

challenging occupation which keeps one's talents at comfortable stretch."

During his working years a man spent a large part of every day thinking about his job, executing it with professional competency, and being pleased when it turned out well. It has become a habit of body and mind. Unproductive leisure will not take its place. An empty spoon will not satisfy a man's need for something substantial.

Satisfying work does not have to be associated with wages. It may consist in the cultivation of special tastes. Some people have developed artistic, literary or scholarly interests which make the leisure of retirement valuable. Perhaps there is a book you wish to write: a novel or an autobiography or a fragment of nature study or a textbook on your trade or profession, or an anthology of the wise or witty sayings you have come across in your reading. Macchiavelli, forced into retirement, had time to write the works that have given him immortality.

### *Social contribution*

As we leave the arena of our active wage-earning life we have a deep desire to pass on our knowledge, experience and wisdom to others. We feel, as Tennyson wrote: "Some work of noble note may yet be done, not unbecoming men."

The fulfilment of this desire brings profound personal satisfaction and the feeling that life has been worth living. It provides a man not only with something to do but with the satisfaction of using his talent to make a contribution to the world after completing his normal work career. Every retired person has developed skills and has accumulated knowledge which could add greatly to the welfare of the community. Now is his opportunity to enrich in some way the culture of his society, so that other generations will receive a heritage that is richer because he lived.

"It is the great reward of losing youth," said Bertrand Russell, "that one finds oneself able to be of use." If material circumstances permit, a retired person may, for the first time in his life, have the satisfaction of spending freely large amounts of time in helping others, a service that can be more valuable than money contributions.

There are opportunities everywhere — in Canada's small villages and in her big cities — for the retired person to concern himself in community development in a positive way: to rejuvenate community living so as to make it a favourable environment for people of all ages. This is a particularly inspiring and acceptable challenge.

To promote community youth activities along educational, recreational and creative lines is to use one's own creative faculties and to maintain a bridge between youth and age.

An outstanding evidence of the satisfaction that is found in helping others is given by the Canadian

Executive Service Overseas (the CESO). This is a non-profit organization operated since 1967 by a group of Canadian business leaders with the support of the Canadian Government through its Canadian International Development Agency.

Ordinarily, foreign aid flows from government to government: CESO gives direct assistance to individual industries which have problems and need the know-how and talent of qualified people.

Requests come to CESO for technical and management assistance from organizations in either the private or public sectors of developing nations. These provide the opportunity for retired Canadians who have technical, professional or executive skills to make meaningful voluntary contributions to the welfare of their fellow men. They serve abroad with no salary. CESO pays the air fare of the man and his wife to the country involved, and the client organization pays the normal living expense of the couple while they are away. The maximum time of an assignment is six months.

Those wishing to volunteer their services should write to CESO, Suite 420, 1010 St. Catherine St. W., Montreal 110.

### *Skills, hobbies and crafts*

Everyone has qualities and abilities that can be exploited with relish after retirement. For example: the executive talent that once served a company may now serve a community with usefulness; the skill with figures that solved financial problems can seize upon the study of mathematics and astronomy, or it may be applied to keeping books for a church or a club or for small firms; the mechanical know-how acquired in a garage or factory will pay off in the leisurely, craftsmanlike making of repairs and gadgets in a basement workshop.

To discover assets of skills and resources that may be expressed in activity at the time of retirement is as exciting as coming across money put away long ago in some disused trunk and forgotten.

Hobbies assumed at age sixty in preparation for retirement are unlikely to be satisfactory or absorbing. To seek for something to do on the day after retirement, and then drive oneself to do it, defeats the purpose of the doing. A hobby is ridden because it is fun. A pastime that was enjoyable for a few hours a week can get tiresome as a full-time project.

Some people divide hobbies into three classes: activities, crafts and collections. Activities include gardening, painting the house, repairing gadgets that go wrong, operating an amateur radio station, bird watching and nature photography. Crafts are numerous: weaving, knitting, quilt-making, model building, arts such as painting, wood-carving, sculpture and photography, handwork in leather, metal, wood and clay, and playing a musical instrument. Collecting includes stamps, coins, medals, matchbook covers and pressed flowers.