

RR

REEF MAGAZINE

hamiltonisland.com.au

HAMILTON
ISLAND
& THE
GREAT
BARRIER
REEF



DIVE into summer

ISSUE 17
RRP AUS \$8.95 NZ \$11.50

ISSN 2201-7658



9 772201 765002

SAIL THE WHITSUNDAYS
CELEBRATE WOMEN OF ACHIEVEMENT
APPLAUD SUPER LEAGUE TRIATHLETES
SAVOUR GOOD FOOD & WINE

N o w i s c a l l i n g

Introducing the all-new Audi Q5.



audi.com.au

Overseas model with optional equipment shown.

Audi Vorsprung durch Technik



Honourable design, sensibly produced

VELA

124 Queen Street, Woollahra
New South Wales 2025

INTRODUCTION



"...THE OATLEY FAMILY AND I HAVE NEVER BEEN MORE PROUD OF THE HAMILTON ISLAND STAFF THAN WE ARE TODAY."



Welcome to Hamilton Island. You may not be aware but we had an extreme weather event back in March, namely, Cyclone Debbie. Thankfully, due to our indomitable team here on the island and their remediation efforts over the past three months, you will not notice much of her legacy as you stroll around. Suffice to say, the Oatley family and I have never been more proud of the Hamilton Island staff than we are today. I would encourage you to give any staff member you meet an encouraging word or smile, as they've stepped up like never before, making great strides to ensure we are ready to welcome you during our busy season, which continues through until late January 2018. This leads me to my next point, which is to thank you for showing confidence in us and our ability to rebuild the island by making the very important decision to take your well-earned holiday here on Hamilton Island. It's a choice we deeply appreciate, especially in light of the way the media portrayed the damage during and just after the cyclone. As unhelpful as it was, you would have been

forgiven for removing us from your immediate travel itinerary, but you didn't do that and my team will make every effort to confirm that your decision was a positive one by providing a wonderful holiday experience for you and your loved ones. I am also delighted to welcome those of you who are reading this magazine during Audi Hamilton Island Race Week. This is my favourite week of the year and I know most of you share this feeling. Aside from the cut and thrust of the competition out on the water – which gets everyone's blood pumping, whether you are sailing cruising fleets or IRC – the annual institution of telling tall stories with old mates over a quiet beer or two is key to any great sailing regatta, and a fundamental part of this one! One new initiative this year, and something very close to my heart, is the free skin checks for sailors, all thanks to QIDerm and the skin-cancer charity Beard Season. We hope to check at least 500 sailors, if not more, as we sun lovers are a group that especially needs keeping an eye on. After more than 40 years of being an avid sailor myself, I recently had a serious cancer cut out of my lower lip. Had

I not discovered it, things could have been looking pretty grim for me right now. It's the potential price we pay for being Australian and having this pristine outdoor lifestyle within easy reach. I'd like to encourage anyone reading this to get down and have a complimentary skin check during Audi Hamilton Island Race Week. Last but certainly not least, we have recently opened our new IGA supermarket. It carries a range of fresh food and grocery items just like you'd find in any major supermarket across Australia. A supermarket may seem like a small thing to those who have two or three close to home, but I can tell you it is a big deal for us Hamilton Islanders, not to mention an excellent new offering for our many hotel and holiday home guests. We are very proud of it and hope it comes in handy during your stay. Wishing you all a warm, relaxing and enjoyable holiday on Hamilton Island.

Glenn Bourke
Glenn Bourke
CEO, Hamilton Island

EDITOR Alison Veness
ASSOCIATE EDITOR Rebecca Khoury
ART DIRECTOR Lyndal Frollano
CONTRIBUTORS Prue Aja Photography, Australian Institute of Marine Science, Ken Butti, Andrew Caitens, Dely Carr, Noelle Faulkner, Golf Australia, Hamilton Island Photography, Hamilton Island Real Estate, Joseph Hinchliffe, Esther Holmes, Darren Jahn, Brendan James, Penny Lane, Emily Lloyd-Tait, Roxy Lola, Eric Matson, Rob Mundle, Kara Rosenlund, Jessica Teas, Tracey Withers, Brittany Woodford.

ADVERTISING AVP Pty Ltd, info@avpublishing.com.au PRINTING IPMG, 42 Boorea Street, Lidcombe NSW 2141
PRODUCTION DIRECTOR Gary Granfield SUB EDITOR Sam Thackray
PUBLISHER AVP Pty Ltd, PO Box 470, Potts Point NSW 1335 Australia, info@avpublishing.com.au
COVER PHOTOGRAPH Andrew Caitens
REEF MAGAZINE is published for Hamilton Island Enterprises Ltd (ABN 61 009 946 909)
by Alison Veness Publishing Pty Ltd (ABN 34 159 827 595) PO Box 470, Potts Point NSW 1335

HAMILTON ISLAND HOLIDAYS
Reservations Lvl 3, 100 Pacific Hwy, St Leonards NSW 2065
137 333 (02 9433 0444), vacation@hamiltonisland.com.au
hamiltonisland.com.au



All material in this publication is protected by the Copyright Act. No part of this publication may be reproduced by any means without the express written permission of the publisher. No liability is accepted for unsolicited manuscripts and photographs. Though sources are checked, no liability is accepted for the accuracy of material contained in this title. REEF Magazine is proudly printed in Australia using PEFC accredited paper. PEFC is the world's leading forest certification organization. An international non-profit, non-governmental organization dedicated to promoting sustainable forest management, the Programme for the Endorsement of Forest Certification is the certification system of choice for small forest owners.

FOLLOW HAMILTON ISLAND AND QUALIA ON
Facebook.com/HamiltonIsland Facebook.com/qualia
Twitter.com/HamiltonIsland Twitter.com/qualia
Instagram.com/HamiltonIsland Instagram.com/qualiaresort

CONTENTS



ISSUE 17

- 12. TOP TEN TO DO:** Must-do Hamilton Island Activities.
- 14. ISLAND NEWS:** Bulletin Board.
- 16. CALENDAR:** Take Note: Diary Dates 17/18.
- 18. PHOTOGRAPHY:** Young Hearts, Run Free. By Andrew Caitens.
- 22. ACHIEVEMENT:** The Whole World in Her Hands. Emma Isaacs interviewed by Jessica Teas.
- 24. SAILING:** Secret Whitsundays. By Rob Mundle.
- 28. WINE:** (Cheers to) the Red, White and New. By Darren Jahn.
- 30. LIVING:** Don't Stop Me Now. Collette

- Dinnigan talks sea change with Noelle Faulkner.
- 32. FOOD:** Home is Where the Heart is. Kylie Kwong interviewed by Emily Lloyd-Tait.
- 36. QUIZ:** Shaken or Stirred: Which Drink Are You? By Noelle Faulkner.
- 38. STYLE:** Here Comes the Sun. Photographed by Kara Rosenlund.
- 40. AWARENESS:** A Cut Above. Jimmy Niggles talks Beard Season with Roxy Lola.
- 42. ACHIEVEMENT:** We Came, We Saw, We Conquered. Women talk by Tracey Withers.
- 46. SPORT:** Survival of the Fittest. The Super League Triathlon, by Tracey Withers.

- 48. GOLF:** Swing When You're Winning. By Brendan James.
- 52. ENVIRONMENT:** Soak it Up. Sea sponges under the microscope, by Joseph Hinchliffe.
- 54. COMMUNITY:** Snap Happy. Hamilton Island's millionth moment.
- 56. RSVP:** Active Women's Weekend and Mother's Day Classic; The Great Whitehaven Beach Run; Qantas Frequent Flyer Weekend; Stamford Financial Hamilton Island Marathon; Super League Triathlon.
- 60. PROPERTY PORTFOLIO:** Artistry in Residence. Solis, paradise on Hamilton Island.

LIFE NEEDS ADVENTURE



PASPALLEY

THE MOST BEAUTIFUL PEARLS IN THE WORLD

WATCH 'LIFE NEEDS ADVENTURE' AT PASPALLEY.COM



TRACEY WITHERS, WRITER

SUNRISE OR SUNSET? "Sun-up. I always want more hours in a day and I love long breakfasts."
 NO 1 HOLIDAY ACTIVITY? "Beach and book. A whole day between sand, deck and a cabana with drinks service is heaven."
 BEST SAILING EXPERIENCE? "I'm doing my Royal Yachting Association qualifications. I've done Italy, Croatia and Greece in the past few years, but my best sailing story is an almost-sailing story. My partner and I were buying a yacht in the Caribbean to sail home to Sydney when we found out we were having a baby, so had to bail at the very last second. We'll have to do it as a three-person crew now!"
 BEST BOOK SO FAR THIS YEAR? "The Orphan Master's Son by Adam Johnson. It's set in North Korea and is brutal, wonderful and frighteningly relevant right now."
 SUMMER SUNDOWNER? "A G&T or a dry riesling, both very cold."
 REEF CREATURE/FISH YOU WOULD MOST LIKE TO SEE? "I've never seen a turtle in the wild."



JESSICA TEAS, WRITER

SUNRISE OR SUNSET? "Sunset, because I am incapable of waking up early and I love a good evening constitutional."
 NO 1 HOLIDAY ACTIVITY? "Walking. Wherever I go, I need to walk as much as possible. It's the only way to stumble across places and things off the beaten path, and it's the best way to become acquainted with the true personality of a place."
 BEST SAILING EXPERIENCE? "Hmmm, can I admit I'm mildly terrified of the open ocean? I'd have to say my best sailing experience is one as an observer – clichéd as that might be – charging through the heads from Sydney Harbour on Boxing Day 2015 alongside the yachts as they set sail for Hobart. The ocean was wild that day and it was exhilarating. Well that, or a live-aboard scuba trip out to the Coral Sea in 2014, complete with a minke whale encounter, where it was just me and the big guy in the water together."
 BEST BOOK SO FAR THIS YEAR? "I have a newborn, so reading for pleasure feels like a distant memory."



JOSEPH HINCHLIFFE, JOURNALIST

SUNRISE OR SUNSET? "Sunset, because it can be appreciated with a sundowner – and doesn't require getting out of bed early."
 NO 1 HOLIDAY ACTIVITY? "Cruising the east coast in my four-wheel-drive ute, with a kayak on top and fishing and camping gear in the tray."
 BEST SAILING EXPERIENCE? "The most memorable was on a dead-calm day on the Brisbane River sailing Lasers as a boy. My older brother and I am on one boat. A few hundred metres away is my best mate and my brother's bestie. Their boat drifts directly into the path of the Kookaburra Queen. There is absolutely no wind and the boys are frantically trying to row out of its way. All the while, the three-storey paddle-wheeler is blaring its horn. It only serves to panic the older boy, though, and he abandons ship, dives into the river and swims away – leaving my mate hysterical and alone in the Laser. A rescue boat arrives in the nick of time, but the older boy is still flapping about in the middle of the river in his life jacket. The maxim 'the captain goes down with the ship' was impressed upon us all that day."



EMILY LLOYD-TAIT, WRITER

SUNRISE OR SUNSET? "Sunset. I'm no early bird and sunset means it's wine time."
 NO 1 HOLIDAY ACTIVITY? "Eating. The rest of the holiday is just what you do to make room for the next meal."
 BEST SAILING EXPERIENCE? "Tootling around the Hawkesbury River with a few fishing lines out the back and champagne on ice."
 BEST BOOK SO FAR THIS YEAR? "Blood, Bones and Butter by Gabrielle Hamilton. It's a thoroughly unromantic memoir of being a chef that's still completely inspiring."
 SUMMER SUNDOWNER? "Nothing will pick you up like a southside. Gin, lime juice and mint for bracing tropicality."
 REEF CREATURE/FISH YOU WOULD MOST LIKE TO SEE? "Turtle. I'm pretty sure they're vegetarians and don't have stingers."

UNIQUE EXPERIENCES IN AMAZING PLACES

Hamilton Island, Great Barrier Reef, Whitehaven Beach, Whitsundays



Hill Inlet Whitehaven Beach | Snorkelling & Diving GBR | Sailing Whitsunday Islands
 Sightseeing & Sunset Dining Cruise | www.exploregroup.com.au/hamiltonisland
Call Explore Hamilton Island to Book 07 4946 9664





1

INCREDIBLE SPLENDOUR: WHITEHAVEN BEACH

Do not leave Hamilton Island without visiting Whitehaven Beach. We promise it's the kind of natural environment that is often viewed in books or photographs yet seldom seen in person. Here it is then, the perfect stretch of white silica sand bordered by clear, turquoise sea. Paradise. Whitehaven Beach may feel remote and otherworldly but the reality is only a short trip by helicopter, seaplane, yacht or motorboat from Hamilton Island.



6

SAILING: ALL HANDS ON DECK

Soak up the best of sea and land with a sail-and-stay package, hire a skippered yacht charter, or tour the Whitsunday Islands' beaches and bays on your own bareboat charter. If a quiet sail into the sunset or a sunset cruise and dinner is required, then raise a sundowner and simply sit back and enjoy.

7

MODERN FAMILY: PLAYTIME

The youngest members of the family will find new friends to hang out with at the Kids Fun Zone play area or the Clownfish Club childcare centre for kids aged up to 14 years. Children aged six to 14 years with a sense of adventure can tackle the Quads for Kids course in Palm Valley, or, the whole family will get a kick out of a few rounds of mini golf.



WHAT LIES BENEATH: THE GREAT BARRIER REEF

The Great Barrier Reef is quite simply one of the most incredible natural habitats on earth. There are many ways to view the reef with minimal impact. You can take a day trip out to the Reefworld viewing pontoon and then enjoy snorkelling through the brilliantly coloured coral formations. Or spend a half or full day touring the secret spots of the Whitsunday Islands, with the Explore Group experts. One of our favourite ways to see the Whitsundays is by air. Take a flight in a chopper with Hamilton Island Air, and be amazed at the views, and your photographs. These moments will make for an unforgettable holiday.



2

GOLF GOALS: TEE TIME

It's easy. Catch the ferry across to Dent Island and enjoy one of Australia's most spectacular 18-hole courses, the Hamilton Island Golf Club, designed by five-time British Open champion Peter Thomson. You'll be amazed. Our advice is don't rush the round at this impressive course, which is a challenge to professionals and casual golfers alike. It is breathtakingly beautiful, with views of the Whitsundays and beyond. At the 19th hole, drink in more views over a laidback lunch at the Clubhouse. And perhaps sharpen your golf wardrobe with a visit to the well curated Pro Shop.

4

REEL IT IN: GO FISHING

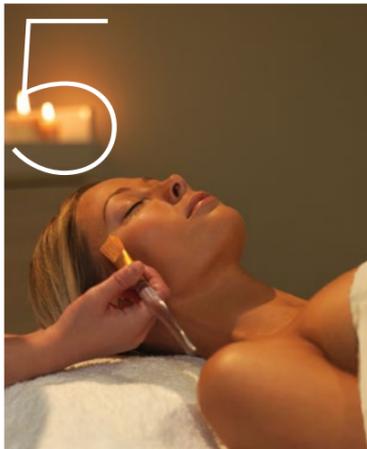
This is one of Australia's best places to go fishing and Hamilton Island Watersports' Predator Fishing or Renegade Fishing Charters accommodate all levels of fishing experience. Hire a private or share charter and the crew can show you how to clean and prepare a delicious catch for dinner. First-timers and novices can get advice on where the fish are biting. And for the more independent fisherman, Hamilton Island Dinghy Hire is the best place to go for a boat, bait and tackle.



9

TIME OUT: REST AND RELAXATION

Spa wumurdaylin's highly-skilled therapists provide indigenous-inspired treatments by Waterlily and LI'TYA, including customised cocoons, scrubs, rituals and facial therapies. For total wellbeing the sanctuary also offers consultations with a nutritionist and an alternative therapist. There's no better way to restore body, mind and soul than a dedicated session at the spa. Take note, if you need a blow dry, or a last-minute up-do or even an emergency spray tan, be sure to book into Island Hair and Beauty in the Resort Centre.



5

EAT, DRINK, PLAY: CHECK LIST

We all love a holiday check list, especially when it involves some mouth-watering fine dining and bars with a view. Ours includes: a drink at the epicly appointed *Bommie Deck* or *One Tree Hill* ordering sunset drinks; a delicious cocktail from the swim up bar at the *Main Pool*; a casual ale overlooking the marina at *Marina Tavern*; Mexican is a must at *TAKO*; savour a dish or three from the Asian infused menu at *coca chu*; and finally to celebrate book a special occasion dinner at *Bommie restaurant*. Done. Done. And tick, tick, tick.



8

10 FEEL THE NEED FOR SPEED: FUN

For that total offshore adrenaline rush, take a guided jet ski tour. It's utterly exhilarating. The go-kart track is another one of our classic go-tos. They are fun, easy to drive and a great way to let off some city steam.



3

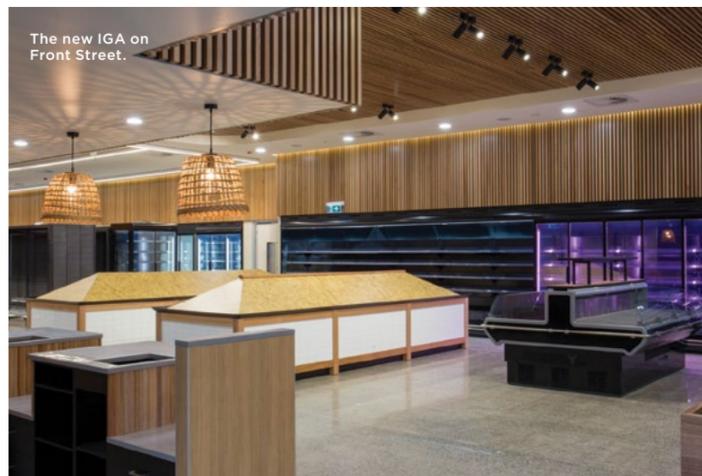
To find out more or book your tours and activities, visit the Resort Centre Tour Desk or call 07 4946 8305.



qualia.

