

Who turned up the thermostat? In mid June the temps went up and it has stayed that way. My sister in Seattle would gladly exchange the weather conditions with me, as it has been cloudy, rainy and in 50's out there. Once again it is a slow news month in our lives and once again it has been anything but that in the media!

This month Bob & I completed our annual medical check ups and am happy to say everything looks good. We stayed 125 days in Myrtle Beach, twice as long as planned, to get an appointment with our doctor. He was out ill for a while himself which caused the delay. Somehow we didn't mind the wait and kept ourselves busy preparing for the up coming rallies, enjoying the pool and beach, helping Roger & Pat in the kitchen on Saturdays, and dieting so our doctor won't yell at us. Keeping off the weight is going to be the trick. I developed a menu plan that was around 1,000 calories a day, under a hundred carbs a day, consuming healthy fats in moderation. I tried to use proteins like fish and chicken which we like, low calorie veggies and fruits, selected carbs and tried to be creative in my cooking with herbs and spices. An important key was measuring and weighing all ingredients. Bob really got into it and lost a total of 20 pounds. I lost 15 pounds. While it was cool, we walked about 2 miles a day, and when it turned hot we started swimming in the pool. I noticed that swimming really helped strengthen my knees, which have been a problem off and on. It is after all, Summer.

Toward the end of June, it really started to get quite warm in Myrtle Beach, and we even delayed going to the pool until the evening. The sun was just so hot! Even my feline friends, Nicky and company, were seen only sporadically.

Now, we were supposed to leave Myrtle Beach on Saturday the 26th, but that morning when Bob went to bring his HD dish down, it 'refused to do so'. Ok, now what?? Bob called and talked with Elkhart Satellite and both felt it was that the control box gone bad. They had one and would send it out to us over night. Bob extended our stay to Thursday, July 1st. The new controller did arrive on schedule and it did resolve the problem.

We did move to Hardeeville, SC on the first of July. We stayed a few nights in the Hardeeville RV Park located next to Interstate I-95. From here we were able to access Hilton Head Island and Beaufort, SC both very popular high end costal resort areas. Due to reduced time schedule we only visited Hilton Head. It clearly is very popular and consequently very congested, which did not appeal to us. The beaches were very busy as you can see from the pictures. From here we went on to Elko, GA and our 400 rally site, which is scheduled for July as is the HRRVC International Rally.

