

# Royale Coach Club

## Newsletter

Fall 2017



## Message from the President.....

Back home after seeing Prince Edward Island and some of Quebec City, I'm reflecting on how lucky we are to belong to the Royale Coach Club. We have met many interesting people and seen lots of different places by attending the Royale Coach Club rallies. Larry and Beverly Dunville pulled together an awesome rally in PEI to share their gem of an island with the Royale Coach Club group.

At the beginning of the PEI rally, the weather forecast was for rain, so we thought it might be gloomy. But the forecast was off a bit and almost every day was nice, beginning with a gorgeous and delicious evening meal on Cavendish Beach. Thanks to Millennium for sponsoring the first get together of the rally!! After our nice meal, we drove over to Sandspit, the amusement park that was started by Larry and Beverly Dunville. When was the last time you rode on a roller coaster? Well, it had been at least 12 years for me, and I loved the ride on the coaster at Sandspit.

When we weren't enjoying fabulous lobster and other seafood, the other unexpected activities we enjoyed were Laser Tag, touring a Haunted House, and visiting a Wax Museum.

We so enjoyed driving around coastal routes of PEI but also the interior of the island. The farms are so neat and tidy, and many of them go right down to the shore. We visited Canada's Wind Power Research area and saw over 27 large wind turbines on the northwest tip of the island.

On two nights, we travelled in style (thanks to Prevost for the transportation!) to Charlottetown, seeing Anne of Green Gables and the Million Dollar Quartet. Both were excellent, and enjoyed by all. You could tell that Larry & Bev know all the good places to eat, as every meal they selected was so very well done.

We had elections for Royale Coach Club officers while in PEI, and the newly elected slate of officers is as follows:

President	Bo Reahard
1st Vice President	Denny Robb
2nd Vice President	Mike Lien
Secretary	Naomi Theisz
Treasurer	Mike Barbeau
National Director	Mary Habicht
Alt. National Director	Carolyn Lien

Many who attended the rally drove from PEI to Quebec City for a few days. Prevost picked us up at the KOA campground and bussed us to their factory in St. Claire for a tour. They only do a small number of these tours each year, so we were lucky to be able to participate. Many thanks to Graham Ricks and Bo Reahard for organizing this tour, and to Prevost for their generous hospitality!

Our next gathering will be a mini rally at Rivers Landing Luxury Motorcoach Resort, adjacent to RiverBend Motorcoach Resort, 17 miles east of Fort Myers, FL, on the Caloosahatchee River. Check out the Royale Coach Club website to print out the form to register for this gathering.

As you get organized for the upcoming winter season, think about a rally that you could pull together. The Royale Coach Club rallies are special because of the local knowledge that our members offer to share with the group. If you have an idea, contact Denny Robb, who is our new 1st Vice President.

We are so lucky to have great sponsors, Millennium Luxury Coach, and Prevost Car Co. Many thanks to Millennium and Prevost for their continued support. I would also like to thank the outgoing officers of the club for the service they have given: Jim McNulty, Richard McCurdy, and Denny McCurdy have done a great job. Mike Barbeau, Mike Lien, and Mary Habicht have graciously offered to continue on the board, and we welcome incoming officers Bo Reahard, Denny Robb, Naomi Thiesz, and Carolyn Lien. I wish them good luck in the upcoming years.

Anne Gould, Outgoing RCC President





## Highlights of Prince Edward Island Rally

*[Editor's Note : I was not at the PEI Rally. I would like to thank Nancy McNulty for the write-up and Denny McCurdy and Naomi Theisz for the photos from the rally. Without them, there would be no newsletter for this rally.]*

What fun the Royale Coach Club members had at the PEI rally! Beverley and Larry Dunville, our gracious rally hosts, welcomed each of us as we arrived at the Marco Polo Campground in the town of Cavendish. It was a beautiful and windy day when we arrived, and it turns out that it is often windy in PEI. In fact, we were told that a day without wind is something unusual.

The weather cooperated and the wind had fortunately subsided by the time we carpooled to Cavendish Beach in PEI National Park for “Dinner on the Beach”, Tuesday evening, September 5th. We were very pleased to have Robert Jones from Prevost and his wife, Susie, join us at the beach. And, we were fortunate to have them participate in all the rally activities with us. We also welcomed first-timers, David and Sherry Fetzner and Greg and Nanci Heinmiller to the rally. We enjoyed having Alice Miller, a guest of Ken and Victoria Curry, participate in the rally too. Jack and Carlotta Kelly, friends of Larry’s and Beverley’s and fellow Prevost owners, were able to join us for several rally events as well.



