



Item: Fast Lane 6th in 2023 Petergram (#153 since 2020)
Date: **Saturday, February 4th 2023**
From: Peter writing from our office in Oldsmar, Florida
To: Our Fast Lane Travel Customer Family and Friends at home in Australia, Canada, Europe, Iceland, New Zealand, Singapore, South Africa and in the USA!
Subjects: Register for the 2023 Spring TREFFEN to Stuttgart **NOW** - Come with us to Lakes Constance, Maggiore and Como; A COLORADO Survey; How the Memory of a Fast Lane Trip Helps You Sleep Better; and True Stories From Italy.

I. **IMPORTANT:** Please don't miss one of this year's **TWO** PCA Spring TREFFEN Trips! The **NEW TREFFEN Plus** and the **Traditional TREFFEN** are starting in Stuttgart on Sunday, April 23rd, then on to Lake Constance and beyond. They are new spectacular trips. To date, we've only had two PCA'ers register for the short TREFFEN registered – so they moved to the PLUS and will enjoy a few more days in Europe.

Once we announce a trip, the number of inquiries asking for detailed itineraries are a good harbinger of the attendance and success of a trip. The **TREFFEN PLUS** now ranks **first** in inquiries for the first half of this year. Participants on this trip can plan to visit the new PORSCHE Museum and get to see the Factory – a very rare privilege these days. From past experience, some folks have exclaimed that the trip's highlight is the great **Frühlingsfest** – the venerable **Oktoberfest in the Spring** celebrated after a long winter – the folks in Stuttgart know how to party cheering the arrival of spring! Furthermore, **on April 25th I will be celebrating a very big Birthday Don't miss it. BE THERE WITH ME TO CELEBRATE my 30th Birthday (with 50 years of Experience).**

Please note that we have **reserved private tables** for the PCA Group. In addition, we also have **private toilets (that is huge)** in the special section of the beerhall. A couple days after this party we are completing the necessary paperwork and picking up our **PORSCHEs**, lined up for us at the Museum entrance, we head south towards the Alps and the shores of the largest lake in Europe – **Lake Constance**.



We'll stay at the 5-Star Bayerischer Hof in Lindau with a magnificent view across the lake to **Switzerland**. Lake Constance is THE largest lake in Europe known for its gentle climate; wonderful locally grown wines and the largest hop production region in Europe – there wouldn't be any beer at our Spring Oktoberfest (the Cannstatter Frühlingsfest) without hops from the Lake Constance region.



From Lindau we will cross **Switzerland**, whoosh by **Liechtenstein** and arrive at the luxurious **5-Star Eden Roc**, directly on **Lake Maggiore**. We'll spend a few days there, do some shopping in **Bellagio**, (that's the real one – not the one in Las Vegas), we'll take a boat to **Isola Comacina** for a wonderful dinner plus have some fun on our classic **James Bond Photo Rally** to the Verzasca Valley. You'll receive "valuable" prizes at the Rally Dinner. The trip back to Stuttgart is breathtaking. We do this trip only every 3 to 5 years – **don't miss it**. Let's show PORSCHE in Stuttgart that **the PCA cares!**



II. **Alumni SURVEY:** a key principle of business, which I have followed all my career, is this one: **“If you want to know how to run your business – ask your customers!”** Every week I get calls from past customer or potential new customers who have been referred by folks who have enjoyed one of our trips. Simultaneously I also get requests for a trip destination, mostly trips we have done before and were missed by some folks at that time. This week I had a call from Dr. Sanjay Gupta who would like to experience our legendary **COLORADO Porsche Trip**, starting **Sun July 9th to Mon July 17th 2023**. I told him that we need a minimum of a dozen couples to do this trip. We have “done” Colorado three times. We have included the **Air Force Academy; amazing roads; THE best hotels**; like the **Ritz Carlton Bachelor’s Gulch, superb cuisine**, and our fun Rocky Mountain High **Photo Rally** with “valuable prizes” most brought over from the Stuttgarter Flea Market. The advantage is that you’ll drive your own car – but everything else, **including gas**, is taken care of. I have shipped my Panamera to Colorado 3 times – it’s easy and less expensive than renting a car. **In 2016 the trip price was \$6,790 per person**, based on two persons per room driving your own PORSCHE. Of course, hotels have raised their rates, so it’ll be a bit more expensive. We, of course, will have a luggage van, walkie talkies, and our traditional complement of trip goodies, clothing and memorabilia.

