



Dear Refirement Network Members

It is 4 months since I last sent out a newsletter. Time certainly does run away and sometimes life takes us on an unexpected journey. I know that both of these statements are present in all of our lives and should not be an excuse for not communicating so I am sorry that so much time has lapsed since my last communication with you.

On reflection our lives go through many changes as we age. Two of the main stages are the death of our parents and when our children leave the nest. Until these two happen we feel sandwiched between both and as these are normally some of the most important relationships in our lives, they define much of what we are doing and planning during that stage. My children left the nest more than 8 years ago, but my Mom was still alive and very much part of my daily life. She sadly died in May and it is interesting to now identify with what many of my friends have already experienced. The death of a parent leaves us as the oldest in the family and there is a deep hole left that was always filled by a parent. All of these crossroads leave us with choices. We need to go through a time of mourning and reflection but it also allows us to look at the future with a new set of eyes. What can I do and what will I do with the time and space I now have available.

I will be hosting two workshops on the Topic "Finding passion, purpose and a pay cheque 50+ "over the next few months. This workshop will help any person within 3-5 years of retirement to think about and plan the next part of their journey. A Pay Cheque is not just about the currency of money but also about the currency of meaning. The events will be run from Eureka Park (just off the Maraisburg off ramp on the N1) on either the Friday 1 st August from 9-12 or Saturday 16 th August from 9-12. The price will be R 570 per head and includes a copy of my EBook that will be emailed to you as part of the package. Please email me on lynda@refirementnetwork.com if you are keen to attend and I can send you an invoice for payment.

There is a wonderful business opportunity for anyone who may be interested in the repair of small dents and scratches in cars. This is a new revolutionary process from South Africans who started the process in Australia and have now

brought is back to SA. It is called "Renew my car" There is an advertisement included in this newsletter and you are welcome to connect directly with Henk and Vicky to find out more details.

It is just over a year until the Second World Congress on Healthy Ageing event will take place in South Africa at The Sandton Convention Centre. Here is a link to the website: Save the date there will be a great number of interesting topics in both the main event as well as <http://www.wcha2015.com/> the Edu-talks happening over the 3 days of the event.

The other event happening later in the year is the Investment and Retirement Expo. The dates for this are the 24 th-26 th October at the Coca-Cola dome. Here is the link: <http://www.thebereed.co.za/retirementexpo/>

No matter what stage you are in or what is happening in your life, the truth is that the only way is to take control and walk the journey .We never need to walk alone. We do need to take responsibility and also try and make a difference. Those two factors will and can make some of the biggest differences to your exciting next chapter. Enjoy the journey.

Lynda

Business Opportunity:

Mobile Auto Body Repair

Potential earnings R100K per month – Full Time. Ongoing Marketing & Technical Support. Training 4 - 5 weeks full Time, (part time training) options. No Previous Experience Required. Require own (suitable) vehicle + R385K incl VAT, covering all Tools, Equipment, Training and much more. Successful Australian Business now operating in South Africa supported by leading Corporate Technical Partners.

Contact us : www.renewmycar.co.za (Business opportunity page), or

Email : info@renewmycar.com.au



Refirement's Social Networking



Contact Lynda Smith |
+27 (0) 82 490 2822 | lynda@refirementnetwork.com