



Living our best lives now and in the future!

Living His Best Life On The Move

Having applied his master's degree in electrical engineering, David Reeck worked at General Motors for over 30 years in "manufacturing engineering project management." When GM offered him an opportunity to relocate to China, David knew he was ready. He'd already worked in Japan and had traveled to Shanghai and China several times on business.



Over the next ten years in China, David served in different capacities, including leading an "electrification strategy" team. "We needed a thorough understanding of the rules and regulations for designing, engineering, and manufacturing electric vehicles for the China Market."

Living in Japan and China for a combined 14 years taught David that his "former understanding of these countries was distorted and false." China is "much more advanced and prosperous" than many in the U.S. might imagine. David believes some of the perceptions people in the U.S. have about China are due to a lack of knowledge and propaganda. "China does not feel Communist. Most people are learning

and working hard to advance their income and that of their family."

David explained that the Chinese language and culture is "much deeper" than most Westerners may realize. The Chinese call their country Zhong Guo; this name "has a long history" and is related to the Chinese understanding of their place in the world. The name means "middle kingdom."

An Ideal Way to Keep Active and Moving

David now uses an electric bike (an e-bike) to keep active and on the go. He explains that his bike



allows him to exercise as much as he wants but can give him an electrical boost if desired. While living in China, David had noticed that e-bikes and e-trikes were everywhere. Workers delivered mail and packages using e-bikes.

Grandparents even took their grandchildren to school using e-bikes. As an electrical engineer, he could easily see the value of e-bikes.

David saw that e-bikes could provide low-cost transportation while providing opportunities for some exercise. Ebikes “get you out of the car and off the sofa.” Also, riding lets you feel the wind in your hair (even when using the required helmet) and “it’s exciting.”

David started OReGONbike LLC as a hobby and as a way to make e-bikes available to others. He now makes e-bikes available through his ‘lifestyle’ brand, “out & about.” Interestingly, David noted that baby boomer women are the most likely to purchase an e-bike.

Connecting Experience and Expertise with Local Needs

With a background involving electric vehicles and the charging infrastructure, David helped the city of Roseburg, Oregon apply for a grant



through Pacific Power. This grant, which the city received, is helping the community get “in front of the electrification movement” in the country.

David says, “Gasoline and diesel engines are only about 30% efficient” at converting fuel into propulsion energy. “Electric cars can convert about 80% of the energy” from the battery “into motion.”

David’s Advice for People Contemplating Retirement:

Get involved in the community in which you live. Be social. Force yourself to plan some activity outside the home every day.

Find a place to share your accumulated knowledge and experience with those who have less. The Small Business Development Center is a great place to help entrepreneurs of all ages. Consulting by phone and talking about what you’ve learned in your working life is also a convenient way to earn some extra money.

David is also involved in helping his community explore solutions for housing shortages. He sees some possibilities for bringing younger people in need of housing together with older people who have available space in their homes.

Advice on Traveling:

David found that traveling to countries overseas can be rewarding. Observing other cultures first-hand can “give us all a better understanding and appreciation [for] the diversity of our planet.” He recommends that we find ways to travel and see other cultures. “Or better yet,” he suggests live abroad; “it can be exciting and stimulating.”



“I am fortunate in that I was able to travel to more than 45 countries in Europe and Asia. I have experienced that people all over the world are more like [me] than different. A smile and a handshake are often the best communication. Hand motions and facial expressions work in many everyday situations.”

“One way to see news from around the world without so much USA-centric political [bias] is the online news (in English) from the China Global Television Network, CGTN.com.”

You can follow David on Facebook:
<https://www.facebook.com/outandabout/>

To contact David, you can reach him by email:
OREGONbike.USA@gmail.com

Congratulations Winner of Our July Drawing

Karen M. won the August newsletter drawing. Our next drawing will be on August 31st. Be sure to [subscribe](#) to our newsletter to be eligible. The winner will receive a Tai Chi DVD.

