

**Dotsie Bregel,  
Founder and CEO of  
The National Association of Baby Boomer Women  
(NABBW)**



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*Tipsters for the Hipsters!***

***With***

**Pat Burns**

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**Vacationing with Grandkids**  
***Tipsters for the Hipsters!***  
**With**  
**Pat Burns**

**Dotsie:** Hello and welcome to the call. For those of you who don't know me, I'm Dotsie Bregel, founder of the ***National Association of Baby Boomer Women*** which can be found at [www.NABBW.com](http://www.NABBW.com), and we also have a sister site which is [www.boomerwomenspeak.com](http://www.boomerwomenspeak.com). They are the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women, which happens to be my generation of women.

Our sites are proudly sponsored by [www.donlans.com](http://www.donlans.com), so if you are interested in excellent financial information that will encourage you to live a more financially responsible midlife, we recommend that you visit [www.donlans.com](http://www.donlans.com) site. And then we're also sponsored by Elations, which is a daily drink supplement that offers release for joint aches and pains. It's an alternative to taking the big vitamin type pill. You can find that at [www.elations.com](http://www.elations.com).

I would just like to mention that if you are on the call and you are not a member of the NABBW, we would just like to tell you that this month we are offering the opportunity to join the association for fifty dollars because I am celebrating my big 5-0 birthday. So during this month, you can join the association for \$50.00. You can email me at [dots@nabbw.com](mailto:dots@nabbw.com) and I will give you the link or you can visit our site and the link is at the top of the page.

Okay, this call is our third in our *girls just want to have fun* series. We have an editorial calendar at the NABBW, and the way we got the topics for each month was by surveying our members last year. So we took the top 12 topics that boomer women were interested in and broke them down, and so each month we are addressing another topic. We thought that this would be a good time of the year to cover the travel topic while people were making plans for the summer.

So if you were not on the first two calls and you are interested in listening, if you are members, you can listen to them. You'll get links and you'll also be able to read them when we send you our member updates which go out weekly, and if you are not a member, once you join, all of our teleseminars are archived in the MEMBERS ONLY page so all teleseminars that we've ever done are there for you to listen to or read once you become a member.

So today we are interviewing Pat Burns who is the author of *Grandparents Rock*. Pat, are you there? I hope so.

**Pat:** Of course.

**Dotsie:** Oh good; I'm glad we didn't lose you in all of the beeping. I just want to tell you a little bit about Pat and then I'll get started with the interview. Pat has a lot going on, to say the least, right Pat? Her extensive talents are wrapped up in three projects. One you can find at the [www.thepatburns.com](http://www.thepatburns.com), she has the **Grandparents Rock Enterprise**, and along with her partner, Barry Ackerman, who is hugely successful with her in doing the Orange County Children's Book Festival. As co-founder, she serves as the Executive Director. She started out as a single mom like many women who are boomers, with two small children. She began a real estate career in sales and within two years, she reached the top 10% nationwide. After eight years of doing that, she was recruited by Century 21 International for service as Recruiting Manager for four states and 150 offices. She also started a business called Pat Burns Seminars at that time, and became a highly sought-after, general session keynote speaker for more than 500 meetings and conventions. Boy, you've done a lot of speeches.

In addition to Pat's successful publication of **Grandparents Rock**, which is the grandparents guide for the *rock n' roll* generation, she's written numerous articles on sales, marketing, and management featured in a great variety of magazines. She spent three years advancing a multi-billion dollar business International Trading Corporation in Saigon, Bangkok, assisting the team in formation of company structure and operation. She developed cross-cultural communication skills and learned the valuable lesson of "patience," which many of us have learned by this point in time in life. Her consulting relationship with that company continues to this day. So after completing assignments in Asia where she lived and worked off and on for three years, she was selected to serve as a general manager of the *Millionaire Summit* and partner with best-selling authors, Mark Victor Hansen and Robert G. Allen. And I know a lot of you know Mark Victor Hansen from the *Chicken Soup for the Soul* book series. Later the program evolved under Pat's direct supervision into the high-end membership program called, the *Inner Circle*. And with the *Inner Circle*, Pat selected unique venues and extraordinary events like a private dinner in the famous Topeka Palace, spending a day in the Abandon Baby Center in Nairobi Canyon, a summit of Mr. Whitney and Mr. Kilimanjaro and a private interview with his Holiness, the Dalai Lama. That is so exciting to me.

Pat creates memories that will last forever and there are still more to come. Tithing and philanthropy are the cornerstones of her belief, and as a volunteer, she commits her time to raising funds to end illiteracy and supports education. She has two daughters that are grown; one lives in Scottsdale, Arizona, and another in Vale, Colorado, and she is the very proud grandmother, as you can imagine, of Skye and Pat, the cutest kids on the entire planet. And I have a feeling that there are women, especially boomer women, who would say that their grandchildren are the cutest kids on the entire planet.

