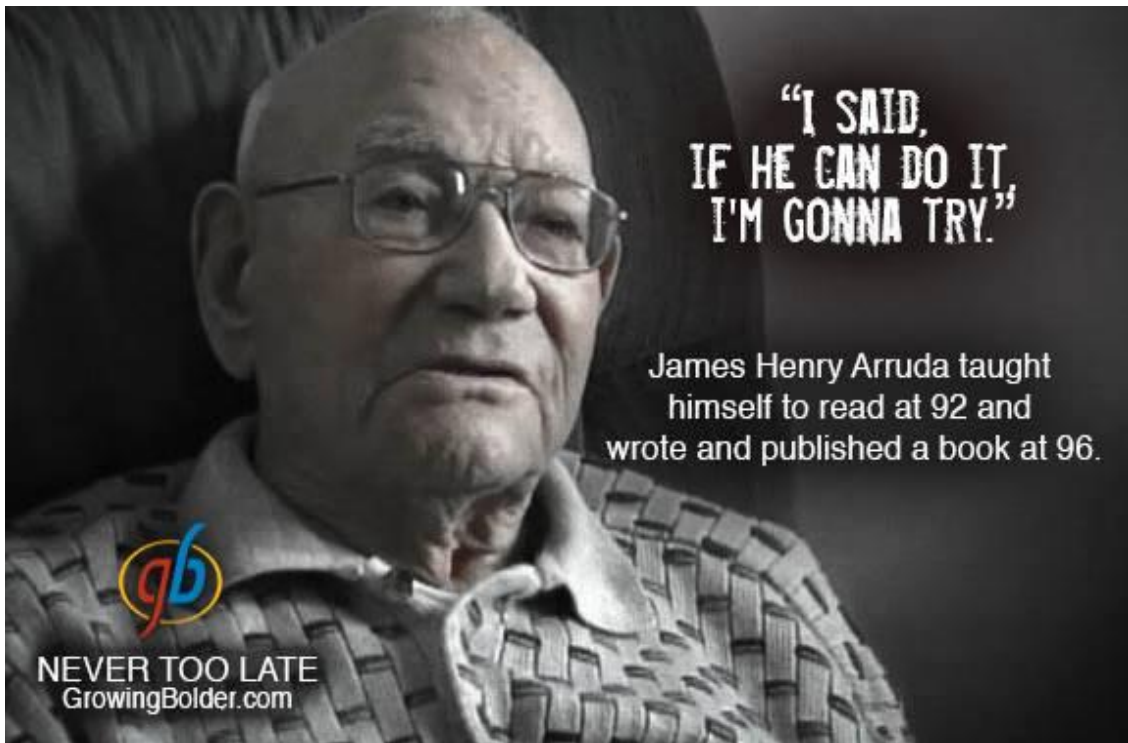


## Buccaneer Thoughts on Aging

<p>Happy New Year!</p> <p>I tend to think that I will be old in 5 years. True 5 years ago, true now. Of course, some problems like hair loss started when I was 40, graying hair at 50 and lots of small pains at 65. Having diabetes and surviving cancer jaw surgery are just stepping stones on the path of life. As long as I can jog every day, I'm not old yet. - Dennis Ewell</p>
<p>Happy New Year to you Lynda!! I really believe you are only as old as you feel and I still feel young. Sometime my body doesn't agree with me. Just spent a week with my parents who still live in their own home and I am feeling very blessed. – Karen (Chiramonte) Cyris</p>
<p>Unless we have Alzheimers or serious dementia, we Buccaneers should be contributors to the Free World with wisdom and grace. Some of us even go beyond that as we continue to be active change agents literally fighting in appropriate ways for what's still good in this life. You are exemplary in that regard, and I'm honored to be your friend. Best wishes for a healthy and happy New Year. - Craig Bradford.</p>
<p>I used to think that old was just in the mind of the person. This last year was a little different. I'm glad we have moved on to the next one. I felt the 70th. I did start to learn to draw this last two months and wish I had started a long time ago. Opens up a whole new part of life and I can't go for a walk with the dogs without noticing tree bark and clouds and shadows and shapes. - Jeanne (Gualt) Hinojosa</p>
<p>And a good 2015 to you Lynda. Since we can't do anything about it, aging is a funny experience. Although, at 71 I'm blessed with relative good health, I find the increasing physical limitations are not reflected in my mental state, making the best of each day, works wonders. cheers :) – Ken Burns</p>
<p>I may not be the guy to ask. I'm very over the top about weight training. Go to a gym and lean to train with weights. Use your muscles and get stronger. Stand most of the day and stay busy. If a person stays strong, age won't be as much of a bother.</p> <p>I have had many medical problems that stopped me for long periods but I always go back to the gym. I think my quality of older life is good from that. - Marty Linane.</p>
<p>Well said Lynda. I'll add more soon, but a core thought for me is living in a third world country like Vietnam has helped me stay young in mind and heart will most definitely add a few more years. Will add more soon.</p> <p>- Dennis Raquet</p>
<p>Hi Lynda, My dad (who just celebrated his 96th birthday today) always said, "You are only as old as you feel!". In that case, I'm only 60 years old! - Maxine Flaxbeard Darknell</p>
<p>One thing: We need to enjoy every day to the fullest - you never know when it may be our last . . .</p> <p>- Joe Falcone</p>

