

Just

BREATHE™

Relaxation and Fun for Everyone

IN THIS ISSUE

Busch Gardens

How to Relax

Perfect Steaks

Universal VIP Style

Happy 4th July

What would you get if you crossed the first signer of the Declaration of Independence with a rooster?
John Hancock-a-doodle-doo!

What quacks, has webbed feet, and betrays his country?
Beneduck Arnold!

What did Paul Revere say at the end of his ride?
"I gotta get a softer saddle!"

What protest by a group of dogs occurred in 1773?
The Boston Flea Party!

What happened as a result of the Stamp Act?
The Americans licked the British!

Why did Paul Revere ride his horse from Boston to Lexington?
Because the horse was too heavy to carry!

Why did the British cross the Atlantic?
To get to the other tide!

What do you call a parade of German mercenaries?
A Hessian procession!

What would you get if you crossed a patriot with a small curly-haired dog?
Yankee Poodle!

Did you hear the one about the Liberty Bell?
Yeah, it cracked me up!

What would you get if you crossed George Washington with cattle feed?
The Fodder of Our Country!

What did one flag say to the other flag?
Nothing. It just waved!

Busch Gardens ... AWESOME!!!!

by Nigel Worrall, CEO Florida Leisure

One of the nice things about providing magical memories for our guests is that we occasionally get to experience things ourselves. Over the last month some of our staff has been fortunate enough to visit both **Busch Gardens** and **Sea World** to see what's going on and find out what's new.

Busch Gardens in Tampa has long been a favorite park of mine because it blends wild rides and wildlife perfectly together, so I made sure I did that trip along with Annette, Kim and Rebecca!

There are over 2,500 exotic and endangered animals for you to visit as well as more record breaking roller coasters than any destination in Florida! There's absolutely something fun and something educational to see and do for every member of the family no matter their age.

In addition there are some great VIP tours such as the *Elite Adventure Tour* that includes a private tour guide, front-of-the-line access to all the major roller coasters and water rides, including Gwazi, Montu, Kumba, Sheikra, Congo River Rapids and Tanganyika Tidal Wave (front row is included), reserved seating at the KaTonga show, lunch at the Crown Colony Restaurant, and a one-of-a-kind experience hand-feeding giraffes on the Serengeti Safari tour.

Unfortunately we didn't have time to do the whole Elite Adventure Tour but we did manage the Serengeti Safari Tour where we all discovered first-hand just how long a giraffe's tongue is while giving them a leafy snack! As you can see from the picture above, I got to enjoy some lettuce with one of the giraffe's!

I have to say that the tour was simply fabulous and it's something I would recommend that you and your family do when you visit us next time. Busch Gardens is just over an hour away from most of our vacation homes and it's well worth the trip as you will become immersed in the Serengeti experience as your tour guide shares a lot of intriguing information and some interesting personal stories about the amazing wildlife.

On this trip you can unlock the mystery to the eland antelope's mysterious clicking, discover the naturalistic beauty of the Serengeti Plain, and experience the thrill of feeding antelopes and giraffes. This Adventure creates memories that will last a lifetime and you'll also enjoy some amazing photo opportunities such as the one I created up above.

Busch Gardens has a whole host of things going on for wild life buffs; Jungala features Bengal tigers, the Rhino Rally sees you hop aboard a wild jeep tour (Go to www.FloridaLeisureOnline.com and see Rebecca, our concierge navigating the jeep...it's a hoot!), see majestic Clydesdale horses, Edge of Africa features hippos, lions, meerkats, lemurs, crocodiles and hyenas and Myombe Reserve gets you up close and personal with gorillas and chimpanzees.

Of course, everyone loves a good thrill ride and Busch simply has some of the best around; from Sheikra and it's 200 foot drop to Gwazi (one of the fastest wooden double roller coasters on the planet), Montu (7 insane inversions), Kumba (voted one of the world's top coasters) and the Scorpion (3 G's of force). But there's even more and if you love getting wet then Congo River Rapids, Stanley Falls and Tanganyika Tidal Wave will be sure to keep you cool on a hot Florida day.

