


Olympic Gold Medalist

GREG LOUGANIS

Humanitarian Expedition to Kenya

craftposium

JANUARY 2015

A lush, moss-covered forest scene. A path of wooden steps leads from the foreground into the distance, flanked by large, mossy tree trunks. Sunlight filters through the dense canopy, creating a bright, ethereal glow in the background. The overall atmosphere is magical and serene.

I'm possible

Turning the Impossible into possibilities!

LETTER FROM THE EDITOR



Happy New Year Everyone!

I love a NEW year! It's a great opportunity to change things in our lives for the better, put things in order and regroup. It's a "clean slate" as they say, and we can embrace a new path or expand on one that continues to work for us. As crafters and creative artists, this new year gives us all kinds of opportunities to try new things, learn new techniques and see things from a new perspective. **If you do what you've always done, you will always get the same results!** A New Year gives us an opportunity to change things...

In this January issue I am starting a new column called "Crafter's Meditation." It is an opportunity to connect with your creativity on a more spiritual level. I would love to hear your feedback about this new feature in our magazine.

As you see on the cover of this issue, I am very happy to announce our Africa Expedition with Olympic medal winner and World Champion diver, **Greg Louganis**. This expedition will include a lot of humanitarian elements in addition to the first class safaris, sightseeing and once-in-a-lifetime encounters. Crafters in general have a heart of gold, so the idea of participating in some good will efforts combined with an incredible safari just might appeal to you. All of the details of this expedition start on page 24.

With this new year, I hope you take a moment by yourself and list your goals and aspirations for 2015. I personally do this at the beginning of every year, and I thought I would share a "Goal Guideline" with you, similar to the one I use, to help you focus on your list. This information can be found on page 12.

Finally, I would like to invite you to **LIKE US** on Facebook if you have not already done so. Beginning in January, we will draw a name each day out of those who follow our Craftours page. Those names will be entered for a chance to WIN a craft cruise or tour! **CLICK HERE to LIKE our page!** The drawing will be on February 1st, and the winner will be announced in the March issue of Craftposium Magazine.

Happy New Year to you and your family! I hope this year you make a conscious decision to have a very happy, healthy and successful year. None of us are victims to any set of circumstances that we can't turn around and make it a productive and positive experience.

Namaste!

Jim@Craftposium.com

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to register for a
FREE TRIP!



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by **Anne Copeland**

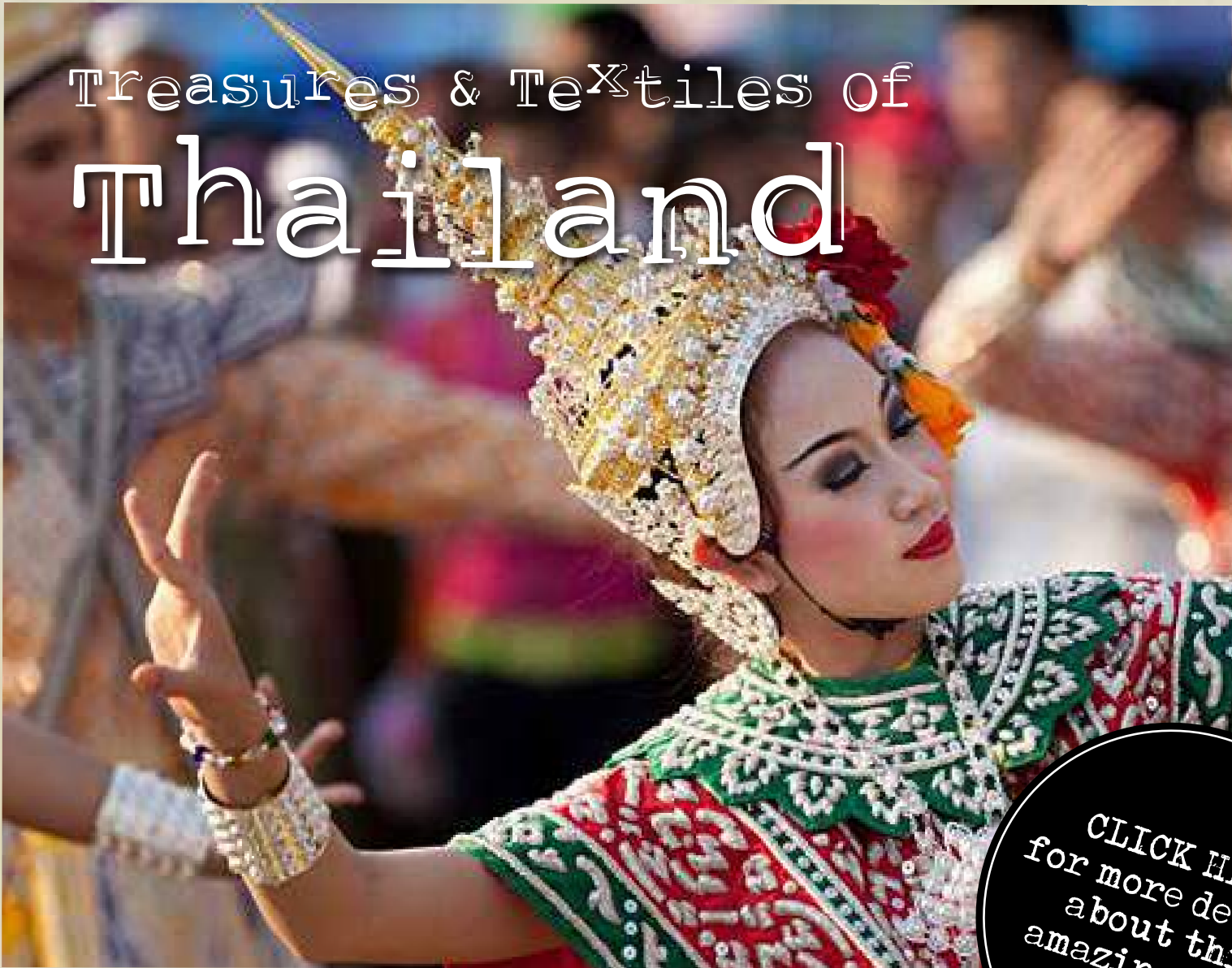
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Jim West in South America

Treasures & Textiles of Thailand



CLICK HERE
for more details
about this
amazing trip

PACKAGE INCLUDES:

Round trip airfare from Los Angeles, first-class hotel accommodations, all sightseeing as mentioned in the itinerary, all taxes, most meals, personally escorted by PAM HOLLAND and Craftours founder, JIM WEST.

PRICE: \$5487.00



To make your reservations call us at 815.663.4046, toll-free at 877.887.1188 or submit your reservations online. For additional questions regarding airfare, transfers, insurance, pre-night packages, or our convenient payment plan, please call our toll-free number or use our contact form.

ITINERARY:

THURSDAY, OCTOBER 1ST

We begin our Treasures & Textiles of Thailand Expedition with an overnight flight from Los Angeles to Bangkok.

