

# SUDDENLY SEVENTY

## Monthly Newsletter

July 15 2025



*Living Well. Laughing Hard. Aging Boldly*

### A Quick Hello from Janet

Here we are, halfway through July, and judging by the airport lines, the wanderlust is real.

More than 100 million Americans are planning to travel this month, and if you're one of them, this edition is for you.

Whether you're jetting off to see the grandkids, chasing cooler weather, or just craving a change of scenery (and maybe a hotel room with blackout curtains and no dishes to wash), we've packed this issue with practical travel wisdom, TSA updates, and real-world tips to help you stay safe, sane, and blister-free, comfortably, stylishly, and just a little bit smarter.

We know travel isn't what it used to be, so we're here to help you navigate the good, the bad, and the "you've got to be kidding me."

*Janet*

Janet Davidson  
Publisher

From what not to wear on a plane (yes, those leggings could actually be a health hazard) to the latest security changes that might actually make life easier (hint: your shoes get to stay on), we've got you covered, literally and figuratively.

We'll unpack everything from the rise in petty theft abroad to why your feet are the unsung heroes of a successful trip, all while keeping our signature mix of straight talk, humor, and lived experience.

So go ahead, dust off the suitcase, shove the compression socks in your carry-on, and let's hit the road.



#### In this newsletter:

Damn it Janet!  
This Month's  
Rant: Because  
Someone Has to  
Say it!

New TSA Rules!

Airline baggage  
rules have  
changed.

Other Great  
Stuff!

Take a look at  
the PDF's we've  
included.

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# Damn it Janet! This Month's Rant: "Mile High Misery: A Rant from Row 22B"

## Damn it, Janet!

### *Whatever Happened to Grace at 30,000 Feet?*

There was a time when flying was an event. A privilege. A moment to be savored. People dressed the part. We packed sandwiches wrapped in wax paper and told everyone we knew, "We're going on a plane!" It felt almost sacred.

Now?

Flying is a full-contact sport.

You're herded like cattle, stripped of your dignity one metal detector at a time, and once on board, dear God, it gets worse.

Someone always *has* their bare feet on the seat in front of you. *Bare. Feet.* Toenails and all, tapping on the tray table like it's their personal ottoman. Then there's the passenger (male or female) who casually flicks waist-length hair over the back of their seat, right into your miserable, cold meal.

Bon appétit.

I was once on a flight where someone actually tried to *light a burner* to "warm up their food." That little stunt caused chaos at 36,000 feet and a hard landing in reality.

And don't get me started on the bathrooms. The floors are always wet, and nobody knows *why*. What exactly were they doing in there? Actually, don't tell me. I don't want to know.

Where did the manners go? Where's the grace?

Today, flying feels less like travel and more like survival. We dress like laundry piles.

We behave like zoo animals. And we all just accept it like it's normal.

Can we please bring back a little dignity?

Just a little?

## My First Flight Was a Viscount

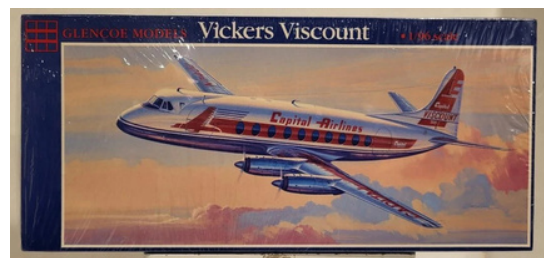
### *And We Dressed for the Occasion*

In honor of this month's travel-themed newsletter, I want to share the story of my very first flight, one that still glows in memory, more vividly than any international adventure I've taken since.

I was seven when I won a prize at the Canadian National Exhibition (CNE): a sightseeing flight over Toronto for two, hosted by Air Canada. My father, ever persuasive, convinced the organizers to add a third ticket so my sister could come too.