BIRTHDAY CELEBRATIONS

When qualia first opened its doors, redefining island luxury back in 2007, we thought, somewhat breathlessly, that's it: peak heaven. Perfection could not possibly become more polished. And yet here we stand, 10 years later, still beside ourselves with out-of-body joy every visit. In 2016, the resort was named best luxury hotel in Australian Traveller's People's Choice Awards. Managing director of Tourism Australia, John O'Sullivan, says, "Today's discerning traveller is looking for a unique, distinctive and high-quality holiday experience, which qualia has consistently delivered for 10 years now. Cyclone Debbie did its best to try to spoil the anniversary party, but I'm sure the resort's reopening will just set the bar even higher when it comes to ultra-luxury accommodation." Out. Of. Body.



The new IGA on Front Street.

FABULOUS IN AISLE THREE...

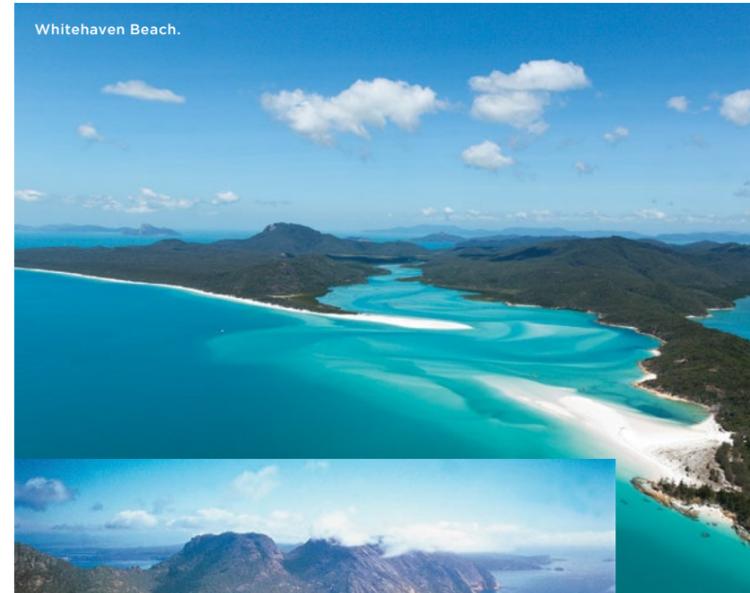
Attention, all island cooks and foodstagrammers - a gleaming new IGA just opened on the southern end of Front Street in the marina, and, good grief, it's a sexy supermarket. With an interior designed to ride the high-end island vibe, it's literally the most gorgeous IGA in all Australia - part-fresh gourmet grocer, part-resort with warm timber walls, black steel, polished concrete and chilled, ambient lighting. Picnic prep, anyone?

PUTTING A PRICE ON THE GREAT BARRIER REEF

We've always considered the Great Barrier Reef priceless, but a recent report by Deloitte has placed a value on it for the first time: \$56 billion. Titled 'At What Price? The Economic, Social and Icon Value of the Great Barrier Reef', the report outlined the \$6.4 billion it contributes to the Australian economy and the 64,000 jobs it supports, as well as its global environmental and social value. It's part of Australia's DNA - the most famous of our UNESCO World Heritage sites and, for Indigenous owners, of limitless significance. But as the largest living structure on earth, visible from space, our coral reef is an international asset, too. Of the 1,500 Australians and residents of 10 other countries Deloitte asked, two-thirds said they were prepared to pay to protect it - for the whole planet's sake. Count us in for the investment.



Great Barrier Reef.



Whitehaven Beach.

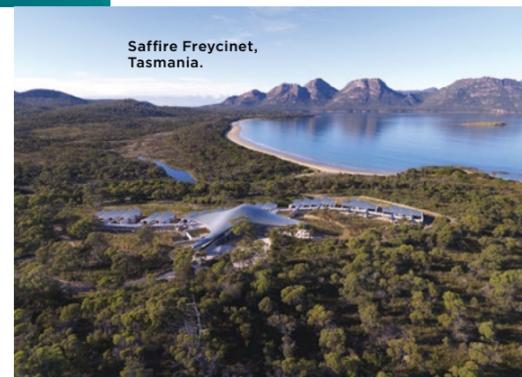
WHITEHAVEN TO WINEGLASS BAY

Pop a cork: ticking off your champagne-bucket list of Australia's most sublime resorts has just been made easier. qualia on Hamilton Island, Henry Jones Art Hotel in Hobart and Saffire Freycinet on Tasmania's Freycinet Peninsula have pulled together the most extreme luxe itinerary ever conceived by the human mind. Good lord, all those shimmering stars give us the tingles. Imagine. Sign on and you'll be swept seamlessly from the sun and snow-white sand of world-famed Whitehaven Beach and the jewels of the Great Barrier Reef to the pristine nature, rugged mountains and coastal woodlands of the country's dramatic southernmost wilds. Pause only for the chilled wine, a Tassie whisky, first-class food and - oh go on, then - spa time. Having a team of high-end specialists arrange your every whim is intoxicating.

For more information, visit whitehaventowineglass.com.au



Wineglass Bay.



Saffire Freycinet, Tasmania.

BULLETIN BOARD

It's all about the wonderful environment and life on the Great Barrier Reef. Here, the latest updates. By Esther Holmes.



qualia's Palm Beach.

SUBLIME CRUISING

You had us at yacht. And designer, naturally. Exclusive to guests at qualia, the sparkling new Palm Beach motor yacht is where all of us would rather be right now. Oh, she's beautiful, sculpted from handcrafted Burmese teak into sleek exterior lines. Picture her gliding out to Whitehaven, Chalkies Beach, Langford Island or Hill Inlet and you plunging from her polished deck into the deep blue - and if anyone should capture the moment and post it as #lifelivedright on Instagram, so be it. Inside, the light-drenched living space is all hand-stitched carpet and leather chill zones for deep, floating relaxation. It's our favourite kind of cruising.

AND THE AWARD GOES TO...

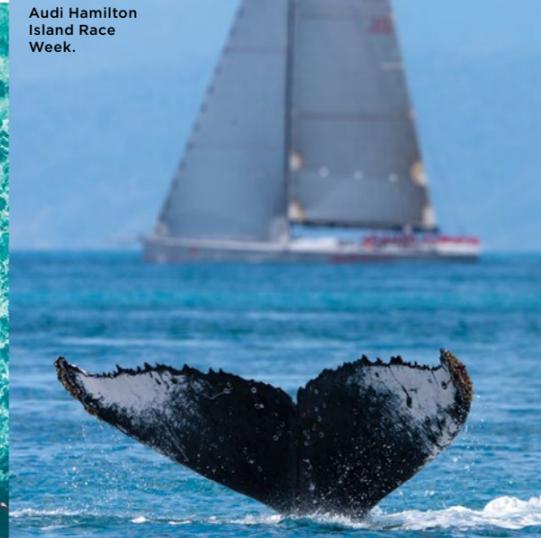
The world has spoken. After being voted most desirable island escape in the Australian Traveller People's Choice Awards of 2016, Hamilton Island has just been named the highest-rated beach or island escape in Australia in the International Traveller Readers' Choice Awards for 2017. Internationally Hamilton Island beat some of the most prestigious island destinations in the world, including the Maldives, Thailand and Vanuatu. We do like a win, especially in a strong competitive set that also included Hawaii, Bali and Fiji. Now aren't you glad you're here.



Catseye Beach, Hamilton Island.



Audi Hamilton Island Race Week.



Audi Hamilton Island Race Week.

Active Women's Weekend.



Fujifilm Hamilton Island Triathlon.



Fujifilm Hamilton Island Triathlon.

DIARY DATES

No matter what speed you like to take it at, make a date for some of the best events in Australia's sporting and social calendar – among some of the best scenery you'll find in the world.

2017

AUGUST 19-26 AUDI HAMILTON ISLAND RACE WEEK

One of the world's premium yachting regattas – certainly Australia's favourite – and the most exciting week to be on the island. The mixture of short-course, passage and multihull racing classes is guaranteed to test any sailor's tactical ability. Also on the schedule for top-end contenders is an IRC Passage class for modern, fast-cruising yachts, performance racing and a sports-boat competition. Cruising, corporate, bareboat, non-spinnaker and SB20 divisions will all be in the line-up, too. With accompanying onshore events including amazing lunches and memorable dinners by visiting chefs, a Paspaley pop-up store and lots more throughout the week, Audi Hamilton Island Race Week has become one of the most important social events on the calendar. See you there.

OCTOBER 29 - NOVEMBER 2 PGA PROFESSIONALS CHAMPIONSHIP NATIONAL FINAL

The PGA Professionals Championship attracts Australia's top-order Club Golf Professionals and Teaching Professionals alike, all ready to take on the challenging Hamilton Island course. That also goes for the non-pro, three-day event, the Hamilton Island Amateur Golf Championship, which runs in conjunction with the PGA Final. This is the Amateur Championship's sixth year and places are limited, so golfing enthusiasts need to book early. The popular Stableford competition starts at the same time as the PGA and is a Pro-Am on day one, followed by a 36-hole competition, open to both men and women. There are serious prizes to be won... time to start locking in some extra practice hours.

NOVEMBER 11 FUJIFILM HAMILTON ISLAND TRIATHLON

Swim Catseye Beach, bike the airport runway

and run the Hamilton Island roads. Yes, this is your chance to face off against professional athletes and other amateur-but-intense participants who come to Hamilton Island to test their mettle. Just crossing the line earns extensive bragging rights. It's a demanding course and serious all the way to the idyllic beachside finish. For athletes aged 4-14, there's a junior triathlon and a Splash n' Dash swim and run the following day (both events are of varying lengths). Or you can all take it easy in the Dent Dash – more of a fun Sunday walk or run along the buggy paths of the picturesque Hamilton Island Golf Club on Dent Island. Whichever race you run, good luck.

NOVEMBER 12 FUJIFILM WHITEHAVEN BEACH OCEAN SWIM

If the adrenalin's still pumping, you can also compete in the Fujifilm Whitehaven Beach Ocean Swim, a 2km or 750m race, and help burn off the extra energy. Plus it's one of the most beautiful beaches in the world.

2018

MAY 6 STAMFORD FINANCIAL HAMILTON ISLAND HILLY MARATHON

We are throwing down the challenge once more for marathon runners to take on 42.2km of mountainous Hamilton Island terrain in what is now one of the most epic endurance events in Australia. If the half-marathon is more your pace, take part in the 21.1km race – the event also includes a 3 x 7km relay, plus a kids' fun run. They're all part of the Endurance Series and attract visitors and locals who are prepared to battle it out on this impressive course.

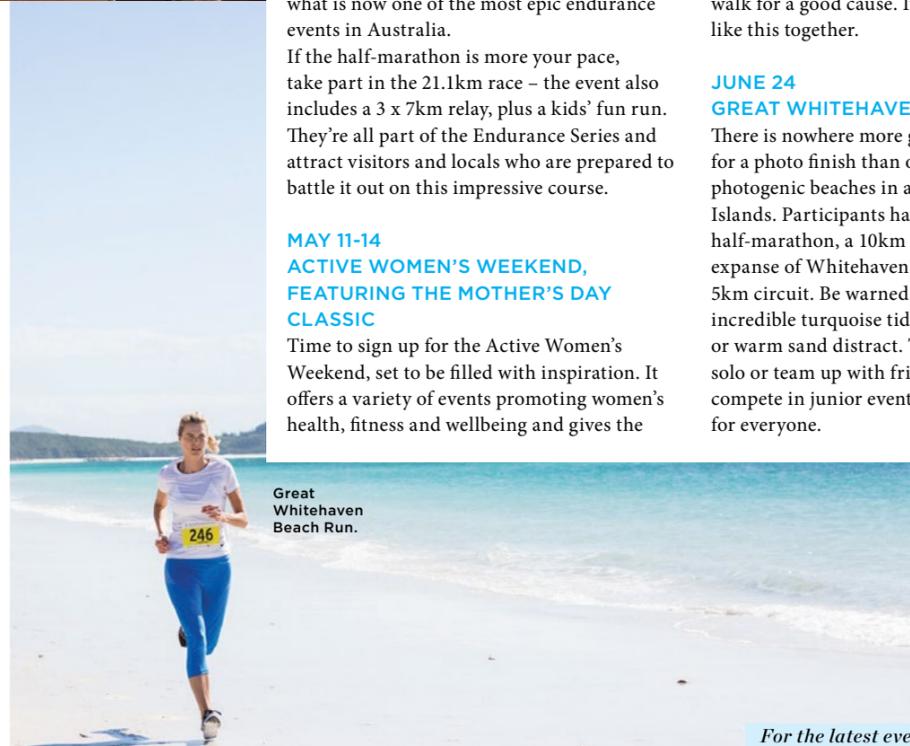
MAY 11-14 ACTIVE WOMEN'S WEEKEND, FEATURING THE MOTHER'S DAY CLASSIC

Time to sign up for the Active Women's Weekend, set to be filled with inspiration. It offers a variety of events promoting women's health, fitness and wellbeing and gives the

opportunity to meet other like-minded women, including influential sports - and businesswomen. During this weekend, Hamilton Island also hosts the annual Mother's Day Classic, a Walk in the Park. It's a fundraiser for breast-cancer research and a way of saying thanks to mums all over Australia. Dress up in pink and join the island community and other guests in this walk for a good cause. It's fun to do something like this together.

JUNE 24 GREAT WHITEHAVEN BEACH RUN

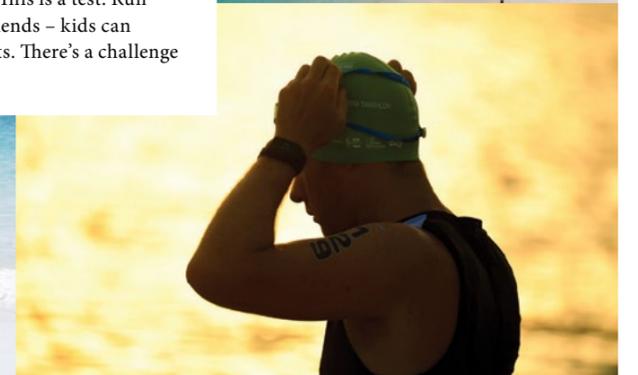
There is nowhere more glorious to sprint for a photo finish than on one of the most photogenic beaches in all of the Whitsunday Islands. Participants have a choice: the half-marathon, a 10km run along the white expanse of Whitehaven Beach or the shorter 5km circuit. Be warned, though: do not let the incredible turquoise tide, the sunshine or warm sand distract. This is a test. Run solo or team up with friends – kids can compete in junior events. There's a challenge for everyone.



Great Whitehaven Beach Run.



Great Whitehaven Beach Run.



For the latest event information and more details, visit hamiltonisland.com.au/events

The Milky Way rises over the Whitsundays' Lindeman Group of Islands.



“PEOPLE WHO HAVEN'T CLICKED IN OTHER PLACES SAY THEY'VE FOUND THEIR FIT ON HAMILTON.”

YOUNG HEARTS, RUN FREE

Twentysomething Instagram influencer and photographer Andrew Caitens talks to REEF about the fresh, young tribe lighting up the social status on Hamilton Island and how his camera finds such mesmerising angles.



Days off are often spent exploring the hidden corners of our beautiful backyard. Escape Beach Trail, Hamilton Island.

You might think a small tropical island like Hamilton Island is where older people move to with their families for the quiet life. A lot of people in their twenties end up in party cities such as London or wherever. But there's plenty going on here on Hamilton Island if you're younger and just starting out.

I grew up in Brisbane and lived a pretty urban, city-style life. I studied engineering for five years, worked in the industry for two and felt keen to get out of the office, out of the corporate space. First I ended up in Canada, doing the snowfields thing in Banff, and that's where I met my girlfriend, Samie [Laferrière] – she's French Canadian. Hamilton Island was the perfect next move for us. We both love getting out into nature and being active. Having a lifestyle where those kinds of things are just a walk away and we can be immersed in them at the end of a working day is amazing. We've been here for six months and we love it.

Samie and I have a modern studio apartment at Passage Views – and, yes, we do have a beautiful

view. I'm on our balcony now, looking at the water and across to Dent Island. Not bad! It's staff accommodation, so we live in the same place as workmates and friends. There's a really tight kind of culture of community among us all. I've met people from all over who've come by themselves. People who haven't clicked in other places say they've found their fit on Hamilton Island. It's special like that. And if an active social life is what you're looking for, there's plenty going on.

I'm working as a food and beverage attendant in a restaurant right now. Samie is as well, though at a different place. We're really happy. There's a lot of guest interaction where I work and it's a pretty fast-paced restaurant, so I'm up and around all the time. The great thing about being on the island is you can experience different types of jobs. There's a lot of scope to move around through multi-hire or job sharing. Photography is definitely my passion, though. My mum is a wildlife artist, so she has always taken reference photos, and I remember using her film camera when I was really little, but I

only started taking photography seriously when I started travelling. Then, in 2013, I started putting up 'proper photos' on my Instagram [caitensphoto has 16,300 followers at time of writing]. I picked up a lot of my followers from the mountain photography I was doing in Canada, so switching to the underwater stuff I shoot out on the Great Barrier Reef, the gorgeous beaches and the kind of landscapes that I get here on the island is obviously really different. That kind of big theme change often results in large drops in followers, but what I can capture here is so incredible that everyone reacted really well. People love the turtles. They get a lot of likes. I think it's because it's amazing but a really natural thing – it's not another set-up for Instagram. I can't tell the turtle to do something incredible for the camera, and that really pulls people in.

I've been shortlisted in this year's Australian Geographic Nature Photographer of the Year competition for a photo that I took out on the Great Barrier Reef of a turtle. The winner will be announced on August 10. Prints of my

PHOTOGRAPHY

"I TAKE MY CAMERA OUT A LOT AT NIGHT, TOO, WHICH IS WHEN A LOT OF PEOPLE SEEM TO FORGET ABOUT SHOOTING."

