Ryan Piercy with us for the second part of the event in Scarborough. Because of issues with Hurricane Dorian, our friends and long-time sponsors from Millennium were unable to attend and were sorely missed.

<https://royaleclub.shutterfly.com> - You can see the photos for the event on our Royale Shutterfly posting. As you can see, we had a lot of adventures and a lot of fun.

During the business meeting at the rally, we elected a new board. Bill Bunch, Tom Kyle and Jenny Evans worked as our nominating committee to prepare a list of candidates. Our new board is:

President - Bo Reahard
First Vice President - Denny Robb
Second Vice President - Mike Lien
Secretary - Naomi Theisz
Treasurer - Nick Theisz
FMCA National Director - David Bouchard
Alternate FMCA Director - Mary Habicht

John Habicht will continue as the newsletter volunteer and Mary Habicht will continue as our Sunshine Lady.

Plans for our Winter Mini rally are working out well and at this time we have 23 coaches registered. The dates are January 9-13, 2020 in Port St. Lucie Florida at the Motorcoach RV Resort.

The charge will be \$395 for January 9-13, four nights. In on 9th out on 13th. If you want to attend you can call Debbie at 772-336-1135 at the rental office. The deadline is October 11, 2019 to make your reservation.

She will take your name and phone number and will call you back when the lots are completed. At that time she will take a deposit, get all your info and assign a lot for you.

Any shows or clubhouse events that are scheduled will be open to the Rally at the same rate as owners & rental guests. There is a concert scheduled for Jan 11, 2020. Debbie will give everyone instructions on how to get tickets at the time of check in. All guests at the resort are also invited to the Friday evening social, wine, beer and appetizers.

Stanley and I own a beautiful lot there and can attest to the quality of the resort and the amenities. We highly recommend calling sooner rather than later to get your name on the list for a reserved spot in the new section as last year all rental lots were completely booked for the season.

Happy Thanksgiving and Merry Christmas to all of you. May you also have a prosperous New Year. See you at the Mini Rally.

Bo Reahard
President



Highlights of Maine Rally

*** Maine, The Way Life Should Be! ***



The Fall Rally was held in Maine at two locations. The rally started at Narrows Too Campground on the mainland just before Mt. Desert Island where Acadia National Park is located. As usual, if you arrived the day the rally started, you were late! On Wednesday, the day before the rally started, 24 of the



Royales' group went to Lunt's Lobster Pound across the street from the campground.

The remainder of the coaches arrived on Thursday, the first day of the rally. As usual, Millennium provided a Welcome Dinner to start the rally.

Unfortunately, Hurricane Dorian was passing through the southeast and neither Millennium's people nor their show coaches were able to make it to Maine.

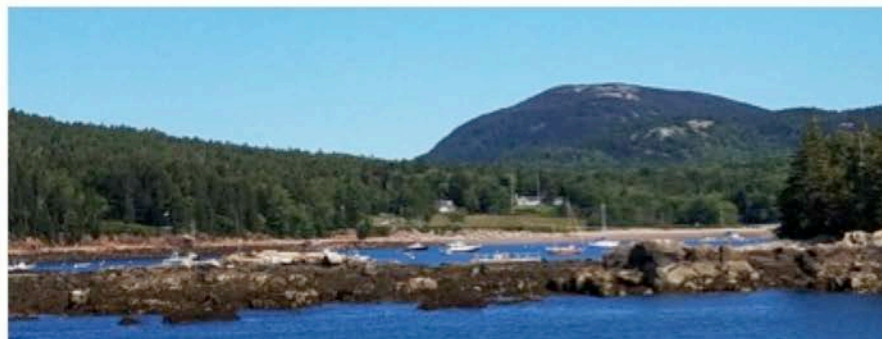
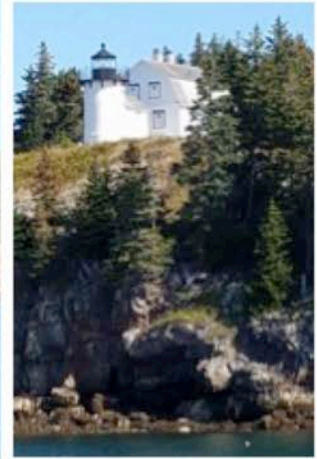


However, Millennium did arrange for Richard and Anne Gould, the rally masters for this part of the rally, to purchase the food and drinks.

