

Summer 2017

No BOUNDARIES FOR US

Inspiration for the inexperienced traveler

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A DougBardwell.com Publication

Travel, tech, photography and more

Happy summer ,

Hopefully everyone is enjoying the same beautiful weather we've been experiencing recently.

We just completed a nine-state road trip, enjoying some of the oddities along the old historic Route 66 through Illinois, Missouri and Oklahoma.

Our feature articles this month revolve around our trip earlier this year to Jamaica. We were invited to stay at the Moon Palace Jamaica Grande, and we thoroughly enjoyed ourselves.

Some people suggested that an all-inclusive resort really wasn't the right place for senior couples, but we met many couples our age there who would disagree. The food, the rooms, the weather - all couldn't be beat.

The staff went out of their way to be helpful in every regard, making it hard to think of anything we wished had been different. Top it off with an amazing experience in the Awe Spa (the country's largest), and it was a perfect, relaxing and restorative getaway.

In this issue, you'll also find our Dad's and Grad's list of gift suggestions - we guarantee not the normal list of ties and cologne.

Plus we've got a list of guest articles for travel tips and tricks we think you'll find helpful.

What are you waiting for? Get Up and Get Outdoors!



Summer 2017 Issue

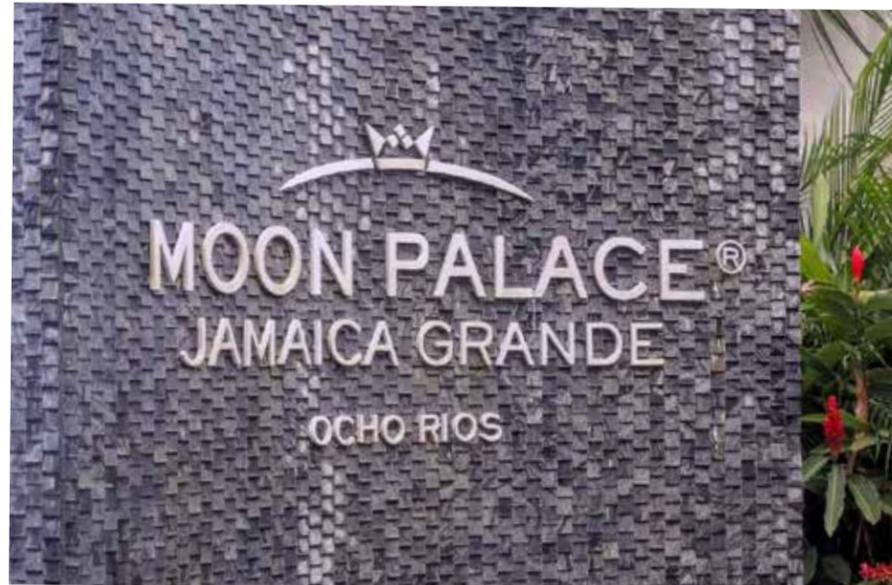
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Doug

Moon Palace Jamaica Grande – the perfect vacation for seniors

An ideal, all-inclusive resort where you'll enjoy the best weather, music and food in the Caribbean

If you are looking for perfect weather, flavorful cuisine, smells of salt air, pristine white beaches and flowers everywhere, you'll find it in Ocho Rios, Jamaica at the [Moon Palace Jamaica Grande](#). This all-inclusive resort on the north shore, makes a perfect holiday with luxurious rooms, daily activities, local cuisine and international food choices in multiple relaxed settings.



Enjoy daily entertainment and activities for all ages. Relax by one of the many pools or the long, soft sand beach. Grab a paddle boat or a giant paddle trike and while away the hours in the breakwall-protected waters around the resort. Or just snooze away the day under a beach umbrella. The choices are endless. The relaxation is priceless. A retirement lifestyle you'll love and the price is all-inclusive.

Why Jamaica?

Jamaica is famous for its climate – always warm without the extremes – generally around 80 degrees year round – a little cooler in the evenings. Tropical breezes are heavenly, and the smell of salt air has a rejuvenative effect whenever you're near the water.

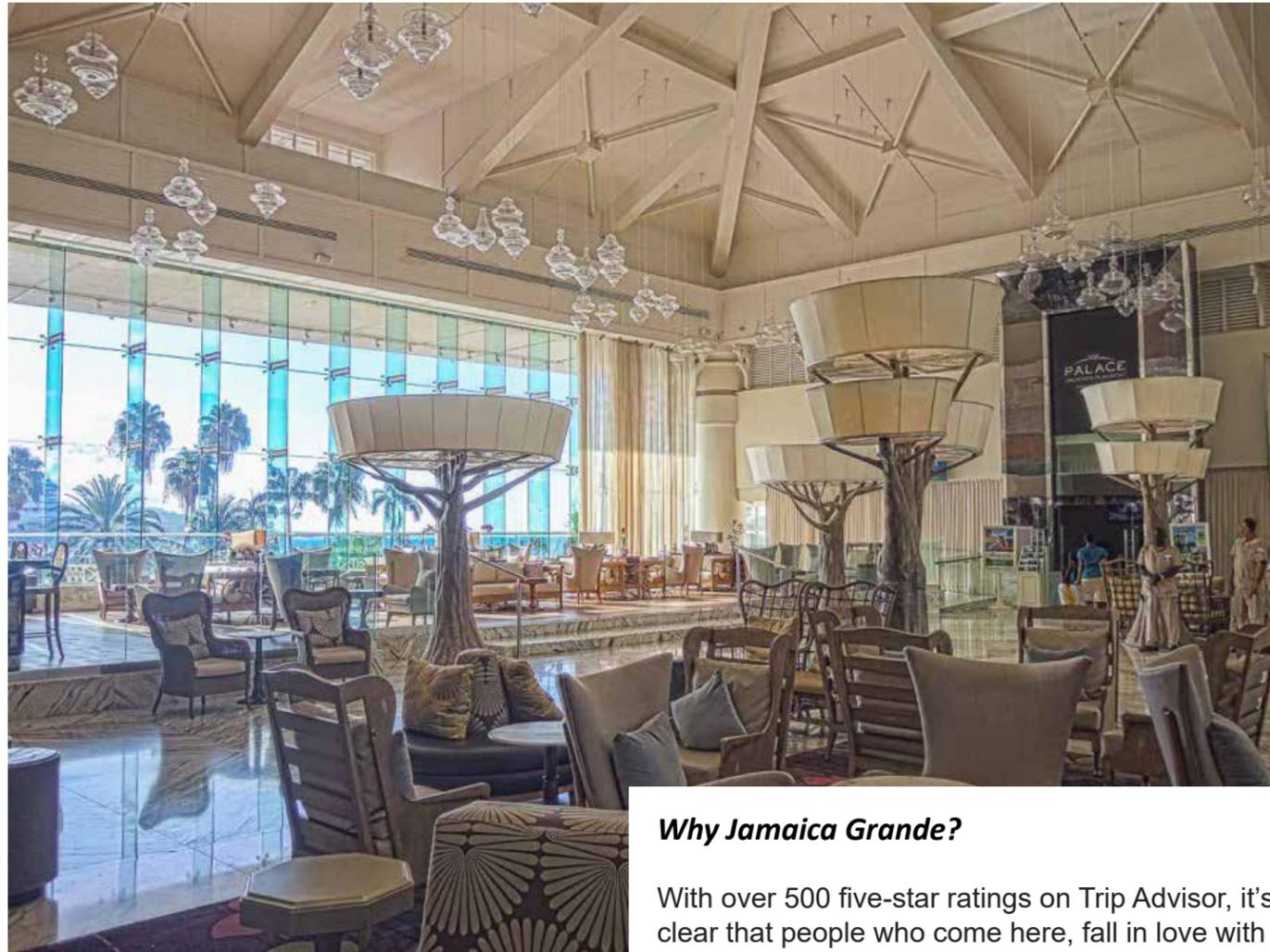
Flora abounds across the island. From the large Royal Palms to the smallest buds of the Blue Mahoe, the flowers and trees are a sight to behold. Jungle geraniums flourish everywhere and roses thrive in the island's climate.

Blend in the smells of ginger, coffee roasting and Jamaican jerk on the bar-b-que, and you've found the site to stimulate all your senses.



Did you know that 60% of the world's medicinal herbs grow in Jamaica?