FRIDAY, OCTOBER 2ND

We will change planes in Hong Kong and continue our flight onto BANGKOK. Upon our arrival into the Bangkok International Airport, we will pass through customs, collect our luggage and meet our tour escort Jim West. We will drive to our luxury hotel, check in and relax. Tonight, we will enjoy a delicious "welcome dinner" at our hotel, where we will have an opportunity to meet everyone who is traveling in our group and meet our very special guest, Pam Holland. D

SATURDAY, OCTOBER 3RD

This morning, following a delicious breakfast, we will take a local river taxi and visit the Fabric District and the Flower Market. Both of these places will be great fun and wonderful to visit, besides having a lot of shopping opportunities. We will return to our hotel midday where we will meet with Pam for a fun workshop. The remainder of the day is at your leisure. B

SUNDAY, OCTOBER 4TH

This morning, following breakfast, we will drive to the most extraordinary shopping venue in the entire country of Thailand - the Chatuchak Weekend Market. What was once a place for traders and wholesalers, has reached a landmark status as a must-visit place for tourists. It will be shopping like you have never seen before for items that cost a fraction of retail prices at home. We will enjoy dinner at a local restaurant and sample some delicious Thai cuisine. B, D

MONDAY, OCTOBER 5TH

This morning following breakfast we will visit the ancient city of AYUTTHAYA, once a Siamese Kingdom that existed from 1351 to 1767. This Unesco World Heritage site contains the tombs of three of the kinds of Siam. It is a very important part of Thailand's history and will be fascinating to explore. We will have lunch together and then return to our hotel midday where the remainder of the day is free for shopping and relaxing on our own. B, L



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TUESDAY, OCTOBER 6TH

We start our day with a wonderful breakfast, followed by a full day of sightseeing. We will visit a local fishing market, the train market, and the famous floating market. There will be opportunities for great photographs, eating some of the local cuisine and area specialties, sightseeing in some unique and fascinating places, and learning more about the Thai people and their culture. We will have lunch midday and return back to our hotel later in the afternoon. Tonight is free to relax on your own. **B, L**

WEDNESDAY, OCTOBER 7TH

This morning after breakfast, we will check out of our hotel and drive to the airport for a flight to the northern city of CHIANG MAI. Upon our arrival we will meet our coach and driver who will take us to our deluxe hotel, located in the center of town. In the early afternoon, we will visit Sbn-Nga Textile Museum, which houses some 6,000 pieces on display. Quality textiles like these cannot be found anywhere else in the Thailand. We will return to our hotel and enjoy another special workshop with Pam. Dinner will be served at the hotel. **B, D**

THURSDAY, OCTOBER 8TH

Today, following breakfast, we will enjoy a Thai Cooking Lesson and learn about Thai spices and techniques for cooking their delicious cuisine. We will enjoy lunch together before we drive to a Hill Tribe clothing warehouse where we will shop for vintage textiles. We will return to our hotel and have the remainder of the afternoon free at our leisure. **B, L**

FRIDAY, OCTOBER 9TH

This morning, we will check out of our hotel and drive to the city of CHIANG RAI. Upon our arrival we will check into our luxury hotel and relax. This afternoon we will visit the extraordinary White Temple. Wat Rong Khun, which is the proper name for this place, is a contemporary unconventional Buddhist temple. We will have time to walk around and take photographs on our own before returning to our hotel. The remainder of the day is free at your leisure. **B**



SATURDAY, OCTOBER 10TH

Today following breakfast we will enjoy a very special expedition. We begin with an exciting trip down the scenic Kok River, onboard a traditional Thai long-tail boat. As we cruise along the waterway, we will take in sights of the countryside and learn a little about the land that surrounds us. We will stop at Baan Ruam Mit Village, home of the Karen Long Neck Tribe, a fascinating people with a unique tradition of extending their necks with rings. From here, we will climb aboard our next method of transport, this time, your very own elephant as we explore the jungle and a chance to spot some of the local wildlife. We will return to the village and are given some free time to take photographs and visit with the locals. We will board our boat once again and cruise back to our starting point, stopping one final time at the Chiang Rai Meditation Center and visit a cave that is sacred to local monks. We will return to our hotel and have the remainder of the afternoon free to relax. Tonight we will enjoy a delicious dinner at our hotel. **B, D**

SUNDAY, OCTOBER 11TH

This morning, after a delicious breakfast, we will check out of our hotel and drive to the airport for our flight back to Bangkok. We will drive to our luxury hotel and check in. There will be time for last minute souvenir shopping or whatever you decide to do. Tonight we will bring our Treasures & Textiles of Thailand Expedition to a close with a "farewell dinner." **B, D**

MONDAY, OCTOBER 12TH

Today following breakfast, we will check out of our hotel and drive to the airport for our flight back home. **B**



LEARN ABOUT
OUR UPCOMING
TRIPS AT

www.craftours.com

crafters' meditation

"Our creative process gets blocked when we hold onto things in our life that do not serve the highest good of everyone involved."

So often crafters find themselves blocked from being able to truly express themselves creatively because something is in the way.

We blame it on not getting enough sleep or not having the right atmosphere to work in. We convince ourselves that there is something outside of us, causing the problem.

But have we ever stopped to think that this block may not be on the outside? Perhaps something is happening on the inside of us, causing problems?

I have learned by accepting the truth of who I am and appreciating the talent I possess; my creative process flows in extraordinary ways. I must forgive myself and forgive others, and let go of anything that weighs me down. People who don't support the loving and creative ways we express ourselves become our personal prophets of doom. Once we recognize who they are, even if it is family, we can make a conscious effort to keep them from negatively effecting our lives.

EXERCISE:

Close your eyes. Envision your creative process flowing like a river that bends and turns; constantly moving. Now, in a very loving and determined way, pull the large branches of fear out of your river. Push the large rocks of insecurity out of the way. Take the junk of jealousy and inadequacy, and move it aside, and visualize that your river is flowing perfectly. It is your river, and you are now cleaning it up from any and all objects that have been blocking it.

ACTION PLAN:

Today, even if it is uncomfortable, purposely paint outside of the lines, create your own recipe as you cook, take photographs upside down, use bold and crazy colors you wouldn't normally use, incorporate unusual and non-conventional things into your crafts and see how it feels. Let go of how things "should" be and let them be what they are. Who knows? This outside of the box thinking just might take you to the next level, or at the very least, provide a different perspective on things.

Let the river flow...

Goal Guidelines for the New Year

By Jim West

When setting up goals of any kind, it is important to be realistic about what you write down and want to achieve. When I create my goals for the New Year, first and foremost, I need to be by myself where I will have no distractions. Preferably a place where I can relax and concentrate.

Next, I take a tablet of paper and a pen. I really think it is important to physically write goals down on paper, and not just type them on a computer. Having a tangible piece of paper in front of you to look at is important.

With pen and paper in hand, write on separate pieces of paper the following titles:

- PHYSICAL GOALS
- SPIRITUAL GOALS
- RELATIONSHIP GOALS
- FAMILY GOALS
- WORK GOALS
- CREATIVE / CRAFTING GOALS
- HOME GOALS

Create any other categories you'd like.

Now, with each of these at the top of a separate page... Begin to write!

PHYSICAL GOALS pertain to establishing some kind of exercise program. Maybe you will start a walking program, join a gym, lift weights, buy a treadmill, learn Tai Chi, start a yoga class... Write down goals that are attainable and will create some kind of daily physical activity for yourself.

SPIRITUAL GOALS are set to take your spiritual journey farther than it is now. Maybe you belong to an organized religion and want to become more involved in your church. Maybe you will meditate or pray every day. Maybe your spiritual journey is going to incorporate more nature. Whatever it is, make a decision on how that might look in the New Year and take it further than what you are already doing. Remember, a goal is about improving your current situation and making it better.

RELATIONSHIP GOALS have to do with setting goals on what you want to take from certain relationships and what you want to give. Your relationship with each family member, co-worker, friend, business associate, and neighbor counts. This section can be divided into many categories and you can create a goal sheet for each person and each relationship if you so choose. Sometimes, when we look long and hard at a relationship, we come to the realization that we may not even want specific people in our lives because they do not support us. People who have negative comments in regards to the ways we choose to live our lives, Prophets of Doom, and I let them go. There is nothing worse than working hard to improve the quality of our own lives and then having someone who puts us down or negates everything we worked so hard to build. It is ok to let some people go, and in doing so, you open your life up to welcome new people in, who are supportive and loving.

FAMILY GOALS involve two different things - the family as a unit and the family as individuals. When we set goals for the family unit, maybe that includes playing a game once a week, having dinner on weekends, having a share circle to express feelings, or creating some kind of annual event, outing or vacation as a family. Whatever that is, write down your goals for your family as a unit.

The other part of this section, is addressing individuals in your family separately. Maybe your goal is to make sure you do something once a week with each person, one on one, maybe work on a craft project, or find a common thread that links you to each family member so your relationship is strengthened by it. Whatever it is, set your goals so they are fun for everyone involved.

WORK GOALS depend on what you do for your work. As the owner of my business, my goals are set very high. I ask myself, "What do I want to achieve financially, where do I want to be in positioning my company in a global marketplace? What kind of employees do I need to hire to help me reach my goals? What business plans have I developed to help reach all the goals I set?" And being a business owner with employees, I make it my goal to reach out and get to know each employee. I don't pry too much into their personal lives, but I do like to check in from time to time to see how they are doing.