So welcome Pat, it is good to have you with us today.

**Pat:** Thank you so much, Dotsie and I'm just delighted to be here in the company of such phenomenal women. I would like to just ask that maybe we could ask people to mute themselves again because I can hear somebody breathing, also.

**Dotsie:** Yes, if you came into the call late, if you would be kind enough to push the 6 button on your phone so that we don't hear any background noises. Okay, Pat is going to get us started today. She's going to give us her *10 Best Vacationing Tips for Grandkids* whether it's summer travel, or any time of the year travel. So do you want to talk to us about creating the Destination Wish List?

**Pat:** I'd be happy too, and first I just want to cover a little bit, if I can, just set this up with a little explanation; would that be okay with you, Dotsie?

**Dotsie:** Sure, sure.

**Pat:** Okay, great. Well, you know...I've been a world traveler not only as a speaker but as a trainer, and setting up companies all over the planet, literally. When I became a grandparent, that didn't stop. I was still very much in the throws of speaking and arranging trips. But what I wanted to do was to be able to share this knowledge and expertise with my grandson Dylan, who was my only grandson at that time. We would go on adventure trips, we would start off small and when we get into this interview a little bit deeper, I do have some questions that I want to make sure that our listeners jot down and they're really critical questions to know whether or not this is even something you want to be able to consider about taking your grandchildren out on a trip or an experience. So there are going to be some steps that I'm going to suggest a little bit further on down the line.

One of the key questions that I'm going to ask you to jot down is has your grandchild ever had a sleep over or slept in any other bed other than their own. Because this is going to be the first test of how soon can you start taking your grandchildren on vacations. One of the advantages that I want to bring about and talk about is why I want to take my grandchildren on a trip. And the reason is, and that then leads obviously into creating your wish list. And Dotsie, the reason that I want to do that is not only get to be—improve the communication with my grandchildren, and bond with them deeper, which you can only do when they're not being controlled by their parents.

Okay, so you slip away, and it's what happens at Grammy's, stays at Grammy's. I've seen that T-shirt around and that really is what happens when you get to be alone with your grandchildren without their parents, and many times without their peers. The bonding deepens at a much higher level. Additionally, your grandchildren will experience many times, for the first time, and learn how to deal with, independence. When they are with me, it's like, "Sure, go, just make sure you check in, in about 30 minutes; here's a clock, and when it gets to this point, I need to know where you are and what you are doing." That is a luxury that

happens when the children travel or when they're with me; I give them a little bit more independence than their parents do.

**Dotsie:** And now how old are these children?

**Pat:** My grandson is now 15; but my granddaughter is two and a half, so we are just now starting to have our little adventures. My daughter will come and she'll stay for a week with me, and she'll go off and visit her friends for a couple of days because she doesn't have that at home. She lives in Arizona and I'm in California, and my granddaughter and I will go off and have these little adventures. And she is way more independent when her mom comes back than when she left her, you know, because we have these little experiences a little bit at a time. So unless your grandchild has had a sleep over, or slept in another bed that is not their own; it may be too soon. So you want to start encouraging little baby steps to taking your grandchild away.

Now, the big cross-country tour that I took my grandson on was cross-country from California to Florida and that was a visit to have with my father, his great-grandfather. So I took him on a trip and he was, gosh he must have been maybe—maybe 8 or 9 years old at the time. And this was a big adventure for us. And I actually write about it in one of my chapters of my book. And the book, *Grandparents Rock*, each chapter is named after a hit song from the past. So this chapter was "*Girls Just Want to have Fun*" and it was also the theme or your title of these teleseminars and I thought it was fun to coincide that with you. But taking him cross-country on a long flight, having him stay, doing little adventures, getting lost with him, having some crazy things that happened, and then taking him to the Manatee Park, the Manatee Park, having him experience snakes, and alligators, set it up for the big trip that I took him on which was when I took him to Africa.

**Dotsie:** I've seen pictures of that.

**Pat:** You need to take a baby step before you—you know, have a little sleep over, maybe take them away for a day; have some of these experiences before you do something big. I just wanted to put that precursor ahead of creating that Destination Wish List.

**Dotsie:** Sure, and you know, Carol White who was on the call with us first, the very first teleseminar for this series, she had a height requirement before she took her children like on an airplane, or traveled with them. And it was whatever the height requirement is to go on rides in Disneyworld. And I'm not sure what that is, but I thought that was a neat idea because her first trip was always to—actually, it was to Disneyland because she is on the west coast, and so that is how she and her husband kind of put some guidelines and boundaries around when you're ready to travel.