The flight was aboard a Vickers Viscount, a sleek four-engine turboprop that seated about 48 passengers and felt like the height of modern elegance. It was the kind of plane where the windows were wide and oval-shaped, and the ride was whisper-quiet, unlike anything we'd known.

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## My First Flight was a Viscount

### ...continued from the previous page

We dressed for the occasion, of course. My sister and I wore matching dresses, gloves, and little hats. The women on board looked like they'd stepped out of a department store ad, skirt suits, nylons, handbags in the crook of their elbows. The men wore ties and jackets. My father, an ex-WWII bomber pilot, was the only one who wasn't dazzled by the moment, but he still walked a little taller. Back then, you didn't go through security. You parked at the terminal, and your family waved from the big windows as you walked out onto the tarmac in the crisp fall sunshine and climbed the stairs to the plane. The stewardesses (as they were called then) greeted each passenger warmly, immaculate in their uniforms, smiling like this was your moment, because it was.

That flight only lasted an hour, a slow, swooping loop over Toronto, but it left a permanent mark. I've flown all over the world since then, but nothing ever quite compared to the wonder, warmth, and quiet excitement of that first time. It was a different world. More gracious. More magical. Now? If I can walk, drive, or take the train, I will. I try to avoid planes and airports like the plague.



## New TSA Rules this summer Keep Your Shoes On!

As of July 7, 2025, the TSA has officially ended the 19-year requirement to remove footwear at most U.S. airport checkpoints

### Why it matters:

- Drastically reduces wait times
- Eliminates dirty shoes in bins, which is great for germophobes
- Still subject to secondary screening if scanners detect something

### Liquid Limits Still Stand... for Now

The familiar 3.4-ounce rule for liquids, gels, and aerosols remains in place for carry-ons

Containers over 100 mL must go in checked bags

Exceptions for meds, baby food, and medical liquids

Heads-up: TSA is evaluating new technology that may allow larger containers through carry-on lanes eventually

### Laptop Removal Not Yet Dead

Scanners still require laptops and tablets to be removed from carry-on bags unless you're enrolled in TSA Precheck. That said, lawmakers are discussing updates, but no official changes have been made yet.

### Belt and Jacket Rules Still Apply

Unless you're a Precheck member, expect to remove belts, light jackets, and bulky layers in standard lanes .

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## Airline Carry-On Rules Are Changing— Here's What You Need to Know

Airlines periodically update their carry-on baggage policies, and recent changes affect both domestic and international flights. To avoid surprises, always check the specific rules for each airline you're flying with, especially if your trip involves switching planes or carriers along the way.

Policies can vary widely, so do your homework to ensure you're in compliance from takeoff to touchdown.

### EU Standardizes Free Carry-On Rights

The EU Parliament has approved a proposal tying airlines' hands: travelers will soon be entitled to bring both:

- One personal item (like a purse or laptop)
- One small roll-aboard, up to 7 kg and 100 cm combined
- All without extra charges on EU flights—effective around July 2025, pending final approval

### Ryanair and EU Mystery Bag System Align

Ryanair will raise its free personal item size from 40×25×20 cm to 40×30×20 cm, exceeding the new EU minimum and aligning with broader EU standardization.



## Global Airlines Tighten Carry-On Enforcement

- In Scotland, high-tech 3D X-ray scanners at Edinburgh Airport now allow liquids up to 2 liters in your carry-on, and let laptops stay inside the bag during screening, as long as liquid and electronics rules are met
- Many international carriers are enforcing tighter size and weight rules for carry-ons, typically 22×14×9 in (or roughly 56×36×23 cm), but beware of variations on regional or discount flights

### What It Means for Travelers Over 60

- On European flights, expect to carry both a roll-on and a personal item free of charge.
- Your free personal item may be larger than before (thanks to Ryanair).
- Prepare for stricter enforcement worldwide, measure and weigh your bag at home.
- At some airports, enjoy the convenience of liquids and laptops staying in your bag.