For those of you who do not own a business, but work for someone else, you can set goals (along with your boss) so you can achieve what you are looking to achieve at work. Your goals can also include how you get along with other co-workers, what kind of extra things you can do to bring a good vibe to the office atmosphere, anything you can think of that would be important as a work goal.

CREATIVE / CRAFTING GOALS are an ideal way of finding something that you really enjoy and moving it in a real constructive direction. For example, maybe you are a brilliant artist and paint on canvas. Maybe your goal would be to showcase your work in an art gallery, sell your paintings, or even solicitate commission pieces. Your goal could be to set aside time every day or every week to do something creatively. Whatever that looks like to you, take your crafting and creativity to the next level.

HOME GOALS are what I use as home improvement goals. Does the house need painting, the basement cleaned out, flower gardens and trees planted, a fence put up, a new appliance purchased, any kinds of things that improve my living environment? We spend a majority of our time at home, so setting goals to improve on things within it will help us get it all done. And remember, whenever you are working on any kind of household improvements, don't let the entire workload overwhelm you. Take it step by step and one project at a time. Before long, you will see that it will all start coming together.

This Goal Guideline is really just an easy template for you to use to start thinking about improving the quality of your life in the New Year. YOU DECIDE what you need to work on and what you want to improve in your life. The biggest thing is to just start. That workout program might fade away come February, those goals to play a family game on Friday nights may disappear, but at least you have the intention. If it doesn't quite go as planned, don't give up. Go back to it again and again until it all sorts itself out.

**Never, never, never,
NEVER GIVE UP!**

Confetti Bowl

New Year's Eve has past and the confetti has all been swept off the floor, but this project is for anytime of the year as you will see...



MATERIALS NEEDED:



What makes this a real "original" piece, is that you can add not just confetti, but other paper pieces as well: streamers, photographs you transferred to paper and tore, or anything else your imagination can dream up that is a paper product.

Let's begin...

STEP 1:

Blow up your balloon & set it with the bottom in a vase or bowl to hold it upright

STEP 2:

Paint top half of balloon with heavy coat of modge podge

STEP 3:

Cover top half of balloon with confetti! (And/or other materials of your choice)

STEP 4:

Add more modge podge

STEP 5:

Let dry upside down once entire collaged area is thoroughly covered in modge podge

STEP 6:

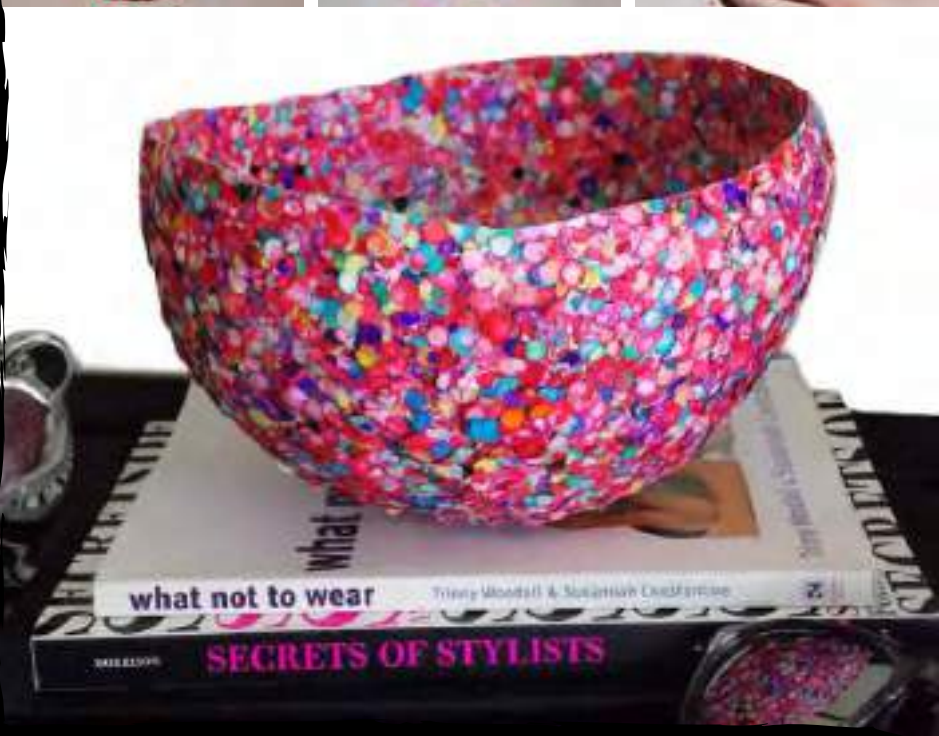
Once dry, pop balloon

STEP 8:

Carefully, cut jagged rim off

STEP 9:

Enjoy!



Journey to Poland

September 2 – 10

CLICK HERE
for more details
about this
amazing trip

PACKAGE INCLUDES:

Round-trip airfare from New York, private motorcoach, professional driver & tour guide, all breakfasts, some dinners, first-class hotel accommodations, sightseeing as listed in the itinerary and optional tours to Auschwitz and the Wieliczka Salt Mines. This tour is escorted by educator and designer, **Mark Lipinski!**

PRICE: \$3,184.00

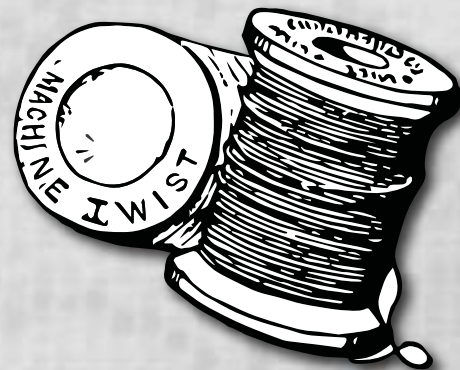


To make your reservations call us at 815.663.4046, toll-free at 877.887.1188 or submit your reservations online. For additional questions regarding airfare, transfers, insurance, pre-night packages, or our convenient payment plan, please call our toll-free number or use our contact form.

ITINERARY:

WEDNESDAY, SEPTEMBER 2ND

Our journey begins with an overnight flight from the NEW YORK CITY to WARSAW, POLAND.



THURSDAY, SEPTEMBER 3RD

This morning we arrive at the Warsaw Airport. Once we collect our luggage and pass through customs, we will be met by our Crafttours tour escort and driver and enjoy a Panoramic tour of the city. Following the tour we will drive to our 4-star hotel, check in and relax. Tonight will meet for a welcome dinner at our hotel and have an opportunity to meet our special guest Mark Lipinski, and hear more about the exciting things that are planned for our coming week. D

FRIDAY, SEPTEMBER 4TH

This morning, following a buffet breakfast at the hotel, we will enjoy a quilt workshop with Mark. There will be time for lunch and in the afternoon we will attend a private Frederick Chopin piano concert. The evening is free at your leisure. B

SATURDAY, SEPTEMBER 5TH

This morning after breakfast, we will travel to the town of LOWICZ, a picturesque city famous for its traditional Polish art. We will visit their open air museum and in the afternoon participate in a special folk art workshop. Tonight, we will meet for dinner and reminisce about our creative day. B, D



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SUNDAY, SEPTEMBER 6TH

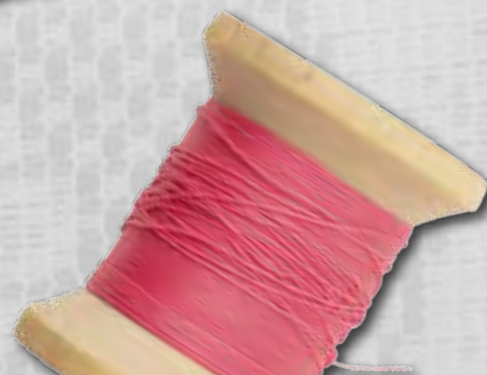
This morning, following breakfast, we will check out of our hotel and drive south to the city of KRAKOW. Upon our arrival into the city we will enjoy a Panoramic tour before driving to our 4-star hotel. Tonight we will have dinner together and have the remainder of the evening on our own. B, D

