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Traveller

ISLAND TIME

*South Pacific Beauties*

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*Music on the High Seas*

FASHION TEMPLATES

*Draw Your Fashions Faster*

*Travel + Art + Life*

# EAT - PRAY - LOVE TRAVEL

## Lifetime Travel Professional

Nicole Beasley started travelling at age 14 with her Mum – USA, Asia, Cruises and 3 months in Europe followed, she was bitten by the Travel Bug so when offered a job at her local Noosa Travel Agency at age 17 she deferred her Business studies and took to the role with fervour.

At age 21 she moved to Brisbane in Expo year and commenced her own Business and has been self-employed in the Travel Industry ever since, some 33 years and counting.

Nicole is a passionate exponent of Travel bringing joy and depth to life and has travelled to many corners of the globe and experienced this first hand along with guiding many, many happy clients on their dream journeys.

Nicole first visited India in 1987 and fell in love with the sheer warmth and colour offered by this country. While this visit is immortal in her mind she could visit India only in again in 2017 with 15 other beautiful ladies - the Eat Pray Love Group - a wonderful name given to these friends who meticulously stitched various shades of India together, and proudly hosted by Art of Travel India Holidays.

## Nicole Beasley

Luxury Travel Professional

Group Travel Leader & Lifetime Adventurer

ittravel



Nicole, with firsthand experience of crafting such wonderful and niche products would like to make the Eat Pray Love Tour an annual event with like-minded travellers who wish to share one of life's great adventures.



"I now have over 30 years experience, having started my travel career in Noosa in 1984, and my colleague Pamela also has 20 years experience.

Together we offer highly detailed itineraries for individuals, an entrepreneurial focus for Corporate travel services and a speciality in small to mid sized groups."



E: [NicoleB@iTravel-au.com](mailto:NicoleB@iTravel-au.com)  
TEL: 07 3378 7755  
FREECALL 1300 NICOLE or 1300 642 653

Speak with Nicole or Pamela today to find out more about the 2018 Eat Pray Love Tour or your next adventure.

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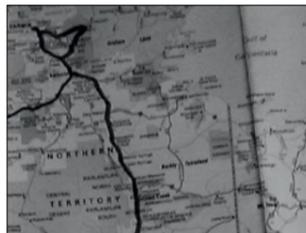
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# contributors



Mary is a creative visual and verbal communications specialist with a passion for op shopping, writing, designing and inspiring others. She runs a Graphic Design & Writing Business, compiles articles and blogs, and motivates as many people as she can along the way, including her two beautiful children. Her life is a never-ending work in progress and she wouldn't have it any other way because SHE is in charge of her destiny!

Mary's Motivational Blog (a work in progress): [positivityaplenty.blogspot.com.au](http://positivityaplenty.blogspot.com.au)  
 Graphic Design & Writing Business: [www.creativeboost.com.au](http://www.creativeboost.com.au)  
 To see Mary's contribution to this issue, read "Op Shop Style Queen".



Keith is a freelance writer and photographer on an epic journey with his wife, a bespoke caravan and a 4WD.

He shares his great adventure with us in a series of articles about remote communities and iconic destinations, as he makes new friends and visits old buddies on his grand tour of Australia.

To see Keith's contribution to this issue, read "The Big Lap".

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# editor's diary

*Launch issue. Woohoo! What makes a good beginning for a magazine about travel, art and life? Well this column of course!*

**T**ravel. What constitutes travel? Is it taking your child's hand and heading off to explore the wonders of the local park?

How about mooching about the rock pools at the nearest beach? Well, yes. I think exiting the front door is all it takes to open up that spirit of adventure that gets us into the mood for heading off to far flung destinations, visiting our hot list of desirable regions and finally setting foot in that one place we've always wanted to go.

I could say, "I've been everywhere." ... Man. But it wouldn't be strictly true. In fact it wouldn't be true at all. But there aren't too many places that are yet to feel the weight of at least one human foot.

Our launch issue showcases several of these dream destinations at the ends of the earth. Let us take you there now... read on.

**A**rt & travel. The Arts quotient warms up the strings of the musically inclined by investigating the joys of owning and playing a ukulele. This popular little instrument has it's own festivals and there's one coming up very soon at Brisbane's Southbank Parklands.

One other art, as in, art, also has a feature for those who enjoy designing clothes. Fashion talented creative people get a helping hand with model templates to use as a starter for their next burst of fabulousness.

**L**ife. Well, life can be about anything. It's our wild card. So each issue will scan the horizon of that which is new, old, repurposed and maybe a little bit wonderful.

On that note, we have purloined the style talents of our Op Shop Style Queen and offer her insider secrets to jealousy-inducing sensational looks for any budget.

**C**ontributors. For anywhere we have not been we have invited writers, photographers, foodies, artists and other contributors who have circled the globe more than once and as a unit we have

been pretty much everywhere. So because of these wonderful people you can expect this magazine to look fabulous; be inspiring and be full of cool stuff you won't get anywhere else.



DIARY PIC. A cute little guy and his sister with amazing blonde curls share our bus ride to a NiVanuatu village. Who care's if one's makeup is a mess from swimming? Not me! Happy days.

*"The journey of a thousand miles begins with a single step."*  
Lao Tzu

That's always been one of my favourite quotes. So here's to step one!

Happy Travels!

Jenni Onn, Editor & Creative Director  
[Jenni.Onn@CreativeTravellerMag.com](mailto:Jenni.Onn@CreativeTravellerMag.com)  
[facebook.com/CreativeTravellerMag](https://www.facebook.com/CreativeTravellerMag)  
[@CreativeTravellerMag](https://www.instagram.com/CreativeTravellerMag)



Swimming in Matevulu Blue Hole, Vanuatu  
 Image © Trevor Onn



01 A celebration performance of the Ganges at the International Yoga Festival in Rishikesh  
Images © iTravel

# EAT PRAY LOVE REVISITED

*Let us take you on a tour of Incredible India. Together, our group of travellers uncovered its quiet magic and shared once-in-a-lifetime moments in this extraordinary country.*

“Home to nearly one fifth of the world’s population, India is a country bursting with people, contrasting landscapes and colour. Somewhere you might think intimate travel experiences would be hard to find. Together, our group of travellers uncovered its quiet magic and shared once-in-a-lifetime moments in this extraordinary country.”  
– Nicole Beasley

## DELIGHTFULLY ORDERED CHAOS

Giant copper hands greeted us as we entered the customs hall of Delhi’s T3 international terminal. Classical gestures used in art, dance and yoga: each hand mudra offers rich meaning and a different path to enlightenment. Under these ancient

symbols of blessing and joy, after months of excitement and planning, our group of sixteen gathered and said, “Let the adventure begin!”

Nothing quite prepares you for your first taste of Delhi traffic. The ordered chaos is a sight to behold. Peak hour was still going strong at 11pm as we left the airport for our hotel. After a night’s rest, we began our first day in India with a quiet walk through Old Delhi’s Jama Masjid (the Old Mosque). Wrapped in colourful smocks, circled overhead by kite birds, we explored the ancient halls and courtyards, its 400 year-old cool marble under our feet.

From there we joined the Salaam Baalak Trust City Walk – a guided tour through Old Delhi – conducted

by young men who once lived on the streets. Our guides Kursheed, Lalit and Sanjay shared fascinating details about the history and daily life in the Old City; and gave us a unique view of the world through their eyes.

## YOUNG BOYS RESCUED

Together we navigated Chandni Chowk’s labyrinth of narrow lanes on foot and by rickshaw, past vegetable sellers; row after row of fabric and kinari (ribbon and trim) shops; down alleys lined with paper makers and stationery suppliers (Old Delhi’s version of Officeworks); ending with a tour of the colourful Spice Market. All under the watchful eyes of monkeys perched on power lines above, waiting for someone to pass up their lunch.

Later, we visited one of Salaam Baalak Trust’s six residential care shelters and met more young boys rescued from Delhi’s streets and learned how the Trust works to fill the missing gaps – by providing food, security, health, education and love – to these vulnerable children.

Over the years, Salaam Baalak Trust has helped thousands of children to first imagine, and then go on to live, a life defined by possibility and hope instead of exploitation and abuse. It also runs an outreach program in slum areas and crowded places to help children at risk. Most of us had recently seen the film *Lion*; and now there we were, surrounded by beautiful boys like Saroo, aged 5 – 17, each with their own story to tell. Shy at first, they were soon showering us with high fives and eager to pose for photos. Months later, their smiles and stories are still having a profound impact on us all. Read more about the Trust’s work here [www.salaambaalaktrust.com](http://www.salaambaalaktrust.com)

## MAGICAL RISHIKESH

Changing gears, the next day we travelled north to Rishikesh, the spiritual home of yoga in the foothills of the Himalayas. By day, this mythical town vibrates with the sound of meditation halls and market sellers; and by night, with the bells of aarti ceremonies dotted along the River Ganges. In Hindu mythology, the Ganges is considered the mother of mankind. Pilgrims come to wash away their sins with a single dip in the icy cold river. We gave our thanks to Mother Ganges by floating marigold pujas (offerings) instead!

For the next two days we joined yogis from ninety different countries attending the International Yoga Festival at Parmarth Niketan, Rishikesh’s largest ashram, where peachy-coloured walls and mosaic walkways lead you through neatly kept gardens to the various yoga halls. The beauty of the Yoga Festival is its open program. All levels are welcome and registration allows entry to any of the sessions, giving you the chance to discover different types of yoga, meditation, music and

healing talks from local teachers and visiting international gurus, many with rock star followings.

Some early birds braced the chilly mountain air for pre-dawn yoga; while others joined in later after some pampering at Ganga Kinare, our gorgeous boutique hotel on the banks of the Ganges. In the evenings, we floated back over Lakshman Jhula, the town’s iconic, pedestrian suspension bridge, to swap stories from the day’s events. The magical evening aarti ceremonies conducted by students monks are not to be missed. Swathed in rich red robes, with their mesmerising chants, bells and lamps, the aarti ceremonies of Rishikesh provided just a glimpse of the devotion that takes place along the length of the great Ganges every night.

## AGRA FORT AND THE TAJ MAHAL

Fresh from our experience in Rishikesh, we caught our first glimpse of India’s most famous sights from our mats at a special sunrise yoga class; and spent the rest of the morning immersed in the culture, architecture and history of the Taj Mahal. The most recognisable of all India’s world heritage architectural sites, the breathtaking ivory mausoleum was built to house the tomb of Mughal emperor Shah Jahan’s favourite wife in 1632. What

a woman she must have been! Later, the red sandstone of Agra Fort provided an equally stunning backdrop to more stories and people watching; while a visit to a local marble factory added to the memory bank, with beautiful mementos of our trip.

## HAPPY HOLI!

Incredible images of people drenched in colour have put the Holi festival – also known as the colour festival – firmly on the travellers’ map. While this ancient Hindu festival officially marks the arrival of Spring; Holi also celebrates good over evil and many other traditions in honour of Lord Krishna. It’s a time to dance, laugh and forgive; a rare occasion where women and men play freely as equals, showering each other with coloured powder as they celebrate long into the night.

After Agra, we travelled to the Braj region, an area famous for its Holi celebrations. Ready for adventure, we journeyed from our hotel in Mathura through green fields to the village of Nandgaon, where Krishna was raised, passing a steady stream of scooters and overloaded vehicles filled with people showing off their Holi coloured hair, clothes and faces. There were more than a few nervous giggles as we tried to imagine just what was in store for us. Continued over ▶



02 Montage of happy travellers in beautiful locations. An unforgettable experience.  
Images © iTravel



03 Happy Holi! Loved sharing this amazing experience with such a fab group of girls  
Images © iTravel

At Holi time, the usual bustle of village life is replaced by a super-charged, playful energy reserved for the annual festival. We arrived in the village centre and followed the drum beats, music and shouts up ahead, drawn along with the rest of the crowd. Within seconds, we were transformed into walking rainbows – changing colour every few steps as more pranksters emerged with a new colour of powder or water guns to decorate our once-clean clothes. Ambushes from above were common. Even the local police were in on the act! The joy of Holi lies in surrendering to the colour and chaos – and we did exactly that.

Later, after we'd scrubbed our bodies clean, our wonderful group sat down to dinner. Tired, colour-stained faces framed by incongruously white-toothed smiles. We were all still buzzing from the sights and sounds of the day. The spontaneous dancing outside the Shriji temple; the hypnotic music and drums that moved our bodies along on our behalf; the sight of coloured powder flying in rainbow arcs across the village square. Most of all, being wished "Happy Holi!" by beautiful, smiling, colourful strangers everywhere.

#### THE PINK CITY

The last days of our India tour were spent visiting Rajasthan, literally the Land of Kings, so it seemed fitting to stay at a former regal residence, the exquisite Shaphura House, in Jaipur. Beyond its walled gardens, we discovered a sanctuary. Room after room of marbled floors, chandeliers

and fine upholstery; corridors lined with framed collectables and photographs of the royal family; copper urns filled daily with fresh flowers. Smiling staff hovering discreetly in their finely tailored uniforms. Divine detail everywhere we looked.

As the capital of India's largest state, Jaipur is culturally rich and steeped in history. Known as the 'Pink City' after the building hues of the old town, it also boasts excellent boutique and market shopping bursting with vibrant colour and life, unique restaurants and countless places to take a break while sightseeing. Afternoon tea at the Rambagh Place and dinner at the much-photographed Bar Palladio topped our list of elegant retreats.

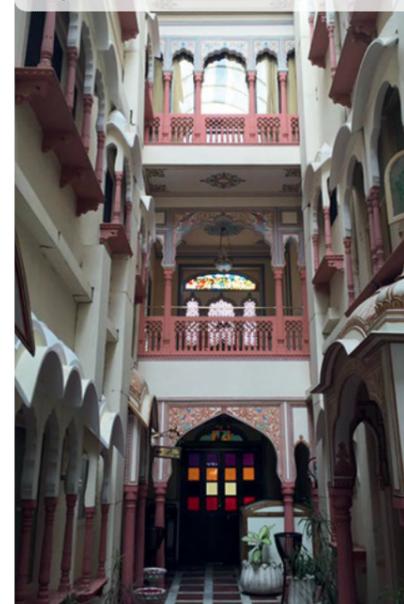
Over the next few days, we immersed ourselves in the history, stopping by the Jal Mahal (the Water Palace), Hawa Mahal (Palace of the Winds) with its stunning red sandstone façade built to screen the royal ladies from view, Jantar Mantar (the Maharaja's City Palace) and a visit to Amber Fort. Perched high on a hillside, surrounded by lakes and uninterrupted views, it was easy to see why Amber Fort was chosen as the site for the former royal palace. We climbed to the top, perched in baskets carried by sweet, middle-aged ladies and their gentle mahouts. (The all-female elephants of Amber Fort carry morning visitors up the slope; afternoon visitors have to walk.) Inside, the captivating mosaics of the Hall of Mirrors was a highlight.

