



# THE INTENTIONAL TOURIST

**Catriona Rowntree** travels the world for the Nine Network's *Getaway* program and somehow, in between the airport check-ins, she has found time to write a book. And although she's visited many far horizons, Catriona's values come from much closer to home.

INTERVIEW **RENAE LEITH-MAMOS**

## HER BOOK

Writing a book (*Catriona's Australia*) was one of the hardest things I've ever taken on. It was going to be 40 locations at first, then the publisher turned it into 100. Combining writing a book with my day job was a lot, and it took a lot of courage to have faith in my abilities as a writer.

I never thought I'd get it finished. It took five or six months, but I've met a lot of authors since who have taken five to six years to write a book, and another five or six years to get a publisher to publish it.

Everything in life happens for a reason, and it took someone like Jamie Durie to have faith in me. I met him at Channel Nine and we have a lot in common. We are both builders in life, and we are both optimistic and work hard.

## PHILOSOPHY

I am a classic Cancerian, and always give things 100 per cent. I worry about everything, too. I always wanted to be the sort of grandmother who can pop my grandkids on my knee and honestly say I truly lived my life. I don't want to have regrets in life, but want to be remembered as a do-er. If I have an idea, I want to back it and do it, and see it come to fruition. I don't ever want to be the sort of person who says "if only" or "what if".

My own grandmother, Riria (who lived with Catriona's family), has inspired me. She only ever used soap and water on

her face – and when she puts on a bit of lippy she resembles Queen Elizabeth. On a financial level, she taught me the importance of saving and investing, and she has truly inspired me.

At 93, she drove all the way from Brisbane with my mum Heather to attend my book launch, which meant so much to me. I knew she was going to be proud of me when she saw the book, but she said she has been proud of me since I was a little girl. She always had a sense of faith in me.

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## BEAUTY

Something my travels have taught me is that women the world over want the same things. Okay, in Asia they use whitening creams, in Australia we tan our skin. In some countries buxom bodies are in, in others slim is the look. But get past that and all women want the same thing.

I feel Australian women are authentic, gutsy, have a great sense of humour, a sunny disposition and a huge dollop of courage.

No matter how much you pay for skin care, the most important thing is sleep, good food and living well. I recently had a break in Darwin, and my skin was glowing when I came back. Looking good doesn't cost anything.

People ask me about cosmetic surgery, and I think that if you're considering it, you should look at the guy you are with and ask yourself why you're feeling so insecure that you're considering surgery.

## DREAMS

I hope that I'm able to get married and have babies. My challenge is the same as everyone else's, in that I'm looking for that person to share my life with.

One of the greatest assets for me is time, and I love ringing a girlfriend and having a great conversation – a proper one, not a five-minute one. I'm very proud to say I have a group of friends from school who I still keep in touch with. 🍷

Catriona's book *Catriona's Australia: My Favourite Aussie Locations* (Jamie Durie Publishing, RRP \$39.99) is available at bookstores nationally.

**OUR REAL WOMEN SAY...** Catriona is a consummate professional. She has dealt with all levels of society on camera, and she's always smiling. I love her stance on cosmetic surgery; it shows how much she values self-confidence and self-esteem in women, which makes her a great role model. **CLARE**