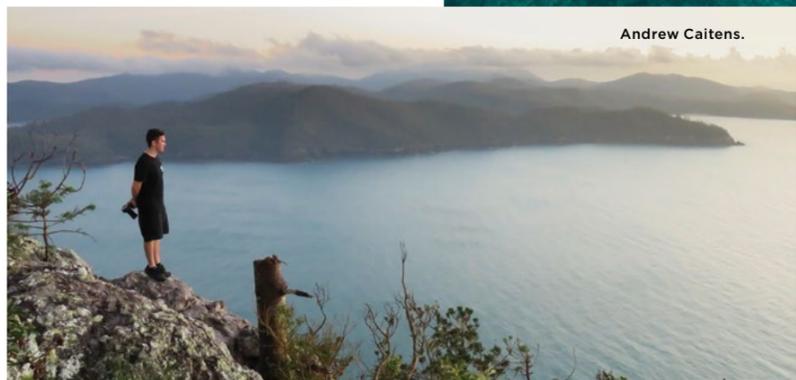
Picnic breakfast on the north end of Whitehaven Beach.

photos are available to buy through Facebook and I've been doing some commercial work for companies who tell me that, as soon as they share my photos, bookings to come and experience the environment here get made. There's nowhere in the world like this. I shoot everything on my Canon EOS 5D Mark III with just a couple of lenses, a 16-35mm F/2.8 and a 70-200mm F/2 - that's kind of the telephoto and the wide-angle end of the spectrum. I also use an AquaTech water housing. When I'm in the water, I use the wide-angle lens. Focus is the real challenge, so I put it on auto, but patience is the key. I usually go out in the middle of the day, when the light is at its strongest and brightest, but when you do sunrises and sunsets, you get that beautiful golden light. Clarity is the big thing. If it's been windy or choppy out on the water, things get mixed up, particularly on the Great Barrier Reef because the water is so nutritious, so visibility can be quite short. When you get a quiet, clear day though, you've got 20-30m of visibility and it's magic. On my Instagram you'll also see a few split shots, showing a bit above the waterline and a bit below - they're much easier to get on a quiet day. I'll be hitting the water a lot more in winter; with the calm, clear days that we get, it's the perfect time. I've never done formal photography courses or training. It's absolutely been about learning on the road, making mistakes and figuring out using YouTube and magazine articles. Hamilton Island is any level of photographer's or travel influencer's paradise because it's so diverse. There are Instagrammable spots everywhere. You can hike from Catseye Beach up to Passage Peak and get a spectacular stretch of sand, then a rocky landscape.

That's one of the best experiences on the island. South East Head is another favourite - once you get over the ridge in the middle of the mountain, it really feels like you're on a totally different island. You can also go out to Whitehaven on a boat in the morning, do a nature walk in the middle of the day, then shoot an activity in the afternoon. The challenge is to get the shot that hasn't been posted by everyone else. There are lots of iconic blue-sky, water and sun scenes, so I love getting out in different weathers, looking for different light. Some of the most unlikely conditions yield the most beautiful photos. You can get something unique and really special. I take my camera out a lot at night, too, which is when a lot of people seem to forget about shooting. Being out in the middle of the ocean in the dark is perfect for star viewing. Get your tripod and take a buggy up One Tree Hill. I use the same camera and the wide-angle lens and just shoot with really long exposure. I've not yet had the chance to get out and shoot much of the sporting stuff and sailing that goes on around Hamilton Island, but there's so much of it and it's definitely on my list. There is a new idea for a photo everywhere I look. It's a great place for me to be right now.

[facebook.com/caitensphoto](https://www.facebook.com/caitensphoto)

Andrew Caitens.



One of Hamilton Island's flagship sunrise spots - Passage Peak.



A Green Sea Turtle floats through the Whitsundays' stunning blue waters.

PHOTOGRAPHY: ANDREW CAITENS.



HENRI LLOYD

THE ORIGINAL
BRITISH
SAILING BRAND



*The colour of the sea.
It's telling you something.*

Shop the collection at Marina Retail

HENRILLOYD.COM.AU

Emma Isaacs.
Opposite page:
Emma Isaacs and
Nicole Kidman.



"I TRY TO BE KIND TO MYSELF AND DON'T NECESSARILY STRIVE FOR THE ELUSIVE 'BALANCE'."

PHOTOGRAPHY: BRITTANY WOODFORD / PRUE AJA PHOTOGRAPHY

THE WHOLE WORLD IN HER HANDS

Business Chicks founder and global CEO, Emma Isaacs, recently headlined at Hamilton Island's second annual Active Women's Weekend. Jessica Teas caught up with her to discuss – what else? – the benefits of networking, the myth of doing it all and women in business.

Who needs a Wonder Woman reboot when we have Emma Isaacs? It's not easy finding sustained success in business the way Isaacs has. She bought into her first business at the age of 18, when a normal teenager would be hungover most mornings and sleeping through lectures. Not Isaacs. Several years on, she attended a small event run by a group called Business Chicks. Upon learning the company was for sale, she snapped it up and hasn't looked back since. Fast forward to 2017 and she has fashioned it into the international women's networking juggernaut that it is today, with tens of thousands of members, more than a hundred annual events (featuring celebrity guests such as Nicole Kidman), a quarterly magazine and nearly 270,000 social-media followers.

It's clear the rise of Business Chicks is, in large part, down to Isaacs's many everyday superpowers – her bottomless ambition, glass-half-full outlook on life, an enviable network and networking skills, to name some. One of her powers is the ability to withstand the pernicious work-life-balance myth, kryptonite (understandably) to so many modern women. She says, "I try to be kind to myself and don't necessarily strive for the elusive 'balance'. I know I have no balance and that's the way life just is for now."

Yet it's hard to ignore the fact that she has the sort of life where surely maximum utility is squeezed from every waking moment. "The reality of having four young children and a growing global business means that there's precious little downtime and I have to execute most tasks with military-like precision," admits Isaacs. Throw into the mix a fifth child on the way, family relocation from Sydney to LA and the writing of a book, and she appears to, in fact, do it all. She says the reality of it is that she

focuses on only her highest priorities. "I just try to understand my values and what's important to me and focus on those things. For now, it's about growing the business and it's about spending time with my family. Everything else pales in comparison, but it won't always be this way."



When asked about work and family, Isaacs also gamely points out that such questions seem to be reserved specifically for women, pointing out the insidious, inconspicuous ways in which unconscious bias colours so many of our judgements in daily life, for men and women alike. "I'll give you a small example," says Isaacs. "I get asked all the time, 'How do you juggle it all with your family and the business?'"

My husband has never once been asked this question." Cue waves of high-powered women with families knowingly nodding their heads in agreement.

"I think there's still a lot of discrimination against women in business," she says. "Yes, most of it is covert and, most of the time, people don't even know it's happening. Unconscious bias is alive and well! The good news is that it can be combated with training and just bringing awareness to the issue. I've overcome that by strengthening my network and getting to know these women."

Indeed, when asked about what she thinks is the biggest obstacle that women in business face, she says, "Having access to female role models," adding, "You can't be what you can't see, so it's important to surround yourself with people who are where you want to be."

This sort of real talk and innate understanding of the issues facing women in business and a passion for facilitating the sort of community that helps women network, connect and support each other underpins her business philosophy and, no doubt, bleeds into all aspects of Business Chicks. She goes on to say, "Our goal is to build the strongest global community for women, and to keep serving them in whatever ways we can. It's somewhat contentious to think a women's network is still needed in 2017 and indeed into the future, but all our research confirms it is. We still work in a world where unconscious bias exists and still have a long way to go in order to close the gender pay gap and equal the scales when it comes to executive and non-executive representation.

We've found that, by telling the stories of people who are achieving great heights of success, we've been able to pave a way for our members to believe it's also possible for them – so that's what we're going to keep doing and we'll keep reinventing the ways we do it."



“GUESTS CAN CRUISE THROUGH THE ISLANDS... FOR A TRIP YOU WILL NEVER FORGET.”

SECRET WHITSUNDAYS

In the mid-1970s, when the tropical Whitsunday group of islands was a little-known holiday destination in Australia, Rob Mundle eagerly grabbed the opportunity to charter a small yacht and cruise through what he quickly discovered was a spectacular, dream-laden slice of paradise.

I was stunned by the magnificence of the scenery I was absorbing: a myriad of deserted islands, beautiful beaches that were almost beyond comprehension, warm turquoise waters and an underwater world comprising a kaleidoscope of colourful coral and equally colourful fish.

Scroll forward 40 years from when I first encountered the Whitsundays and I can confirm that the serenity and natural beauty is still here to be experienced as it was all those years ago. In fact, the vast majority of the region remains virtually unchanged from when Captain Cook sailed through and named the Whitsunday Passage in 1770 as part of his voyage of discovery along Australia's east coast.

The Whitsundays are heaven sent: they are Australia's answer to the Caribbean, yet in many ways, the region offers so much more than its famed northern-hemisphere counterpart. For instance, most of the 74 islands in the Whitsundays are uninhabited, and every one of them, plus the Great Barrier Reef, is within a 75km radius of the region's centrepiece, Hamilton Island – Australia's largest and most-awarded tropical island destination. In the Caribbean you often need to travel more than 50km across open water just to get to the next island.

With Hamilton Island having its own commercial-jet airport, travellers can escape the winter chills of the southern climes and be savouring the tropical winter warmth of the Whitsundays in just a few short hours' flying time. Moreover, the island is the perfect base for your exploration of the Whitsundays and one of the seven natural wonders of the world, the Great Barrier Reef.

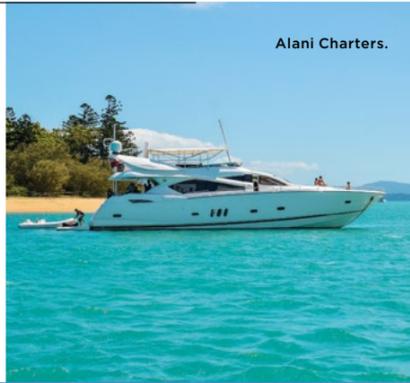
When first-time visitors settle in to their accommodation on Hamilton Island and take in the captivating views across sparkling waters to nearby islands, they quickly realise the

uniqueness of the Whitsundays and the benefits of their chosen destination. While the Great Barrier Reef is just beyond the horizon, the beautiful Whitehaven Beach, on Whitsunday Island, is just a few kilometres away to the east. It's an unspoiled 7km-long strip of white, powder-like silica sand that, once seen, becomes an unforgettable memory. Also, as some island locals will tell you, if you cast your eyes to the west from Hamilton Island, the high hills in the distance are part of the largest island in the Whitsunday group. It's called Australia! That's how close the Whitsunday Islands are to the mainland.

Just as Hamilton Island offers a wide range of accommodation to suit all budgets and desires, it too provides every possible opportunity to explore the Whitsundays and the Great Barrier Reef by sea or air.

From a 25m luxury motor yacht to a 10ft dinghy, from the rhythm of large and powerful motors to the silence that comes with a gentle breeze filling sails, Hamilton Island has every base covered when it comes to a desire to explore the Whitsundays. One of the many assets that the island has for the benefit of guests is a magnificent harbour and an expansive 301-berth marina that caters for vessels from 6m to 60m. This is the headquarters for all the island's maritime activities, including charter operations and inter-island ferry services.

And, should you want an aerial perspective of the overall beauty of the region and the reef, then there are helicopters and seaplanes ready to fly. Both can also whisk you away to Whitehaven Beach or the Great Barrier Reef for a day's outing. When it comes to the ultimate in boating luxury, there are numerous opportunities for guests to consider, all of which are presented with a professional skipper and crew and many are fully catered. The island's internationally acclaimed luxury resort, qualia, has some exclusive options



Alani Charters.



Hamilton Island Marina.



AWOL Luxury Charters.



On The Edge.



Ricochet.

for guests who wish to enjoy a maritime adventure as part of their stay. The most impressive of these is the recently acquired vessel, Palm Beach, a 60ft motor yacht built specifically for qualia. This classically styled motor yacht is ideal for cruising in comfort to Whitehaven Beach, where a sumptuous lunch can be enjoyed by guests while surrounded by superb island scenery and a beach like no other. But guests aren't restricted to staying on board in such a sublime environment: the crew will be all too willing to take guests ashore so they can sample the amazing sand and swim in the warm sea. All visitors to Hamilton Island have access to a number of vessels from which to choose when it comes to exploring the remarkable fusion of waterways and widely varying island scenery. Alani Charters offers a 25m modern motor yacht that is available for a number of activities, ranging from a sunset cruise or a full-day

excursion through to a two-day expedition around the Whitsunday Islands or to the outer Great Barrier Reef. The daytime experiences can cater for up to 35 guests, while the overnight option is for up to nine people. Similarly, AWOL Luxury Charters has as the pride of its operations a sleek 24m Lazzara LSX-78 luxury motor yacht that can cruise through the islands or take you to the Great Barrier Reef for an experience you will never forget. Not everyone, however, wants to be aboard a motor yacht for their wanderings across the Whitsunday waterways – many want the simple and silent pleasure of being under sail, and here there are many options to be enjoyed. Sunsail yacht charters, one of the world's premier chartering operations, provides a bonus for visitors to Hamilton Island who want to enjoy a cruise under sail through the Whitsundays. Here it is not unusual for guests to stay on the island for a couple of days, charter a yacht and cruise around the Whitsundays for a week, then return to the island for a few more days rest before flying home. Guests with no sailing experience can also try sailing as Sunsail will provide a qualified skipper who will guide them through the day. On The Edge is a custom designed catamaran that will take you to Whitehaven Beach, for an unforgettable 'Sail and Swim' or 'Sail and Snorkel' experience, or set sail at sunset and soak up the magical last rays as the sun dips down below the horizon. If the need is for luxury under sail, then there is the 47ft state-of-the-art carbon-fibre catamaran, Ricochet. An outing on this is laden with exhilaration and excitement from the moment you depart Hamilton Island Marina.

Ricochet is licensed for 12 guests and tours the waters surrounding Whitsunday Island. Activities to be enjoyed while on the voyage include a bushwalk, swimming and snorkelling. For those wanting a more 'back to basics' on water experience, dinghies can be hired from Hamilton Island Marina Village at the Dinghy Hire Office on C-Arm, or at the Hamilton Island Tour Desk. This is one of the best ways to enjoy the many pleasures of venturing between Dent Island and Hamilton Island, exploring Henning Island beach, or fishing. Each dinghy carries up to six guests. The Whitsundays is one part of the world you need to see. Even after so many years of sailing and racing here, I never tire of the experience or the sheer pleasure.

Club Marine Insurance. Get more out of boating, on and off the water



Club Marine Insurance has been leading the way in recreational boat insurance for over 45 years

With Club Marine Insurance you're not only getting protection for one of your most prized assets, but peace of mind too. When you arrange Club Marine Insurance for your boat, you become a member of a club that entitles you to a range of services and benefits to help you get the most out of your boating experience.

- A first of its kind, the award winning **Club Marine App** gives you access to severe weather alerts and important safety information as well as the ability to view and manage your policy and lodge a claim.
- Whether you are a novice or experienced skipper, **Club Marine TV** provides you with a comprehensive series of boating videos with useful how-tos and safety advice presented by experts.

Plus you'll also receive

- Up to **25% no claims bonus**
- **5% discount** when you buy or renew your policy online*
- **Club Marine Assist**, roadside and personal assist service at no extra cost
- **Club Marine magazine**

It's no wonder they say, 'Boating's just better with Club Marine'.

Call us on
1300 00 CLUB (2582)
or go to
clubmarine.com.au
to get a quote online



Insurance is underwritten by Allianz Australia Insurance Limited (Allianz) ABN 15 000 122 850 AFSL No. 234708 of 2 Market Street, Sydney. Club Marine Limited (Club Marine) ABN 12 007 588 347 AFSL No. 236916 is a related body corporate and issues boat insurance as agent of Allianz. Club Marine Assist is provided by Club Marine Limited. Assistance services are provided by AGA Assistance Australia Pty Ltd trading as Allianz Global Assistance ABN 52 097 227 177. Terms of service are available on clubmarine.com.au. * Any discounts offered are applied to our standard rates. Promotional or other discounts may apply from time to time. Minimum premiums may apply. Any discounts/entitlements only apply to the extent any minimum premium is not reached. If you are eligible for more than one, we also apply each of them in a predetermined order to the premium (excluding taxes and government charges) as reduced by any prior applied discounts/entitlements. Discounts are available at the time of printing and subject to change without notice. To decide if this product is right for you, please carefully read the Product Disclosure Statement, which is available on clubmarine.com.au.

(CHEERS TO) THE RED, WHITE AND NEW

Like a great bottle of pinot noir in your cellar, the Australian wine landscape continues to evolve, says Darren Jahn.

Robert Oatley Vineyards, Mudgee.

New wineries and labels are popping up almost daily, vineyards are being planted in emerging regions and new and unusual grape varieties are featuring on restaurant wine lists. And there's a new cellar door at Margaret River that's a great addition to your Western Australian wine tour map.

Robert Oatley Vineyards, the Oatley family business, has adapted quickly in its 10 short years on the vinous map, expanding this year from its own vineyards in Mudgee, New South Wales, to a new site – and second cellar door – at Margaret River.

The late Bob Oatley was never one to do things by halves and his vision for the revived wine business he launched in 2006 always included wines from regions other than the family's own. While based at Rosemount, in the Hunter Valley, his winery had vineyards right down the east coast to South Australia. The new business, founded on the family's vineyards at Mudgee, followed a similar model, yet with the help of talented Winemaking Director Larry Cherubino, looked further afield to the west, sourcing grapes from Margaret River, south of Perth, and the Great Southern, near Albany. Those initial wines helped put Oatley's new company in the spotlight and led to it garnering a host of awards at the wine shows and critical acclaim worldwide, especially for its riesling, chardonnay and cabernets.

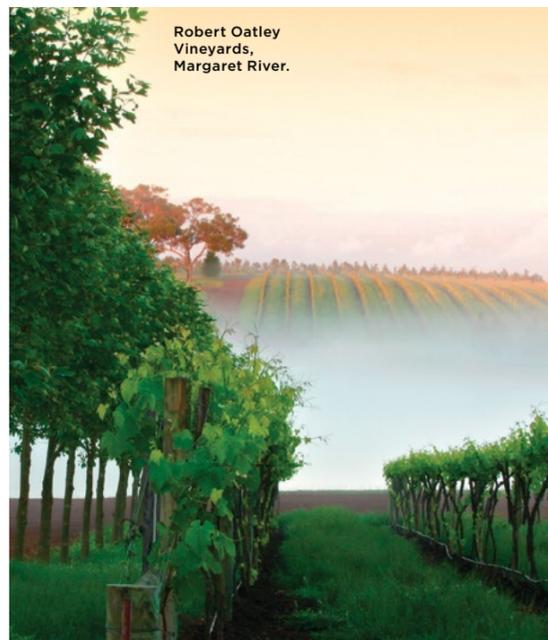
Meanwhile, South Australia delivered gold in the form of Barossa and McLaren Vale shiraz and, back home at Mudgee, the family has enjoyed tremendous success with chardonnay and shiraz from both young and old vines

planted north of the township. Unlike many other wineries that might concentrate on a single site or region, the Oatleys have always travelled far and wide for the most interesting grapes in order to make a range of different styles. From their Finisterre label, you can taste both Mudgee and Margaret River chardonnays, as well as cabernets from the Frankland and Margaret River districts. Now, a decade on from opening their Mudgee cellar door at the historic 1850s Craigmoor property, the family have opened at a picturesque site on Caves Road, Wilyabrup – a red-wine hot spot in the north of the Margaret River region.

