

Silver Tribe

NEWSLETTER

Kia ora & Greetings one and all!!

Many of us are transitioning or creating our lifestyles and finding new ways to live happily and purposefully—this is *your* newsletter.

So many things shape our lives; the unexpected (like surviving and adjusting to living with a pandemic), the influences of our dear ones, responding to wonderful opportunities, our history and so on. Yet we have a life to live! We want to make life work for us!

While Silver Tribers are a global boomer demographic, locally in Nelson Marlborough during winter some of us have attended random café meet ups, attended a show, have been working, moving house, caring for their health, using new tech like zoom, attending workshops *and* enjoying the unique freedoms here in New Zealand *while remaining cautious*. Some people may have even escaped to a local holiday destination?

We acknowledge our loved-ones overseas and our concerns for them. When we can't get to spend time with them, we rely on a variety of face time options to keep in touch. All the more reason for us all to stay connected with other Silver Tribers .

Your ideas, your contributions, your experiences, anything you want to share or announce ... do keep this seasonal newsletter in mind. It would be great to include you.

Chris Hickson
Editor/Host



WINTER 2020



MAMIL!

Sally kindly organised a group to attend MAMIL (Middle aged men in Lycra) - A one man comedy play at the Theatre Royal, on Saturday the 9th June. This is **Mark Hadlow** at his best. He played 9 different characters, including his bike and an...ahem... rather delicate body part! The lighting was superb, instantly identifying which character he was playing at any particular time.

It told the age old story of a middle aged man (strangely enough) coming to terms with aging and what life throws at him. He learns a new skill to manage the stress, that of cycling with a group of men, where he discusses and makes decisions on what to do next. He learns to cut through all (his own) BS and work out what really matters to him, and how to humble himself enough before its just too late....

An excellent performance by Mark Hadlow, who incidentally is now living in Nelson. The play is written by Greg Cooper. It had the audience laughing, crying, cringing and cheering. The language was colourful, and the different characters are well defined, with instant changes and conversations. A most enjoyable evening, Big thanks to Sally for organising.

Heather Williams

Book Suggestions

One of my passions is reading and I am always looking for my next 'fix'.

Recently a friend suggested *A Long Walk Home: One woman's story. What a real life read!*

Judith Tebbutt and her husband David are on holiday in Kenya when she is kidnapped by Somali pirates.

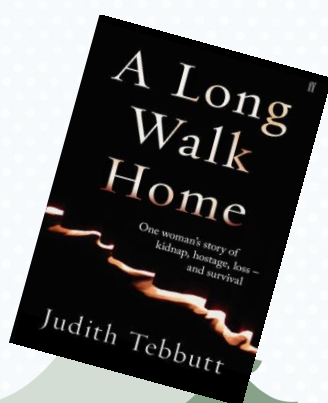
This is an ultimate survival story and the ways she finds to not only give her captivity meaning but show the enormous strength that perhaps lies within all of us, are compelling.

From learning the capital cities of the world to using her Social work background to establish relationships that enhance her chances of survival, this is a truly remarkable tale of great courage and fortitude.

Inevitably I found myself wondering what I would do in such dire circumstances, and noting in my day to day life how fortunate I am and how little I have to complain about.

Available on Kindle for not very much and probably at the library too.

Di Russell



Stacking Wood

..and other seasonal tasks could be done with a little flare as one of our Blenheim tribers found in search for the most 'sharable' pics.

What artistic everyday scenes have YOU come across?



Abel Tasman walk anyone?

Is anyone interested in doing this in **November**? I have not made enquires as yet but would love to do the whole track, with **day pack only** and staying in **shared accommodation** (not tents or huts!) over about **3 nights**.

Please let me know if you are interested or have done this and could share any advice or thoughts.

Di Russell 0274152363



New Ferments Class

Over winter about six green learners new to fermenting attended a very enlightening class tutored by Sally Rees.

The group learned about 'wild ferments' and how some foods already have the bacteria on their skin to start the culture necessary to ferment the food while others need to have an intentionally introduced 'starter'.

In two and a half hours the group prepared approximately 10 recipes filling the jars they'd brought along including; kvass, brine pickles, cultured butter and buttermilk, kefir and ghee while tasting other recipes such as coconut yoghurt.

Several benefits were discussed e.g. using up your garden produce, or taking advantage of seasonal produce, gut health and so on.



The Power of Greens

The next class on the **Natural Nosh** schedule is about the Power of Greens where you'll discover delicious healing foods that make you look and feel amazing on the inside and the outside. The fastest way to feeling more alive and healthy!

This is a workshop for you if you are looking for an introduction to and an easy way to get started to transition from processed foods to clean raw foods.

Sat, August 29th, 1-3.30pm.
Bookings with Sally at info@naturalnosh.nz



Sally Rees
Natural Nosh

Silver Service Repair Café

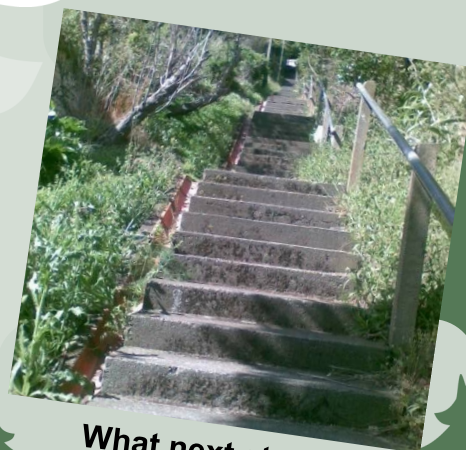
An exciting new initiative is taking off at the Tahunanui Community Centre at St Stephens Community Church.