Later, we visited local workshops to see artisans creating stunning block prints and traditional carpets. It was humbling to watch the weavers squatting in front of their looms, their hands a blur as they tied row after row of tiny knots at lightning speed, creating perfect colour combinations and pattern symmetry. Just a sample of the handicrafts available in Jaipur.

#### MEMORIES AND FRIENDSHIP

Returning home from a trip like this, the question we often get asked is, "What was the highlight?" Travelling to a remarkable place such as India, there are so many daily highlights, it's hard to pick just one. Was it the ever-present smiles of our guides Nitin, Kapil and Kamal who shared their knowledge and friendship with our group? Was it bumping into cows in the street as we shopped the markets of Jaipur? (Holy cow, you really do have to watch your step!) Or the gracious flower seller who rescued us from the slippery steps of the Ganges with her sweet, knowing smile? The small moments tally up to create an overall memory of laughter and gratitude. Of treasured friendships formed among our group of incredible women. And I can't wait to do it all again in 2018. 🇮🇳

04 Tranquil and beautiful, Shaphura House offered a haven to return to after the bustling streets of Jaipur  
Images © iTravel



#### ABOUT NICOLE BEASLEY TRAVEL

*"Once a year, go somewhere you've never been before"*  
– Dalai Lama

Nicole Beasley caught the travel bug early; starting her career in travel in Noosa more than 30 years ago. Since then, Nicole has explored the world and worked as a group and luxury travel specialist, working with some of Australia's most popular travel agencies.



Now partnered with iTravel, Nicole is inspired to share her passion for travel with clients every day from her office in Fig Tree Pocket.

#### NEXT CHAPTER, ITALY 2019

**In the next chapter of the Eat. Pray. Love. adventure, we return to where it all began.**

Set your sights on Bella Italia! Places are still available for our trip to Italy in May 2019.

- 7 nights in an exquisite, private Tuscan villa with daily excursions and activities
- Visits to Florence, Lucca and San Gimignano; and a wine and olive trail through the Chianti region
- 5 nights on the Amalfi Coast based in Positano in another beautiful villa
- Visit the Isle of Capri, optional cooking classes, limoncello making, art and coastal walks
- Finish with 3 nights in Rome – where more art, history, shopping and dining awaits

**Travel with a group of like-minded women where fantastic memories are guaranteed.**

Perfect for single travellers or small groups.

Contact Nicole Beasley on +61 7 3378 7755 or email [nicoleb@itravel-au.com](mailto:nicoleb@itravel-au.com).

#### JOIN THE 2018 INDIA ADVENTURE

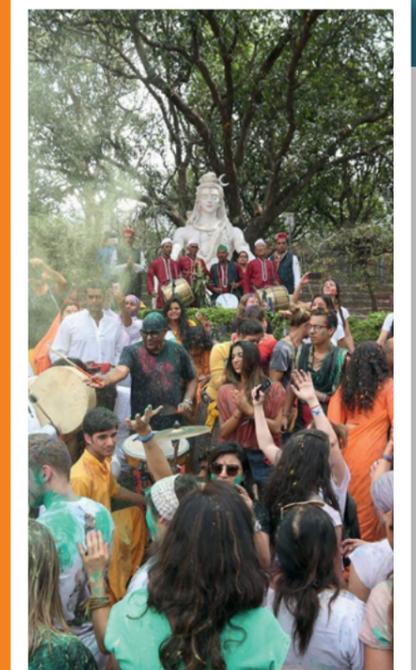
**The Eat. Pray. Love. group is returning to India in February 2018. Places still available!**

Another specially prepared itinerary featuring Holi celebrations, the International Yoga Festival and amazing tours of Delhi, Agra, Jaipur and Varanasi.

- Immerse yourself in all the colour and spectacle of India
- Get inspired with visits to ancient holy towns along the River Ganges
- Learn about the history and local traditions from friendly, English speaking guides
- Share special bonds with fellow travellers – perfect for groups or singles
- Enjoy specially selected accommodation including boutique and 3-4 star hotels

**Make 2018 your year to explore Incredible India.**

Contact Nicole Beasley on +61 7 3378 7755 or email [nicoleb@itravel-au.com](mailto:nicoleb@itravel-au.com).





## ADVENTURE BEGINS

*It's the coldest, driest and windiest spot on the planet, but for those lucky enough to reach the final frontier, the long journey and weather conditions are inconsequential to the wonders that await them.*

## WHEN YOU REACH THE ENDS OF THE EARTH

According to the IAATO (The International Association of Antarctica Tour Operators), there were a total of almost 44,500 visitors to Antarctica over the past 12 months. Australian's made up the third largest nationality. So, what is it about this beguiling continent that features on just about every intrepid traveller's bucket list? It's the fifth largest continent in the world covering approximately 13,209,000 sq km (depending on changing ice shelves) and also the coldest, driest and windiest spot on the planet. It literally feels like the end of the earth. But for those lucky enough to reach the final frontier, the long journey and weather conditions are inconsequential to the wonders that await them.

### COLOSSAL ICEBERGS

The landscape is beautiful yet foreboding with gigantic glaciers and colossal icebergs. Kilometres of white and blue ice fields that stretch as far as the eye can see. As desolate as it may first appear, there is an abundance of wildlife,

such as penguins, seals, whales and a variety of sea birds that have found a way to survive and thrive in this icy wonderland.

When seriously contemplating a journey to Antarctica, we are all novices let's admit. A few initial considerations include, how long do you want your expedition to be and what style is most suitable for you?

Generally, the minimum length of any journey is around 11 days (unless flying some sectors). With increased accessibility to this region, there are now more companies offering ships from true adventure to total luxury – and everything in between.

### THE ADVENTURE BEGINS

The majority of Antarctic expeditions depart from Ushuaia, the southern-most point in Patagonia. The adventure begins as you enter the Beagle Channel bound for the Drake Passage, an 800km crossing named in honour of the 16th-century English sea captain, Sir Francis Drake. The weather here is unpredictable and can often be rough and challenging. Some

companies do offer the option to skip this crossing by flying directly from Ushuaia to the Antarctic Peninsula. However, the time on board is a fantastic opportunity to become acquainted with your ship and benefit from lectures and presentations given by the team of historians, marine biologists and naturalists. During the Drake Crossing, time on deck can provide sightings of whales as well as sea birds such as Light-mantled Sooty Albatross, Prion's and Cap Petrels.

### AWE INSPIRING SCENERY

Your ultimate destination of the South Shetland Islands and Antarctic Peninsula is reached after 2 days of sailing. As you step onto the Antarctic continent for the first time, the awe inspiring scenery will no doubt take your breath away. Generally you will have around 4 days to explore (spending time between the ship and shore) navigating southwards stopping in the Shetland Islands and through the Bransfield Strait to the Antarctic Peninsula.

In this time you will have the opportunity to encounter Gento, Chinstrap and Adelie penguins. Weddel, Crabeater and Leopard seals as well as Orca, Humpback and Minke whales.

For those travellers keen to venture further afield, itineraries continue on to South Georgia (sometimes longer itineraries are in reverse, meaning South Georgia is visited prior to the South Shetland Islands).

### ELEPHANT SEAL PUPS

South Georgia has several former whaling stations and other interesting sites including the grave of polar explorer Ernest Shackleton. There is also a huge colony of King Penguins being a major highlight of this part of the journey. It's also home to over half the world's enormous Southern Elephant Seals – the largest of all seals. At certain times of the year, you may see newly birthed elephant pups.

Pressing onwards the Falkland Islands are the next stop via the Southern Ocean. Continued over ►



*“Time on deck can provide sightings of whales”*

# ADVENTURE BEGINS WHEN YOU REACH THE ENDS OF THE EARTH



## BOMB DISPOSAL UNIT

The Falkland Islands provides a rare opportunity to witness the biological diversity and amazing scenery of the southern islands. Again, penguins are abundant but it's also home to the largest colony of Black-Browed Albatross in the world. It's also here that you can meet the hardy locals (of the human kind) who brave some of the harshest conditions anywhere experiencing long, dark winters. Stanley is the capital and the colourful houses are a stark contrast to the chilly conditions. There are several war museums to visit as well as a bomb disposal unit from the Falklands War in 1982.

## PHOTOGRAPHIC EXCURSIONS

In addition to the already amazing experiences included in any length of itinerary, many operators offer even more options for adventure! These can include: Cross-Country skiing, snow shoeing, sea kayaking, camping on the ice, extended hiking and photographic excursions. For those brave (or silly people) you can even take a 'Polar Plunge'.

The one fact that's undeniable, is that if you have the chance to visit this magical land – you should! To maximise your adventure of a lifetime, it's always best to consult an experienced and knowledgeable travel agent who themselves have already visited Antarctica.

The Adventure Traveller are Brisbane's Antarctic Experts – with all consultants having travelled to the cold continent, some more than once. They have a passion for the destination as well as bucket loads of knowledge to assist you in selecting your ultimate itinerary and ship.

## FREE INFORMATION NIGHT

There is a free 'Big Chill' Information Night on Wednesday the 11th of October from 6-8PM at The Adventure Traveller Store, 197 Latrobe Terrace Paddington. RSVP's are open for this event but numbers are limited due to space. 📍

The Adventure Traveller  
197 Latrobe Terrace | Paddington | QLD 4064

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# the adventuretraveller

take the road less travelled

## the antarcticexperts

### Quest for the Antarctic Circle

14 DAYS | USHUAIA TO USHUAIA

Join this voyage of discovery to our planet's last frontier – a mysterious & virtually pristine paradise. The ice-strengthened expedition ship is ideally suited to cruising this icy wilderness, and her expert staff are on hand to ensure you'll fully appreciate all the majesty you encounter. Sail the Drake Passage past the South Shetland Islands, then really explore the western coast of the Antarctic Peninsula.

**FROM \$11,499\*** pp quad share  
DEPARTING 8 & 20 FEB18 or 21 DEC18



### Spirit of Shackleton

21 DAYS | USHUAIA TO USHUAIA

This 21-day voyage illuminates Ernest Shackleton's legend and recounts his courageous exploration of Antarctica. You'll visit historical sites of past explorers, as well as Shackleton's final resting place – the wildlife-rich island of South Georgia. Antarctica is beyond comprehension and sure to amaze any traveller seeking a true adventure to the world's most remote wilderness.

**FROM \$13,999\*** pp quad share  
DEPARTING 23 NOV17/18



### Ultimate Antarctica & Patagonia

21 DAYS | BUENOS AIRES TO VALPARAISO

#### Ultra-Luxury Antarctica and Patagonia

Mere words cannot describe its majesty, and even the most striking photos fall short of conveying the immense scale and otherworldly beauty of this remote destination. Ever-present wildlife, including seabirds, whales, seals and penguins thrive despite the elements, while breathtaking panoramic scenes of raw nature surround the adventurer.

**FROM \$17,199\*** pp twin share  
DEPARTING 29 NOV17/18 & 13 JAN18/19



Note: Antarctica routing/landings dependent on weather and ice conditions

# the adventuretraveller

197 Latrobe Terrace | Paddington | QLD 4064 PH 07 3369 0799 | Toll Free 1800 181 020  
info@theadventuretraveller.com www.theadventuretraveller.com

\*Terms & Conditions apply. All pricing is in AUD pp twin or quad share as stated. Pricing is based on availability and may change at anytime. Other cabin types and departures available. G-Adventures and Seabourn have specific terms and conditions. Please check with your Adventure Traveller consultant for full details.

# THE UKULELE SETS SAIL

# ON THIS THEMED CRUISE



01 Ukulele cruisers performing on the main stage  
Images © Hello World Katoomba

*Love music and the open seas?  
You can combine both with a music cruise.  
By far, music voyages are the most  
popular type of themed cruises available.*

Continued over ►



02 Musical cruisers team up with the Brisbane BUMS Images © Hello World Katoomba

Australians Love affair with cruising has been well documented, with an annual growth of 20 percent over the last 12 years, reaching 1 million cruisers in 2014; four years earlier than predicted.

#### WHY IS CRUISING SO POPULAR WITH AUSTRALIANS?

- You unpack once, no need to pack up and move on the next day
- You get to visit beautiful destinations, while your travel days are still holidays, where you don't have to be in business class to get a fully flat bed
- Great Value for money, meals, beverages, activities and entertainment all included
- My favourite, no making beds, making meals or washing up – basically no housework
- Excellent food and choices, from hot dogs to silver service, there are many options catering to all tastes



03 Audience appreciation Images © Hello World Katoomba

- Community, it's amazing how quickly new friendships are created, especially for the kids, you feel like you have moved to a new neighbourhood, where everyone is on holiday, all the time

#### ARE THEMED CRUISES THE NEXT BIG THING?

We already have more ship choices and itineraries. The quality of dining has improved with speciality restaurants and celebrity chefs with their own restaurants on board. Where to next?

Themed cruises aren't new however many Australians love the cruise concept and tying in their land based love with this great value holiday experience is gathering momentum.

"Pick a theme — something fun and really exciting — then imagine playing it out on the high seas. Theme cruises focus on a specific interest or topic — everything from musical genres like smooth jazz to knitting — to set the tone for your cruise experience." Says Elissa Leibowitz Poma from the Travel Channel.

"Love music and the open seas? Combine both with a music cruise. By far, music voyages are the most popular type of theme cruises available.

#### NEW KIDS ON THE BLOCK

There are generally 2 types: The first is the cruise that brings musicians on board for a concert or two, plus schmoozing with fans. These cruises tend to draw formerly big names - think Kenny G (aboard *Celebrity Millennium*) and New Kids on the Block (aboard *Carnival Victory*)."

“Pick a theme ... imagine playing it out on the high seas”

Helloworld Katoomba has launched their presence in the themed or speciality cruise market with its Ukulele themed cruises, recently hosting members of the Ukulele community on an 8-day cruise aboard the *Pacific Jewel* along the Eastern Seaboard from Sydney to Gladstone.

#### BLUE MOUNTAINS UKULELE FESTIVAL

What does a land-locked travel agency based in the idyllic Blue Mountains 2 hours west of Sydney harbour know about cruises, let alone Ukulele themed cruises?

Owner Dean Heke has been in the travel industry for 23 years, combining a love for travel with "spending my days chatting to people about their dream holidays".

"The Blue Mountains has always been a mecca for those of a creative and artistic background" he says "4 Years ago we became the major sponsor for the Blue Mountain's Ukulele Festival. This local festival has grown to become the world's largest Ukulele festival attracting artists and enthusiasts from all over Australia and the world."

On consultation with the Blue Mountains Ukulele group, or the Blue Mugs, the seeds of an idea was formed and from that, Ukulele Cruise Australia was born. Now in its 3rd year of operation, it is looking to expand its offerings Australia wide.