### ✔ Recommended Travel Tips

- Check airline baggage dimensions before every trip.
- Invest in a packable scale and measuring tape—avoid gate fees. (Use them on the return flight, too!)
- Use compressible packing cubes to maximize space.

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### **Smart Packing and Gear**

#### **What to Wear on a Plane (and Why It Matters More Than You Think)**

Let's be honest: no one boards a plane thinking, "Today might be the day I have to evacuate." But it happens. And when it does, what you're wearing suddenly matters a lot more than you'd think. It happened to me once, and while I was wearing sensible shoes, the women around me panicked; their cool, strappy sandals flapped uselessly around their ankles as they ran barefoot off the plane. Do you really want to step into a plane bathroom in sandals? I'd feel better in hip waders and a hazmat suit.)

**Skip the tight pants**, including tights and yoga pants. Compression tights may have their place, but skinny jeans, shapewear, and tight waistbands can restrict blood flow on long flights, especially for those over 60. Deep Vein Thrombosis (DVT) is a real risk, and not a vacation memory you want.

**Natural fibers only, please.** Synthetic fabrics like polyester and rayon may look cute, but they're highly flammable. In an emergency, they can melt or catch fire quickly. Cotton, linen, or bamboo fabrics are not only breathable and more comfortable—they're safer.

**Don't count on airline amenities.** Pillows and blankets aren't always provided, and when they are... let's just say cleanliness is not guaranteed. (Those airline blankets you are cozied up to? They may or may not have been cleaned after the last passenger(s) used them for 12 hours.) Pack a lightweight shawl or pashmina (ideal for warmth or as a modesty wrap), and consider a collapsible travel pillow that you know is clean and hygienic.

### **Your Feet Deserve First-Class Treatment**

#### **Why Proper Shoes Matter More Than Ever After 60**

When you're planning a trip, whether it's a weekend road trip or a transatlantic adventure, your feet don't get a say in the matter. But trust me, if you make the wrong footwear choice, they'll find a way to protest. Loudly. The wrong shoes can spell disaster, including slips, stumbles, sprained ankles, and swollen arches. And nothing cuts a trip short like hobbling through a museum or navigating cobblestone streets with an ice pack and a limp.

After 60, your feet aren't just along for the ride; they are the ride.

Here's how to treat them like the loyal travel companions they are:

- **Ditch the heels and open backs.** Great for the beach, not for boarding gates or long walks. Look for shoes with good grip, ankle support, and a wide toe box.
- **Sock it to infection.** Wear moisture-wicking, breathable socks, and change them daily. Damp socks invite blisters, fungus, and other unwanted souvenirs.
- **Tend to hotspots immediately.** Don't "walk it off." Keep a small foot-care kit in your bag.

Break in your shoes before the trip. Wearing new shoes on the first day of travel is an amateur move. Don't be that tourist. Did you know that even the Queen used to have a paid employee break in her shoes before she wore them? She was an old hand at travelling and keeping her feet happy. Think of your feet as the unsung heroes of every great adventure. Take care of them, and they'll carry you further than any map can.





If you're a U.S. permanent resident (green card holder) and planning a vacation outside the country, check your legal status before you travel. Even if your trip is short and your green card is valid, past criminal convictions—no matter how old, can trigger detention or denial of re-entry at the U.S. border. Being arrested at those peaceful protests in the '60's could come back to haunt you.

Yes, really. There are ongoing cases where longtime green card holders have been delayed, held for hours, or even barred from returning because of issues from decades ago: DUIs, old drug charges, even crimes that were already “resolved.”

👉 Before you go, consult an immigration attorney or use USCIS tools to assess your risk. Citizenship offers more protection. If you're eligible, it might be time to apply.

### **Stay Alert, Not Sorry: Avoiding Pickpockets & Scams**

Advice for staying safe in crowded tourist areas: put down the phone, zip the bag, skip the café chair purse-hang, and look like you belong.

