

MY  
DAYS



JULY  
2023

LINDSAY  
WINCHERAUK

Lindsay Wincherauk

**JULY 2023**

2

**MY DAYS: JULY 2023**

CANADA DAY  
CANADA DAY



**S**parkly?  
Yes.

Do you remember what today is?

|Sob| |Sob|

Put your tears away.

What?

I'm resolved not to do it.

We are going to keep trying.

Yes.

So, it's no longer Death Day?

Yes.

Don't say yes.

Yes, it is no longer Death Day. Death Day has been cancelled!

| KISS |

Sparkly, stop it; your tongue is tickly.

I love you.

I love you as well.

Let's keep going.

Okay. Where are we going?

I don't know, but if we keep pushing forward—we will get there someday! And it will be glorious.

Sparkly, I think I will still be harassed occasionally with suicidal thoughts. But I don't want to leave. I think I'm supposed to do something profound; I just don't know what that is yet.

Don't worry, it will come to you. Probably when you least expect it.

Sparkly, I'm not expecting anything... I don't think. And Sparkly, I will give it every ounce of my effort, not to mention the 'you know who and what's' at all in July.

4

Promise.

I'm going to try.

That will be good for you; for us.

[Back up to Yesterday](#)

Asylum → Read → Walk → ↑↘→ (Over 30,000 steps for the day; over 900,000 steps for the month)

That's amazing, and you wrote a book in June—a groundbreaking look at depression. I must commend your honesty and vulnerability.

I must make a difference.

You will. And I think you already have. Keep moving.

J and I are in a challenging position financially right now.

It will pass.

Do you really believe that?

It will. Keep moving.

Yesterday, I passed Red; he refused to look my way.

The massage guy was sitting on the ledge; he wasn't smoking yesterday.

Walk

Gummy Friday

The Mayor + The Postman + 2G + Me

2G started a story saying When I used to go on my adventure walks...

Laughter ensued.

I challenged the table to think of what the first song they remember was?  
Because we were talking about whether younger people would know  
who the Beatles or Rolling Stones are?

Postman, Mick Jagger drowned the original singer of the Stones. I said.

Somebody says door.

I say. Jim Morrison.

David Bowie, Jim Morrison, and Mick Jagger had a three-way. I say to The Postman.

The Postman doesn't think so.

2G doesn't like David Bowie.

I didn't like the movie Brimstone & Treacle

Did I spell Treacle correctly?

Who knows?

Whom probably does.

2G hates the Beatles.

Back to me, challenging the table. I told the table a story about how my  
dad (not my dad) was driving the family from Saskatoon to Edmonton.

The weather was frightful, bone-chilling.

The highway was a skating rink.

The radio was blaring.

*With a little luck, we can help it out.*

*We can make this whole damn thing work out.*

*With a little love, we can lay it down.*

*Can't you feel the town exploding?*

An oncoming car started sliding off the road. Two wheels were partially in the ditch. A sudden jerk. And the car slid across the highway directly in our path. There are six people in our car. Four in the out of control, one coming our way. Ten people were about to perish.

Dad (not my dad) swerved. Sending us pirouetting into the ditch. Four rotations ... stop. The car remained intact. All of us were still breathing.

Dad (not my dad) hopped out of the car to see if the other vehicle's occupants were okay. They were. The man had fallen asleep and was bounced from his dream state when his car thrust them across the highway.

Nobody died. We all made it safely to our destinations.

Thanks to Paul McCartney.

The Postman does an Echo & The Bunnymen or Procol Harum vocalized guitar solo.

I hate the Beatles. 2G repeats.

Why? I must get to the bottom of his hatred.

The Postman is talking to The Mayor about when he was a kid; he used to pimp out his sisters for extra cash.

These are real conversations!!!

2G orders fries. He has a lot of potato experience. 2G tells us of when he was a baseball star. He also says he's a big boy. I'm 5' 8 3/4" He also says, what? You don't believe I was a great baseball player? I was. 2G is adamant about his baseball skills.

He then tells a story about someone who didn't have pubic hair.

Apparently, 2G started showering at school in Grade 7. He went to a great elementary school. He pulls up a picture of a school on his phone and makes The Postman look at it.

The picture was of a good-looking school. I'm convinced.

Of?

Just convinced.

We need to talk about The Postman being a pimp. We don't. The Mayor is laughing.

It's a lot more pleasant when Karl isn't with us. He tends to change the mood with his big—I leave it at that.

2G, why don't you like the Beatles?

Because at all the parties, they always played them...

Parties, how old were you?

I was 8.

Back from an Adventure Walk?

Sure.

Postman, were you going to parties when you were 8?

Anyway, 2G went on. A Beatle's slow dance came on, and a girl touched me. That's why I don't like the Beatles; they trigger something in me.

I don't know why this is fascinating to me.

Guys?

Yes, 2G.

Did you ever have Led Zeppelin parties where all you played was Led Zeppelin? They were fantastic!

Who are you?

[Whom Arrives](#)

He's had a heavy day.

He moved out of his long-term home into Social Housing. He looks beaten. Defeated. I listen.

The Postman is a melomaniac.

Whom used to book April Wine for his high school dances in Halifax. I mention this.

Talking about April Wine took Whom's mind off his heavy day briefly. Good? Bad? I don't know. I think he will need to grieve for a while. As long as he needs.

I was wrong. It was David Bowie + Mick & Bianca Jagger who had the three-way.

The Postman nods.

I wonder how much he made off his...?

Happy Canada Day!

Birthdays Month has started!

Grammarly Readability Score = 89

Grammarly Readability Record = 99 (May 1, 2023)



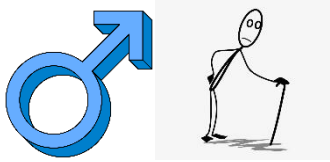


# I AM OLD GUY

YOU



ME



## TWO PASSING SHIPS



**F**irst Pass: Davie + Howe.  
I'd love to take you to dinner.  
I'm at Blend (usually) at 3 PM.

Second Pass: I forgot.

How will you know it's me?

I AM OLD GUY



I SAW YOU → A MISSED CONNECTION