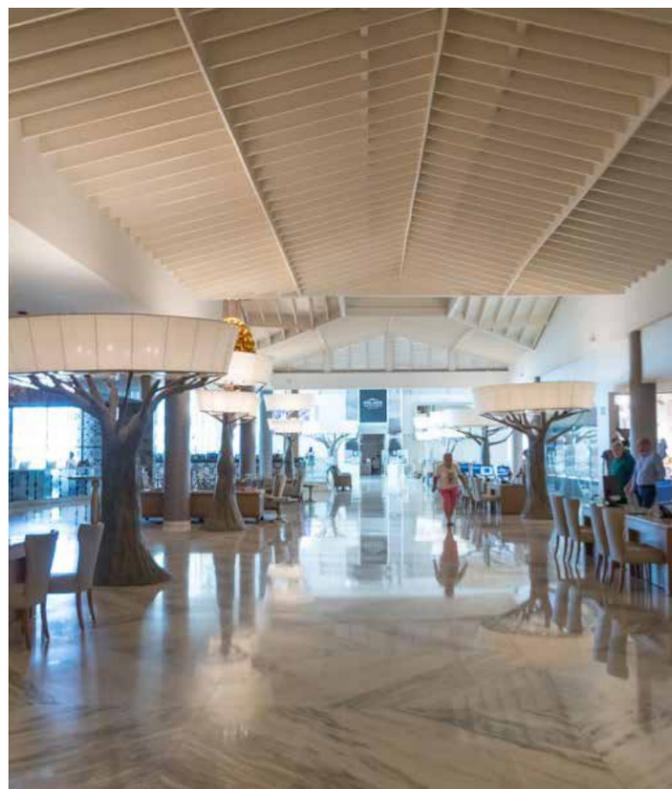


Why Jamaica Grande?

With over 500 five-star ratings on Trip Advisor, it's clear that people who come here, fall in love with it. The first tourists we met here were back for their 13th return trip! Celebrating a major milestone in their lives, they said there was no place they'd rather come.

Others we talked to stressed the food, the dining choices, the cleanliness of the resort, the spa, and the people. Every one of the staff, from front door to cleaning crew, were all genuinely pleasant and helpful.

Surprisingly elegant, the Moon Palace Jamaica Grande is more akin to a palace, with marble floors and marble walls everywhere. High ceilings, interesting hanging light fixtures and tasteful decorating predominate. Comfortable seating abounds and whether you prefer to relax inside or out, you're assured of finding that perfect place to catch up on the news or a good book. Wi-fi throughout means you can keep in touch with loved ones or download the latest movie or novel – in your room or around the pool.

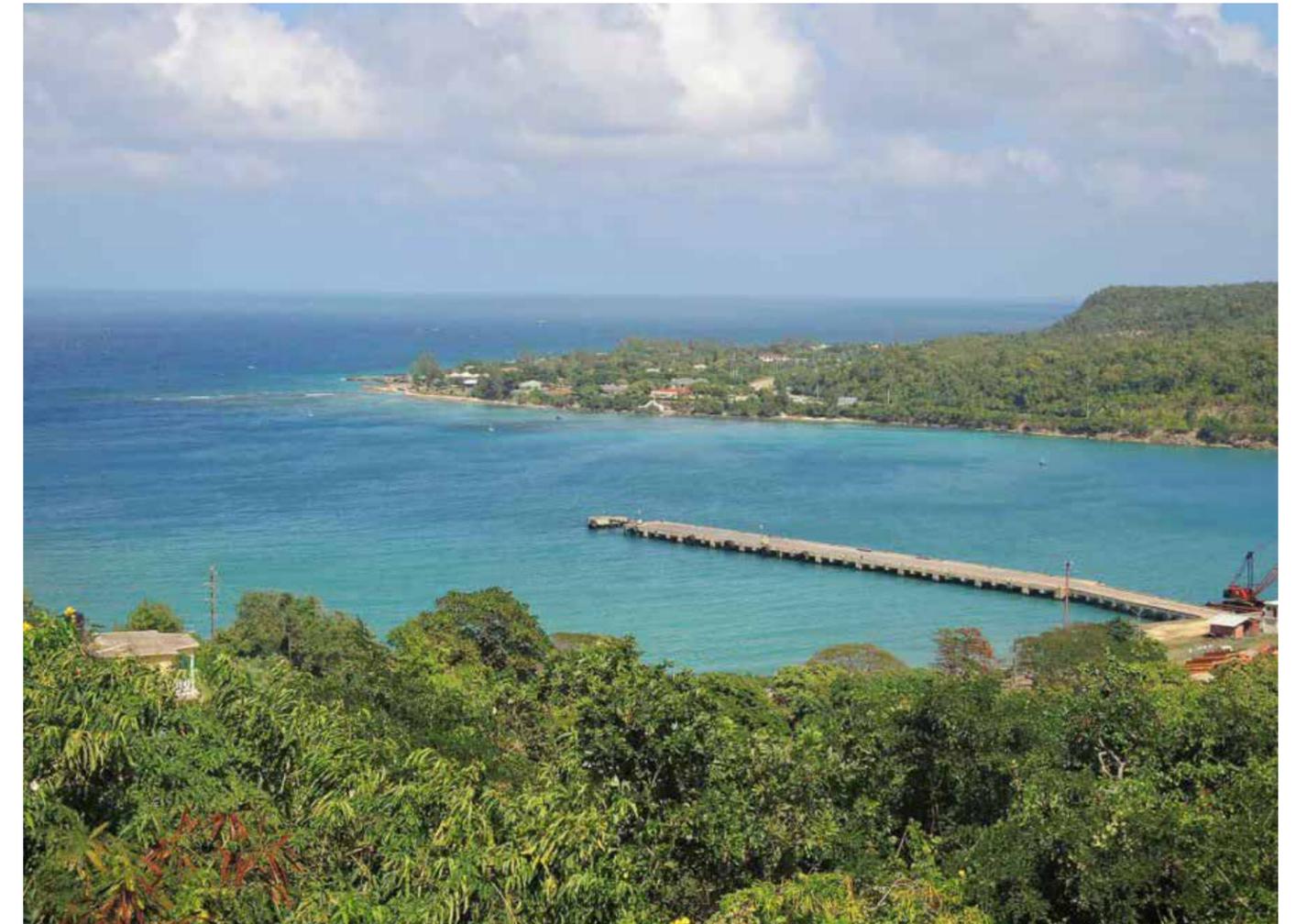


What seniors want to know about Moon Palace Jamaica Grande

You enjoy luxury travel and you're thinking of a tropical vacation at a Jamaica resort. While you've entertained the thought of an all-inclusive Caribbean resort, you're not sure if it's for you. Let's explore what your all-inclusive vacation would be like if you were to travel to Moon Palace Jamaica Grande resort and spa in Ocho Rios, Jamaica.

Arriving in Jamaica

There are three major airports in Jamaica, but you want to fly into Montego Bay. The Jamaica Grande offers free shuttle service to and from this airport only. You could also arrive at Kingston, but that would entail an additional charge for transportation. You'll receive a letter ahead of time, confirming the shuttle company that will meet you, so take that along and have it ready as you pass through customs.



It's about an hour's drive to the resort, so sit back and relax, you're in the Caribbean Islands, you're in paradise, your holiday has just started, and now's the time to rest before you arrive at your top all-inclusive resort. Tip: if you want to see the ocean as you drive, sit on the left side of the bus.

Just before you enter the resort gates, you'll drive through the city streets of Ocho Rios. You'll notice a plethora of sidewalk shops and mini-malls with stores and food vendors galore. These are about a ten or fifteen-minute walk from Moon Palace, so you'll be able to explore the town easily from the resort.



Arriving at Jamaica Grande

Pulling into this gated resort, your driver will deliver you to the porte-cochere where you'll be met with a cool cloth to refresh yourself and a ginger/pineapple beverage that sets the tropical mood. Your bags will be tagged and after registering at the front desk, you'll be outfitted with a wristband that stays on the entire time you are at the resort. It denotes the level of your reservation package; but only a very few areas are reserved exclusively for VIP Elite members. A bellman will then escort you to your room and bring your bags.

Be prepared to be amazed at the size and length of the lobby area. It's massive, it's all marble and it's gorgeous. Moon Palace just took on new meaning, as this is just what a palace interior should be like.

When we met our bellman, he gave us a little tour of the property on the way to the elevator. In just the first-floor lobby, you'll find vacation planners to help arrange tours or special events, a gift shop, a business center with computers and a printer, an ATM, a full-service photo studio, a purser's office to make change or convert currency and clever, computer-controlled elevators.



But, we aren't done. To satisfy your hunger, you'll also find Momo (for Asian cuisine), NOIR disco nightclub, Boulangerie Coffee shop with fabulous bakery treats, a martini/piano bar, and a food court with assorted international specialties. And there are more places to eat downstairs... you won't be going hungry.

