

01 June VOL 07 Issue 11

Inspiring people

Welcome to the 1 June @boutSeniors newsletter.

We have chosen the Dalai Lama as our 'man of the moment' as he will be touring and sharing his wisdom in Australia in June, but when we look around, a thousand others deserve equal time. Who inspires us? Well, for starters, the *Choir of hard knocks* are a group of fabulous Australians who have joined together to find their voices – and perhaps a stronger sense of self. Their amazing journey can be seen in the ABC series of the same name – have a good cry as you watch them having a good time. [More](#)

Further afield, we love the attention being given to the Zimmers, a group of 90-plus Britons who gathered together to record their version of The Who's *My Generation* and created a YouTube phenomenon. Read more in [Kaye's Blog](#). And then there is the fabulous Paul Newman, who, at 82, has officially announced his retirement from acting. As major exponents of the 'never say die, and never, never, never retire' school of thought, we did like Paul's reasons for stepping down. [Read more here](#)

So what else is inspiring? Just about everything when you look around and see the evidence of attitude winning over circumstance on an ongoing basis. Cancer survivor, Murray, shares his battle and triumph in [Readers' stories](#), and Geoff [blogs](#) on the parables – or as he calls them, *Timeless stories in 60 seconds*. Our bookshelf this week has stories of inspiring individuals facing a variety of challenges – and beating them. And for those who like to assist others who inspire, we introduce the Butterflies

of Hope. Our forum also carries an article on true heroes in Indonesia – [read it](#) and tell us in this week's poll who inspires you the most!

Competition winners for the month of May have been notified – [watch this space](#) for their names. The new competition for June features four prizes of DVDs of *Are you being served*. To win, visit our competition page [now](#). And don't forget to watch that YouTube video of the Zimmers – you'll stay inspired for a LONG time!

David & Kaye Fallick

Up close and personal

This week a retired professional from Lake Macquarie in NSW who likes motor sport, and a 63-year-old widow who likes Formula One have posted personals. Coincidence? There are also plenty of posts for travelling companions and penfriends as well as one from June, who has recently arrived from the UK and is looking to make contact with an old friend. It seems no matter what kind of interaction people are looking for, they're all agreed on one thing – they want to have fun. Remember, posting a personal is free, secure and will connect you not only to new people, but also to new experiences. [Read more now](#)

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Your stories

Murray's courage Murray B is an inspiring man – not only because he has survived an enormous upheaval and illness but also because he chooses to work with others who have been through something similar and to share his experiences with **@boutSeniors** subscribers. [Read his story now ...](#)

Gena's joke Here at **@boutSeniors** we are pretty sure the Dalai Lama would adhere to the classic saying that 'laughter is the best medicine'. To have a laugh, you might like to [read Gena's joke now](#)

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Gardening

Queensland Home Garden Expo Water restrictions continue to tighten but you can create a water-wise garden and learn how to use permaculture and organic gardening skills to save water at the Queensland Home Garden Expo. [Read more hear](#)

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Government news

Excellence in aged care If you know of an organisation, carer or aged care worker who deserves recognition for what they do, you can nominate them for the 2007 Minister's Awards in Excellence in Aged Care. Awards total \$100,000! [Find out more](#)

Do not call register Thank goodness the government has finally recognised how utterly annoying and intrusive sales calls are. From tomorrow telemarketers cannot call you if you are listed on the 'do not call' register. If you are fed up with being called at home for commercial reasons, then you might want to place your number on the register. [Find out more](#)

Palliative care Palliative care is an important service and one not many understand. The recent launch of National Palliative Care Week aims to raise awareness of what palliative care is and what it offers. [Find out more](#)

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Taking care of the pennies

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New paths to retirement Accessing your super from age 55 can open up new paths to retirement. If you are currently 55 or older, you can now access your superannuation as an income stream, even if you are still working full-time. By drawing down on your existing superannuation monies, you could choose to ease into your retirement by cutting back your work hours. Alternatively, you could continue to work full-time but increase the rate at which your super is growing, through salary sacrifice – all whilst potentially having the same income to live on. Clearview Retirement Solutions have recorded a series of easy-to-understand interviews featuring John Mangos, which are a convenient way of getting the facts about these opportunities. Before making a decision about a superannuation product, a

person should

consider whether or not it is appropriate for their particular circumstances.

[Click here](#) to find out more

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Q&A - assets test Independent financial adviser, Richard Sheargold, answers a concerned daughter's question about how the sale of her mother's house will affect her Centrelink entitlements. [Find out more here](#)

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Wellbeing

Your parents We asked in a recent poll if problems in the aged care sector had influenced your views of aged care. Result – 65% of respondents said no. But there remains a degree of confusion where retirement village living starts and where assisted living takes over. For clarification of the accommodation

options open to older Australians, visit the [Your Parents page](#) of [@boutSeniors](#) and read Kate's rundown on what you need to know, in plain English.

