

Les amies

Réflexions

Défi

Empreinte

Présence

Amour

Walking

La retraite

Regard

Home

La tendresse

Observation

Gratitude

Oser

Révélant

Pandémie

**VOIR LA VIE
AVEC DES YEUX D'AINÉ·E·S**

**SEEING LIFE
THROUGH THE EYES OF THE ELDERLY**

Gratitude

Natercia Rodrigues

Date Feb 11, 2021 Heure/Time 10:00 A.M.

Lieu/Place Food Bank, Villeray

Sujet/Subject Helping The needy

Description

Simply to stay home and do the house hold chores is not my ideal. I joined a food bank where I give 1 day a week of volunteer work. By doing this, I am also contributing to helping some poor people that come and get some food supplies.

Simple gestures in life are most effective and that's why it is beneficial to stop and appreciate everything in our lives.



Date Feb. 13, 21 Heure/Time 3:00 PM

Lieu/Place Shopping Centre

Sujet/Subject Cars

Description

It's been a while since I didn't go to a shopping centre. Today I went with my son. I couldn't resist to take a picture of all those cars. This memory brought me to the days when I was younger and we used to go often to the shopping centres. It reminds me of the happy times and places I used to go to along my family.



Date Feb. 16/21 Heure/Time 3:00 P.M.

Lieu/Place Villeray

Sujet/Subject Snow

Description

A picture on a day where there was a snow storm. It's beautiful to see people and children walking on a sidewalk full of snow. Children love the snow and I thought of my children when they were small. They loved to go out and play and so did I. Winters are long but we can take advantage of little pleasures.



Date 16/02/21 Heure/Time 3:15

Lieu/Place Villuay

Sujet/Subject Trees

Description

As I was walking on a snowy day, I looked up and saw that huge tree, covered with snow and it was missing several branches. Not just humans age but trees, nature also ages.



Date 16/02/21 Heure/Time 3:30

Lieu/Place Villeray

Sujet/Subject Old people

Description

As we age, we have to find ways of surviving. This old person took her trolley in order to go and fetch some food. There is currently an epidemic of homeless people on our streets, so when I see an older person trying to things their way, I say thanks God/Universe and help them.



Date 17/02/21 Heure/Time 2:00 PM

Lieu/Place Metro Jean Talon

Sujet/Subject

Description

I use the Metro as a mean of transportation, just like so many other people. They (at the metro) have stands with newspapers. This is a great idea because the newspapers are free and very informative. We can have daily fresh news and as much as possible I always take advantage of this free service.



Date 19/02/21 Heure/Time 8:00 AM

Lieu/Place Mtl

Sujet/Subject The love of biking

Description

This morning as I was waiting for the bus, I saw a guy on his bike. It has been a week of cold and snowy weather, but yet this person was using his bike as his means of transportation. His love for the sport must be enormous. He seemed to be happy and as he moved out he was also exercising which is a healthy thing.



Date 19/02/21 Heure/Time 8:15 A.M.

Lieu/Place MTE

Sujet/Subject Life is but sacrifices

Description

With the turbulent life that modern life brings us, I saw this morning a daddy pulling his two children in a sled, bringing them most likely to the day care, so that in turn can go to work. Life usually is not easy especially when we have young children, but it pays off when the children are healthy and happy.



Date 20/02/21 Heure/Time 4:30 P.m

Lieu/Place Villeray

Sujet/Subject animal love

Description

I went for a walk outside.
The weather was cold and
it had stopped to snow.
All of a sudden I see a
young couple with a nice
big dog. I was impressed
with the couple as their beautiful
dog was out enjoying his
walk as well as the dog also



Date 22/02/21 Heure/Time 11:00 A.M.

Lieu/Place Jean Talon Market

Sujet/Subject Villeray

Description

In the pandemic times things changed. I used to go to the market with my husband and it was full of people. To my dismay, this morning it was empty.



Date 22/02/21 Heure/Time 11:00 AM.

Lieu/Place Marche Jean Talon

Sujet/Subject MTL

Description

Another picture of the empty Jean-Talon Market.
Strong memories brought me back a few years when my husband and I used to go there on a biweekly bases. Things change. We just have to be grateful to God/Universe and believe better day will come.



Date 22/02/21 Heure/Time 1:00 P.M.

Lieu/Place MTL

Sujet/Subject People keeping busy.