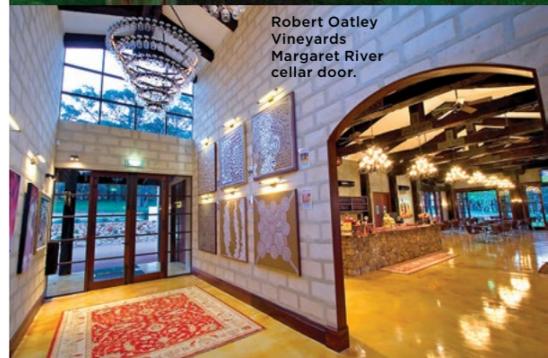
Whereas Mudgee offers hundreds of years of wine history, Margaret River is but a babe in the woods, with serious wine production only beginning there in the 1970s. But, without question, the latter has developed an enviable reputation for quality and international success, along with an impressive local and international tourism market.

With all those potential visitors and more than half of Robert Oatley Vineyards' grapes coming from Western Australian vineyards, it was more a case of when, rather than if, the family would open their own local operation to complement the home site on the east coast.

Sadly, with Bob Oatley's passing last year, he never saw his Western Australian vision come to life, but his belief in the wines was vindicated numerous times and we saw the smile they put on his face. He'd be happy to see wine lovers enjoying a glass of Robert Oatley at Oatley Vineyards on both sides of the country, not to mention on Hamilton Island.



Robert Oatley Vineyards, Margaret River.



Robert Oatley Vineyards Margaret River cellar door.



Robert Oatley Vineyards, Margaret River.

"...MUDGEE OFFERS HUNDREDS OF YEARS OF WINE HISTORY, MARGARET RIVER IS BUT A BABE IN THE WOODS."

Must-try wines and activities for visitors to these two very different regions.

MARGARET RIVER, WA

At the Robert Oatley Vineyards cellar door enjoy a "flight" of chardonnay or cabernet – the Robert Oatley Signature, Finisterre and Pennant labels, ranging from \$25 to \$80 – and see the winemaker's talented influence via fruit and oak selection. The Robert Oatley Vineyards restaurant is superb, overlooking beautiful rose gardens and a calm-inducing lake. The region's beaches are second to none and the local caves very special.

MUDGEE, NSW

Chardonnay features here, too (as it does in most of Australia's top regions), but for the Oatleys it's shiraz that tops the red-wine tree. The Finisterre chardonnay off a near 50-year-old block at the entrance to cellar door is something special – a regular gold-medal winner off land that was once mined for gold. And the region's cult red is the Montrose Black Shiraz. Lunch at Kim Currie's Craigmoor Pavilion is another reward for the pleasant 3½-hour drive over the Blue Mountains from Sydney.

RAISE A GLASS

Four Oatley drops ready to try on Hamilton Island right now from Margaret River and Mudgee.



WILD OATS MUDGEE CHARDONNAY
Named after the family's super-successful series of maxi-yachts, this bestselling chardonnay hails from the family's own vineyards. Lightly oaked, it's a fruit-forward crowd-pleasing style.



ROBERT OATLEY FINISTERRE MARGARET RIVER CHARDONNAY
A fine example of top-class Australian chardonnay, in which tight-grained French oak plays a supporting role to crisp, white peach and citrus-like fruit. Long and lingering.



MONTROSE MUDGEE BLACK SHIRAZ
Mudgee's high-altitude inland location gives warm summer days with cooling nights for long, slow ripening of robust-flavoured reds. Black Shiraz is named for its earlier black label, rather than inky weight – you will taste bright red fruits and savoury tannins.



ROBERT OATLEY SIGNATURE SERIES MARGARET RIVER CABERNET SAUVIGNON
Recognised by many as Australia's top region for cabernet, this is a great value example of the style: full favoured yet finely structured, with great balance.

DON'T STOP ME NOW

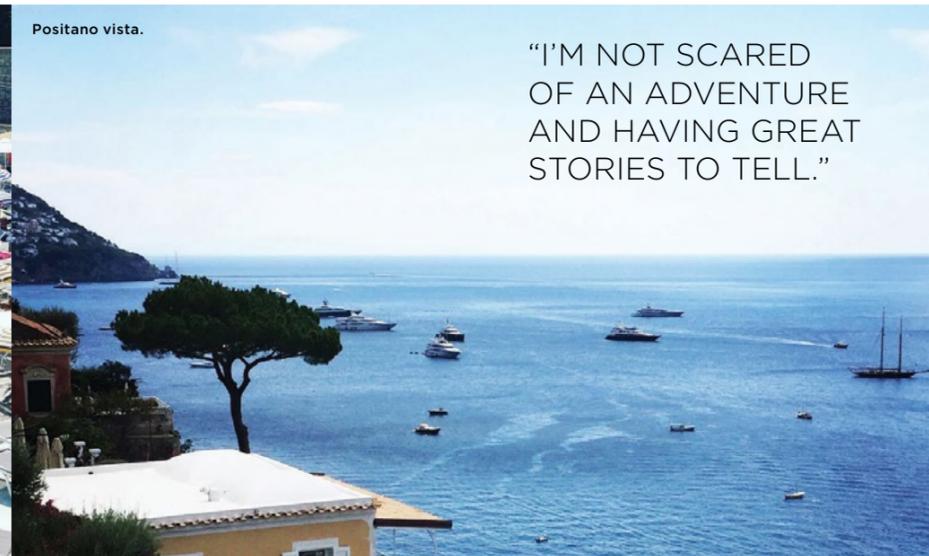
Designer Collette Dinnigan considers the benefits of a sea change, her love of travel and why quietening down hasn't brought quiet at all.
By Noelle Faulkner.



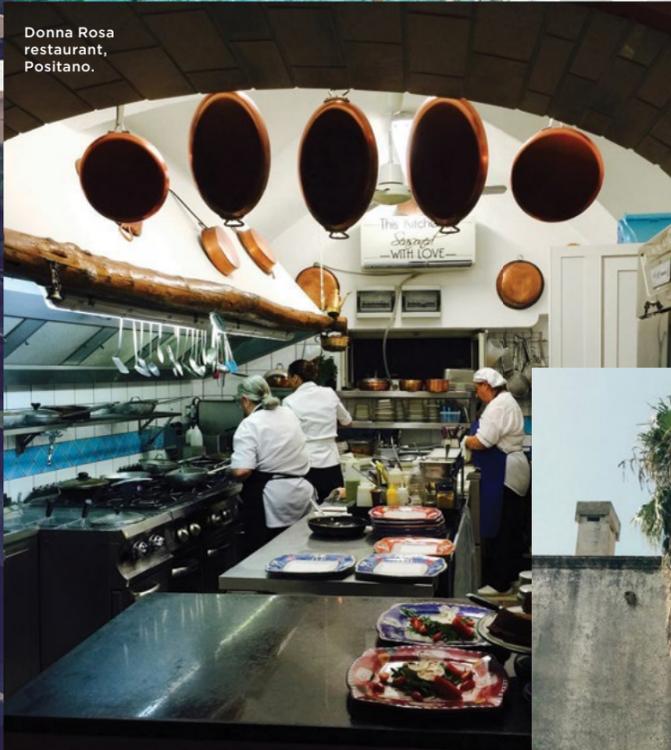
Collette Dinnigan with son, Hunter.



Amalfi Coast.



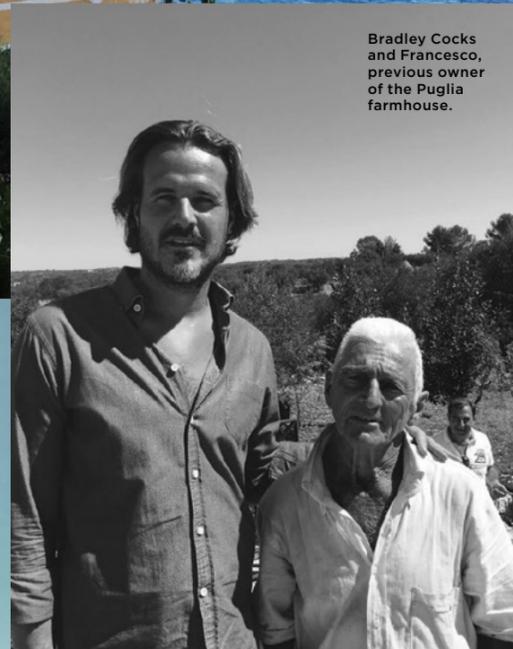
Positano vista.



Donna Rosa restaurant, Positano.



Collette's daughter, Estella.



Bradley Cocks and Francesco, previous owner of the Puglia farmhouse.



A typical masseria, Puglia.



Flea markets, Puglia.

PHOTOGRAPHY COURTESY COLLETTE DINNIGAN

"I'M NOT SCARED OF AN ADVENTURE AND HAVING GREAT STORIES TO TELL."

of the Order of Australia (AO) is no bored retiree. "Everyone says to me, 'Oh, that must be so nice... you're retired,'" she laughs, referring to her recent move from the inner east of Sydney to the sleepy town of Avoca, NSW. "I have a schedule that goes from seven in the morning to seven at night! I've got builders in my house because we're renovating at the moment, things to do at the office, conference calls, and I'm also in Sydney three days a week." She sighs. "There's a lot to be said for actually working in one place, I have to say!" Despite her recent love affair with Italy, Dinnigan continues to hold a torch for Hamilton Island, particularly Audi Hamilton Island Race Week, where she would traditionally reveal her resort collections.

"While I was designing resort, I always had bright blue sea, the sea life, the trees and island style in mind, things that were glamorous and could be worn by the pool down by Pebble Beach at qualia," she says. "Especially those orange sunsets! I think that's very much what the collections were about." At this year's Audi Hamilton Island Race Week, however, instead of a fashion show, Dinnigan will be flexing her interior-design skills at the opening dinner, designing the interiors and invitations and overseeing the installation. "Interiors were a natural extension for me," she says. "I've always designed my own fabrics and prints, as well as my stores, and renovated my homes – it's a passion of mine. I love working with natural materials and, like fashion, proportion is as paramount as detail and colour. It's just another element of design."

And as for her future travels? Dinnigan's not quite done yet with il bel paese, admitting she just purchased a 500-year-old farmhouse in Puglia surrounded by olive trees. "We're still trying to settle at the moment, and family is the most important thing. But we'll do that up and who knows, maybe I'll do a little clothing collection again, maybe we'll do a hotel... I'm not scared of an adventure and having great stories to tell."

endeavours, including a business recently launched with her husband, Bradley Cocks. Pitched as a high-end answer to Airbnb, Dinnigan & Cocks aims to offer a boutique portfolio of luxury properties in Sydney and surrounds. "It's not just about being upmarket, it's about offering people the opportunity to stay somewhere with a creative soul, whether it be a boathouse, treehouse or country cottage," she told the Wentworth Courier. Add this business to her list of recent collaborations, including wallpaper for Porter's Paints, interiors for upscale residential project Golf House in Sydney, bedding with Linen House and a children's eyewear range to sit alongside her adult designs for Specsavers, and you'll see that this recently appointed Officer

HOME IS WHERE THE HEART IS

The culinary powerhouse Kylie Kwong has changed the way people think about sustainable dining, Chinese food and native Australian ingredients in the 17 years she's been at the helm of her Sydney restaurant, Billy Kwong. Before packing up her chillis, pickles and dim sum chef for 2017 Audi Hamilton Island Race Week, she sat down with Emily Lloyd-Tait to talk about what fuels the artistry of her cooking.

It's a case of chefs inspiring other chefs for Kylie Kwong, who attributes the sparking of her interest in native Australian ingredients to a talk given by René Redzepi, head chef of Noma, Copenhagen. "When René Redzepi first came to Sydney in 2010 he gave an amazing keynote address at the Sydney Opera House for the opening of the inaugural Sydney International Food Festival," Kwong says. "He had risen to fame because Noma had just become the number one restaurant in the world. Everyone in the country, including myself – all the chefs and restaurateurs and foodies – were desperate to find out what the world's number one chef was all about. He started speaking about his philosophy, which highlights the importance of using ingredients native to one's own country in order to express a certain time and place, history, flavour and culture. It totally resonated with me. It was one of the biggest light-bulb moments of my career."

Wasting no time, Kwong asked fellow Australian chef Ben Shewry of Attica for his bush-food sources, and it was that conversation that led to Kwong meeting Mike and Gayle Quarmby, whose company, Outback Pride, cultivates bush foods across Indigenous communities. "They came to Sydney the next week to see me because I was so obsessed with finding out more," says Kwong. "I've been using their beautiful ingredients ever since, not just because they

are physically beautiful and taste delicious. It's what they stand for. The more I delved into what [the ingredients] mean to Indigenous people the more I began to think about my role as a chef and restaurateur. Billy Kwong is seen as a role-model restaurant now and you have to put out the right message. And this is a powerful message about acknowledging, supporting and respecting our Indigenous Australians." But as Kwong explored native ingredients more she also began to feel a deep, personal connection to the food she was working with. "As the months and years went on, I realised it was a reflection of who I am as well, because I'm three generations Australian and 29th-generation Kwong, so it allowed me to express my Australian Chinese-ness in my food." The discovery of these new flavours and ingredients also sparked a new wave of creative thinking for the chef. "It was like coming across a whole new culinary alphabet, a whole new culinary language," she says. "When I opened Billy Kwong in 2000, I was doing my fresh, simple Cantonese-style fare, then I went through my organic and sustainable phase, which I will always be in. When I came across another new thing, it was so exciting for my career and my creative life. It was like a painter discovering a whole new colour wheel. It opened up another universe of possibilities." Kwong's restaurant is now celebrating its 17th

Kylie Kwong.

PHOTOGRAPHY: PENNY LANE

“COLLABORATIONS ARE AT THE HEART OF EVERYTHING WE DO. I LOVE HANGING OUT WITH OTHER ARTISANAL, CREATIVE TYPES AND GETTING BEHIND THEIR PRACTICES... I WANT TO SHOWCASE THEIR ART.”



Crispy Saltbush Cakes with Chilli.



Steamed Mini Pork Buns with Wayside Chapel Honey.

year, which is impressive for any dining destination, let alone one in the cutthroat Sydney hospitality scene. And while new ideas have certainly helped keep up momentum in the kitchen, Kwong's success is built on a bedrock of core values that remain unshaken by trends and fads. “We all love new ideas because they're invigorating and keep the flame going, but I think it's very important for any business that your core values are of meaning and depth, and that's where the longevity comes from.” The mantra of Billy Kwong is “celebration, collaboration and community” and Kwong walks the walk. On the collaboration front there are 16 project wines that are made for the restaurant in amongst a selection from some of the country's top natural-wine producers, such as Lucy Margaux, Shobbrook Wines, Patrick Sullivan and Commune of Buttons. The house beers are brewed seasonally with foraged ingredients in Tasmania by Two Metre Tall and you'll also find a specially made gin and

vermouth on the menu. “Collaborations are at the heart of everything we do. I love hanging out with other artisanal, creative types and getting behind their practices and delving into their passions. I want to showcase their art,” says Kwong. When it comes to the community side of things, she's just as motivated. “When we moved to Potts Point, I spent a year scouting and thinking about the local businesses and services and community gardens, and I rang them cold and asked if we could collaborate.” The result has been the establishing of a Billy Kwong beehive on the rooftop garden of The Wayside Chapel, a local community-services centre that works with the homeless in and around Kings Cross. “The daily visitors to the chapel tend to my beehive and it produces 50-100 kilos of honey a year. That's the honey we use to marinate our pork bun filling and that's what makes them so special to me. They're pork buns of love. There's a lot of people's heart and soul in them. There's the honey made by local people, Saskia Beer's black Berkshire pork belly, and our bespoke organic flour that I do with the Wholegrain Milling Company.” Kwong also contributes recipes to Rob Caslick's Two Good initiative, where people order a salad or a soup and a second one is donated to a shelter. Of course, while Kwong is championing positive change and community building in the restaurant industry, she also needs to run a business. “It's very challenging for me, because

I've always seen myself as a creative person in regards to the way I navigate through the world. I'm a creative person who suddenly had to learn to be a business person. The great challenge is that organic produce costs more, which it should, because it's handpicked and handmade and small yield, so I have to run a financially viable business while maintaining our integrity when it comes to our produce. It's a fine line.” It's now Kwong's sixth year as an Audi ambassador, which sees her hosting innovative events in and around Sydney, but also packing up her steamers for a swift jaunt to Audi Hamilton Island Race Week, Australia's largest offshore keelboat regatta, which is happening August 19-26. “We always look forward to it. I'm not a sailor – I prefer cooking for others and viewing the sailing from the Hamilton Island Yacht Club. It's the middle of winter in Sydney and then you go up [there] and it's absolute paradise. It's full of sporty types and everyone's really excited, the weather is amazing and the water is crystal clear – it doesn't look real it's so clear.” For those lucky enough to be heading to the nautical festivities, Kwong and her team will be hosting a dinner at coca chu restaurant, which overlooks Catseye Bay. There, guests will be treated to the classic Chinese-Australian fare for which Kwong has become famous, but transported to a tropical island a long way from the urban streets of inner Sydney.



Experience the wonder of Hamilton Island

Fly direct from Sydney, Melbourne, Brisbane and Cairns.*

Book now at qantas.com

Proud partner of Audi Hamilton Island Race Week.

*Schedules correct as at 10 July 2017 and subject to change. Visit qantas.com for details.

Photo credit: Explore Group



Espresso Martini, Sails.



SHAKEN OR STIRRED: WHICH DRINK ARE YOU?