#### **Pocket Watchers: Staying Safe from Pickpockets in Europe**

Europe is stunning, but for travelers, it comes with a side of risk: petty theft. And yes, it's worse than ever.

📊 The Stats Speak:

- Italy leads the pickpocket list with 478 complaints per million tourists, especially in places like the Trevi Fountain and Colosseum.
- France, Spain, Germany, and the Netherlands follow close behind.
- Overall theft in Europe rose 4.8% in 2023, and most of it targeted travelers.

#### **Where It's Worst:**

- Italy (Rome, Venice)
- France (Paris Metro)
- Spain (Barcelona's La Rambla)
- Public transportation hubs, major plazas, and crowded markets

#### **✈️ Bottom Line:**

Don't travel scared—but do travel smart. Guard your gear, look up, and enjoy the ride. You've earned this trip—don't let someone else walk off with it.

### **How to Stay One Step Ahead: Go Zippered and Covered**

Choose crossbody bags with secure zippers, and avoid keeping anything valuable in your back pockets.

Pickpockets are fast, and you won't feel a thing until it's gone.

#### **Tech-Smart, Not Tech-Distracted**

Sure, AirTags in your luggage and hidden pouches help. But the real trick? Put the phone away. People absorbed in their screens are sitting ducks. Look up. Enjoy the scenery, and keep your awareness sharp.

#### **Ladies: Loop It or Lose It**

Don't hang your purse or tote on the back of a chair at a café. That's an open invitation to anyone with fast hands and a scooter waiting around the corner.

#### **Watch the Watchers**

Be wary of distractions: someone bumping into you, asking directions, or dropping something may be working with a partner. Stay cool, stay alert.

#### **Travel Like a Local**

Tourist “tells” like oversized cameras, lanyards, or guidebooks = thief magnets. Dress low-key and blend in.

#### **Divide and Conquer**

Never keep all your cash, cards, and ID in one place. Keep backups in your locked suitcase or money belt.

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**Pro Tip:  
Know the  
Borders**

 **Pro Tip: Know the Borders**

Planning a road trip through the northern or southern U.S. this summer? If you're thinking of “just popping over” to Canada or Mexico, great! But remember:

 They're foreign countries. That means:

You need a valid passport to cross the border and get back into the U.S.

A driver's license won't cut it unless you have a special passport card, and even then, there are limits.

**And if you travel with firearms:**

Do not attempt to enter Canada or Mexico with them. Both countries have strict laws and zero tolerance, even for licensed weapons. Leave them at home or use secure storage at designated U.S. border facilities, which offer rental lockers for this purpose.

 Bottom line: Just because it's a short drive doesn't mean it's not international travel. Don't let a simple oversight ruin your vacation, or worse, land you in legal trouble.

**THAT'S A WRAP (UNTIL NEXT TIME!)**

We're thrilled to announce that Suddenly Seventy is now coming to you twice a month—because frankly, once just wasn't enough. There's too much to talk about, too many laughs to share, and way too much practical advice to squeeze into a single issue.

If you haven't already, visit our website where you'll find a growing library of downloadable goodies, including this month's featured PDFs:

-  TSA Cheatsheet for Travelers Over 60 – Everything you need to know before you step up to the security line (including that glorious new rule about keeping your shoes on).
-  Know Before You Go: Baggage Cheatsheet – Domestic vs. international, carry-on size drama, and why that personal item better actually fit under the seat.

Got feedback? Stories? Questions? Gripes? Drop us a line—we love hearing from you. Cards, emails, comment scribbles, and old-fashioned rants all welcome. You might even see your words in an upcoming issue.

Until next time, pack wisely, walk proudly, and never forget the backup pair of socks.

—Janet

**LIVING WELL. LAUGHING HARD. AGING BOLDLY.**

**Drop us a line, and take a look at our website: [www.suddenlyseventy.com](http://www.suddenlyseventy.com)**

**Email us at [info@suddenlyseventy.com](mailto:info@suddenlyseventy.com)**

*Thank you for reading!*