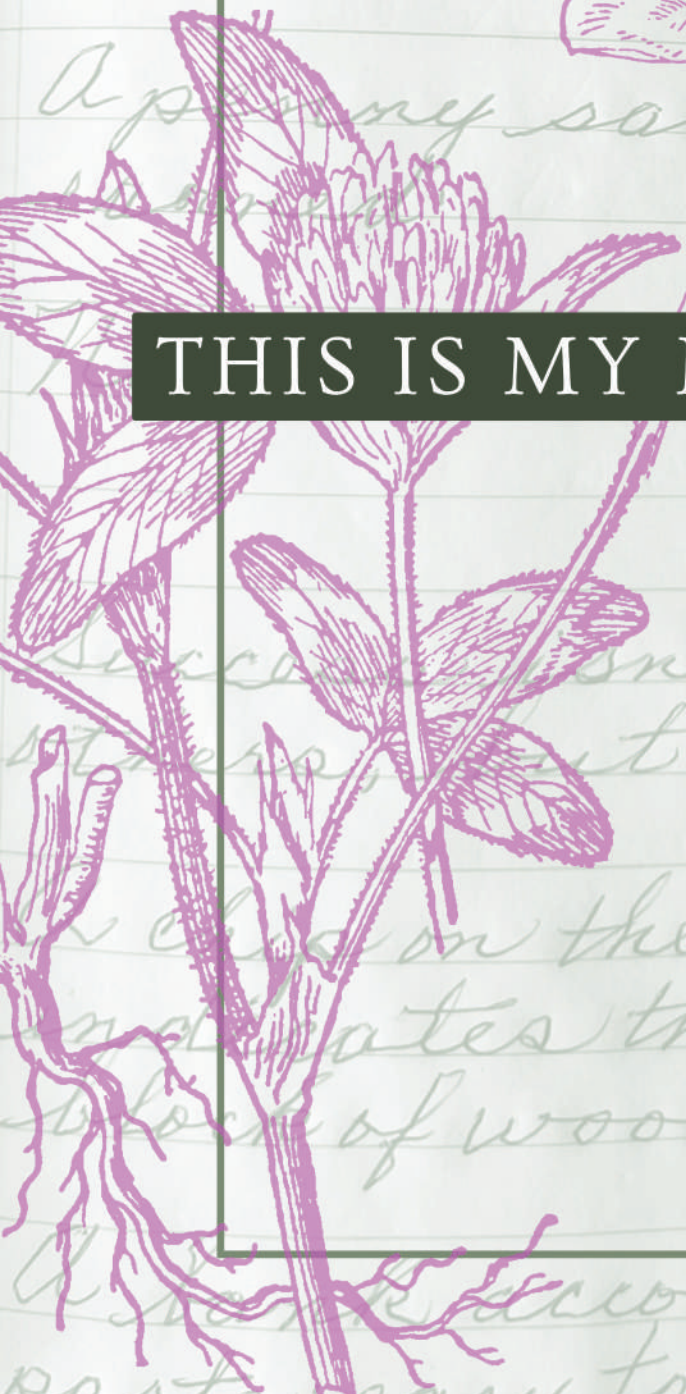
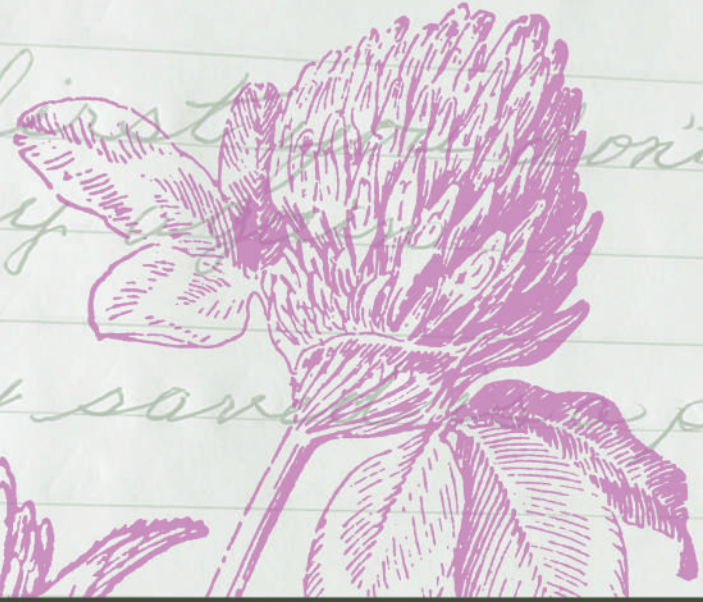
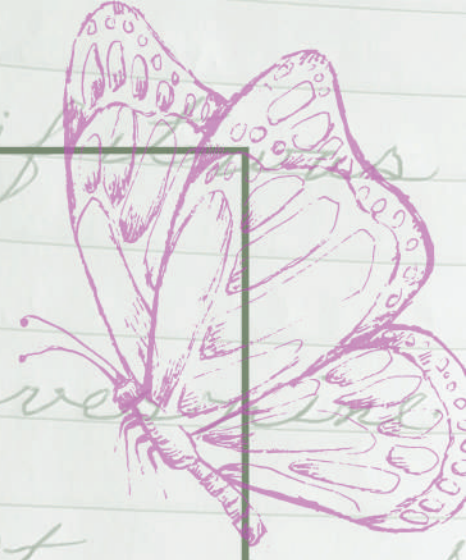