**Pat:** Well I think that is a fabulous rule, although for me, it will happen sooner than that. It already has with our 2 ½ year old granddaughter, who is also a special needs child, and so I have to be even more aware of her limitations and let's face it, we all have our little quirks and issues, so it is going to be even more of an interesting experience for me to have that with her. So it just depends on your own personal ability and really, demeanor. I have a very relaxed, you know, I let it be. I'm just like, if that's what it is, it is. I don't get too carried away but for some people, it's too challenging. So that height requirement is an awesome idea.

So let's talk about some of the choices of creating your Destination Wish List. What I have found is that it really can be gender specific. I have found my experience not only with my grandson but with other children that I've traveled with, because when I was president of the mega *Inner Circle*, and running the *Inner Circle* for Mark Victor Hansen and Robert Allen, we brought children with us on our trips. And so I have traveled with children extensively all over the world, in the United States, and internationally, as well. And what I have found is that boys are really, as a generality okay, I'm not going to say 100%, boys as a generality, really do enjoy history. And you know I have my own little feeling about this and one of my feelings is that boys like things that don't change. Have you ever noticed that about your husbands and men in your life? They don't like change. And history is such a constant. And then for women with our cycles, and life changes that we go through, and birthing, and all the changes our bodies go through continuously, for the most part, we embrace change. We want a new hairdo, we want to go the cosmetic counter at Nordstrom's and get a new look, we like changes; so you need to consider that. And that's my own Pat Burns like, unauthenticated, unscientific report here; but history is a great place to take your children too. It not only engages you and helps you remember some of American history, or international history, but it also is a visual experience for your child which integrates that experience.

I remember when I took my two daughters to Washington, DC. They were in junior high. And I took them to the east wing of the Smithsonian Art Gallery. And they were looking at a Picasso and a Van Gough and you know what happens when you stand in front of a painting, you actually are able to tune in to the energy of the artist. You never get that by looking at a book. Because you're actually standing in front of—and that aura, and that feeling is between you and the painting. And they looked at me and said, "You never get this in school." So those kinds of experiences are fantastic. I took my grandson when he was 10 years old to the Nixon Library, which is a 30-minute drive from my home. We spent three hours there. We walked out and he said, "Grand, that's the coolest thing you've ever taken me too." Full of history, the history they can look at, touch, feel, read, experience a film; he is so solid now on this era of American History. So you want to consider, is it something historical in your region that you could take your grandchildren to? Is it something about your own heritage? Is there a—I know just recently last month we had St. Patrick's Day. Definitely if

you're Irish, that would be a great event to take your grandchildren to, so if there is an October Fest and you have German heritage, go there. Go take your grandchildren and experience your lineage so that then that's a teaching lesson. If they are into sports, you can make it about a sports event, if it's music, you take them to certain music museums, rock and roll hall of fame, Nashville, and integrate it into something you love, as the grandparent, and that you want to expose your grandchild to that interest, so that you now have more in common to speak with and bond, and really build that imprint that never, ever goes away. And it could be theater, it could be anything. It could be anything along those lines that really creates that lasting memorable experience.

**Dotsie:** Yeah, I've heard of grandfathers taking grandsons to different ball parks in different big cities for games. I've heard of them taking them on fishing trips, or even entering different fishing tournaments, and even within the same state. But it seems like with some of this grandparent travel, there definitely is a theme. I think that's neat.

**Pat:** Absolutely. And well, we're going to talk about next is researching your options online, too. There are some great Web sites, fantastic Web sites; there is even a grandparent's camp where you take your grandchildren with you on a camping experience and that is called, [www.grandkidsandme.com](http://www.grandkidsandme.com) and this is where grandparents and grandchildren go camping together and you do it in a group. So I really like things where there are other children, every now and then because they don't feel so—um, it gets boring for them. You know, they want to have children their own age, and it is also nice for us because we meet other grandparents our age, too; so it becomes a very social part of the experience. And it's just a delightful, nonprofit organization that really puts these experiences together. And there is also, [www.familyadventures.com](http://www.familyadventures.com) is another Web site, also [www.grandtrvl.com](http://www.grandtrvl.com) and it is very high-end travel. A couple of these can be very pricey and I know we are going to talk about budget further down the list, but you do need to consider how much you want to invest in this and what is going to be your budget to do all that. Disney, [www.adventuresbydisney.com](http://www.adventuresbydisney.com) another phenomenal resource for some great excursions as well.

