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Hello to our 3rd Act Community,

And welcome to the many new members who have joined us.

We start this edition with a wrap up from a recent 3rd Act Seminar. Gabrielle Leahy from [Retire and Flourish](#) and Scarlett McKone from CSC's Education Team delved into the non-financial and financial considerations for retirement.

We follow this up with an insightful Q&A with Gerard, a PSS member who has used his retirement income from CSCri to supplement his sick leave while he battles cancer, and renovates his house!

And last but not least, we also have two new retirement stories. The first is from Cat (PSS member), who, along with her husband Mike (CSS member), worked hard to ensure they found the perfect place live a balanced and fulfilling retirement. The second is from PSS member Denise, whose decision to take up the viola five years before retirement has brought her many rich and fulfilling experiences in retirement.

Enjoy

**Event Wrap Up: The 3rd Act -  
Freedom in Retirement  
Seminar**

## National Library Canberra - March

Thank you to 100 members who came along and hear about the emotional, physical, lifestyle and financial considerations for retirement. This 2 hour seminar offered tools, resources and knowledge to help make retirement the best it can be.

Gabrielle Leahy from **Retire and Flourish** and Scarlett McKone from CSC's Education Team delved into non-financial and financial considerations for retirement.



"Today's retiree is different. They're younger, healthier and fitter than any generation before."

"There are more options for retirement and as a result there is no universal definition of what retirement means. 'Retirement phase' or your 3rd Act could last for 30 years or more," said Scarlett in her introduction to CSC's 3rd Act program and its relevance in today's world.

Gabrielle Leahy's presentation 'Spread your wings in your 3rd Act' focussed on the non-financial aspects of retirement. She spoke about the benefits of work and how the loss of work structure and purpose is often more challenging than people realise.

"Many people, in the thrall of their careers are daunted by the thought of retirement. They have no head space to imagine themselves without work."

"Others enjoy retirement for a while - take an overseas holiday, paint the house - and then languish. They're unable to make discerning choices about what will really energise them and give them deep and lasting pleasure".

Gabrielle highlighted via real stories and scenarios potential retirement traps for individuals and for relationships. She addressed how to avoid the traps and how to instead flourish in retirement.

"We flourish when we immerse ourselves in pursuits and relationships which are intrinsically satisfying and - as a consequence - give us optimal wellbeing. Simply choosing goals won't ensure a fulfilling retirement".

If you missed this event, make sure you register for an upcoming [3rd Act Seminar](#).

## NEXT SEMINAR - 1 JUNE, 2017 - CANBERRA

### 3rd Act Poll

What might be your biggest challenge in retirement

**Money**

**Family & Relationships**



## Health

### Purpose & Meaning

### Social Isolation

[View results](#)

## Q&A with Gerard Ten Bokkel

Gerard, a PSS and CSCri member, was diagnosed with bowel cancer in August 2016, and this drastically changed his retirement plans. He was going to retire early, but instead took advantage of CSCri's transition to retirement income stream to supplement his sick leave while he recovered from surgery and chemotherapy.

[Read more](#)



## Cat's retirement story

### Decisions, decisions, and surf!

Cat and Mike (PSS and CSS members) planned for ten years before retiring. There were a lot of big decisions to make, like where to live, how to keep busy, and how to adjust to life with less expendable income. Read Cat and Mike's retirement story now.

[Read more](#)

## Denise's retirement story

**Learning a musical instrument, concerts  
and on tour in China**

Five years before retirement she decided to take up the viola. Now, a mere five and a half years into her retirement, her musical life has seen her perform in 32 concerts, two of which were in China.

[Read more](#)



## Share your retirement story

Everyone's retirement story is different. We all have unique experiences, knowledge and perspectives when it comes to retirement planning. By sharing your story, you can have a positive impact on some else's journey and help them approach retirement from a new angle. Writing your story is also a great way to learn about yourself too.

Email your retirement story with the subject "My Retirement Story" to: [3rdact@csc.gov.au](mailto:3rdact@csc.gov.au). If you don't know where to start, see [The 3rd Act website](#)'s writing prompts.

[Read more](#)



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