On Friday, Sep 6, everyone boarded the bus at 8AM for the short ride to the docks in Bar Harbor on Mt. Desert Island. Each person was given a box

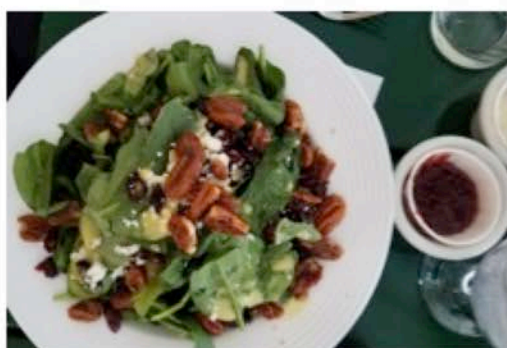


breakfast as they exited the coach and ate until it was time for the boat tour.

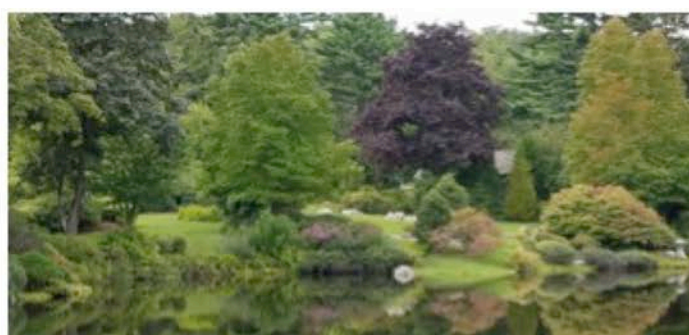
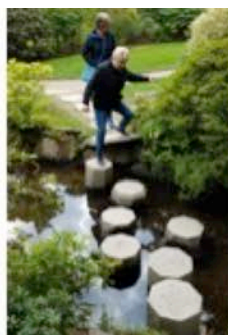


The weather was absolutely beautiful and the view of the harbor area breathtaking. Then we boarded a boat for a tour of the harbor, lighthouses, Somes Sound and Acadia highlights. The boat has twin jets for propulsion so it could get up to a nice speed. However, the seas were calm so it was a nice smooth ride. A guide on board pointed out the sites including homes of famous people. Maine's coastline is very rugged requiring some creative solutions for piers to the water. The tour was almost 3 hours long. Beverages and snacks could be purchased onboard.

After the boat tour it was back onto the bus for a short drive through the scenic Acadia to lunch at Asticou Inn overlooking Northeast Harbor. Each



person had already selected their meal for the lunch when they registered. In addition to salad and popover, choices were bowl of Seafood Chowder, Asticou

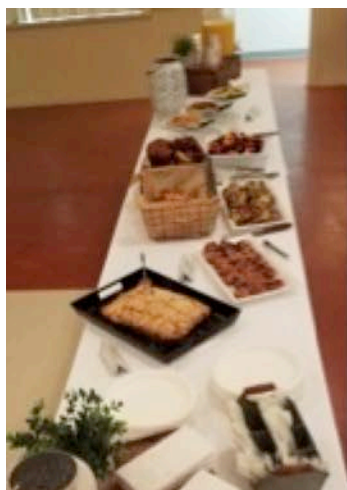


Salad (spinach, dried cranberries, local feta, pecans with citrus vinaigrette), curried chicken sandwich or salad, grilled chicken lettuce wrap, Greek veggie wrap, bowl of lobster stew or lobster roll so there was something for everyone. After eating, the inn had an azalea garden and many took the opportunity to stroll through the garden. We returned to the campground by 4PM.

Most nights during the rally, there was a campfire near the coaches. The first campfire occurred on the first day of the rally.

