



Q: I'm a recent military retiree, and regretfully, my long-term relationship just ended. I thought retirement would liberate me to do whatever I want, but instead I just feel lost. I need something and someone meaningful in my new life.

I've been all over the world in my 30-plus service years, so commercial travel isn't a big deal. I'd like to go places now, but in a more useful way. What do you suggest? *PJM, Chino CA* A: We suggest two travel ideas on starting your retirement years, and they could result in finding new relationships. Consider a theme cruise or trek, where the emphasis is on an adventure you'd enjoy. For example, an exploration trip to the Galapago Islands or climbing Machu Picchu.

The other idea you may want to consider is a volunteer vacation, such as Habitat For Humanity offers. On those projects, you sign up for anything from one week to several months. For example, you'll help build homes in poor nations or repair communities damaged by hurricanes and typhoons. Additionally, especially at holiday time each year, charities such as Volunteers of America can always use help in distributing gifts and feeding the homeless.

We believe you'll find participating in meaningful activities the best way to put the past behind you and enjoy an interesting future. References: <http://www.worldheritagesite.org/sites/galapagos.html>
<http://www.andeantravelweb.com/peru/destinations/machupicchu/> www.habitat.org
www.voa.org