YOUR JOB: Please shoot me an e-mail: **2023 Colorado** – “Peter I (we) am (are) in. Please send details” I need your **FEEDBACK** in the next couple of weeks so I can lock in the hotel space.



III. A Fast Lane Travel Experience is **good for your health!** Read on.

A Happy Memory Can Help You Fall Asleep, if You Know How to Use It.

Trouble sleeping? Try a technique called savoring, or imagining a positive experience in great detail

Source WSJ Elizabeth Bernstein Jan. 24, 2023 8:00 am ET

Lying in bed each night, Andy Buelow often finds himself thinking one thought over and over: How awesome it was to ride the ferry across Lake Michigan as a kid.

Mr. Buelow pictures himself back on the ship, imagining the whirl of the engines, the smell of steam, the rushing water and the cold spray on his face.

“When I remember the feeling, I am asleep within minutes,” says Mr. Buelow, 61 years old, the chief executive of a symphony orchestra in Muskegon, Mich.

We know what we’re supposed to do before bed to [ensure a good night’s sleep](#): Set a [fixed bedtime](#). [Turn off our screens](#). Create a relaxing [routine before bed](#).

Now, sleep researchers say that what we *think* about as we try to go to sleep is just as important. They recommend that as we prepare to drift off, we practice something called savoring, which is imagining a positive experience we’ve had in great detail.

Savoring is well-studied as a strategy to improve our general well-being. A considerable body of research shows that it can boost mood and help reduce depression and anxiety. Now, psychologists believe it can help us fall asleep and have better sleep quality, and are starting to study its effectiveness.

Many of us ruminate as we’re trying to drift off. This is where savoring can help. “It gives your brain something else to focus on—something emotionally compelling and pleasurable,” says Dana McMakin, a professor of psychology at Florida International University, who studies savoring.



Savoring differs from other strategies you may use before [going to sleep](#). When you savor, you try to re-create the positive emotional state of the experience. It’s not the same as practicing gratitude, which involves thinking about something rather than trying to feel it. And it’s different from meditating or trying to be mindful, in which the goal is to quiet your mind. Savoring aims to fill it up with positive emotion.

Picture Source: Synergy Holistic Health Center: e-mail: syneregy1@fuse.net

When you savor a happy memory, your brain reacts as if you're reliving that enjoyable experience all over again, says Sara C. Mednick, a neuroscientist and professor of cognitive science at the University of California, Irvine. The activity in your sympathetic nervous system, which is in charge of your stress response, reduces. And the activity in your parasympathetic nervous system, which restores the body to a calm state, increases.

Ready to try savoring as a sleep aid? Here's how.

Pick your happy memory beforehand.

To help herself fall asleep, columnist Elizabeth Bernstein savors beach walks with her dog, Scout.

It could be something big—a favorite vacation or the day your child was born—or something small, such as playing with your dog. It could also be something you're doing at the moment (snuggling in your cozy flannel sheets) or looking forward to doing in the future.

When you're in bed trying to sleep, re-create it in your mind. Imagine it with all five of your senses, adding as many details as you can. Think of those same sensations in your body now. This will make blood flow to those parts and away from the worrying part of your brain, which will help you relax, Dr. Mednick says.

I like to picture a walk on the beach with my dog, Scout. I start by envisioning the sound of the surf, the smell of the water, the breeze on my shoulders, the taste of the orange I brought as a snack and Scout's happy face.

Get your ruminating out of the way early.

Schedule a worry session—at least several hours before bedtime. Set a timer at the beginning of your session for 15 minutes, then let your mind go hog-wild fretting. Write down all the worries that come to you. When the time is up, literally and figuratively close the book.

"This gives your brain an opportunity to worry and download the negativity early, to break the habit of ruminating at bedtime," says Wendy Troxel, a clinical psychologist, sleep scientist at Rand Corp. and author of "Sharing the Covers: Every [Couple's Guide to Better Sleep](#)."

Practice during the day.