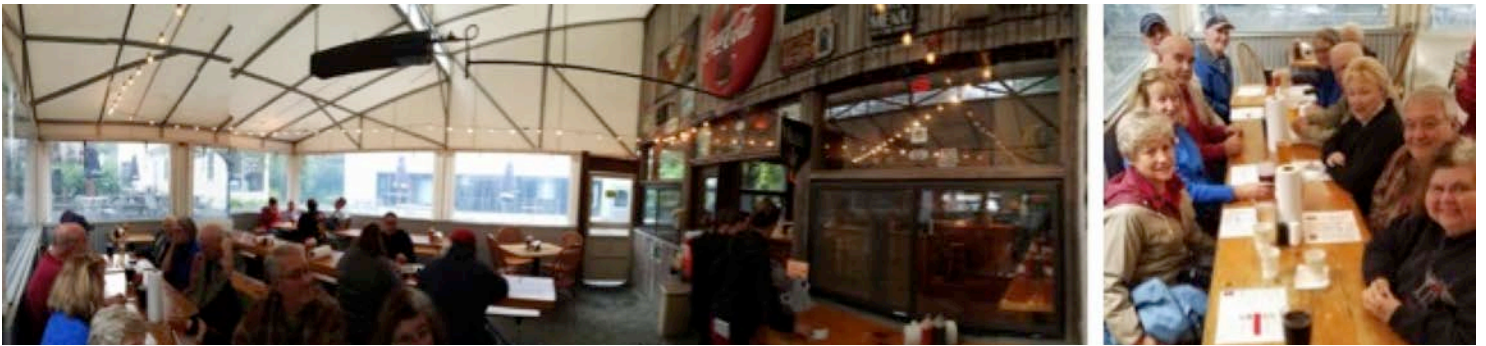


It rained during Friday night as Hurricane Dorian passed out in the Atlantic. The rain was supposed to continue until the evening. Saturday breakfast in the



clubhouse included buns, three different kinds of quiche and fruit. The Royale business meeting occurred immediately after breakfast. The rest of the day was free for members to do sightseeing, relax and do nothing or get together and go out and eat!

One group went to Atlantic Brewing for dining and to imbibe.



Sunday was moving day to Bailey's Campground in Scarborough Maine for the second half of the rally with rally masters Jim and Nancy McNulty. After the move to the new campground, the rest of the day was free. There was, however, a campfire in the evening.



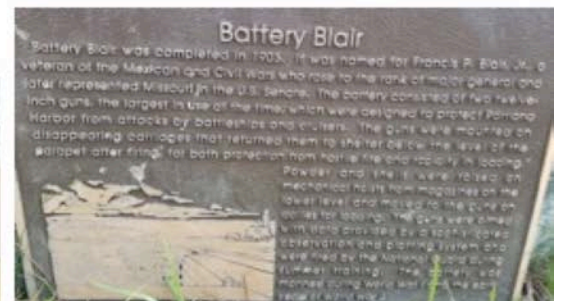
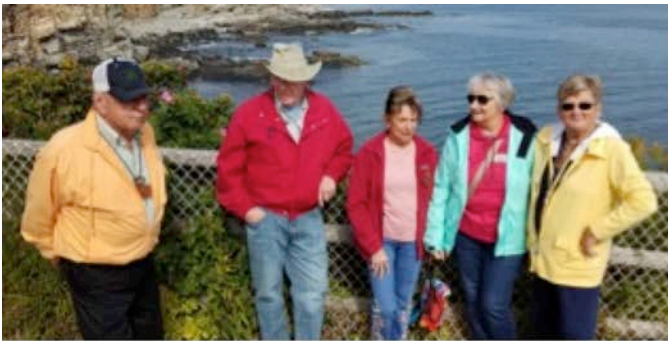
On Monday, breakfast was in an open air building near the entrance to the campground, about a quarter mile from the coaches so only a few hardy souls walked to breakfast, the rest drove. At 9:30 everyone boarded a bus for the



day's outings. The first stop was at Portland Head Light in Fort Williams Park, first operated with 16 whale oil lamps in 1791. While the lighthouse was



originally funded by Massachusetts (where it was located when it was built), the government under George Washington completed it and took over operation.



It is situated on a very picturesque site on the Atlantic Ocean. There was plenty of time to explore the area and the WWII gun batteries located nearby.

After visiting the lighthouse, everyone boarded the bus and we arrived at the Portland Schooner Company in Portland. There we split the group in two and each person boarded a schooner to take us to Cow Island for a lobster bake. The



two schooners were Wendameen, launched in 1912, and Bagheera, launched in 1924. The engines were used to get the schooners away from the dock and into the channel then some Royale members help raise the sails to sail to Cow Island.



It took over an hour to sail to the island. The dock on Cow Island was small so that the schooners had to dock one-at-a-time. Wendameen docked first then Bagheera. After docking, each person walked up a ramp to dry land and trekked across the island to where the lobster bake was being held. Everyone had a sumptuous meal of lobster, chicken, corn on the cob, pasta, salad and apple



crisp. About 3:30, everyone crossed the island again and boarded the schooners. The Bagheera was still at the dock so that one left first. It took an hour again to

return to the dock. Even though the Bagheera had left first, the Wendameen was the faster of the two schooners under sail and passed the Bagheera on the



way back. On the way back to the campground, the bus driver took a scenic tour through Portland pointing out different buildings and things of interest.

