

# Opening Script

Today, we're joined by Lyle and Leanne McCabe, a dynamic duo who are redefining retirement through their podcast, Beach Travel Wine. They've traded the 9-to-5 grind for a life of adventure, exploring new cultures, and sharing their experiences with the world. Join us as we dive into their inspiring journey, discover their tips for making travel a priority, and learn how they've turned their retirement into a never-ending adventure.

## BtR 419 Leanna and Lyle McCabe

**Jerry Dugan:** [00:00:00] All right, Lyle, Leanne, thanks for calling in from I believe Australia. How are you doing? Yeah, good day. How are you?

**Leanne McCabe:** Jerry, we're great. Thank you. Yes, we're on the Sunshine Coast in Queensland, Australia.

**Jerry Dugan:** Awesome. And, you know, I'm calling you at four in the afternoon, Texas time, and I believe it's like bright and early over there.

You got your first cup of coffee, I think 8 a. m. Is that right? That's

**Leanne McCabe:** correct. Yes. We've been up for a little while, had our first coffee and, you know, Yeah, it's been in the swimming pool to get all hyped up and ready.

**Lyle McCabe:** Ready and raring to go.

I love that. And you know, of course the nerd in me is excited because I'm literally talking to people who are in tomorrow for me anyway.

I'm a dork. Yeah,

**Leanne McCabe:** we're back to the future now. Right. How does that work? Yes.

**Jerry Dugan:** Yeah, if you get over here real quick, you'll be in the past. Are you talking to the past? Look at that. Oh man. Oh man. Okay. Okay. Okay. So

we connected well, actually you found me and then you found me again, and we finally got this nailed down.

So I'm glad we were able to get this going. And the thing about your [00:01:00] life that really stood out to me is you've got a podcast called Beach Travel Wine. I do. I got that. I got it. Yes. I always mix up wine and travel priorities. I guess you got beach travel wine. It's your travel podcast together. And the thing that that stood out to me was that you wanted to get out of that rut of retirement.

So the thing that a lot of us are aiming to get to, you're like, No, retirement's the thing that, you know, we're retiring from some things and but really, how do you say it on be it was beyond retirement with Jackie to set that you're living beyond the red of retirement and that it was really about you, you wanted to retire to something and not from something like a lot of us retire from a career.

We retired from a business business and you're like, we want, we want to retire to travel and being with family and so on. And and so I'd really love to get that conversation going about, you know, what brought you there and what are some of the things that you, you brought into place. But I guess.

Let's kick it off with beach travel wine. You [00:02:00] know, like tell us about that show and, and why people should listen to it. What's it, yeah, we'll start there. Boom. I want to ask all the questions at the same time.

**Leanne McCabe:** Okay. Well, beach, all right. Well, beach travel wine.

**Lyle McCabe:** The reason it's called beach travel wine.

I'll give you just a quick, quick background on that was I was trying to come up with a name for a travel writing blog that I was going to do before we even started the podcast, you know, before we even retired. And I just couldn't come up with something that I thought was suitable and then all of a sudden these three words sort of stood out at me and beach is where we live and it's where we spend time with family and friends, you know, it's our home.

So that, that was important. And then travel is what we, you know, when we met, it's what we wanted to do. It's what we love doing. And and then wine, I mean, we do love a nice glass of wine, but the wine also, the wine also colors. You know, sitting down at a table with, you know, family and new and old friends, meeting people over, over a glass of wine and that social side.

So that, those three things sort [00:03:00] of cover. You know, our, our retirement, I guess it seemed to, to, to be that. So that, that's why it's beach travel wine and yeah, we just, look, we, we started, we wanted to travel. I've always wanted to go to Spain. I was just like, you know, since I was a little girl, so we had family, you know, I had family early and didn't travel as a, as a young person.

So, you know, we feel like we needed to make up for it now that we, we, we were retired and we, we wanted a way to do it. Suited us and we just started the podcast on a bit of a, bit of a push from me because I was like, yeah, I was like, you know, you know, just be cool. Lyle jovially tells everybody that I started it so when, when he, I put him into a nursing home, he can sit and listen to the travel stories.

I don't think that that's, I don't remember saying that out loud, but but it's just a, we, you know, it was a great way to chronicle our travels and share with family and friends, you know, and the idea of it is, you know, you can sit down, listen to one of our [00:04:00] podcasts and you feel like you're sitting around that table with us, having the glass of wine.

And talking travel stories in, and so, you know, we like to talk, really go into the places we go. We like to give lots of information as well, Lyle loves the history, does all like the research. But you know what it's like to be sitting in a, in a, you know, plaza in Italy or Spain or drinking red wine somewhere.

That's, the feel that we want for the podcast.

**Jerry Dugan:** Awesome. And you pull it off because before you got on. I just

**Lyle McCabe:** do as I'm told, Jerry.

**Jerry Dugan:** I love that. And I was thinking about like what you said that the podcast is really like when, when you can't keep up with her anymore you got something to listen to while you're in the nursing home.

And I'm like, that is like some serious motivation to stay healthy and fit and try to keep up.

**Lyle McCabe:** Sure, sure, you're right on all cases there, and yeah, and actually, there's a lot more she has said along those lines that she's probably not going to say on the video, so, you know, I got broad shoulders, mate, so I can, I can [00:05:00] cop it on the chin.