Busch Gardens has a lot of other stuff going on as well but you'll just have to explore that for yourself as I don't have space to tell you everything! Do feel free to check out our videos of the day on our blog and do make sure you follow us on Twitter and Facebook for updates.

Next month I'll tell you all about SeaWorld ...



Nigel

Our CELEBRITY Guide to Theme Parks: Universal Orlando

When it comes to the area's theme parks, there are all types of fans. Some have visited only a few times, while others come at least once or more every year. And then there are those who want the ultimate in ease and prestige – the VIP tour. We are proud to announce that Florida Leisure Vacation Homes have special VIP Tours available with all of the major theme parks in the area, not only that we can also offer some form of customization. From celebrating a birthday, to providing a fun activity for a family reunion, to just wanting to see as much as possible in the shortest amount of time, VIP tour guests enjoy special access to shows, fewer waits in line and personable guides who are experts at giving the best park experience. And no matter which tour they choose, our guests agree that it's definitely worth it. This month we will continue with ...

Universal Orlando

The VIP tour program we offer for Universal Orlando also offers personally escorted tours around their parks. Here, you can learn about some of the signature attractions and receive priority entry. In addition, you will receive the opportunity for private character meet-and-greets (such as with the Grinch during the holidays), and discounted food and merchandise.

There are two VIP tour options. Non-exclusive VIP Tour where you join other parties on a structured, guided walking tour through one or both of the parks, but with our Exclusive VIP Tours, you are the only ones on the tour and are able to customize your day however you wish.

"The tours let guests spend time with a friendly theme park expert and get all sorts of behind-the-scenes information," said Rebecca Worrall, Concierge and VIP Ambassador at Florida Leisure Vacation Homes. "And it's a

great way to see the parks in a shorter amount of time because you get front-line access to every single ride. Basically, you're being treated like you're a celebrity yourself, getting back doored into all these great attractions."



The VIP tour program sees a lot of repeat visitors, with many requesting the same tour guide. In addition to offering advice and answering questions about all things Universal, guides will often join you on the

rides – or even stay behind and hold bags and purses. "Kids especially often want their guide to ride with them," said Worrall. "So we like to make sure that can happen."

If you are considering one of these tours, I'd suggest calling us with the specifics and ways you'd like to customize your experience, especially for young children. And though I'll say call as soon as you can, if you're already in town, go ahead and give us a ring and we'll try our best to accommodate the requests.

Trudy Whinnett from Brisbane, Queensland, Australia took the VIP tours at both Universal parks with her husband and two of her teenaged sons. "During our tour at Islands of Adventure, our guide was very informative and got enough details out of us so that he could mold the tour to suit our interests. We appreciated it as it meant that we weren't spending time at attractions that we weren't interested in. We saw the entire park and some behind-the-scenes stuff on how each area was created. During our Universal Studios tour, our guide had some great stories to share about the park and attractions and even some of the stars involved in the movies that the attractions were based on."

Jean Broughton from Charleston, W. Va., enjoyed the one-day/two-park tour. "Our favorite part was being placed on each ride with no wait. The guide was very funny and upbeat during the long tour, telling stories about each ride. And it was great to easily navigate the park at Easter, a very busy time of year."

If you want to see the full list of tours we have available or want to arrange your own personal and unique look at any theme park, check out our special web site at www.MyDreamsComeTrueClub.com or call us at 1 800 880 6693

6 Steps to Instant Relaxation

Some people find it easy to relax, others find it very difficult. This article is aimed at those who find it difficult.

This process is excellent to use if you are having trouble falling asleep at night or just find it hard to switch off from the stresses of life!

Sit yourself down somewhere comfortable and relaxed where you are unlikely to be disturbed for a few minutes.