**Dotsie:** Okay, wait a minute, what was that? Is that “adventure” or “adventures?”

**Pat:** That's plural. [www.adventuresbydisney.com](http://www.adventuresbydisney.com)

**Dotsie:** Oh that sounds like a fun one. Is that Disney World, is it both sides of the country?

**Pat:** Oh yes, they do all over the world. They do Europe, Asia, Africa, I mean it's all over the world.

**Dotsie:** Okay, any Disney park?



**Pat:** No. Actually, let me clarify that. It's actually specific destinations like grandparents and grandchildren going to Rome.

**Dotsie:** Okay, so it doesn't just involve their Disney Parks.

**Pat:** Exactly.

**Dotsie:** Okay, gotcha. Oh wow, that's interesting.

**Pat:** And then there is another one. [www.generationstouringcompany.com](http://www.generationstouringcompany.com). There are many great resources. Now I'm going to be offering to your listeners, anyone that is interested in joining me, I'm actually putting a trip together and my little trip company is call [www.grandpreneurtravel.com](http://www.grandpreneurtravel.com).

**Dotsie:** I haven't heard of that, Pat. Good for you.

**Pat:** Brand new. It's brand new. As a matter of fact, I just bought the URL today. But the idea is not new. Naming it is new. I am planning several different experiences for grandparents that are working grandparents that are entrepreneurial. And why I want to bring them together is to have a bonding vacation with your grandchildren and bond with grandparents that are entrepreneurs, so that we can do some networking.

**Dotsie:** Oh fun. And it is actually good to teach your grandchildren the entrepreneurial spirit.

**Pat:** That's the whole idea. And we're going to do a little workshop on the trip and then we're going to take them—and because I'm so good at connecting people, when we go to the destination, I'm going to make sure we meet someone of high significance, like for instance, a prime minister, a head of state, a senator, a congressman, you know, I'm going to be able to pull that off because of my rolodex. It's going to be called [www.grandpreneurtravel.com](http://www.grandpreneurtravel.com) and the site will be built here shortly, but I'm planning trips like regional; regional trips within the country first, and then we'll go outside of the country. But the first one is going to be presidential libraries where we actually go like to the three libraries on the East and the middle west, and the west, and there could be also a southwestern train experience taking them across the Rockies, and it is just a fabulous experience to do a train experience. But again it is going to be a entrepreneurial grandparents and their grandchildren, so it will really be cool.

**Dotsie:** And there are a lot of entrepreneurial grandparents now with boomers all marching toward retirement and kind of you know, reinventing themselves and doing their own thing.

**Pat:** And refusing to march into retirement.

**Dotsie:** Right. Well, I mean they may retire from a corporate job but reinvent themselves in an entrepreneurial way.

**Pat:** Absolutely. Absolutely. So “grandpreneur” is a word that I actually trademarked, and I do have an interest in training grandparents that want to be entrepreneurs because it will have that strong family element as well. So yeah, I’m a strong believer that this is all part of a bigger scheme and that we are not done yet.

**Dotsie:** That’s for sure. What about any family-friendly cruise options; for people who like cruises?

**Pat:** I love this option. I did take my grandson last year to Greece and Turkey, along with the *Inner Circle* on a very small cruise ship. It was a limit of 100 passengers, and actually, it was even less than that; I think it was like 80; and we had other children with us. And I will tell you that would be my only recommendation for older grandchildren.

**Dotsie:** For cruises? Or—for?

**Pat:** The small cruise line. It is just—there is just not enough activity for them. And there is nothing for them to do other than to sit around and talk. When you’re at sea, there’s no activities, there’s no—so I would shy away from those activities unless you have older grandchildren. Now the major cruise lines, actually there is a Disney cruise line. There’s the Disney cruise line, there’s Norwegian, there’s Carnival, or Royal Caribbean; they all have family cruises. Now the issue that I see with this though, and they’re all family-friendly, and have tons of activities, and child care, and rock climbing, and water slides; the down-side of these is you are going to be around a lot of kids.

**Dotsie:** Right. So you have to be ready for that, right?

**Pat:** I do not enjoy that. I like a small amount of children; I don’t want 100 children. You know, you’re at the pool and they have an adult pool and a child’s pool, and these things—but still, you’re at dinner and all the food and it is just constant noise. And when I want to go away, I don’t want the noise. So when I travel, I like to have a smaller group and not be so overwhelmed. But like this camping experience, that to me is very cool, I think that would be awesome, because it is not going to be huge, and I find that you can also lose your grandchildren if you’re going on one of the cruise options. You’ll lose them. You’ll lose them to daycare, you’ll lose them to other children, and so you’ve basically have paid for him to have a vacation and for you to have a vacation. Where’s the bonding? Where’s the connecting? Where’s the sharing of heritage and history, and memorable experiences. For my personal agenda, it is not my preferred choice. But it may be for other people; their preferred choice, especially if you’re going with your entire family, like all the kids, and all their kids, then it becomes

you're a little enclave, their your own pod, your own unit, then it's okay. But to be a grandparent with one, or two, or three of your grandchildren amongst all of this big ship, pardon the pun, you'd be lost at sea.