Description

People of around my age learned how to sew, crochet and knit. This is an 84 years old knitting a scarf and also a pair of slippers. It made me pause and appreciate the beauty and the joy that she was putting into her art.



Date 23/02/21 Heure/Time 9:00 AM

Lieu/Place Metro

Sujet/Subject Homeless

Description

At my age, to see a homeless
it breaks my heart. Mental
sickness? Maybe but whatever the
^{case} maybe it saddens me to see
them sleep anywhere and everywhere.
There are a lot of these people
but they are all human.



Date 24/02/21 Heure/Time

Lieu/Place Montreal

Sujet/Subject Beauty of snow.

Description

When my children were young we used to go skating, skiing & Toboggan. To be up at the mountains and enjoying the beautiful snow it was amazing. Feels like the snow transports you into another world.



Date 24/02/21 Heure/Time 9:30

Lieu/Place Mtl

Sujet/Subject Snow

Description

Last night it snowed and I love to watch the trees covered with snow as well as the streets. My imagination transports me to many many years ago when the children were having fun as well as also.
Love Winter



Date March 1, 21 Heure/Time 4:00 P.M.

Lieu/Place MTL

Sujet/Subject Children

Description

Family is very important and as you may see its the children they are the future. We were playing and having a terrific time. Children need to grow learning how to share, learn values for their future and most of all respect themselves, family and old people too.



Date 05/03/21 Heure/Time 2 PM

Lieu/Place Laval

Sujet/Subject youth

Description

The youth Today is definitely not like in my days. I love to see these children, however, because the future is in them. I wish every child, every Teenager, every one in general the best so that the world can be a good place to live



Date Mar 8/21 Heure/Time 11:00

Lieu/Place Mtl

Sujet/Subject Life

Description

Cats... It is still winter with lots of snow and ice, but the sun is out and it's starting to melt. The cats are taking advantage of the sun wishing most likely for spring to be here. Walking outside, seeing cats, birds and dogs out 'chirping, meowing is a wonderful way to reconnect to the healing power of great outdoors.



Date 8/03/21 Heure/Time 11:30

Lieu/Place Mtl

Sujet/Subject Faith

Description

This is a catholic church, but it welcomes different nationalities. Faith is what I consider faith, believe, conviction, credence. It's a strong believe in God or in doctrines based on spiritual apprehension rather than proof. The important thing is to practise faith through out the day at least by listening & encouraging others.



Date 10/03/21 Heure/Time 1:00 PM

Lieu/Place MTL

Sujet/Subject nature

Description

Season after season they follow one another. It is still winter but today we could smell Spring already. The weather is getting better, the trees, I'm sure, are getting ready to regain back their leaves and hold the new nests for the birds and squirrels. I love winter but as I'm getting older I don't like it as much because they are very long.



Date 11/03/21 Heure/Time 9:00 A.M.

Lieu/Place Villeray

Sujet/Subject Birds/Nature

Description

As I was walking this morning I looked up and saw this tall tree with a bird's nest. This brought to my mind the beauty of birds that will soon be crossing the sky. They will be busy reconstructing their old nest or building a new one. They do that with love and care so after they can have their birds. It's their family and as humans should be grateful for our families.



Date 12/Mar/21 Heure/Time 12:00PM

Lieu/Place MTE

Sujet/Subject Typical Older Montreal

Description

In the older days most of the construction of the houses was different. The famous stairs outside. In this picture you can see the stairs up to the second floor. It's nice to see, but me at my age I would never rent an apartment like this because the winters in Canada are very long and with the snow & ice I'd be afraid to slide down.



Date 12/03/21 Heure/Time 12:00 PM

Lieu/Place Mtl

Sujet/Subject Stairs outside

Description

This is another typical scenery of the outside stairs in Mtl. These ones go all the way to the third floor. They can be dangerous for older people. In our winters Mother Nature likes to send us a lot of snow and ice. These stairs are however famous and tourists coming to Mtl. often buy postcards with the stairs.



Date 14/03/21 Heure/Time 11:00 AM

Lieu/Place Laval

Sujet/Subject Gratitude

Description

I'm very grateful for the wonderful family I have. Here is my son helping his little girl to dress up. As a child we don't understand what our parents do for us. It's only ~~with~~ with time, as we age that we understand how grateful we are. I wish every child will be as grateful and caring as my family members.