MONDAY, SEPTEMBER 7TH

This morning, following a hearty breakfast, we will participate in another creative workshop with Mark. In the afternoon, we are offering an "optional tour" to the World War II Concentration Camp, AUSCHWITZ. The camp has been preserved as it was during the war, including the prison blocks, gas chambers, and crematoria. It is a somber afternoon without doubt, but one that you don't want to miss! (Cost of this optional tour is only \$38.00 per person) B

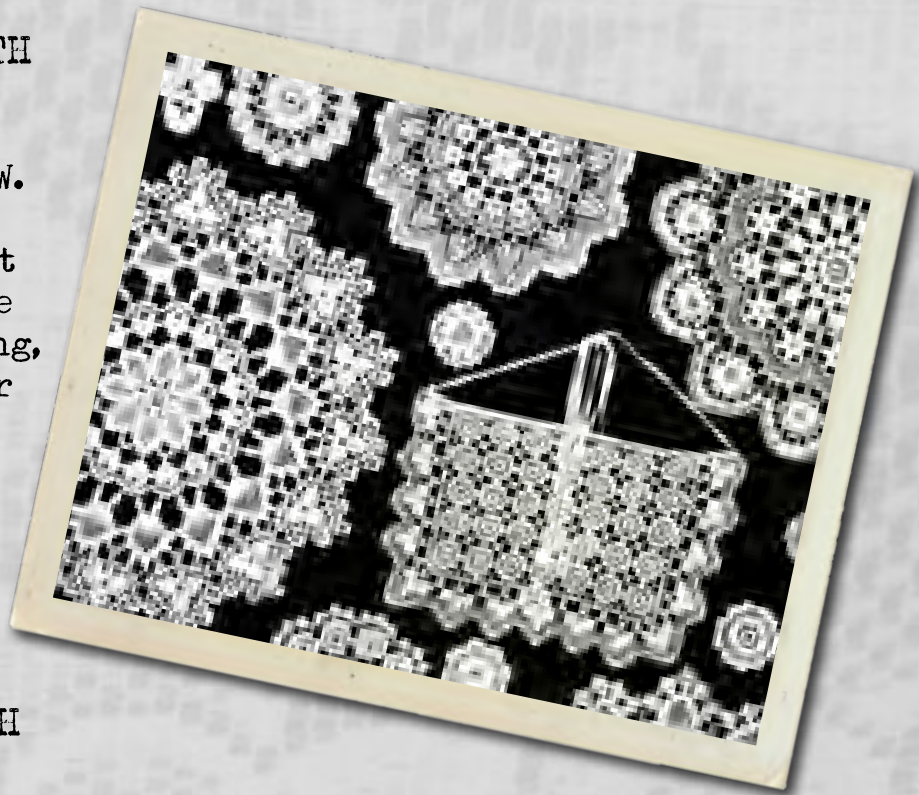
TUESDAY, SEPTEMBER 8TH

This morning, after breakfast, we are offering a full day "optional tour" to the town of ZAKOPANE. Zakopane is a famous mountain resort, located in the valley at the foot of rocky Tatra Mountains. Our tour this morning includes a visit to a woodcarver's workshop where we will see a master carver at work. We will have lunch together before we drive to the world famous Wieliczka Salt Mines. Here we will see a magnificent chapel carved out of salt that took miners 30 years to create. These mines are listed as a UNESCO World Cultural Heritage site and are the oldest Salt Mines in operation in the World. We will return to our hotel later in the afternoon. (Cost of the full day optional tour is only \$98.00 per person.) B



WEDNESDAY, SEPTEMBER 9TH

This morning, following breakfast, we will travel to the quaint town of KONIAKOW. We will visit the Point Lace Museum and learn more about lace-making in Poland. There will also be time for shopping, sightseeing and lunch on our own before we return to our hotel in the afternoon. Tonight we will enjoy a special farewell dinner at our hotel and bring our tour to a close. B, D



THURSDAY, SEPTEMBER 10TH

This morning following breakfast, we pack our luggage, check out of our hotel, and drive to the Krakow Airport, where we will fly back to New York City. B



LEARN ABOUT
OUR UPCOMING
TRIPS AT

www.craftours.com

LIVING A JUICY LIFE!

You don't need an expensive and intensive "juice cleanse" to be healthy in 2015. You can create your own juice bar at home and use it daily, or just on the weekends. When you are filling out your grocery list, be sure you add fresh fruits and vegetables, and begin experimenting with different combinations to see what tastes good. Remember, if it is all fresh, whatever you create will be good for you!

To have a proper juice bar, you need more than just the fresh ingredients, you need a juicer! There are all kinds on the market and I recommend you purchase a really good one, if you can. You may be able to find a deal at WalMart, Home Goods or TJ Max. Whatever kind you get, just be sure you can get a warranty for a year or so.

The benefits of drinking fresh juice versus concentrated juice are amazing. The vitamins, nutrients and enzymes of fresh juice are so much better for your body, and will make all of the difference in how you feel. Drink up, enjoy, and watch your creative juices begin to flow.

CHEERS!

ORANGE CARROT APPLE



RECIPE:

- 3 Carrots
- 2 Apples
- 1 Peeled orange

crafters' stretch

As crafters, it's fair to say that we've all experienced stiff shoulders, a tight neck, tired legs, and all other kinds of aches and pains due to sitting in the same position (sometimes hours) in front of our craft projects. Well, here is something you can add to your New Year's resolution's list: **STRETCHING!** Improve your body, mind, and soul with some easy and exhilarating yoga stretches, in the comfort of your own home or if weather permits, outdoors.

First, it is important to be aware of how you are sitting and how we position ourselves as we work. Quite often we put a lot of strain on joints and muscles without realizing it, and it is only when we stand to get up that we realize how stiff our bodies have become.

Second, become aware of how you are sitting and if you find yourself in the middle of an epic crafting session and you notice any part of your body beginning to feel tight or uncomfortable, stop and take a moment to stretch and breathe. You'll be amazed at how good you will feel and how much longer you will be able to continue crafting.

One of the real myths to yoga is that you must have a yoga mat. I am here to tell you that you don't. Just lay a towel down on a carpeted area in your home, and viola, your yoga mat.

Please take special care when you are stretching and go easy on yourself and your body. Start with your head and work your way down to your ankles and feet. Remember, you are stretching here, not trying out for the Olympics, so take deep breaths, and go easy. Don't push your body too hard. Just do what feels best and listen to what it is telling you.

Stretching is an important part of keeping your body joints and blood in good shape. It's a new year, and here's your opportunity to stretch your body and your creativity in just a few minutes.

Stiff shoulders? COBRA POSE

Great for the shoulders,
neck, spine & core

1. Draw belly button toward spine
2. Rotate shoulders back and down
3. Curl chest up using back strength



Tight neck? SEATED TWIST

Great for the neck,
spine & core

1. Firm sit bones on the ground
2. Lengthen spine straight
3. Twist spine upwards, starting from abs to chest to shoulders (head & neck last)



Tired legs? CHAIR POSE

Great for the hamstrings,
knees, ankles & calves

1. Bend legs 90 degrees
2. Tuck tailbone underneath draw abs in
3. Extend arms forward



A PERSONAL INVITATION FROM
Greg Louganis



Jambo & Aloha my friends!

I would like to personally invite you to join me on an expedition next November when I escort a group to Kenya for some extraordinary safaris, humanitarian work and sightseeing unlike anything you may have experienced before. We will feed and care for baby elephants in a special encounter, visit children with HIV/AIDS in an orphanage, visit a weaving & spinning facility for abused women, help support individuals at the Kazuri Bead Factory and much more. There will even be an optional hot air balloon ride over the Masai Mara with breakfast in the bush that will be offered. I will be hands on and personally providing daily meditations, yoga practices and giving inspirational talks that I am confident will enhance your mind, body and spirit.

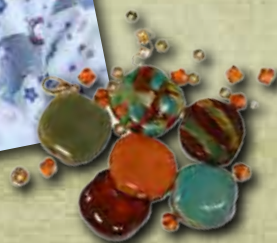
All the details can be found on
www.AutographTours.com

Please note that space is limited to only twenty eight people, so be sure to secure your space on this amazing humanitarian adventure.