In 2018 there is a Ukulele themed cruise to New Zealand in April, which is selling incredibly fast with Ukulele Cruise Australia having to double its cabin allocation to cover demand. This will be followed later in the year by a departure Ex Brisbane travelling the Eastern Sea Board as far North as Port Douglas. 2019 will see an international option in Europe and the USA.

"We are currently working on a Kids based program which will fall within the school holidays to help develop the Ukulele Heroes of the future."

#### BEST SHOW ON THE CRUISE

What does a themed Ukulele Cruise look like?

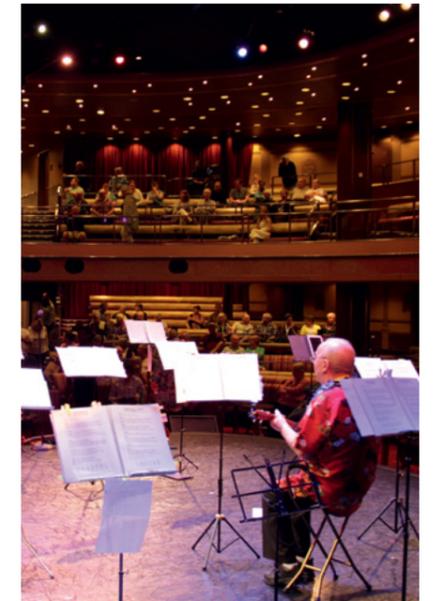
Sue McBride of Ukulele Cruise Australia has recently returned from escorting the Ukulele cruise in May 2017.

"You share some great music and great experiences together. The highlight was watching the Ukulele cruisers performing on the main stage (Marquee Theatre) onboard the *Pacific Jewel*."

Many of the audience commented that it was the best show they had seen on the cruise"

Apart from performing on the main stage there are various workshops and lessons for different levels of ability which were held on most sea days.

Continued over ▶



04 Rehearsal on the main stage Images © Hello World Katoomba

## UKES TO NEW ZEALAND

### Ukulele Cruise Departs 6 April 2018

Enjoy a 12 day voyage aboard *Radiance of the Seas* from Sydney to stunning New Zealand. Your onboard hosts will bring to life the magic of the Ukulele. Mingle with Ukulele experts and enjoy workshops, lessons, jams and a mini concert.

**INCLUDES:** • Your choice of cabin either Inside, Oceanview or Verandah • All meals (multiple dining options) • Access to all exclusive Ukulele activities • All on board entertainment • \$50 onboard credit\*

**EXCLUSIVE UKULELE ACTIVITIES:** • Welcome Cocktail Party with drinks • Five exclusive workshops • 4 strum-along & jams • Concert

**PRICING FROM (per person twin share):**  
 Inside \$1,667\*    Oceanview \$1,867\*    Verandah \$2,277\*  
 Single, triple and quad share prices available on application.



**BOOK WITH US TODAY:**  
 Phone: (02) 4782 2188  
 Email: sue.katoomba@helloworld.com.au  
 www.ukulelecruiseaustralia.com.au

\*Conditions apply. Fares are cruise only, per person twin share in AUD, in complete twin cabin. Valid for departure date shown above. Departs Sydney. Valid for sale until sold out. Port charges & government fees are included where applicable. \$50 onboard credit applies per cabin. Prices & information are correct at time of issue and subject to availability and change at time of booking. Agents may charge service fees, rates vary. Payments by credit card will incur a surcharge. Further conditions may apply, see in store for more details. Royal Caribbean International & Helloworld Travel booking terms & conditions apply. See in store for full details. DMA Travel Pty Ltd (ABN 13 121 268 531) trading as helloworld Katoomba.

**NEWLY ACQUIRED TALENTS**

Each evening there was a gathering for a strum along where participants were able to put their newly acquired talents to good use, this was complimented by the Australian Ukulele community getting down in numbers to welcome them into each port.

**CRUISING AND THE COMMUNITY**

One of the incredible advantages of travel is that it brings people together, and not always in ways that you expect. When visiting third world countries you are aware of the good your commerce brings to the economy. This is also true for more out of the way destinations in Australia.

**PACIFIC JEWEL IN GLADSTONE**

The visit of Pacific Jewel to Gladstone is a community affair with local businesses setting up market stalls at the pier for the influx of tourists. There are also stages set up around the market for local performers and thanks to the GUKEs (Gladstone Ukuleles) the onboard Uke cruisers also had the opportunity to perform on the stages, sharing and honing their new skills.

**STATE OF ORIGIN**

The royal treatment was also metered out in Brisbane where the BUMS (Brisbane Ukulele musician's society) were on hand to welcome the cruisers with performances and a sausage sizzle before the cruisers headed to Suncorp Stadium for the opening of this year's State of Origin.

| Daily activities                        |                               |
|---|-------------------------------|
| <b>Day 1</b>                            |                               |
| Welcome Reception and check in - 5:00pm |                               |
| <b>Day 2</b>                            |                               |
| 10am Work Shop                          | 4.00pm Strum Along            |
| <b>Day 3</b>                            |                               |
| 10am Work Shop                          | 4.00pm Strum Along            |
| <b>Day 6</b>                            |                               |
| 10am Work Shop                          | 4.00pm Strum Along            |
| <b>Day 10</b>                           |                               |
| 10am Work Shop                          | 7.00pm Concert                |
| <b>Day 11</b>                           |                               |
| 10am Work Shop                          | 4.00pm Farewell - Strum Along |



**8 GREAT THEMED CRUISES THAT YOU HAVEN'T HEARD OF**

Here's a list of 8 themed cruises that you didn't know were out there.

**AVENTURA DANCE CRUISE | OCT. 11-14, 2018**

72 Hours of Latin dancing, Los Angeles to Mexico, dance parties, dance performances and workshops.

**MIAMI BEACH GAY PRIDE CRUISE | APRIL 9-14, 2018**

A cruise for like-minded gay guests, from Miami to Nassau. A full charter which allows guest to mingle, judgement free.

**SUMMIT BLISS CRUISE (SWINGERS CRUISE) NOVEMBER 11-17, 2018**

Another full charter adult experience for those who are a little more adventurous, Miami to Mexico.

**FORBES CRUISE FOR INVESTORS SEPTEMBER 30-OCT 10, 2018**

Mingle and speak with some of the world's great investors, Steve Forbes, Mark Mobius, Ken Fisher, and Sails from Thailand to Hong Kong.

**ROCK LEGENDS CRUISE | FEBRUARY 15-19, 2018**

Hang with your favourite Rock Legends, Sammy Hagar, Bad Company, Blue Oyster Cult, and others. Sailing from Fort Lauderdale to Mexico.

**THE '80S CRUISE | MARCH 17-24, 2018**

Big hair, spandex, and awesome music... plus Cheap Trick, Morris Day, and the Romantics perform onboard.

**POKER CRUISE | FEBRUARY 04 - 11, 2018**

A poker cruise sponsored by Card Player Cruises sails aboard Royal Caribbean's Liberty of the Seas from Galveston.

**STAR TREK CRUISE | JAN. 5-11, 2018**

Hosted by George Takei, the cruise also includes Levar Burton, Michael Dorn, Gates McFadden, and more. There will also be some unique experiences including dramatic performances, comedy shows and concerts by Star Trek actors; intimate speaking engagements with leading scientists, influencers and experts; themed parties, nightclubs, bars, casinos and private islands; interactive games, screenings, competitions and so much more!"

**Ukulele Cruise Australia**  
[www.ukulelecruiseaustralia.com.au](http://www.ukulelecruiseaustralia.com.au) is a subsidiary of helloworld Katoomba. To book on our next Ukulele Themed Cruise, please contact us either by email or phone.  
 Email [dean@bluemts.italk.travel](mailto:dean@bluemts.italk.travel)  
 Phone: 02 47822188  
 Facebook: [www.facebook.com/ukulelecruise/](https://www.facebook.com/ukulelecruise/)  
<https://www.italk.travel/bluemts>

*Travel & The Arts*



01 Ukulele musicians at Southbank in Brisbane Image © David Pedler

# TRAVELLING WITH A COMPANION

*Can a small musical instrument replace the love and affection of a dog? It does have some portable benefits. So for some, as Peter Grace writes, perhaps it can.*

My friend Sandra told me her husband Ian was planning to retire soon and she was looking forward to travelling to the many places on her bucket list. Then she surprised me my telling me they were going to get a small dog – “We miss the kids so we thought it would be a companion for both of us and it will encourage us to do more walking. Dogs are great because you are always meeting other dog owners.”

I immediately thought of all the places where a dog might not be welcome such as caravan parks, planes and cruises. I thought of costs of vet fees, licensing and feeding the dog. I didn't want to discourage her enthusiasm for the next stage of their

lives so I responded, “Why don't you get a ukulele instead?”

There was a stunned silence but then I explained there has been a wave of enthusiasm for ukuleles all round the world in recent years. You will find them everywhere you travel and uke players love to meet other uke players. Ukuleles are small and easily transported. There are even ukes specially designed for travelling (I pack mine in my suitcase surrounded by socks and undies).

**TUNE WITH AN APP**

“But I've never played a musical instrument,” Sandra replied, “How will I keep it in tune?” Their size and having only four strings makes a uke much easier to handle and play than

a guitar and they are easy to tune using an app on your phone or with a clip on electronic tuner. You could get started for less than \$250.

**BUMS, SCUMS AND NUTS**

I explained that there are ukulele communities all over the world from Las Vegas to Glastonbury and Madrid to Tasmania. There would be few cities in the world that don't have at least one ukulele group. They often have funny names like BUMS in Brisbane (the Brisbane Ukulele Musicians Society), SCUMS on the Sunshine Coast of Queensland or NUTS (Northside Ukulele Team Sydney).

Most will run lessons for new players and workshops for those with more experience. Continued over ▶



02 Ukulele players improving their immune systems in the great outdoors  
Image © Jo Kunde

#### SING IN A CROWD

They run 'jams' where an experienced player will lead 50 (or 10 or 100) players through modern, traditional and fun songs. By playing in a group you learn from the others around you and it's fun to sing along.

And then I added, "Did you know that playing ukulele and singing are good for your health?" Maybe walking the dog will get you moving but singing can reduce stress, improve immunity and cardiac performance. It can even help reduce snoring! And best of all it helps you make friends when you sing in a crowd.

#### GREY NOMADS

These ukulele jams are quite an attraction for grey nomads travelling around Australia and NZ with their ukuleles. Many ukulele clubs have regular jams and welcome visitors to join them. What better way to make friends on your travels.

#### CRUISES

Sandra Liked that idea and told me they were planning to hire a motorhome and travel up the coast. But next year they want to take a cruise around the Pacific. "Perfect," I replied "many cruise ships have ukuleles you can borrow and classes to help you learn to play on a cruise.

This is common on cruises to Hawaii and other Pacific islands but also in the Caribbean and Alaska. Mind you, it would be better to take your own ukulele. Then you can be better prepared. I've heard of people who, once they've tried a ukulele, just have to have one of their own. As soon as they go ashore, they will make a beeline for the nearest musical shop to buy a uke."

**"The guests were up in the aisles dancing"**

Cruise ships love it when their guests provide their own entertainment and will usually provide a practice room, sound equipment, over-head projectors and even people from the entertainment team to ensure the jams go well. Often the ukulele players on a cruise will get together to put on a performance for the other guests.

#### STATE OF ORIGIN CRUISE

Themed cruises have become popular with ships promoting activities for special interest groups

such as movie buffs, adventure junkies or gaming enthusiasts. In Australia cruises have been run to special events such as the Melbourne Cup, big concerts or sporting events.

In May 2017, P&O operated a 'State of Origin' cruise on the Pacific Jewel from Sydney to Queensland culminating in a visit to Suncorp Stadium for the big game. There were also 130 uke players on this cruise who participated in workshops and organised jams. On the shore visits, they met up with the GUKES from Gladstone and BUMS from Brisbane and played together out in the parks. They had impromptu jams in the main meeting area on the ship and were so popular that the other guests demanded they put on a performance in the Marquee theatre. There were over 50 ukulele players on stage and over 500 guests were entertained by songs from the 'Ukulele Club songbook' including Beatles songs, country classics and more. The guests were up in the aisles dancing to 'Nutmash City Limits'.

The success of this cruise has motivated Ukulele Cruise Australia to plan a NZ cruise for uke players in April 2018.

Check out <http://ukulelecruiseaustralia.com.au/>



03 Ukulele jam at Southbank  
Image © Jo Kunde

#### FESTIVALS

Many of the ukulele clubs have annual or bi-annual festivals. For travellers or those with some free time, this can provide a motivation to visit other cities. Festivals provide the chance to meet other players, attend workshops, hear top class ukulele players and bands and check out the latest in equipment and ukuleles.

#### NEWKULELE AND SPRUKE

Brisbane and Newcastle run a ukulele festival each year.

Last year was the turn of Newcastle to run Newkulele at the Newcastle Jockey Club.

Check out their website at [www.newkulelefestival.com.au](http://www.newkulelefestival.com.au) for news on the 2018 event.

At the end of September 2017, Brisbane will run the SPRUKE festival at South Bank to welcome in spring.

#### MASSIVE FIREWORK DISPLAY

The festival coincides with RiverFire so there will be a massive firework display and fly pasts close by.

Check out [www.spruke.net.au](http://www.spruke.net.au) for more information.

**"happy, smiling faces"**

The humble ukulele has the special ability to make people smile.

If you are a uke player now, just look around you when you play. If not, next time you hear a ukulele watch the uke players, see their smiles and look at the audience. That's what you need when you're travelling – happy smiling faces. 🍻



04 Brisbane BUMS and interstate visitors  
Image © Jo Kunde

# THE BIG LAP

01 Kulgera tractor  
Image © Keith Trotter

*From Victoria to Australia's heart and remote areas of intrigue and mystery, Keith Trotter begins his series featuring iconic destinations and unique experiences of the sort found only on "The Big Lap".*

Only occasionally did we talk about doing the big lap because it was never practical. Raising a family, working one or two jobs at a time and never really getting anywhere financially, it always seemed to be out of reach.

Fast forward to this year; my job finished up and now at age 62, Kerri and I decided it was now or never, to take that leap into the great Australian outback and see what we had been missing all those years, with a chance to tick off a couple of "bucket list" items along the way.

Our plan was to get out of Victoria as fast as we could because we can explore that anytime in a long weekend (with one of us not working and the other only working 3 days a week, every weekend is a long weekend).

Our caravanning expertise amounted to a total of only 12 nights away in our first caravan. As much as we loved this van, we decided to sell it and buy one with single beds. We looked everywhere, new and second hand, but there was nothing that was just right, so then the race was on to find a dealer who could build a single bed van in 6 weeks.

Lagoon caravans in Campbellfield came to the rescue with a quality built 21 footer that was just right, so the day we picked it up, we headed straight to Inverloch beach to try it out.