That evening, there was another campfire. During the campfire Nick Theisz released a Chinese Lantern that he had to the enjoyment of the people at the



campfire.

On Tuesday, everyone had a free day after breakfast. Breakfast included the scrambled eggs, pancakes, sausage, bacon and potatoes, the same as the previous day, plus breakfast pizza and oatmeal. In the evening, an unscheduled dinner catered by the campground was provided by the rally masters. Food



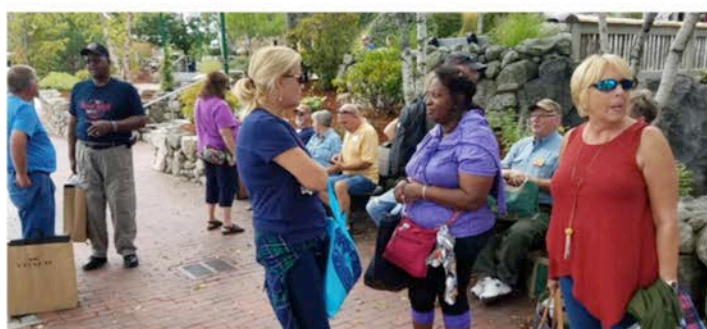
included wraps and other sandwiches as well as desserts and drinks.

That evening there was yet another campfire for those who wanted to enjoy

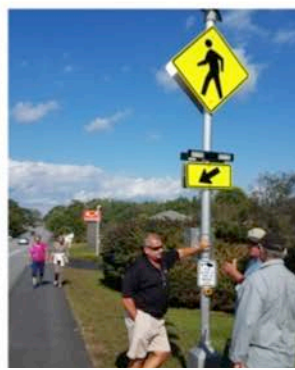
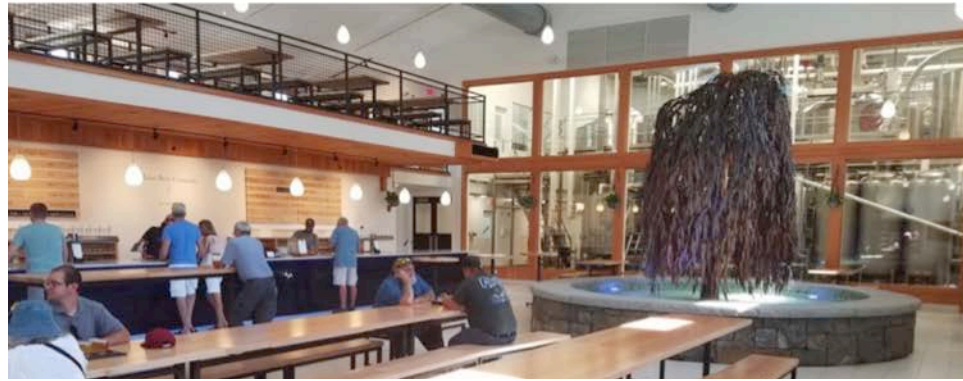


it.

There was a slight drizzle of rain Wednesday morning. Breakfast this morning included scrambled eggs, pancakes, sausage, bacon, breakfast pizza, French toast and potatoes. At 10AM, everyone boarded the bus for a shopping trip to LL Bean. On the way to LL Bean, the bus stopped at the Maine Brewing



Company and a few people who weren't interested in shopping got off there before the bus continued on. LL Bean opened in 1917. It never closes and doesn't have locks on the door. When the bus arrived someone from LL Bean came on the bus and gave us maps for the area. Everyone had been told that the best way is to start at the LL Bean outlet store a short walk away. After the shopping excursion, the bus picked up everyone at LL Bean then stopped at the Maine Brewing Company to get the rest of the group.



In the evening, the campground catered the rally farewell dinner in their open air hut. Each person had lobster, steak or vegetarian as the main entrée. Also offered were ears of corn, potato salad, cole slaw, macaroni salad and



dessert. Rita Creel had made a quilt, as she often does, to be raffled off. Charlene McNeal won the raffle.



There was one last campfire in the evening after dark. The next morning, after a hugely successful rally, people headed out to their next destination.



*SAFE TRAVELS TO ALL
AND TO ALL A GOOD LIFE!*

New Royale Coach Club Members

- Lance & Tara Merritt – Oviedo, FL

no photo

First Timers

- Dan & Barb Darst – Huntley, IL



PREVOST

The ultimate class.

Prevost Update...

Congratulations on a great fall rally in Maine! I really enjoyed being able to spend a couple of days with you again and begin to recognize familiar faces and meet other members for the first time. Again as always thank you for making me feel so welcome in your group!