Kerri Ardern has offered her services to teach people how to mend clothes while the centre Coordinator Atje Faber is looking at the big picture and imagining a variety of other repair services too.

Might you be interested to help?

Read the article here and perhaps have a think about what other kinds of repair ideas or offers you might have for them?

Make contact with the [Silver Service Repair Cafe.](#)



What next steps interest you??

Staying Strong

Watching a young person running down a hill, or seeing someone sure footed can highlight our own vulnerability to falling over.

Actually if you catch yourself thinking in terms of "falling over" you could well be in the realm of the younger person.

Life and language is a little revealing and somewhat biased when some consider this occupational hazard for the older person as "having a fall".

What are your thoughts?



Love Your Independence - *Tips to keeping bones strong*

- ◇ Move 30 minutes of weight bearing physical activity daily
- ◇ Attend your Community Group Strength or Balance class
- ◇ Visit www.livestronger.org.nz find a class near you
- ◇ Talk to your Doctor about a bone health check

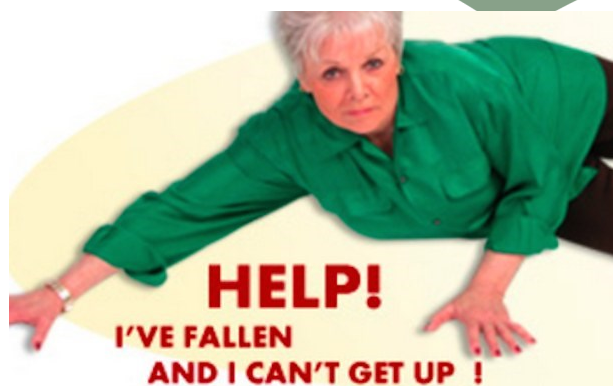
◇ www.bones.org.nz

Did you know?

Live Stronger for Longer movement has been created by ACC, Ministry of Health, Health Quality & Safety Commission together with local health and community providers and has been designed specifically for over 65's so we know it's safe.



"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary."



Silver Tribe

GAMES

MATARIKI QUIZ

1. What is Matariki?
2. Astronomers call this cluster of stars PLEIADES. Pleiades is also known as the _____?
3. How many light years away is Matariki? 440, 4 million, 4 billion?
4. What is Matariki, Seven Sisters or Pleiades called in other countries?
5. Is Matariki always celebrated at the same time?

WORD CHAIN Puzzle

Window panel

Night sky

Beat box

News paper

Plate glass

Games night

Sky news

Paper plate

Glass window

Box games

Panel beat

Arrange the above into their correct order so that the last word is the first word of the one that follows it, so that the first in the list and the last also link as if they were placed in a circle.

WORD CHAIN

Games night, Night sky, Sky news, News paper, Paper plate, Plate glass, Glass window, Window panel, Panel beat, Beat box, Box games

Matariki

ANSWERS

1. Maori New Year – a star cluster – literal meaning = eyes of God
2. Seven Sisters
3. 440
4. Japan – Subaru (gathered together)
Hawaii – Makali'i (eyes of royalty)
Greek – Pleiades (Seven Sisters)
5. No



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SOCIALS

Want to be 'on the board' for 2020-21?

Each August local Silver Tribers (it's not a membership per se) as well as those living elsewhere in Aotearoa or the world are invited to volunteer to be 'on the board'. The name 'board' is a tongue in cheek take on being a 'sounding board' for future developments and activities for those who are interested. With the board's help those ideas would then 'spring board' into action. A good workable board size is 5—6 people. Three local people have volunteered thus far. Are you interested too?

For example some locals have talked about us arranging more social opportunities to meet, shared meals, sharing stories and wisdom. Perhaps special occasions for a Mid-Winter Matariki or Christmas etc. The best way of growing group possibilities seems to be done organically and would essentially all be **free** yet would need to be user pays of course e.g. buying tickets to the movies.

COVID 19 has definitely highlighted the need for us all to feel connected (near and afar) and has challenged many of us to extend our tech skills to become familiar with Whatsapp, Zoom, Messenger or Skype to keep in touch with others personally or for work.

Distance is not as much of a barrier as it has been, people even had lunch meetings or coffee mornings via zoom!

In the meantime remember the Silver Tribe Facebook Page currently with a transitions theme and the Silver Circle's FB group for memorabilia and walks down memory lane.

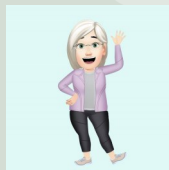
Please email your thoughts, questions and ideas

What would you like to see for the boomer age group?

What needs do you see people have?

What are the issues you think people are contending with?

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PS Don't forget ...

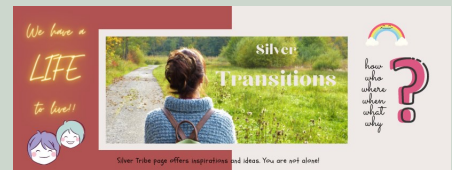
Our Random Café Meetings

Sat 8th Aug 2pm —Squires Stoke

Sat 29th Aug 2pm—Venue TBA



Silver Tribe Facebook Page



Silver Circles Facebook Group