**Leanne McCabe:** Do not burn it.

**Lyle McCabe:** That's the way it is.

**Leanne McCabe:** And you know what else about the podcast, and it's probably, we'll probably talk more about this later, we didn't have any idea at the beginning of how good it would be for our relationship, you know, because. We bring different skill sets and to the, to the podcast and we both love the areas that we work on.

Like Lyle loves doing research and, and the history and, and just finding out all the information about a place. And I love doing the photographs and putting it together on the, on the blog post and you know, like the social media and sharing all that sort of stuff. So it's something that we do apart, but then we come together and it just feels like such a great project and we feel really satisfied, you know, by doing it together.

**Lyle McCabe:** Yeah, I think that what we didn't know when we started was how much doing the podcast has actually enhanced the holidays. And it has enhanced it enormously and I think, You know what land saying to is it's really enhanced our [00:06:00] relationship because it's actually something we look forward to

**Speaker:** and it's interesting to hear you both say that because I've known quite a few couples where traveling is a very stressful thing for them and I know between my wife and I I love to travel for her.

It depends. And a lot of times it's more stress than it is enjoyment. And, you know, you know, I guess if we were both the same in that way, we'd both one of us would be redundant and most likely be me. But to see that you've grown and learned from each other seeing your differences and going about the travel in your own way and then bringing that together has been really nice to see.

And then, you know, Lyle, you mentioned that traveling has also enhanced your experience with the holidays. Tell me more about that. Tell us about that.

**Lyle McCabe:** Well, I do, for instance, we're going overseas in late April and we're doing Croatia Slovenia Montenegro, and then we're going to skip over to Spain for a couple of weeks.

I'm not sure why we're doing that, but I, Just because we want to go to Spain. But I'll [00:07:00] do the research prior to, to that and what, so what I'm saying

is, is that we'll look at the buildings and we'll have an idea of actually how old it is, who built it. You know, and whether or not they're famous or not.

And so, and often we, we do do tours as well. And I enjoy that side of it because obviously the locals know so much more about it. So during the tour, they quite often bring up things that you had no idea about. But. You know, the fact that you've done the research prior to it, that, yeah, it's, you just know what you're looking at you in the,

you know, what you're looking at.

I

**Jerry Dugan:** love that. It's, it's much deeper because I know when I was young, when I was in the army stationed in Germany for a lot of my friends, it was all about, let's go to the pub, let's get drunk. That's what soldiers do. And I was the odd ball because I'm like. I want to go to that museum over there in Frankfurt, and I want to learn about, you know, what Frankfurt was like when it was founded by the Roman Empire, or I think it was older than [00:08:00] that, but you know, that was, that was my kind of thing, or like, we'd walk by a wall, like in Trier, which was like the oldest city, it is the oldest city in Germany, and you get to see the the old gate, and, Portions of the old city wall from the Roman empire.

And I, I'd have to touch it, you know, just cause I do that. And I'm like, I want to touch that. And everybody's looking at me in my group, like, what do you do it? And I'm like, this goes back thousands of years guys.

**Leanne McCabe:** So our history in Australia is. 200 years old, you know, from when, when white settlers came here.

So we don't have a lot of history. So that, you know, any, any of that sort of his places we go in Europe, just fascinate us, don't they?

**Lyle McCabe:** Yeah. Well, I think the other side of it too, is before we started doing this. I, a quote was, if you go to a museum, you've been in the city one day too long. And I think maybe because we're older and we're we've got more time and, and whatever, that now is totally the opposite.

We, we just came back from Italy and we, [00:09:00] spent a week in Florence and a week in Rome and just the architecture, the just the beauty, the art, it just

blows your mind, you know, and when you've got a bit of an idea before you go, it does really enhance the holiday.

**Leanne McCabe:** Well, and you want to get us the best information to share with people as well.

So, you know, you're, you're always trying to, to find out the best places to go and we'll That, that sort of thing too.

**Lyle McCabe:** Yeah, and I think one of the things that we've found too is that, and maybe it's because we're older and people feel sorry for us and they, they're happy to talk to us that because you know, I know how it is, but what we find, and because we like a drink, we often go to a local bar, not the real flash bars, the, I'm talking like, yeah, corners, the little local corner bar, the local corner bar, and what we've found is that We get to chat to the, the people behind the bar.

There was a guy in, was it Rome?

Yes.

Yeah. Angelo, seriously. He just took so [00:10:00] much time. That good looking. He should have been a model. That man, Leanne's chin hit the butt when she saw him and he, he spoke to us for about an hour.

Am, I'm like telling stories. And but he, he spent an hour with us just telling us where the right place is to go.

**Leanne McCabe:** I think what Lyle's trying to say is we love connecting with people and you can do that really well. If you just go to one of the little local places and the, the people who work there just love that you go there and you want to know about where they, where they live.

**Lyle McCabe:** I thought that's what I did say.

**Jerry Dugan:** Now, do you find that when you do that, that the memories from those smaller, you know, bars and, and Wineries, those conversations with the locals, do you find that those memories stand out more than if you went to you know, a typical tourist what do you call that tour guide, you know, or you just, you know, paid your money like hundreds or thousands of other people to go see a site and like, which of those tend to stand out to you more.