Take the quiz below to learn what your Hamilton Island spirit cocktail is and, more importantly, where you can find it.
By Noelle Faulkner.

Baptism by Fire, TAKO Taqueria and Cantina.



1. YOU CAN INVITE ONE CELEBRITY TO YOUR DINNER TABLE. YOUR MOST LIKELY RESPONSE IS:
 - a) "Meryl Streep or George Clooney – I've heard they're both just so lovely."
 - b) "Amy Schumer or Russell Brand. I like to laugh."
 - c) "Can I invite Beyoncé AND Jay Z?"
 - d) "I'd love to pick the brains of Anthony Bourdain or JK Rowling."
 - e) "I'm not interested in celebrities, so anyone who can hold a conversation. No Kardashians."
2. WHICH DISNEY CHARACTER DESCRIBES YOU BEST?
 - a) Mickey Mouse. All your friends know they can count on you.
 - b) Peter Pan. You hate the idea of being an adult.
 - c) Ariel. You also suffer tropical wanderlust.
 - d) Belle. There's nothing like a good book.
 - e) Lady. What a pedigree.
3. PICK YOUR FAVOURITE CONDIMENT:
 - a) Mint.
 - b) Chilli.
 - c) Nutella.
 - d) Aioli.
 - e) English mustard.

Pimlet, Bommie Deck.



PHOTOGRAPHY: HAMILTON ISLAND PHOTOGRAPHY.

4. WHAT DO YOU LISTEN TO MOST?
 - a) Your workout playlist.
 - b) Beats 1 DJ mixes.
 - c) Whatever is on the radio and Taylor Swift now that she's back on Spotify.
 - d) Podcasts.
 - e) Apple Music curator channels – Burberry has a great one.
5. WHAT IS YOUR FAVOURITE TV SHOW?
 - a) Suits.
 - b) RuPaul's Drag Race.
 - c) GLOW.
 - d) Twin Peaks.
 - e) Big Little Lies.
6. YOU WOULD NEVER...
 - a) Be late to an appointment.
 - b) Leave the house looking undone.
 - c) Say never.
 - d) Use products that are tested on animals.
 - e) Buy a designer fake.
7. WHICH OF THESE IMAGES ARE YOU MOST LIKELY TO POST ON INSTAGRAM?
 - a) An artfully plated-up meal.
 - b) A selfie.
 - c) A holiday snap.
 - d) A still from a French new wave movie, preferably by Jean-Luc Godard.
 - e) A breathtaking view, such as an amber sunset.
8. WHAT DO YOU CONSIDER TO BE THE BEST INVENTION OF ALL TIME?
 - a) The iPad.
 - b) Cocktail bars.
 - c) Activewear.
 - d) Democracy.
 - e) First-class lounges.
9. YOU'VE BEEN GIVEN \$100,000 – WHICH OF THESE WOULD YOU SPEND IT ON?
 - a) A new car.
 - b) Gucci.
 - c) Holidays.
 - d) Art.
 - e) An investment property in the country.
10. YOUR IDEA OF THE PERFECT DAY ALMOST ALWAYS INCLUDES:
 - a) Family.
 - b) Socialising.
 - c) The beach.
 - d) Alone time.
 - e) Great conversation.

Piña Colada, Island Bar.



Hamilton Iced Tea, One Tree Hill.



MOSTLY A'S: HAMILTON ICED TEA, ONE TREE HILL
Out of these five personalities, you're the most loyal and down-to-earth. A natural born chiller, you're like a palm tree in a storm: stoic, but flexible. You pride yourself on your sense of justice and your coolly pragmatic attitude to life. Even though you normally love an afternoon of wine and cheese, sipping on a refreshing Hamilton Iced Tea and taking in the sunset views at One Tree Hill is right up your alley: inoffensive, balanced and grounding.

MOSTLY B'S: BAPTISM BY FIRE, TAKO TAQUERIA AND CANTINA
What's shaking, entertainer? Spontaneous, enthusiastic and open-minded, you're the social butterfly of the group. A master in bending the rules, your lust for life, contagious energy and impulsiveness make you a great partner in crime, and people tend to drift into your orbit. As such, Baptism by Fire at TAKO not only sounds like your personal epitaph, but it'll give you enough fiery fuel to keep you dancing and breaking hearts.

MOSTLY C'S: PIÑA COLADA, ISLAND BAR
Always up for an adventure, you're a sunny dreamer emitting pure rays. We bet your camera roll is full of nature-related pictures and the soles of your feet are forever wet, muddy or sandy. When you're not soaking up the sunshine, you can be found living life to the fullest – that's why the iconic Island Bar's Piña Colada rocks your boat. Nothing says holiday more than a cocktail served from a swim-up bar.

MOSTLY D'S: ESPRESSO MARTINI, SAILS
Smart, creative and engaged with the world around you, you're part-intellectual, part-idealist and the person most likely to be our Who Wants to Be a Millionaire lifeline. You would never be caught dead drinking anything with an umbrella in it and love a decent people-watching session, so if it were up to us, we'd shout you an Espresso Martini at Sails. Not only does it feature your daily vice, but it complements your modus operandi: switched-on.

MOSTLY E'S: PIMLET, BOMMIE DECK
You're a bit of a perfectionist, but that's also because you're an expert doer, high achiever and skilled conversationalist. You work hard, but you've also found a balance in your life – and you never sacrifice quality for quantity. Freedom is as important to you as structure, and your finger-on-the-pulse taste and appetite for luxury is enviable, which is why we suggest a chic Pimlet, enjoyed on the Bommie Deck while the turtles bob past. It's indulgent, yet understated.

HERE COMES THE SUN

Right: Billabong swimsuit \$119, straw hat \$39.99, both from The Hut; Michael Kors sunglasses \$349, Seafolly beach towel \$129, both from SALT.



Right: Henri Lloyd hat, \$49, belt \$57, Octogrip shoes \$199, Element shorts \$175, all from Marina Tavern Retail. Billabong shirt \$69.99, from The Hut.



Below: Rip Curl towel \$69.99, Nixon hat \$29.99, Havaianas thongs \$19.99, Billabong board shorts \$69.99, Liive sunglasses \$59.99, Sun Bum Ball \$26, all from The Hut.



Seafolly Island Vibe playsuit \$169, straw hat \$79, clutch \$69, sunscreen \$19.99, all from SALT. Rip Curl sandals \$59.99, from The Hut.

PHOTOGRAPHY: KARA ROSENBLUND.



Above: Rip Curl shirt \$59.99, shorts \$79.99, Nixon t-shirt \$49.99, all from The Hut. Henri Lloyd backpack \$149, Pig & Hen wristband \$89.99, both from Marina Tavern Retail.



Seafolly bikini top \$119, bottoms \$99, espadrilles \$89, Michael Kors sunglasses \$349, Cat Hammill necklace \$59, all from SALT. Billabong straw hat \$39.99, beach bag \$29.99, both from The Hut.

ISLAND RETAIL THERAPY

AUSTRALIA THE GIFT
07 4946 9015

FLORAL COLLECTIONS
07 4946 8335

FOOT'S ARTWORKS
07 4946 9062

HAMILTON ISLAND DESIGNS
07 4946 8565

HAMILTON ISLAND JEWELLERY
07 4948 9857

MARINA TAVERN RETAIL
07 4946 8180

PRO SHOP (HI GOLF CLUB)
07 4948 9760

QUALIA BOUTIQUE
07 4948 9473

RESORT CENTRE LOBBY SHOP
0427 148 952

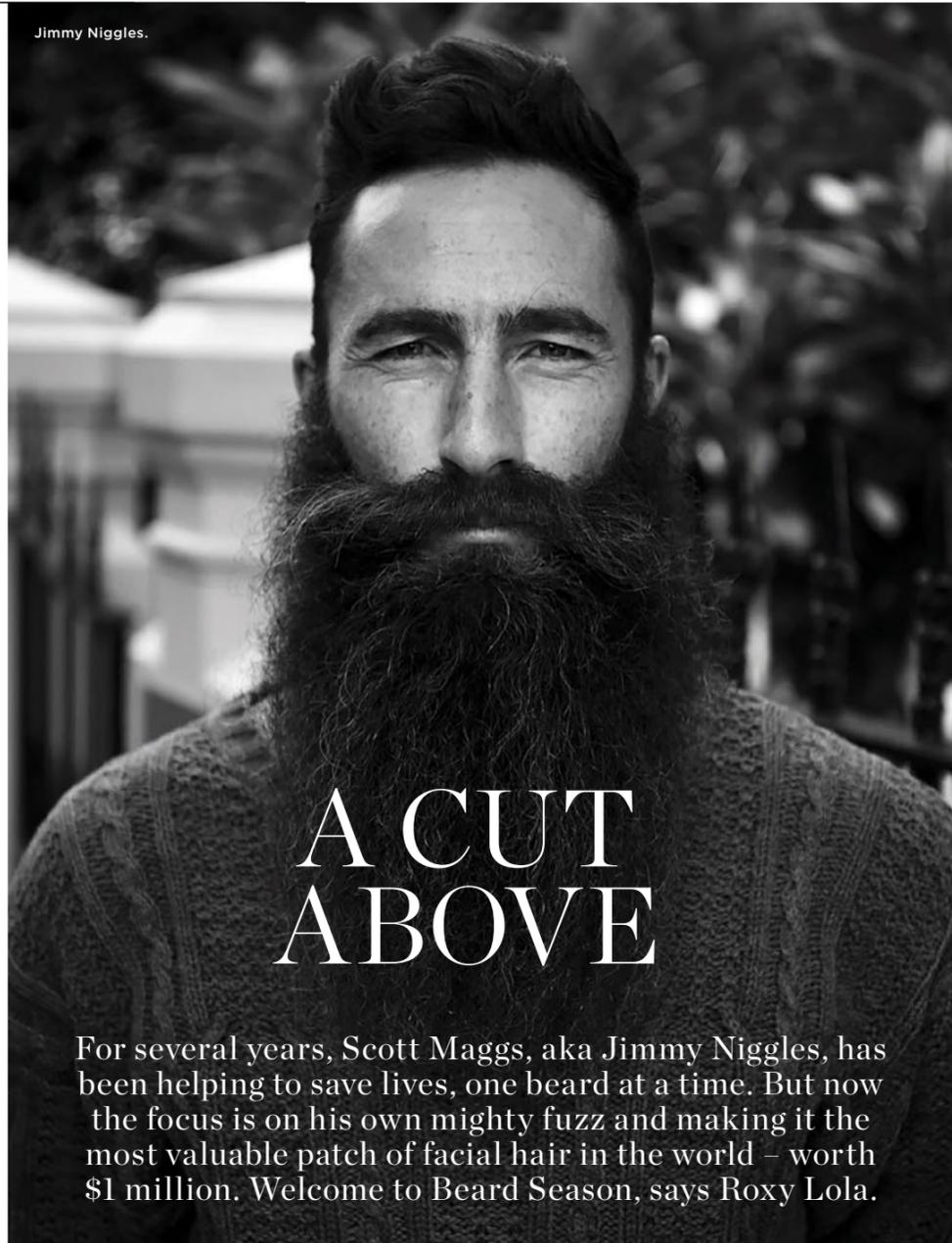
REEF VIEW LOBBY SHOP
0427 148 623

SALT SWIM AND RESORTWEAR
07 4946 8221

THE ART GALLERY
07 4948 9657

THE HUT
07 4946 8273

TRADER PETE'S
07 4946 0907



Jimmy Niggles.

A CUT ABOVE

For several years, Scott Maggs, aka Jimmy Niggles, has been helping to save lives, one beard at a time. But now the focus is on his own mighty fuzz and making it the most valuable patch of facial hair in the world – worth \$1 million. Welcome to Beard Season, says Roxy Lola.



The beard socialising.



In NYC.



Richard Branson with Jimmy Niggles.



Richard Branson with Jimmy Niggles.

“I THINK IT LOOKS AT ITS FINEST WITH A GOOD SUIT. A MIDNIGHT-BLUE TUX. OR BOARD SHORTS.”

people finding a suss-looking spot that they had no idea was as bad as it looked. Just the other day I ran into a guy who came up and hugged me and said, ‘Mate, thank you so much.’ And I thought, ‘What’s this all about?’ He said, ‘Last year I went and got a check and found I had a stage II melanoma.’ That’s happening more and more.”

RL: “YOU’RE SAVING LIVES.”

JN: “It’s quite humbling. It’s really good to know it’s actually working.”

RL: “DURING THIS YEAR’S AUDI HAMILTON ISLAND RACE WEEK, BEARD SEASON WILL BE RUNNING SKIN CHECKS FOR SAILORS.”

JN: “I’ve been coming to Race Week for the past few years and it’s always been a dream to do that. Sailors spend so much time in the sun and in the elements. Sometimes it’s impossible to cover up and protect yourself all the time. It’s quite an important demographic that we’d love to be able to speak to for awareness but to also be able to provide free skin checks just to give them peace of mind and to let them know if there’s anything to keep an eye on. We’ve been trying to plan it for the past couple of years, so this year is a big one for us. We’re lucky enough to be able to bring some doctors down.”

RL: “WHAT OTHER GOALS DO YOU HAVE FOR BEARD SEASON?”

JN: “What we’re doing at Hamilton Island is a bit of a test case for us. We’d love to be able to have that kind of operation up and running at beaches, sporting events and festivals, etc, all around the country this time next year. That’s where our million dollars will go – hopefully into some sort of sustainable programme.”

JN: “Yes. In May I was invited to go on a leadership course at Necker Island and spent four nights there with him, talking about scale and the key to running successful businesses. It was amazing.”

RL: “DO YOU THINK YOU WILL REACH THE MILLION-DOLLAR MARK?”

JN: “I hope so. It’s a bit intimidating. I’m a little scared, but it’s about time. It’ll be seven years since I’ve had this beard, so I’m kind of ready.”

RL: “WHAT’S BEEN THE BEST PART ABOUT GROWING YOUR BEARD?”

JN: “All the people I’ve got to meet. It’s been a really good conversation starter. I’ve met some incredible people because of it, all kinds of amazing characters – Richard Branson is now an ambassador. We’d also like to get more Australian businesses and business leaders involved. This million-dollar-beard mission can open the door for that.”

RL: “WHAT’S THE MOST MOVING FEEDBACK YOU’VE RECEIVED?”

JN: “We have one person a week writing in, saying they’ve found something that might have killed them if they hadn’t had it looked at. That’s

“Also, we’re aiming to have a big ball at the end of the year – the Million Dollar Beard Ball – and auction off a bunch of amazing items for that, including a series of artworks created with the million-dollar-beard brush. I just came back from Necker Island, where I met Richard Branson. He trimmed my beard off. “What’s changed for Beard Season is everyone can get involved in the goal. With the money raised, we’re looking to start a free national skin-check programme.”

RL: “WAIT – HE TRIMMED IT ALL OFF?”

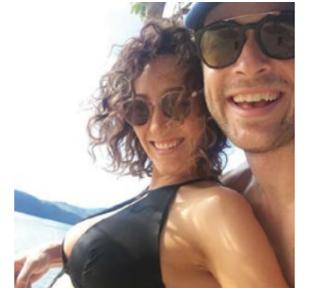
JN: “With a bar knife! Only a couple of inches. We’re using that to make the brush.”

RL: “HAD YOU PLANNED THAT?”

PHOTOGRAPHY: COURTESY INSTAGRAM.

POSTCARDS FROM PARADISE

Dear Instagram followers. Look who came to visit the island recently... yes that’s right, we keep good company.



Zoë Foster Blake and Hamish Blake. @zotheysay



Teresa Palmer. @tersesapalmer



Guy Sebastian. @guysebastian



Steve Willis and Michelle Bridges. @mishbridges

RL: “WE’VE HEARD THERE HAS BEEN FILMING AND DOCUMENTING GOING ON. TELL ME MORE.”

JN: “Over the course of winter I’m filming things like making the brush. I think we’re going to try to put together some sort of documentary, potentially called the Seven Year Itch. We’re going to be filming as much as we can, with the idea of making my beard the most valuable one in the world. If anyone has an idea that would make it more valuable, then I’m keen to do it. If that’s shooting a slow motion of my beard out of the window of an Audi R8 or getting it blessed by the Dalai Lama or endorsed by Hugh Jackman, then we’re going to try to make that happen. That’s another good way for people to get involved – they can suggest other ways of making the beard more valuable.”

RL: “WHO HAS BEEN YOUR BEARD INSPO?”

JN: “There’s a guy called Angelino Galamini – he’s an Italian dude from Milan. He’s quite old, he collects watches and has his own fashion line. He’s amazing, quite an interesting character. Who else? Probably King Triton [from The Little Mermaid]. And Simba’s dad, Mufasa.”

RL: “WHAT’S YOUR FAVOURITE THING TO WEAR TO COMPLEMENT YOUR BEARD? WHEN DOES IT LOOK BEST?”

JN: “I think it looks at its finest with a good suit. A midnight-blue tux. Or just with board shorts in the water.”

RL: “It’s so versatile!”

For more information about Beard Season and how you can become an ambassador, visit beardseason.com.au

WE CAME, WE SAW, WE CONQUERED

Obstacles? What obstacles? When it comes to getting things done, there's no stopping some ladies. Tracey Withers checks into Active Women's Weekend to find out more about their paths to success and happiness. Hint: setback and sacrifice aren't in their lexicon.

Yes, we do love a pow-wow. Women from all over Australia flew in for the second annual Active Women's Weekend, for three hot and lovely days of fitness inspiration and mind-stretching motivation in May. Many ran the Mother's Day Classic, others fine-tuned their stroke at a swimming clinic and everyone felt the bliss at beach-yoga sessions at sunrise. Our highlight? The 'Activating Change' panel discussion, where some of Australia's biggest wave-makers, movers and big thinkers talked about how they're disrupting the boys' club, banning the word sacrifice and channelling obstacles into optimism.