**Dotsie:** Well listen, it has become apparent that you travel with one grandchild at a time. Do you want to talk about the benefits of that?

**Pat:** Well, it's only because that's only been my option. I don't anticipate that this will continue. I think I will have the option of traveling with more than one grandchild. I will tell you that of course I love traveling solo with my grandchild because we then have that bonding and there's no competition.

**Dotsie:** Yeah, there's no sibling rivalry which I think would be huge. I imagine if you took like three siblings, it wouldn't be as pleasant.

**Pat:** It is not as pleasant if you don't have objectives in mind. When you have objectives and everybody is experiencing it—I can say this because as a child, my father was in the military. He was a marine colonel, fighter pilot in the marines, and we were stationed in North Carolina and my grandmother lived in California. My mother could not stand the East coast humidity, So my father, every summer, took my five brothers and sisters and I and drove us cross-country and then flew home and then flew back and drove us home at the end of summer. We did that for four years. And when we traveled together, we were never closer. We were close, we played, and one of the things that I love about road trips is that you do have the opportunity to improve your social skills. Because we'd stop at a hotels and there would be a pool, and then next thing you know, we'd make friends at the Marriott in St. Louis, and then you're at the Sheraton in Kansas, and along the way you make friends, and it really does help your social skills which as an entrepreneur, we know is critical.

**Dotsie:** Yeah, and now those kids that are meeting in those situations are communicating online.

**Pat:** Absolutely. So it is even more powerful. And it really does roll into one of my other questions I'm going to ask on my survey. Is your child either Mr. or Mrs. Social, and loves experiencing new adventures, or are they shy, easily overwhelmed, and prefer to be alone, and can take a while to get comfortable in new situations? These are questions you want to ask of your grandchildren so that you can get a handle on whether or not this is a good idea for you to take an extended trip or not. Now my grandson was kind of in the middle. He likes to be social, but it does take him a while, so he doesn't immediately jump into a conversation, but the more I've taken him, the better and better he becomes at this.

**Dotsie:** Right and plus I think we have a pretty good feel for how our grandchildren are; I mean I don't have any grandchildren, I have great nieces and nephews, but no grandchildren.

**Pat:** It's the same thing. Very similar.

**Dotsie:** Yeah, but I would think that we could get a feel for how they are and how they might act in a certain situation before making decisions on where to take them.

**Pat:** Its one thing Dotsie, I'll just clarify that a little deeper, if you don't mind. Your interface with them around their parents is totally different than when it is without. And then if you have more than one day, the experience is also different. You know if it is a multiple day, and all of a sudden their food choices aren't there, and it's not being fixed the way mom does it, and you've got all the food issues, the sleep issues, noise issues, stranger issues, friends issues, there's a lot of issues that pop up.

**Dotsie:** Right. What is the longest you've taken one of your grandchildren away?

**Pat:** I took Dylan to Africa for 13 days.

**Dotsie:** Wow, that's a long time.

**Pat:** And a long way to go. And he was 12 at the time. And I will share, I might as well share that experience with your listeners right now. When we went there, it was a long flight, you know, we stayed a day in Amsterdam, and then went on to Kenya, Nairobi, and we were there for a day, and then we went to the *Abandon Baby Center* which is in Nairobi, which is founded by Larry and Frances Jones, the founder of the "*Feed the Children*" that you see on TV. He is just a really, really, wonderful human being. Well, he has this *Abandon Baby Center* in Nairobi, and so I took all the children and all the people and we brought blankets, and toys, and clothes, and books, and we brought suitcases of gifts to the *Abandon Baby Center*. Well we spent the whole day there. We had a tour, and Larry Jones talked about the abandon baby center and all of the different aspects and where the children came from, and how they land at their doorstep and on bus steps and in dumpsters, just people not able to care and feed them, just leave them. And so we were there and we spent the whole day and we played and we hugged and we loved, and we rocked children and we played with them and I passed out little baby pink tiara's and made them all queens for the day, and we just did all of these amazing things. Afterwards we left Nairobi and went on to our first safari and then we went on another one, so about the third day, I asked my grandson what has been the most exciting part of all of this for you, thinking of course he would say it was the monkeys, the elephants, the lions, and

he just looked at me square round and said, “Oh Gram, it was the *Abandon Baby Center*.”

