



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 18 of 13th November 2013

“ Turning Possibilities into Realities ”

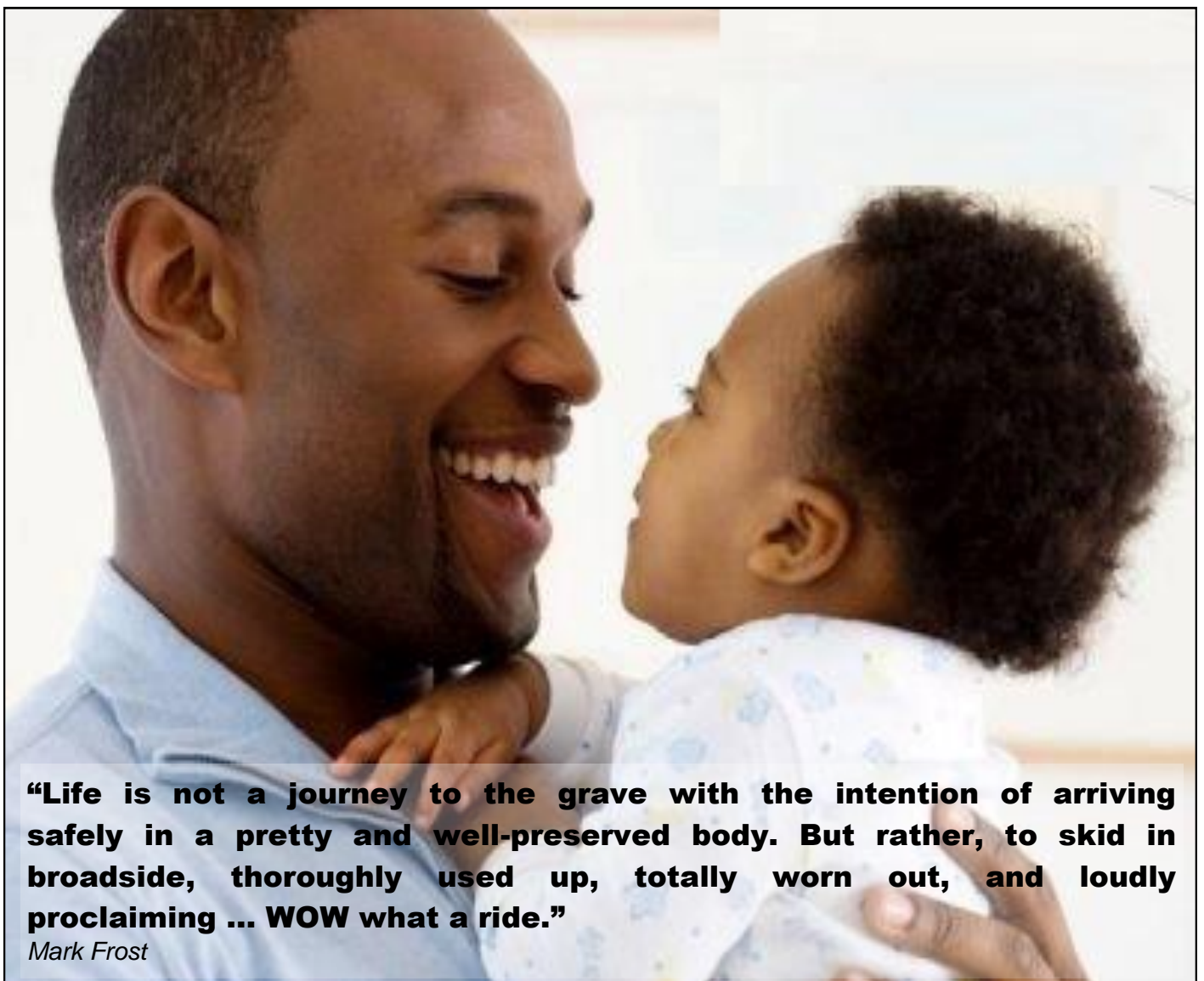
Building a Global Movement for Change [UNSG]: The Promise (part 27)



Striving for our Seychelles

"Working Hard at Working Smart" (part XXXVIII)

Learning from our Elders



“Life is not a journey to the grave with the intention of arriving safely in a pretty and well-preserved body. But rather, to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming ... WOW what a ride.”

Mark Frost

The future we want: The Promise: The Force Beyond

Learning From Our Elders

GTTDaily Devotional

“My children, listen to me. Listen to your father’s instruction. Pay attention and grow wise, for I am giving you good guidance. Don’t turn away from my teaching. For I, too, was once my father’s son, tenderly loved by my mother as an only child. My father told me, ‘Take my words to heart. Follow my instructions and you will live. Learn to be wise, and develop good judgment. Don’t forget or turn away from my words. Don’t turn your back on wisdom, for she will protect you. Love her, and she will guard you.’ Getting wisdom is the most important thing you can do.” Proverbs 4:1-7

There is so much knowledge about life in our senior population. We can all learn valuable lessons from them if we are only willing to pause, take time to ask questions and, more importantly to listen.

