



# Look good for summer

**REBALANCE** and rejuvenate from the stress of work and the pressures of everyday life with Revive Pilates and Physiotherapy in the heart of Brisbane's CBD.

One lucky *City News* reader will win a complete 14-session specialist endermologie treatment package at Revive Pilates and Physiotherapy's state-of-the-art facilities.

Endermologie is a unique, non-invasive way of reducing the appearance of cellulite and improving overall skin fitness.

Performed with a motorised hand-held Keymodule head, endermologie gently lifts and rolls the skin, stimulating the venous and lymphatic systems, thereby eliminating toxins, while wearing a full body stocking.

The prize is valued at \$1730.

To enter readers should email their name, address and daytime contact number to [questcomps@qst.newsltd.com.au](mailto:questcomps@qst.newsltd.com.au) with the subject line "Revive Giveaway".

Your entry will not be used for marketing purposes.

Only one email entry per person. The competition opens at 9am Thursday, July 31 and closes 9am Monday, August 4.

The winner will be drawn at 10am on August 4 and will be notified by mail. The results will be published in the winner's column on August 7.

For more information on Revive Pilates and Physiotherapy visit [www.revivestudio.com.au](http://www.revivestudio.com.au) or phone 3366 0500.



**FIGHT CELLULITE:** Win a 14-treatment Endermologie treatment package.



# Seawind cats get the Whitsundays' cream

By GREG ELLIS

SEAWIND Catamarans has made a mark for itself on the global stage for many reasons.

A regular at international boat shows, it has also become renowned for the bi-annual Seawind Whitsunday Rally it runs around Australia's popular island resorts.

Brent Vaughan recently sent through images from the 2008 rally, which attracted 17 boats and 80 crew to six days of racing from one island to the next.

"This was a spectacular event, with crews flying in from New Zealand and the United States of America, to attend," Mr Vaughan said.

The Seawind Whitsunday Rally is the longest event on the Seawind Cruising Club Series calendar.

With a 40 per cent increase in attendance on the 2006 event, Mr Vaughan said, it was beginning to gain legendary status among Seawind owners around the world.

"Though many crews delivered their boats to the Whitsundays from ports along the east coast of Australia, including as far south as Sydney, other crews flew in and chartered Seawinds from various charter fleets in Airlie Beach and Shute Harbour, including a crew from Perth, a family from New Zealand and a crew from California."

Mr Vaughan had no great trouble explaining why the island hopping adventure was so popular.

All he had to do was produce the itinerary and say "look at this".

The flotilla of Seawind catamarans, built at the company's Bellambi factory, started from Whitsunday Rent A Yacht's base in Shute Harbour and cruised on to Long Island resort, where the crew enjoyed a Hawaiian-themed beach party.

The next day began with a dinghy beach start, racing to Hamilton Island for a three-course dinner at Romano's Italian restaurant.

Then the fleet raced to Shaw Island to the south - where the Blind Man's Dinghy race was held - and the north again, to Whitehaven Beach for a beach barbecue with Whitsunday Private Yacht Charters.

That was followed by a race to Butterfly Bay on Hook Island, and finally back to South Molle Island for a presentation, live entertainment and a seafood buffet.

The Whitsunday Rally, in June, was just one of seven regattas and rallies hosted by Seawind, as part of the 2008 Seawind Cruising Club Series.

By the end of 2008 about 100 Seawind catamarans and 500 crew will have participated in events in Australia and the US.

"This initiative is aimed at encouraging owners to meet one another, share ideas and knowledge and sail in company and has proved a huge success," Mr Vaughan said.

More photos and a short video of the event are on view at [www.seawindcats.com/index.pl?page=221](http://www.seawindcats.com/index.pl?page=221).



**A life of luxury on the ocean wave:** Seawind Catamarans in the Whitsunday Islands during the bi-annual rally in June. Seventeen boats and their crews enjoyed the best of sailing, scenery and cuisine during the six-day rally.



# South Molle family holiday treasure

By **BRAD PFEFFER**

**T**HE look in the eyes of the young boy as he sees the massive chocolate milkshake says it all.

The boy is all of three years old – and the milkshake is obviously massive to him – and he grins with delight to see it decorated with a pattern of chocolate syrup in a smiling face and sporting a colourful straw and umbrella.

He sips the chocolate treat and leaves with the rest of the kids' club to enjoy the fun and activities of South Molle Island Resort.

And that's as much as what this Whitsunday island is about as it is anything else.

It is the hundreds of little things that compile together to create a holiday to be treasured and remembered.

I know this because many years ago my parents made the trek to the island, driving some 1200km from Brookstead with my sisters and me.

It wouldn't have been an easy drive going all that way, but it was a highlight of my childhood.

Now, upon return some 15 years later, the resort is as I remember, although I'm looking at it with different eyes.

I see now why it is so popular for families and, of course, why I once relished in a week of enjoying the tropical climate and fun that was a far cry from the cold winters of the Darling Downs.