Step 1. Take a deep breath and hold it for a couple of seconds, then release it as slowly and steadily as you can. Then repeat this just one more time and as you let out the breath very gently allow your eyes to close.

Step 2. For the next couple of minutes focus on nothing but your eyelids. Allow them to relax as fully as they can. Imagine them becoming heavier and heavier over your eyes, picture them becoming relaxed. The eyelids have some of the smallest muscles in the human body and are the easiest to relax.

Step 3. After a couple of minutes picture, and feel, the relaxation in your eyelids spreading down your entire body from the top of your head to the tips of your toes in a flowing wave of relaxation and comfort. Then feel that relaxation double.

Step 4. Now, once again concentrating on your breathing, on each outward breath say inwardly to yourself the word 'relax' without moving your throat or tongue, your lips perfectly still, your breathing pattern unaltered. On every outward breath just think to yourself 'relax' and feel the stress and tension leaving your body.

Step 5. As you continue to breathe normally, thinking 'relax' on each outward breath picture your body slowly relaxing one section at a time. Start at the head and face, move down through the neck and shoulders and into the arms, hands and fingers. Let all the tension flow away from your body. Then move on to the back and spine, the chest, stomach, waist and hips. Then finally down through the legs and into the feet and toes. Each step of the way let your body relax deeper and continue to think 'relax' on each outward breath.

Step 6. When you feel fully relaxed enjoy the sensation for as long as you like, then when you are ready slowly open your eyes, take a short while to stretch and revive yourself and then move on with the rest of your day, feeling relaxed and energized!

JUST BREATHE AND RELAX!



What Our Customers Say

"I love retirement & that is why I love Florida Leisure Vacation Homes. We come down to relax, rest & recreation. The house is so large, all the family can enjoy without being stacked on top of each other. Some can swim, others can cook or BBQ, watch TV in each room. I just love it & the house is awesome."

Geneva Ormond, Chicago, IL

"We really love the house & location to Disney World. The house has all the comforts of home & my family truly enjoyed the time we spent there. All and all it was fantastic. When our friends see our vacation pictures I expect you will be getting bookings."

Pat Scott, Columbus, OH

"The house was perfect for the family. The location was terrific, allowing us to easily bring the kids to the house for lunch & a pool romp before going back to the park."

Jack Greenhalgh, Williamsburg, VA

"We have been booking with Florida Leisure for 7 years & we have recommended them to several friends & acquaintances & they have all booked & have been as happy as us."

Marilyn Hanson, Forest, CA

"The house was wonderful, spacious and affordable. It contained all of the conveniences of home and much more enjoyable than a hotel."

Alexandria Seymour, Bahamas

Quiz Time

1. What is Thailand's biggest island?
2. The Yas Marina Grand Prix circuit is in which country?
3. Who was the first black man to appear on the cover of *American Vogue*?
4. On which river is the German town of Wittenburg?
5. Where in the human body is the radius?
6. Who is the voice of baby *Mikey* in the 1989 film "Look Who's Talking?"
7. What is the spiked stick or prod used for driving cattle called?
8. What type of creature is a canvasback?
9. Which country has the international registration RA?
10. What is the science of accurate time measurement called?

Answers (using a mirror will be helpful):

10' Cymuowefu
eqidou' 4' Eipe' 2' fousew' 2' bruce millz' 3' 009q' 8' Dnck' 2' Audeurug'
I' bhnkef' 3' Apru Dmapi' 3' f6blou jawez (p9zkefpaill b9alel w9lcm 5008



There is nothing quite like a good, juicy steak cooked on a grill at your Florida Leisure Vacation Home. But, many people don't know grilling secrets such as the best cuts to use, what size they should be and how long to cook the steaks.

Choosing the correct cut of meat is very important when grilling. Some of the best steaks for grilling are the premium cuts such as:

- Filet Mignon: The filet mignon is a stylish cut taken from the heart of the beef tenderloin that has outstanding taste as well as texture.

