



Dear Refirement Network Members

January came and went so fast. I am not sure how it was for you but I felt like it was a mini tsunami. I hope that this is good news for business this year. It can however also be about the fact that we are living in a faster more connected world and unless we learn to manage the noise we may feel like we are on an out of control treadmill.

My good friend Charlene Van Onselen has written an account on how she sees the trends affecting us and what this means for the baby boomer generation. [Read the article here.](#)

I have also met with a young entrepreneur who has designed a process for innovators with ideas to connect and grow the awareness of their ideas. [Take a look at what he has to say about the process.](#)

On the last day of 2013 I had the opportunity to do a one hour interview on Chai FM about the trend for baby boomers in the 21 st century. [Take a listen here.](#)

A date to put into your 2015 diary will be July from 26 th to 29 th. South Africa will be hosting the 2nd Global Healthy Ageing Conference at the Sandton Convention Centre. It will be wonderful to welcome people from all over the world both as speakers and delegates. They are hoping to have more than 1000 delegates from around the globe on a wide range of topics. I am on the scientific committee so please let me know if you know of any expert who you believe should be a speaker. The abstracts and submissions process will go live on the website in the coming months.

A nice opportunity is shared this month if you are looking for an opportunity with the care of children in your area..
Read more here: www.sherpakids.co.za

An article I wrote around my own story, called Crossroads and Transitions, is published on Angelique du Toit's blog. [Read more here.](#)

Thank you for being part of our community. I encourage you to share this newsletter with other boomers so that we can grow the network.

Spread the love in this special month of February.

Lynda

Trends affecting us by Charlene Van Onselen

Retirement brings with it many new challenges and fears to be faced. The spending power of money is lessening requiring larger sums to maintain a middle market lifestyle, there are more taxes and levies to be paid than our parents did and we live in a global village where no border is closed. This open border status has resulted in South Africa allowing the manufacturing layer which creates jobs and benefited goods for sale and/or export to become thin; whilst boosting this layer in other countries, for example China. Our crime rate and types of crime have also impacted on our agrarian sector with many farmers moving north into Africa where they are welcomed, reducing our ability to feed ourselves as a nation. These two sectors are key foundational pillars of our economy.

[Read more](#)

Sherpa Kids

Sherpa Kids has launched in South Africa. Running in 150 centres globally, for over 15 years, with the focus on specialist out of school hours care in the primary school years, Sherpa Kids South Africa brings South African parents internationally benchmarked, structured and standardised offerings for before and after school care and during school holidays. We are looking for dedicated and passionate education and child care professionals who are looking for part time work at schools located close to where they reside.

Please visit www.sherpakids.co.za or email genevievebridget@gmail.co.za for further information.



FindingLightBulbs.com by Craig Hyman (Founder)

The idea of becoming an entrepreneur after 50 is daunting. For many, our concern may lean towards consolidating a nest egg and or exploring wealth creation opportunities that are less taxing and strenuous than taking the road less travelled.

That said, ideas that cultivate from seedlings have the potential to translate into tangible business opportunities. Experience, travel, networking and sheer brilliance are enablers on this path.

[Read more](#)



Angelique du Toit

KEY NOTE SPEAKER | SEMINAR FACILITATOR | AUTHOR

Shaping Hearts. Shifting Minds. Sharing Success.

Upcoming Event

Annique's **Première** event is one not to be left off your calendar.

Join us on **Saturday 15th March** for top-drawer celebrity entertainers.

R1.7 million rand in prizes and a Hyundai car is up for grabs just for being there!

Come and join the 1500+ people at Gallagher Estate for a trip **Around the World in 90 Ways**.

Call Alma van der Merwe on 012 345 9800 to reserve your seat **TODAY**.



My Favourite Facebook posting this week:

THE THINGS YOU ARE PASSIONATE ABOUT ARE NOT RANDOM, THEY ARE YOUR CALLING.

- IRENE FREEDRICKSON

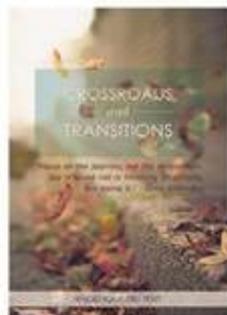


Retirement Nervous and Bored - Lynda

Are you at a Crossroad in your life?

Do you find yourself at a crossroad in your life? I know it can seem confusing, feel overwhelming and may make you want to retreat to what is familiar - even though that might be the very reason you are deeply desiring change. You have to take a risk to get out of the rut. Crossroads can be challenging but they can be a catalyst for change, depending on how

you view it. If you wish to change anything, you first have to change the way you see it. You may be facing retirement or retrenchment. I met Lynda Smith about a decade ago. A striking woman with an unassuming confidence about her. A skilled businesswoman, an



entrepreneur, a sincere friend - a woman who has enormous capacity to build great relationships. Lynda's commitment to educating the nation and her focus on giving every child a stable foundation for the years ahead is remarkable. I love her insights into the different phases of life and the transitions people go through as they move from one chapter of their life to the next. Read Lynda's story (follow the link below) and be challenged to enjoy your transition to a new future. Lynda will inspire you to REFIRE not retire or become redundant.

Angelique

Annique: www.annique.com

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Refirement's Social Networking



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