**Leanne McCabe:** Oh, it's definitely [00:11:00] the, the places we discover on our own, although we do like, in Italy, you do need to do some of those tourist hotspots because, you know, you're not going to go to Rome and not go to the Vatican or see the Colosseum. You know, that, that's important, but you know, we, we do like, we take our time traveling and we're lucky that we can, we have the time to do that.

And, you know, one of our favorite things to do, no matter where we are, is to walk out our front door and just say, which way today? You know, and we just head off, you know, right or left, and we just don't care where we end up. We just explore, you know, and we just, that's, that's probably been some of our favorite things because we just, you know, find little courtyards and little gardens and, you know, just gorgeous little places around that, you know, aren't on the normal tourist trail.

So, yeah, that's, we, we love doing that. And it's.

**Lyle McCabe:** And the fact that we don't know where we go, we can't be disappointed when we don't find whatever we were looking for.

**Leanne McCabe:** And you generally find these European cities aren't that [00:12:00] big either, you know, the old towns, because obviously they didn't have a big population back then and they were mostly surrounded by walls or, so you can walk around the whole city, generally, and see so much.

Yeah.

**Jerry Dugan:** Yeah, Trier was like that for us when we visited. I saw more than just Trier, but that's That's where I knew that stuff in your memory. Yes. You know, cause I, I took my, my now wife of 22 years to go there with me. We were dating at the time. I'm like, I'm going to impress her. I want to take her here.

We're going to see all the sites. She remembers that it was rainy. I took her to a hostel. Now where you coming from? Yes. I'd be like, it can work, Liv. We made this work. Oh, man. Now, to pull this off, though, because, I mean, you're retired now, but you had a business and you sold it in 2019. So I guess a lot of folks will be asking, or, you know, some people are like, well, it must be nice.

They can go. They're retired. But how do you fund a lot of these, if you don't want me to ask? You don't have to go into numbers or anything, but just like,

what are the kind of broad buckets that allow you to live this lifestyle and [00:13:00] to see the world?

**Leanne McCabe:** When we sold the business, we you know, we went and got some good financial advice and we said to, to, to them, this is what we want to do.

And we want to travel, you know, every year. And this is the amount that we think we'll need to do that. And sometimes traveling for a bit longer, like eight weeks plus, doesn't cost much more than four or five weeks because you're not, you know, you're spending out your, your accommodation. It's cheaper to stay a week sometimes in two or three days.

And, you know, when you come from Australia, you know, it's a 24 hour trip. So you're not, you know, the longer you can stay, the better, you know, the flights are always going to be expensive. We also, you know, try and do a lot of you know, as we, walking tours and that sort of thing. And yeah, we, we look for little places to stay that are like local, but not over the top.

And the, you know, the other thing is we. We downsized, you know, we, we only have a two bedroom apartment. We decided that we were [00:14:00] just going to have the one car and, and just live a bit more simply. And and that, that really makes a huge difference. You know, we don't, we, you know, a lot of people, our unit isn't modern.

A lot of people would spend, you know, the money to, to renovate. And we've just decided, you know what, we've turned the water on, it comes out, we've got chairs to sit on, we're happy, you know, like we've got beautiful views. A family can come here, you know, we don't need all that flash stuff. We'd rather spend the money now while we're still healthy and happy to travel.

So we've, we've made it a priority, I guess you could say.

**Lyle McCabe:** Yeah, we don't have that like at home. We're not precious about where we, we live as in the. I mean, it's still beautiful. Like I'm looking at here now, the Pacific ocean is across the road. So, I mean, it's nice. Yeah. I guess you're roughing it in Queensland, right?

Yeah, yeah, yeah, yeah, yeah, yeah, yeah, yeah, yeah,

yeah, yeah, yeah, yeah, yeah. She's still like the crocodiles.



**Leanne McCabe:** We, we value, we value experiences more than the things.

**Lyle McCabe:** Yeah. Yeah. So yeah. And I, you know, as Leanne said, we [00:15:00] budgeted for for what we're doing and and I think too and this is, look, a lot of it comes down to personalities too.

I think, you know, what some people are more risk averse than others and whatever. We've probably fortunately got very similar personalities as with travel and that sort of thing. Yeah. So that we both land, I think that willpower is overrated and so that we, we sort of just think, well, why not, you know, let's go, you know, at the end of the day, you know, life's too short.

So

we'll figure it out

when we get there. Yeah. Don't, don't think about it too much. Just go. I

**Jerry Dugan:** love that you brought up willpower is overrated. Tell, tell us a bit more about that. Like. You know, what is it about willpower that either keeps us from traveling or keeps us from doing that, that adventure that we always tell folks someday I'll go let's play someday.

I'll that's anyway, that's nerdy joke on my part. But what is it about willpower that either prevents us or keeps [00:16:00] us from doing the thing that we want to do?

**Lyle McCabe:** I think that it comes down to probably a little bit of confidence, self confidence and neither Leanne and I are shy. And we've come from obviously different work backgrounds, but you know, I was in hospitality and I ran big pubs and nightclubs and, you know Leanne's had a whole bunch of jobs, you know, from schools to all sorts of things.

