



Welcome to my Travel Newsletter!

Let me help you make your travel dreams a reality! With many years of experience as a travel consultant, I can help you create great memories through travel. I have been visiting foreign countries for 34 years and still love it! Please let me know if there are things you would like to see addressed in future newsletters.

Travel Tip for Today

Drink Water!

Carry an empty water bottle with you through Security at the airport and fill it at a drinking fountain or buy bottled water after you go through Security. Continue to drink some every hour on the plane while you are awake. I know you may not want to hear this, but both alcohol and coffee contribute to dehydration. Drinking water will help with jet lag as well as dry skin and even cramping muscles.

Destination of the Month

With the cool weather coming, it is time to think of places warm! **Fly to Fiji!** Just board a plane in Los Angeles late in the evening and the next morning you are there! The most valuable resource of this small island nation is its people. They are so friendly they will call, "Bula!" (hello) across a parking lot to people they don't even know! A hotel maid once offered me a ride in her own car to the other side of a large resort. Resorts range from modest to very luxurious. Never have I seen coral like they have in their pristine waters! Snorkel every day if you can. It is a unique experience!

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Great Deals!

Hawaii in January, \$1100, 7 days Honolulu, Wyland Hotel, breakfast, transfers, ins, + air approx \$925

Cruise--\$3,900, 14 days, June 28, Mediterranean, inside cabin, Norwegian Cruise Line, + air fare

Mexico in January, \$1400, 7 days, Puerto Vallarta, Riu Jalisco, all incl, transfers, ins, + air approx \$900

China in March, \$5000, 12 days, Viking River Cruises, Shanghai to Beijing, + air fare, incl 12 guided tours, air from PDX approx \$2600

Price for 2 pp is approximate—may vary by date and based upon availability at time of booking.

The World Through My Eyes

Rows of chairs are filled with people of many nations, but primarily those of Hawaiian, Filipino and Japanese descent. The air is soft as it can only be in the tropics. There is no sound but the notes of taps played by a lonely bugle. Old men in uniforms bulging a bit at the seams, barely able to stand but so proud they will not sit, salute the flag. It is the 11th hour of the 11th day of the 11th month--Veteran's Day. It was a privilege and an honor to be present at that local ceremony on Kauai. I will never forget it.

If you can't go there, go here!

Classical Chinese Garden in Portland--Travel to another country and culture while never leaving home! This amazing, serene garden is a delight at any time of the year.

Downtown Portland near the Old Town-Chinatown Max Station

127 NW 3rd Ave, Portland

\$8.50/adults, \$7.50/seniors

Looking to the Future

Travel Pink, Travel O'ahu, October 2009

Oberammergau, Germany, Passion Play 2010