Scroll down please to see these 20 inspirational ladies and gentlemen. Please don't miss the video at the end. I hope you all enjoy this as much as I did putting it together. = Lynda

# 20 People Who Are Kicking Age

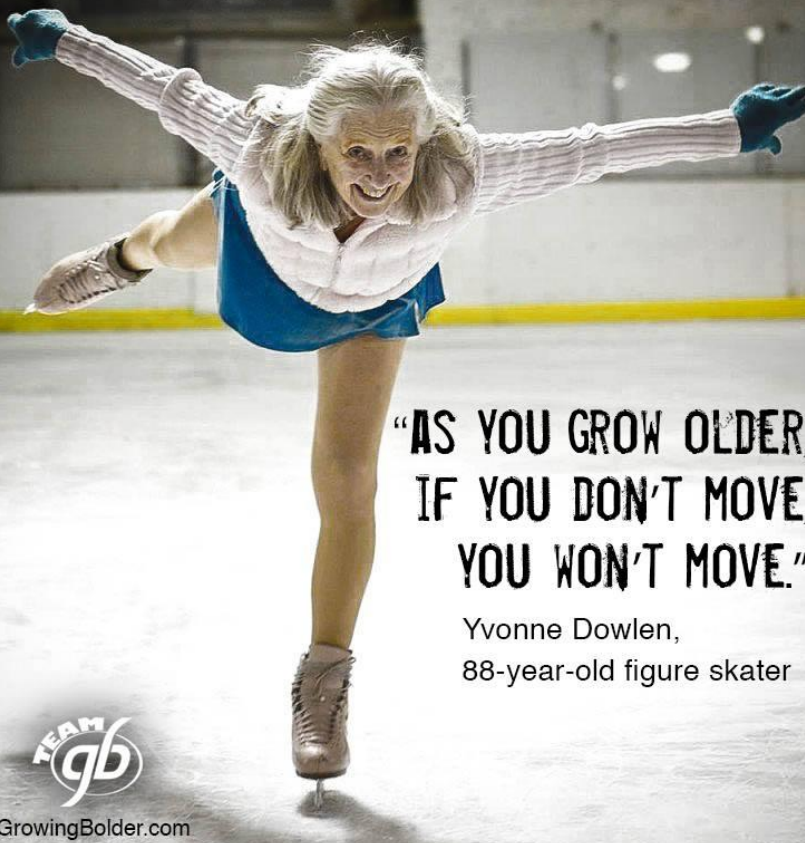


**"TRASH  
SELF-DOUBT.  
DARE TO BE  
YOURSELF!"**

Margaret Hagerty,  
91-year-old Guinness  
World Record Holder



GrowingBolder.com



**"AS YOU GROW OLDER,  
IF YOU DON'T MOVE,  
YOU WON'T MOVE."**

Yvonne Dowlen,  
88-year-old figure skater



GrowingBolder.com

"I NEVER USE  
THAT WORD,  
RETIRE."

B.B. King



GrowingBolder.com

"I'VE NEVER BEEN SCARED  
OF OLD AGE AND I'M NOT  
SCARED OF IT NOW."