**Dotsie:** Yeah, it’s probably nothing he has seen in the states.

**Pat:** I was just blown away. And I thought to myself, and I said to him, “You kidding?” He said, “I’m coming back.” And I thought oh no, do I have to come back here again? And I said, “When?” He said, “When I have my own family. We’ll come and we’ll make a difference.” So that experience of me touching his heart, if I never did anything else in my life, I’d feel complete.

**Dotsie:** Yeah, so you’ve planted seeds for what he wants to do when he has a family. And that’s what grandparenting is about.

**Pat:** And for humanity, Dotsie. For humanity as well. That’s the whole thing we can do on these experiences, is open up their heart, open up their mind, give them an experience, plant it forever, and then move on to the next one.

**Dotsie:** Right. Tell us a little bit about games and music when traveling.

**Pat:** Well, this is really critical and very important about having enough entertainment for them. What I like to do also is integrate music of the area wherever we’re going. For instance, if we’re going somewhere in the South I want to make sure I’m playing music, if we’re in the middle of the country, I want country music, I want classical music, you know I want to make sure they have the flavor of the area. And we did this; we had a concert in Africa, we had a concert in Turkey, in Greece and everywhere we went, I made sure—everywhere we go we make sure we have a cultural experience as well. And these are all of the things that I’m going to plan on [www.grandpreneurtravel.com](http://www.grandpreneurtravel.com) I’m going to make sure all of this is integrated; the trip, the experience, the cultural, the music, the food, everything is going to be incorporated into it, as well as, the business lesson, the entrepreneurialship, and the networking. So we’re really going to be able to integrate all of that. Games are really fun to take with you, and there are so many of these little travel games that you can get online or Toys-R-Us, etc.

**Dotsie:** And are they just like the regular games but travel size, is that what you are talking about?

**Pat:** Yes.

**Dotsie:** Okay, just something to entertain. And of course they all have their gameboys and who knows what all.

**Pat:** Well, I try to discourage electronic stimulation. I really do. I mean I say, “Music is fine, bring your iPod, but leave all of your other computer games at home.”

**Dotsie:** Now what about laptops?

**Pat:** No gameboy, you can't take X-box because--

**Dotsie:** No, laptop.

**Pat:** Oh sorry, laptops. And no laptops.

**Dotsie:** And no laptops...oh wow. Well, you know, they're younger. They don't need them. I mean really, it is the older teens that need them in some regards, or maybe work or something like that.

**Pat:** You know if its work, you can always get to it in a "net" café. If it is 24-hours a day available, it is not going to work. You have just got to say, "Nope, not an option." And I do want to drop back just briefly and talk about tour guides. This is something that I found to be so useful if you're going some place out of the country. To have people that are from the area that know the secret sauce, you know? They know the stuff that you just can't get out of a tour book, you don't get by searching online, and it's like all of a sudden we were—and when we were in Turkey you know, I spent a great amount of time researching my tour guides, this is a big part of my research, and I interviewed them. And when we got to Turkey, our tour guide was a teacher of religion at the University of Istanbul, and he knew everything about the country, about the religion. The year before he was a tour guide for Laura Bush and Maggie Thatcher.

**Dotsie:** Now tell me how—I know that you can research—I didn't know you could actually research a specific guide. I know you can research tour guide companies, but can you request a specific guide?

**Pat:** Absolutely. And I interviewed three of them.

**Dotsie:** So you go online to the tour guide company and then you I guess, what? They have bios of individual guides?

**Pat:** They have bios and then many times they have an email address where you can click on and ask a specific question.

**Dotsie:** Oh wow, that is really interesting. I didn't know that.

**Pat:** Now I conducted telephone interviews—email interviews I conducted five or six. And then I narrowed it down to three, and then I did telephone interviews. Sister, I am just like, when you get there and you just want to know you got the best there is, and the only way to do it is to talk to the person. Emails can be very deceiving. The minute I talked to them, I knew if I could understand their English well enough. Which you can't tell in an email.

**Dotsie:** Well that's interesting. That's really cool. I never even thought about getting a specific guide. That's kind of cool.

**Pat:** Well, that's why I wanted to go back to it because I know my own experiences have been so critical and the same thing when we went to Africa; the couple that we had, he's been there 22 times; he's from here, but he's been there 22 times; his daughters lived there, and his wife was the lion trainer for that old TV show like in the fifties, the late fifties, that had the big lion and the guy—the name escapes me about what his show was, but she was the lion tamer and trainer for the TV show and she was with us. I mean, you know so you just get all this stuff; all the good stuff that you just wouldn't get otherwise.