## A LITTLE HICCUP

Just to set things straight, you're not supposed to crash your brand new van on the first day, are you?

I didn't see that tree, it was dark, and my lack of experience was really

apparent in the early morning light the next day.

I had taken out the entire side above the awning, and damaged the awning itself. Luckily we had insured it with APIA before we drove it out of the yard, and they had the awning replaced in no time at all. The panel damage will be fixed once we return home.

## INTO THE GREAT UNKNOWN

On May 11th 2017, two days after picking it up from the repair shop, we headed into the great unknown, and a new adventure began. As a little bonus for us, my brother and his wife (both seasoned caravanners) met up with us at Quorn in SA, near Port Augusta.

02 The new van  
Image © Keith Trotter



03 Port Augusta  
Image © Keith Trotter

It was their experience that helped us to get a feel for travelling, such as how far to travel off the beaten track, booking ahead, finding the best accommodation, how long to stay etc.

## WILPENA POUND

Before driving up the Stuart Highway toward Darwin, as was our plan, we headed off in another direction about 2 hours away to Wilpena Pound and stayed 3 nights. This place is ruggedly beautiful, and we were so happy to have my brother there to introduce us to the art of exploring this great land.

It was here we encountered our first problem with our new van. The power supply, as we were to discover later, was not providing 240 volts to the van, and our fridge really struggled, spending most of the time switched off.

It turned out there was only 190 volts coming through, but it took those 3 days and another 3 at Port Augusta before the problem was identified and solved. Thought we might be up for a new fridge.

Next stop was Pimba, or more appropriately Spud's Roadhouse, Pimba; population 50. We were outside having a drink with some fellow travellers when an older van pulled in, and we all noticed something was missing. His door.

"Mate, what happened to your door?"

"I don't know. I just noticed it now."

"Suggest you head back down the road first thing in the morning and find it."

With fortune on his side, they found it on the side of the road, 20 km down the road. No one had run over it, it remained intact and unharmed. This was one lucky traveller.

From here, it's only a day trip to Roxby Downs and Andamooka, and are well worth a visit. Roxby is the town for the Olympic Dam mine workers, and Kerri was excited to see green grass in the town centre, a rarity in that part of the state. Andamooka on the other hand, well let's just say it will never win the tidy towns award, but still worth a visit for its history and its uniqueness.

## COOBER WITH A B

Coober Pedy was next on our list. In my opinion, every traveller should visit Coober Pedy, but there are still people who call it Cooper Pedy. It's Coober, spelled with a B, it's not Cooper with a P. This town is as unique as it is iconic, with its underground living quarters and

diggings scattered around the town for miles.

It's as different as what Venice is to the international traveller. I'm not comparing the two, just saying that's how different this town is to anything you've ever seen. We enjoyed the underground Serbian church, the underground museum, and especially enjoyed Crocodile Harry's house 4km out of town. Harry's is dug into the side of a hill and is like a big man-cave come art gallery that is sure to put a smile on your face.

## PINK OODNADATTA ROADHOUSE

Leaving the van behind, we drove the 195km for an overnight stay at the famous Pink Oodnadatta Roadhouse. When you see it, you'll understand why it's called the pink roadhouse. Everything is pink; everything. It's quite tragic really, but how else do you entice travellers to drive 200km out of their way to visit another roadhouse. Each to their own I suppose.



04 Fellow traveller's caravan  
Image © Keith Trotter

Continued over ▶

### THE PAINTED DESERT AND AN OLD DONGA

On the way there, we detoured through the Painted Desert for a look at scenery you will never see anywhere else. It hasn't been painted pink.

Our plan was to pitch our tent at the roadhouse, but we changed our mind when they offered us low cost accommodation. We soon discovered why it was so cheap. It was an old donga, (construction workers accommodation) probably from the '70's, it was tiny inside. Initially the door wouldn't open, but with a bit of effort it came free. Once inside it was the same story, we were locked in. Don't panic, (not much anyway) we eventually got the handle to turn, and then pushed hard enough to gouge the door across the wooden slats of the veranda. That was the last time we shut that door. It was pretty dodgy inside too. The light and power switches had all burned out, the window blind was totally see-through, so we gaffa taped a towel to the window for a bit of privacy. Not that there were many other campers around, but there were quite a few young locals circling the park, young lads that should have been home in bed.

### GEOGRAPHICAL CENTRE OF THIS BIG COUNTRY

Next stop, Northern Territory. We finally felt we were getting

somewhere now. The Kulgera Pub is just over the border and provided some photo opportunities for a bored amateur photographer, things like old tractors and other junk. This is where a phone camera's inbuilt filters come in handy. They can turn a piece of junk into a work of art.

The centre of Australia is not far from here. Many people have visited one or more of the compass points of Australia, such as the northern most tip at Cape York, but between Kulgera and the community of Finke, you will find the geographical centre of this big country of ours. To get to the centre, you have to head north just before Finke, and drive on 12km of 4wd track. The centre is marked with what looks like a miniature Canberra flagpole. This was never on my bucket list, but it could have been.

### THE FIELD OF LIGHT

A real bucket list item came next. Photographing Ayres Rock at sunset. This was a magic experience for me, something I'd dreamed of doing since I was a kid. On our first night, I shot this icon from within Yulara village. This location had its limitations. The second night we went to the sunset viewing area near the rock, and our last night we went to the "Field of Light" where there was a viewing area that lets you see the rock from a different, and more classic angle. I could have gone

home happy after this, not having any idea that this was just the beginning.

Before heading to Alice Springs, some 400km away, we detoured to King's Canyon, where we encountered semi tame dingoes roaming the park, morning and evening; and the most expensive fuel by far, about 80 cents per litre more than city prices. That aside, the walk around the rim was well worth it. Rugged and scenic you could call it.

### GORGES, GAPS AND CHASMS

Alice Springs is where you want to base yourself to see all the gorges, gaps and chasms of the McDonnell Ranges. Make sure you visit every one, they are all different and all beautiful, some more so than others. My favourite was Ormiston Gorge, but that's purely subjective.

Early one morning, I took Kerri up Anzac Hill in the centre of town to catch the early morning light on the Anzac monument, and got some fabulous results with the camera. There's nothing like a good sunrise to change the colour of your day.

The next place of interest is the Devil's Marbles, where I would definitely recommend an overnight stay. We walked around this rocky phenomenon for hours in the afternoon, caught the sunset turning the rocks red, the afterglow once the sun had been down a while, and the sun rising on the other side in the morning.

This was obviously a hi-light, but the dark of night was about to provide a spectacle that can only ever be seen in the outback. Never in my 60+ years have I seen a sky so packed with stars, so humbling by its sheer immensity, that the conversation quickly turns to the universe and other spiritual matters. It is that overwhelming.

This was another bucket list item for me; to see the night sky in the outback. That bucket list will have two ticks when I learn how to photograph our Milky Way.

In the Northern Territory, there are really only 4 towns of any substance. They are Alice Springs, Katherine, Nhulunbuy up on the far north east coast, and Tennant Creek.

We felt comfort in staying at major centres for more than an overnight stop, so we settled on 3 nights at Tennant Creek.

The park was great, but don't wash your car or van with the water. The mineralised bore water will play havoc with your paint, glass, perspex windows and chrome.

### DALY WATERS BEEF AND BARRA

There are some places that, for your own personal reasons you either love or dislike, and these reasons will vary from person to person, but we both felt that if we were to do the trip again, we would pass right through next time and stay elsewhere.



06 Daly Waters Pub  
Image © Keith Trotter

That "elsewhere" was 2 days up the road at Daly Waters Pub. This is one of those iconic pubs that are dotted around the country, and simply must be visited.

They are famous for their "Beef and Barra" which you have to order early in the afternoon or you'll miss out. This pub is so much fun, the atmosphere is alive with expectation, the caravan park fills to overflowing, the socialising begins, the beer flows, the music starts, a few get up to dance, the beef and barra starts to be served, more beer flows, and then it's over; only to begin all over again the next day. Wouldn't have missed it for the world.

### HIGHLIGHT OF THE FIRST THIRD

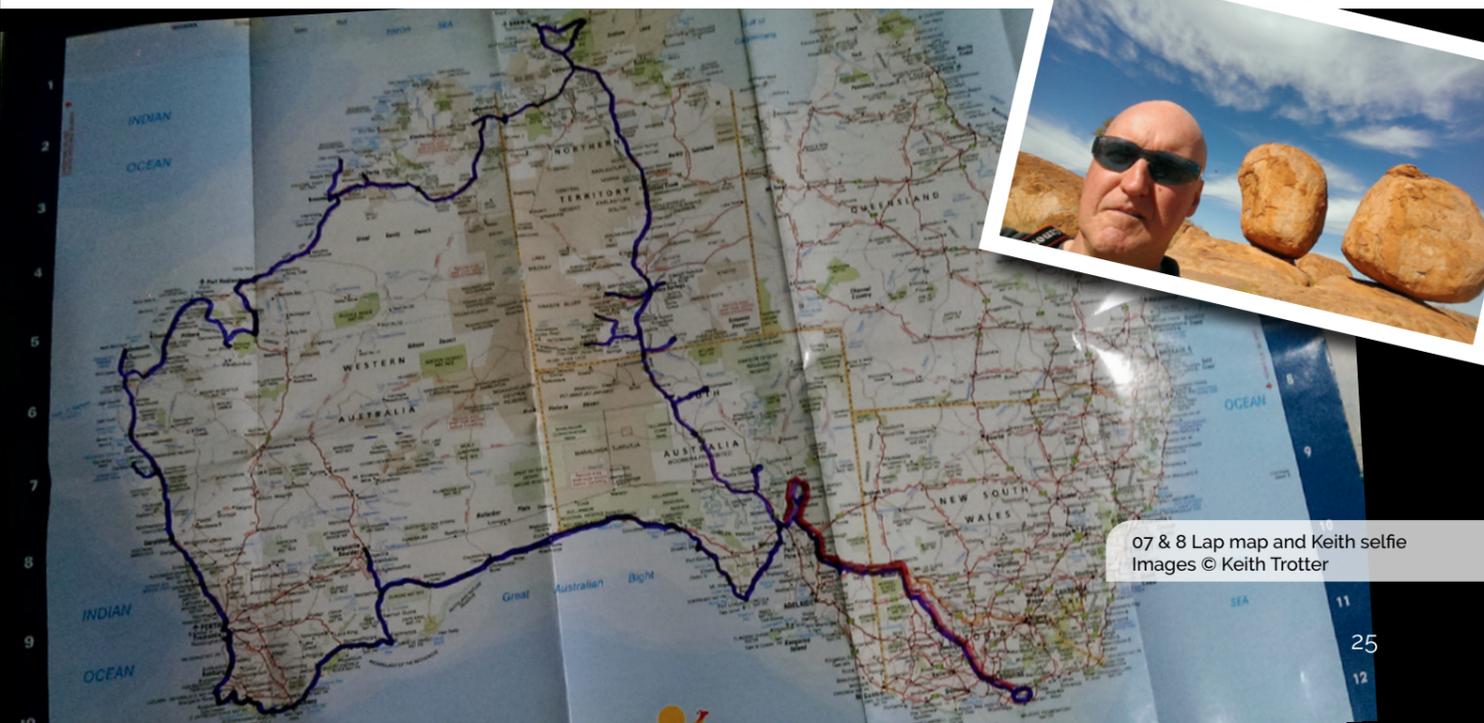
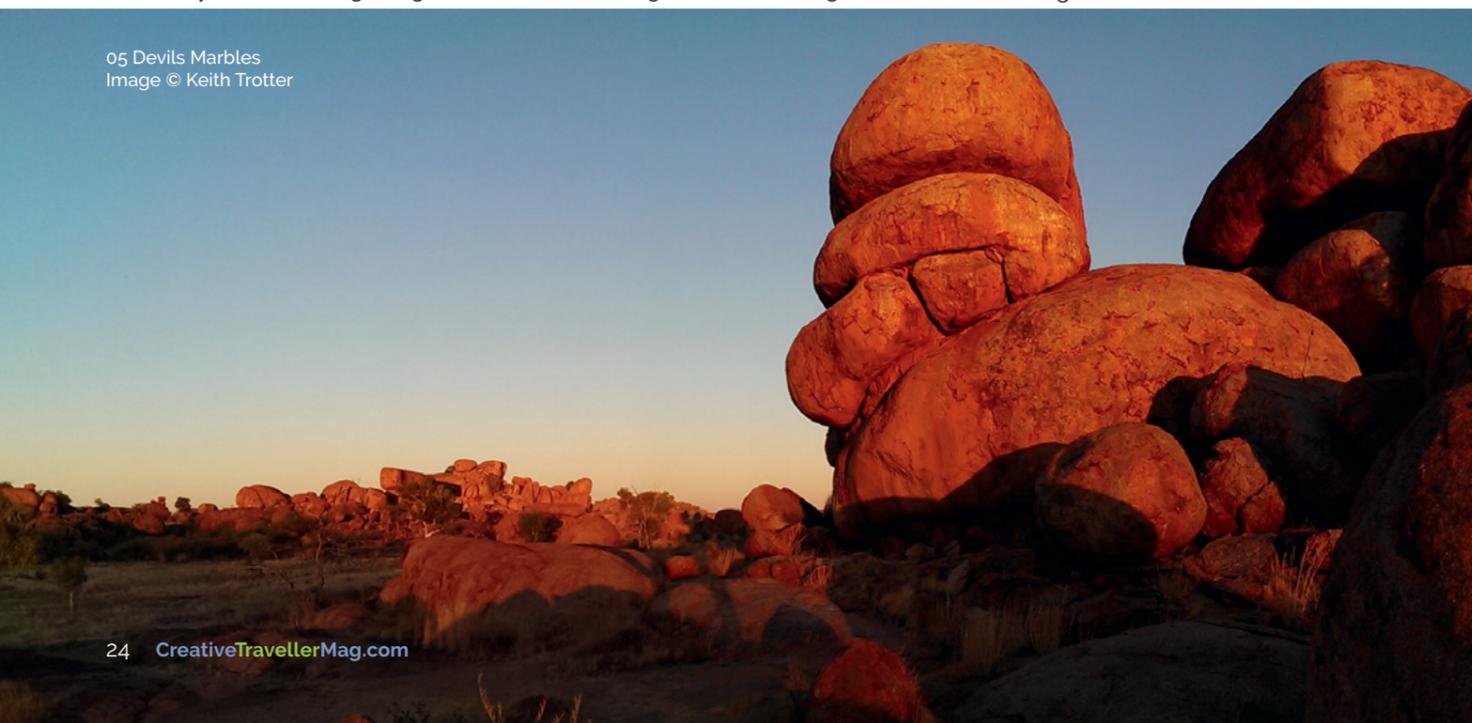
From here on, it just gets better and better. The views, the landmarks, the incredible tours and stunning

scenery are about to begin. The best photo opportunities are in the next leg of the journey. I thought I'd taken the best photos already, but that was just a practise run. My favourite activity to this point was the "Field of Light" sunset dinner at Ayres Rock; that was really special, and was the hi-light of the first third of the journey. What we've experienced in the second trimester of our journey, pushes that right down the list. I can't wait to share it with you in the next issue, and hope the editor allows room for a lot of photos. 🇺🇸

*Promise I will Keith! - Jen.*

Pictorial of "The Big Lap" Continues on page 52 ▶

05 Devils Marbles  
Image © Keith Trotter



07 & 8 Lap map and Keith selfie  
Images © Keith Trotter

# BROTHERS UNITED

# THROUGH ADVENTURE TRAVEL

*An 18 day, 3,800km adventure through Patagonia to Ushuaia in Terra Del Fuego on brand new BMW F700GS motorbikes, through rugged mountains, enormous glaciers, endless plains and wonderful skies.*

01 Adventure travel motorbike group  
Image © Lucille Macreadie



# BROTHERS UNITED THROUGH ADVENTURE TRAVEL



02 Heading west to the Perito Moreno glacier, central Patagonia  
Image © Lucille Macreadie



05 Gravel road nearing the Torres del Paine massif, Southern Chile  
Image © Lucille Macreadie

*By Peter Grace*

**T**hey admitted they were both excited and frightened. David had flown from England to meet his elder brother Peter from Australia in Santiago (Chile). Ahead of them was an 18 day, 3,800km motorbike adventure through Patagonia to Ushuaia in Terra Del Fuego. They had never done anything like this before and little did they realise the difference it would make to their lives.

