



Life in the FAST LANE

#13 / Issue #317

Saturday, March 28th, 2026

TOPICS:

Carpal Tunnel Surgery

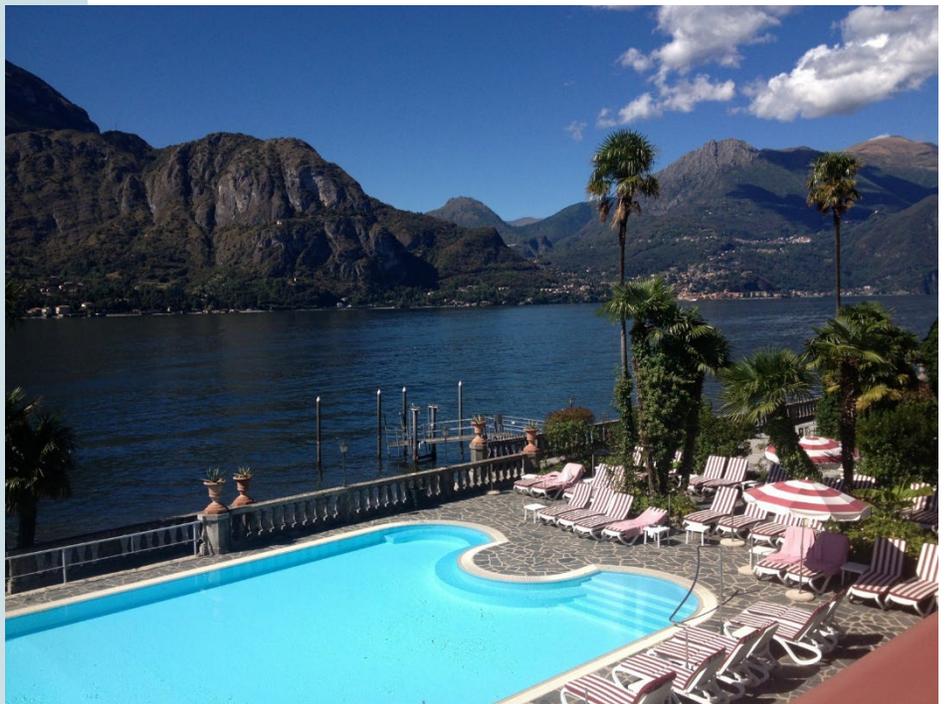
Airport Mess

12 Alpine Passes

Final Thoughts

My Fondest Memories

TO: Our Fast Lane Travel Family in Australia, Brazil, Canada, China, Dubai, Ecuador, all of Europe, Iceland, Iceland, Japan, Kuwait, New Zealand, South Africa, and the USA!



Carpal Tunnel Surgery

About three weeks ago I was hoping to mitigate the pain in my right wrist, probably the result of over 60 years of determined typing. In fact, back in the Stone Age, when I learned to type there were no electric typewriters. Nevertheless, I was able to bang out 135 wpm. About 6 months ago my right hand/wrist started to hurt. Dr. Sang Choi assured me that some minor surgery will fix that. On February 18th I had surgery. Status: I have lost all feeling in my right index finger and the whole hand is on fire. The moment I start to type I do this jjjjjjjjjjjj. Very annoying. Pain level is high. Any suggestions from my physician customers are welcome . . . Samara?

Airport Mess

Hopefully, by this weekend the Security Staff gets paid and things go back to normal whatever that means. My younger daughter Julie, her husband David, and my granddaughter Billie, are flying EWR to TPA on Saturday. Let's get this airport mess fixed.

The 12 Alpine Passes PORSCHE Tour

This tour is by far THE most spectacular, luxurious and exhilarating tour we offer this summer!

DON'T MISS THIS ONE. Please go to our website and click on <https://fastlanetravel.com/all-tours-2026/>

Call us for a special incentive offer.

What's Included:

Day 1: Depart North America

Day 2: Arrive in Stuttgart

Day 3: PORSCHE Factory and Museum

Day 4: Drive the Autobahn to Austria's romantic Tyrol

Day 5: Free Day in Tyrol

Day 6: Drive Spectacular Alpine Passes to Italy

Day 7: Drive to St. Moritz, Switzerland

Day 8: Swiss Alps Drive

Day 9: Fun Driving in the Alps

Day 10: Drive Back to Stuttgart - Return Porsches

Day 11: Return to North America - or Continue Your Travels

Ralph Sica's Final Thoughts Advice

Ralph and Jill Sica are alumnae of multiple trips and particularly enjoyed Leipzig, Berlin, Prague, and Vienna. Ralph sent me this very thoughtful rendition about getting older.

FOR THOSE WHO ARE 60 yrs OLD AND ABOVE PLEASE READ THIS.

This is for you. I really like what is said here and am going to try my best to follow it. Thank you to the person who wrote this. May God bless us all as we strive to be a blessing to others at this age, especially to our children.

▶ Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.

- ▶ Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.
- ▶ Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.
- ▶ Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.
- ▶ Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
- ▶ Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
- ▶ Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
- ▶ Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
- ▶ Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.
- ▶ ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised at what old friends you'll meet.
- ▶ Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.
- ▶ Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.

▶ Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself.

▶ Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.

▶ Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.

▶ Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.

▶ Pains and discomfort go hand in hand with getting older.

Try not to dwell on them but accept them as a part of life.

▶ If you've been offended by someone – forgive them. If you've offended someone apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.

▶ Laugh. Laugh away your worries. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life.

My valued friends, enjoy a peaceful life at this point in your life ...



Please stay healthy and happy. I'm looking forward to the great times we will have together again with my Team on one of the fabulous tours we are planning for 2026. All the best to you, **Peter**

My Fondest Memories