We were treated to a delicious catered meal sponsored by Millennium Coach. We had a chance to catch up with RCC friends while dining “al fresco”. And, as a special treat, we were entertained by some of the catering staff who played traditional guitar, fiddle and banjo music.



Following our dinner, we drove into the town of Cavendish and spent the rest of the evening having fun at the “Sandspit”, an amusement park created by Larry and Beverley. We had the park to ourselves and wandered from ride to ride. The roller coaster (some of us rode twice!), bumper cars and bumper boats were the most fun judging by the screams of joy and laughter!



A full breakfast was served each day in the Galley Restaurant at the campground. Hennie, the campground owner, cheerfully made omelets to order. These morning gatherings provided everyone a chance to plan out their day's activities. And, there were certainly plenty of options to choose from: touring the island,



shopping excursions, restaurants to sample.....there was no shortage of things to do! And, Beverley and Larry were always available with additional suggestions.

One of the highlights of the week was the ice cream machine provided by Larry and Beverley. The machine sat on a table in the Galley Restaurant and was available whenever anyone had the need for an ice cream treat. And, based on the number of people who could be found hanging out at the restaurant, this need was quite frequent! This also gave people a central place to just gather and visit.



After breakfast on Wednesday, Larry invited us all to witness a demonstration of a “towing concept” he has developed. This unique alternative to “flat-towing” will allow any type of vehicle to be transported by



using a trailer designed to “fold up” behind your coach. Everyone was quite intrigued with Larry’s concept. This working model generated much discussion and Larry welcomed comments and suggestions. We look forward to seeing Larry’s “working model” progress to “production” trailer!

With thanks to Prevost, we took a narrated bus tour into Charlottetown on Wednesday afternoon, where our very well informed guide shared the history of the island. Larry even managed to talk our bus driver into driving down the street in Charlottetown to show us the home and land he and Beverley own (with plans to eventually build). We enjoyed another delicious meal, this time at the Holman Grand Hotel. Following our dinner, we walked across the street to the Confederation Building, where we saw the musical, Anne of Green Gables, which is the longest running musical in theater history!



Thursday was another fun filled day. After breakfast, Larry and Beverley graciously invited us to their beautiful home in the afternoon. Their home is situated overlooking the picturesque The River Clyde in New Glasgow and is surrounded by beautiful gardens. We enjoyed beverages as well as homemade tea cakes and Larry’s famous delicious fudge before carpooling to “Glasgow Hills Golf Course” where we had another delicious meal.



Another fun adventure awaited us after dinner at the golf course. We visited “Ripley’s Believe It or Not” and “Wax World of the Stars”, two other local attractions, created by a partner of Larry’s and Beverley’s. Victoria Curry and Grace Johnson took us all by surprise by “participating” in one of the wax museum exhibits! We’re still laughing about this unexpected exhibit!



The Royale Coach Club General Meeting was held on Friday morning (September 8th). Following the meeting, members headed off to spend the day shopping or exploring. We carpooled to the “New Glasgow Lobster Suppers” for our evening meal. After dinner we visited “Cavendish Beach Adventure Zone”,



another amusement park also created by an associate of Larry’s and Beverley’s. A haunted house experience at the “Route 6 Motel” awaited us, as well as “The Hangar Laser Tag Experience”. Based on the amount of laughter and screams of surprise, I’m not sure which was more popular or fun!

We took a tour bus, again with thanks to Prevost, into Charlottetown on Saturday, September 9th, our last night of the rally. This time, Larry served as our very informative and entertaining tour guide! We dined at the historic Charlottetown Hotel, for yet again, a delicious meal. After dinner, we attended the musical, “The Million Dollar Quartet”. This told the story of the one night in December 1956 when Elvis, Johnny

Cash, Jerry Lee Lewis, and Carl Perkins made music together with Sam Phillips of Sun Records. Needless to say, there was much toe-tapping and shaking going on in the audience for this energetic performance!



We said our goodbyes to one another at breakfast on Sunday, our last morning together. For many of us, the goodbyes were temporary, as most of us were traveling to Quebec City to attend a Royale Coach Club tour of the Prevost manufacturing facility.

We extend our many thanks again to our sponsors, Prevost and Millennium Coach and to Larry and Beverley Dunville for the fun-filled rally experience they created!