- Top Sirloin: The top sirloin is a juicy cut taken from the center of the sirloin - the tenderest part - and a great cut for grilling.

- T-Bone: The t-bone is a succulent cut that is a favorite of steak fans. It is both a strip sirloin (with the bone) and a tender filet mignon.

- New York Strip: The New York strip is such an excellent cut for grilling, many grilling experts refer to it as the "ultimate" steak for cooking out.

- Porterhouse: The Porterhouse is a very large steak that is actually a combination of two steaks: the New York strip on one side and a tender filet on the other.

- Rib Eye: Another classic cut, the rib eye has marbling throughout the meat - making it one of the juiciest cuts as well as very tender.

Thickness of the steak is very important. Each cut should be between 1 inch and 1.5 inches thick. The strip steaks and top sirloin should be a little less expensive than the filet mignon, t-bone, porterhouse, and rib eye.

Coat your grill with non-stick kitchen spray before you begin, to keep your steaks from sticking to the grill. Preheat your grill before placing your steaks on. Resist the temptation to put your steaks on before the grill is properly preheated. The proper temperature for grilling steaks should be around 550 degrees Fahrenheit. Trim any excess fat from the side of the cut to prevent flare-ups and curling when grilling.

You should only turn your steaks once on the grill to prevent drying them out. How long you will cook your steak depends on how well you want it cooked. You can use a grilling fork with a digital thermometer to see how well done your steak is. If you want your steak rare, the temperature should be no more than 150 degrees when done. If you want medium, the temperature should be no more than 160 degrees when done. Finally, if you want well done, you should have a temperature of at least 170 degrees.

After grilling your steak, allow it to set for five minutes before serving to let the juices settle. Serve with a baked potato, salad or other side dish and enjoy!

www.floridaleisure.com

1-866-976-9454



Florida Leisure Vacation Homes®
4924 West Irlo Bronson Hwy
Kissimmee, FL 34746
relax@floridaleisure.com

twitter®

<http://twitter.com/FloridaLeisure>

facebook®

[http://www.facebook.com/pages/
Florida-Leisure-Vacation-Homes/
197213115136](http://www.facebook.com/pages/Florida-Leisure-Vacation-Homes/197213115136)

*Just Breathe is sent to you courtesy of
Florida Leisure Vacation Homes. If you
know someone who would like to receive
this publication feel free to request that we
add them to our mailing list.*

A "GOOD NEWS" NEWSLETTER FULL OF FUN AND INTERESTING FACTS FOR OUR CUSTOMERS

JULY 2009

All About ...

Florida Leisure Vacation Homes®

We are a locally owned family business with over 15 years experience. We can help you select the perfect vacation home for you and your family. Our vacation specialists are here to assist and anticipate your every need with the desire to make your vacation the best it can be.

We proudly offer ...

Homes in close proximity to all the Attractions ...

World class golf, unlimited water activities and miles of world class beaches on two coasts just a short drive away ...

A select inventory of privately owned properties, each well-appointed with décor and utilities personalized by each owner and complete with private swimming pools.

Our #1 goal is to provide a world class, lifestyle experience for the discerning vacationer.

Tell a Friend! A referral from one of our satisfied clients is the greatest compliment we can receive, and we have a very unique (and generous) way of saying thank you!

Call **1-866-976-9454** for more details.

Home of the Month



**Make a 2009 or 2010 reservation to stay
in this month's featured home before
June 30, 2009 and receive this special
BONUS:**

**Book 5 nights or more and receive one
extra night for free.**

Call (866) 596-4818

www.FloridaLeisure.com/HoM

ULTIMATE ADVENTURE CRUISE

CruisePlanners is excited to offer the ultimate adventure cruise along the pirate-infested coast of Somalia!



We board our luxury cruise ship in Djibouti on the Gulf of Aden near the entrance to the Red Sea, and disembark in Mombassa, Kenya seven adrenaline charged days later.

Starting at \$5,200 per person (double occupancy, inside room) and \$6,900 (veranda complete with bench rest), you'll relax like never before.