My parents’ marriage was forged in the fires of tremendous life challenges—the death of a child, illness that left another child mentally and physically severely impaired, numerous relocations of the family due to economic necessities of life, chronic health issues, rebellious children—but through each challenge they stood united in their determination to be people of character and seek the Lord’s guidance.

Some may call it maturity. I just call it growing up, but I now recognize there is much I can learn from my elders—my parents and others—those with a lot more years of experience. God’s truth reminds me.

“Listen, my child to what your father teaches you. Don’t neglect your mother’s teaching. What you learn from them will crown you with grace and clothe you with honor.” Proverbs 1:8-9.

God’s word reminds me today to take time to ask questions while I still have my parents and other elders who can offer me guidance and wisdom from the vast array of experiences they have had. Sitting at the feet of an elder to learn and listen is a reversal of roles I would not have anticipated in my younger years, but it is one lesson I am grateful I am learning while I still have these life-coaches around to learn from■

We Have Much to Learn From Our Elders

By David Suzuki with Faisal Moola

As I approach my 75th birthday, I've find myself often thinking about mortality. I'm in the last part of my life, and that's reality. This is the time when we must fulfill our most important duty: to reflect on a lifetime and then sift through the detritus of experience, observation, and thought in order to winnow out lessons to pass on to coming generations.

The most influential elders in my life were my parents. Although they were in their 30s and 40s when I was a child, they seemed much older and wiser. They taught me lessons that have guided me and that I have tried to pass on to my children:

"Respect your elders." They weren't referring to themselves but to older people, who by virtue of having lived a life, deserved respect.

"You are what you do, not what you say." With today's barrage of information, spin, and propaganda from politicians and corporations, it's important to look at a record of action rather than be deceived or confused by words.

"If you want everyone to like you, you will not stand for anything."

When I was in high school, I was elected president of the student body. I told my dad that I wanted everyone to like me. He told me that no matter what one stands up for, there will always be those who disagree with you.

"Whatever you do, whether it's washing dishes, scrubbing floors, or working at a job, throw yourself into it with all your energy." I have learned that when I do a half-hearted job, I get a half-hearted experience.

My parents lived through the Great Depression, which shaped their values and outlook. They taught me those values:

"Save some for tomorrow." This was a recurring theme and, of course, a value held by any true conservative.

"Live within your means." This meant that if you didn't have the money to buy something today, you saved until you could. This notion goes against today's easy access to credit, which encourages going into debt.

"Share, and don't be greedy." Implicit in this lesson was the notion that helping someone today was in your interest to build relationships for the inevitable day when you would need someone to help you.

Perhaps most importantly, they taught me that I had to work hard to earn money to buy necessities in life, but that I mustn't run after money as if having more than others would make me better or more important.

I'm lucky to have arrived at a time in my life when I am freed from the encumbrances of making money, seeking fame and power, and showing off.

We elders have no hidden agenda and can speak the truth.

In today's youth-obsessed world of rapid technological developments, we too often marginalize elders when their experience is most important.

Elders remember a world that changed more slowly, when "disposable" was not a description of products, when sharing, reusing, and recycling were simply the way we lived. Elders remember a time when family and social activities were the central focus of life, not shopping and owning stuff. Elders remind us that life can be rich and fulfilling without all the toys■

Creating your life legacy

The way of transition

By William Bridges



"Old people, if they have learned from the transitions they have been through, grow more tolerant. They see that **wholeness is the goal**, and that to exclude anything is a brief and shallow victory that leads to ultimate defeat. They can help us to counterbalance our

society's overemphasis on worldly success, not by scorning success but by disidentifying from the outcomes of the efforts that they, like anyone else, make. To do one's best and then to let outcomes be what they will is both to acknowledge realistically how often outcomes are beyond our control and to guard against the neurotic attempts at controlling how things turn out efforts that lead to everything from defensiveness to dishonesty."

Elders have "the good fortune to live in life's richest phase. That is not to say that they may not have pain and grief, but simply that they can at least see beyond life's window dressing. Their only inevitable sadness is that the living they can at last savor is also running out. But they can see and appreciate the lives they have lived *as journeys* that they have been on."

ERA : NO TIME LIMIT



Official opening of Maison du Peuple by President Chadli Bendjedid of The People's Democratic Republic of Algeria and President France Albert Rene of The Republic of Seychelles, 1981.

Myse President

This message come with much love to wish someone who deserves the best in life a wonderful day.

And because you are someone very special, it is hoped that your birthday brings good health and much happiness in the year ahead.

With much gratitude always...

Happy Birthday to you.

Marc

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The journey continues...