I would like to share a couple of quick updates on Prevost. As I mentioned in our last newsletter we are celebrating 95 years of being in business this year, which is a fantastic accomplishment, and participating in the motorhome industry has been an important part of this history. We are excited to continue to do this. We continue to be a strong company and reinvesting in our products and service support. On top of product updates recently made on our X3 platform, we continue to open new service centers. In the coming weeks we are opening our largest service center to date in the San Francisco bay area of California. If you are exploring this area with your motorhomes and need any service or support I encourage you to stop by and check it out, you should be well taken care of there.

Finally I would like to remind everyone of the apps we have available for your phones to support you while using your motorhomes. While most owners I meet have these, I am still surprised many don't. These apps are a great resource for finding service locations and partners, including explaining what services that offer at each location, translating error codes, wiring diagrams and manuals to even buying Prevost merchandise. Just search for "Prevost" in the app store. The Prevost Tools and Prevost Service Locator Apps are especially helpful.

I wish you all the very best and safe travels. And a very happy holidays with family friends as this season fast approaches. Look forward to seeing you again.

All the best,

Ryan Piercy

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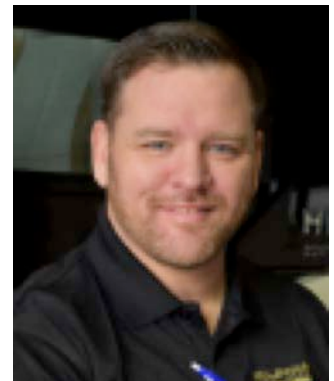
To Our Friends at Royale Coach Club,

All of us here at Millennium Luxury Coaches are truly disappointed we were not able to attend the Fall Royale Coach Club Rally in Maine. We were certainly looking forward to being there among our friends. Unfortunately, Mother Nature did not cooperate with the massive Hurricane Dorian bearing down on our home state of Florida. We have heard that we missed an incredible Rally. We look forward to seeing all of you at the next one and hope you all had a wonderful time. Safe travels until we meet again. Please never hesitate to reach out if I, or any one of the Millennium team can be of assistance. Take care.

Daniel O'Leary

Sales Coordinator

Millennium Luxury Coaches



Royales' Spring Rally 2020
Asheville, NC
May 3-8, 2020



Plans are underway for the spring rally in Asheville, North Carolina, May 3- 8, 2020. The rally hosts McNeals and Evans are traveling to Asheville this month to finalize the rally. The feature attraction will be touring Biltmore Estate, the chateausque-style mansion built by George Washington Vanderbilt II. There will be plenty to see and do at this rally for all!

The campground will give you the discounted rate for two days early and two days after the rally if you would like to extend your stay.

Bear Creek Campground
81 South Bear Creek Road
Asheville, NC 28806
Reservations: 828-253-0798



Lobster Trivia

People love to eat lobster, as evidenced by the fact that Maine fishermen catch and sell between 55 million and 60 million pounds of the tasty crustacean each year. The following are some interesting lobster facts.

- It takes the average lobster from five to seven years to reach legal size. In that time it will shed its shell between 25 and 27 times.
- A female lobster will bear between 6,000 and 100,000 eggs. Fishery conservation laws in Maine prevent fishermen from keeping egg-bearing females.
- There are more than 7,000 licensed lobster fishermen in Maine. Each year they put out more than 3 million traps.
- Prior to the ability to can food in the mid-1800s lobsters were considered only good enough to use as fertilizer. In fact, lobsters collected after storms washed them ashore were only fed to the hired help.
- Lobsters are naturally a greenish, yellow color. Only cooked lobsters are red. The most rare color is blue. Only about one in 2 million lobsters is blue.
- The largest lobster ever caught was pulled up off Nova Scotia and weighed just over 44 pounds. It was believed to be more than 100 years old. Divers off the Maine coast have reported seeing lobsters much larger than that.
- The only legal way to catch lobsters is with a licensed trap. The largest lobsters typically found in traps weigh 15 pounds, although ones that big must be thrown back for exceeding the maximum size.
- Despite the fact they have more than 20,000 "eyes" lobsters have terrible vision and communicate by smell and sensing movement with their antenna.

For more information about lobsters read "The Secret Life of Lobsters," (HarperCollins, 2004) by author Trevor Corson.

Legionnaires' disease awareness

LEGIONNAIRES' DISEASE was discovered at an American Legion convention at a Philadelphia hotel in 1976. At least 221 attendees were treated for pneumonia; 34 people died. The cause was identified as *Legionella* bacteria—named for this outbreak—in the cooling tower of the hotel.

