

**15 April VOL 07 Issue 07**

## Fearless!

**Welcome to the 15 April @boutSeniors newsletter.**

Our theme this issue is 'fearless'. And our definition of being fearless is not to never feel afraid – but to have the courage to take a risk even when you are. We take particular inspiration from the amazing Julia Britton, the playwright who started her career in theatre at the age of 70. Julia decided she should start her preferred retirement activity *before* she retired – a brilliant strategy which has given her a new career as well as a new lease of life. Her story is chronicled in *Fearless*, Rob George's excellent documentary of the London season of one of her plays. Read Kate Johnston's review of *Fearless* in DVD Junction **below**.

If you're feeling fearless, then maybe it's time to hit the open road. Enter our *Time of Your Life* competition now and you'll soon be experiencing the wonders of the outback for yourself. **Go there now**

Thank you to all our happy visitors and subscribers who continue to share our site with friends. This issue we want to reward those who have recommended the site the most with a gift of a DVD. So if you have a friend or relative who might like the news and information we offer, **go here now** and share the **www.aboutseniors.com.au** address in order to be eligible for a DVD.

Another aspect of feeling fearless is taking a risk to end a stage of loneliness. Our free personals page allows you to post a notice online if you are seeking a long-term companion or maybe just someone who shares your interests for a shorter time. **Read personals here**

And finally, sometimes the foolishly fearless go where angels wisely fear to tread. This is particularly noticeable when it comes to cover versions of songs recorded years ago, or classic movies with hideous remakes. Who needs a stylised Pink Panther when Peter Sellers got it right in 1963? **Read our blog** on *Look what they've done to my song, Ma...* and tell us the songs and movies you think should have been left well alone.

**Keep exploring life's opportunities, David & Kaye Fallick**

## Time of your life

**Win a \$10,000 trip** The truly adventurous are invited to enter the *Time of Your Life* competition to enjoy a Maui motorhome for 31 days from Brisbane to Darwin to Kakadu and down to Alice Springs. Be warned, however – this competition is not for everyone – only those with a current drivers' licence and the ability to depart from Brisbane on 12 June should consider entering ... **read more here**

## Government news

**Tragic nursing home deaths** Five residents at Broughton Hall nursing home in Melbourne have now died since Easter. The Federal Minister for Ageing, the Hon Christopher Pyne, has announced a full review of

standards at the Camberwell nursing home. [Find out more](#)

**Aged care placements** After recent controversy regarding the transparency of the processing of residential care placements, the new Minister for Ageing has announced that invitations to apply will be published in major metropolitan and leading regional newspapers. [Find out more here](#)

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## Taking care of the pennies

**Richard's Q&A** Licensed financial adviser, Richard Sheargold, is available to answer your questions on everything financial. This week he looks at retirement village bonds and licence fees, and reverse mortgages. [Click here](#)

**New simpler super calculator** The new superannuation rules, which come into force on 1 July 2007, may make super simpler, but you still need to re-adjust to the changes. The Australian Securities and Investments Commission's (ASIC's) consumer website FIDO is offering an updated online super calculator compliant with the new rules. [Find out more here](#)

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## Wellbeing

**Tackling elder abuse** Do you know about the Elder Abuse Prevention Association? It's a non-for-profit, independent organisation offering consumer advocacy, workshops for aged care workers, presentations to raise awareness within the community and much more. [Find out more](#)

**How's your cognitive fitness?** When it comes to keeping your brain alert and healthy, many would agree with the 'use it or lose it' principle. A new centre dedicated to improving 'cognitive fitness' aims not only to keep your mind from deteriorating but also to improve your memory, concentration and communication abilities. [Read more here](#)

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## Getting out there

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**Life begins at 50.... Meet new friends on RSVP today!** After years of being married or in a committed relationship, maybe you have found yourself on your own. Or maybe, you have just found yourself at a stage in life where you are free and open to new life experiences, friendships and possibilities. [Find out more](#)

sponsored link

## Jazz it up

Get into the swing at the Thredbo Jazz Festival, with concerts by Eugene Wright from the USA and Australia's James Morrison, Joe Chindamo and Allan Browne to name a few. [Find out more](#)