Date Mar-14/21 Heure/Time 6:30 P.M.

Lieu/Place Laval

Sujet/Subject nature

Description

I found this tree very interesting because of all the branches. Usually the trees grow very tall and even though they have branches but this one has just too many branches. I compared it to a family that is united, that has many kids, many grand-kids, cousins... anyways a big family, united with a good foundation. I'm grateful for my beautiful family.



Date 16/03/21 Heure/Time 12:00 P.M.

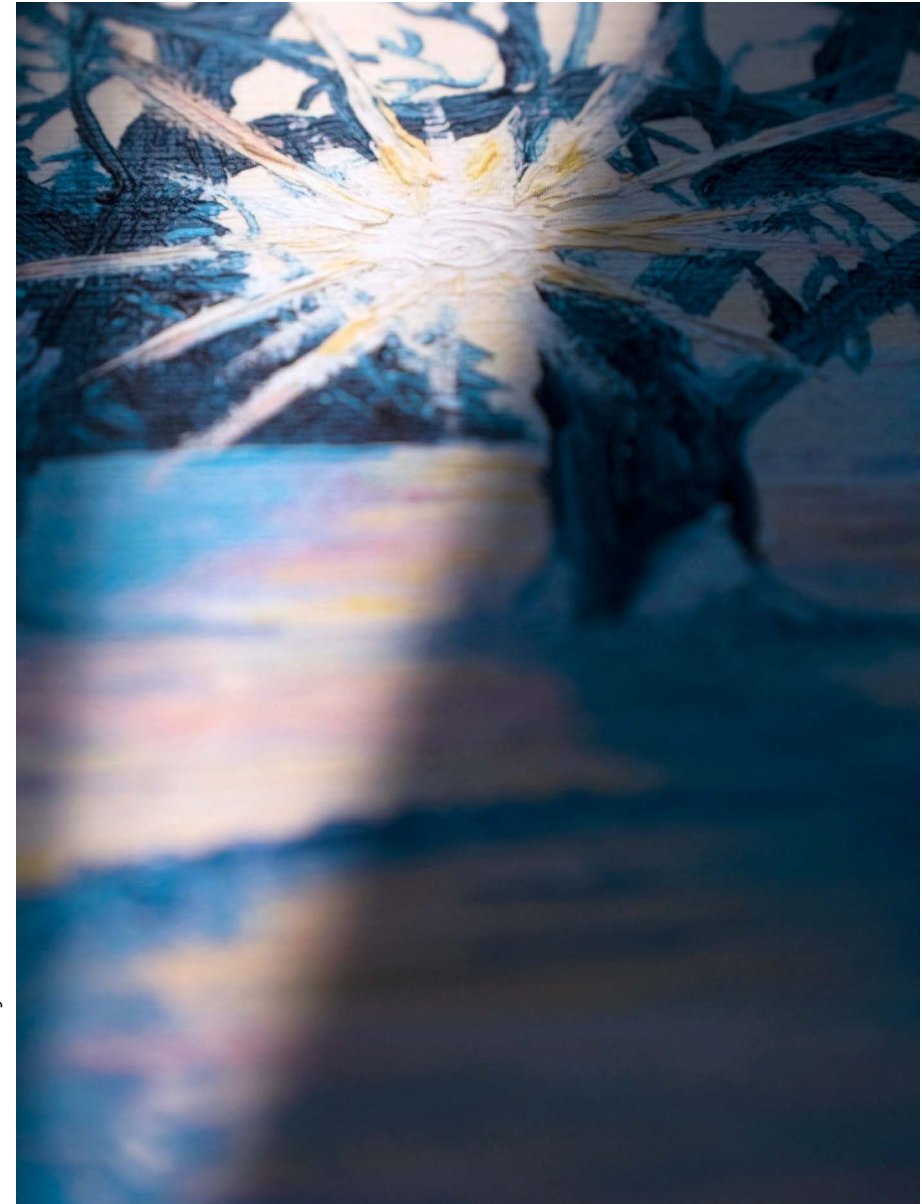
Lieu/Place My house

Sujet/Subject Art

Description

Art has been a very important part of my life. I painted for over 20 years, present 56 expositions and even though I don't paint any more, I contemplate some of the paintings I kept. When you're painting with a little background music, it is very relaxing. Art is usually an opened window of what you like and how you feel.