That's because you are welcome to bring your own arsenal with you. If you don't have your own weapons, you can rent them from our onboard Master Gunsmith. Enjoy reloading parties every afternoon with skeet and marksmanship competitions every night!

But the best fun of all, of course, is "**Pirate Target Practice.**"

For the object of the cruise is to sail up and down the Somali Coast waiting to get hijacked by pirates. The weapons rental costs are as follows.

Rent a full auto M-16 for only \$25/day with ammo attractively priced at \$16 per 100 rounds of 5.56 armor-piercing.

On a budget? Rent a full-auto scope-mounted AK-47 for only \$9/day with 7.62 ball ammo at \$12 per 100 rounds:



Alternatively, nothing quite gets a pirate's attention like a *Barrett M-107 50-cal sniper rifle*; only \$59/day with 25 rounds of armor-piercing ammo affordably priced at only \$29.95.

Need a spotter? Our professional crew members can double as spotters for only \$30/hour (spotting scope included, but gratuities are not.)



Want to make a real impact? Rent an RPG for only \$175/day with three fragmentation rounds *included!*



Also included: Free complimentary night vision equipment - and throughout the night, coffee, pastries and snacks are always available on the main deck from 7pm until 6am.

Our *deluxe package* also comes complete with gourmet meals and all rooms offer a mini-bar.

But that's not all! **Twin mounted miniguns** are available for rental at only \$450.00 per 30 seconds of sustained fire!

We guarantee that you will experience at least two hijacking attempts by pirates or you'll receive an instant \$1,000 refund upon arrival in Mombassa.

How can we make that guarantee? We operate at 5 knots just beyond 12 nautical miles off the coast of Somalia, thus in international waters where pirates have no rights whatever. In fact, we make three passes through the area's most treacherous waters to ensure maximum visibility by Somali "mother ships".



We repeat this for **five** intensive days, making three complete passes past the entire Somali Coast. At night, the boat is fully lit and bottle rockets are shot every five minutes with loud disco music directionally beamed shore side to attract maximum attention.

OVER.
PLEASE



Testimonials from previous participants on the Somali Cruise:

"Six attacks in 4 days were more than I expected. I bagged three pirates, my wife nailed two, and my 12-year old son sank two boats with the mini-gun. This wonderful cruise was fun for the whole family" -- Fred D., Cincinnati, OH

"Pirates 0, Passengers 32! Well worth the trip! Can't recommend it highly enough!" -- Ben L., Bethesda, MD

"I haven't had this much fun since flying choppers in 'Nam .

Don't worry about getting shot by pirates... they never even got close to the ship with the crap they shoot and their lousy aim... reminds me of a drunken juicer door-gunner we picked up from the motor pool in Phu Bai" -- Dan J. - Denver, CO

So come on board and bag your own clutch of genuine Somali pirates! Cabin space is very limited so you need to respond quickly. Reserve your package before July 31st and get a great bonus - 100 rounds of free tracer ammo in the caliber of your choice. So sign up for the Ultimate Somali Coast Adventure Cruise now!

Call Us on: 1-877-772-7847

Web site : GoCruisePlanner.com



P.S.

And yes, this was a spoof although we do think it's crazy that no-one has solved the pirate problem yet. If you're looking for a great cruise that's completely safe where you can relax and have fun with your friends and family, we'd sure love the chance to help find it for you.



Carnival

The Fun Ships.

Western Caribbean 4 day

\$169

Aug 3 and Aug 28



Royal Caribbean
INTERNATIONAL

Get out there.

Western Caribbean 7 night

\$552

Sept 13 and 24th



Disney
CRUISE LINE

Bahamas

4 night

\$549



PRINCESS CRUISES

escape completely

Alaska 7 days

\$799

Aug 15 or Aug 22 or 29th

For a free brochure or to make a reservation call

www.gocruiseplanner.com

1-877-772-7847