**Dotsie:** All the good stuff, sure.

**Pat:** And then they also knew artist and they introduced us to artist, and then we went to art shows, and just things that you wouldn't get if you were following a tour guide.

**Dotsie:** Yeah, and you know another thing I've always done with my children when we travel is talk to the cab driver, the person toting you from the airport to your resort, or whatever. Because for the most part, they were probably born and raised there and know a lot of those nitty-gritty things that you might not learn from reading a magazine, or a travel book about it. So I've found cab drivers to be fun, too.

**Pat:** Well Dotsie, in my experience, and I have been to some third-world countries, you want to be careful where you do that. Third-world countries make their taxi drivers get their total commission off of taking you to their friend's places, and you may not always be in the safest areas. Just precaution. Know the country you're going to, and be smart about it. I mean literally, I know that one of our drivers took us to this spot and my tour guide was in a different car. And he sped up ahead, and pulled around, and he said, "Out of here!" And he fired the driver then because he knew this was also a place where drugs were sold. So you just really—you know, know the country. And I think in some countries, in some places, you are 100% correct, but like in New York, no one is from New York. You know they're all from foreign countries and half of them don't know their way around, so you just know where you are going, and be very careful about that.

**Dotsie:** Right. Right. Now how about that—you speak of memory books and creating DVD's and using YouTube.

**Pat:** This is very, very fun. Like on my Web site, if you go to [www.thepatburns.com](http://www.thepatburns.com), I have on there links to YouTube, and on those links are my trips. My trip to Africa, my trip to Turkey, my trip to Greece, and you can click

on them and see the PowerPoint presentation of what I put together. Now what's fun about this is to be able to share it with your family, your grandkids, you can put music to it which I have not done yet, but you can do all of those things to really expand the experience to other people. And once you put it up on YouTube, your grandkids will think you are like "hot."

**Dotsie:** Right. I was thinking like you could probably get the grandkids to help you do this stuff with you. And that would be fun.

**Pat:** Oh absolutely. It totally fun. And then you can also collect memorabilia from the area and that is what you make your memory book with. You put pictures, you put rocks that you find there, and fabric that you found, and maybe a menu that you took home with you, picture postcards of the hotel, or pictures of you picking up the rental cars to animals that you shot while you were there, you know, pictures of the animals, pictures of people you met. And you make this memory book. How grand is that?

**Dotsie:** And I'm sure the kids love seeing pictures of themselves. Now on that site, the [www.thepatburns.com](http://www.thepatburns.com) where do you find that information?

**Pat:** It should be on the media page.

**Dotsie:** Okay, so there is a media page and you click on the media page and you have YouTube or something. Is that right?

**Pat:** Yes.

**Dotsie:** Okay good. Let's see.

**Pat:** Should we talk about the budget?

**Dotsie:** Yes, let's talk about budgeting.

**Pat:** Okay. You really want to make sure that this does not become so costly for you that you regret the trip. And just bare in mind your kids, your grandkids, are going to be happy to have the time with you. So keep within a budget, and stick to it. Share the budget with your grandchild. You want to share it with your grandchild and make sure they know, hey, this is what we're going to do, we have money set aside for the hotel, you don't need to tell them how much. You just say money set aside for the travel, money set aside for food, and this is our budget called "mad money." You know this is where—and you're going to get an allowance everyday but you know, when you run out, you run out so you want to be careful. And then you want to also just offer and I'm going to buy you at the end of the trip one favorite thing you want to remind you of the trip. And just say, "And that can cost up to \$25.00." You put the limit on it, because you don't want to promise them the moon, and only be able to afford a grain of sand. You want



to be able to be in the budget that you're comfortable with, allocate your funds appropriately, and let the child—give them an allowance every day what they could spend, and my daughter also always sent money with my grandson. Here is, you have a hundred dollars mad money, you know. So he always got some money for the trip but then otherwise, I covered everything, you know, and it was like—they also always helped with his airline ticket, but other than that, I covered everything else for him. So you just want to allocate whatever it is that you are willing to spend, and know that this is a reality that you can live with.

**Dotsie:** Sure and let them know there is a budget. There's nothing wrong with that.

**Pat:** Exactly. Well, that's also teaching them the entrepreneurialship and physical responsibility.

**Dotsie:** Okay sure. Let's see, we have only about 10 more minutes so what about safety and first aid when traveling with grandkids?