And she also was personal trainer. She was in the fitness industry for, for a long, long time.

I guess I see a lot of willpower running out there as well. I think, yeah, the thing about willpower's overrated is You know, it's more about consistency, you know, like willpower just seems all, it seems to be an all or nothing sort of concept.

And Lyle and I, you know, just aren't like that. We set our minds on doing something and we just do a little bit each day to get to, to get to that, you know?

So yeah, I've just. Yeah, I'm just, discipline's probably a little bit [00:17:00] better, but consistency, so

**Leanne McCabe:** we're not all or nothing.

**Lyle McCabe:** Probably, you know, and probably in some ways we're probably willpower as in discipline and, and they're correlated, and we're very disciplined in we exercise every day and we do that sort of thing, mainly so that we're healthy enough that we can do what we do.

But I think I, I think people, and this again is personality. It's not saying this is right or wrong. Some people are more interested in finding reasons why not to do something than finding reasons to do something. And I think people that, what do they say about worry? Worry is a, a, There's often a, it's just a debt that you shouldn't have to pay.

And that's, I've got that wrong, but it's similar to that. And so, yeah, we tend not to worry. I, and, and I've, you know, I've had a fantastic life I and I, and that to be per perfectly frank too. Leon and I met 10 years ago, and [00:18:00] I said to Leon the other day, and I only started really traveling then.

And I said to Lan, and this is true, and it sounds romantic, and all the rest of it, but it is true, that I never thought That I would have so much fun from, I'm now 68. I never thought I'd have so much fun from 58 yeah, to 68. I have had an absolute ball. We laugh all the time. We don't take each other too seriously.

I mean, there's, you know, in a lot of the podcasts. It's waiting for the opportunity to take the piss out of one another. That's my favorite part of it. I don't know about Leigh, but yeah, so, you know, I'll leave it at that.

**Jerry Dugan:** I love the part that, you know, Leanne brought up about consistency.

Like you, you know, you want to take a trip, you agree on the trip and you don't just look at like what it will cost and say, ah, man, we don't have that right now. I guess we'll, we'll not go right now. You figure out what will it cost, you know, what will it take every single day to get there? What kind of things do we need to learn as we prepare for that [00:19:00] trip?

And so you're, you're putting that plan in place so that. An idea now becomes a creation, a tangible place where you're going, and then the plan becomes tangible as well. You know that we got to set aside so much, or we got to, yeah,

basically set aside so much, and we got to make payments to certain things at certain times, and this is how we'll make it happen, and then, and then you go, you pull the trigger on it.

There's no yeah, maybe we'll go next week, or maybe we'll go next year and I've seen something quite a few couples complain about that. Like, Oh man, yeah, we had to hold off and we've done it ourselves. Like, Oh yeah, we'll never be able to go on an Alaska cruise. It's like, why not? We could. Yeah.

And our kids are growing up now. So we don't have to wait.

**Lyle McCabe:** I'll tell you a funny story. We were talking about going overseas this time because last year we had a big year and I won't go into it, but we did three overseas trips. And so we're away for 10, 12, 14, about 16 weeks.

[00:20:00] And anyway, I said to Lan, you know, financially, you know, and I said, the only thing that really worries me, and, and, and, and I, I sort of, I'm not, I don't want people to think that I'm joking, you know, I'm taking this not seriously, but I said to Lan, the only thing that worries me, We could end up in a bloody world war, the way things are going at the moment.

And Leanne looked at me straight away and she said, Well, if there's a world war, we don't have to worry about it. None of us will have to worry about it. So I actually then just said, Okay, I'm in. I'm going. Let's go.

We even had, you know, you know, after COVID when we could travel again. You know, we, so we, as soon as the borders were open, we, we we, we booked a trip.

**Leanne McCabe:** We're gone, you know, and

**Lyle McCabe:** we knew we could get back in.

**Leanne McCabe:** Yeah. And, and because Australia had pretty tight border, border you know, restrictions and you know, we had friends and family that were horrified, you know, that we would consider traveling, you know, just because the borders were open, it wasn't safe.

They'd never enter their mind. We were just like, well, if we get sick, we'll [00:21:00] isolate where we are, you know, like we just, it was just, we want to go.

**Lyle McCabe:** And if we, if we came back and we had to quarantine, you know, we do it, you know, you just add that the cost of the holiday.

So yeah, it was never,

**Leanne McCabe:** Oh my gosh, you know, not a

**Lyle McCabe:** week of that's going to be, you know,

**Leanne McCabe:** jet lag anyway.

And, you know, touch wood, neither of us have had COVID yet once, so, you know, and we've travelled everywhere, so, you know, we've, we've been a bit blessed that way. But,

Yeah, I think you know, once again, like, like Lyle was saying, it's about personalities and, and I do see friends, you know, that sort of our age now, and, It's, it's sad because, you know, say, you know, the husband wants to travel and she doesn't like flying and, you know, like, well, how about we go on a cruise, oh, I don't like ships or I don't want to go to that country or I don't want to do this and, and I, I find that really sad because, you know, you're at that time of your life, as you said, your kids are grown and you have a little bit more free time and, you know, and, and these dreams that you had, you know, your partner doesn't have with [00:22:00] you.