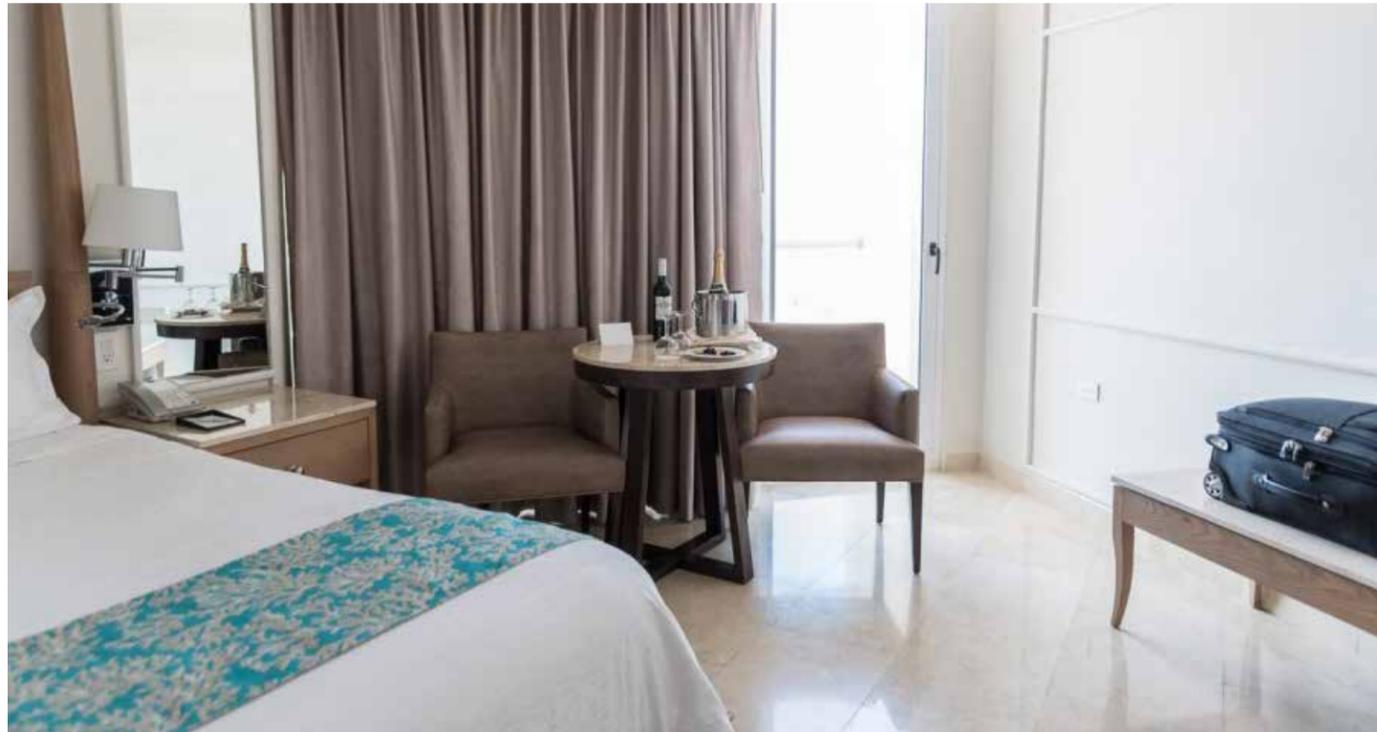


How are the rooms at Moon Palace Jamaica Grande?

Making our way up to our floor, we touched our key card to the door lock and the door unlocked. No finding those pesky slots or swiping your card the wrong way.



Once again, it's time to hold your breath as you view your spacious room and the beautiful view outside. Rooms vary, but ours had one king-sized bed and faced the beach. We stayed in room 20916. (Decoding the room number, we stayed in building 2 of 3, on floor 09, and in room 16.) Across the bay, we could watch large cruise ships sailing in and out of port each day. We also had a splendid view of the many pools available, the dolphin habitat and the water activities area.



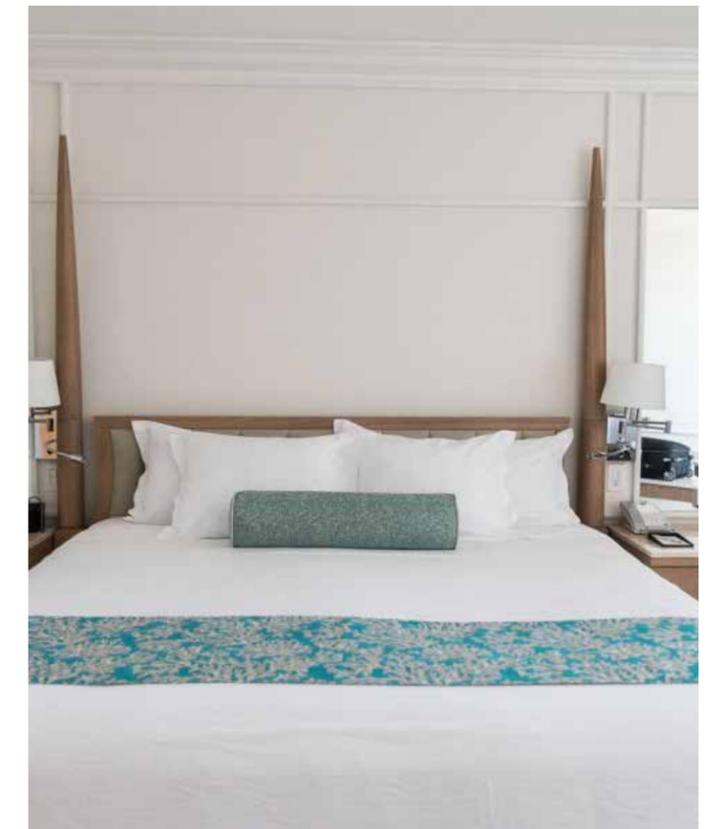
There was so much to see and the colors of the water in the Caribbean are to die for all by themselves. Contrasting with the orange deck chairs, the clay-colored roofs and the white walls of the resort, every glimpse of this vista was photo-worthy.

Inside, across from the bed, a large marble-topped dresser has plenty of drawer space and a flat screen, wall-mounted TV is equipped with Chromecast. Some are equipped with Apple TV as well. Next to the bed were two chairs and a table suitable for dining. A bottle of red wine awaits all guests.



A pull-out section of the base cabinet exposes four liquor bottles, ready for dispensing into your glass. Remember, this is all-inclusive, so help yourself. There's no additional mini-bar charge like so many resorts. Go ahead, open the mini-fridge. Stocked with juices, soft drinks, water and beer. Also, on the house.

On the counter, you'll find a coffee machine and all the accoutrements you'll need for coffee or tea. A few snacks round out the offering.





The restroom is equally fabulous. Marble lined shower and bath floors. Built-in lighting surrounds the mirror over the marble sink and offers shadowless lighting while shaving or applying make-up.

In an interesting application, pull the towel bar under the sink and you'll discover the hair dryer and flat iron.

In the closet, two complimentary robes hang next to the laptop-sized safe. Pick your own combination. A garment steamer is available should you need it.

Finally, our bellman explained that the air conditioning automatically goes off if the patio door is left open, which we did many times. The sea breeze and absolute total absence of flying insects was heavenly.

After explaining all that to us, we gave our bellman a nice tip and went out onto the small deck to enjoy the view of the beautiful resort and the Caribbean, just outside the breakwall.



Most services, as well as all food and drink are all included in your package price, but tipping is not. While no one ever asks for a tip, it is allowed and assuredly appreciated by the friendly and utterly helpful staff. I stopped by the burser's office each day to make sure I had funds available.



Wi-Fi works wonderfully well throughout the resort, covering all inside areas that I tried and many outside areas as well. If you want to connect via your tablet outside, you might want to check signal strength before you get too comfortable. I could get it while sitting on the beach in one area, but not another. Your mileage may vary.



What's on the lower level?

Taking the elevator to the lower level, you are faced with more dining choices. Here you'll find the Buccaneers Reef grand buffet, decorated with beautiful hanging "basket" style light fixtures and a food line that never ends. Food was always fresh, warm and inviting. Timid or daring, you'll find food to suit.

I was dying to try the Ackee and Salt Fish, a native favorite for breakfast. After that, it was a job to temper my desire to try a little of everything. There was so much there, from custom made eggs, to waffles (a favorite of mine), to homemade breads, to meats, pastas, pizza, health food like yogurt and tofu, to a wide selection of fruits and nuts. There was always a carving station for the carnivores and a dessert station for those with a sweet tooth. A selection of fresh juices just topped off the offering for me.



Additional dining opportunities exist at Pier 8 (outside dining for seafood), Gondola (Italian), Loud Bar (upbeat nightly lounge...that's LOUD), outdoor snack bar near the pools, and Sundeck Terrace and Bar – doubling as a pizza shack in the daytime and as a waterfront, outdoor steak house at night.

The Sundeck sports a clever, backlit menu for nighttime which makes it easy to read, even under a star and moonlit sky.



On the lower level, you'll also find the concert hall and the ballrooms, some under North Tower and some under South Tower. If you are attending a meeting or a wedding, chances are they will be here.