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

# Highlights of Prevost Factory Tour Mini-Rally

[Editor's Note : I was also not at the Prevost Factory Rally. I would like to thank Naomi Theisz for the write-up and photos from the rally and photos and observations from Mary Catherine Ricks. Again, without them, there would be no newsletter for this mini-rally.]

The Prevost facility is immaculately clean, much like the one in Plainfield, NJ. I've not been in any others. Everyone was given headphones and safety goggles and you walk along a green painted path inside the plant. There are about 30 bays, each with a specific purpose so the buses, each in a varying stage of



production are moved from one bay to another during the process on a special lift designed solely for that process. Each employee works only on the task planned for that bay and they know how long each task should take. They build 3 coaches a day and all coaches have been ordered. None are built on speculation. They are currently supplying Greyhound with an order for 360 coaches. The only time consuming event is painting which can take from one week to 15 or more days depending on the shading and graphics a customer wants. What intrigued me is that before they paint they remove all the light fixtures that were already installed. This allows them to know that if a part is later removed for a repair, that the paint will be finished underneath. There are 10 levels of paint. Motorhomes are level 8 or 9 with 10 having no imperfections. A Greyhound bus is painted to a level 5. The dog on the side of their buses has a 3 dimensional effect if you look at it from the right angle. Take notice the next time you see one.



Prevost's initiative constantly improves their operation. One of the things they have done was to hire a Japanese company that sent a fellow who spent 2 days observing at each work-station. At the end, he commented that the work patterns were like spaghetti, in other words, much time and many steps were taken going after parts and tools. He suggested the rolling individual workstations where tools and parts



are staged for each employee and each particular operation. This gave Prevost the added efficiency that we observed as we toured.

They have developed a flat floor slide which is now in production and Millennium has some. The shell into which we were taken had them on the passenger side but not on the driver's side. They have also



developed an electrical cooling system fan that eliminates the need for the mechanical system and allows for more room in the engine compartment. It rides quieter too.

For those who have everything and need more they have developed a cantilever system for the front bay doors on the H's with four slides which enables a 2 piece 75" TV screen that pulls out from both bays and joins together somehow for a super duper football game show or car race.

And it wasn't all learning and scholarly! The Royales **do** know how to enjoy life.



## New Royale Coach Club Members

- Jack & Carlotta Kelly – Cornwall, Prince Edward Island     *No Photo Available*

## First Timers at the Prince Edward Island Rally

- David & Sherry Fetzner – Wasilla, AK
- Greg and Nanci Heinmiller – Boca Raton, FL1



*No Photo Available*



### Prevost Update...

The PEI rally was over the top and it was nice to reconnect with our friends in the Royale Coach Club. Larry & Beverley Dunville provided a nice balance of activities which in turn gave us a good understanding of what the island means to the people who live there. They also invited us into their life with fun nights out at his former amusement parks, an intimate afternoon at their beautiful home and a tour stop to see the site for their new home. They will be able to get the binoculars out and wave at Jack & Carlotta Kelly on the other side of the bay. Larry's non-stop commentary about PEI along with insights into how he developed and sold his business was a highlight for me. Susie and I are still talking about "Anne of Green Gables" and "The Million Dollar Quartet".

Some of you took a tour of the Prevost factory in Sainte-Claire, Quebec after the rally. Our tour guides provided a nice overview of how we build coaches along with a look at our new electric fan drive system. We made this change on our X3-45 products in April 2017 and plan to implement it on our H3-45 products with deliveries beginning in spring 2018. Basically, we are replacing the big radiator fan that was driven by belts and a fan clutch with 8 smaller electric fans. This allows us to more closely control engine temperatures and at the same time take advantage of electronics to improve fuel efficiency, reliability and available HP. This is a mini hybrid system that utilizes batteries to run the fans. It will automatically reduce the load on the alternators when going up a hill in order to allow you to use the extra HP for the climb. You will also appreciate how much quieter the electric fans are when compared to the belt driven fan.

Our marketing people are currently working with our engineers to develop a flyer that outlines the specific features and benefits of this electric fan drive system. The most common question we had after the tour was "Can you retrofit my current motorhome with this new system?" While anything can be done, it is not practical to retrofit because of the number of new parts involved and the completely different electronic architecture.

Prevost is growing and, as such, our service team is actively working to open some new service facilities. They recently shared a few of these locations – Montreal, Chicago, Orlando and silicon valley in Northern California. I do not have firm dates or specific locations yet but will share them with you as they open up. It takes a lot of planning to open a new facility and the process always seems to take longer than we would like. The biggest key is putting the correct people in place to provide the kind of service that our customers expect from Prevost. This will be a combination of promoting existing employees, hiring new ones and training everyone.