So I think that's something that to maybe. You know, think about before you get to retirement and what you can do, you know, to, to combat that. And so you both can do things that you want to do, right?

**Jerry Dugan:** My wife and I are probably like that in the sense that I'm a little more daring. You know, I'm the guy that like, I left home for college.

After that, I was like, well, I don't want to go back home. I'll join the army. And not just that, I want to ask if I can get stationed overseas away from everybody I know and love. And and when I get out of the army, it's like, you know, where, where can we travel? And and, My wife's been more of the, she's grown up in the same town.

She knows the people there. It's nice, it's safe, it's comfortable. And I remember this isn't to throw shade at my wife, but a couple of years back, a friend of ours invited us to go on a cruise with them and we had never been on one before and there was a great deal. It was like 65 percent off the tickets.

If we bought it at a certain time, I'm like, what? Let's go. The food's included. Let's go now. And And I remember she was, she was nervous about it. Like, Oh, how, how do we know it's going to be safe? [00:23:00] How do we get back in the country? All kinds of questions. If we go on a cruise and then this is kind of her way to kind of protect herself from adventure.

She'll upgrade what the requirement is to where she knows for a fact we can't afford that. She's like, well, if we go on a cruise. It'd have to be through the Panama canal. Why? Like, how about we do a tester four day cruise that our friend Brian invited us on, and then we'll see if we even like it. And so we wound up going, I remember I was like, look, you know, we can, we can come up for these reasons to not go.

And then five, 10 years from now, 15 years from now, maybe, maybe I die. And you'll be like. Man, I never got to go on that cruise with Jerry and he wanted to do that and you know Like it was it was a little minor guilt trip bit But it was meant to be like what if we get to the end of our life and it's like all these things we did Not do and here's an opportunity to do a thing that we can't afford to do.

It's only gonna cost us a few hundred bucks And it's gonna cost us five days and four nights. [00:24:00] That's it. There's the worst things we can do with our time

**Leanne McCabe:** I did Exactly. If you hate it, then, you know, at least you can sit by the pool and have a cocktail. Yeah.

**Lyle McCabe:** Yeah, I think, I think too, I mean, the world, the world, the world's, you know, your world's always full of trade offs, you know?

I mean, we, you know, I suppose we're giving, probably giving people the impression that, you know, we're very, you know, casual, whatever. But in our working lives, we worked very, very, very hard. When we had the accommodation place, we were in a tourist area and we were there for 14 years and it's basically seven days a week.

So for me to travel now, that's my reward. That's the trade off what I did when I, you know, when you're working. nightclubs till five o'clock in the morning, you know, and you're starting in midday and you're going to five o'clock in the morning because you've got a pub. So there's daytime trade as well.

There's bistros, there's restaurants, there's all that sort of thing. So you work your butt off and don't [00:25:00] get me wrong. I love doing that too. Like I, I

had the best working life. I worked for the best people. They're still close to there, but. So, you know,

**Leanne McCabe:** we both feel like if, if something happens tomorrow and we couldn't, we couldn't go away anymore, we don't have any regrets, right?

You know, we don't have this amazing, you know, bucket list, you know, that's, that's well, you know, we don't have this number of many number of countries that we have to get to, you know, like we, that's, that's not in our sort of makeup. I had a few little bits and pieces I wanted to do from a child, like as a child, I wanted to go hot air ballooning and I wanted to go to the Chelsea Clough on a few things, which was, I've done a lot of those things.

So now, you know, it's not a matter of ticking stuff off. You know, people said to me the other day, someone asked me, you know, so how many countries have you been to? I'm like, you know, like, I don't, we, like, I probably could tell you, but I said, it doesn't matter. Like, for us, it's not about spending a night visiting one place and then going to another one.

We just, you know, we want to go somewhere and just getting involved and engrossed in the [00:26:00] culture and the, and the people. And that's, that's what we love to do. And we've been lucky enough to do that for the last 10 years. And, you know, if we, we can't go anywhere else ever, I, you know, we, no regrets at all.

And I think that's what you, you trying to say beyond, you know, beyond the rut is. You know, you don't want to be that, you don't want to get to that stage of your life where you have regrets, you know, cause we have zero now

**Lyle McCabe:** I just think that, you know, we would just, you know, land says it's not like we engineered it and yeah, that's

true.

That's true. But I just think, you know, like I met land on the 1st of May, 2015 and like I just. And since then, it's just been perfect. You know, I, I, I call her Miss World and she, she has I just, like, you've got to go for it. You've got like, and you know, I've got her beside me, you know, what am I going to do?

Sit there and, and not have a go. Like it's just, and everything, like we've done some incredible things [00:27:00] with helicopter flight from Queenstown in New Zealand,

landed on a glacier

and landed on a glacier and went down to Milford Sound. That was, it's expensive. Yeah, it was. But man, I'll never ever forget that we actually did a helicopter in Hawaii in that Jurassic Park the, the, the waterfall.

And it was just amazing. I mean, seriously. Amazing. We did a, a trip to what was that place in Al

Oh, the Is of Capri. The Is of Capri. Yeah. We did a boat ride, like a private boat ride, and it was. So there's just things to look back on and they're probably, you know, when we talk to other people, they'd probably, probably bore the shit out of them, but doesn't matter.

