

ageQuake

DESIGNING THE BEST YEARS OF YOUR LIFE®

Your Best Canadian Resource for Life Planning Literacy

life planning matters

Agequake June 05 Issue - Reading Time 6 Minutes

I would like to extend a personal welcome to all of our readers. Our newsletter has a new look and name **Agequake**. It will be published three times a year.

Nigel Brown

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Quote: "**Age does not make us childish, as men tell. It merely finds us children still at heart.**"

Agequake's Purpose

What if it's possible for you to experience deep satisfaction and a sense of real fulfillment nearly every day having left your primary career for that new and exciting phase of life that used to be called retirement.

There is an entirely new phase in life to be planned for. It occurs somewhere between midlife and old age. It is a time to make specific choices about the use of our time post career and to find that certain something that will provide meaning in our lives on our own terms. What do you need to focus on, to make this a reality? Agequake is a newsletter that focuses on this very subject. Over time we hope this newsletter will provide you with information and tools to answer the question "what's next?"

Summer Teleclass Series

Designing the Best Years of Your Life. The meaning of "retirement" has changed dramatically and it will continue to change. Everyone wants to get the most out of living the next 30 years or so - once they stop working.

In this 2-part teleclass you will explore your current concepts of what retirement and growing old are "supposed" to be. From there you will create.... For more details on this program click on www.lifeplanningmatters.com/events.html

On turning 50

Recently the pastor at our church turned 50. These are extracts of his thinking around this special anniversary.

Life is too short to play safe. He acknowledged the fact that most of our intelligence and growth is gathered by the time we turn 30. Between 30 and 40 the growth curve starts to change. Between 40 and 50 the growth curve starts to plateau and after 50 many of us actually start to coast, quit learning, take fewer risks and so life becomes a little flat. "Why is that" he asked, "why should we coast when we have built up so much credibility, influence, learning and wisdom?" Why quit - with so much experience?

Learn to believe in the next generation. Too many of us try and keep young people from experiencing things themselves, we are too fearful for them. We tend to overlay our bad experiences before they have had a chance to find something out for themselves. The better approach is to ask ourselves "how can I empower and encourage the younger generation to be more and walk on a different turf than the one I walked on."

Don't be a lone ranger. How people oriented are you? Recognize it is more important who you travel with in life than just getting there quickly.

LIVE LARGE

Living with purpose, courage, confidence and an abiding commitment to live the fullest life possible

One of the trends being set by aging baby boomers is that many don't want to just live, they want to Live Large. Why should they stop doing this now? They have tended to Live Large since adolescence and many are determined to do this for another couple of decades! Baby boomers have always been prepared to dedicate financial resources to having fun, finding adventure and purchasing high end experiences.

Agequake is pleased to announce a series that will profile people over 50 who are Living Large. Living Large means going beyond the ordinary, taking risks with confidence and a strong commitment.

Please send your Live Large profiles by email to News@lifeplanningmatters.com. Perhaps you have a friend who is Living Large - why not get them involved by encouraging them to send in their story. A selection of those received will be published in our newsletter Agequake.

Each profile should follow this format.

What is your *chronological age*?

What is the age you *feel most often*?

What is your *occupation*?

Describe your unique *purpose* in life?

A few lines - what does it *mean to you to Live Large*?

Meet Lorne Borgal

My chronological age - 56 just turned this on March 9

The age I "feel" most often - 42 – I started training in Karate and Aki Jujitsu about 6 years ago; took three years off when we were in Europe; started back at it; now have brown belt in each; after each grading there is at least one person who comes up to me and wants to reconfirm that I really am over 50 and always says 'I can't believe it; you look 40...' which of course makes my day.

My occupation - President of Calabogie Peaks Resort and Chairman of WolfBridge Solutions Corporation

My life's purpose - To ensure that my family is a positive experience, Nancy has a good life and that the people in the companies that I lead enjoy what they do and feel that they are making a positive use of their time.