Many of you have heard of Nova Bus which is also owned by Volvo AB and is considered to be our sister company. They manufacture city buses and sell to cities all over the US and Canada. Over the

past few years, we have been working to find synergies with our two companies and one of the primary synergies is parts and service. This is now the primary driver for the growth of our service team and it provides sound economic reasoning to open new facilities in mutually strategic locations. Service has been a strength for Prevost for more than 20 years and it is no surprise that Prevost is taking the lead in managing this part of our shared business.



Safe Travels,  
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To our friends at Royale Coach Club

It's hard to believe that Fall is here and the 2017 rally schedule has come to a close. This year has been a great one for Millennium Luxury Coaches and we are already looking forward to next year. We heard from many of you that we missed a great rally in Prince Edward Island. We can't wait to see pictures! We hope you have a wonderful Fall filled with family, friends and great times. See you next year!

Melanie



Royale Coach Club Mini Rally  
Ft. Myers Area  
Jan 8-12, 2018 (4 nights)



RiverLandings – Florida Luxury Motorcoach  
Resort  
5942 W State Rd 80, Ft Denaud, FL  
863-612-0104

Come visit with Royale Coach Club friends and explore the Ft. Myers area.

This mini rally will be a casual, unstructured gathering. We will get together for appetizers and drinks a couple of evenings.



We will offer suggestions for activities and restaurants as desired.



Please see [RoyaleCoachClub.com](http://RoyaleCoachClub.com) for an application for this rally. Please sign up prior to 12/15/17.

For questions, contact Anne Gould at 207-431-2293 or [algould57@gmail.com](mailto:algould57@gmail.com)



# Royale Coach Club - 2018 Spring Rally

**May 7 - 12, 2018**



**Rally Masters: Mike & Carolyn Lien**

**THE GREAT SMOKEY MOUNTAINS**

Sevierville, Tennessee

Two Rivers Landing RV Resort

**SPONSORS**

**PREVOST.**





## Royale Coach Club

Making great friends and memories year after year!

# It is time to search for Rally Masters

October, 2017

### Where have we been?

It might surprise you to know that our club has held rallies in 17 states during the last 10 years. We have traveled to South Carolina three times, and that state holds the trophy for seeing our club the most. We have journeyed to both Georgia and Virginia twice. The other states we have visited include Alabama, Arizona, Colorado, Delaware, Florida, Maine, Maryland (Washington DC), Michigan, Montana, New Mexico, North Carolina, Ohio, Pennsylvania, and Wisconsin. And our most recent rally took us to Prince Edward Island with a stop on the way home at the Prevost factory near Quebec City. Mike & Carolyn Lien are planning the 2018 spring rally in Tennessee. Wow, what a delight to have a club with members that host us all over the USA!



**Will you please take the time to host a rally for our amazing club?**

### How to get started?

The interesting thing about hosting a rally is you get to decide where, when and what interests you, and what you would like to do. It can be simply a matter of finding a campground that can accommodate us, planning a few meals and giving us a list of attractions in the area, or scheduling some planned events. You get to create your ideal rally! The club officers are ready to help you with the planning and implementation of your event. To get you started, the club has created a guideline to help make sure that you have all the necessary facts.

### We even have Mini-Rallies

Richard and Anne Gould will host the winter mini-rally this year near Ft. Myers. It will be January 8-12 at River Landings, a new Luxury Motorcoach Resort in the Ft. Myers area. Four nights of camping and the rally costs only \$50. You cannot beat that deal.

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**Will you host our 2018 Fall Rally? Or one in 2019?**



**Let us crown you our  
next Rally Masters!**

There are at least 30 states that we have not visited in the past 10 years. Great opportunities! Because every state has so much to offer, even revisits to states can present interesting new possibilities.