**Dining opportunities
abound throughout
the resort**

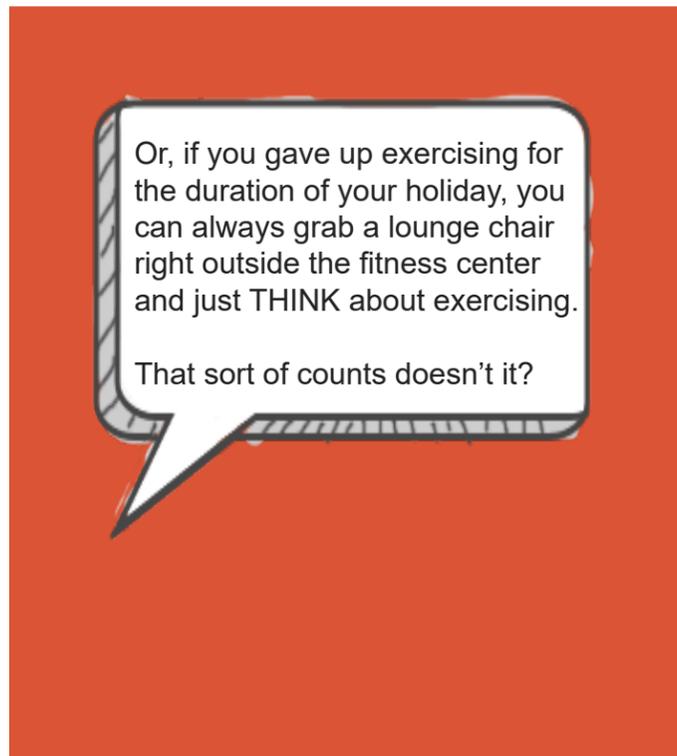




IF you are attending an outside wedding, one of two gazebos will probably be your destination.



The fitness center is large and well equipped for those who haven't given up their healthy habits. Water and towels are provided.



Nearby is the Playroom for little kids, and Wired, a hot spot for teens to hang out.



The Awe Spa is in the same area, as is the large stage where you'll find an assortment of daily fun events. (Make sure you see our separate spa article in this issue.)



Outdoor areas

In addition to the ever present palm trees, you could make an afternoon just wandering and looking at the flora and fauna around the resort. Everything seems to thrive here.

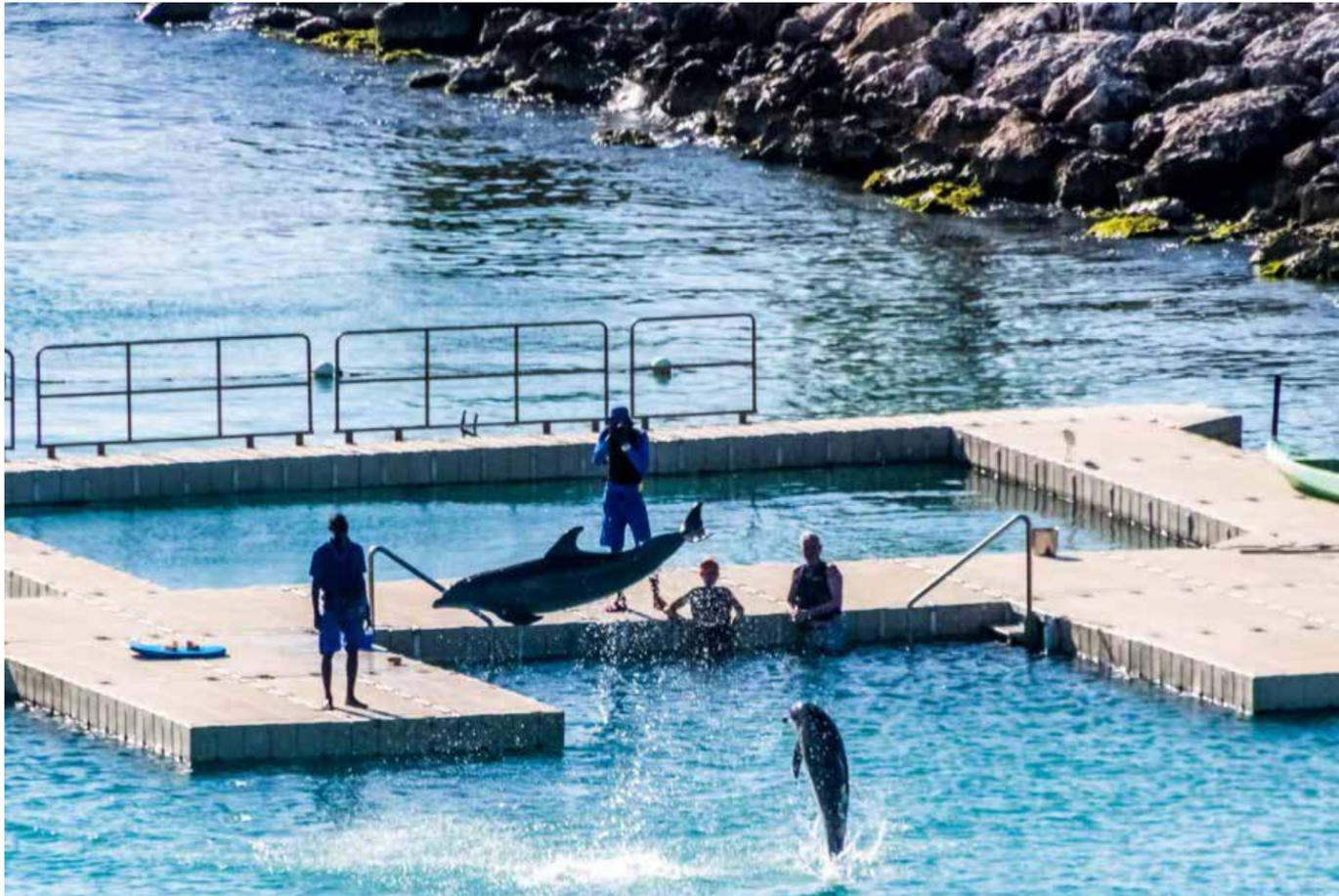
Outside the Playroom is the water playground for kids and the young at heart. Water slides and dumping buckets of water are all safely located in this fenced area.



Outdoor, beach volleyball courts are available and if you don't have enough people to play, the activity staff are happy to join in.

Three large outdoor pools for swimming are spaced across the resort and a few have limited seating for Elite club members only. There's also a good sized hot tub.





Walk north onto the pier and here you'll find the Aqua Sports Center (for larger boat rides and more) as well as the entertaining Dolphin Habitat. Swimming with the dolphins and the bigger boat rides are not included, but well worth it.



The pier separates the water into two beach areas. The north beach is where you'll go to take out the small sailboats, paddleboards, pedalboats, and more.



The south beach is on the left of the pier, and is the area for wading and swimming. With a soft bottom and clear, clean water, you can safely wander out 100 feet or more and the water will still just be to your waist. A few small waves constantly lap the shore, but no more than a foot high at most, so it's very safe for all ages. (If you are looking for big waves, you are on the wrong side of the island.)



If you dare, try the Flowrider, a controlled hill for surfing or body boarding. It's the wave that never stops. Don't worry, there's always an instructor to make sure you know how to attack it.

The beach that is part of the resort is approximately a half-mile long; but it extends well past the resort and you can stroll all the way into Ocho Rios if you like.





Concluding our tour

Well, that concludes our “walking” tour of the property. In a nutshell, is the property suitable for seniors? Yes, with some caveats. Most of the property is handicapped accessible, but like any outdoor area, you’ll find areas like the beach which can be tricky. There are also many steps going from one area to another, but in most cases, if you look, you can find ramps or elevators nearby. For relaxation, for good dining and for helpfulness from staff – it rates a big YES. So, c’mon down and enjoy.

What you can’t “see” however, is the “spirit” of the property. But, trust me, it lives in each of the people we met throughout the property. From the valets to the registration desk, from the pool cleaners to the pool entertainers, from our bellman to the vacation planners, and from the housekeepers to the food service staff – everyone – was friendly and helpful. Not the “forced friendly” attitude shown by so many in the service industry, but, rather, genuine “we want to make you feel at home” friendly.

I could give a dozen examples, but just one should get the point across. One of the waiters in the buffet offered to fetch a drink from the bar for my wife on our first night there. She ordered a Dark and Stormy, which requires ginger beer. The bar had ginger ale, but not ginger beer. Just not the same. He came back from the bar and apologized. Understanding her disappointment, he immediately said, “There’s a store right outside the gates that sells great ginger beer. If you come back tomorrow, I’ll bring some for you.”



Sure enough, the next day, he met us with a small bag and had purchased three bottles of ginger beer – enough to last the rest of our vacation. Obviously, we gave him a nice tip, but there was never any mention of paying for the drinks. Service like that can’t be bought, but we saw it time and again. Many of the other guests mentioned similar experiences.

So, yes, seniors. Moon Palace Jamaica Grande is suitable and is calling you to come and enjoy. We’re quite confident you’ll enjoy, but, as always, if you have any questions, feel free to leave them in the comment section and we’ll get back to you as quickly as possible.



Awe Spa at Moon Palace Jamaica Grande in Ocho Rios

If an all-inclusive resort is the King of resorts, then certainly a fabulous spa is the Queen of amenities. Taking up a full 38,000 square feet of space, the largest spa on the island, the [Awe Spa](#) at the Jamaica Grande promises calming, stress relief and relaxation to mind, body and spirit. What more would you expect in your vacation palace?



Plan to arrive a full hour before your treatment so that you have time to avail yourself of the complimentary water ritual.

From the moment you enter the spa, the sounds of a waterfall immediately begin to slow your pace. You listen to nature's sounds, you appreciate the beauty of a native purple orchid, and thoughts of the outside world fade away. You're in your peaceful place for the next few hours. You've entered the Awe Spa.