## HOW IT ALL STARTED

Peter and David grew up in Rugby in England (where the game started) and both left home when they were 19. They remained friends but their careers and lifestyles took them off in different directions. Pete's family emigrated to Australia 40 years ago and Dave now lives near Oxford.

Their parents lived into their 80s but when their mother died suddenly in 2008, they were thrust together to set

up care arrangements for their father. During this time together, they realised that they had lost not just their mother - but also the family news service. Their mother had been a great letter writer and had kept them informed what the other brother was up to. If they weren't careful they could lose touch entirely with each other.

## BMW 650GS

Peter rides a motorbike regularly in Brisbane and when Dave came to visit in 2011, Pete arranged to borrow a BMW 650GS Adventure bike, like his own, for Dave to ride.

Just before they were due to depart on a ride from Brisbane to Byron Bay, they had news that their father had died. He had been in poor health for some time and as he had donated his body to medical science, there was no need to rush back to England. Instead they explored

through the mountains for five days visiting Beaudesert, Rathdowney and Nimbin on the way to Byron Bay. Their father (known to all as Grandpa) had been an energetic and fun-loving man and as they shared experiences and memories on the ride they used the catchcry 'Grandpa would have loved that.'

## A RIDE THROUGH PATAGONIA

After the Byron Bay ride, they took a trip to the MotoGP races at Phillip Island where they met the people from Compass Expeditions [www.compassexpeditions.com](http://www.compassexpeditions.com) and were excited by the idea of a really challenging motorbike expedition.

The Patagonian trip was the longest Compass ran at that time.

After a lot of indecision, Pete and Dave signed up for the tour starting in November 2013 and joined seven others in Santiago.



03 Ready for their first motorbike tour Brisbane 2011 - Image © Peter Grace



04 Dave and Pete with the Perito Moreno glacier behind Image © Peter Grace

## SIBLING ADVENTURES

The group comprised Pete and Dave, a tour leader from Brazil, a support truck driver from Canada, two brothers from Canada, an American and two sisters from Tasmania who rode in the support truck. It was surprising to find sibling adventures were so popular.

## BMW F700GS

Compass supplied everything - bikes, fuel, meals, accommodation and fares. All the riders had to do was ride, enjoy the adventure and buy beers at the end of each day. The bikes this time were brand new BMW F700GS - slightly bigger versions of the bikes they had ridden in Brisbane. They rode up to 500kms a day through extraordinary scenery - rugged mountains, enormous glaciers, endless plains and wonderful skies.



06 Gravel road nearing Terra del Fuego, southern Argentina - Image © Lucille Macreadie

## SPECTACULAR MOUNTAINS

The route followed Ruta 40 south through Argentina with the Andes on the right. The group took detours to El Chalten, El Calafarte and Torres del Paine to check out Mt Fitzroy, the Perito Moreno glacier and spectacular mountains.

**“Rugged mountains, enormous glaciers, endless plains”**



07 Bikes lined up at the end of Ruta 3, Terra del Fuego Image © Lucille Macreadie

## WHAT NEXT?

They had realised that Ushuaia is the closest port to Antarctica and where many cruise ships depart. It seemed too good an opportunity to miss. Dave and Pete met up with Pete's wife Jenny and did a ten-day cruise to the ice.

By the time they flew out from Buenos Aires, Pete and Dave had spent five weeks together - more than any time since they left home in the 1960s - and they got on really well. The catchcry 'Grandpa would have loved that,' had been used often and they agreed they should do more of these adventure bike tours.

Since Patagonia they have done a guided tour of Cambodia, self-guided tours in South Island New Zealand, Queensland and South Africa and are booked next to do guided tours of Croatia/Slovenia and Mongolia.

Continued over ▶

# DESTINATION SOUTH PACIFIC

01 Canoeing from the sea to Matevulu Blue Hole Images © Trevor Onn

They had observed that their lives might drift apart but there was never a master plan to fix the problem.

Motorcycle touring has become 'the solution' and something they do at least annually. They are brothers who come from opposite ends of the world to enjoy each other's company, their love of adventure and share memories of 'Grandpa'. 🇻🇺

*Remote and beautiful, the island of Espiritu Santo beckons travellers to experience James A Michener's real Bali Hai. As Jenni and Trev Onn discover, exploring an island paradise takes more effort than you'd think.*

**E**spiritu Santo is the largest island in the Archipelago of Vanuatu. Because the northern roads are very rough, it's slow going for those who intend to visit the famous beaches and geological wonders of the north-east region.

A good plan is to choose some accommodation in the area and make day trips to the incredible beauty spots.

#### DAY ONE

Our party of four arrive at Pekoa airport in Air Vanuatu's Boeing 737 – 800. As we walk across the tarmac the warmth of the earth rises up into our feet as if we were in bare feet.

The scented air hints at cooking fires, tropical flowers heavy with

summer nectar and a steamy humidity that thaws us immediately.

A smiling ni-Vanuatu man holds a welcome card in our direction indicating he has picked us out as his likely bus transfer clients.

Our luggage is swiftly stowed in the back of a ute and we, the adventurous four, are advised to wait in the shade while the other passengers are sorted.

Shortly we have our complete contingent and we pile into the bus to begin the journey to the north-eastern coast of Santo, with the unanimous thought of "follow that luggage" going through our individual minds.

In Vanuatu you drive on the right, as you do in Europe. Well at least that's the intention but due to the potholes

and corrugations enroute we spend as much time on the left, until someone approaches from the other direction and the shuddery crossing over the middle 'proper' part of the road is inevitable.

The long and very bumpy road trip takes us past green hills, cattle, a few wandering villagers, James A. Michener's cottage (Wow !) and glimpses of an incredibly bright aqua ocean.

#### UNDERWATER WWII RELICS WATCH OUT FOR THE PROP!

Early next day we climb into an inflatable dive boat to snorkel Oyster Island's southern reef which boasts the scattered remains of a WWII fighter plane.

Continued over ▶

We round the bend of Oyster Island and anchor in the unbelievably blue water at the edge of the reef.

The wreck is positioned on a sand covered cliff which drops away to a great depth. The ocean is clear but white sand coats everything on the bottom and it takes some time to distinguish the plane bits from the reef itself. A battered wing is spotted first; then at some distance the unmistakable shape of the cockpit looms up from the steep slope. A large propeller is supposed to be around here somewhere but we are unable to find it. The tide is coming in fast and soon it will be impossible to continue the search without scuba gear.

I pop to the surface to keep an eye on the location of our boat and I notice our guide calling and pointing into the water below so I quickly swim over and see the long spike of a propeller jutting out vertically from the sea floor.

The rest of the blades are driven deep into the sand where they have been lodged for some 50 or more years. It is quite eerie when you think about it.

After this we head across to the calm side of the bay to locate the submerged fuselage of another old plane which rests in very shallow water making it easy to explore from the beach off the mainland. A less dramatic story surrounds this wreckage. It was discovered in the rainforest by local ni-Vanuatu people and dragged into the ocean for the benefit of kiddie-pool snorkellers.

An fascinating feature of this water is that the top few feet consists of fresh water from a nearby river whose source, the Matevulu Blue Hole pours vast quantities of bright blue water into the bay. The fresh water shimmers and is difficult to see through but dive a few feet down and everything becomes crystal clear. A colony of tiny iridescent fish lives

in the plane's fuselage and I am amazed at how many variations of blue there are in this place, even underwater!

#### VANILLA, PINEAPPLES AND BLUE

Not content with the incredible ocean wonders we decide to explore the interior by 4WD. Along with our driver Chief Joseph and a guide in a second vehicle there are eight of us on this excursion; two honeymooners from Sydney, two American Forensic Pathologists, two retired ladies, and us, the writer and the photographer.

Mile a minute vine, the biological relic from WWII, covers large tracts of the native rainforest and through this encroaching greenery a network of narrow roads, little more than rutted tracks, link villages and farms.

First stop is Fanafo Village where we meet Chief Villa. He speaks no English but our guide, who was raised in Vanuatu, translates Villa's friendly welcome message.

#### SKIES FILLED WITH PLANES

We stand encircled by huts in a large open communal area where not a blade of grass grows. We are escorted into a dark traditional building. It is almost impossible to see anything. An old gentleman sits in one corner and Villa explains how this man remembers the skies filled with planes during WWII. We are given permission to photograph him so we take just one picture, as the flash of the camera is a shock to such aged eyes so used to darkness.

Next we investigate the kava drying area, followed by the abundant food gardens. A delightful young girl named Judy asks the seventy-something matriarch of our group if she goes to school. Education is a wishful dream for Judy.

The children of Fanafo offer us gifts of pineapples, grapefruit and bananas. Now that is generosity. All we have to offer in return is our thanks and a gift of lip balm from one of our handbags.

After some friendly goodbyes in Bislama, "Lukim Yu bakegen. Tankyu tumas. I stret nomo." we rejoin the 4WDs and lurch forward into heavy rain and yet more overgrown pathways. Our next stop is for refreshments under a huge open air shed at the vanilla farm. We enjoy intensely sweet pineapples and bananas and the tart ruby grapefruit picked minutes ago by the village children and deftly cut into chunks by our guide whose fearless use of the bush knife concerns me for the safety of his hands.

Nearby stacks of timber boxes contain powerfully scented vanilla beans tied into bundles ready for shipment. We photograph the valuable shipment before it's sealed for market.

The rain eases a little so it's back in the 4WDs for us. This time the road disappears completely in the roof high grass. Chief Joseph makes three attempts at climbing a slippery mud tracked hill but the four door ute just can't do it so we head off on foot behind the other vehicle, and in less than half a kilometre we arrive at a small geological formation which

looks like a rock lined well but is bubbling with clear blue water. A handmade ladder leans over the water and Grant explains that it is for the divers. This "blue hole" is 54feet deep and then it turns and goes 600 metres underneath the mountain before it disappears.

In the other direction it runs as a deep stream for a while then disappears into rocks and returns underground. Even further downstream it bubbles up again and becomes a river.

There is also a waterfall nearby but the wet conditions make it too slippery to visit this time so we hit the road for the Matevulu Blue Hole, the intended highlight of the day.

## "Well that'd be the blue hole then"

Upon our arrival, my comment "Well that'd be the blue hole then" sets the Americans laughing at the understatement as we peer down into the startling depths of this bright dark blue, yet remarkably clear water. I expected something like a round swimming pool not this crater sized well. Vast rocks and huge fallen trees lay 18metres deep on the bottom far below.

We ease ourselves into the chilly water to snorkel over the surface. The sun rays dance all the way to the bottom where my shadow follows my drifting self. I imagine I am floating in space. It is silent and very calming.

Refreshed and relaxed into a sense of deep peace we return to the resort.

#### SEASCAPE OF OFFSHORE ISLANDS

Two other properties in this stunning region are Lonnoc Beach Bungalows and Turtle Bay Resort. Both are situated on beautiful waterfront acreage. Lonnoc Beach Bungalows are basic in the extreme but the beach they face is the stuff of dreams.

There is still access to a shower, toilet and a complete bed in each bungalow but the view from the small verandah is likely to keep guests so mesmerized that all other necessities pale into insignificance.

A little further north is Port Olry which can be visited by taxi or local tour bus. Again, another compilation of unbelievable blue, green, turquoise and aqua unfolds into a seascape of offshore islands which seem to have been put in place purely for the admiration of beach visitors. Here we see the most beautiful fish we have ever seen. It swims over the reef in a protective manner and when we approach with the underwater camera the fish's fine blue stripes become iridescent as a warning; but so beautiful is the effect that we cannot help but attempt to capture it on film, much to the annoyance of the object of our admiration.

Further south of Lonnoc Beach is the famous Champagne Beach, beloved of South Pacific cruise ship itineraries. Fortunately for us, we beat the cruise ship by one day and have the place to ourselves. A small crescent of powdery soft white sand stretches in an unbroken line to the southern point where the rainforest spills out over rocks to meet the ocean head on.

A small concrete jetty has been built over the reef at the northern end and so it is a simple matter of sliding into the cool blue water where the reef is immediately accessible. We spot schools of medium sized fish darting from one side of the jetty to the other and then a turtle grazing on coral. No doubt he will be long gone before the throngs of visitors arrive tomorrow.

#### TURTLE BAY RESORT

Turtle Bay Resort is more of a hotel by the sea than an actual resort, with a scattering of buildings, all facing the gorgeous ocean, demonstrating to all visitors what this destination is all about.

Upon our arrival friendly ni-Vanuatu staff greets us and cheerfully direct us through the lobby and onto the path to the unit blocks. Continued over ▶

We are directed to units 5 and 6 at the northern end of the row. The units are quite basic yet spacious in the "rendered concrete wall" style of building that is standard throughout Vanuatu. A ceiling fan promises relief from the high temperatures and a large bed looks comfy with decorative pillows and fluffy white towels.

We are tired from the trip and make for the waterfront tables where we order coffees all round.

Refreshed from our coffee we feel energized enough to unpack and shower for dinner. Returning to the romantic overwater deck for dinner that night we are pleased to find ourselves at the best table with full floodlit view of the rocks bordering the waterfront below.

We choose Chef's Special Poulet Fish with rice and vegetables followed by Honey-banana crepes with vanilla ice-cream. The seared fish is delicious and the vegetables are full of the flavour to be enjoyed from organically grown food. The sweet crepes are just right and the Switi vanilla ice-cream is, as it always is, a real treat.