LISA DARMANIN ROCKS THE BOAT

As the first female named in our sailing team for the Rio Olympics last year, Lisa Darmanin won the silver medal in the first ever mixed-gender multihull Nacra 17 race with her cousin and teammate Jason Waterhouse. She was Australian Female Sailor of the Year in 2015. To say Darmanin, 25, is smashing it in a seriously male-dominated sport is going lowball. Formidably fit, Darmanin has the more physical job aboard her boat, but believes it's her mental game that really got her where she is. Disrupting, she says, is part of her job. "Women need to ban 'sacrifice'. Female athletes are always being asked, 'What did you sacrifice for success?' in a way I don't think men are. Another Olympian, the beach volleyballer Louise Bowden, once told me that she considers what we do a choice, not a sacrifice, and she was so right. I'm making decisions about what I need to do to succeed.

If I compared myself to friends my age who are moving in with partners or getting pregnant, I could feel nervous about being so committed to sailing because I do want a family, a house and all that stuff and, right now, that's unforeseeable for me. But it's all about mindset. I'm not sacrificing anything – I'm making choices and I'm just taking a different path from the one some other women do. "There's definitely a preoccupation with when women in sport are going to stop to have a family. People don't ask men who sail, 'How long will you go?', but they want to know about my personal life. Most women, in any job, can relate to that often-unconscious bias. Men don't know because they are not us, so without us calling them out on it, they won't learn. It can be scary to stick your head up like that when selections or promotions are up for grabs. But it's important. I always say that I'm not trying to attack, I'm trying to be productive. Getting more women medals is a huge goal of the Australian sailing team, so it helps me speak out to activate that change."

LOLA BERRY COPS IT SWEET

She felt blessed. Instagram sensation Lola Berry, 31, was Australia's favourite nutritionist, author and yoga teacher – until, in December 2015, she released a diet plan called 'Stop Being a Fat Bitch'. The title, intended to call out the negative self-talk that many of us secretly fire at the mirror, instead ignited searing blog rage. Projects were iced and, as 'friends' and followers scuttled, national newspapers trilled about 'career suicide'. But here's how Berry bounced back.

"I was honest straightaway. I just said that I was sorry. I'd gotten it wrong. Even though it was absolutely never my intention to offend anyone – that title was about empowering women who talk to themselves like that, because I definitely used to – I never felt cross or frustrated about how it ended up being interpreted or what the media was doing. I just owned it. Going through all that criticism so publicly was incredibly hard, but honestly, I look at that experience as a career high now. It taught me who real mates are – I don't have 'social-media mates' – and hitting those depths has made me fearless. I know how fast you can go from being the cool girl that everyone wants to work with to being nowhere, so I'm not sidetracked by popularity or scared of losing it. I'm OK with failing first. "I've got the smoothie bar [Happy Place] in Melbourne, I've got the cookbooks... people say to me, 'I want to do just what you're doing,' because they see my Instagram, but what you don't hear is stuff like I've done 15 TV pilots that haven't been greenlit. I've been told I don't look right for TV, or it's because I'm not brunette or I'm not interesting enough on camera. It's not easy, but I really believe that the success will come. I have to keep going, and I can, because this – yoga and my message – is my authentic passion and I think that is what always gets you there in the end."

EMMA CARNEY SURVIVES AND THRIVES

Sometimes change isn't self-activated, it's thrown at you hard and fast. Remember Emma Carney as the golden girl of Australian endurance, two-time World Triathlon

A celebration of sisterhood:
Emma Carney, Emma Isaacs,
Lola Berry, Lisa Darmanin.



PHOTOGRAPHY: KARA ROSENBLUND.



Lisa Darmanin.



Lola Berry.

close – people often thought we were twins. I felt incredible guilt – like I’d used up all the family’s good luck by surviving cardiac arrest when the doctors said I shouldn’t have. And there was anger – I remember feeling so angry at people in a shopping centre just for caring about all the mundane, superficial things in life.

“At the depths of my despair after Jane died, I married and it wasn’t

a good relationship for me. But soon, the lessons that losing Jane taught me became clearer. Things became a bit black and white, good or bad, and I knew I couldn’t waste time on negativity or what’s toxic. I remembered I was strong. Self-belief is, ultimately, what saved me. That and my son, Jack. “I’m now at Melbourne Uni studying art and sitting exams to get into law. Law is very much like being an athlete – you follow rules and procedures, but you say ‘I want this and I’m going to fight for it.’ It gives me the same buzz as a race. That athlete’s mind frame means people call driven women ruthless, but I really think handling anything life throws at you is like a race – you just can’t panic.”

“OPTIMISM, FOR ME, IS KNOWING I CAN GO FORWARD, EVEN WHEN THINGS ARE TERRIBLE.” - EMMA CARNEY

Champion, clocking up trophies faster than any other triathlete? She was untouchable. Then, after shockingly missing out on the 2000 Olympics, she had a cardiac arrest and was finally diagnosed with a heart condition that officially ended her career. While recovering, Carney lost her sister to cancer and then went through a heart-wrenching divorce. Now 46, she’s studying arts and law and explains why she’s still all about upsides. “Optimism, for me, is knowing I can go forward, even when things are terrible. I was completely devastated about missing the Olympics and the end of my career, and I was still recovering from having a defibrillator implanted when Jane, my older sister, became ill. We were extremely

RECIPES BY LOLA BERRY

Lola Berry helped host *Cooking with Champions* as part of the event. Here are some of her recipes to try at home.

SUPER-SILKY GREEN SMOOTHIE

Serves 2

INGREDIENTS

- 1 cup baby spinach
- 1 cup kale, stalks removed
- 1 teaspoon olive oil
- 1 frozen banana
- ½ cup frozen mango cheeks (or fresh if in season)
- ½ cup roughly chopped pineapple
- 2 cups coconut milk
- 1 teaspoon chia seeds

Pop the spinach, kale, olive oil, banana, mango, pineapple and coconut milk into a blender and whizz together until smooth. Pour into two glasses, top with the chia seeds and drink up.

HAPPY HEART SMOOTHIE

Serves 2

INGREDIENTS

- 3 tablespoons chopped shelled pistachios, plus extra to serve
- 1 cup frozen strawberries
- 1 teaspoon maca powder
- 2 cups coconut milk
- 1 vanilla pod, split and scraped (or a pinch of vanilla powder)
- 2 tablespoons coconut nectar (or sweetener of your choice)

Pop everything in a blender and process until smooth and creamy. Pour into two pretty glasses and top with a few extra pistachios, then enjoy.

(All are dairy free, gluten free, grain free, paleo, raw, vegan and vegetarian).



Recipes from *Food To Make You Glow*, by Lola Berry.



Australia’s #1 Beach
Whitehaven Beach



World’s #1 Reef
Hardy Reef

Cruise Whitsundays
#1 Day Cruises

Great Barrier Reef Adventures & Whitehaven Beach Day Cruises

Outstanding experiences with the region’s premier marine tourism operator. Cruises depart daily from Hamilton Island Marina. For bookings or further information contact the Hamilton Island Tour Desk on 07 4946 8305 or 68305 (in-house) or visit them in the main Resort Centre. cruisewhitsundays.com



The Equalizer, a body-breaking race.



The grueling race begins.



The run leg.



Podium moment for winner, Richard Murray.

HOMETOWN ADVANTAGE

If anyone knows how to conquer Hamilton Island, it's marathoner Justin Knight-Gray. A few years ago, he was happy to clock up 5km; by April this year, the social runner and ex-island resident was smashing the field to come third in the soul-punishing 42km Stamford Financial Hamilton Island Hilly Marathon. "I'm at a massive advantage, knowing these conditions," Knight-Gray says. He gives us the insider's edge...

GET YOUR NUTRITION RIGHT

"In any long-distance run you pre-plan when you're going to have a drink or energy gel – you'd normally say every 8-10km. But on Hamilton Island, where the hills hit you so hard, be more aware of how you're feeling and take a gel when your body needs it."

BRING SALT TABLETS

"Runners who come from colder, less-humid places really struggle because of the amount they sweat – they cramp up from salt loss."

DON'T OVER-HYDRATE

"In the heat, a lot of inexperienced racers think they're fatiguing and need more water, but that can be a big disadvantage because it waters down your minerals. I know roughly what I need to sustain myself. It's quite a balance."

FLAT-COURSE EXPERTS, GO HARD ON HILLS

"Pre-race, I really push myself on hill training to get the leg strength. The island's hills drain you very quickly. You've got to get the altitude in your legs."

PERFECT A RUN-DOWN

"I worked hard on my technique for running down the hills, too. My back foot stretches out further as I come downhill so I'm not braking but it's helping me control."

THE LEAD-UP TO A RACE

"I usually take the course distance and run double that over the week before the race. For Hamilton Island, I add a bit because the course is so hard. It's all about getting the miles in your legs. I'd do a few 20-30km runs with days in between to get to the 100km."



Justin Knight-Gray.

SURVIVAL OF THE FITTEST

It was a Survivor-island scenario, in which every competitor was an extreme athlete chasing glory and a generous prize purse. It was all about the Super League Triathlon. By Tracey Withers.

The whole world switched on to watch as Hamilton Island hosted the first-ever competition in Super League Triathlon, the all-new, epic racing format that puts the hardest powerhouses of triathlon up against each other in a three-day-long, searing remix of swim, bike and run disciplines – all with a slick reality-TV twist. Co-founded by triathlon and ironman legend Chris "Macca" McCormack, Super League

rewires triathlon for speed and stamina like we've never seen. In a body-breaking race called the Equalizer, athletes had to smash a time-trial cycle, then back it up with a pursuit swim, run, swim, bike, run. The Triple Mix changed up sequences in the water, on the bike and on the road across three rounds separated by fast 10-minute breaks. In a vicious three-round Eliminator session, the 10-minute recovery time between each round started when the first



The bike leg.



The Equalizer, pre-race.

athlete crossed the line – the rest had to keep up or be culled. Stadium names that usually dominate global leaderboards crashed out, outside chances exploded – the competition was suddenly up for grabs. "I don't think any of the athletes were ready for the mixed-discipline format, the hot conditions and the sheer speed and explosiveness of the short racing," says McCormack. "The heat and humidity shocked many of them. I think The Triple Mix was the hardest. Olympic champion Alistair Brownlee said it was the toughest race he has ever done – he finished second to last. It was an initiation of fire. They were destroyed and still had two days of racing to do." Cameras got up-close and tracked all the tension as competitors cracked in the pressure cooker, crashed out and, in a new kind of draw designed for drama and strategy, assigned each other's slots and lanes.

After three days of bare-knuckle racing, South African Richard Murray, who started with five-to-one odds of even making the podium, took home the win and \$100,000. Spain's Mario Mola came in second, while local superstar Jake Birtwhistle took third. Pre-race favourite, Javier Gomez Noya, finished fourth overall and said the Super League on Hamilton Island took the sport to a whole new level.

"It was the most-watched triathlon in the history of the sport, outdoing the Olympic Games. We had double the amount of cameras and staff delivering a visual product that was unparalleled," says McCormack. "The key numbers were the social-media interactions and online viewership – more than 8 million views and interactions."

Back on the island, sporting icons including Australia's five-time Olympic swimming champion Ian Thorpe and Swedish Formula One driver Marcus Ericsson flew in to experience the action.

"As a venue for triathlon, especially in the short, tight, dynamic Super League formats, [Hamilton Island] is probably one of the best racing venues on the planet. The course and conditions are tough and super-challenging. We wanted to make sure the backdrop was spectacular," says McCormack. The next round of Super League Triathlon, which also kicks off a 25-athlete elite women's league soon, hits in Europe in September. You saw it here first.



PHOTOGRAPHY: COURTESY HAMILTON ISLAND.



Titleist 917D2 golf club.

SWING WHEN YOU'RE WINNING

So you want to improve your golf scores? Here's Brendan James's guide to what you need to do to get them down – and enjoy the game a lot more.

EQUIPMENT AND APPAREL CHECK LIST:

HIT IT

It's often said a good tradesman should never blame his tools, but that doesn't really apply when it comes to golf. With the latest and greatest equipment in your hands, the chances of hitting your best ever drives and approach shots are significantly increased.

Titleist's woods and irons are used by some of the biggest names in the game, including Adam Scott, Jordan Spieth, Jimmy Walker, Justin Thomas and Bill Haas. The company's 2017 range of drivers, fairway woods, hybrids and irons is trusted by these PGA Tour players because of their quality and performance. Titleist's 917D2 and 917D3 drivers are designed to launch the ball off the face with higher speed and lower spin for more distance.

Once you have left the tee, you need to rely on high-quality irons and Titleist have you covered there as well. Its 716 AP1 and AP2 irons can take your game to the next level. The 716 AP1 is the longest, most forgiving Titleist iron ever, designed for golfers seeking maximum distance and maximum forgiveness, while the AP2 – as used by Spieth – is Titleist's most advanced players' iron, delivering tour-proven distance with forgiveness and a solid forged feel.

Don't believe it? You can try these clubs for yourself while playing the beautiful Hamilton Island Golf Club course. The latest Titleist clubs are available for hire for your round and, if you like what you see, and how they played, you can order some of your own

through the Hamilton Island Pro Shop and have them shipped to your home address. Now that's service.

BALLS OF FIRE

Since their initial launch in 2000, Titleist Pro V1 and Pro V1x balls have been the undisputed ultimate performing ball in world golf and are used by more professionals across all world tours than any other. Seventeen years on, the latest generation of Pro V1 and Pro V1x balls has been unveiled and the company promises these are the most advanced, best-performing golf balls ever stamped with the Titleist script. Choosing between the total performance of Pro V1 and Pro V1x, golfers will notice differences in flight, feel and spin. Pro V1 flies lower, with a penetrating trajectory, and feels softer. Pro V1x flies higher, has a slightly firmer feel and spins more on iron shots. "I think the remarkable thing with the new Pro V1 is how far it goes now," says Adam Scott. "I'm hitting it longer than I ever have, but I also have that soft feel like when I grew up playing a balata golf ball – it's incredibly soft." And don't think for a minute you need to be as good as Scott to gain an advantage using these balls.

GET IN RANGE

One of the great advancements for golfers in recent years has been in the area of rangefinders. Those using them know exactly how far they have to hit into a green, short of a hazard or over a bunker, and they are always going to be one step ahead of their playing partners who might be simply guessing the distance. Bushnell is synonymous with quality rangefinders and its latest release Pro X2 is a small handheld unit that boasts a wide range of great features, including Slope Technology. This takes into account any change in elevation when determining the distance between you and your target.

DRESS THE PART

Some golfers still hit their fair share of slices, hooks and duffs no matter how much modern technology they're carrying. But you can always look good playing bad golf.

FootJoy is a market leader in shoes and apparel, with a wide range of men's and women's garments – from high-tech performance shirts that keep you cool and dry to incredibly comfortable socks. And if you like playing with a glove, FootJoy has you covered.

You can check out the latest range of FootJoy apparel and gloves in the Hamilton Island Golf Club Pro Shop.



Bushnell rangefinder.



Titleist golf balls.



Now that you have your equipment and apparel sorted, here are five playing tips that will improve your game and prove useful during a round at Hamilton Island Golf Club.

PLAYING TIPS:

TO THE TEE

The driver is the only club in your bag where you actually want to hit the ball on the upswing or, in other words, after it has just passed through the bottom of the swing arc. This provides maximum carry and less spin, which equates to greater distance. To do this, move the ball a little forward in your stance, so it is in line with your left heel (for right-handers) or even with your left shoulder.

TAKING AIM

Watch all the best players on TV each week and you will see some repetitiveness to the way they approach each shot. Their routines might be slightly different for drives, iron shots, pitches, chips and putts, but they'll approach each with a routine that doesn't vary much at all.

A pre-shot routine should include selecting your club, visualising the shot's trajectory, flight and where it will land. Part of visualising the shot should also include picturing yourself finishing in a balanced position. Next, set up by aligning the club face to your target, step into address and use the club to ensure you are aligned correctly. Now swing the club.

BREEZE THROUGH IT

If you watch the best putters on tour, the one thing they have in common is they all stay incredibly still when putting. The slightest movement in your body can throw the putter blade off line, resulting in a lipped-out putt. This is easier said than done when it is windy. To stay still and guarantee a better rolling putt in the wind, widen your putting stance slightly to brace against the breeze. And, believe it or not, the wind can also make your putts break more or less. Always take into account any crosswinds when reading your putts. You might find this particularly helpful

on Hamilton Island's more exposed greens.

THE GLOVES ARE OFF?

A golf glove is used less for protection these days and more for adding grip, which allows players to have a lighter grip pressure with their lead hand on full swings. This is especially important when you are playing in hot, humid conditions or in the wet. An increasing number of pros don't wear gloves when they're hitting chip shots because they believe the feel on the grip with their bare hands is enhanced. Try it and see how you go.

STAY COOL

You've reached the 18th green and you have a 6ft putt for par that will win some money from your playing partners... When the pressure is on, players have a tendency to grip the putter too tightly, which is understandable. But doing this produces a less-than-smooth ball roll. Stay relaxed throughout the entire putting stroke by gripping the putter like you are holding an egg – not too tightly or the egg will crack, and not too softly or the egg will slip. This will free up tension not only in your hands but also your arms and shoulders, allowing the putter to swing smoothly.

PRO POWER

If you have tried the gear and implemented the simple tips without success, a nine-hole playing lesson with a PGA of Australia professional might just be the tonic for improving your game and getting your scores to drop. Hamilton Island Golf Club's resident teaching professional, Glen Hollick, is available for lessons either on the practice tee or out on the course. A one-hour private lesson costs \$100, while nine-hole lessons for a group of two or three players is \$160.

For more information contact the Hamilton Island Golf Club, 07 4948 9760 or golf@hamiltonisland.com.au



PHOTOGRAPHY: COURTESY HAMILTON ISLAND.



Club Car

Hamilton Island's Golf Car of Choice

www.golfcarsinternational.com.au

Sales and Service Centre: Hamilton Island PH: 0427 050 409

Head Office: 20 Kingston Drive, Helensvale QLD 4212 PH: 07 5529 9499



SOAK IT UP

These mysterious creatures have been dubbed the redwoods of the ocean and are being hailed the future of the reef – and thanks to their inbuilt arsenal of chemicals, they may even hold the cure for cancer. Joseph Hinchliffe dives into the curious world of sea sponges.