After registering at the reception station, a spa valet shows you to your personal locker and provides you with a luxurious robe and comfortable slippers. You're given a locker and key and told to change into your swim suit.

Preparing your body for its eventual massage, this hour long, hydro therapy experience was the most interesting and in-depth I'd ever experienced. You'll be warmed, cooled, warmed, frozen and warmed yet again as you move from sauna to shower to steam and then into the massive hydro therapy pool. The pool is the only co-ed area in the spa, unless you are experiencing a couple's massage.

The large pool has back-to-back waterfall fountains that work the muscles in your back and shoulders while you stand in the pool. Then you are set to relax in the thermal lounge chairs, while still in the pool.

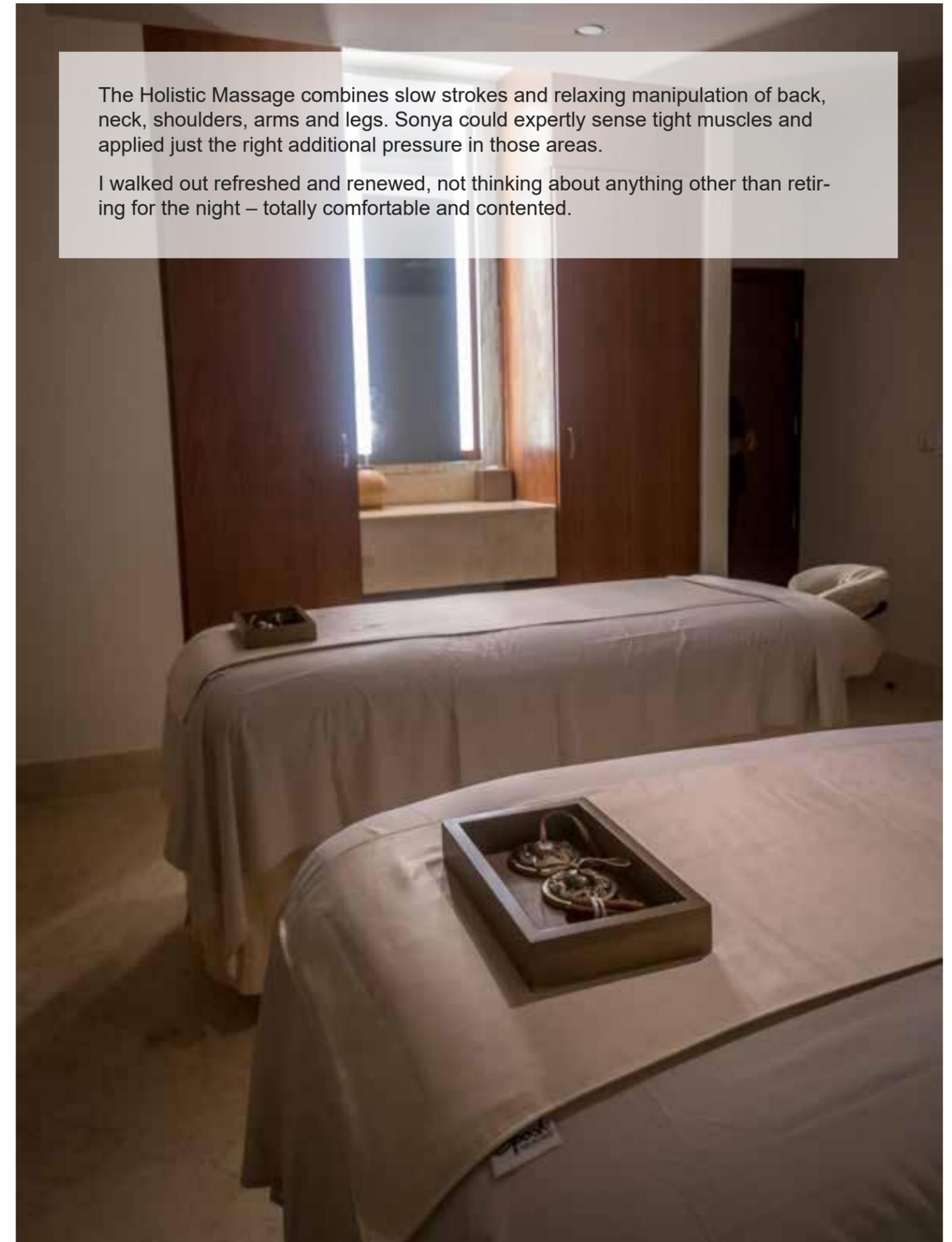
With a stay in the sauna, (pick your degree of heat depending on the platform you lounge on,) and an ice rub, followed by another thermal lounge, not in the water this time; you're now ready for your massage.





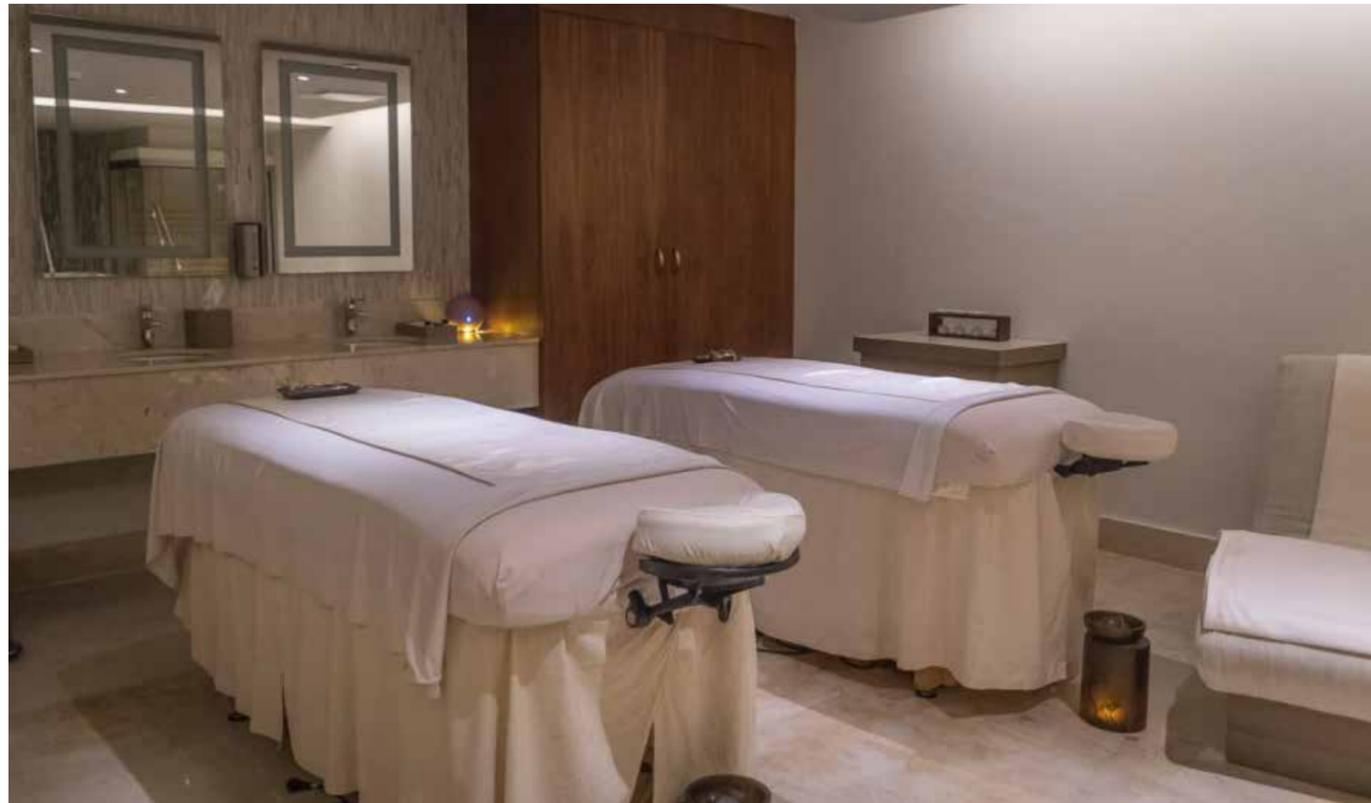
Your spa valet will lead you to the relaxation lounge to await your therapist; but this is so soothing, you might not want to leave.

From here, Sonya, my massage therapist met me and led me to the Moon Room, my home for the next 50-sublimely-relaxing minutes. I'd asked for a Holistic Massage. This is the closest thing to what many refer to a Swedish Massage. The warm bed and silky covers combined with soothing music tracks and the scent of lemongrass, lulling me into a most relaxed state.



The Holistic Massage combines slow strokes and relaxing manipulation of back, neck, shoulders, arms and legs. Sonya could expertly sense tight muscles and applied just the right additional pressure in those areas.

I walked out refreshed and renewed, not thinking about anything other than retiring for the night – totally comfortable and contented.



Additional opportunities at the spa

One of the most difficult choices after you've decided to come to the spa is to decide which of the services you'd like to try today. I stress "today" because after coming once, you'll want to come again.

If you are coming as a couple, you'll want to look into the VIP Golden Spa Packages offered in a special double suite that has two massage tables, two pedicure chairs, two lounge chairs, a shower, a sauna and a Jacuzzi-for-two. You'll want to spend the entire day here.