Know what you're eating Confused about what the nutritional labels on food are actually saying? When it says 'low fat', what exactly does that mean? Food Standards Australia New Zealand has released a new book, *Choosing the right stuff*, to help you know what you're eating. [Read more here](#)

Exercise and the f word F stands for fun...exercise and fun – what a concept! But seriously, we all know it feels good when we exercise. You end up with more, not less, energy. A new book aims to bring the fun back into your exercise regime – or make it sound like so much fun that you can't resist starting. [Find out more](#)

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Getting out there

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Calling all Grey Nomads Visit the Telstra stand at the Queensland Caravan & Camping show on the 6–12 June at the RANA Showgrounds for your chance to win a weekend for two in Coolum, staying in one of the fabulous MINT resorts. With a strong focus on those who like to travel this vast country, you can visit Telstra who will be showcasing their user friendly mobile broadband service and demonstrating how the Next G network can assist you while on the road. [Find out more](#)

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Affordable TV

22 premium channels, including 350 movies a month for just \$29.95 a month!

SelectTV, Australia's newest satellite Pay TV service provides everyone with a great mix of TV channels including movies at a very affordable price – Australia wide. Special offer: Subscribe by 31 December 2007 and get full installation for \$199.95* – that's 50% off! (*on a 24-month contract, all full installations receive a \$200 discount. Installation fees vary by metro, regional and rural areas. This offer cannot be used in conjunction with any other offer. No contract and DIY options also available.) Check website for full details. Visit www.selecttv.com or call 1300 735 328.

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Telecommunications museum There's a new website to show off the work of a dedicated group of volunteers in Queensland who has preserved postal-telecommunication artifacts, photographs, records and equipment.

[Find out more](#)

OPSO people's choice awards Older People Speak Out (OPSO) is an organisation which rewards the media for depicting the 50-plus generation in a positive and realistic way. Now you can have your say in the OPSO people's choice award. To find out how to cast your vote, [click here](#)

The roaring forties The gorgeous clothing, the classic homeware, the stunning accessories and the relics of war are all here in a free exhibition mounted by the City of Unley in Adelaide. [Find out more](#)

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For a good cause

Butterflies of Hope "For children everywhere in the hope that they will live in a world of peace and love. In memory of children who found neither." This reflects the true desire of the Sydney Jewish Museum exhibition, 'Butterflies of Hope' – to raise awareness of the ongoing plight of innocent victims of war. [Read more now](#)

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Travel express

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Discover Tasmania Tasmania? A vast unspoilt wilderness of stunning lakes, breathtaking mountains and wild ocean scenes, or a cosmopolitan foodies paradise, packed with world famous wineries, artisan cheese makers, farmer markets and restaurants serving up the freshest sublime seafood. It's both, plus much more. [Read more now](#)

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THAI airways international THAI has completed the refit of its fleet of Boeing 747-400 aircraft and has also added the new 777-200ER to the existing fleet of Airbus A340-500 and 600s. The 747-400/777-200ER both operate between the east coast of Australia and Bangkok, and onwards to 10 of THAI's 12 European cities and Johannesburg. The Airbus A340-500 operates from Bangkok non-stop to Los Angeles and New York. [Read more here](#)

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All aboard!

Three world class treasure in one incredible journey, the mighty Indian Pacific, West Australia's wildflowers plus the awe inspiring Nullarbor Plain. Step aboard the Indian Pacific on a Trainways tailored holiday to wildflower country. From the barren Nullarbor Plains to the lush green of the Blue Mountains, the Indian Pacific traverses some of the world's most isolated and spectacular landscapes. [Find out more](#)

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Painting in paradise

If you've ever thought about taking an art class but have always put it off, then maybe you need a different environment to bring out the inner-artist. This June Hamilton Island's artist-in-residence, Gary Wardle, will be teaching classes for adults and children, suitable for any level of ability and experience. Sound like fun? [Find out more](#)

Travel deals

- * [Sunshine Coast apartments](#)
- * [\\$25 fuel voucher with Mercure](#)
- * [Free flights to Tassie wilderness](#)

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

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Bookshelf online

This week's books reflect the extremes of the human experience. We hope these stories will inspire you to reflect on the intrinsic value of life and the potential we all possess to inspire others.

Ubuntu Ubuntu is a traditional African ideology, meaning 'humanity towards others', as well as the umbrella name for a series of beautiful books about those heroes who continue to inspire generations – Martin Luther King Jnr., Mahatma Gandhi, Desmond Tutu and Mother Therese. Royalties from the sale of these books will be shared between charities related to their extraordinary work. [Find out more](#)

Dead lucky Lincoln Hall was an experienced mountaineer who, on his

second attempt to climb to the summit of Mount Everest, made it to the top. But on the way down he was struck by altitude sickness, was eventually pronounced dead and those with him had to descend for their own safety. The next morning, he was found sitting cross-legged on the crest of a summit ridge. His first words were "I imagine you are surprised to see me here." [Find out more](#)

My life as a traitor Born in Tehran, Iran, Zarah Ghahramani's life changed completely when, in 2001, she was arrested and charged with 'inciting crimes against the people of the Islamic Republic of Iran'. She had made the mistake of participating in student demonstrations. Her story of imprisonment, interrogation and beatings is a story of the strength of the human spirit. [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

The pursuit of happyness Inspired by a true story, 'The pursuit of happyness' sees real life father and son, Will and Jaden Smith, team up in this confronting, and at times emotional, story. [Find out more](#)

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Comfort food

Cheat's lasagna For those who feel it's important to lighten up about cooking, which these days can tend to get a bit full of itself, here's the most basic lasagna recipe [@boutSeniors](#) could find. [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

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"My work will be finished if I succeed in carrying conviction to the human family that every man or woman, however weak in body, is the guardian of his or her self respect."

Mahatma Gandhi

Who inspires you the most

Please share your thoughts!

[Click here](#)

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