

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“The world is a book and those who do not travel read only one page.”

– St. Augustine

In this issue...

Five Tips For Family Travel That is Stress Free.

Solo Travel For Women

What's new?

New feature stories and new inspirational u-tube clip on the home page.

This Month's Recipe

Tahitian Fish

Servings: 6
Preparation and cooking time: 40 minutes
Ingredients:
•3 pounds of monkfish (or any other white fish you like)

Try Travelling – July Edition 2010

As the quote opposite states, travel can open a whole new world to you. I believe that people and especially children who travel develop more compassion, tolerance and wonder of the world and its people. I have done very little travel but it is one of my goals -there is a need in me to experience the 'everyday' of existence in other countries and cultures, and a curiosity of who I am when taken out of my 'ordinary' life. So below I offer you some articles on how to ease into the joy of travel. Also our monthly feature story on the home page involves two women who are about to embark on a journey of their own. So if you can't travel yourself just now perhaps you could hitch a ride with them.

Natalie

Five Tips For Family Travel That Is Stress Free

By Rhamat Suki

It is true that many people avoid family travel because of the high levels of stress that are associated with it. If you have children then you are sure to understand how hard it is to pack all of the necessary items, entertain your children while traveling and find appropriate child friendly restaurants and activities. If you have ever considered not taking a family vacation because of the stress then these five tips are sure to help you in having a successful vacation.

Tip #1-

You will want to make your children feel included as you are planning for your next family trip. If your children each get to pick one special location that they will get to see while on the trip then you are likely to have children that are happier and more excited about the trip.

Tip #2-

Make sure that you are choosing a family travel destination that is truly meant for your family. Make sure that there is some type of activity for each person to enjoy on each day. If there is nothing appropriate for all of your children then they are likely to get bored and have problems with behavior from boredom.

Tip #3-

You will want to learn as much as possible about your destination prior to traveling. Look up pictures and information about your destination online so that you can show your children. If this is not available you could possibly choose some appropriate children's books that are related to your

- 8 small very ripe tomatoes
- 2 green peppers
- 2 cups of coconut milk (about 400 ml)
- 1 full teaspoon of curry powder

•Salt, pepper and 1 teaspoon of sugar

Directions:

Wash the peppers and tomatoes and cut into thin slices. Cook over medium heat in a non-stick pan or wok for 10 minutes or until the juice of the tomatoes has evaporated.

Add the coconut milk, curry and sugar. Salt and pepper to taste. Avoid boiling on too high heat. Add the fish cut into slices.

Cook for 25 minutes over low heat.

Serve with rice or boiled potatoes.

This Month's Poem

"Truth," said a Traveler

by Stephen Crane

"Truth," said a traveler,
"Is a rock, a mighty fortress;
Often have I been to it,
Even to its highest tower,
From whence the world
looks black."

"Truth," said a traveler,
"Is a breath, a wind,
A shadow, a phantom;
Long have I pursued it,
But never have I touched
The hem of its garment."

And I believed the second
traveler;
For truth was to me
A breath, a wind,
A shadow, a phantom,
And never had I touched
The hem of its garment.

destination and show them to your children as well.

Tip #4-

There are many other tips that can help your family travel plans to be more enjoyable. You want to make sure to not over pack. You can easily find out ahead of time the appropriate gear and clothes for your travel destination. Then you can make sure that you bring a few things to keep your children busy each day. Sometimes it is a good idea to bring a few new toys that you can break out at unexpected times during the trip.

Tip #5-

The final family travel tip is to make sure that you consider things that are necessary and remember to pack them. You will want to make sure that you have a first aid kit, any medications that are necessary or could be needed, and any other items that would be appropriate to make your trip more comfortable.

Find out more visit <http://rahmatsebooklist.com>

Article Source: http://EzineArticles.com/?expert=Rahmat_Suki

Solo Travel For Women – 7 Important Ways to Prepare For Your Solo Holiday

By Chris Moon-Willems

When looking to book a solo holiday, are you someone who leaves everything to the last minute or do you write a checklist and follow it slavishly?

Good holiday planning can save you money, ensure you go to the right destination and that you get no unwanted surprises when you arrive.

Use the following advice each time you are planning a solo holiday and your trip is more likely to run smoothly.

1. Think carefully about the kind of destination and type of holiday that is best for you. You may want to avoid romantic locations and hotels that are primarily aimed at young families. Think about access, you might not want to walk up steep steps from the beach in 100 degrees, also proximity to the airport to avoid lengthy transfers. If you are nervous about wandering too far alone at night, look for hotels with night-time entertainment or ones near shops and local bars/restaurants.

2. Research the Internet for the best climate to suit your needs and avoid times where extreme weather conditions are likely as you may not want to arrive in the middle of a monsoon or during the rainy season. Look out for local festivals and national days taking place during the times you are wanting to book and find out about them before you go. Information can help you adapt to and enjoy a new culture more easily.

3. Advise your bank and credit card company when and where you are going. It can be embarrassing to find your debit or credit card has been blocked due to suspected fraud.

4. Check whether you can use your mobile phone abroad with your call provider. Also check whether you have the correct type of mobile phone

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Words To Travel By

Travel Photography: A Guide to Taking Better Pictures

By Richard L'Anson

Lonely Planet Travel with Children

By Brigitte Barta

for the country you plan to travel to. Some countries require a tri-band phone. e.g. United States. You do not want to find you are unable to use your phone after you have arrived.

5. Make your cash go further by checking the travel section of <http://www.moneysavingexpert.com>. It offers a currency converter tool to find the best rate for the currency you want and gives good advice about the best credit and debit cards to take abroad. Believe me, doing this can save you a lot of money!

6. Only plan to take what you are able to carry in your suitcase and cabin bag. Get out everything you want to take a few days before you leave and then reduce it by half. I always took too much with me until I did this. Also invest in some weighing scales for your suitcase. You can pick these up very cheaply and they will save you money for excess baggage and give you peace of mind.

7. Take only travel size toiletries. I find it cheaper to buy a pack of plastic travel bottles and jars and fill from my usual shampoo, conditioner, moisturiser etc. Remember to pack them in your main suitcase or in a plastic bag if you intend taking them on the flight with you. Good planning always pays off. Enjoy your solo holiday!

Would you like help to overcome the challenges you face by becoming single again in later life? Go to <http://www.newmooncoaching.co.uk> to receive a FREE guide to Kick Starting Life after Fifty and find out how coaching could help you feel more positive, confident and resourceful to overcome the challenges you face.

Chris Moon-Willems is a Life Coach, Retirement Success Coach, Master NLP Practitioner and Social Work professional, who specializes in helping women over fifty who have been through divorce, bereavement or relationship break down, to plan the second half of their life. For hints and tips visit her blog, Moonbeams at <http://www.chrismoonwillems.com>