Other treatments that caught my eye, and are on my "next-time" bucket list are the 80-minute Aromatherapeutic and the 80-minute Sacred Hot Stone.

In addition, there are numerous body wraps, facials as well as haircuts available. Be sure to use the "Read More" drop-down tabs to see all the services available.

For a virtual reality tour with your VR goggles or a 3D tour on your laptop/tablet, [go here for the overview of the spa.](#)

To schedule a spa session, write vipvacationplanner@palaceresorts.com or stop in the Vacation Planning office at the resort.

While the spa's services are not part of the all-inclusive package, the planners can explain how certain resort credits can be used to offset the costs.

Another tip: don't wait until the last minute to schedule your appointment. Certain time slots fill up and you won't want to miss this opportunity.



ENJOY A TOASTY ICEHOTEL STAY IN SPRING, SUMMER AND FALL WITH THE NEW “TEN-STEP ARCTIC SAUNA RITUAL - FROM OFF THE MAP TRAVEL



Visitors to Swedish Lapland can now chill out in a bedroom made entirely of ice AND warm up with the new 10-step Arctic Sauna Ritual—any time of the year. Offered by Scandinavia experts Off the Map Travel, the itinerary to the ICEHOTEL 365 in Jukkasjärvi takes advantage of the Midnight Sun and encourages guests to go outdoors with a new sauna-focused program.

Created by the ICEHOTEL'S Sauna Master Andreas Hermansson, the 10-step Arctic Sauna Ritual follows traditional Swedish sauna protocol with guests alternating short immersions

in the heat of both an electric and wood-fired sauna with cooling rinses in the icy waters of Sweden's Torne River or in a shower. Also included are a body scrub using natural Swedish "Care of Gerd" lingonberry and blueberry products plus Finnish Vaasan Aito Saippua Oy tar and blueberry "hard" natural soaps and shampoo. Post-ritual camaraderie accented by beverages and snacks is the final step.



Guests stay in a room made of ice, no matter what the temperature is outside. In addition to this new post-winter Sauna Ritual, guests can also benefit from the extra hours of sunlight with mountain hiking, white-water rafting and outdoor wilderness activities.

Sauna culture is a way of life in Swedish Lapland and especially in Jukkasjärvi, the home of ICEHOTEL 365 and the birthplace of the Swedish Sauna Academy (Svenska Bastuakademin). Jonny Cooper, the founder of Arctic travel specialist Off the Map Travel

observes, "The Arctic region offers year-round possibilities for those looking for new travel and cultural experiences. The region takes on a different hue after the snows of winter have melted with bursts of color and life during the spring, summer and autumn months. It's a spectacular time to explore the wilderness and to be outside enjoying a traditional Scandinavian sauna."

The Sauna Ritual can be added to any tailor-made adventure to Swedish Lapland from Off the Map Travel. As an example, a five-day/four-night Midnight Sun 'on ice' experience is priced beginning at £1599 per person, excluding flights. The program includes the Sauna Ritual, a night at ICEHOTEL 365 in an Art Suite made entirely of ice, a trip to the Narvik area of Norway with a night at the Narvikfjellet Mountain Lodge and a gondola trip to the Sky Bar to view the Midnight Sun, a Midnight Sun



trek, white-water rafting, a scenic train journey, breakfast daily and all transfers.

For more information on the ICEHOTEL 365 experience and the Sauna Ritual, visit www.offthemap-travel.co.uk or www.ilovenorthernlights.com; call +44 (0) 800 566 8901; email info@offthemaptravel.co.uk or join in the conversation on Facebook, Twitter, Instagram, YouTube or Pinterest.



Dad's and Grad's Gift Suggestions



For the Creative Dad or Grad



Cherry Keyboard
G80-3494



Having tried many full-sized, USB, 88-key keyboards from all the well-known players, I really wasn't expecting anything much different. To my pleasant surprise, the **Cherry Keyboard** is a clear cut above – easier to type accurately, more comfortable to use and the perfect tactile experience you want from a keyboard.

[Learn more here](#)

Posting videos directly from your phone is usually a bad idea. Choppy beginnings or endings, waiting for the action to start, need for more titling...these are all reasons raw video fails to hold your viewer's attention. Correct that by taking a couple minutes to edit in **Camtasia 9**. With tons of effects, green screens, transitions and titling options; your video will look professional in no time. Lots of tutorials available to make your video ready for prime time.



Camtasia 9

Easily share projects and files between Windows and Mac computers.

[Learn more here](#)

For the Camping Dad or Grad

And just because you're camping, doesn't mean you need to give up a good salad. Heck, how about all those fruit and vegetable stands you pass while you are on that classic roadtrip? Now, with the portable, manual **Chef'n Pull'n Slice**, you can serve up those fresh veggies in no time.



[Learn more here](#)

38383838 Whether you are backpacking, biking or hiking, it's always great to be able to take your shoes off, sit down and relax every so often. But what if you could actually lie down, no matter what the earth's surface? Now, that's certainly an option with WindPouch - a lightweight full size hammock.



[Learn more here](#)

If you are going minimal with your camping gear, you will love this new speaker/white noise machine called the LectroFan micro WIRELESS. Tiny enough for any pocket or pouch, this is both white noise generator and Bluetooth speaker in one. Don't let the size fool you, this pumps out the tunes as well as the white noise.

[Learn more here](#)



When I camp, I always take one of my many portable USB power packs, so I can have power anywhere – inside or out. Add the Kikkerland USB Fan and you've got some serious low-tech air conditioning. Once you've got one, you'll probably want to get another. for your significant pther.

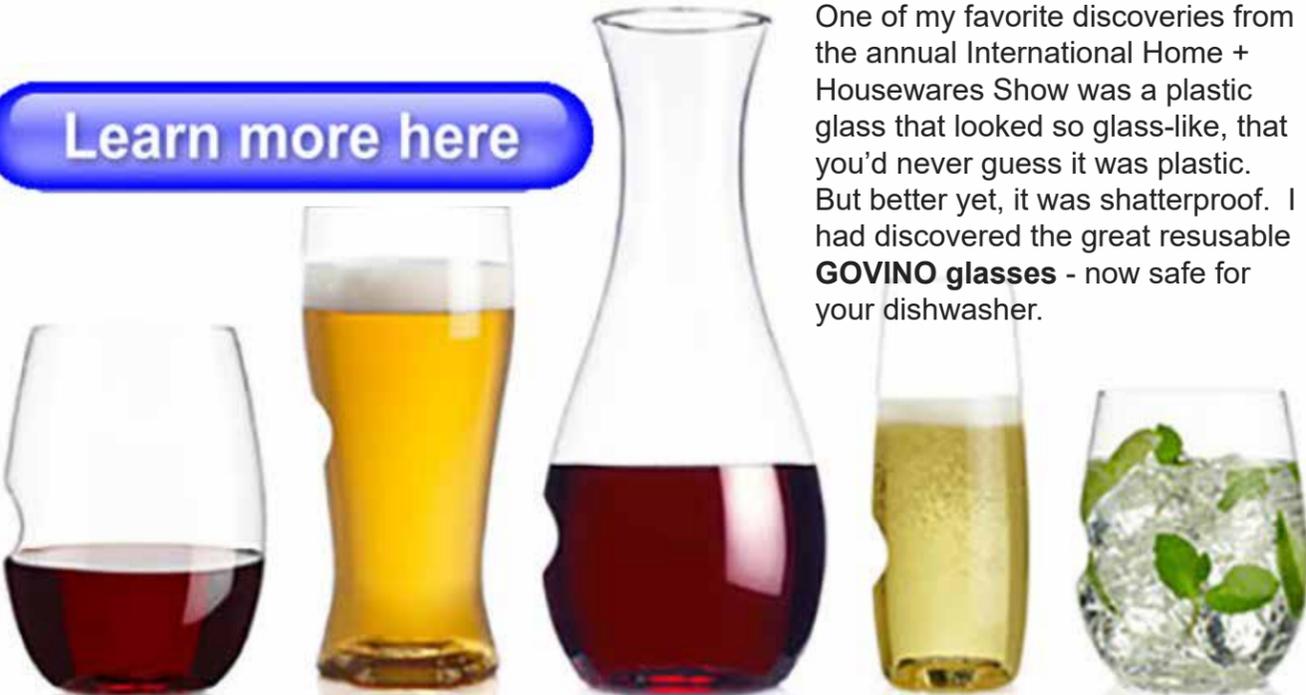
[Learn more here](#)



[Watch the WindPouch video...](#)

For Dad or Grad at home or office

[Learn more here](#)



One of my favorite discoveries from the annual International Home + Housewares Show was a plastic glass that looked so glass-like, that you'd never guess it was plastic. But better yet, it was shatterproof. I had discovered the great reusable **GOVINO glasses** - now safe for your dishwasher.

Why pay the money to frame ONE of your photos, when you can have a beautiful, matted frame that shows ALL your best photos - automatically. With the Memento Frame you can upload your favorites from your smartphone or computer and display them with variable durations, so that all your best images are always on display.