Photo: Risa Hatayama



This project came to an end. It was an interesting project which makes you think and realize how grateful we must be to God/Universe. It made me think of my past in many ways, of the present and even though I am not even a shadow of my past, I still have dreams at 70 years old. Thank you

GRATITUDE

I will entitle this project "GRATITUDE". Gratitude for everything I did and received up to now.

I have three children and 5 grandchildren. I am a widow for almost 9 years. I worked full time in three different companies with big responsibilities. Upon my arrival at home, there were all domestic chores to be done.

However I still found time to take in oil painting and exposed in many different places.

I became a journalist in my community here in Montreal, became a correspondent for a newspaper in Toronto as well as in Vancouver, participated in two different sights devoting 29 years of my life to these activities.

I also integrated in a local radio station and cooperated with them for 10 years with a program of 2 hours a week.

I organized many events, always in my community and helped in many others.

After my husband passed away and my mother too, my life changed.

I retired and withdrew from all those activities and decided to devote more time to my family.

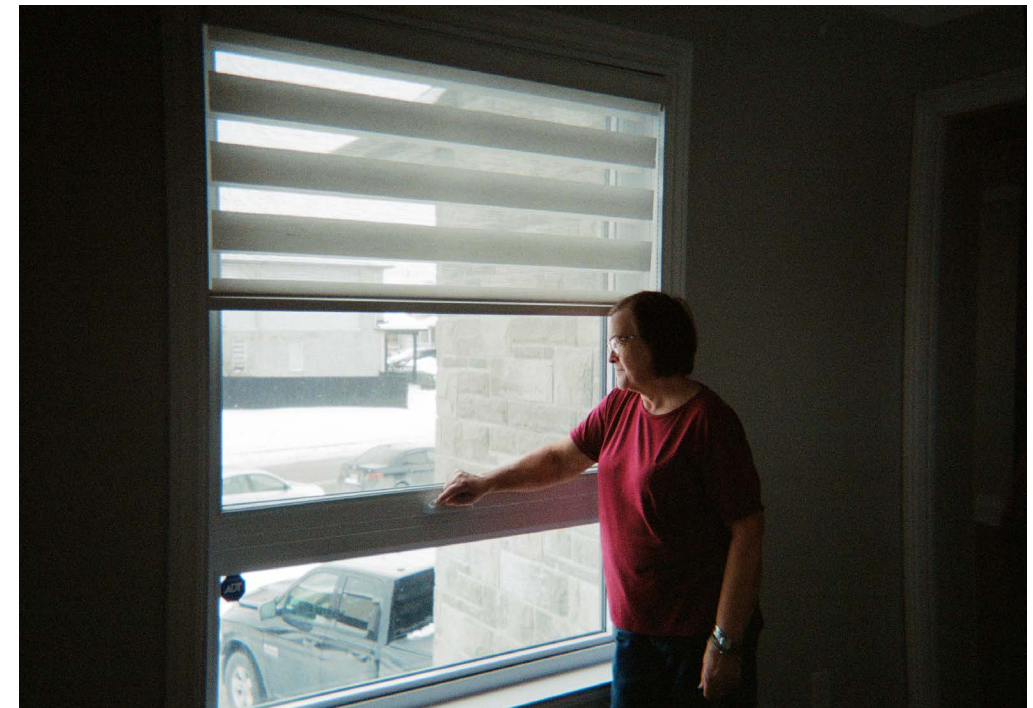
My husband was a photographer, therefore as you may imagine, I have thousands of pictures. Photographs are wonderful because they are "frozen moments" and they enable us to travel back to particular times, particular moments.

This is why I am grateful to God, to the Universe for all the great time I lived and now for being able to still go through those wonderful memories.

Being grateful can however lower levels of stress, help with our sleep and feel connected with family and friends. So, this very act of gratitude can enhance our health and well being.

I am thankful for my current good health which in turn helps me reap the benefits of gratitude.

Natercia Rodrigues



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2021

Je tiens à remercier tou-te-s les participant·e-s et l'équipe de Dazibao de l'effort déployé pour rendre ce projet possible. Je remercie également le Conseil des arts du Canada ainsi que la Ville de Montréal et le gouvernement du Québec dans le cadre de l'Entente sur le développement culturel de Montréal pour leur soutien.

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