Barry "MaGoo" McGuigan, 85

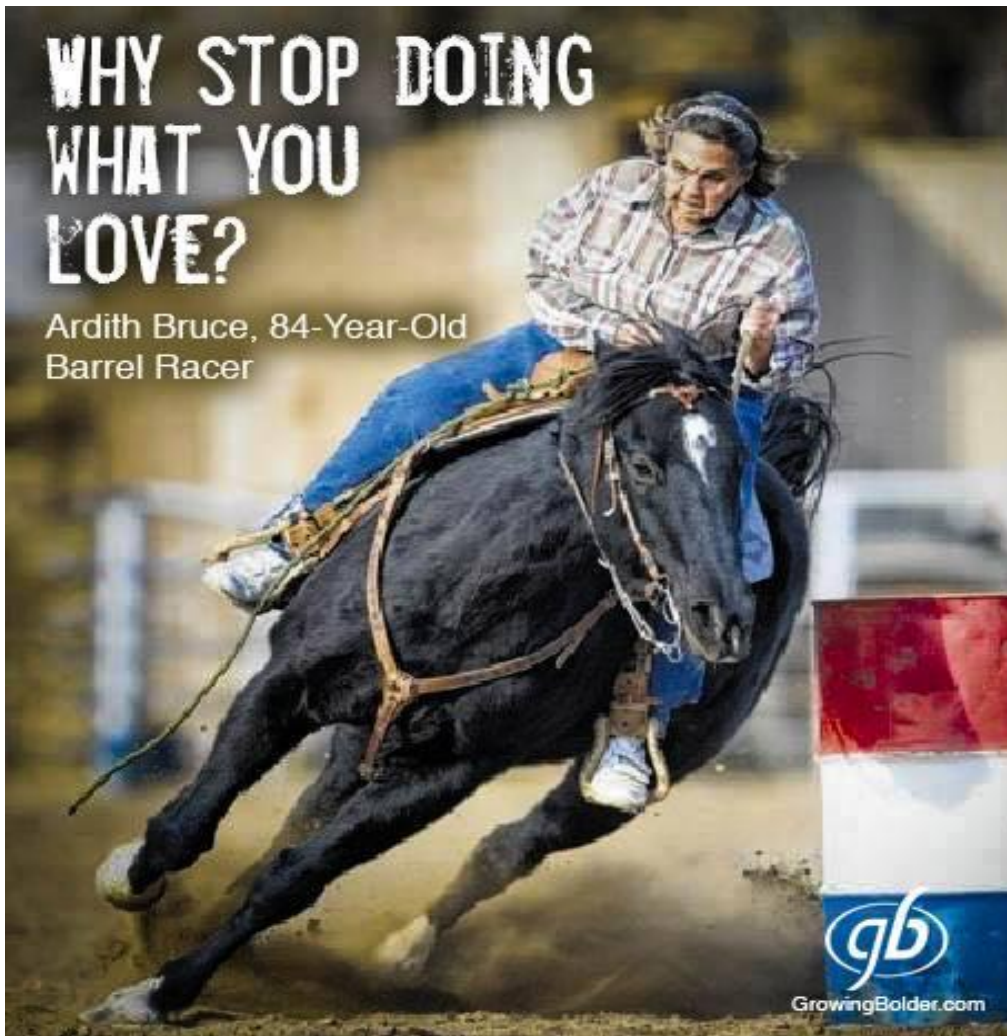


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Photo: DailyTelegraph.com.au

# WHY STOP DOING WHAT YOU LOVE?

Ardith Bruce, 84-Year-Old  
Barrel Racer



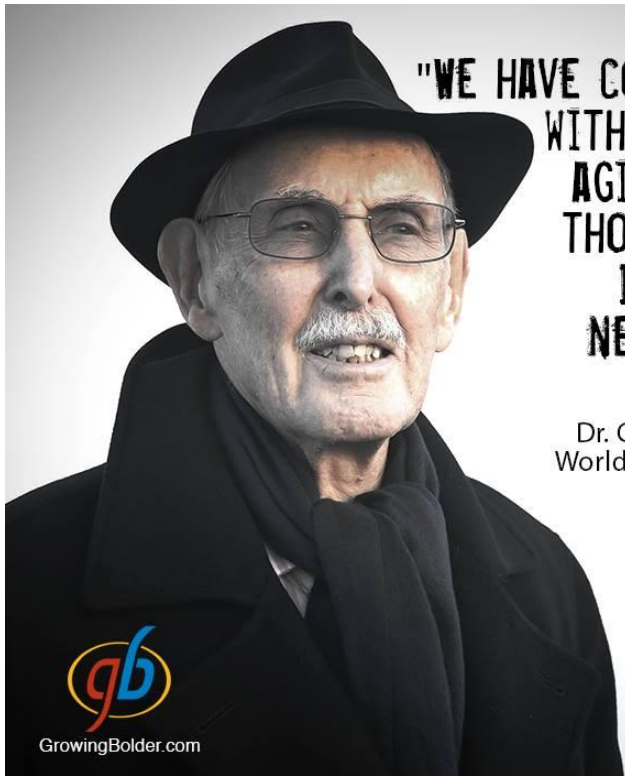
  
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"I LISTEN. I LOVE. AND I LIVE.  
YOUR BODY KNOWS WHAT TO DO.  
YOUR MIND GETS IN THE WAY."