Asante sana & Namaste!

Greg Louganis





AN AMAZING Advent

Every now and then, the universe brings together some amazing things to create a very special holiday vacation, and next year that is going to happen again! We are very happy to announce a 10-day Humanitarian Expedition in Kenya with 4-time Olympic Gold Medalist, Greg Louganis!

It will come as no surprise for anyone that an expedition in Kenya is about as adventurous as one can get, especially with nearly a dozen safaris, extraordinary sightseeing and encounters, and staying in luxury lodges, camps, and hotels. No question, a bucket-list trip for many people! But what happens when you combine all of the elements of a deluxe safari expedition with special humanitarian efforts? Nothing short of rewarding and amazing, that I can tell you.

Craftours has teamed up with Greg Louganis to create an adventure that will touch your body, mind, and soul. Greg is an athlete of Olympic caliber, and during this expedition, he will personally offer talks on fitness and even lead us in some yoga exercises. He will provide daily meditations and will share with us his journey as an athlete and giving spirit.

The humanitarian part of this journey includes supporting animals, children and adults. We will visit the David Sheldrick Wildlife Trust and adopt a baby orphan elephant whose parents were killed for their ivory. It will be a personal one-on-one encounter as we hand feed them and learn more about their future.

We will also visit children with HIV/AIDS and bring some joy



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and laughter into their lives with special gifts we plan to bring. We will learn more about these children and what we can do to support them when we return home.

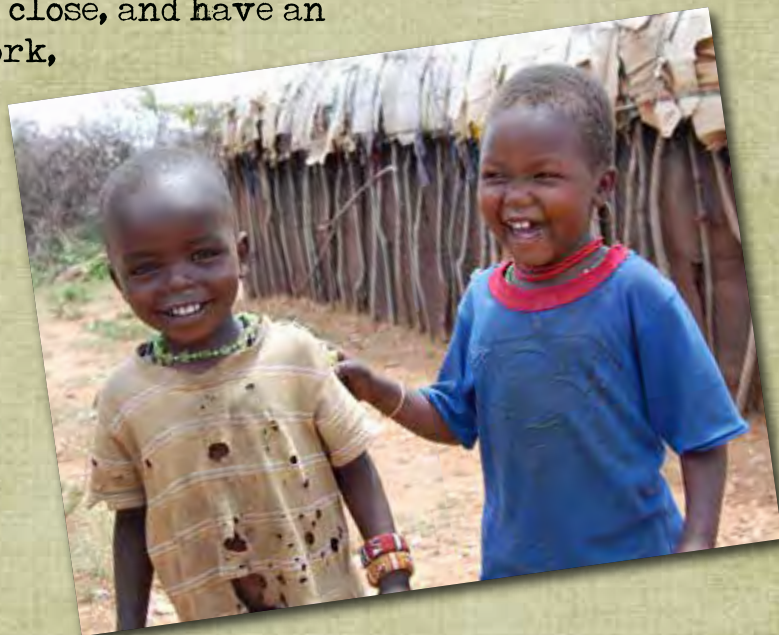
We will also visit the Kazuri Bead Factory in Nairobi and the Nanyuki Weavers & Spinners. Many of these workers are abused adult women who are supporting themselves with their crafts. We will see what they do, up close, and have an opportunity to purchase some of their work, which financially supports them.

Finally, we will support a village in the Masai Mara by arranging to have a well dug near their village. This will help them with a continual water supply so they don't have to walk miles to collect water at a river.

If you have ever thought of going to Kenya on Safari, wanted to do it in grand style, and also make a difference in the money you spend for a holiday, this is the adventure for you! All this, plus having an opportunity to travel with one of the most inspirational athletes of our time, truly makes this a once in a lifetime experience.

For more information about this amazing safari adventure and to read the day to day itinerary, please **CLICK HERE**.

Space is limited to 28 people only, so don't miss your opportunity to be part of this very special expedition!



Treasures of Tuscany

September 22 - 29th

CLICK HERE
for more det
about this
amazing tri

PACKAGE INCLUDES:

Round-trip airfare, all taxes, deluxe hotel accommodations, all sightseeing as mentioned in the itinerary, an optional authentic, hands-on Tuscan cooking lesson, visiting family owned wineries, most meals, private motor coach, professional local guides and much more! This tour is personally escorted by **JEAN NOLTE** and **JIM WEST**!

PRICE: \$4,286.00



To make your reservations call us at 815.663.4046, toll-free at 877.887.1188 or submit your reservations online. For additional questions regarding airfare, transfers, insurance, pre-night packages, or our convenient payment plan, please call our toll-free number or use our contact form.

ITINERARY:

TUESDAY, SEPTEMBER 22ND

Our Tuscany Adventure begins with an overnight flight from New York to TUSCANY.

WEDNESDAY, SEPTEMBER 23RD

This morning, a breakfast snack will be served onboard the plane before we arrive in Tuscany. Upon arrival at the airport, we will collect our luggage and meet our tour escort, Jim West and our bus driver Adriano, who will take us to our awaiting motor coach. We will then travel to our hotel, located in the heart of the charming resort town of MONTECATINI TERME. This will be our home for the next seven nights. Later in the afternoon, we will meet in the lobby of our hotel and Jim will take us on a leisurely stroll through the streets of the town, as we learn what makes this place one of the most attractive resort spa towns in all of Italy. Tonight we will enjoy a welcome dinner at our hotel where we will meet everyone traveling in our group and the editor of Fons & Porter Magazine, Jean Molte. B, D

THURSDAY, SEPTEMBER 24TH

This morning, following breakfast, we will travel to the city of LUCCA where we will meet a local guide who will take us on a leisurely walking tour. There will be time for lunch and shopping on our own. This afternoon, for those who are interested, we are offering an optional tour to the town of PISA. There will be time to visit the church, baptistery and the famous Leaning Tower of Pisa. Cost of this optional tour is only \$30 and must be confirmed with your final payment. We will return to our hotel in the late afternoon, where the remainder of the evening is on your own. B



RE
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p!

FRIDAY, SEPTEMBER 25TH

This morning, after a hearty breakfast, we will drive through the picturesque landscape of Tuscany to the hillside town of **SAN GIMIGNANO**, famous for their ceramics. Here we have free time to shop in one of the many shops along the main thoroughfare, visit the beautiful basilica, have a gelato in the charming piazza and enjoy the views of the Tuscany Valley. We will all meet and board our coach midday, for a short drive to visit a lovely family owned winery. Here we will have a unique opportunity to learn how Tuscan wines are produced in this region. A light lunch will be served at the winery, along with wine tasting, and our afternoon will be filled with great fun and good cheer. We will return to our hotel later in the afternoon where the remainder of the day is free to enjoy Montecatini Terme on your own.
B, L

SATURDAY, SEPTEMBER 26TH

Today following breakfast, we will travel along the coast to one of the most picturesque places in all of Italy, the extraordinary **CINQUE TERRE**. This tour begins with a drive to the northwest area of Tuscany, where we will pass the famous Carrara Marble quarries, made famous by Michelangelo, who obtained his marble from this location. Upon our arrival at the Cinque Terre, our first of three stops will be a visit to the town of **RIOMAGGIORE**. Here we will walk down into town and have a short time for photographs and sightseeing before we board a train that will take us to our next stop, the town of **VERNAZZA**. There will be plenty of time to enjoy lunch on our own and the shopping and photograph that are available. We will board the train again for our next stop, **MONTEROSSO**. Again, we will have time to explore this small town on our own. There is a limoncello tasting bar, a great place for to enjoy a gelato and more shopping. In the later part of the afternoon we will board the train and ride to the town of La Spezia. Here we will meet Adriano who will take us back to our hotel. Tonight for those who are interested, we will visit the hilltop town of Montecatini Alto and enjoy a delicious dinner. B