Things seem almost perfect and to find that the comfy looking bed lives up to its promise top's off the recipe for a good night's sleep. Just as well because a noisy rooster wakes us up before the dawn.

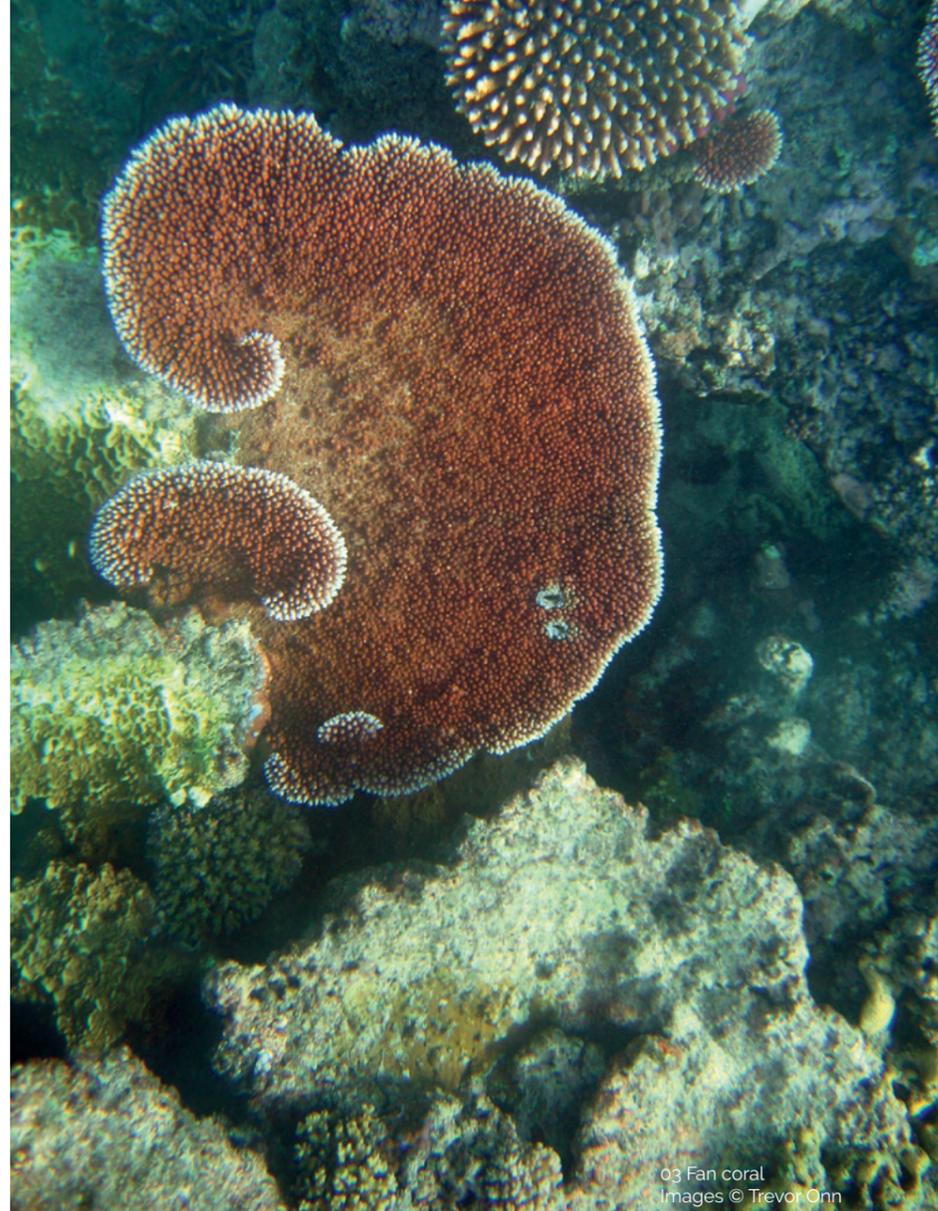
#### BALI HAI

The benefit of this is that we are able to catch a glimpse of the barley sugar coloured sky as the sun climbs over the top of the distant and mysterious volcanic island of Ambae; living up to its "Now you see it. Now you don't." reputation which inspired James A Michener to write Bali Hai into "Tales of the South Pacific".

Truly there are days of clear blue skies when Ambae is totally invisible.

A healthy breakfast of sweet fresh pawpaw and banana picked that morning from trees in front of our units, followed by delicious Vanuatu grown and roasted Tanna coffee prepares us for exploring the reef just a few feet away.

Patches of luminous aqua on the ocean surface identify the sandy



03 Fan coral  
Images © Trevor Onn

floor from which the coral reef grows. We begin the ungainly walk of those preparing to snorkel from the beach. With huge clownlike steps we make our way over the shallows and then slide gracefully into the coral gardens. Beautiful orange fan corals, yellow soft corals and multicoloured anemones spread across the blue expanse. Bright pink Poulet fish with their enormous black eyes watch us from small schools under the coral canopy. Patches of brilliant lime green corals and rich purple corals grow side by side. If there is such a thing as an octopus's garden then this must surely be it. As is often the case, when confronted with such an eyeful, we unanimously decide that we must purchase an "even better" camera to do justice to the scene before us. As the tide changes, waves begin to break over us and it becomes necessary to return to the beach.

#### CANOE UPRIVER TO THE BLUE HOLE

That night memories of the beautiful Matevulu Blue Hole that we visited with Grant set us talking. This gives three of us the idea to canoe up the Matevulu River just across the bay and up to the source, being the aforementioned Matevulu Blue Hole. Turtle Bay Resort has canoes so this is a good plan. A fourth person wisely decides to use a bicycle, although perhaps he would not consider it so wise, as the seat is rather unstable and by the end of the day threatens to do damage to areas that are best left undamaged, but I digress.

The three canoeists try to find out the tide times but that information is not available so we just head off. The wind is blowing against us and the tide is going in the opposite direction but we decide to press on. Sometimes you just don't think.

#### THE SPECTACULAR MATEVULU BLUE HOLE

The bay is bigger than it looks but we get to the river mouth and continue upriver against the current. It seems like we are paddling forever but eventually the water becomes clearer and bluer, indicating that we are indeed in the right place.

An hour or so later, with jelly arms, we arrive at the spectacular Matevulu Blue Hole. Superlatives are weakened when confronted with an ink blue aquifer of such clarity and depth that a single item of plastic rubbish from a disrespectful visitor glares up from the bottom like an ugly pimple on an otherwise perfect cheek. Hopefully a kind scuba diver will remove it from the pristine environment so everyone can say, "Ah that's better".

#### LONG COOLING FLOAT

After a long cooling float in the unbelievably blue "blue hole" we climb back onto the canoes and are glad to be going with the flow on the return journey. The river puts on its best show as we drift past one spectacular scene after another. It's best not to run the canoe into the rafts of floating water cabbage. All manner of creepy crawlies live in them.



Also watch out for low hanging bunches of leaves. No need to paint the picture here.

By the time we get to the river mouth the tide and wind are now coming at us again from the opposite direction so the final push back to the resort is tough; tough for the tough ones; verging on impossible for me. Resisting the impulse to cry I manage to get the canoe back to the shore and quit all other human activity at that precise moment, not to be seen again until a full night's sleep and a couple of aspirin have done their work.

As I write this a few proud bruises and a scratch or two (plus a few thousand photographs) are now our only reminders of that distant island of Santo; another time; another pace. 🇻🇺

04 Matevulu Blue Hole  
Images © Trevor Onn

# GETTING IT RIGHT

The story of one book's journey to publication - "Getting Home" by J.R. Poulter

"Getting Home" evolved. It started with an image.

A Swedish friend, award-winning artist/illustrator Anders Lindholm, posted his storyful image on Facebook. It depicted a polar bear cub clinging onto a piece of ice floe in the midst of a dark sea. Anders challenged writer friends to come up with a story.

I answered the challenge with two - "Where the Ice Goes...", which Anders and I turned into a picture book for middle grade, and "Getting Home," which Muza Ulasowski, award-winning Australian illustrator/designer, and I turned into a picture book for 5 years and younger. (Both books are LiFE Award, Literature for Environment recipients.)

## MUST HAVES FOR WRITERS

However, this was just the start. At this point, I'll sidetrack to talk more about the nitty gritty involved in creating a picture /illustrated book. Anyone thinking of doing a book for the kids/grandkids, think twice, unless you are producing the tome wholly and solely for family consumption.

## MUST HAVES -

- **Market research** - if there are 20 books out there on Bunny's Birthday Party, your story will have to be TOTALLY BLOW AWAY OUT OF THE BOX to rise above the competition. Your book must offer something UNIQUE!
- **Credible writing skills** - this includes an editor's eye unless you are prepared to pay out to have a professional editor go over your work with a fine tooth comb. Bad grammar, lack of punctuation, poor vocabulary, typos are inexcusable!

- **A visual eye** that can see how text, images and layout /design will work to make a saleable whole.
- **The ability to match your story with a credible illustrator and / or book designer** - cohesiveness is the key - the whole must 'work' as a leap off shelf, must have to the jaded shopper trying to find a 'quick fix read to' for a whiny, teething toddler.
- **Contacts** in the book industry, UNLESS you have the moolah to fund the whole yourself.
- **PATIENCE** - in spades! My award winner, "Mending Lucille" took nearly 10 years from acceptance/ signed contract to on shelf.
- **Ability to write professional teacher notes** and activity sheets - this will help get your book into the essential school library market.
- **Reviews** - especially reviews from unbiased teachers, teacher librarians or librarians. [Family and friend reviews don't cut it.]
- **Marketing ability** and promotional nous akin to dancing naked on table tops! Many traditional publishers actually put this in the contract.
- **A warehouse** - even if you DON'T publish yourself, some traditional publishers these days like authors to buy up a few hundred copies, otherwise they lose interest in your book very quickly in favour of someone with full money clips.
- **Rhino hide** - if you are to weather the journey and cope with the cliquey, back-stabbing nastiness that goes on in some literary circles! My advice - keep to yourself; network online.
- **Observe** life at every opportunity and WRITE! WRITE! WRITE! Practice DOES make nearly perfect.



01 Original image by Anders Lindholm which began the journey for two illustrated books Image © Anders Lindholm

## IF YOU'VE GOT THE GOODS

Librarians and bookshop managers shudder every time they see an author heading towards them. I have good rapport with many librarians and teachers courtesy of my professional background, however, my associates tell me again and again of being bowled up against the wall by the dreaded shirt-fronting author who thinks they've written the kiddie version of War and Peace. "They won't take no and the stuff is an insult to a recycle mill!" they wail to me.

Does this all sound a tad cynical? Not at all! If you've got the goods, you'll get there! I will write more about the process for the UNdaunted in future issues.

## GETTING HOME

But let's get back to the publishing journey for "Getting Home." "Getting Home" was a true collaboration. Muza and I to and froed by phone and email, for nearly two years, in between other projects.

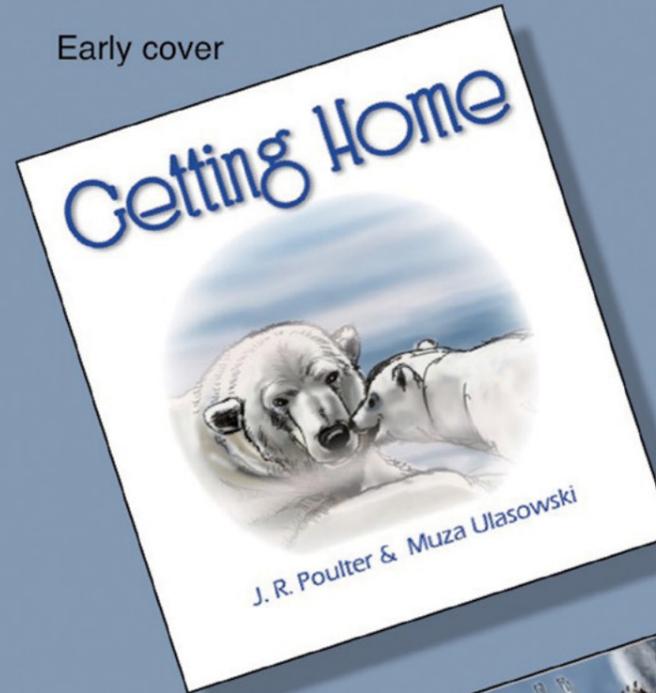
## FINALLY IT FELT RIGHT

Muza changed images, I changed some text. We decided to drop one piece of text and its accompanying image. We swapped around the position of other images and text.

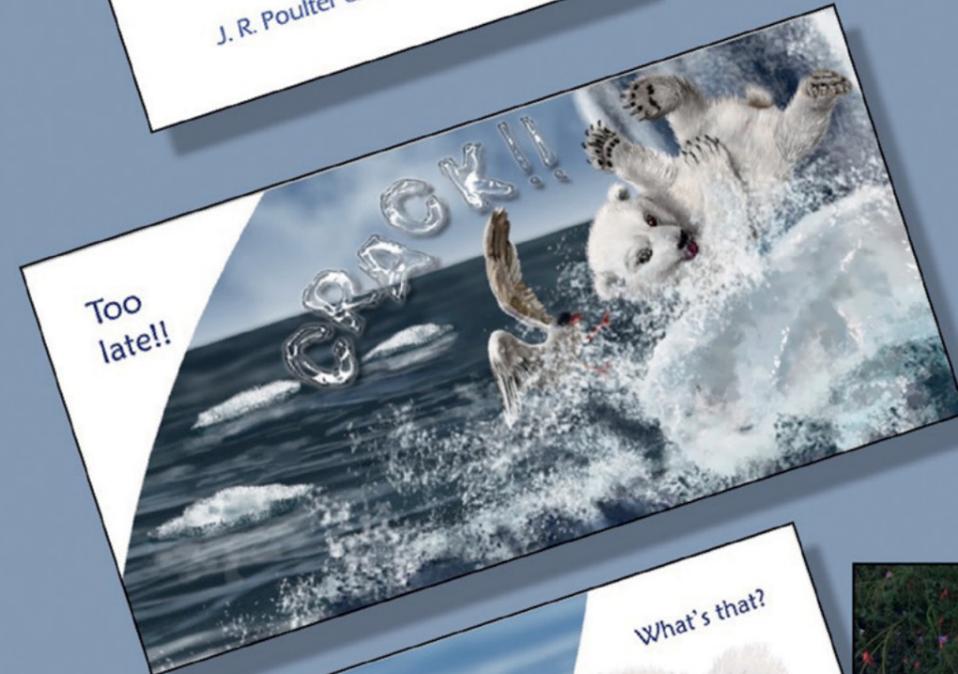
Finally, it 'felt' right. Continued over ▶

## Evolution of "Getting Home"

Early cover



Draft page & text later discarded



Spreads from final draft of "Getting Home"



Muza Ulasowski, Illustrator, with latest Awards



**PUBLICATION**

I set up Word Wings and we published the paperback version via Lulu. Muza published a hardback version (also 'Word Wings') via a printer contact.