Here are some suggestions to help you brainstorm:

- **Charleston, WV** - Historic Blenko Glassblowing, Morris Island Lighthouse, Heritage Towers, Capitol Market
- **Nashville, TN** - Walkin' Nashville - Music City Tour, Grand Ole Opry, Opryland Hotel, F Scott's Restaurant with jazz pianists playing most nights
- **Bowling Green, KY** –GM Corvette Assembly Plant, National Corvette Museum, Chaney's Dairy Barn, Mammoth Cave National Park, Historic Railpark and Train Museum
- **Outer Banks, NC** - Wright Brothers National Memorial, The Lost Colony, Bodie Island Lighthouse, Alligator River National Wildlife Refuge, Elizabethan Gardens
- **Pagosa Springs, CO** - Rocky Mountain Wildlife Park, Center for the Arts, Pet Contest (including pet-owner look-a-like, best tricks, best dressed), seminar by an Animal Communicator or Animal Whisperer
- **Boulder, CO** –Boulder Walking Tours, Chautauqua, Celestial Seasonings Tea Factory, Leanin' Tree Museum of Western Art, Local Table Tours

So where have you traveled that you would like to show to your Royale friends. Please consider picking a place and hosting our group. It is truly a gift that will create great memories! Here are a few other places that have been suggested by club members.

Las Vegas, Nevada

Smokey Mountains

Keeneland, Kentucky

Dallas, Texas

Lexington, Kentucky

National Parks in Utah:

Branson, Missouri

Zion, Bryce, Arches

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To volunteer, or if you have questions, contact our First Vice-President, Denny Robb, at 330-550-6020 or [funeraldir@aol.com](mailto:funeraldir@aol.com)

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## Recipes that were a Big Hit at the PEI Rally

Courtesy of Beverley Dunville

### **Larry's Peanut Fudge**

- 2 cups white sugar
- 1 cup buttermilk
- 1 tsp baking soda

Combine and place in large pot (candy will foam a lot during cooking). Cook to softball stage, stirring. Remove from heat, add...

- 2 cups peanuts
- 2 Tbsp butter
- 1 tsp vanilla

Beat with wooden spoon until candy starts to lose its gloss, only a few minutes, pour into butter container.

### **Mother Dull's Tea Cakes**

- 2 cups sugar
- 1 cup lard/butter mix
- 1/2 cup buttermilk
- 3 eggs
- 1/2 tsp soda
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp vanilla

Cream fat, add sugar, then eggs. Introduce soda, salt, baking powder into 1 cup flour. Add to sugar mixture, add buttermilk and vanilla. Add enough flour to make a soft dough, about 4 cups total. Chill 1 hour to overnight. Roll to 1/4 inch. Bake @ 375F about 10 - 12 minutes until barely brown at edges. Ice with butter icing.

# Healthy You

## HEALTH REPORT

### Check You Out!

These 5 fast and easy self-exams can tell you if it's time to see a doc

By KATE LAWLER  
Additional reporting by STEPHEN PERRINE

**T**HERE'S nothing like the relief that comes when you have a trouble-free checkup. So why not give yourself one now? In between regular doctor visits, perform these quick diagnostics just to see how clean your machine is running.



#### TEST 2 SKIN CHECK

Run your eyes and your fingertips over your skin. Remember to use your sense of touch as well as sight.

#### TEST 1 EYE CHECK

If you want to know a man's soul, look him in the eye. If you want to know your own body, go ahead and look yourself in the eye.



#### What you want to see

Firm eyelids, even lashes and no swelling or redness



#### If you see ...

**The inner lid:** Ectropion is an age-related drooping of the lower lid. It can lead to corneal damage and should be treated.



**A bump on your eyelid and missing eyelashes:** A persistent bump could be cancerous; missing eyelashes are a telltale sign.



#### What you want to see and feel

An even texture across individual body parts and no changes in your skin's appearance. Pay particular attention to your face, ears, scalp, neck and back.



#### If you see or feel ...

**A small, sandpaper-like patch of skin:** You may have actinic keratosis. Have it checked out; 10 percent develop into skin cancer.



**A shiny pink or brown bump:** If it has a raised, rolled border, and it wasn't there the last time you looked, have it checked for basal cell carcinoma, the most common skin cancer.



#### A new mole or one that's changed shape or color:

Any growth that has uneven borders or color, or is larger than a pencil eraser, should be checked.



### BALANCE CHECK

TEST  
3

Stand on a flat, nonslip surface, with your arms folded across your chest. While standing on your preferred leg, raise the other foot off the floor a few inches, making sure the foot remains parallel to the floor and isn't resting against the standing leg. Time how long you can keep the leg raised before it touches the floor as you lose your balance (or after 30 seconds). Do the test twice, once with your eyes open and once with them closed.



#### What you want to see

The ability to hold your balance with your eyes closed. Science suggests that those who can perform this task have lower rates of mortality from all causes than those who cannot.