Savoring on command may not come easily at first, as I discovered one recent night when I couldn't sleep and tried to wing it. I attempted to recall a memory from the weekend when I went sailing with friends. But I had trouble sticking with it, and as my mind continued to wander, I found myself silently berating myself: "Savor, damnit! Savor!"

Practicing savoring during the day will train your brain to focus on positivity. It will strengthen the memory, which will help your brain recall it more easily next time, and calm your stress response down, says Dr. Mednick, author of "The Power of the Downstate." She recommends 10 minute stretches several times a week.

Stick with it.

Like any new habit, it will take time to stick, says Zlatan Krizan, a professor of psychology and sleep scientist at Iowa State University. Don't give up if it's hard at first.

Mr. Buelow started savoring his happy memories of the old "City of Midland 41" ferry before sleep when he was in his 20s. He grew up riding the ferry each summer when his family traveled from their home in Wisconsin to their summer cottage in Michigan, and the happy memory of those rides and the freedom he felt on them helped settle his racing mind.

Although he rarely has trouble getting to sleep now, he still imagines himself on the ferry every night when he gets in bed. And if he wakes up in the middle of the night, he does it again. Sometimes he switches it up—picturing a night ride, or even a different ferry. But he always envisions the wind, waves and water.

"Riding the Midland helps me turn off my mind and sink into a sleep rhythm," he says. "And it's become a source of comfort."

IV. My Final Thoughts: #1 The Italian Golfer and #2 The Italian Wedding

Source: Ralph Sica, alumni of the 2013 Berlin Trip – Ralph it's been 10 years! Time to come back.

True Story from Italy #1 – *Carlo, a 75-year-old Italian goes to the doctor for a check-up. The doctor is amazed at what good shape he is in and asks, "How do you stay in such great physical condition?"*

"I'm Italian and I am a golfer," says Carlo, "and that's why I'm in such good shape. I'm up well before daylight and out golfing up and down the fairways. I have a glass of vino, and all is well."

"Well," says the doctor, "I'm sure that helps, but there's got to be more to it. How old was your father when he died?"

"Who said he was dead?"

The doctor is amazed. "You mean you're 75-years-old and your father is still alive. How old is he?"

"He's 95 years old," says Carlo. "In fact, he golfed with me this morning, and then we went to the topless beach for a walk and had a little vino and that's why he's still alive. He's Italian and he's a golfer, too."

"Well," the doctor says, "that's great, but I'm sure there's more to it than that. How about your father's father? How old was he when he died?"

"Who said my grandfather is dead?"

Stunned, the doctor asks, "You mean you're 75-years-old and your grandfather is still living! Incredible, how old is he?"

"He's 115 years old," says Carlo.

The doctor is getting frustrated at this point. "So, I guess he went golfing with you this morning too?"

"No, he couldn't go this morning because he's getting married today."

At this point the doctor is close to losing it. "Getting married? Why would a 115-year-old guy want to get married?"

"Who said he wanted to?"

True Story from Italy #2 – Maria had just gotten married, and being a traditional Italian, she was still a virgin. On her wedding night, staying at her mother's house, she was very nervous, but her mother reassured her;

"Don't worry, Maria, Tony's a good man. Go upstairs and he'll take care of you. Meanwhile, I'll be making pasta."

So, up she went. When she got upstairs, Tony took off his shirt and exposed his hairy chest. Maria ran downstairs to her mother and says,

"Mama, Mama, Tony's got a big hairy chest."

"Don't worry, Maria," says the mother, "all good men have hairy chests. Go upstairs. He'll take good care of you."

So, up she went again. When she got up in the bedroom, Tony took off his pants exposing his hairy legs. Again, Maria ran downstairs to her mother. "Mama, Mama, Tony took off his pants and he's got hairy legs!"

"Don't worry! All good men have hairy legs. Tony's a good man Go upstairs and he'll take good care of you."

So, up she went again. When she got there, Tony took off his socks and on his left foot he was missing three toes.

When Maria saw this, she ran downstairs. "Mama, Mama, Tony's got a foot and a half!"

Her Mama said, "Stay here and stir the pasta." 😊



Please stay healthy and happy. I hope you are looking forward to the great times we will have together again on one of the fabulous PORSCHE tours this year and help us plan for 2024. I can't wait to get back to Europe in April. All the best to you, Peter