

LOCAL ADVENTURER LAUNCHES UPLIFTING MEMOIR



Cairns author
Regina Petra
Meyer released
her first memoir
Change of Course

Regina
sailing in
Antigua

By Isabella Guzman Gonzalez

CAIRNS resident Regina Petra Meyer has always loved sailing and travelling since she was a little girl, a love introduced by her father. This passion would lead her on an adventure of self-discovery and love across the Caribbean Sea and inspire her memoir Change of Course.

On Friday, June 17, Regina officially launched her memoir, Change of Course, at the Yorkeys

Knob Boating Club.

Change of Course tells the story of Regina looking for a purpose in her life and how this led her to a life-changing trip sailing through the Caribbean.

"In 2007, I was at the tail end of a relationship, and I was really yearning for an adventure," she said.

"And I'd been harbouring a dream of sailing the ocean for a long time.

"My then-partner and I

decided we needed a break; we agreed that I could go and have my adventure and take the time for us to figure out how our life would continue.

"I travelled to the Caribbean, and my sailing trip fell apart; at the same time, I met a local man and fell head over heels in love.

"This led to the ending of my relationship, and I ended up living in the Caribbean as the only white woman in a very small community," Regina said.

The name of the book, Change of Course, has an intentional double meaning; it can be seen as a nautical change of direction or as Change, of course!

"In my life, whenever I have plans, they changed, and I had to adapt, and I wanted the title to reflect that."

Regina said this story wants to relay a message to readers on finding purpose and taking a 'Change of Course'.

"For me, the book is not so much about sailing as it is about the challenges of really immersing yourself in a different culture," she said.

"To be the minority for once was very eye-opening and thought-provoking for me; it prompted a lot of questions around race and my own privilege.

"What I would like for the readers to take away from the story is, first of all, we don't need

to know the outcome of a project that we start; we can just take it one step at a time and have the courage to start a life as an adventurer.

"Sometimes things turn out, and sometimes they don't, and we just adapt and go with whatever we have in our hands."

Change of Course is available through Regina's website at www.reginapetrameyer.com and as an e-book on most platforms.