[Learn more here](#)

WHAT MATTERS DESERVES A FRAME



[Learn more here](#)



We've all been there, unless you are 6-foot tall or better, there are things that are just hard to reach in the kitchen and/or garage. A simple small step stool is the answer, but where do you store it?

With the **Kikkerland Rhino II** folding stool, storage is not a problem. It folds flat in an instant and can be tucked anywhere you've got a spare 1-1/4". Open, it measures 8.5 x 11 and is just a little more than 8" tall.



MultiPREP™
SLICE 'N DICE™

The **BLACK + DECKER™ MultiPrep™ Slice 'N Dice™** All-In-One Cutting Appliance saves you time and effort with six cutting functions: dicing, slicing, julienning, shredding, grating, and cutting. Plus, you can adjust the thickness of slices on the fly with the external level control.

- 1 External Slicing Control**
Go from thin to thick slices without changing the blade! The external control lever lets you adjust slicing thickness on the fly.
- 2 8mm Dicing Disc**
Pro-style dicing made easy. Make 1/4" x 1/4" dices of fruits and veggies for homemade salads, salsas, and more. Plus, the dicing parts are color-coded for easy assembly and operation.
- 3 Compact Storage Case**
Lots of pieces - no problem! The storage case keeps all the accessories organized, with a lid to keep clean during storage.

[Learn more here](#)

For Dad or Grad taking to the road



If you love to ride, you know that the unexpected can happen anytime. To be prepared, these three tiny **Kikkerland bike accessories** in your bike bag could save the day as well as your ride.

Whether riding your bike or your car, tire pressure changes along with the temperature, and for the best, safest ride, you want your tires fully inflated. While this pump won't be what you want for your auto, it'll certainly come in handy many times over for your bicycle.

Finding a bike repair shop isn't always an option when you get a flat tire, so you should be repaired to fix it yourself. With the Kikkerland Bike Repair Kit Tin, you'll have the essentials you need whenever you ride.



The tin includes a six-headed allen set, patch repair kit, two metal tire levelers, glue, buffer, and bone tool. That should handle all but the worst blown tire.



Scratch-resistant, the Pocket Bike Pump pumps up to 90 psi. Only 5" long, it can easily slip into any pocket or bag. Works on Presta valves only.



With just about everyone owning a bike these days, there's no doubt that the more miles you log, the healthier you are going to become. Keeping motivated and keeping safe are two big concerns, and the **Sondpex ZOOM tube** is here to help with both.

Much safer than headphones when riding, the ZOOM tube is loaded with benefits, including dynamite sound, headlights, battery power pack and media card player - all in one compact unit.



The **AlcoMate Revo** combines the revolutionary innovation of PRISM technology with state-of-the-art fuel-cell precision to offer the most reliable, convenient and accurate commercial breathalyzer available on the market.



Top 19 Tips for Surviving Summer Travel Season

From Kathleen Peddicord and the Editors of Live and Invest Overseas

Live and Invest Overseas, the world's leading resource on investment, real estate, retirement and living overseas today released their top 19 tips for surviving summer travel season.

Whether you're moving to a new country or taking off on a two-week holiday, here are 19 things you should know before you go:

1. Take two debit cards and two credit cards. Your credit card company will assure you that you'll have no trouble using your card overseas if you contact them in advance to let them know where and when you'll be traveling. Don't believe them. In today's world, credit card companies are uber-sensitive. Break your usual pattern of card use and your card will be declined. Count on it. You need at least one backup.
2. Do not use your debit card to pay for things when traveling abroad. Save it for use in ATMs only. Debit cards are easy targets for fraud.
3. If you're traveling to a country where the language is not English, learn how to say the basic pleasantries in the local language—good morning, good evening, hello, good-bye, thank you, please, etc. The language app Duolingo is great and can be used to study before you go and on the fly as you're traveling.
4. Carry a small amount of cash with you (maybe \$200 or \$300). Get additional cash as you need it from ATMs... which today are everywhere in the world and the easiest and most cost-efficient way to access cash when traveling. You'll almost always get a better rate than from a currency exchange service. Do not exchange money at an airport.
5. Find out what your bank will charge you for using your ATM card overseas. Charges vary from zero to as much as \$4 or \$5 per transaction. Schwab, for example, imposes no charge when you use your Schwab card at an ATM anywhere in the world. If the foreign bank imposes a fee (as they often do), Schwab reimburses it.
6. Buy a local SIM card upon arrival. You should be able to do this in the airport. With a local SIM card, you can use your phone to access translation apps and google maps, for example. Plus it means you have a local phone number to give to local contacts and new friends. If you're traveling in a group, it makes communicating and staying in touch much easier.
7. Dress appropriately. Try to blend in so you're not a target for touts and hustlers.

In some parts of the world, Americans stand out even if they dress to fit in... in Asia, for example. However, in Europe and Latin America, you can blend in. This has benefits... from not being targeted for tourist scams to being offered better tables in restaurants.

8. Carry \$50 in your shoe when going out at night. If your purse or wallet is snatched, you have cab fare.
9. Don't carry your passport with you. Carry a photocopy of the photo and entry stamp pages of your passport, but leave the document itself in the hotel room safe.
10. Know what it should cost for the taxi ride from the airport to your destination... as well as what it should cost to take a taxi across town. In most places in the world, taxi fares are standard. Still, sometimes, unscrupulous drivers try to take advantage of foreigners. Know what you should pay before getting into a cab.
11. Stick with official taxis, rather than random guys who approach you asking if you need a ride.
12. Try to step away from the tourist zone. Never go where tourists go... never shop where tourists shop... never eat where tourists eat. Tourists pay the highest prices and get the worst service.
13. Walk with confidence and act like you know where you're going. If you need to consult a map, for example, step into a restaurant, a shop or a hotel lobby to reorient yourself.
14. In today's world, it can be a good idea to avoid protests and demonstrations.
15. Avoid politics and political arguments. How the people of the country you're visiting choose to run their country isn't really any of your business.
16. If you feel unsafe or uncomfortable for any reason, go to a public place.
17. Be aware of the popular tourist scams in the place where you're traveling. In Paris, for example, the gold ring on the ground scam is common.
18. Confirm whether you need a visa to visit the country for the time you intend to visit. An American needs a visa to travel to Brazil, for example, even as a tourist.
19. Find out if you'll be required to pay an entry fee when entering the country. Americans can travel visa free to many countries. Some, though, that don't require a visa do charge an entrance fee at immigration. In Nicaragua and the Dominican Republic, for example, the fee is \$10. In Kenya, it's \$50. These kinds of entry fees must be paid in cash in U.S. dollars or other hard currency.

About Live and Invest Overseas

Based in Panama City, Panama, LIOS is the leading resource for people who want to live, retire and invest overseas. Headed by Lief Simon and Kathleen Peddicord – who collectively have more than 40 years' experience visiting, living and investing in foreign countries – LIOS and its free e-letter service, the Overseas Opportunity Letter have more than 200,000 regular readers. More info available at www.liveandinvestoverseas.com.

ONTARIO'S TOP 5 MUST-SEE FESTIVALS AND EVENTS THIS SUMMER

Okay, so it isn't officially summer yet – but warm weather is here, folks! Which means it is time to grab your friends, get outside and take advantage of all the awesome events taking place across the province.

“From music lovers, to cultural history buffs, foodies, and beer and wine enthusiasts, there is certainly something for everyone this season,” says Gabriel Mattacchione, President of Beyond Oz Productions. “That’s the great thing about Ontario – you don’t have to go away or travel far and wide if you’re looking for a great time or something to do this summer.”

For a full season of fun, friends, laughter and one-of-a-kind memories, be sure to check out these cool fests and events taking place across several cities in the province:



Ever After Music Festival — June 2nd–4th, Kitchener

Because what's a summer without best friends, outdoor music concerts, and camping?! This one is for all you music lovers and experience chasers! For one full, extraordinary weekend of electronic dance music, visit one of the area's most prominent electronic music festival experiences, taking over Bingemans' 30 acre campgrounds. With an impressive lineup including performances by Bassnectar, Excision, Zeds Dead, and a juicy hip-hop injection in the form of French Montana,

the Ever After Music Festival will be a mecca of stunning visuals and extraordinary sounds.

Coming to Kitchener, Ontario June 2-4, 2017, Ever After Music Festival is not only a show, but an experience for all to share. Ever After brings festivalgoers into a fantasy fairy tale experience that will not only entice them with the sounds, but also with the stunning visuals, high-class performances, and an unforgettable weekend.

Toronto's Festival of Beer — July 28th–30th, Toronto

At Bandshell Park inside Exhibition Place, beer fans from across the country will gather to celebrate their favourite golden beverage. This year, the festival will be celebrating Canada's 150th birthday by showcasing various breweries from across Canada, and offering food curated from some of Canada's amazing Top Chefs that showcase the culture from our various provinces.