It is the big, the colourful and the charismatic that draw crowds to the Great Barrier Reef, says the Hamilton Island-based dive instructor Ben Blinkhorn. “With the cooler water of the colder months come schools of manta rays and the smaller mobula rays – they’re the showstoppers,” he says. “Then there are the sharks. When a large school of curious grey whalers starts swimming around you, it’s just fantastic. And of course there are turtles. Everyone loves a turtle.” But there is also a certain cryptic creature that lurks under rock ledges and deep within coral caves that, while not a crowd-puller, is every bit as important to the health of the reef as the corals themselves: the sea sponge. It is an animal that comes in many colours, from dull green and brown to mauve to electric blue, and shapes – some are tubes or barrels, while others are amorphous. Some grow to be hundreds of years old – so ancient they’re called the redwoods of the reef. Some are every bit as spectacular as any of the thousands of different organisms that call the Great Barrier Reef home. And Blinkhorn says that when you come across them in numbers, the effect can be simply awesome. “Some of our lagoons have tremendous amounts of sea sponges in them,” he says. “The colours are just striking, the purples and the reds and yellows. The sponges can move softly in the tide and sometimes they look like multicoloured lettuce leaves. When you come across them and they’re all lined up like that, it can create this incredible effect – it’s like a moonscape.” It’s not just tourists and divers who overlook sea sponges. Marine biologist Dr Steve Whalan says scientists tend to focus research and conservation efforts on corals and the more charismatic creatures that inhabit them. But he says sponges have much to offer – and many secrets to reveal. For one, they are far more diverse than corals, yet far less is known about



Haliclona.

“THERE’S THIS THEORY THAT SPONGES MIGHT ACTUALLY BE THE REEF OF THE FUTURE.”

Neopetrosia exigua.

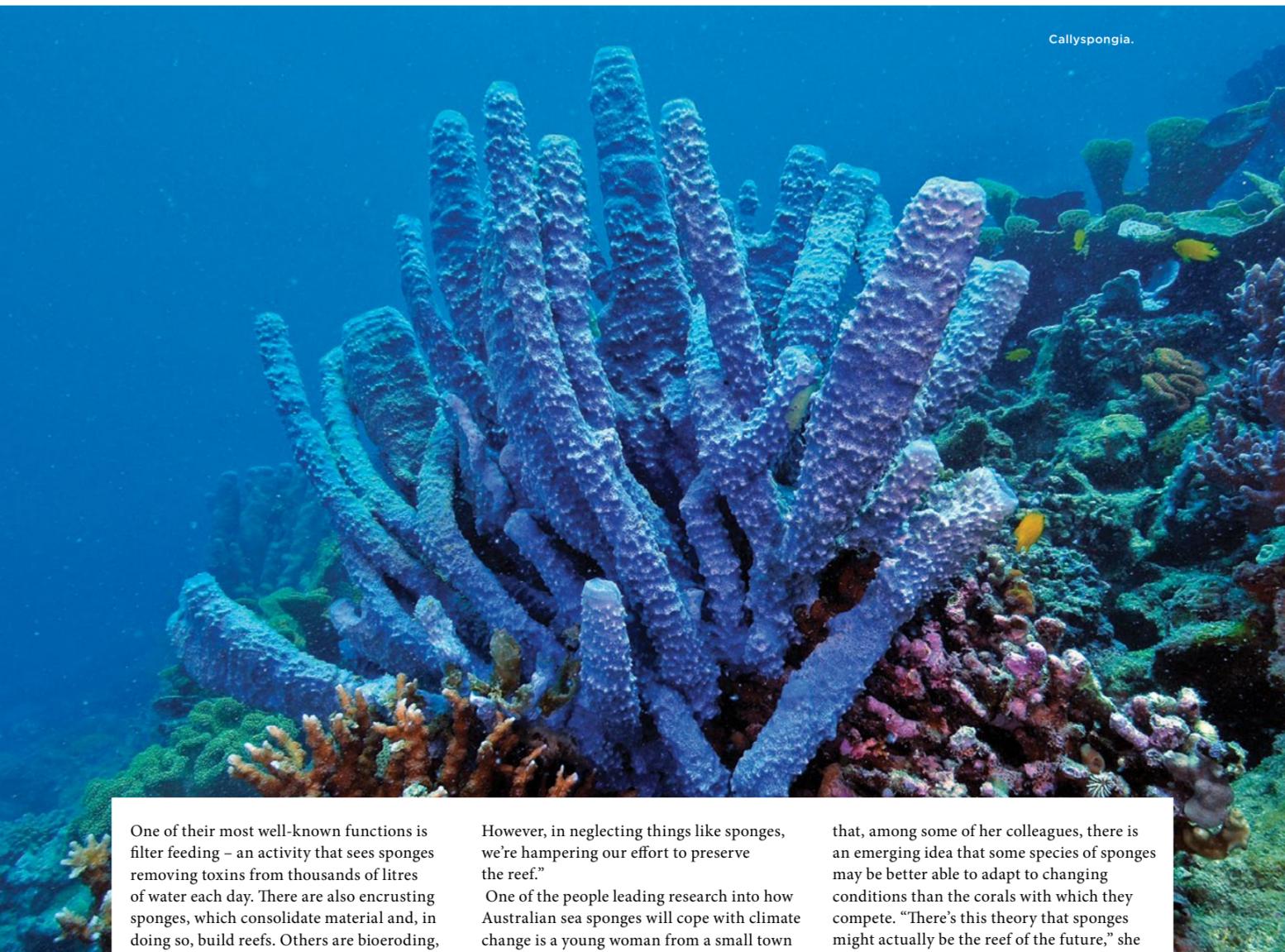
that diversity. Of the approximately 2,500 sea sponge species to be found on the Great Barrier Reef, only about 400 have been described by science. They have a crucial – and still hotly debated – story to tell us about the evolution of life. At the basal level of the evolutionary pyramid, sponges share a common ancestor with most organisms on the planet – including us. They may even harbour the cure for cancer. “In the shallow zones of the reef there is massive competition going on for space between corals, sponges and algae,” Whalan explains, “so sponges have this magnificent arsenal of chemistry they produce that deters other things from growing over them or eating them.” A lot of those chemicals are unique to sponges and could provide a range of medical breakthroughs. “Sponges are probably one of the biggest hits in the sea for those types of biomedicine targets, among the biggest of which is anti-cancer drugs,” he says. And while that research is about benefitting the future of humanity, we already know that sponges perform a number of roles that are crucial to the health of the entire reef.



Strepsichordaia.



Callyspongia.



One of their most well-known functions is filter feeding – an activity that sees sponges removing toxins from thousands of litres of water each day. There are also encrusting sponges, which consolidate material and, in doing so, build reefs. Others are bioeroding, whereby they produce acidic chemicals that break down the limestone substrate of the reef and pump calcium carbonate into the water, a crucial part of the reef’s nutrient cycle. Some host symbiotic bacteria, which perform photosynthesis – these are the solar panels of the reef. But Whalan says the full scope of the sea sponge’s role is still being discovered. They burn through cells rapidly and recent studies have shown these discarded cells feed a host of tiny decomposers. These detritivores feed small fish, which feed larger fish, and so on, right up the food chain to the manta rays and grey whalers that draw the crowds. “So they’re very important in the food web and nutrient cycles of the reef,” Whalan says. “They really are an integral part of these systems and, without them, there may be some significant missing components in how well that ecosystem does. Yet they are an understudied organism in coral reefs, where the obvious focus is on the dominant structure – coral.

However, in neglecting things like sponges, we’re hampering our effort to preserve the reef.” One of the people leading research into how Australian sea sponges will cope with climate change is a young woman from a small town in landlocked Colorado, USA. In 2006, Dr Heidi Luter was a diploma student on a “fun year” at James Cook University, Townsville, when an Australian Institute of Marine Science (AIMS) researcher gave a guest lecture on sea sponge chemicals and their potential use in anti-cancer drugs. It was a moment that would change her life. “James Cook University was very focused on coral and fish, so sponges sounded different and cool. I was intrigued,” she says. “So I went out and did a minor project [with Dr Alan Duckworth’s AIMS team] and I’ve worked on sponges ever since.” Now a postdoctoral research fellow at Victoria University of Wellington, Luter works with AIMS marine biologists looking at the intergenerational effects of rising temperatures and ocean acidification on sea sponges. “We’re trying to see if they pass on any traits to their offspring that make them more tolerant to these changing conditions,” she says. It’s early days in their research but Luter says

that, among some of her colleagues, there is an emerging idea that some species of sponges may be better able to adapt to changing conditions than the corals with which they compete. “There’s this theory that sponges might actually be the reef of the future,” she says. “And this is more based on the fact that – and this is very species-specific – we’re finding that some sponges are more tolerant to things like temperature and acidification.” Whalan, the person with a self-confessed “soft spot for sponges” who supervised Luter’s postdoctoral studies is cautious, though. He believes that, like coral, many species of sponges will bleach and die in a warmer ocean. And with the amount we’ve yet to discover about the species that inhabit the reef, not least how they all interact, he argues that as individuals and a society we have an obligation to protect the entire reef ecosystem – which means both the charismatic components and those less charming. “We have a cultural stewardship to make sure we pass the reef on to future generations,” he says. “And I would hate, in 50 years’ time, to see a new reef system that just eroded away simply because we were too lazy, self-interested or greedy not to wind back how we do business on this planet.”

PHOTOGRAPHY: AUSTRALIAN INSTITUTE OF MARINE SCIENCE; ERIC MATSON.

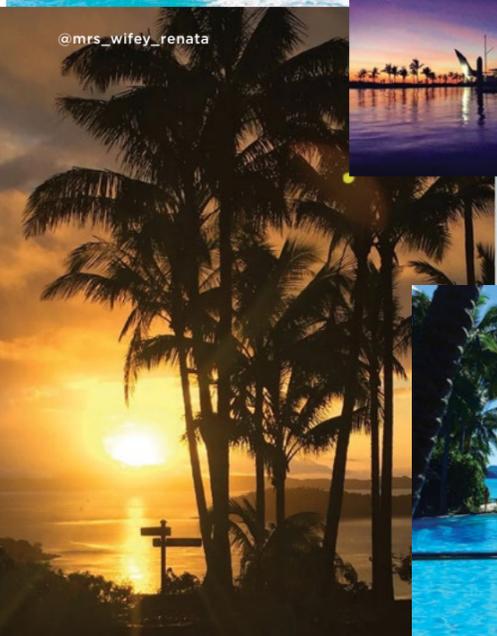
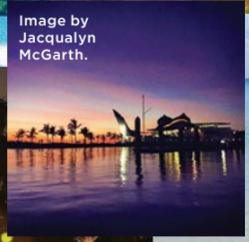
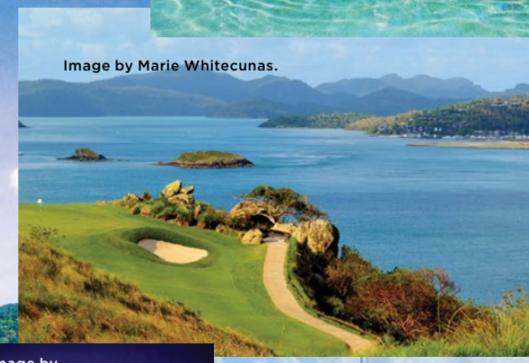
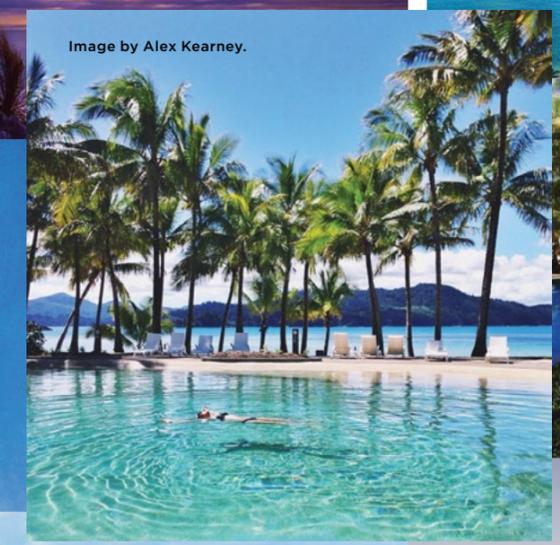
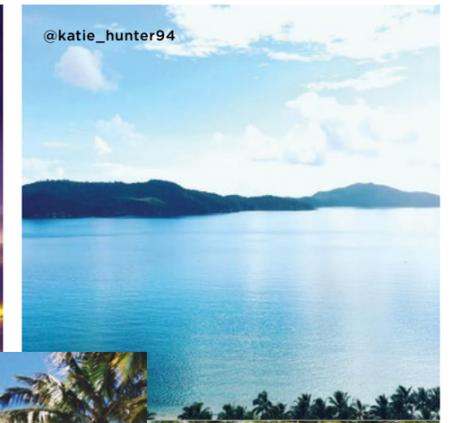
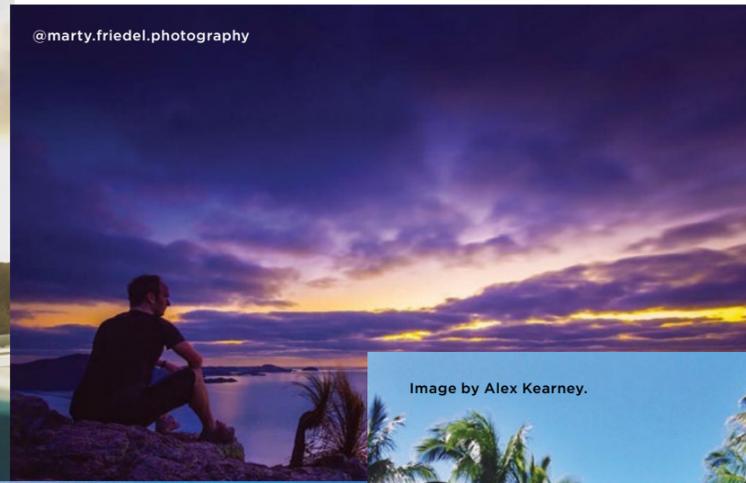
SNAP HAPPY

Immersive blue skies, incredible seascapes, lush foliage and funny moments – they're all part of our photographic celebration of Hamilton Island's millionth moment.

We love to celebrate milestones, especially when they come in the millions. So, to commemorate one million guest check-ins on Hamilton Island, we asked our visitors to share photographs of their experiences on the island, using the hashtag #HiRememberWhen. Inspiring and enthralling images filtered through Instagram and the Hamilton Island website in ripples of blue seas and skies, vibrant palm trees and intimate moments.

Over the past ten years guests have celebrated in a pretty epic style, paragliding; diving and exploring the magic of the Great Barrier Reef; recording the incredible sunsets and sunrises that we are lucky enough to experience on Hamilton Island; and simply enjoying the vistas and grandeur of the Whitsundays, any way they can. And so our Instagram feed is a rich and resonant social record of holiday happiness and total escapism. Social media has transformed the way we can communicate these moments of unadulterated pleasure and good times.

It's a blissful vibe on Hamilton Island – a carefree attitude, beautiful surroundings and the pure tranquillity all combine to create the perfect environment for love to thrive. Just take a look at Chris Jones's spectacular winning image and all the other remarkable entries. That's one million memories down. Here's to a million more.

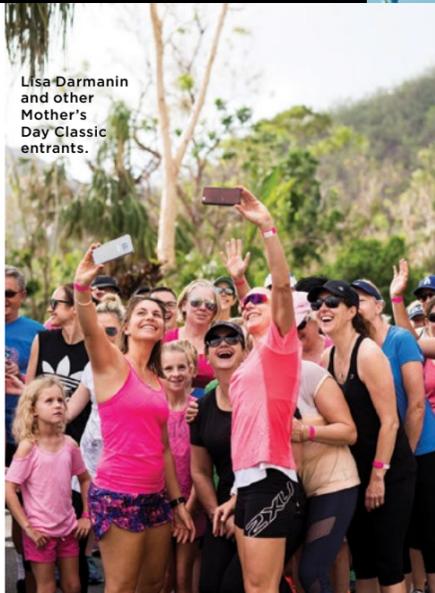




Lisa Darmanin.



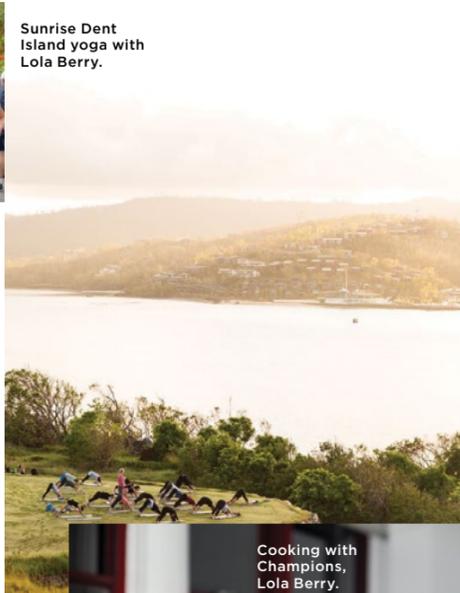
Emma Isaacs, Lola Berry.



Lisa Darmanin and other Mother's Day Classic entrants.



Mother's Day Classic start line.



Sunrise Dent Island yoga with Lola Berry.

ACTIVE WOMEN'S WEEKEND AND MOTHER'S DAY CLASSIC
 This annual event is a Hamilton Island favourite, with a power line up of inspiring women including Emma Carney, Lola Berry, Lisa Darmanin and Emma Isaacs (see page 40) discussing important issues. The island was a sea of pink with women, men and children walking to raise money and awareness for breast-cancer research.



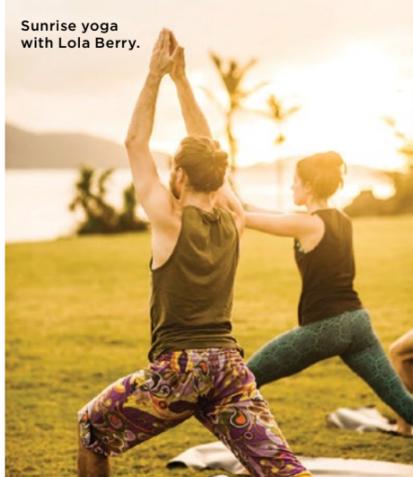
Mother's Day Classic.



Jackson family at the Mother's Day Classic.