**Pat:** Okay, I'll get to that real quickly. This is something that I want to emphasize. You must have a medical release from your grandchild's parents. And both of them. The "legal" parents need to sign it. Like in my case, my daughter is divorced from the Dad of my grandson, so she signs it because she has legal custody. His step-dad does not have to sign it, just my daughter. But if they are husband and wife and they are both married and they are both parents, you should have them both sign it. You should also have with you any medications they are on, any allergies that they have, and a copy of their vaccinations.

**Dotsie:** And their insurance card, right?

**Pat:** Thank you, that's on my form that I created and I'm sorry, you are absolutely correct.

**Dotsie:** Yeah, I just know that because we've taken lots of "friends" with us on different trips and we always have to take insurance cards.

**Pat:** Right. Just make sure that you have everything that you need. And the last thing is you need to set up some rules and regulations. And this is about what time bedtime is, what time—that we always listen to the adult in charge, this is most particularly when you are in a group; it really shouldn't matter if you are in a group or individual. You just say you must always listen to the grown up in charge most particularly to specific instructions. Especially, when we were in Africa, the tour guide sat down with the kids and said if I tell you "stop," you stop where you are, you don't ask why, you don't look around; you stop. And he goes, I know the area, I could be seeing a snake coming at you. I could see a lion coming at you and you will listen to me! And boy their eyes got like saucers, you

know? And it is the same thing no matter where I go with my grandson, I said, when I say stop, you stop. This is not the time to say why, just a moment, I'm going here; you know they all have opinions now.

**Dotsie:** Oh absolutely. Especially when they get into the teenage years.

**Pat:** Yeah, well...even as children; you know that why, why, why comes at about 2 years old, you know? Just that there are times that you need to set up, most appropriately, for their safety and well-being, that there are rules and regulations, and when you are on a trip, you don't get to discuss it. You know that's totally different when you are out of your environment and space. I hate ending it on that note, so I mean I had rather think about all of the fun things you get to do and all of the experience, but it certainly shouldn't be neglected. Do we want to see if there are some questions?

**Dotsie:** Yeah, sure. Does anybody have a question for Pat? So just remember if you do, you have to push the six button so we can hear you. Sometimes it takes people a couple of minutes to have nerve to ask a question.

**Pat:** Well plus it's takes a minute for that "un-muting" to happen.

**Dotsie:** Yeah but we should be able to hear that un-mute happen. It doesn't sound like anyone has a question. Pat, do you want to tell us a little bit about your book and your Web site before we close off?

**Pat:** Oh I would love to, and I also have a free gift for anyone who wants to come online...that is, I have *10 Rockin' Tips to Help Your Grandchildren be Happy.*" It is a very beautiful, beautifully illustrated PDF that when you go to my Web site, which is [www.grandparentsrock.com](http://www.grandparentsrock.com) and you'll see on that homepage, is a place to log into for the ten tips. Also my book, ***Grandparents Rock: The Grandparenting Guide for the Rock-N-Roll Generation***, is the first in a series. I'm currently working on book 2 which is ***Grandparents Rock: The Money and Grandparenting Guide for the Rock-N-Roll Generation***. And book three is ***Grandparents Rock: The Green and Grandparenting Guide for the Rock-N-Roll Generation***. And then there is going to be one on dating, spirituality, business and teens. So it's a long line of books and it's just the first in the series and they can be purchased by going to Amazon, Barnes and Noble, the brick and mortar stores, either the actual stores, or the online stores. It's available everywhere and then this summer, I have my tote bags coming out as well. There will be *Grandparents Rock* logo with a message about being hip and happening and a grandparent. So all of that is available also on my Web site to take a look at, and also you can go to any of the bookstores around town to get that. And also, the [www.grandpreneurtravel.com](http://www.grandpreneurtravel.com) I'll be making sure you know about that Dotsie so we can spread the word.

**Dotsie:** Yeah, sure and when do you hope to launch that?

**Pat:** Well, I will most likely have that launched mid-summer because I just want to make sure I have the first trip organized before I post it.

**Dotsie:** Very good. Okay. Well then, if no one has a question, we are going to close off and I just want to thank you for being with us today and just encourage people to embrace their grandchildren and travel with them.

**Pat:** Before we do, I would like to do one thing. I would like to suggest that you open up your phone line just to make sure that someone isn't having a problem asking a question. Did you mute your line?

**Dotsie:** No, I did not. I didn't mute everybody the way I do it is people mute themselves.

**Pat:** Okay, so to close let's go ahead and play this great little song for the call to end. Good old Nat King Cole. <Music playing>

**Dotsie:** Okay, thanks Pat.

**Pat:** The lazy, hazy, crazy days of summer is the perfect time to take grandchildren out and have a ball and create memories that will last a lifetime.

**Dotsie:** Thanks and I'll be in touch.

**Pat:** Thanks Dotsie, good bye.