It is perfect for families and children. Cruising into the island's harbour

aboard the catamaran makes that clear from the outset.

The buildings front a beachside of white sand, with the clear, green water supporting sail boats, kayaks and people snorkelling.

Under the water, the view is a bounty of abundant tropical fish life. In addition, a group is playing beach volleyball, laughing at their own lack of talent, and others are throwing frisbees.

Further afield, and others are enjoying golf, archery, fish feeding, bird feeding, tennis, and bush walking.

This time around, for me, it is this type of activity I have my eye on.

Sadly, I'm no better at golf than I was at 10 years of age, although the nine-hole golf course on the island is built to accommodate both serious and leisurely golfers.

Likewise, the numerous kilometres of mountain paths present a perfect training course for running in the early morning. To wake up to a jog overlooking the beautiful Whitsunday Islands is something that any runner, such as myself, would savour.

The paths show off beautiful native flora and fauna, and the effort to reach the top pays dividends in a view that would rival any other in Queensland.

And walking these paths – or running them if you have the energy – has the added bonus of letting you indulge in the food and beverage treats of the evening guilt-free.

Because there is plenty in which to indulge. Each evening a new themed night at the restaurant greets visitors, with the seafood on Fridays undoubtedly a highlight.

Likewise, the artfully prepared cocktails are a decadent temptation that is impossible to resist – and guaranteed to light up the eyes of an adult as much as a chocolate milkshake to a young boy.

And if you aren't relaxed enough after all of that, there is more the island has to offer.

A sunset sail of the islands, sipping on sparkling wine and snacking on cheese, is rewarding and exciting. Surely there are few places in the world as beautiful as the Whitsundays to skirt across the water with the wind in your hair and the sun shimmering on the water.

Back at the restaurant, and there's a chance to unwind with dinner on the jetty, for those looking for a romantic evening.

Otherwise, to cap it off, there is the chance to experience the wonders of a lomi lomi hot rock massage.

So, to my mind, that's what makes South Molle Island special. It's affordable for families, and it is about the wealth of experiences that collect together to form what surely must be the perfect Australian holiday.

● **Brad Pfeffer travelled courtesy of South Molle Island Resort and Cruise Whitsundays.**



## FAST FACTS

**How to get there:** Cruise Whitsundays transfer daily from Abel Point Marina and Shute Harbour to South Molle Island Resort. \$30 for adults and \$20 for children.

**For bookings:** Telephone Cruise Whitsundays on 1800 426 403 or visit their website at [www.cruisewhitsundays.com](http://www.cruisewhitsundays.com)

**Where to stay:** South Molle Island Resort is offering a sensational Sizzler all inclusive package from just \$1193 for two adults and two children (three-14 years) staying at South Molle Island for three nights in a reef room, full board including three meals daily and over 30 free activities.

This deal is valid until December 24, 2008, subject to availability and conditions apply.

**For bookings:** Telephone South Molle Island Resort on 1800 075 080 or visit their web site at [www.southmolleisland.com.au](http://www.southmolleisland.com.au)



The resort and island features many kilometres of bushwalking paths set in pristine national park.



The beautiful island sunset views from the rooms of South Molle Island resort





For further information about advertising in this space contact Andrew Wallace, Maureen Beardsmore or Zell Nicholls

## Mumpreneur preaches how to profit from eBay

Donna Kelly belongs to a generation of 'Mumpreneurs' who have logged on to the world of online stores and are making a living from their lounge rooms.

'Powerseller' Donna stumbled upon the profitability of eBay four years ago when she bought three printer cartridges and decided to keep one and sell the rest - making double what she paid.

In her first year of business she achieved a turnaround of \$100,000, and today Donna specialises in selling designer children's clothing.

Aspiring profiteers can learn the fundamentals of buying and selling online at Donna's upcoming workshop at the Cairns International Hotel, Rosser Room.

Donna is an education specialist trained by eBay and a member of the Professional eBay Seller Alliance (PeSA). Her eBay workshop aims to help business people, stay at home mums, retirees and anyone else who wishes to learn the basics of selling on eBay.

The two-and-a-half hour workshop is an overview from a highly experienced eBay

Powerseller and will benefit each person regardless of their current knowledge of using eBay.

"This quick but valuable demonstration of how to trade safely is a must for new users," Donna said.

"The classes cater for people with no experience through to current users who wish

to gain a better understanding of the complexities of such a large selling and buying platform.

"The course covers how to register as a member, opening a seller's account, how to research and create listings, how to improve listing and add photographs, how to set prices, opening a PayPal account, how to monitor listings

and how to complete transactions."

Donna's fun, easy and profitable workshop will be held in the Pandora Room, Holiday Inn, 334 Flinders Mall Townsville, August 10th 2008. Learn the basics of selling on eBay.

Register at <http://donnashuggy.poweru.net/>, email [donnashuggy@msn.com](mailto:donnashuggy@msn.com) or phone 0403 008 913.