Phyllis Sues, 91-year-old Yogini, dancer, writer,  
singer, musician, and trapeze artist.

  
GrowingBolder.com



**"WE HAVE CONFUSED ILLNESS WITH THE PROCESS OF AGING, WHICH CAN BE THOROUGHLY HEALTHY. ILLNESS IS NOT A NECESSARY PART OF AGING!"**

Dr. Charles Eugster, 94-year-old World Masters Rowing Champion



growingbolder.com

**IDA'S LONGEVITY SECRETS:**

Ida Keeling, 99  
World Record Holder

**"EAT FOR NUTRITION, NOT FOR TASTE. DO WHAT YOU NEED TO DO, NOT WHAT YOU WANT TO DO AND DON'T LEAVE OUT YOUR DAILY EXERCISE. LOVE YOURSELF."**



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I USED TO THINK  
50 WAS OLD.  
I WAS WRONG.  
NOT EVEN  
CLOSE.



Harriet Anderson, 79  
the oldest female to ever  
finish the IRONMAN  
World Championship

  
NEVER STOP  
GrowingBolder.com

"YOU JUST DON'T LET  
THAT ROCKING CHAIR  
TAKE OVER. YOU GET  
UP AND GO EVEN IF  
YOU DON'T WANT TO."

Constance Reeves,  
102-Year-Old Cowgirl



  
GrowingBolder.com

I QUIT DRINKING AT 90 BUT  
I HAVE A COUPLE SHOTS  
OF JACK DANIEL'S TWICE  
A WEEK FOR MEDICINAL  
PURPOSES.

Jack Weil, 107 and the  
Oldest CEO in America



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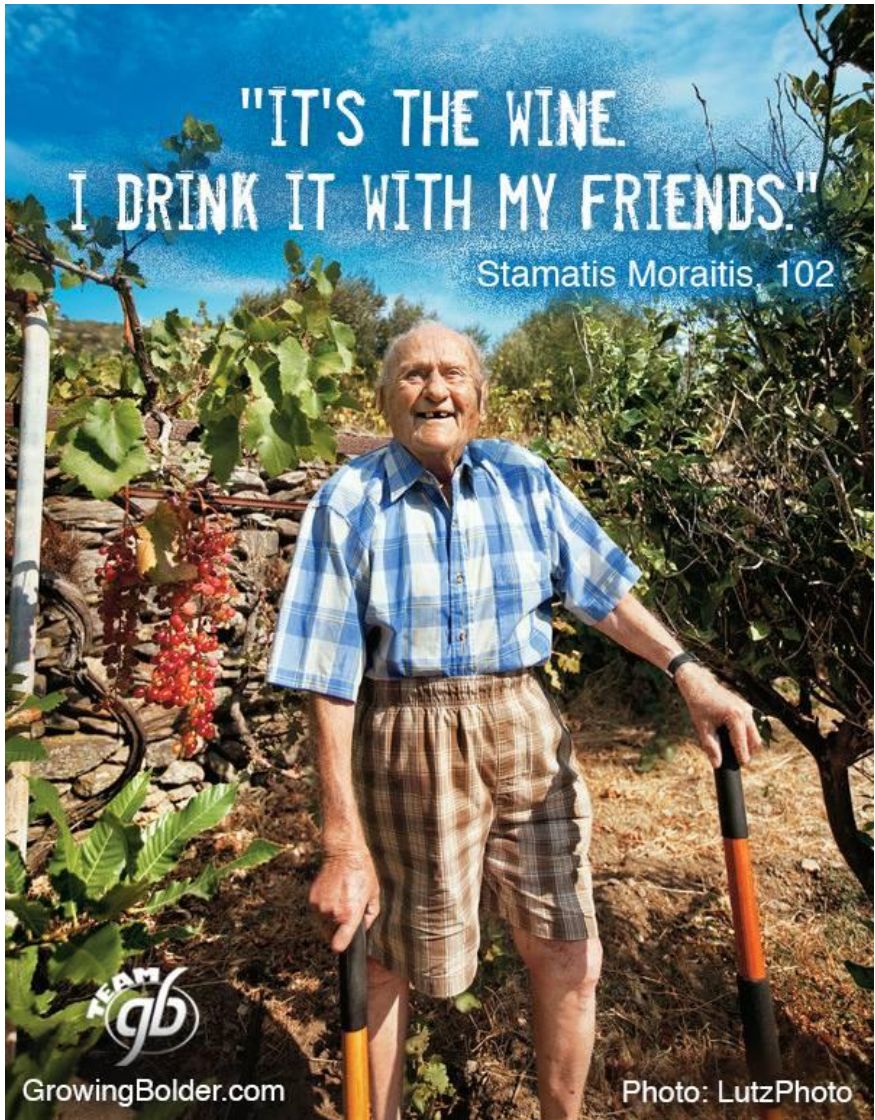
"THE SECRET TO STAYING  
YOUNG AND BEING HAPPY  
IS LOVING WHAT YOU DO  
AND LOVING THE PERSON  
YOU ARE WITH -  
SIMPLE AS THAT."