Our gut feeling that we had achieved the right mix must have been spot on, as others agreed with us.

"Getting Home" has gone on to be Purple Dragonfly Award Winner of not one, but two awards – Picture Book for 5 and Younger AND Best Illustrations (YAY MUZA!!) Icing on the cake was a 5 Star Review from professional review site Reader's Favorite. 📖



Watch out for "Getting Home" coming soon on the Storytime Pup, children's storytelling channel. Keep abreast of announcements on the Getting Home Facebook site!  
Other J.R.Poulter picture book readings online:  
YouTube Reading by Jennifer Douglas  
Toofs  
The Sea Cat Dreams  
In the Dog House  
The Watchers

02 Jennifer and Muza with some of Jennifer's books, including some illustrated by others but designed by Muza (Dang - It's the Dragons!, The Boat to Lullaby Bay, The Dolls' House in the Forest).  
Image © Jennifer Poulter



# Word Wings

[www.wordwings.wix.com/publishing](http://www.wordwings.wix.com/publishing)

**IMPRINTS:**

Word Wings Books [General Readership, Poetry, YA, Older Readers]

Word Wings for Kids [Early Childhood, Young Readers, Educational]

## Reader Rewards: The Illustrator's Gift

Muza Ulasowski, award-winning Australian illustrator and designer, has generously offered to send one copy of her beautiful award winning book "Getting Home" to a lucky Creative Traveller reader!

To go in the draw for the giveaway of "Getting Home", please send an email to [giveaway@CreativeTravellerMag.com](mailto:giveaway@CreativeTravellerMag.com) making sure you include the **delivery address for Muza to post your book to**, and answer this question.

What are two awards won by the picture book "Getting Home"?

Entries close 30th September.



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@JRPoulter @Word\_Wings @JeRuMcRae

# COVERS THAT CAPTURE

What makes a great book cover? Author Jenny Poulter shares insider tips from her experiences with illustrators and publishers.

COVER art is very underestimated as an art form - it has to encapsulate the entire book or, at very least, the key elements or central character/s - a visual haiku of the book! It must draw the potential reader/buyer into the story within...

Many of us grew up with Little Golden Books and have fond memories of at least one title. Images of some of those covers with bright gold spine and bright bold pictures still linger. A quick run around my family and friends resulted in this list: "The Poky Little Puppy", "The Little Engine Who Tried", "The Little Red Hen", "Tawny Scrawny Lion", "Scuffy the Tugboat", "Saggy Baggy Elephants", "The Little Engine That Could", "The Lord is My Shepherd", "Pussy Willow". We all have favourite stories, but what were our favourite covers?

The cover must have the advertising element - it is there to entice and to sell the book but it IS art. Some illustrators design covers for the books they illustrate.

The covers for my books, "Toofs," "Getting Home," "Little Bitty Octopus," and "Mama's Masquerade" are picture book cases in point.

## TWO COVER DESIGNS CREATED

Some covers are created by the publisher's design department, utilising an illustration and/or elements from the book's illustrations. "Mending Lucille" typifies this scenario. Sarah Davis had created two designs for the cover, neither of which was used. Another illustration was taken from well into the pages of the book and used as the cover very successfully. In this case, it was a very talented artist/designer working with a very talented illustrator.

Several different fonts were tried for the title on the cover till the final was agreed upon. It echoed the flow of the sheets on the clothesline and the flight of birds, birds being a key symbolic element to the story.

Of course, these are picture books. For a non-illustrated work, the cover is every bit as important.

It is the only visual hook. If the cover is unappealing, does not tease the eye to want to look closer, tempt you to pick the book up, chances are it may never leave the shelf.

## TAKE YOU CAPTIVE

The cover has to look 'professional,' not some amateur job, or the book buyer might assume the content is also amateur. The cover has to have unity of design - image and title fonts must complement each other. They must entice you, the buyer, to want to read more, pick up the book and take out your wallet! They must take you 'captive' and turn you into their captive audience! 📖

## Further Reading:

Designers' choices: <http://lithub.com/the-60-best-book-covers-of-2016-as-chosen-by-designers/>

## Reader Rewards: Book Review & A Fab Giveaway

"**Koala**", by Claire Saxby, illustrated by Julie Vivas, Walker Books, 2017, ISBN 978-1-925126-39-6 - A non fiction book, it relates in story and factual format the journey of a young koala from the time he leaves his mother till the time he finds his own place in his bush world. The story highlights the hazards, in words and images that a koala might face. Not all the story is told in the text, inviting the reader to explore and discuss the images and what they convey, as when tree-climbing children invade a koala's territory.

"**A is for Australian Animals, a factastic tour**", Walker Books, 2017, ISBN 9781925381009 Written and illustrated in her famous naive style, Frané Lessac has created a beautifully illustrated alphabet of Aussie animals, some of which, I guarantee, most folk have never heard. The images are augmented by an array of fascinating facts on each animal and the back page contains maps showing each animal's distribution range. I can see this book being a ready reference for lower to mid primary projects on Aussie fauna!

To go in the draw for a giveaway of "Koala" or "A is for Australian Animals", please send an email to [giveaway@CreativeTravellerMag.com](mailto:giveaway@CreativeTravellerMag.com) and tell us which book you'd love to own and why, making sure to include the delivery address to post your book to.



Cover Designs from Word Wings and Hachette

# DRAW FASHION DESIGNS

Draw your fashion designs faster with the help of these templates.

By Jenni Onn

**T**ake one of the templates in this set and use it as a base to create your own design. There is little need to explain the process but here it is in five easy steps!

**1. Choose your template.**

**2. Place it on a lightbox if you have one, then cover with drawing paper and get started on your own designs.**

**3. Otherwise place it on your desk and cover with a new sheet of slightly seethrough paper so you can see the template underneath. As you can tell I've made the lines very dark so it's easy to see them underneath a sheet of paper.**

**4. Draw your fashion designs over the template.**

**5. No need to stop at one. Get creative and enjoy!**

Practice drawing over each of the templates and you'll be surprised at how quickly this simple process improves your regular drawings.

On this page is a scan of a pencil drawing based on one of the templates. When you can relax and enjoy the process your inspiration kicks in and you feel free to add wispy trails of chiffon and silk.

Or maybe you are an avant-garde designer who loves things to be ultra-modern.

Go for it!

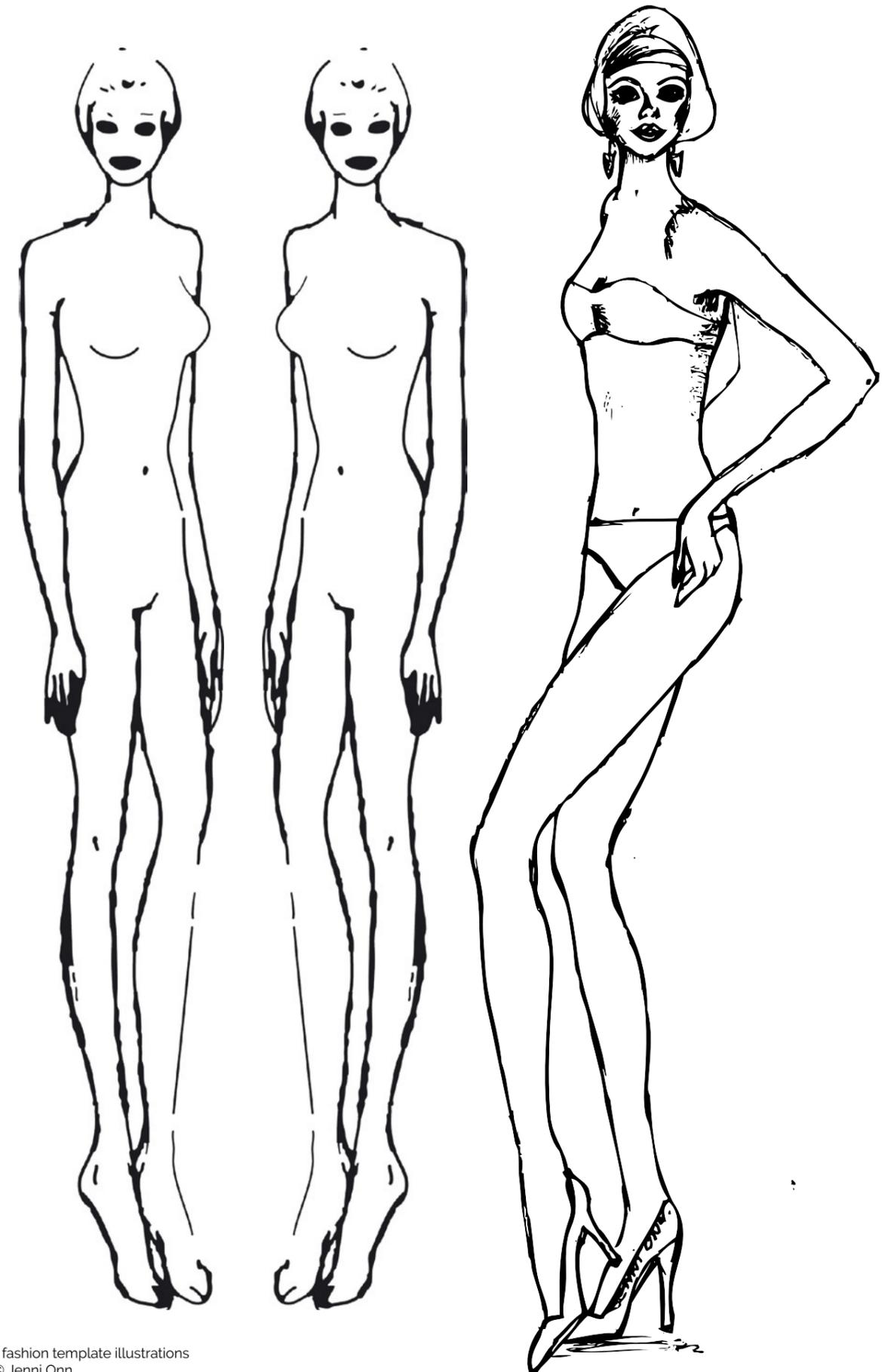
Have fun with this!

Jen



01 Drawing from fashion template  
Image © Jenni Onn

*Would you like to see your favourite design in print?  
Send us a pic of what you have created using these templates  
and we may feature it in the next issue!  
Send to [Editor@CreativeTravellerMag.com](mailto:Editor@CreativeTravellerMag.com)*



02 Three fashion template illustrations  
Images © Jenni Onn



01 Scarves and jewellery  
Images © Mary Cryan

# How To Draw People



## OP SHOP STYLE QUEEN

*With recent talk of “the war on waste”, there’s no better time to embrace op shopping! All it takes is a keen eye and a little creativity, writes Mary Cryan who is forever in search of her next fabulous outfit!*

**W**ith recent talk of “the war on waste”, there’s no better time to embrace op shopping! Not only will you be contributing to planetary goodness by recycling, you’ll save loads of money and provide support to deserving local charities.

Besides, op shopping is an affordable way to transform your wardrobe and look like a million dollar Style Queen every time you walk out the door. You’ll look good and feel good in the knowledge that you have also done some good!

### GUILT FREE SHOPPING

All it takes is a keen eye and a little creativity. It’s fun, addictive, therapeutic and rewarding. And everything you purchase will cost dramatically less than retail. Plus you won’t be contributing to the barrage of cheap, fast, disposable fashion chains in the market. It’s guilt-free shopping with a capital “G”!

Best of all, you won’t look like everyone else. You’ll radiate in your unique style and people will be asking where you found such fabulous pieces.

As you glow from their compliments, your response may shock, when you tell them your entire outfit cost less than their lunch.

As an experienced op shopper, I’ve basked in this glory for thirty years and I’m just as addicted today as I was when I first started at age 16.

“So where and how do I start?” I hear you ask.

Luckily, this Op Shop Style Queen has some tips to share!

You too can style yourself to look fabulous with these great Op Shopping tips: Continued on page 46 ▶

## Learn How To Draw People, Eyes, Hands, Faces And More With These Easy Videos Taught By A Pro Artist

[www.Drawing-Made-Easy.com/ctm](http://www.Drawing-Made-Easy.com/ctm)

# “Style yourself to look fabulous”

## 1. RESEARCH

Firstly, make yourself a cuppa and sit down with a good fashion mag for inspiration, noting what you like and dislike. Perhaps do a quick stock take of what's in your wardrobe and write a list of what you need. Then jump online to find your local op shops.

## 2. LOCATION, LOCATION

Yes location can make all the difference. Choose op shops in affluent suburbs to find affordable labels and good quality pieces. Country towns and outer suburban op shops often have bargains too as they generally have less foot traffic - so there are more goodies to be found.

## 3. QUALITY IS EVERYTHING

Look for quality when buying second hand. Search for silks, cottons, linens & labels, labels, labels.

## 4. STAY TRUE TO YOU

There is nothing more important than this - if you don't LOVE it, don't buy it. The piece must be something you absolutely love - something that matches your style and personality.

## 5. BROWSE, BROWSE, BROWSE

Don't be overwhelmed by the kaleidoscopic racks of colour - find joy in patiently sifting through each section, looking for colours and fabrics that jump out at you. Remember it's all about YOU - choose things you love.

## 5. TRY BEFORE YOU BUY

Make sure you try clothes on - you want to look and feel fabulous when you wear them.

A good fit makes all the difference.

## 7. ALTER AND CREATE

Sometimes you'll find such a fabulous bargain that it's worth taking it to a dressmaker for alterations. I've transformed many dresses over the years - sometimes things are worth tailoring! Perhaps that brooch could be a transformed into a necklace too. Use your imagination and get creating!

## 8. ACCESSORIES AND JEWELLERY

Ah yes, my FAVOURITES. Don't forget these precious gems - jewellery and accessories can make all the difference to an outfit - whether it's a scarf, belt, hat, necklace, bangle or ear rings. There are many treasures to be found on counters and in baskets alike. I've found many a gem in these glittering op shop spaces!



## 9. HOMEWARES

Don't forget to browse through the homewares section - I've furnished my children's rooms with beautiful doona covers and cushions over the years and I've found some lovely champagne flutes and glassware. Look for outdoor living accessories too!

## 10. BE PATIENT

Yes it's true, you won't always find something every time you op shop. But that's OK, because when you do, it's well worth it. Remember, op shopping takes patience - you won't always find what you want or need but you may just find something better! If you don't find a treasure today, don't give up - try another day.



02 A favourite label at a fabulous price Images © Mary Cryan



labels  
labels  
labels



03 Homeware treasures and colourful accessories Images © Mary Cryan

## TREASURES

Brisbane is full of amazing op shops and some of the areas I love to shop include Sherwood, Indooroopilly, Kenmore, Red Hill and Paddington.