Live each day as if it's your last.

A stitch in time saves nine.

If at first you don't succeed, try, try again.

A penny saved is a penny earned.



**THIS IS MY MESSAGE TO YOU**

by  
Himself.

Success isn't getting ahead of others, but of yourself.

A chip on the shoulder always indicates that there is a block of wood higher up.

A sharp account is like tooth-paste, easy to take out, but hard





Life is a great big canvas; throw all the paint you can at it.

Old age is like everything else. To make a success of it, you've got to start young.

"YOUTH IS A GIFT OF NATURE AND AGE IS A WORK OF ART."  
-STANISLAW JERZY LEC

We all have a story to tell no matter our age, and sharing them is how we learn about ourselves and others. “We live our lives forward, but understand them backward.”

In the fall of 2023, we asked younger and older adults living in Barry’s Bay, Ontario the following questions:

WHAT DO YOU WANT PEOPLE TO REMEMBER ABOUT YOU AND YOUR LIFE? WHAT IS YOUR WISH FOR OTHERS AND THEIR LIVES?

A group of interested folks gathered twice a week for a month in February and March 2024 to reflect on these questions and explore various topics related to ageism, aging and clarifying a message to share with friends and family.

Interviews about significant people and events were conducted, quote collages created, horoscopes read, and lists of favourite things shared to help participants distill themes and mine details of their lives.

Participants generously shared pictures, letters, poems and a peek into their personal life journeys. We then took everyone’s material to record individual messages that narrate short movies which conclude with This is My Message to You.

In addition, we designed this booklet as another beautiful representation of those messages.

We hope you enjoy them and remember - It’s never too late for...

COURAGE                      LEARNING NEW THINGS                      DANCING  
A GOOD IDEA                      CONNECTING WITH OLD FRIENDS  
FORGIVENESS                      BEING A GOOD NEIGHBOUR                      FINDING JOY



# BERNICE



I COME FROM BARRY'S BAY ONTARIO

I COME FROM CHURCH, SCHOOL, AND WORK

I COME FROM THE DAIRY ICE CREAM CONES

INSIDE OF ME LIVES STEP-DANCING AND VIOLIN MUSIC  
FAST SINGING COUNTRY SONGS

INSIDE OF ME LIVES GAME SHOWS AND THE PRICE IS RIGHT  
FAMILY FEUD AND FRENCH FRIES

HIDE AND SEEK AND SKATING ON THE RIVER



MY MESSAGE TO YOU IS  
TO LIVE LIFE TO THE FULLEST.