Canal Days— August 4th–7th, Port Colborne

For those looking for a little taste of history and culture, the Tall Ships gather in Port Colborne each August holiday weekend, for a jam-packed, four-day celebration. This annual marine heritage festival will include vendors, buskers, food merchants, and many attractions including a fully supervised children's area featuring live entertainment, a carnival midway, and a live bird of prey and reptile exhibit. Tall Ships moored along the canal wall will be open for exploration, and special cruises are available on these historic ships, including a day-long journey from Lake Ontario, through the canal locks.

Canadian National Exhibition— August 18th – September 4th, Toronto

The Canadian National Exhibition (CNE) is Canada's largest annual community event – and a fantastic family event as well! The CNE offers a wide variety of entertainment and events including Bandshell concerts, celebrity chef demonstrations, an aerial acrobatics and ice skating show, a working farm, parades, a three-day Air Show, Midway rides and games, wacky fair food, international food and tons of shopping! Be sure to come out and experience one of Toronto's major annual highlights.

Niagara Grape & Wine Festival— September 8th-24th, St. Catharines

What a better place for oenophiles to visit this summer than the Niagara Region? The Niagara Grape & Wine Festival is a celebration of Niagara and the bounty of harvest. The Montebello Park food and wine experience truly showcases all that the region has to offer, as the park comes alive for two weekends in September. Experience regional cuisine presented by top local chefs and sip and savour VQA wines, while enjoying Canadian talent on the Centre stage.

With so many events, festivals and celebrations going on this season, it'll be awfully hard to be bored this summer.

“No matter what you are into, you'll definitely find something to do and enjoy this warm season,” adds Mattacchione. “The time is now for making lifelong memories and summer 2017 is certainly the place to start.”

For more information: <https://www.ontariotravel.net/en/home>

HOW TO STAY FIT WHEN TRAVELING

By Sloane Davis

Trying to stay fit and healthy can be challenging when traveling. I always tell my clients that the goal should be to maintain, not gain while away. And while I am an advocate for living life and enjoying all that it has to offer, going on vacation shouldn't become a free for all to throw in the towel when it comes to health and fitness.

A common question I receive from many prospective clients is "I am going on vacation soon. Should I wait to start the plan or start right away?" My answer is always this: There is never a "good" or "easy" time to start. You have to learn to live a healthy lifestyle which is what my plans aim to do. In other words, start the plan today. That way, when it does come time for vacation, you have the tools you need to maintain, not gain.

While you won't track every food that goes into your mouth on vacation, subconsciously you are much more aware of how your meals should look and be balanced if you are following a plan prior to vacation. I can't tell you how many clients come back to have not gained an ounce. THAT is WINNING!



Here are some tips to help you stay fit and healthy when traveling:

Drink a lot of water – Lots of walking, hours spent outside in the sun... traveling can be exhausting. The airplane ride alone will dehydrate you from the altitude. I love to take a reusable water bottle and fill it up after I pass through security to take on the plane with me. This ensures that I am drinking throughout the flight and don't have to wait for the flight attendants to serve me. And when they do come to serve, take it! Drink all the water you can. You will feel so much better getting off the plane hydrated instead of tired, queasy, tight, and drained.

When you get to your destination, continue to drink water. Incorporate foods that also contain a lot of water such as lettuce, watermelon and cucumbers.

Stick to your normal routine as much as possible: Just because you are away doesn't mean you have to throw in the towel and eat everything in sight. This goes especially for all inclusive resorts or a buffet. Just because you pay for something doesn't mean you have to overdo it. Breakfast included in the hotel? Stick to an omelette, a piece of toast or oatmeal, some fresh fruit and one "treat." You don't need muffins, bacon, hash browns, pancakes AND french toast if you normally don't eat that at home. That's just being a glutton. Pick one savory food and enjoy it. Tomorrow is a new day and a few hours later you will be eating your next meal again.

Keep things in moderation: You don't have to have everything in one day. Bread, alcohol, dessert all add up at one meal. All 3 along with your meal could mean your total daily allowance of calories or more. So pick one, and choose another the following day. It doesn't have to be all or nothing.

If you tend to eat more at night, then keep your breakfast and lunch on the lighter side. If you know you are going to have a few cocktails for happy hour then moderate your intake during the day. It is all about balance.

Try to keep active: If you normally workout daily then try to go to the gym half the amount of days you are on vacation. Vacation is just that...a break, so don't feel like you have to hit the gym at 7am each morning to feel good about yourself. Let go of some of the stress. Go for a walk, enjoy the outdoors and do something entirely different than you are used to.

If there is no gym and you do want to workout, pack resistance bands. They are super light and there are so many exercises that you can do with them (see my video on how to [here](#)). You could also incorporate some body weight exercises or plyometrics in your hotel room (see hotel room workout video [here](#)). Just 20 minutes a day will make you feel a whole lot better and most likely help you make better decisions throughout the day.

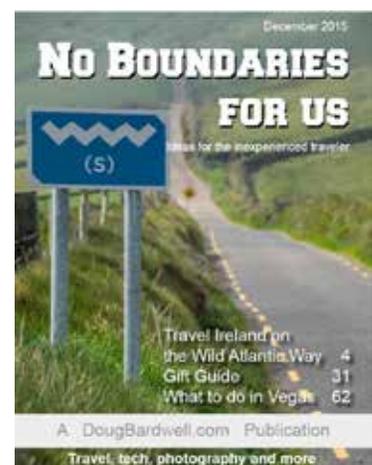
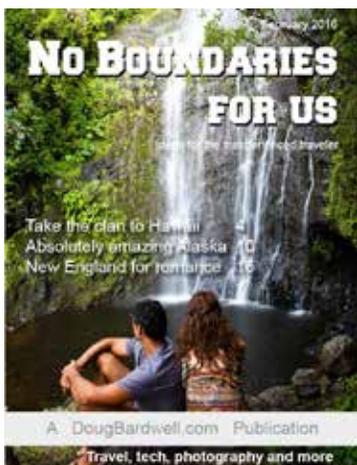
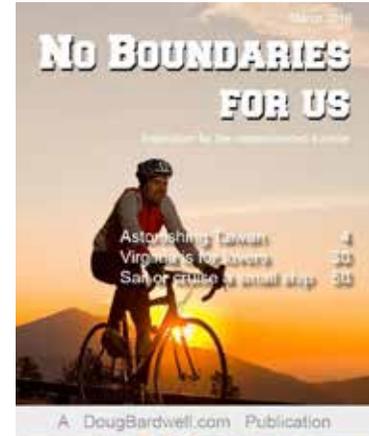
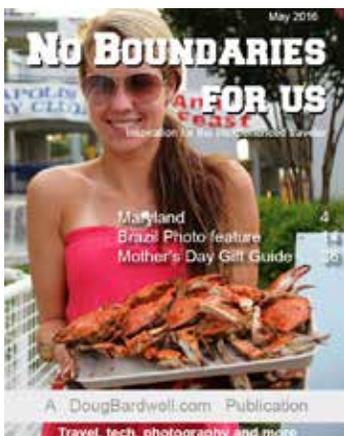
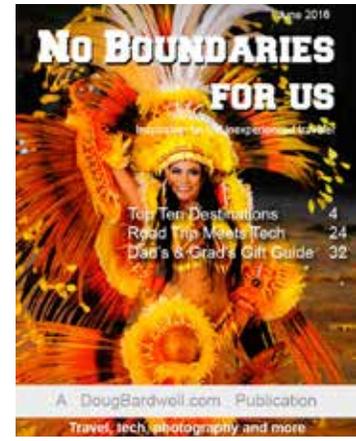
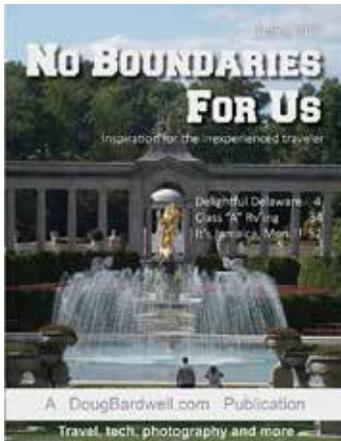
Have the willpower to stay on track: I know sometimes this is easier said than done, but I can guarantee that you will feel so much better coming home from a vacation knowing you enjoyed it yet didn't gain a pound rather than coming home 5 pounds heavier only to have to work it back off. We all know how easy it is to put weight on and how difficult it is to take it off. Just a few minor tweaks each day while away can mean the world of difference.

You are stronger than you think. Choose your battles while you are away. Don't cave into defeat. You can do it! Vacation is so much more than eating everything in sight. Take the time to enjoy those you spend it with, the scenery, and the culture it has to offer. The food is just a bonus, not the entire package.

Sloane Davis is a Certified Nutritionist and Personal Trainer who has helped thousands of people, both men and women, around the world get in to top shape both mentally and physically. Sloane has her undergraduate degree in Bachelor of Arts from Syracuse University and became accredited through ISSA with her degree in Sports Nutrition and Personal Training. She works personally and online with thousands of clients around the US and globally.

She has been featured in People, Fitness Magazine, New Beauty Magazine, Apple News, The Daily Mail, Yahoo News, Westchester Magazine and Fox 5 Good Day New York.

PAST ISSUES



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