**Fremantle fun**The Fremantle Heritage Festival is a week of walks, talks and activities celebrating the people, buildings and events that make Fremantle one of the best-preserved 19th century seaports in the world. [Find out more](#)

**Free Sydney theatre event**Sydney's theatres have played a huge role in the life of the harbour city. A presentation including current and historical pictures from Sydney's theatre scene will be a trip down memory lane for many. [Find out more](#)

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## For a good cause

**Pink fly fishing**Breast cancer victims will have the opportunity to experience and learn about fly fishing in new clinics developed by Recfish Australia. Many women may not realise it, but fly fishing is great exercise as well as being a fun way to get out into nature. [Find out more](#)

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## Travel express

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**Egypt – once in a lifetime!** The mystery and wonder of Egypt has been a lure for travellers throughout the ages. A recent survey by Insight Vacations has reported that Egypt is indeed a hot spot for travel with a strong increase in global tourism numbers and 99% of respondents having considered taking a holiday in Egypt. As well, 95% of respondents indicated that they would select to travel on an escorted holiday to make sure they experienced all the must see sights, had everything pre-booked and had the added safety of travelling in a group with an expert guide. If you have been considering your own 'once in a lifetime' holiday to Egypt, there is only one way to do it – in style with Insight Vacations! [Find out more](#)

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**Eastern European adventures** On 1 April, two new Regional Eurail passes were launched: the Eurail Czech Republic–Germany Pass and the Eurail Germany–Poland Pass. You can now make the most of your time in Europe and explore new cultures. The Czech lands have been the crossroads of European cultures for centuries. With 12 UNESCO World Heritage sites, diverse cultural experiences, vibrant cities, charming villages, Romantic Praha, Spa towns... you can now see it all. [Read more here](#)

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**Travel prizes galore** To mark its 80th year, the Australian family-owned Australian Pacific Touring (APT) is giving away \$80,000 worth of prizes to travellers on APT holidays. [Find out more](#)

**Vienna coffee anyone?** Who could say no to a visit to a Vienna cake house? Spend a half-day cycling around this relatively flat city, seeing the sights and relaxing in traditional coffee houses, where there will be apple strudel to die for! [Find out more](#)

### Travel deals

- \* [30% discount in Gippsland](#)
- \* [Kids cruise for free](#)
- \* [Escape for less](#)

Other great deals in our [Holiday ideas](#) section...

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## Bookshelf online

**All the way with LBJ** *You're leaving tomorrow* is a beautifully designed coffee-table book which explores the Vietnam conflict from the point of view of the press corps. Their stories and photographs bring home the enormous upheaval the war caused for both servicemen and the broader community.

[Find out more](#)

**Jim's story** Jim McLoughlin, a young able seaman in the Royal Navy during World War II, was aboard the *Laconia* when it was torpedoed and sunk by a German U-boat. The tale of his survival, *One Common Enemy* is an incredible account of hope continually dashed by adversity, only to rise again. [Find out more](#)

**Letters from Vietnam** *The Gunner's Doctor* is a very personal Vietnam war story told through the letters of a young, idealistic medic writing home to his parents. It's a snapshot of the time, but it also includes author David Bradford's reflections as a man 40 years older and wiser. [Find out more](#)  
*These titles and many more can be purchased in the @boutSeniors online discount bookstore. [Go there now](#)*

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## DVD junction

**Brilliant Julia Britton** *Fearless* is an apt title for a documentary about the magnetic and unstoppable energy within 92-year-old playwright Julia Britton. [Find out more](#)

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## Comfort food

**David's ANZAC biscuits** The ANZAC spirit is alive and well in the @boutSeniors office when David brings in another batch of his irresistible ANZAC biscuits. To try them for yourself, [read the recipe now](#)

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## Here to help

And don't forget the staff at **@boutSeniors** are here to help with all your queries, whatever the topic, on [help@aboutseniors.com.au](mailto:help@aboutseniors.com.au)  
To unsubscribe from this email list please [click this link](#) and then click send in your email program.

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**"The scariest moment is always just before you start.  
After that, things can only get better."**

*Stephen King*

### **The *real* Australia Day**

Should Anzac Day become our official Australia Day?  
[Click here](#)

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