*Bernice Byers*



Old age is like everything else. To make a success of it, you've got to start young.

—Fred Astair





# JOY

I COME FROM A FAMILY OF 5

I COME FROM A HILL OF CLOVER  
AND LOTS OF RABBITS

I COME FROM WASHING DISHES AND  
BRINGING IN WOOD

I COME FROM MOM, DAD AND AUNT  
MARGARET

I COME FROM KITCHENER, BRIDGEPORT,  
PALMERSTON, BARRY'S BAY

INSIDE OF ME LIVES A HUNGRY PERSON  
FOR THE RIGHTS OF WOMEN

INSIDE OF ME LIVES A RESPONSIBLE,  
RELAXED AND LONELY PERSON  
LOOKING FOR A GOOD FRIEND

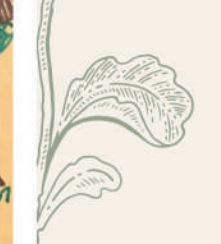
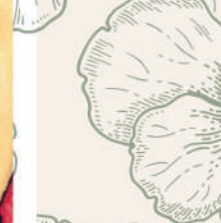
INSIDE OF ME LIVES A LOVER OF  
FLUFFY CATS THAT PLAY WITH  
MY GRANDCHILDREN

MY MESSAGE TO YOU IS  
TO MAKE SURE THAT YOU GET A GOOD  
EDUCATION, STAY CLOSE TO YOUR  
FAMILY AND LEARN TO LOVE THE LORD  
YOUR GOD.

*Joy M. Dombroskie*









# SUSI

I COME FROM THE SWIMMING POOL

I COME FROM JOGGING AND RUNNING

I COME FROM FUN WITH THE NEIGHBOURS

I COME FROM RECUPERATING ILLNESS

INSIDE OF ME LIVES NATURE, SUN, WATER,  
BIRDS, TREES, FLOWERS

INSIDE OF ME LIVES THE PAST,  
CHILDHOOD AND PRESENT

INSIDE OF ME LIVES PRAYER AND MEMORIES

INSIDE OF ME LIVES MY FAMILY,  
RELATIVES AND FRIENDS

INSIDE OF ME LIVES HOPE AND EXPECTATION



MY MESSAGE TO YOU IS  
TO BE HAPPY AND KIND AND  
PEACEFUL. DON'T BE AFRAID,  
JUST BELIEVE.

*Susi Emoneau*





Do not go where the path may lead, go instead where there is no path and leave a trail.



Since time is not a person we can overtake when he is past, let us honor him with mirth and cheerfulness of heart while he is passing.

—Johann Wolfgang von Goethe

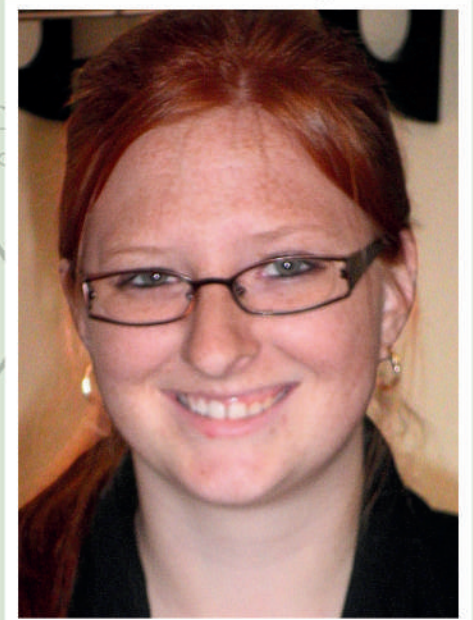


# DANIELLE

INSIDE OF ME LIVES COUNTRY SONGS,  
DANCING AND SHOPPING FOR CLOTHES...  
GETTING INTO BED DRESSED IN MY PJS  
AND GETTING OUT OF BED BEFORE  
LAINEY WAKES UP