SUNDAY, SEPTEMBER 27TH

Today, we will journey to the Cradle of the Italian Renaissance, the beautiful city of **FLORENCE**. Upon our arrival, we will drive to the Piazza Michelangelo, where we will have an



opportunity to take a professional group photograph. This piazza overlooks the city of Florence, and we will see the River Arno, the famous Ponte Vecchio and many of the landmark sights. We will then travel into the central part of the city, where we will meet our local expert guide, who will take us on a leisurely walking tour, enlightening us with many highlights of the city's priceless treasures. We will walk to the Piazza del Duomo, the center of religious life in medieval Florence. Here we'll see the impressive Cathedral of Santa Maria del Fiore and Baptistery, where we will view the masterfully crafted bronze doors. We make our way from piazza to piazza, and pass special boutique shops that will beckon us to step inside. We will finally arrive at the Church of Santa Croce, burial place of Michelangelo, Galileo and Machiavelli. This will be our meeting place later in the day. We will give everyone an opportunity for free time in Florence for lunch on your own, shopping in the markets and wonderful stores and visit the spectacular art museums. Later in the afternoon, we will drive back to our hotel. Tonight we will have dinner at our hotel and reminisce about our day. **B, D**

MONDAY, SEPTEMBER 28TH

This morning we will have the entire day at our leisure. For those who are interested, we are offering a special optional tour to a family owned winery where we will participate in an authentic **TUSCANY COOKING LESSON**. This is a hands-on class, and we'll each learn how to make homemade pasta, different sauces, sample homemade crostini, and learn the recipe to make the popular Italian drink, Limoncello. Following our cooking lesson, we'll walk into the vineyard and learn about wine making and olive oil production. This is followed by wine tasting and a delicious five course lunch! We will return back to our hotel later in the afternoon, where the remainder of the afternoon is free. Total cost of this optional tour is \$98 and must be confirmed with your final payment. Tonight, a special farewell dinner will be served at our hotel. **B, D**

TUESDAY, SEPTEMBER 29TH

This morning, following breakfast, we will drive to the airport for our flight back to **NEW YORK CITY**. **B**



**LEARN ABOUT
OTHER UPCOMING
TRIPS TO TUSCANY:**

**Sewing Tour
October 10 - 18, 2015**

**Pieces of Tuscany
May 2 - 10, 2015**

SOUTH AMERICA Trip in Review

A few months ago Craftours traveled with the extraordinary Ali Edwards on a South America Expedition to the Amazon, Machu Picchu and the Galapagos Islands. There are no words to really describe how amazing it was, but here's hoping some of these photos will do it justice. All three of

these destinations are enough on their own, but to combine them into one expedition was truly the mother load! If you have ever dreamed of going to South America, be sure to check out the different expeditions we have in place for this year and in 2016.



Ken and Eileen before
their canopy walk



AMAZON

Local Amazon
shaman performs
healing ceremony



Achiote tree seeds used for face painting

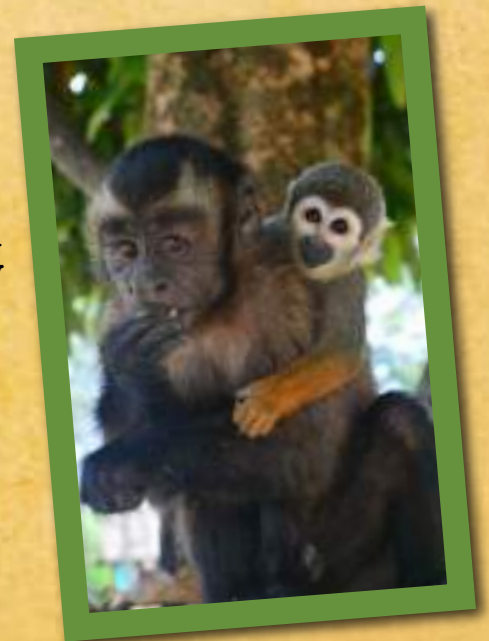


Yaguas Indian holds fish for family dinner

Sloths are plentiful in the Amazon



Monkeys at the Amazon Animal Sanctuary



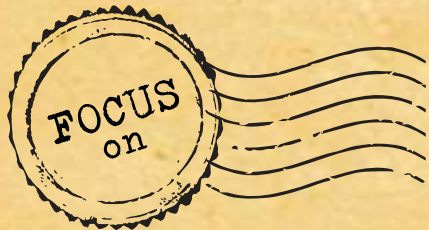
Our group of
crafters in lost
city of Machu Picchu



Sally & Barry take a rest
and enjoy the incredible views



The lovely
Ali Edwards
in Machu
Picchu

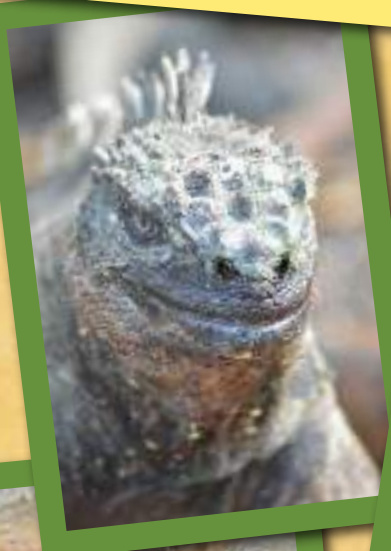


MACHU PICCHU





Marine Iguana
up close and
personal



A Galapagos Penguin



The colorful
crabs found on
the Galapagos
Islands.



Coming ashore
with our ship in
the background



Galapagos Legend - Our Cruise Ship



Barry on an
island covered
with lava



GALAPAGOS ISLANDS



No great artist
ever sees things as
they really are.

If he did,
he would cease
to be an artist.

- Oscar Wilde

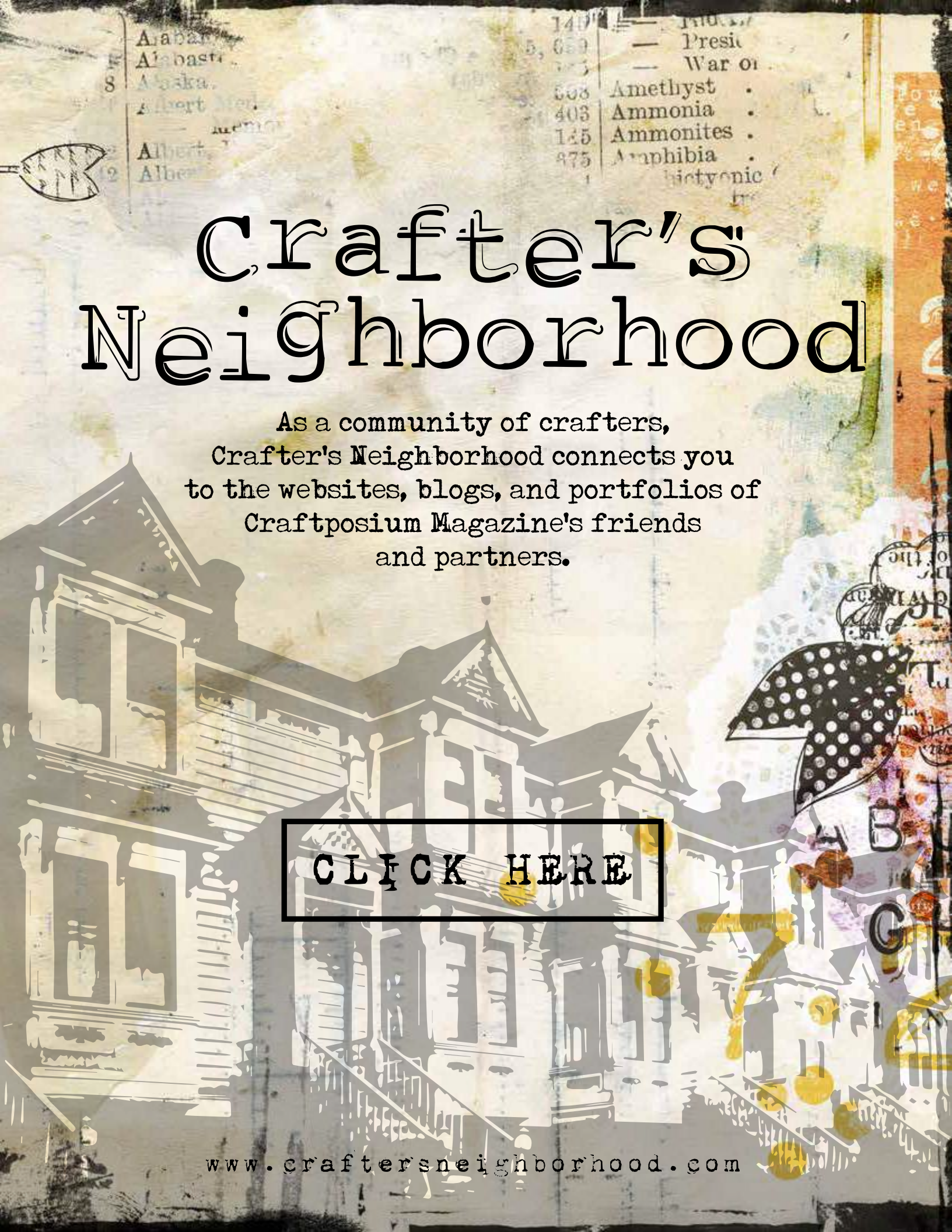
Arabadan 149
Alabaster 5, 659
Alaska 775
Albert 608
Albert 408
Albert 145
Alber 875
Amethyst .
Ammonia .
Ammonites .
Anaphibia .
Anctyonic

