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SUNSET

Last week our family vacationed by camping on the *'Lower Cape'* which is the outermost portion of Cape Cod. We took our trusty tent to a Wellfleet campground located right on the Cape's bike trail and thanks to some wonderful weather we had a great time doing not much more than heading to the beach, biking, flying kites, watching whales and reading. We also rediscovered the best donut shop on the Cape!

One evening we packed up a picnic supper and headed over early to First Encounter Beach in Eastham to watch the sun set. At first there were only two or three other family groups on the beach --- but by the time of actual sunset there were easily over a hundred people who had gathered just for the occasion. The *'arm'* of the Cape curves in such a way that at this beach you look straight out over the Bay to watch the sun slowly sink into the ocean. Such an uninterrupted horizon makes for some very spectacular sunsets – and this was no exception. When the sun finally dipped into the ocean a small cheer went up from the gathering crowd. It was wonderful to see people celebrating such a simple pleasure. Watching a pretty sunset cost nothing and yet it is an often overlooked opportunity as we tend to rush around from place to place, oftentimes finding ourselves inside instead of out.

Somewhere along the way we have tended to see complex and elaborate as being *'better'* and have let ourselves confuse being dazzled instead of being impressed. On vacation we saw an entire boat load of people be truly impressed just by watching whales do whatever it is that whales do. We saw children enjoy making their sandcastles knowing that the incoming tide would provide a challenge. We

joined with a great many people just enjoying nature and exercise as we bicycled along. All are very simple – but yet very important – pleasures.

Older people know and appreciate these kinds of *'simple pleasures'* and are eager to pass that enthusiasm along. Unfortunately all too many of our young people have never gotten up early enough to enjoy a sunrise, have never seen a rainbow and have never taken the time to sit and watch a sunset. And so it is that I want to challenge more mature type people to take the time to introduce a younger person to some of those simple pleasures. It could be the joy found in reading a book outside, going for a walk along a favorite nature trail, teaching a youngster how to fish, showing someone how to pick vegetables from your garden, going on a picnic, flying a kite or planning ahead to watch a sunset!

This past week Bob Shea who is the Artistic Director and Producer for the Barnstormers Theatre in Tamworth was my guest on the radio and he spoke about how the more *'mature'* actors just naturally fall into the role of mentoring the younger actors in the finer aspects of the craft. What better role can there be for someone with experience to share that experience as a *'Mentor'*? This isn't about *'telling'* kids what to do --- it is about sharing with them how it is done. No special training is needed --- just the willingness to share what you already know!

If you find a special place around the Lakes Region to go and watch a sunset – that is a wonderful thing.

If you find a special place around the Lakes Region to go and watch a sunset and introduce that experience to someone else ---- then you have not only doubled the joy – but you have been a mentor in the process.

Go look for that Sunset!

Age Well!

Howard Chandler has worked in elder services for over 35 years and is Vice-President of Meredith Bay Colony Club along with being a Partner of White Mountain Eldercare Solutions. Your comments are always appreciated.

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