Regardless of where you live, no two areas are alike and you never know what you'll find until you get out and explore.

So don a comfy outfit and head out the door for a day of bowerbird gathering fun.

As Dr Seuss would say:  
Congratulation!  
Today is your day.  
You're off to Great Places!  
You're off and away!  
Oh, the places you'll go!  
There is fun to be done!

Whether you finish your op shopping expedition with a fabulous accessory to set off an existing outfit or buy a new dress for your next big event,

you're bound to find a bargain that dazzles! With any luck you might just find an AMAZING treasure you'll cherish forever.

Get op-shopping and reduce your carbon footprint!

You'll be shopping like a stylist in no time. Have fun! 🍀

*Have you found a special treasure you'd like to tell us about?  
Send us a photo and we may feature it in the next issue!  
Send to Editor@CreativeTravellerMag.com*



04 Butterfly cushion and floral doona Images © Mary Cryan

# BUSINESS & HEALTH INTERVIEW

*We've all read the hype about how we can be and do anything we want but what if we just want to be happy, fit and healthy? Where to start? We interview a young businesswoman in the fitness industry to find out.*

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**B**risbane Fitness Empire is a boutique personal training studio and kickboxing venue in the suburb of Stafford on Brisbane's north side. The founder and head trainer, Crystal, spoke with Creative Traveller about life as a businesswoman and what we can all do to take baby steps towards our health and happiness goals.

## WORK LIFE BALANCE

**Q.** As a woman and a business owner, how do you find work/life balance?

**A.** It's hard to be clear about that one. Just when I think I've got it figured out, something pops up and throws out my routine. I feel that there is always something that needs to be done, either at home or at work, which means relaxing and switching off, is hard. At the end of the day, if my animals are fed and happy and my husband is amusing himself, I'm happy.

This year was the year where I was going to make it a little more about me. So far I have had 1 weekend off lol I will get there!

## THE MOST IMPORTANT THING

**Q.** What would you say is the most important thing a person can do in the short term to improve their state of health?

**A.** Just start doing something, anything. It could be something as simple as coming home from work, putting your iPod on and going for a 30min walk; or developing the

habit of eating breakfast. Most of the time it is a mental game. If you can make a deal with yourself to change 1 thing a month, things will start to fall into place. However this 1 thing you change, must fit in your routine/schedule and not be too drastic, otherwise things may go a little pear shaped and make it harder than it really needs to be.

**Q.** What would you suggest as a long term approach to improved and consistently good health?

**A.** As I said before, start changing something simple, that fits into your life now. I believe habit is the key.

**“I believe  
habit  
is the key”**

**Q.** Do you think there's any correlation between exercise and happiness?

**A.** Yes of course. Many studies have proven this, plus I see this often with my clients. Some of my clients feel the weight of the world on their shoulders and rightly so. However after a session I never see a frown. Someone can come in for their session after a really bad day, we talk about it sometimes, other times we just get straight into training, next thing we are laughing our heads off. I have watched people go through

horrific times in their lives and they have stated that their only "me" time (or the thing that keeps them sane) is when they are training. I make sure I give them that environment to the best of my ability. I try my best to be their constant.

## CHANGE THINGS SLOWLY

**Q.** Diets can be so faddy. Have you noticed with your clients, a way of eating that optimises physical health?

**A.** We really need to get rid of the word diet and change it to healthy eating lifestyle or something like that. As soon as you say the word diet, most people get hungry and start thinking about all the treats they are going to miss out on and hey presto- we have a negative start already. I start with changing things very slowly. It could be something as small as one less beer/wine a day or adding in a healthy snack as sometimes people aren't eating enough. Too many people miss out on breakfast, so this is where I normally start.

**Q.** How old is too old to do physical exercise?

**A.** When the pastor reads you your last rights.

## EXERCISE FOR MATURE STARTERS

**Q.** What would you recommend as a starting point for an exercise regime for someone over fifty?

**A.** After getting the ok from the doctor, I would start with something simple. I run a stretch and core class on a Thursday night.

Continued on page 50 ►



01 Crystal shares the highs and lows of business and fitness  
Image © Suzi Karim for Brisbane Fitness Empire

This is gentle and it gets people in the mindset of exercise, being ok for someone who is not 20 and who doesn't want to be the next Arnie. I personal train a lot of clients over 50. Some, yes can go hard and give my 20 years olds a run for their money, but then again some suffer from all sorts of serious injuries. With these clients we go gentle and work our way up.

**PEOPLE WITH INJURIES**

**Q.** Tell us more about people with injuries? Is there any way they can safely partake in ongoing physical exercise?

**A.** Yes certainly. A trip to their health professional to give them the ok and we start of gently and work our way up. I work closely with my clients physiotherapists or whomever they see, making sure my programs are suited to them.

their lives are transformed. At the end of the day they are people, not dollar figures.

Some gyms do the same programs over and over again. Boring! Honestly I get bored teaching the same programs, so for my own sanity I mix it up. Not only that, but as clients improve and get fitter their programs need to change.

**Q.** Can exercise alone control weight issues?

**A.** At some point in time diet/healthy eating has to come into play. Exercise can make a massive difference, but the two do go hand in hand.

**Q.** Can diet alone control weight issues?

**A.** Again diet/healthy eating can make a difference but at some stage to build muscle for example, you

already has a personal trainer?

**A.** Yes...For example I run kickboxing and boxing classes, so for someone who already has a personal trainer working with them on some different goals or doesn't know how to teach boxing or kickboxing properly, by coming to my classes they get to try something new and fun that works with their other training.

**SELF DEFENCE**

**Q.** Do you teach self defence for women?

**A.** Yes. In my kickboxing and boxing classes I teach women and men how to block and counter. I once attended a self defence class and can say that after a couple of boxing or kickboxing classes my clients have learnt more effective ways to defend themselves. I love the fact that women who attend my classes always feel more confident.

**Q.** Is there any benefit for men to do self defence?

**A.** Yes. How often to hear about one man attacking another man...sadly nightly on the news these days.

**MOTIVATION**

**Q.** Why do you think personal training has become so popular?

**A.** Some career minded people, especially in business, spend their health making money and now they need to spend some of that money regaining their health. Health is a strong basis for a good quality of life. One of my clients likes to say he has outsourced his motivation to me and it works!

**A GOOD STARTING POINT**

**Q.** What is a good starting point for someone who is not fit at all?

**A.** Come along to one of my classes and be looked after. Have fun with us. Apart from that, start off simply. Start with a beginner's class that caters for someone who is not fit. 🇺🇸

[www.BrisbaneFitnessEmpire.com.au](http://www.BrisbaneFitnessEmpire.com.au)

have to exercise.

**Q.** Is there any benefit to personal training over an all access pass to gym equipment?

**A.** Yes...you have someone there waiting for you. Someone there to walk the journey with you and hold you accountable and motivate you. You have to find the right trainer that resonates with you though.

**Q.** Is there any benefit to joining exercise classes for someone who

02 Kickboxing and personal training  
Image © Suzi Karim for Brisbane Fitness Empire

**Q.** Many people find gyms boring. What do you say to that?

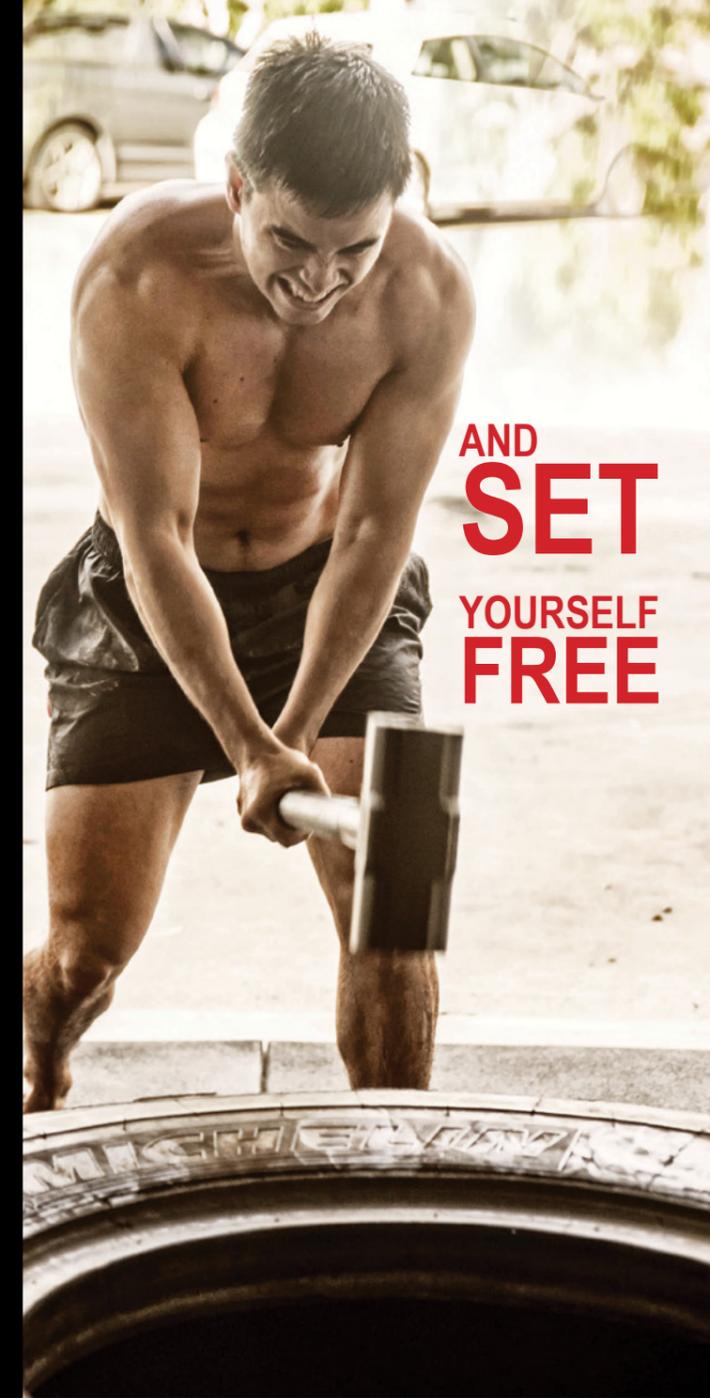
**A.** I don't blame them and actually agree. Once upon a time I had a gym membership and used it maybe for a whole 2 months over the span of a year. Gyms (in my opinion) don't seem to care about their clientele. I feel a lot of gyms see clients as dollar figures. Yes I love to receive money, who doesn't, however I actually give a hoot about my crew and will do what I can to make sure

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01 Coober Pedy movie prop  
Image © Keith Trotter



04 Daly Waters Pub  
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02 Coober Pedy museum  
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05 Devils Marbles  
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03 Kulgera pub  
Image © Keith Trotter

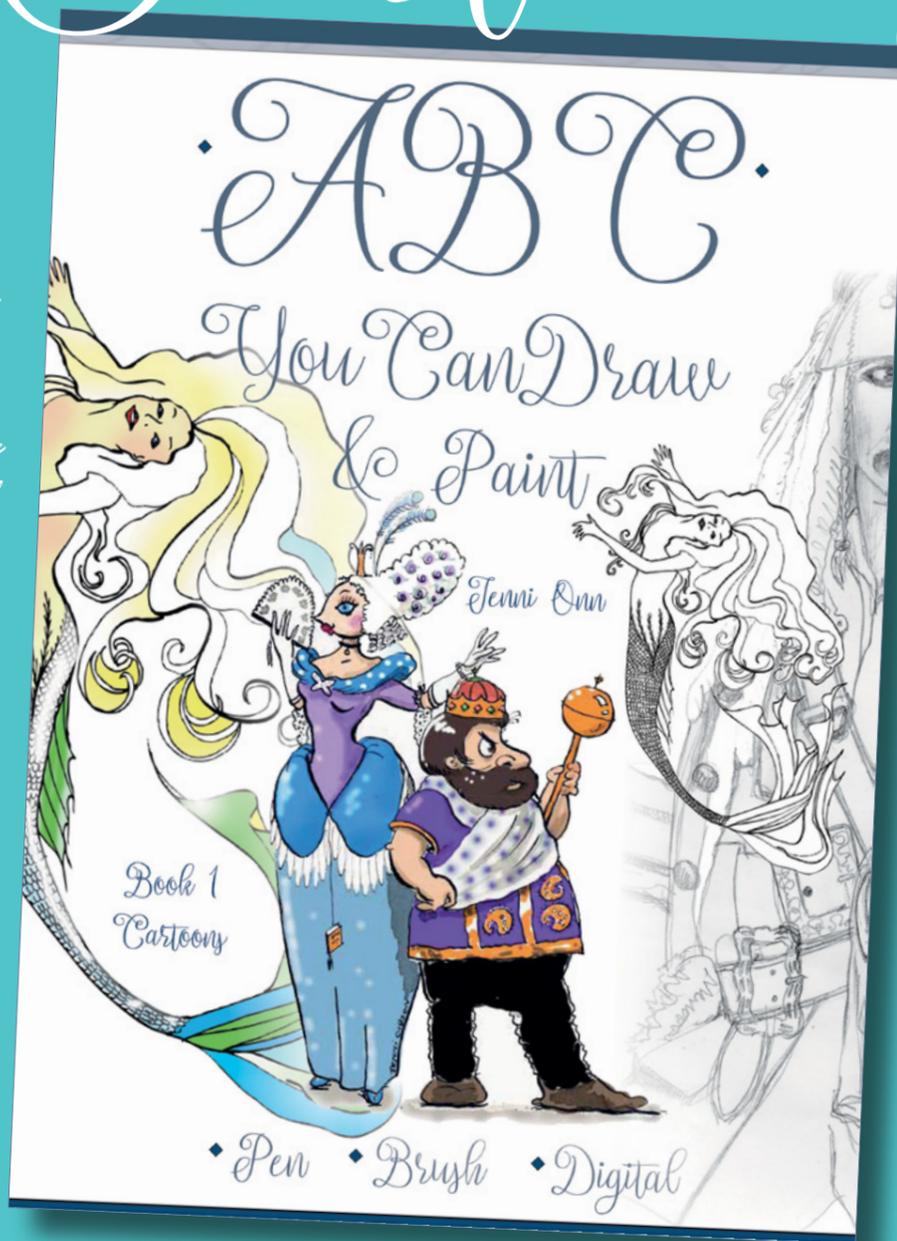


06 Devils Marbles after dark  
Image © Keith Trotter

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## NEXT ISSUE

Our upcoming issue sees us visiting the fabulous Christmas Markets of Europe in our gorgeous Christmas Special Edition. Plus we'll continue our trip across the vast outback of Australia with "The Big Lap". And we have delightful reader gifts stocked up in our giveaways department. **See you next time!**