



The distillery on the Isle of Skye? It was cold, wet, windy and a long way from the Pacific, but fun to be there!



My first expedition to Antarctica in 1993 on *Buttercup*, my BOC challenge, 50ft racing yacht with 200 Teddy Bears was interesting!

WHY DID I DO IT?

DON MCINTYRE reveals his purpose in life, where adventure and experiences reign above the comforts of modern consumerism

I am sure you have seen it before. An epic adventure where a reporter asks, "Why did you do it?" The response is often, "Well, if you have to ask, you will never understand the answer." This reply may be borne of the fact that there is no "simple" or "short" answer. This month you can read Part II of the *Talisker Bounty Boat* story, as seen through the eyes of

David Wilkinson. I thought it a good time to attempt an explanation of why I do some of these expeditions.

Accepting your own mortality is, I believe, the first step to a full life. You are going to die, make no mistake. It just comes down to how, when, where and why. Heaven forbid, but have you ever considered your attitude to life and the people around you, if your doctor told you that there

were just a few precious years of your life left! What would you think of the world and yourself? What would you do? Could you condense your "Bucket List" in time? What would be your priorities?

Sometimes life just gets in the way of truly being yourself and doing the things you really want to do. Just maybe, that is because of the most common human trait of them

FOR THE LAST 100 YEARS OR SO, THAT SURVIVAL INSTINCT HAS MANIFESTED ITSELF THROUGH A CONSUMER SOCIETY INTO THE BELIEF THAT SECURITY IS MEASURED BY THE THINGS WE OWN

all, complacency. "She'll be right, I can do that later!", or when I retire, or when I get more money, or more time?

Every now and then we need a reality check, or wake-up call to remind us about living for "now" and making the most of every day. For many, "later" will never come or it will be way too late as the years and health have rushed by.

At 13, I was making money to buy "things" to have fun. In my last year of school I was also running my own successful business, making big money to buy "bigger things" for adventures. By the time I was 22 I had built the "biggest thing" in

my life! *Skye* was a Duncanson 29ft yacht with the works. I set off on a three-year Pacific adventure.

My "awakening" into the concept that we work to live, not live to work, started aboard *Skye* and was well established by voyage end. It has remained with me to this day. At 56, I am still just a big kid having fun. I am very normal, really, enjoying all the simple pleasures of life, too. Nothing, however, gets me more excited than when that "spark" appears and I decide on the next adventure.

FUN FACTOR

Leading up to that instant, there

is a huge amount of fun to be had, sometimes for years, scheming up ideas. Believe me, most are totally crazy, but the best jump off the page.

In life, you can be lucky. For me, it was meeting Margie in Mooloolaba during a cyclone threat. She was just 20, had a passion for chocolate, and raspberry cordial (same as me), so we married two years later. We sold *Skye* and Margie's car to begin a life together full of adventures, big and small. Some of the best were wild trout fishing trips, facing new business challenges, learning to fly together and racing rally cars against each other.

The ocean was never far away



Top: In 1997, two years after our year living in Antarctica, Margie and I tried a sledging journey on the plateau. In the first week, we were buried in our tent in a monster three-day blizzard and later, nearly fell into a crevasse, so gave up and went home! That was FUN! Right: (L-R) Don McIntyre, David Wilkinson, Chris Wilde, David Pryce of the Bounty Boat Expedition meet His Excellency the King of Tonga in his royal residence. A special moment. He gave the boat an hour glass, which we used all the way to Kupang.



and from an early age it had been a constant for me. Spearfishing at 10, surfing at 13, scuba diving at 15 and ocean sailing at 17. I lived for the sea. Margie was passionate about the intertidal zone, that special place between high and low water. She was a beach bum extraordinaire!

Some of our big adventures cost us everything we owned at the time. We look back over 30 years together and think "WOW!" that was amazing.

Our special bond was the result of shared adventures and challenges. Experiencing fear and adrenalin together, loneliness, excitement, apprehension and sheer joy is living at its best. We were living life above and below the line of mediocrity. It was fun and full of contrast, but it was hard work. Certainly it was never the easy option. We went without many things, but we gained so much more and we had no time to get bored.

Often, during the low times, we would look at each other and say, "Why can't we be normal?" But we were volunteers, living a full life. These adventures gave us contrast in all its forms and kept us feeling alive.

TOAST THE ROAST

If you're bored with the Sunday

roast, try living on four ships biscuits and a litre of water a day, for 48 days. You too may loose 18kg like I did on *Talisker Bounty Boat!*

The same holds true with life. Society and the so-called "good life", is all about removing the peaks — above and below the line. Get hot, turn on the air-con. Get cold, turn on the heater. It is what I call flat lining and leads to boredom. If you use that formula for your life, it surely is comfortable, but what about the joy of living and feeling real emotions, working all your senses through its highs and lows?

Your descendants were hunter gatherers. They felt and dealt with adrenalin every time they were about to kill their dinner, maybe with nothing more than a spear and club. They were driven to kill by their urge to survive. The hunt was pure adventure as it had an unknown outcome. Their emotions were up or down, depending on the result. They carefully planned the kill, trained for it and looked at ways of mitigating the risks to avoid injury. They would have screamed with honest raw emotion, regardless of the outcome, yet if successful and after the meal, they surely sat back to enjoy a sense of serenity and satisfaction that can only evolve from

great action and endeavour.

Meanwhile, we go to the shop!

THRILL OF THE HUNT

You and me are hunter gatherers, surprising, but true. We have the very same chemistry and biological matrix inside us that our descendants had. Hmm? Shopping is more necessity than great action. We also have the same survival instinct. Is this why many like to push themselves to their limit and seek challenge or adrenalin experiences. I think it is.

For the last 100 years or so, that survival instinct has manifested itself through a consumer society into the belief that security is measured by the things we own. Maybe a big house and flash car, the latest watch or another iPod — so we work and work and work just to get more. Sometimes, we forget about living. At "the end" it may not be the things but rather the experiences we had in our life that truly defines it.

So, I did the *Talisker Bounty Boat* voyage!

Look for Part II of Don's re-enactment of Capt William Bligh's 1789 journey from Tonga to Timor on p.104, as told by crewman David Wilkinson. 🍷