What it means to me to Live Life Large - I will strive to remain healthy and vibrant until the very end; I will continually learn new skills and acquire new knowledge throughout my life; currently I ride a Harley, fly a plane, ski virtually all

hills, scuba dive, and train in the martial arts. Nancy and I have never been happier and more together; we are very close with our two adult daughters; I am open to new adventures and experiences and envision another 25 years of very productive work and play.

Connecting Pieces of the Puzzle

As a researcher into life planning issues I am also living the process myself. One of my challenges has been to create new income streams for myself and more importantly for my wife since chronologically there is a 17 year age difference. A major piece of our planning finally fell into place on April Fools Day, now affectionately known as April "Genius" Day!

My wife Brenda and I had been hoping to find a sustainable business for her to operate since moving to Kelowna three years ago. Having spent 14 years at home working with and for the family, Brenda was ready for a new challenge.

In the work of Life Planning Matters (LPM), we emphasise finding new opportunities that will create new meaning and purpose. Our new business whimsically named The Laughing Moon Gift Gallery accomplishes these criteria and more.

Although the business has a nine year track record, neither one of us had retail experience or the experience of purchasing a retail business before. It was a fascinating process, albeit frustrating at times. From start to finish it took eight months – but it was worth the wait.

The fit is terrific for Brenda who has tremendous people skills, bags of energy with interests in design and décor. Like many other women she has a penchant for shopping as well - now, she is a buyer!! To balance off her inexperience on the business side we have hired an excellent book keeper and accountant and I "fall in" when requested. How does she like it so far? "It's a like a playground, it has a challenge and most of the time it completely absorbs me."

Book Review – *My Time* by Abigail Trafford

Kids grown? Mortgage paid? Career topping out? What now? In *My Time*, best-selling author Abigail Trafford answers the questions more and more 50-somethings are asking themselves. Thanks to the longevity revolution of recent decades, today's 55- to 75-year-olds are living and working longer and healthier than ever before. This generation is the first to experience the period of personal renaissance in between middle and old age-what Trafford calls "My Time." Defining this period as a whole new developmental stage in the life cycle, Trafford skilfully guides readers through the obstacles of My Time and offers them the opportunity to take full advantage of the bonus decades. With the same wit, compassion, and vivid storytelling that made *Crazy Time* one of the best-loved books ever written on the subject of divorce, Trafford blends personal stories with expert opinions and the latest research on adult development. From the psychoanalyst who gave up his practice to write self-help books, to the widowed mother of three who reinvented herself as a successful photographer, true tales of crisis and triumph sparkle on

every page of this inspiring and insightful book. Like Gail Sheehy's *Passages, My Time* profoundly impacts the journey through our adult years.

Fun for a Millionaire

Walter O'Rourke, 65, is a multi-millionaire whose investments include his own railway company in West Virginia. But for six days or nights a week, he works as a railway conductor for New Jersey Transit on shifts that last up to 12 hours and bring him modest salary. The bachelor, a lifelong railway enthusiast, says there's no place he'd rather be - **"I don't need the money, I just need more meaning in my life."**

Newsorthy

After years of ignoring women in favour of the figures of svelte teens and twenty somethings, the denim industry is turning their attention to women over 55 who are becoming the driving force of blue denim sales. Several North American retail giants including the Gap and Liz Claiborne are planning to open new concept stores targeting female boomers.

Trusted Transitions

Elaine Frost, founder of Trusted Transitions in Toronto, helps seniors who are overwhelmed by the process of moving from the family home to more appropriate living accommodations. Elaine came up with this business idea after helping her Dad transition into a retirement residence. If you have lived in a home for several decades you have collected a lifetime of treasures and probably some junk as well. It is a huge sorting job!

I spoke with Elaine and she told me that elder parents lack the motivation and strength to do this alone. If they call in their adult children for assistance often they do not have the time to spend or being within the family other tensions arise. Many others live at a distance which makes meaningful assistance very difficult.

Read more about Trusted Transitions - www.trustedtransitions.com .

Comments Please!

Your comments, opinions and stories are important to us. Please email these to Nigel@LifePlanningMatters.com . Rate this issue out of 10 (high).

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