We had a good time and like,

**Leanne McCabe:** but you know what? Jerry, we talk about overseas travel and I guess for Australians, that's, that's a pretty normal thing because everything, you know, we're sort of here on our own and everything is overseas. It

**Lyle McCabe:** takes us half a day to go to the corner

**Jerry Dugan:** shop. You're your own island, country and [00:28:00] continent all rolled into one.

**Leanne McCabe:** Correct. We are.

So, you know, like you don't have to travel overseas to, to experience it. You know, you're saying your wife, you know, likes where she is, but. You know, there'd be so many places in your own backyard that you could just go and explore. And we've got friends that love the, the camping sort of lifestyle.

So they, you know, they, they, a lot of Australians sort of head north, right up sort of to North Queensland in winter when it's cold down south. And yeah, they spend months doing that and, and they, they just love it. You know, you just need to find. What works for you? Now one, one of the things we sometimes do too, which I haven't done done for a little while We, we've, I've got a favorite singer called Jimmy Barnes.

He's like the legend of Australian rock and roll. If he's playing somewhere You know, we, that we just want to go we're just like well Let's go and see him there and we'll have a week.

**Lyle McCabe:** And that'll be like in a state. Yeah, it will travel to another state. We went to the

Maldives to see him. We went to

see, went to the Maldives to see him.

You

**Leanne McCabe:** know, we went to Darwin and you know, so we just, we just [00:29:00] Sometimes you maybe you find something that you're interested in go and see that and then add some days on just explore a bit You know, it doesn't have to be these huge grand eight week trips all through Europe, you know, you just Find what, what's good to you.

If you love gardens, go, you know, it's a beautiful gardens all the way around the country and around the world, you know, like there's so much you can do to just get out there and enjoy your life.

**Jerry Dugan:** Going back to. Just for the folks who are like, Hey, well, how did it turn out with the cruise?

She loved it. Two years later, she still talks about it. In fact, our son's going on his own cruise based on my wife's report to all of her, all the family and another neat thing, like you brought it up, like there are things in our own backyard that we could see and do. And this just happened last week, I think.

And my wife she came up to me and she was like, Hey, Jerry. There are like 30 major league ballparks in the United States. And I perked up, I said, yes, there are. And it's just like, I heard that there's somebody who's like traveled like every single ballpark in the U S I was like, yes, there are people who do that.

And and of course I'm keeping it chill [00:30:00] because in my head, I'd like to see every minor league baseball park as well. But I was like, I know where she's going with this. And I like to see it unfold in front of her in front of our eyes. And so she asked if I'd be open to us. For the remainder of our lives, as soon as possible, start visiting all of the major league baseball parks during the baseball season.

And I was like, yes. And she's like, where's the nearest one? I was like, Houston. Well, we got one down the street, about 16 miles away. The Texas Rangers. That's easy. That doesn't, that kind of counts, but we also have gone



there. And then Houston would be the next one. And then she's like, what's the next nearest one?

I said, Kansas City, the Royals. And she's like, what else? St. Louis Cardinals. Like I had, like, I was like, I already had this plan in my head. But she was just asking, she was getting excited. And I thought, you know, Are you saying we should go? She's like, I think it'd be really cool if like we, like maybe this year we go to Houston for a week and we go see a game or two.

She's like, you know, I'd, I'd love to see Wrigley Field while it's still there. And you know, maybe see one game on the outfield wall where [00:31:00] they've got the Ivy growing over the wall. And then one game outside the park where they've got those rooftops. Bars. I'm like, yes, let's do this. And I was like, you know, Chicago has two baseball teams.

We can go see the white socks and the Cubs twice. And she's like, yeah. And so it was just really cool to see her light up. And I know this is real because she started telling other people, this is what we plan to do. This is our bucket list. This is our thing. We're going to do this thing. And I was like, and can we still do every single Disney park?

Because that's my list to, I've got one. Well, yeah, that's pretty good. Yeah. So it's, it's really cool to have like. What's that thing you go after and then, and then taking a page from your book now, it's like, okay, what does a trip to Houston cost us? You know, for us, we get to drive. So we're looking at lodging food and then tickets for the ball game.

And then do we want to see a team that's good and the tickets cost a little more? Or do we want to see the Astros play somebody who's not so good and the tickets are cheaper? You know, what's the experience we want to get out of that? And then from there start planning Kansas City and St. Louis and, [00:32:00] and, you know, branch out from there.

Do we want to do a tour of California? Cause there's like five baseball teams in California because one's not enough.

**Leanne McCabe:** Yeah, I've got another idea. You could podcast about it.

**Jerry Dugan:** Yes. Oh yes. New show coming to you in 2024 guys.

**Leanne McCabe:** Yeah. And there you go. And you know what, so many people would love that, you know, like that, that experience that you're doing, as you said, other people

talked about it.

So that's a, that's a great example. Just find what you like to do and add that in, in, in, into your travel. For us, it did start a bit as. Like wine regions, you know, we've been to some beautiful wine regions around the world. Because where there's wine regions, there's beautiful food often and nice scenery.

You know, you don't see wine areas in awful places. So yeah, that's exciting. I can't wait to hear the next podcast.