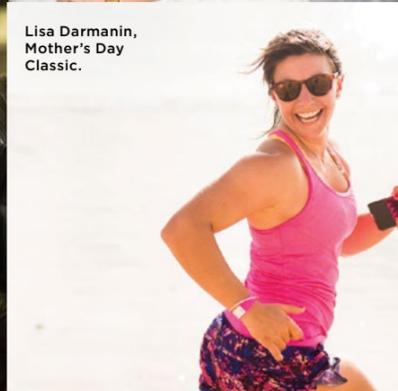
Cooking with Champions, Lola Berry.



Sunrise yoga with Lola Berry.

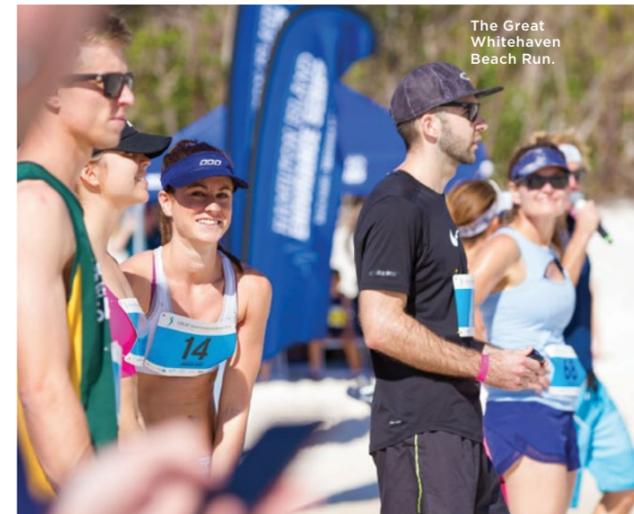


Cooking with Champions.



Lisa Darmanin, Mother's Day Classic.

PHOTOGRAPHY: KARA ROSENBLUND; HAMILTON ISLAND PHOTOGRAPHY.



The Great Whitehaven Beach Run.



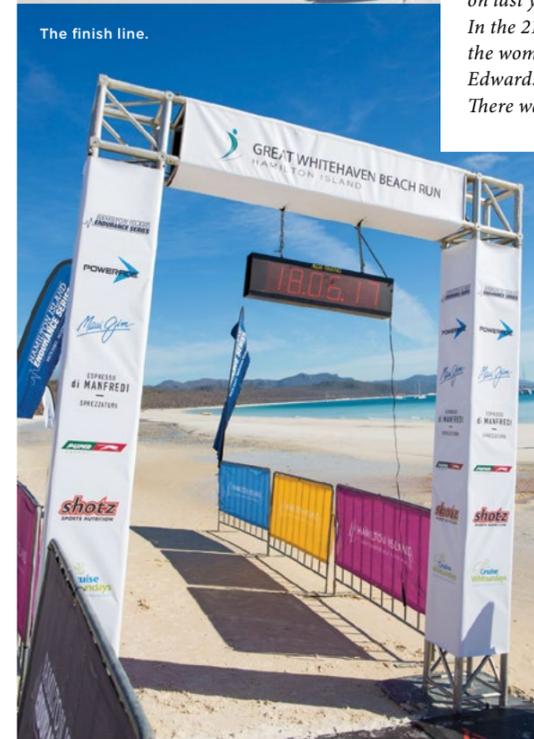
Blue skies all the way.



Start line preparations.

THE GREAT WHITEHAVEN BEACH RUN

The sun shone and spurred on 354 competitors across all races, entries up 35% on last year, to run their personal best. In the 21.1km race, Junia Larsen took out the women's title at 01:37:14 and Richard Edwards claimed the men's title at 01:28:07. There was even a 1.5km run for the kids.



The finish line.



Preparing to run.



And they're off.



QANTAS FREQUENT FLYER WEEKEND

It was a prize winners weekend of fun, including delicious dining with dinner served beachside at Catseye Beach and a cruise to the pristine shores of Whitehaven Beach. All reward for the seven prize winners, and ten of their friends, who entered the Woolworths Qantas Frequent Flyer opt in competition. We love a winner.



STAMFORD FINANCIAL HAMILTON ISLAND HILLY MARATHON

It's all about endurance, make that epic endurance. This year's winner, Leif Mawson, finished the course in a cool 03:24:26. The women's title was taken out by Nerida Punter in 05:24:37. Steve Moneghetti sums it up, "Probably the most scenic marathon run in Australia... BUT also one of the toughest."

Top three placegetters in the marathon, John Egen (2nd); Leif Mawson (winner); Justin Knight-Gray (3rd); and Stephen Jackson.



Winner, Leif Mawson.



Brianna Mouat, running the marathon.



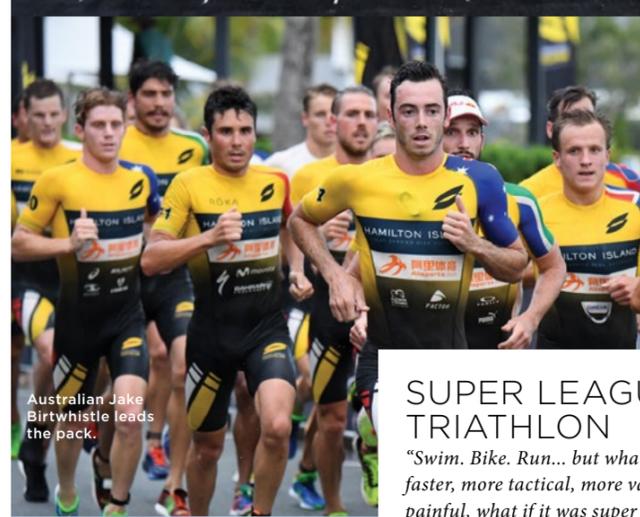
PHOTOGRAPHY: DELLY CARR; KARA ROSENBLUND; HAMILTON ISLAND PHOTOGRAPHY.



Start line.



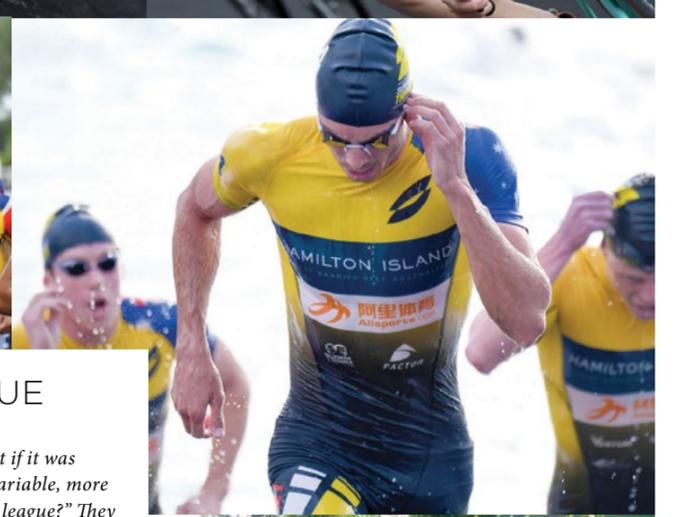
Olympian, Ryan Bailie (AUS).



Australian Jake Birtwhistle leads the pack.

SUPER LEAGUE TRIATHLON

"Swim. Bike. Run... but what if it was faster, more tactical, more variable, more painful, what if it was super league?" They promised us something we had never seen before and so it was all power, incredible fitness, the best of the best, Olympic Gold medallists and an overall title winner: Richard Murray, who scooped the \$100k prize money. Searing heat, true grit.



Australian Ben Shaw.



Six laps on the energy sapping climb.



Richard Murray, overall winner.



A Super (League) celebration.



Room with a view.



Lap it up, luxury redefined.

ARTISTRY IN RESIDENCE

We're not going to fib – we've been waiting to get eyes inside the house known as Solis since it was first built in 2010, says Tracey Withers.

Exploding the mould set by a lot of island architecture, Solis eschewed warm woods and blond stones to emerge a breath-stopping modernist masterpiece of cool textured concrete, travertine and glass that has won almost every award in the local and international game. Architecture sites and lifestyle shows came, filmed and raved. Now, after only one, continuous owner, Solis is on the market. Oh yes, fellow design obsessives, we're finally in.

It's impolite to drag one's jaw along such elegant flooring, so we'll try not to gawp. All the photos we've ogled online couldn't quite prepare us for this. Standing in any of Solis's vantage points to watch the electric sunset that shimmers in the west, it feels as though we're floating above the twinkling Coral Sea. There's Dent Island, Long Island and Pine Island and a string of smaller islands, too. We spy a fabulous fire pit set into the lovely garden. Though we're sheltered by living space built for every human comfort, we feel like there's nothing at all between us and the lushness of the island, sea and sky beyond. It's all air, sunlight and open space. Design magic.

This is why Solis's trophy shelf gleams with

gongs from the Australian Institute of Architects and the Australian Interior Design Awards, and too many other accolades to be rattled off here. Cut into a steep edge of the island, the three free-flowing levels of Solis interlock with astonishing transparency. There are no periphery or superfluous walls in this home – every one is tactical, deployed for privacy or to play an unobtrusive, structure-supporting role. Invisible glass keeps out the elements and channels natural airflow while exposing the view.

Living on Hamilton Island is, of course, all about what's out there, and framing

"NOW, AFTER ONLY ONE, CONTINUOUS OWNER, SOLIS IS ON THE MARKET... WE'RE FINALLY IN."

such brilliant seascapes is architect Renato D'Ettorre's thing. His firm is behind several landmark waterside properties on Sydney's eastern beaches and at Circular Quay, and with Solis it has expertly combined the raw,

naturalness of the island with its signature city-slickness, form and function.

Now to Solis's legendary pools. We dip a toe in the infinity swimming pool that dominates the ground level and watch the ripple vanish into the horizon. Each of the three ensuite bedrooms links to a more private plunge pool. On the entry level, we stop, transfixed by the largest of Solis's lily ponds (there are a few), watching it reflect the clarity of the sun, the Whitsunday sky. As a fluid counterpoint, all this water balances the building's sculptural lines, giving Solis a casual, homey vibe that demands bare feet and slow, deep breaths. Yes, the lily pond has put us in a meditative mood. But the water worship at Solis isn't just for the soul. Ingeniously, the main swimming pool adds insulation to the lower-level bedrooms beneath. And those bedrooms. Nestling into the cliff to the rear and fronting that view, they're mini sanctuaries.

Solis is a home for good living, after all. An integrated Boffi kitchen easily serves the many entertaining spaces, even the gym is soaked with cheery sunlight, and European fittings up the ante throughout the property. There's also a dedicated gallery space because, indeed, what is life without art?

To find out more visit queenslandsothebysrealty.com or hamiltonislandrealestate.com.au



To infinity and beyond.



EDGE 3 ON HAMILTON
Acacia Drive
FOR SALE. FROM \$1,995,000

3 2 1

This could be a great opportunity to purchase world-class, luxury living on Hamilton Island. Listen to the water lapping and admire the most amazing sunsets in your modern two-level, waterfront apartment. Edge 3 is a top floor apartment with expansive views overlooking Dent Passage. Featuring three bedrooms and two bathrooms, main ensuite which includes spa, double basin and walk-in robe, a gourmet chef's kitchen which leads to an expansive entertaining balcony, lock-up garage and separate private storage room, C-bus system throughout and a modern furniture package including bar and wine fridge. The Edge on Hamilton Island complex facilities include a 25 metre wet-edge pool, two spas, barbeque area and is located within easy walking distance to the marina and restaurants.

SHORELINES 6 ON HAMILTON
Acacia Drive
FOR SALE. FROM \$915,000

2 2.5 1

With sweeping, crystal clear views of Dent Island and the Whitsundays, this townhouse is a complete package. The functionality of the upstairs area is what greets you first, with a spacious modern kitchen and dining area leading down to a lounge area and spacious balcony. Panoramic views over the northern tip of Dent Island provide the perfect opportunity for watching the sun dip below the horizon. Downstairs is comprised of two generous bedrooms, and two bathrooms. The master bedroom and ensuite command the same view as upstairs.



BLUEWATER VIEWS 16
Acacia Drive
FOR SALE. \$1,499,000

3 2 1

Only two Penthouses were ever built in this popular development and this top floor, single level open plan apartment is sure to attract a lot of interest. The gourmet kitchen with two pack and granite bench tops leads to the open dining and lounge area with panoramic water views. The master bedroom is very generous with a large ensuite and walk in robe. The second and third generously sized bedrooms feature a bathroom set between the two, a very practical design.



LAGOON LODGE 101
Resort Drive
FOR SALE. \$1,200,000

2 2 1

Walking into this first floor single level luxury apartment, you are greeted with a stunning gourmet kitchen with Italian tiles, Caesarstone bench tops and glass splash backs. A long and generous balcony, timber flooring and exquisite furniture throughout make this the perfect place to call home. Both bedrooms are of a generous size with hand-crafted cabinetry and stylish modern bathrooms. The master bedroom boasts amazing views over Catseye Beach and being north facing it captures the sunrise, the perfect way to wake up to each morning. Strong and consistent holiday letting returns makes for not only the ultimate lifestyle choice but a smart investment.



PROPERTY SALES: CONTACT WAYNE SINGLETON 0416 024 168

PROPERTY SALES: CONTACT WAYNE SINGLETON 0416 024 168



PANORAMA 16

Acacia Drive
FOR SALE. \$790,000

2 2 1

As you enter Panorama 16, the uninterrupted view to the beautiful Whitsunday isles is enhanced by the vaulted ceilings. Being a corner apartment and the most private in the complex, the extra side windows create a light and airy feeling. The apartment's split level design comprises two bedrooms and two bathrooms. The property comes fully furnished and is already well established in the holiday letting pool, with fantastic results last financial year.

WHITSUNDAY APARTMENTS

Resort Drive
FOR SALE. From \$435,000

1 1 1

Whitsunday Apartments are a sound property investment which allow you to enjoy hassle free returns, and a lifestyle investment which entitles you to enjoy all the pleasures of a tropical paradise for 28 days of the year. The development is situated right on the beachfront in Hamilton Island's stunning resort precinct, with breathtaking views over Catseye Bay. This fully furnished, modern air-conditioned apartment sleeps up to five guests and boasts an expansive balcony, open-plan living and fully equipped kitchen. Operated on behalf of the owners under a Licence and Management Agreement, all property management, maintenance, housekeeping and refurbishments are taken care of. The complex also includes a dedicated reception area and resort-style lagoon pool and spa surrounded by tropical gardens, offering everything any holiday-maker would need for the ultimate Hamilton Island getaway.



PROPERTY SALES: CONTACT WAYNE SINGLETON 0416 024 168

The properties featured in the REEF Magazine Real Estate section are available at time of print, but for a full listing of properties for sale or to review recently sold properties, visit the Hamilton Island Real Estate office on Front Street, or go to www.hamiltonislandrealestate.com.au
PROPERTY SALES: (07) 4948 9101 PROPERTY MANAGEMENT: (07) 4946 8028 HOLIDAY RENTALS RESERVATIONS: 137 333 (02 9433 0444)

NOW SELLING



yacht club villas

HAMILTON ISLAND
REAL ESTATE

Architecturally designed by Walter Borda. Outstanding waterfront positions with spectacular views. Lagoon-style pool and private beach area.
4 Bedrooms / 4 Bathrooms. Direct flights from most Australian capital cities daily.

For Sales enquiries please call Wayne Singleton 0416 024 168. For Holiday Reservations please call 137 333.
www.hamiltonislandrealestate.com.au www.hamiltonisland.com.au

RENTALS



YACHT CLUB VILLA 8

HOLIDAY RENTALS. FROM \$1450 PER NIGHT
MAXIMUM CAPACITY: 8 PEOPLE

4 4 1

With an ideal location at the end of Front Street, this luxurious and private villa reflects the island's relaxed yet refined appeal and offers a truly sophisticated getaway. It includes four enormous bedrooms - each with their own private ensuite - as well as ducted air-conditioning, and a large comfortable living area that flows directly onto the waterfront reserve and provides easy access to the shared lagoon pool.

FRANGIPANI 001

HOLIDAY RENTALS. FROM \$590 PER NIGHT
MAXIMUM CAPACITY: 6 PEOPLE

2 2 1

Ideal for a small family, this impeccably styled apartment is located directly across from the golden sands of Catseye Beach. Bright and breezy, it includes a contemporary kitchen, two bedrooms and two bathrooms. Flowing over a single level, the apartment opens out onto an entertaining terrace with seating for six people, sun lounges and a lawn area.



COMPASS POINT 9

HOLIDAY RENTALS. FROM \$555 PER NIGHT
MAXIMUM CAPACITY: 8 PEOPLE

3 2 1

Set over two levels, this light-filled apartment is ideal for families. It offers lovely views of Dent Passage and boasts several balconies, including a large entertaining deck with a barbeque and outdoor seating for six people. Situated on the western side of the island, you're just a short walk down the hill to all the cafes and restaurants on Front Street in the marina.

OASIS 7

HOLIDAY RENTALS. FROM \$460 PER NIGHT
MAXIMUM CAPACITY: 6 PEOPLE

2 1.5 1

Flowing over one level and with fresh, contemporary interiors, this open plan apartment is ideal for couples or small families. It includes two generous bedrooms, main with ensuite and corner spa bath, and a large entertaining terrace which flows seamlessly from the modern, fully-equipped kitchen. Conveniently located on the marina side of the island, you're just a short walk or buggy ride from all of the island's key attractions.



HOLIDAY RENTALS: CONTACT HAMILTON ISLAND HOLIDAYS 137 333 (02 9433 0444)

To view the full listing of Hamilton Island holiday rental properties available, visit the Hamilton Island Real Estate office on Front Street, Hamilton Island or go to www.hamiltonislandholidayhomes.com.au

HOLIDAY RENTALS RESERVATIONS: 137 333 (02 9433 0444) PROPERTY SALES: (07) 4948 9101 PROPERTY MANAGEMENT: (07) 4946 8028

*RATES QUOTED ARE OFF PEAK RATES BASED ON A 3 NIGHT MINIMUM STAY (4 NIGHTS FOR YACHT CLUB VILLA 8). OTHER RATES AND DURATIONS OF STAY AVAILABLE, PLEASE ENQUIRE AT TIME OF BOOKING.



MAISON FONDÉE EN 1785

PIPER-HEIDSIECK

CHAMPAGNE

Emeric B. Barman



Bommie, Hamilton Island Yacht Club

HAMILTON ISLAND WEDDINGS