INSIDE OF ME LIVES SKI-DOOING, CAMPING,  
ICE FISHING FOR TROUT AT MY PARENTS'

INSIDE OF ME LIVES MY BRICK HOME  
WITH A BREEZE WAY



MY MESSAGE TO YOU IS  
TO JUST KEEP GOING... LIFE CAN  
BE A ROLLER COASTER BUT YOU  
JUST KEEP RIDING.

*Danielle Gutz.*









# GINA



INSIDE OF ME LIVES THE POWER TO HEAL

“THE KEY TO MOVING FORWARD LIES IN  
OUR DESIRE AND ABILITY TO ALLOW  
FORGIVENESS INTO OUR HEARTS  
SO THAT IT CAN TRULY MEND  
AND HEAL.

THE POWER TO HEAL  
COMES FROM  
THE DEPTH OF  
OUR HEARTS.

IT IS A PROCESS  
AND IT TAKES TIME.

IT STARTS WITH A DESIRE  
TO FEEL BETTER AND LET GO  
OF THE PAIN THAT BURDENS US  
AND WEIGHS HEAVY IN OUR HEARTS.

TAKE THE JOURNEY TO HEALING  
WITH FORGIVENESS BY YOUR SIDE.”

-THE HEALING JOURNEY BY GINA PILON

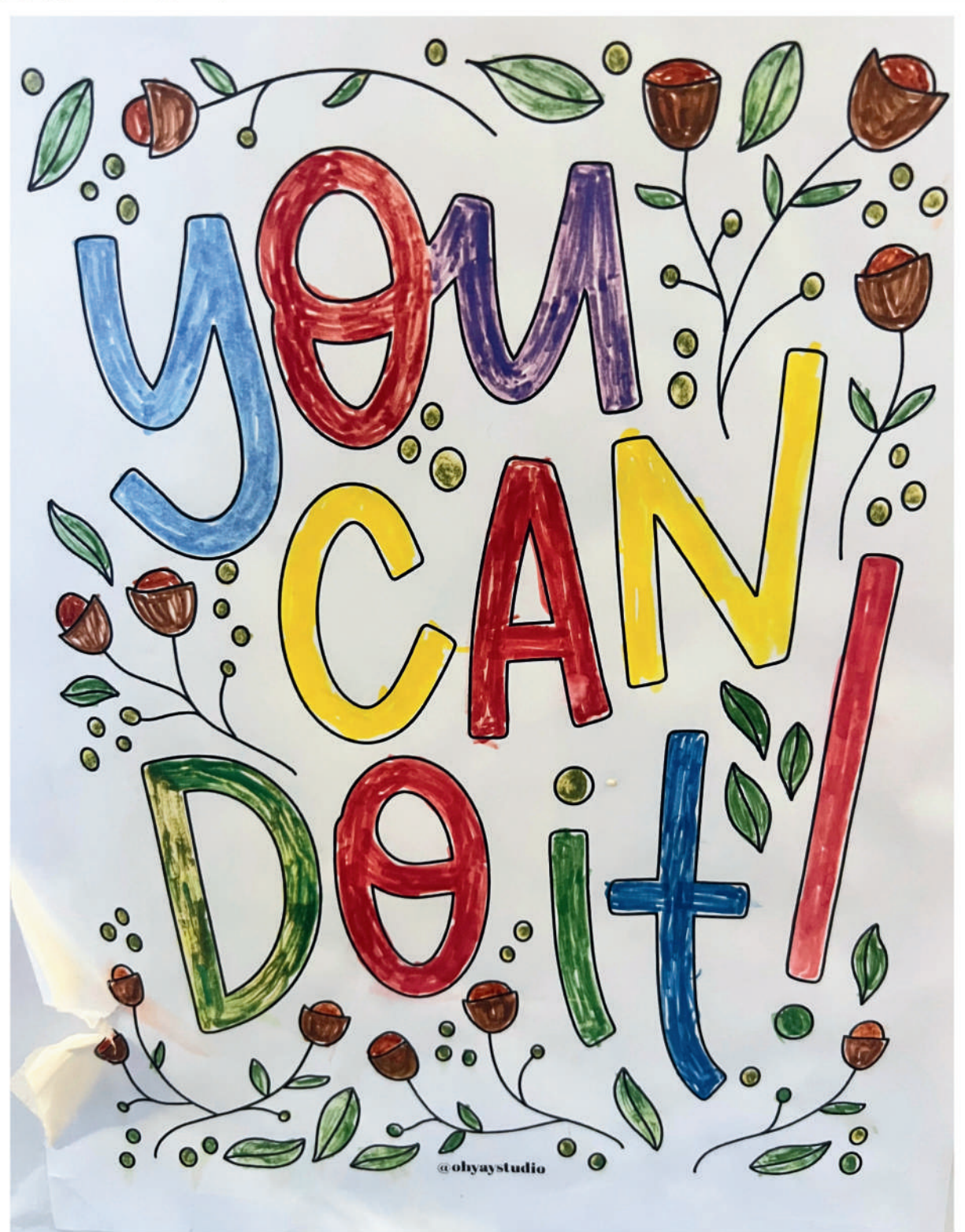


MY MESSAGE TO YOU IS  
TO ENJOY LIFE AND KEEP ON GOING.  
NEVER GIVE UP!

Gina BRUCKNER









# THERESA

I COME FROM CARRYING  
WOOD FOR OUR WOOD STOVE