#### If you see ...

**That you can't hold the position at all with your eyes closed:** Consider talking to your doctor about doing a deeper dive into your overall health and fitness. In a study of 53-year-old men and women conducted at University College London, those who could balance on one leg with their eyes closed for more than 10 seconds were more likely to survive over the next 13 years of the study.

TEST  
4

### HAIR CHECK



Sure, it would be great to feel those long tresses blowin' in the wind once again, but if your hair has become as sparse as, say, hit songs by Bob Dylan, don't get too concerned. Most people's hair gets thinner after 50, and it's usually a result of genetics and hormonal changes rather than poor nutrition or some other factor. But sometimes our hair can indicate that something larger is at play.

#### What you want to see

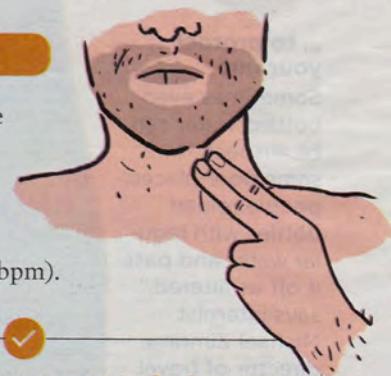
Little if any sudden change. If you are under stress, had major surgery, experienced sudden weight loss or started a new medication (for high blood pressure or arthritis and more), these may increase hair thinning.

#### If you see ...

**Extra hair on your brush or in the sink:** If your locks lose density quickly, say over three to six months, you may have an underlying condition such as anemia, iron loss or thyroid disease. "You'll notice more hair in your brush, in the shower drain and on your pillow," says dermatologist Chris G. Adigun, of the Dermatology & Laser Center of Chapel Hill, in North Carolina.

TEST  
5

### HEART CHECK



Place two fingers on the side of your windpipe. Count the beats for 15 seconds, then multiply by four to get your beats per minute (bpm).



#### What you want to feel

A heart rate of 60 to 100 bpm. (Very fit people may have rates below 60 bpm.)



#### If you feel ...

**A rate of more than 100 bpm:** Consult your doctor. A rapid heart rate, or tachycardia, may be caused by a number of factors, including alcohol, anxiety or cardiac issues.



**Your heart rate rising at work or when you think about work:** You might want to consider whether your stress levels are too high. Studies have linked work stress to diabetes, obesity and heart disease.

## TRIP TIPS

# Carry-On Health

7 surprising items to keep you energized and well while traveling By BETH HOWARD

### A SMALL FLASHLIGHT

#### ... to check for creepy crawlies

Examine your hotel mattress along its seams, as well as where the headboard meets the wall, for dark splotches, a telltale sign of bedbugs, recommends Dong-Hwan Choe, an entomologist at the University of California, Riverside. Bedbugs are activated by heat, so you can also use a hair dryer to blow low heat over surfaces and see what crawls out.

### SELTZER WATER

#### ... to protect your gut

Sometimes even bottled water can be suspect. "In some poor places, people reload bottles with regular water and pass it off as filtered," says internist Michael Zimring, director of travel medicine at Mercy Medical Center in Baltimore. Sparkling water is harder to counterfeit.

### A GOLF BALL

#### ... to save your feet

Tight calves lead to sore heels. Sit on the ground, stretch out your legs, and place a golf ball under any tender points in your calf. Then hook a hand towel around the arch of your foot and gently stretch the calf muscles by pointing and flexing your foot.

### TRAIL MIX

#### ... to avoid the pitfalls of road food

Mix together a handful of nuts, pumpkin or sunflower seeds, dried fruit such as raisins, and 2 tablespoons of dark chocolate chips. The protein, healthy fat and fiber will keep you satisfied between meals, says Alissa Rumsey, a registered dietitian.

### A POOL NOODLE

#### ... to boost your energy

Cut off a 15-inch segment and stash it in your bag. Slouching—inevitable on a long plane ride—can lead to low energy and depression, according to one study. Place the noodle at the small of your back to ensure proper posture, says physical therapist Matt Minard.

### A PLASTIC BAG

#### ... to keep germs at bay

Even in nice hotels, "TV remotes tend to be highly contaminated," says Philip M. Tierno Jr., a professor of microbiology and pathology at the NYU School of Medicine. Slip the remote into a zipper-style storage bag to stay protected. The buttons and signal will still work. Bathroom counters are also dirty, so don't rest your toothbrush on them. Instead, put it in a glass with the brush end up.

PROP STYLIST: BIRTE VON KAMPEN