**Jerry Dugan:** Thank you. Yes. I think I'd pitch it to her as soon as we stop talking here. Now, you know, making this relevant. I was going to say, with Mrs. Duke. Right? She's, she's in the other room playing with the cats right [00:33:00] now.

But yeah, this will be, this will be so cool to pitch to her. Now to make this, you know, achievable for, for folks listening in, because chances are you're not at retirement age, but you know, you're thinking, man, someday I'd love to travel. And, you know, Jerry's talking about this and guys, I'm in my forties.

So this is something I've been thinking about and wanting to do forever and, you know, travel a lot more that is. Yeah. And we can make it happen. I know I know in the U. S. I don't know if it's the same in other countries, but we have compulsory education and you know, the way our schools get funded is per student per day in the seats.

So a lot of states in the U. S. As well as a lot of cities pass these ordinances and laws that almost criminalize if your Children missed too much school. And I know the district where our kids went, I'll try to tell the short version of this, we wanted to take them to Disney World for a week, and the cheapest time to go is when the school year's happening, so Labor Day weekend, on to the next week, 10 days, I think it was, or 9 days.

And. The school was like, Oh, well, if you take them out now, like they're going to miss [00:34:00] so much. And it might hurt their chances. Like they were just giving us this guilt trip. And they're saying, if you miss 10 days of unexcused absences when the six month window you'll have to go to court and lots of doomsday type of warnings.

And then the thing that really got me was the principal said, but you know, this is like a formative time in their, in their education. This could impact them getting into college even. And I was like, My daughter's in kindergarten. She's five. You know, like, we're trying to teach her colors, shapes, and not to eat the crayons.

I think she'll be fine. And then, like, our son's going into first grade, second grade. What, what is that? Addition, subtraction, multiplication. I could teach him that while we're on the way. And they're like, well, you know, you're just hurting his education. And I was like, but what if I'm I took my kids out and took them to say Washington DC and took a tour of the Smithsonian museum.

Would you say that is more or less educational for my children? Well, you know, it's just not the same as the classroom instruction they would receive. I'm like [00:35:00] in kindergarten and first grade or second grade. And they just like, they couldn't speak to it. It was against the script, I guess. And then, then I found out we had this really wonky rule in the school district that if my kids had to skip school for say, Meeting their probation officer because they committed a crime that would be considered an excused absence But if I took my children out to go on an educational enriching tour of the United States or of Europe I mean anywhere in Europe would be educational Asia, Japan, Korea any of these things would be educational that would be considered an unexcused absence and not beneficial for my child Educate my children's education.

It was just, it's so backwards probably explains a lot right now, but gosh, you didn't hear that. So, so anyway, I think all that to say me landing, my plane is for me personally, if there's benefit there, whether it's getting away as a family or taking your kids on in educationally enriching type of experience, weigh that out and it's not as scary as they [00:36:00] make it sound the, that rolling clock resets.

Anyway, you know, six months go by. What an unexcused absence is, you know, then you go on another vacation you don't have to hold yourselves down.

**Leanne McCabe:** And what about all the time that they, they were locked down and couldn't go to school because of COVID, you know, like they're, you know, like they're, that didn't affect their, in the long run.

Right. You know, there are no people saying, going to, but it hasn't, you know, everybody still functioning okay.

**Lyle McCabe:** Well, Leanne's son and daughter in law were talking to Leanne I think it was last week, and they've got two little ones three and two, don't they? And they were talking to Leanne about maybe taking the kids over to Europe, probably Spain or Portugal.

And for 12 months, for 12 months.

**Leanne McCabe:** Yeah.

**Lyle McCabe:** And of course, Leanne's very encouraging because she wants to go visit but you know, I mean.

But what sort of education is that for them? Sure. It's huge. Yeah.

And exposure to different cultures [00:37:00] too. I mean, that's the other side of what I, I enjoy about. Travel is that you see.

So many different cultures, which, and you're exposed to it. And what I've found now as I've got old, and I think too, I'm a bit older. So you're, you, you, you, you've made enough mistakes to have some wisdom. And you find that. When you look at each culture, no one is better than the other.

**Leanne McCabe:** Yeah, you, you sometimes go in with a bit of a judgment, you know, like how people live or maybe, you know, they, they, their lack of hygiene or their, their, their, their lack of money, money, really, you know, and, and you sort of think, oh my gosh, but then you realize this is how these people live.

They're happy, they're smiling, they're friendly, you know, you don't put your values or the way you live. Yeah. On to other people. That's I think that's what we're trying to say. You need to embrace the different way people, people live [00:38:00] all over the world and, and their own beliefs because they're entitled to those as much as we are.

And I think the more you travel, the more you become much more empathetic to other people.

**Speaker:** Yes. And that's an education that if you expose your kids to different cultures at a younger age. When they get older, they're going to appreciate differences of opinion. They're going to appreciate different perspectives.

It's going to make them more effective in the workplace in business. Life in general. And there's a lot of research developmental research developmental psychology type of research that backs that like the 40 developmental assets out of somewhere in the U S the search Institute came up with it.