I COME FROM CHURCH ON  
SUNDAY AND A BIG MEAL AFTER

I COME FROM PICKING BERRIES...  
SO YUMMY TO EAT WITH CREAM AND  
SUGAR!



INSIDE OF ME LIVES FAITH IN GOD AND PRAYER

INSIDE OF ME LIVES THE URGE TO HELP  
OTHERS, SHARE MY COOKING, REPAIR  
AND SEW CLOTHING

INSIDE OF ME LIVES A DESIRE TO TRAVEL TO  
EASTERN CANADA, NEWFOUNDLAND, PEI -  
A SLOWER PACE OF LIVING

INSIDE OF ME LIVES JOY OF FAMILY  
AND GOOD MEMORIES

MY MESSAGE TO YOU IS  
TO LOVE ONE ANOTHER AND GET ALONG.  
BE PATIENT, KIND, AND UNDERSTANDING OF OTHERS.

*Theresa Trader*







May you have a strong foundation when the winds of changes shift  
... and may you be forever young.

—Bob Dylan



AUTUMN FRUITS

Watercolour original mouth and foot painted by XIAO FENG GUI

*"Live in each season as it passes: breathe the air, drink the drink, taste the fruit."*

Reflect upon your present blessings, of which every man has plenty;  
not on your past misfortunes of which all men have some.