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The Landscape of Life

By Anne Copeland

Life is like a landscape, and it would be a boring life if it were all flat. We can appreciate the flat because we know the hills and the valleys, just as we appreciate hot because we know cold, light because we know dark and happiness because we know depression. Every day we can choose the colors we will paint the landscape of our lives, and we can also choose how much of the landscape we will paint. Some may choose dull colors and stop the painting with

a minimum of strokes laid down, while others may cover their landscapes with colors and texture and depth. But in the end result, each of us paints a life landscape that is unlike anyone else's.

Some will look at their palettes and canvases and feel they have been short-changed. Still, others look at the canvases and palettes and feel unsure what to paint. Some use their palettes and canvases up very quickly, as if the



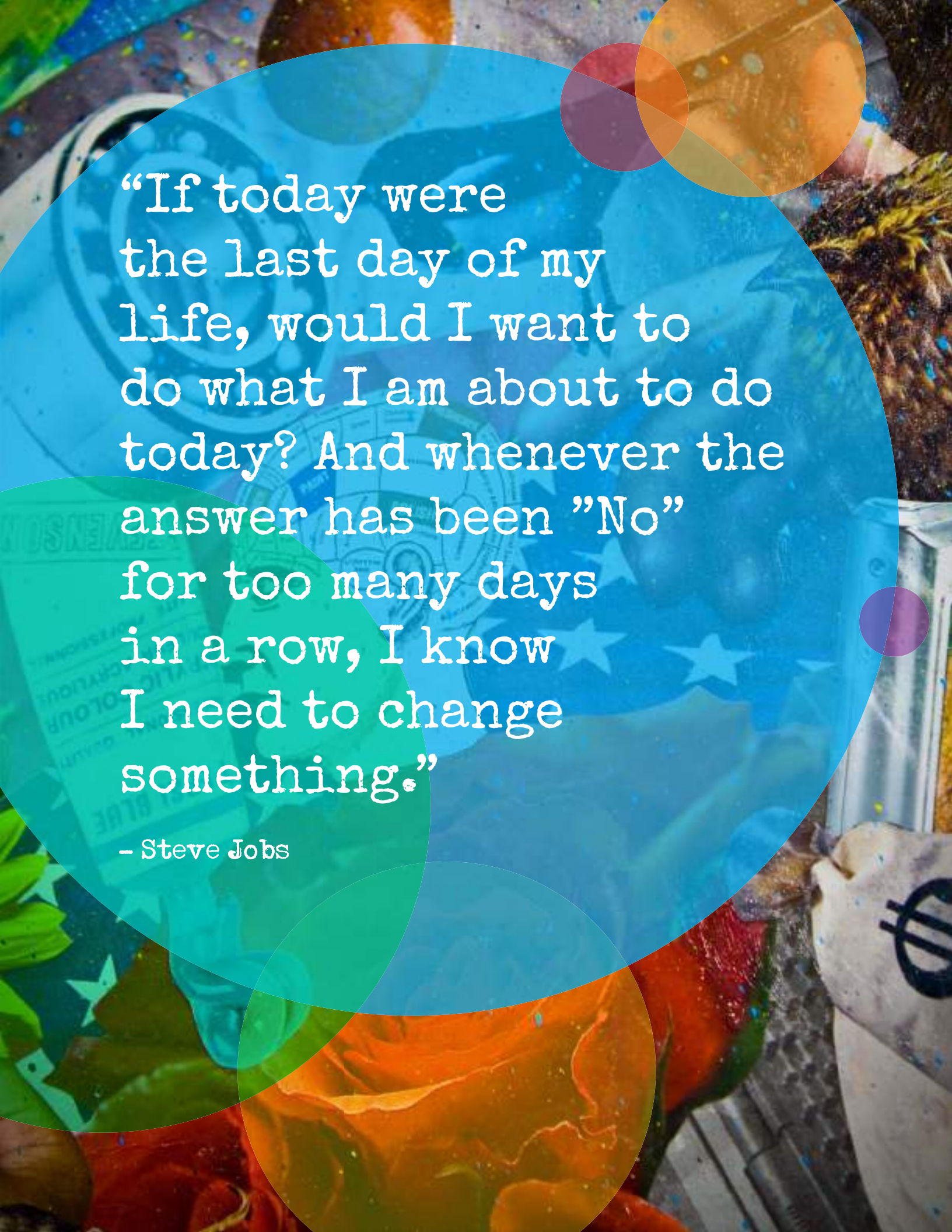
paint might dry before they get done. And still, others take their time, contemplate every stroke, and make sure the design of life's canvas is well established before even attempting to paint. And finally, some put their brushes down and roll all over the canvas, embracing it, smearing the paint on the palette everywhere, even well off the canvases and onto the canvases of others.

At the end of our lives, our friends and loved ones and perhaps others as well, will come, and we will get to have a one-woman or one-man show. Everyone will come to examine the landscapes we have created. Some of us will scarcely be remembered, for our landscapes might have lacked luster, while others will be remembered not only by this

generation, but by the many generations to come because our paintings contained not only color and texture and depth, but something that touches our souls and leaves a permanent mark.

What kind of painter will you choose to be?





“If today were
the last day of my
life, would I want to
do what I am about to do
today? And whenever the
answer has been “No”
for too many days
in a row, I know
I need to change
something.”

- Steve Jobs

Craftshot



I have taken thousands of photographs in Kenya while on safari, but these two are some of my favorites. My dear friend and quilting legend Kaye England traveled with us a few years ago, and during one of our exciting safaris this "king of the beasts" came walking from behind her

vehicle. No one knew he was there until he passed, and in the lower photo, you can see Kaye's reaction...
Priceless!





upcoming trips



PHOTOGRAPHY

AFRICA

A Safari in Photographs
November 7 - 17, 2015



SOUTH AMERICA

The Amazon & Machu Picchu
February 4 - 14, 2016

TUSCANY

Photography, Art, Food & Wine
October 1 - 9, 2016

JEWELRY & BEADING



IRELAND

Inspirational Celtic Designs Journey
July 10 - 19, 2015

AFRICA

Beading, Jewelry & Safaris in Kenya
October 3 - 11, 2015



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TEXTILES

BALI

Textile Expedition with Michelle Mischkulnig
July 3 - 10, 2015

SEW TUSCANY

with Stuart Hillard
October 10 - 18, 2015

COLORS OF KENYA

Sewing & Safari Expedition
January 2 - 10, 2016

CROCHETING

IRELAND

Crocheting in the Emerald Isle
September 5 - 14, 2015

CARIBBEAN CRUISE

Crochet & Crafts Cruise
September 20 - 27, 2015

NEW ZEALAND

Crocheting Adventure
February 20 - March 1, 2016

KNITTING

LOVE OF KNITTING IRELAND

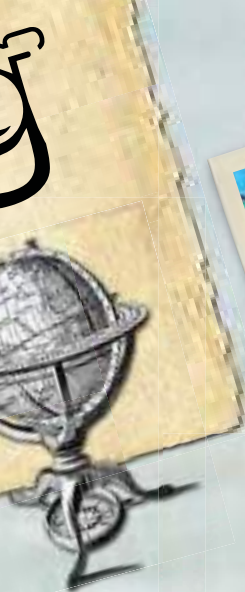
Including a workshop on the Aran Islands!
October 23 - November 1, 2015