The Power of Words

Poets can use words in ways that can lift us, stir our emotions, or help us see the world through new eyes. I'm delighted that Nancy Nowak is willing to share one of her poems with our Boomer Best U community.

War Effort



Nancy Nowak

The burnt umber bar
though nicked and scarred
is burnished to a gloss
almost viscous, as if something dark
had been spilled across its grain.

She's just off the day shift at Republic
inspecting the wings of p-47 Thunderbolts

with the usual Friday
gang, Doris, Helene, first rounds
served on Rheingold coasters when

soldiers from Camp Upton, after checking
through the tavern window, join them.

They're new recruits, marooned
in the Pine Barrens a few weeks
before being shipped off, some distant

fort or field no one knows

who have found this oasis
somewhere between Patchogue and Port Jeff
just as the Wurlitzer begins to play
Bésame Mucho: *Each time I cling to your kiss
I hear music divine.* One of them
sweeps her off the barstool; she hesitates,
thinks

no, her cousin Evvie could, who wins
jitterbug contests at the Paramount; even so
it's all in fun, everyone laughing
as they dip and swirl, and he's

not serious, though the song
could tear a heart out with longing
as it throbs.

And he's *good*, so for an instant
they both are
lifted above the world
war, unaware.

Nancy Nowak's poetry has appeared in various anthologies and literary journals, most recently in RAIN magazine and The Timberline Review, and was a finalist for the 2018 Letheon Prize. From 1994 to 2016, she was an associate professor at Umpqua Community College, where she taught writing.

Article Series on Preparing for the Nonfinancial Aspects of Retirement

Retirement involves a major life transition that many people don't fully recognize. Not only must we prepare financially, but we must also prepare for the nonfinancial aspects of our new life including finding new social connections, addressing identity issues, discovering a new sense of purpose, and creating a satisfying lifestyle.

To help with the nonfinancial aspects of retirement planning, check out the Boomer Best U article [series](#) on preparing for your best life after ending your fulltime career.

Quietly Making a Difference in his Community

I first noticed Duane Toll while out walking one afternoon. Duane was picking up trash alongside the road. Duane regularly picks up litter around the neighborhood; it is one of the ways he has chosen to serve our community after retiring. He also volunteers twice a week for the local food shelter.



Until I saw Duane picking up trash, I hadn't even thought about carrying a bag with me when I take a walk. His quiet example has inspired me and others to start doing our part to help keep our environment cleaner. Thank you, Duane.

Gender, Retirement, and Aging

While there are several ways in which men and women face some similar challenges, opportunities, and adjustments in retirement, there are some differences as well. Some of these well-documented differences involve financial security, the likelihood of certain diseases, degree and type of discrimination based on age, medical care, life satisfaction, leisure time after leaving a fulltime career, and social connections, among others.

Because our gender and sex can affect how we live our lives now and, in the future, Boomer Best U has been examining this area. Check out some interesting findings: [Gender Differences](#)

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Older Employees: Value-Added in The Workplace

As every business operates within a larger culture of aging people, it is important to understand the needs of a huge but often neglected market. Older employees can offer valuable insights into the services and products that older consumers want or need. Often, these insights will help counter stereotypical assumptions of the past.

Melissa Gong Mitchell, executive director of the [Global Coalition on Aging](#), said, "Older people are the future of the workplace." Mitchell pointed out that older workers are often more loyal, experienced, and possess valuable institutional knowledge.

In a [2018 article](#), Paul Irving, chairman of the Milken Institute Center for the Future of Aging, explained that older workers could offer experience and stability. They can serve as mentors for younger workers and can enhance workplace teams. "Age-diverse teams do better at problem-solving and generating ideas than same-age groups."

Emotional intelligence and the wisdom that comes with experience is vital when working with co-workers, on teams, and with customers.



According to Dr. Louise Aronson, author of *Elderhood*, older adults also tend to score better than younger subjects in areas like emotional intelligence and wisdom.

[Read more...](#)