Dame Gillian Lynne  
88-year old award-winning  
choreographer.



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I think it's the dapper clothes he wears!



**"IF YOU  
DREAM ABOUT  
SOMETHING  
ENOUGH, IT CAN  
COME TRUE. IT  
HAPPENED TO ME."**

Montserrat Mecho  
80-year-old skydiver,  
windsurfer, skier  
and swimmer



Dream. Believe. Persist.

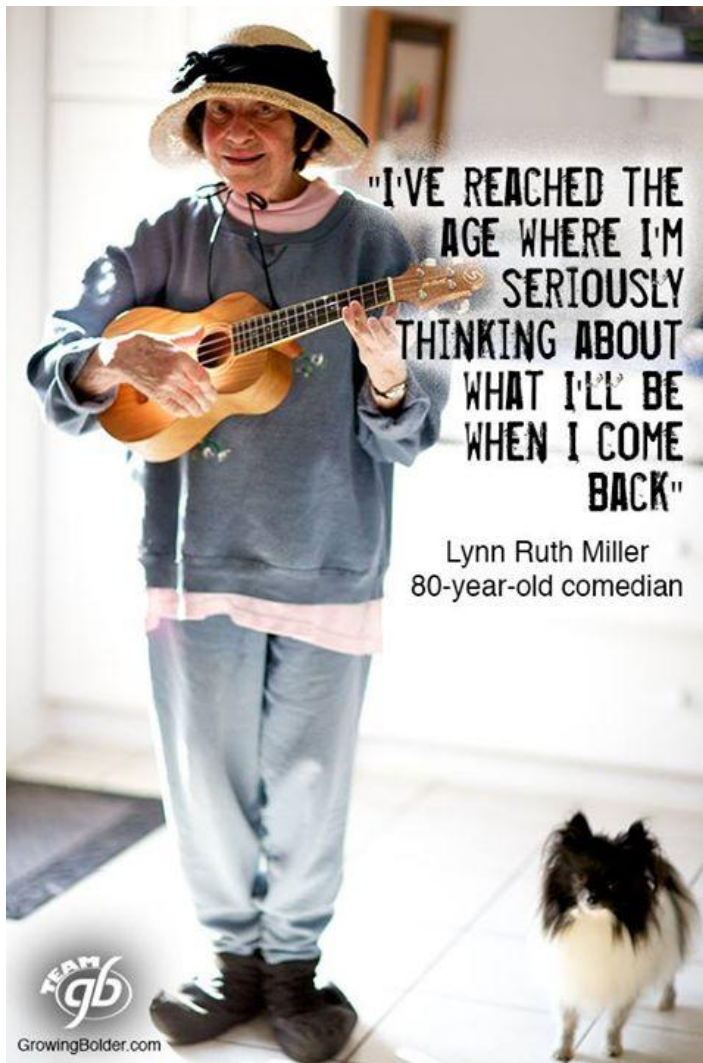


**"IT'S BETTER  
THAN SITTING AROUND.  
I MEET LOVELY  
PEOPLE."**

*Dolly Saville, 100  
'The World's Oldest Barmaid'*



GrowingBolder.com



All of these photos have been sourced from the inspiring facebook page, "[Growing Bolder](#)". Here's their mission statement: "We share the real stories of ordinary people who are living extraordinary lives and prove that it's never too late to discover your purpose and passion; never too late to reinvent yourself, begin a new relationship, start a new business, learn a new skill or make a difference in your community. Our products are hope, inspiration and possibility. Our message is dream, believe and persist."

***You absolutely must watch the video below.***

*This was a guest speaker at an actual Conference on Aging in California; The speaker is a weatherman, but SHOULD be a standup comic. Attendees were young and old alike, male and female. I hope no one is offended . . . he is hysterical. Enjoy!*

<https://www.youtube.com/embed/LR2qZ0A8vic?rel=0>

And if you're feeling a like complaining about your aches and pains.... Watch this for inspiration.

**Typewriter**

[www.youtube.com/embed/svzPm8lT36o?feature=player\\_detailpage](http://www.youtube.com/embed/svzPm8lT36o?feature=player_detailpage)

**We hope we've made you smile today!**