NEW ZEALAND

A Knitters Wool Tour
March 4 - 14, 2016

ENGLAND TOUR

& The Knitting and Stitching Show
March 2 - 10, 2016



QUILTING

School @ Sea

*Craftours Caribbean Cruise
with **Kaye England, Sue Bouchard,
Carol Moellers, Dana Lynch,
Catherine Redford, Mary Ellen
Francis & Jim West***
February 22 - 28, 2015

Mexico

*Arts & Crafts Tour
with **Pam Holland***
March 7 - 13, 2015

Tuscany

*A Colorful Journey of Food, Art &
Landscapes with **Jinny Beyer***
April 17 - 25, 2015

Pieces of Tuscany

*with **Bonnie Hunter***
May 2 - 10, 2015

Ireland

*Celtic Treasures of the Emerald Isle
with **Ricky Tims***
June 3 - 14, 2015

Ultimate China

*with McCall's Quilting Magazine
escort, **Beth Hayes and Jim West***
June 16 - 24, 2015

Quilter's England

*Journey with McCall's Quilting
Magazine escort, **Beth Hayes and
Jim West***
August 4 - 14, 2015

Budapest, Vienna & Prague

*Journey with **Ricky Tims & Jim West***
August 20 - 30, 2015

Journey to Poland

*with **Mark Lipinski***
September 2 - 10, 2015

Bali

*An Exploration in Batiks
with **Jinny Beyer***
September 12 - 20, 2015

Treasures of Tuscany

*with **Fons & Porter Magazine Editor,
Jean Nolte & Jim West***
September 22-29, 2015

Thailand

*Treasures & Textile tour
with **Pam Holland & Jim West***
October 1 - 12, 2015

Quiltville Caribbean

*Cruise with **Bonnie Hunter***
October 4 - 11, 2015

South America

*One Piece at a Time
Expedition with **Bonnie Hunter***
October 28 - November 7, 2015

Caribbean Cruise & Houston Quilt Festival

with *Gail Thomas, Jerry Granata, Carol Moellers, Dana Lynch and Michelle Mischkulnig*

October 28 - November 7, 2015

Germany, Austria & Bavaria

with *McCall's Quilting Magazine escort, Beth Hayes and Jim West*

December 5 - 13, 2015

Kenya Safari

Quilting Safari in Africa
with *Jinny Beyer*

January 2016

Ireland

Castles & Gardens in the Emerald Isle
with *Kim Diehl*

May 2016



EMBROIDERY

SCHOOL @ SEA

Craftours Caribbean Cruise

February 22 - 28, 2015

CHINA

Embroidery Expedition

October 17 - 26, 2015

TUSCANY

Italian Design Inspirations

September 5 - 13, 2015

FELTING

CARIBBEAN CRUISE

Felting for Beginners Cruise

September 27 - October 4, 2015

IRELAND

Felting in the Emerald Isle

September 5 - 14, 2015

NEW ZEALAND

Best of New Zealand Felting

January 16 - 26, 2016

WEAVING

IRELAND

Irish Weaving & Textiles Tour

July 10 - 18, 2015

SOUTH AMERICA

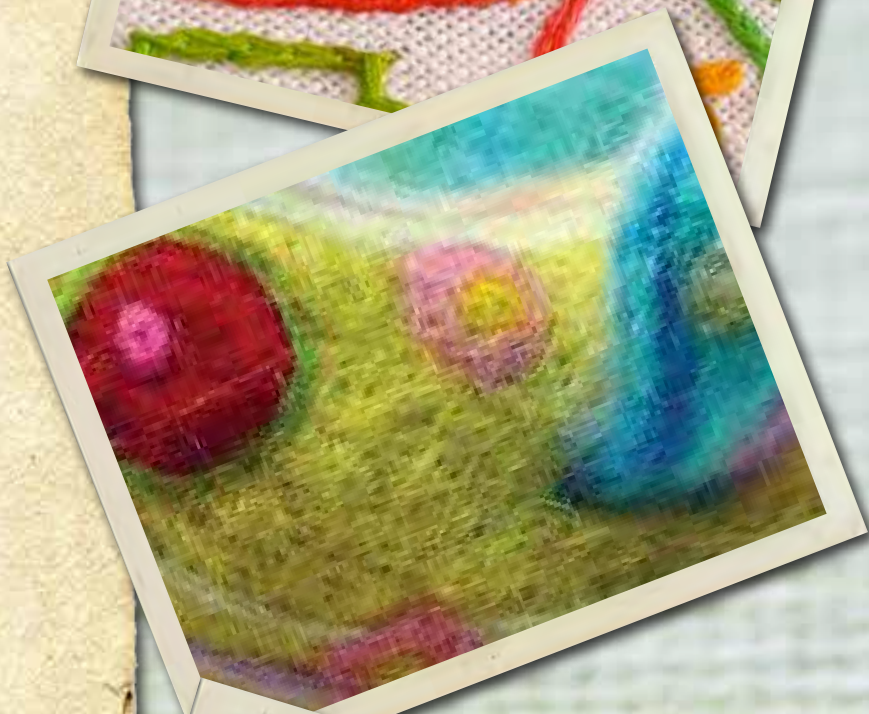
Textiles of the Amazon & Machu Picchu

January 7 - 17, 2016

AFRICA

African Textiles & Safari Expedition

January 2 - 12, 2016



PAINTING

Tuscany

*Exploring the Colors, Textures & Beauty with **Sheila Frampton-Cooper***

October 1 - 9, 2015

CARIBBEAN CRUISE

Painting for Beginners

November 16 - 21, 2015

BALI

Colors of Bali Expedition

September 10 - 18, 2016



MIXED MEDIA

GERMANY, AUSTRIA & BAVARIA

*Art Journaling with **Dyan Reavley***

September 5 - 14, 2015

MAKE ART IN ENGLAND

*Tour & workshop with **Wendy Vecchi***

July 25 - 31, 2015

CARIBBEAN CRUISE

*with **Jim Hankins, Angela Medina, Cheryl Mezzetti, Jen Starr & Frank Garcia***

October 18 - 25, 2015



PAPERCRAFTS

TUSCANY

Italian Inspirations in Colors & Designs

September 5 - 13, 2015

CARIBBEAN CRUISE

Holiday Card Making Cruise

October 18 - 25, 2015

CARIBBEAN CRUISE

Papercrafts Cruise

January 3 - 9, 2016



SCRAP BOOKING

CHINA

Scrapbooking Expedition
October 3 - 11, 2015

CARIBBEAN CRUISE

Scrapbooking at Sea
November 16 - 21, 2015

BALI

A Creative Expedition
with **Ali Edwards**
August 6 - 14, 2016



STAINED GLASS

CARIBBEAN CRUISE

Stained Glass for Beginners
November 16 - 21, 2015

WINDOWS OF TUSCANY

Churches & Stained Glass
Windows Tour
March 12 - 20, 2016



IRELAND

Celtic Design Journey
August 8 - 16, 2015

MOSAICS

TUSCANY

Italian Mosaic Master Tour
November 7 - 15, 2015



CAKE DECORATING

FRANCE

Exploring French Cakes & Desserts
May 2 - 10, 2015

CARIBBEAN CRUISE

Decorating for Beginners Cruise
Windows Tour
October 25 - November 01, 2015

ENGLAND TOUR

& The Cake International Show
March 2016



COOKING

FRANCE

Exploring the Palate of France
September 12 - 21, 2015

CARIBBEAN CRUISE

Cuisine Cruise
October 25 - November 01, 2015

ROMANTIC TUSCANY

A journey of food and wine
May 13 - 21, 2016



POTTERY

IRELAND

Castles & Gardens Tour
of the Emerald Isle
May 30 - June 7, 2015

CERAMICA ITALIA

Pottery tour of Italy
March 19 - 27, 2016





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