About 18,000 people are hospitalized each year with Legionnaires' disease, and the number of cases has been on the rise for the past decade, according to the Centers for Disease Control and Prevention (CDC). The disease is not spread from person to person, nor is it airborne. Instead, it is inhaled as vapor or mist: Small droplets of contaminated water are breathed into the lungs.

This year an outbreak of Legionnaires' disease occurred in the Bronx in New York City, leaving 12 dead and 115 infected. The source was traced to another hotel cooling tower. Other recent outbreaks were reported in Pittsburgh and Chicago.

Those most at risk

Healthy individuals do not usually become infected with *Legionella* bacteria after exposure. Those at high risk include:

- Older people (50 years or older).
- Current or former smokers.
- Those with a chronic lung disease.
- Those with a weakened immune system from disease.
- People taking drugs that suppress the immune system.

Symptoms can include a dry cough, high fever, chills, muscle aches, diarrhea, fatigue, headache and abdominal pain.

Most cases of Legionnaires' disease can be treated successfully with antibiotics. Hospitalization may be necessary even for the healthiest of patients.

Legionella in the environment

Legionella bacteria are found naturally in the environment, usually in warm water and sometimes in soil, and might be found growing in:

- Hot tubs.
- Shower or whirlpool areas using spray nozzles.
- Cooling towers.
- Hot-water tanks.
- Large plumbing systems.
- Decorative fountains.

Resources

You can find more information at the CDC website cdc.gov/legionella/index.html.

—David Wight



for your
health

How to catch a cold or the flu

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By Karen Asp

WANT TO FEEL miserable for a few days, even a few weeks? Feel like hugging a box of tissues instead of your kids? If catching a cold or the flu is your goal, research has found that some daily habits could land you in the sick bay with a cold or, worse, the flu. Here are five of those not-so-healthy habits.

You sleep less than you should

People who slept less than six hours a night were four times more likely to get a cold than those who slumbered seven to nine hours a night, according to a study in the journal *Sleep*. "Sleep loss affects the immune system, including aspects critical to protecting you from viruses," says Aric A. Prather, lead author and assistant professor of psychiatry at the University of California, San Francisco.

You battle chronic stress

Who isn't stressed, right? Yet if you constantly feel overwhelmed, you could be putting your immune system at risk.

"Different neurochemicals are released in the body in response to stress, and over time they can impact the immune system," says Dr. Aaron Clark, assistant professor of clinical family medicine at The Ohio State University and chief medical officer for Primary One Health in Columbus, Ohio.

You skimp on fruits and veggies

Eat only two servings of fruits and vegetables a day—current guidelines recommend at least five a day—and you might as well book a date with your bed. That's because people who ate only two servings a day for 12 weeks had less immune protection against illnesses and reported more illness overall than folks who ate five servings daily, per a study from *The American Journal of Clinical Nutrition*. How much less? While only 20 percent of the five-a-day group reported illnesses, that number jumped to 33 percent for the two-a-day group.

Plus, if you load your plate with more whole foods, you'll probably cut your intake of processed foods, which are linked to poorer

immune function, according to a study in the *Nutrition Journal*. Bacteria in your gut, after all, eat your food as well, and when you eat junk, they eat junk.

"Bacteria that do best on junk flourish, while bacteria that do best on healthy meals die off," says Dr. Ian A. Myles, study author and chief medical officer with the National Institutes of Health.

Your body needs good bacteria, he explains, to fight off dangerous infections and train the immune system, neither of which bad bacteria can do.

You push exercise to the bottom of your to-do list

If you're not exercising enough—government guidelines recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise or a combination of both weekly—you're undoubtedly spending the majority of your day being sedentary, which can increase body fat. You're also putting yourself at risk for diabetes and other chronic issues, all of which can decrease the functioning of your immune system.

On the flip side, studies show that regular exercise can strengthen your immune system.

You light up

Smokers in general have more respiratory issues, which means increased odds of picking up colds and the flu.

"Tobacco smoke contains carcinogens and other toxins that are directly harmful to the respiratory system," Clark says. "This creates inflammation and stimulates responses such as mucus production, creating a medium in which viruses and bacteria can enter your body more easily."

Don't think you're off the hook if you don't smoke but you live with a smoker. Secondhand smoke could also lower your immune function, Clark says. ❖

Karen Asp, an Indiana-based journalist, specializes in fitness, health and nutrition.