But yeah, that, and a friend of mine, Lee Cockrell used to run Walt Disney world, a resort even talks about like being exposed to other cultures, new experiences made him from little town, Ardmore, Oklahoma, much more worldly and understand and appreciate differences. By being exposed to different cultures and people with names that sound way different than his own And I think that [00:39:00] we do our kids a disservice when all we do is lock them up in a nine to five school setting Nine months out of the year and basically program them and then we put them in a world that is not programmed at all It's like we wonder why they struggle So I could probably get on that soapbox forever So if folks want to listen to your show, and I think they should, because you nailed it it does feel like you're sitting there on the beach with you in a restaurant, a bistro.

I was listening to your show before we got on this call. And when he actually got on the call, I was like, wait, what? I. Oh yeah, I'm listening to their show. This is them for real. And I had a crossover where, where can I find their, your show?

**Leanne McCabe:** Oh, thanks. That's lovely, Jerry. Thank you. We're at we have a website

called beach travel, wine.

com. So, you know, it's pretty easy. All our, we all our podcast you can find there. Of course, if you. I wanted to have your favorite podcast player, it's Beach Travel Wine, you know, on, on any of those. So yeah, we're just Beach Travel Wine everywhere, but [00:40:00] yeah, check out our, our website. I do a, a blog post for each podcast, which includes all the pitches that we talk about and the places, and it has links to, you know, any of the, any of the places that we, we chat about as well.

So it's like a really good reference and maps and things, so.

**Jerry Dugan:** Awesome.

**Leanne McCabe:** Yeah, we're in the, in the moment, we're in the middle of doing our Aussie summer series. So we're actually, we're actually out and about

walking around and recording as we go just, you know, around this beautiful area so that, you know, but we've been, you know, the podcast's all about other places in Australia and Italy and Mexico and Spain and New Zealand.

So again, it's a whole range of stuff there.

**Jerry Dugan:** Oh, that's right.

**Lyle McCabe:** And just, just go back to the kids side, if I can. Yes. Yes. Len has eight. Grandchildren and one on the way. That's why we've gotta get back by July, this particular trip 'cause one's during, the next one's due July. But I said to Lan one of the things about what we've done and the fact that we've done this podcast, this series of podcasts about overseas, I said, is that I honestly [00:41:00] believe that Leanne is leaving a legacy.

To her grandchildren and their, her grandchildren's children and children, because obviously this will be forever at one alley, just be for me in the nursing home. And I just, I find that I just find that so wonderful that. Leanne's going to pass this on to her family.

**Leanne McCabe:** Well, that they can sit and listen to your voice even if they, you know, they forget, you know, they won't forget you, I guess.

**Jerry Dugan:** And on top of that, you're, you're exposed them to a whole new world that they haven't seen yet. And that is really cool too. So the legacy is more than just capturing your voice and your perspectives and your adventures. It's, it's a key to another world for them. Before we go, any final words of wisdom that you'd like to share with our listeners?

**Leanne McCabe:** No, we, that, that's going for hours.

**Lyle McCabe:** I was thinking the opposite actually. That's,

**Jerry Dugan:** that's the hard part. You only get to pick one. Hang on, hang on. Yeah.

**Lyle McCabe:** The only thing, the only thing [00:42:00] is what you've got to understand is there's certain things that don't go in the podcast.

**Speaker 5:** But

**Speaker 4:** what's that? Why didn't they put them in it?

**Leanne McCabe:** What's that supposed to mean to everybody now, from that wedding, that someone said at the wedding?

**Lyle McCabe:** Oh, yeah. When we went to You don't need the whole story, just the, the, the, the thing. And the father of the bride, during the speech to, you know, to, to, to, His new son in law? His new son in law. And he said, Over the years, I've realized you can either be right or happy.

**Leanne McCabe:** So choose happy.

That's love.

**Lyle McCabe:** That's why wisdom. Yeah, yeah, yeah. Don't argue. Just, just go along. You know, there's no point. There's no gain in trying to win. Just go along with it. Life's.

**Leanne McCabe:** Happy wife, happy life. My, my bit of wisdom would be, you know, things don't matter. Try to make memories. You know, with, with your family and just go out and, and do what's comfortable for you.

But just trying to expand your, your paradigm a bit and, and go and learn something about somewhere else. It's just the best thing to do.

**Jerry Dugan:** I love that. [00:43:00] Lyle, Leanne, I'm glad we were able to connect and have this conversation and I'm looking forward to sharing this with everybody out there in the world.

**Leanne McCabe:** Thank you so much, Jerry. It's been great fun. Great way to start our Sunday morning in.

**Lyle McCabe:** Thanks mate!.

## Closing Script

"What an inspiring conversation with Lyle and Leanne McCabe! Their zest for life, love of travel, and commitment to embracing new

experiences is truly infectious. They remind us that retirement can be a thrilling chapter filled with adventure and personal growth.

If you're feeling stuck in a rut, take a page from their book. Start small, explore your own backyard, or plan that dream trip you've always postponed. Remember, it's never too late to break free, embrace the unknown, and live a life without regrets.

You can learn more about Lyle and Leanne through the show notes at [BeyondTheRut.com/419](https://BeyondTheRut.com/419).

Thanks for joining us on Beyond the Rut. Be sure to check out Lyle and Leanne's podcast, Beach Travel Wine, for more travel inspiration and tips. Until next time, keep exploring and keep seeking those experiences that make life truly extraordinary."