

Refirement Social Network

This is a new social network that I have set up for Refirement Network. Please join and invite all other Baby Boomers.

[Click to join](#)

Facebook Fan page



Visit us on the web...

Many Boomers will identify with the words from a poem /song called Desiderata. I remember having it on my wall for many years. I came across the words again the other day.

“Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe. No less than the trees and the stars, you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Be gentle with yourself. No matter what setbacks you face in life, be gentle with yourself. Search for the few strong moments in your life, rally around these few certainties and allow them to guide you out of the valley.”

The world is fast changing and in conversations, I sense many have a discomfort with the pace of change. This should be a time of life where we celebrate the years of work and look forward to a future filled with hope and clear direction. The future is not clear. This will be one of the constants in the future. We need to learn to live the ride of adventure and manage the challenges we face.

This month's newsletter has a parable about change. These types of stories are written, tongue in cheek, but have many moments of truth. As you read, watch for your areas of irritation. That may just be a place where you personally need to address a "bend" in the road. The **workshops** will also help unlock some of these challenges. The dates are listed here: <http://www.refirementnetwork.co.za/events>

We start a new series this month where we interview a Baby Boomer who has REFIRED. These stories should inspire and guide you along your own journey. Soccer is the topic of conversation at the moment and I thought it would be appropriate to start with a REFIRED Boomer who has focused on this as his passion and area of impact.

There are two events that may be of interest to you. Peter Block will be doing two day Community workshops around South Africa in March. If you want to understand more about this kind of work or already involved in community, please see this link for more details: http://www.symphonia.net/symphonia_for_south_africa_community_leaders.htm. If you are an entrepreneur, you may be interested in attending Show case your business. Contact me on lgsmith@mweb.co.za or 082 490 2822 for more details.

I have had a number of companies call me specifically looking for Baby Boomers with a certain set of skills. I will list them here. Should you be interested in a specific one, please contact me and we can continue to try and fill the positions. I list these immediately on the Refirement Social network and Facebook Fan page so it is good to also join these two sites to stay

connected with this kind of request.

- Accountant for business in Johannesburg
- PA/Marketing position for a licensing business in Randburg
- Occupational Health Nurses (fulltime) with accommodation in Postmasburg. Anglo is building a new mine in this area so there may be more to follow.
- Two month contract for a Radiographer in Postmasburg. URGENT

I hope to see you at one of the Retirement café's or workshops. Stay in touch.

Kind Regards,
Lynda Smith



Real Life South African examples of Retirement

Case study of John Perlman

<http://www.dreamfieldsproject.org/>

As you approach your retirement years and think of the kinds of changes you would like to make in your new season of life, it helps to know there are others who have gone before you and succeeded. It helps to know there are others who are enjoying a second career, contributing to society and living a fulfilled life after 60. That there are those in your generation that have not faded quietly into the background to live out their 30+ retirement years relaxing, but rather have decided to make some changes and launch a second career in an area that they feel passionate about. It's about finding out what you always wanted to do and pursuing this goal in a way that suits the lifestyle you aspire to in your middle-age years...

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The parable of the dinosaur and chameleon

By Lynda Smith

In the late 1940's and 50's after the Second World War a whole bunch of babies were born. These babies formed part of a large species called "baby boomers". They caused a lot of upheaval in the world. Their parents were happy and excited about life after the war. Business was booming and the Americans even put a man on the moon. These children were growing up with a positive attitude and even believed that they could change the world. Schools and universities were built to accommodate this growing group. Radio was the main medium as they grew up. They would lie in bed at night and listen to programs like "squad cars" Television became part of life for some of these children but computers were not part of their vocabulary...

[Read more...](#)

Workshop. Moving from Work 1.0 to 2.0 and understanding how to navigate my journey.

I have sensed through many conversations that one of the greatest areas of need is in understanding the concept of work in the 21st century. This workshop will help any person over 45 understand the complex challenges of the 21st century workplace, what options are available and how to navigate the road to planning a new career beyond your current one. It will also be useful for those who have been retrenched or for someone employed who would like to work in a different career when they retire from their current workplace

Dates and venues

Pretoria Friday 26th February , Irene area

Monday 1st March, Bryanston area

Time: 9:00 - 12:00

Cost: R300 per person

Contact: lgsmith@mweb.co.za or 082 490 2822



Please contact Lynda Smith on +27 (0) 82 490 2822 or lynda@refirementnetwork.com for more details. Our web address is www.refirementnetwork.com