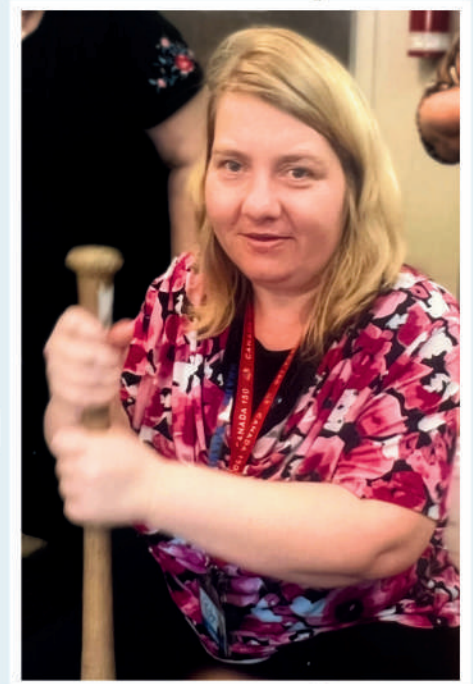
# DEBBIE

I COME FROM DOREEN AND RONNIE

I COME FROM A DOOR YARD WITH HILLS  
AND FLOWERS AND VEGETABLE GARDENS

I COME FROM BLUE JEANS AND A BLACK T-SHIRT

I COME FROM CHINESE CHECKERS, CARDS AND  
MONOPOLY GAMES WITH GRANDMA



INSIDE OF ME LIVES FOUR WHEELING AND  
SKI-DOOING ON THE FARM

INSIDE OF ME LIVE BONFIRES, CARDS,  
DARTS AND HORSE SHOES

INSIDE OF ME LIVES WOODWORKING,  
CRAFTING AND VEGETABLE  
GARDENING WITH MY HUSBAND

MY MESSAGE TO YOU IS  
TO ALWAYS HAVE FUN, NUMBER ONE.  
TAKE EACH DAY ONE AT A TIME.  
DON'T GET FLUSTERED IF THINGS DON'T  
GO YOUR WAY - SOMETIMES IT WORKS  
OUT BETTER!

*Debbie Burant*









# SHIRLEY



I COME FROM RENFREW

I COME FROM A BIG FAMILY  
5 GIRLS AND 5 BOYS

I COME FROM A QUIET TIME  
WATCHING A MOVIE

INSIDE OF ME LIVES A FRIEND AND NEIGHBOUR

INSIDE OF ME LIVES A PICTURE OF ME  
SITTING ON A FENCE POST OVER THE  
SIDE OF THE OTTAWA RIVER

INSIDE OF ME LIVES A STORY BOOK

INSIDE OF ME LIVES A LIFE OF GOOD TIMES



MY MESSAGE TO YOU IS  
TO ALWAYS TRY TO GET ALONG WITH  
OTHERS, DON'T DWELL ON THE PAST  
AND LOOK TOWARDS THE FUTURE

*Shirley McKie*





In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.

—Eleanor Roosevelt



## CREDITS

### PROGRAM DESIGN AND FACILITATION

Kathy Blomquist

### DRAMATURGE AND AUDIO/VISUAL MENTOR

Tristan Whiston

### ON-SITE COORDINATOR

Debbie Burant

### GRAPHIC DESIGN

Wy Jounng Kou

### PARTICIPANTS

Gina Bruckner, Debbie Burant, Bernice Byers, Hayley Coulas, Joy Dombroskie, Susi Emeneau, Danielle Gutz, Bianca Goldie-Jordan, Shirley McKie, Theresa Trader





## THANK YOU

A special thanks goes out to each and every participant for letting us into their lives and trusting us to help tell their stories. May your messages live on for generations to come.

We want to acknowledge the ancestral stewards of this land, the traditional territory of the Algonquin First Nation, and deepen our awareness of Indigenous culture, in particular, our relationships with the Algonquins of Pikwakanagan First Nation.

This project was made possible with funding from the Seniors Community Grant through the Ministry for Seniors and Accessibility.

A huge thanks to our Partners, Renfrew County Housing Corporation and ReDefine Arts, for use of space and for sharing skills and knowledge in community arts endeavours.



Please contact Kathy Blomquist at 613-756-2772 with any questions regarding this zine and project.



Live each day as if it was  
your last.

A stitch in time saves nine.

If at first you don't succeed  
try, try again.

A penny saved is a penny  
earned.

No man is wise enough by  
himself.

Success isn't getting a head  
start, but of yourself.

A chip on the shoulder always  
indicates that there is a  
block of wood higher up.

A bank account is like a piggy bank.  
You can't see the money, but you can't  
take it out.

