

MY  
DAYS



JULY  
2023

LINDSAY  
WINCHERAUK

Lindsay Wincherauk

MY DAYS: JULY 2023

31 DAYS

A FRESH STORY MOST DAYS

ONE HOUR PER DAY

2

*DEPRESSION + DARKNESS + DESPERATION +  
COMEDY + LOVE + COMPASSION + EMPATHY +*

*ORIGINAL ART + POETRY + FANTASY +*

*BLASTS FROM THE PAST + HOPE*

AN ENTIRE BOOK

**ALL OF THE ART:** CHAPTER COVERS + IMAGES + PHOTOS  
IN THIS EXTRAORDINARY BOOK; ARE LINDSAY  
WINCHERAUK ORIGINALS, MANY OF WHICH WERE  
CREATED WITH THE HELP OF HIS AI ASSISTANT, ABE.

3

## MY DAYS: JULY 2023

**L**indsay Wincherauk, a middle-aged man, finds himself at a crossroads in his life. After being replaced by a cheaper employee at his long-time job, Lindsay is thrust into a deep pit of uncertainty and darkness. Struggling with the debilitating effects of Depression, he battles against the encroaching shadows that threaten to consume him.

Through his witty and introspective voice, Lindsay provides poignant insights into the inner workings of his mind.

As the story begins, Lindsay's days are filled with monotony and despair. He chronicles his emotions and experiences in a journal, which becomes a therapeutic outlet for him.

With each passing day, Lindsay shares his observations and encounters, presenting 31 stories that capture the essence of his struggle with depression. Determined to turn his life around, Lindsay sets out on a mission to hit the Fitness Asylum, indulge in writing and reading, and accomplish a daily goal of walking 30,000 steps.

Through these activities, he hopes to find solace and clarity amidst the uncertainties that plague his life. As the memoir intertwines with narrative fiction, lyricism, and fantasy elements, Lindsay's battles with depression become deeply intertwined with his daily experiences. The themes of overcoming depression and uncertainty permeate the narrative and become the driving force behind his every action.

In the story “\$3.45,” Lindsay is deeply saddened when he encounters a man in his seventies, riding a scooter, who cannot afford his prescription medication. This encounter serves as a poignant reminder of the financial hardships that Lindsay and his partner, J, are currently facing. As they navigate their own financial ruin and uncertainty, Lindsay's determination to survive and find a way forward strengthens.

“**Morgan + Mindy in Love**” presents a unique and heartwarming tale of forbidden love between Morgan the Raccoon and Mindy the Duck. This story serves as a symbolic representation of Lindsay's desire to grow and stomp out racism and instead; highlight the power of love. As Lindsay witnesses their unconventional relationship, he grapples with emotions that depression often stifles.

In **"Families Matter,"** Lindsay embarks on a frightening walk back in time. Each day, he visits a different member of his family, only to discover that they have passed away. With every visit, Lindsay becomes increasingly aware of his mortality, as he encounters a day when only the men in his family are left. This journey forces Lindsay to confront the fleeting nature of time and the importance of cherishing the bonds between family members.

**"The Violence of Homelessness"** delves into the mounting stress Lindsay experiences as he witnesses his life savings gradually disappearing and the frustration that arises from having to reinvent himself in a cutthroat society with his 63<sup>rd</sup> birthday looming. The world around him seems consumed by individuals scrambling over one another to climb the ladder of success.

In **"Entitlement,"** Lindsay examines how birthright often dictates an individual's lot in life. He grapples with the unfairness of certain individuals being handed everything while others, like himself, must struggle to find their footing. This exploration of societal inequality further fuels his need to seek out comedy and light in even the darkest aspects of life.

**"Humanity Fractured,"** explores the struggle of not being able to afford food and the disheartening encounter with a security guard wearing a flack jacket at a grocery store.

Throughout the narrative, Lindsay's compassion, empathy, and kindness shine through. He combines his own fears with a desperate need to bring laughter and joy to the world. Lindsay strives to guide both himself and those around him out of the depths of darkness and into the light of hope.

Amidst the challenges he faces, Lindsay also forms a deep friendship with Dean, a man who has been diagnosed with a terminal illness. As they confront their own mortality together, they learn valuable lessons about the fragility of life and the importance of cherishing every moment. Lindsay finds solace and strength in their friendship, discovering the power of genuine connection.

**A**s **“My Days: July 2023”** unfolds, Lindsay continues to share various stories, with each tale exploring different aspects of the human experience. From the harsh realities of homelessness to the overwhelming influence of entitlement, each narrative adds depth and complexity to Lindsay's own personal journey.

Ultimately, **“My Days: July 2023”** presents a powerful and inspiring account of one man's struggle with depression, loss, and reinvention. Lindsay's unwavering determination to bring light to the world, even in the face of adversity, serves as a testament to the resilience of the human spirit. Through his compassionate acts and unwavering sense of humour, he not only learns to navigate his own path but also, inadvertently, helps others find their way as well.

6

With his unique blend of humour, wit, and genuine understanding, Lindsay shows there is light at the end of the tunnel, and we all possess the strength to overcome our personal monsters.

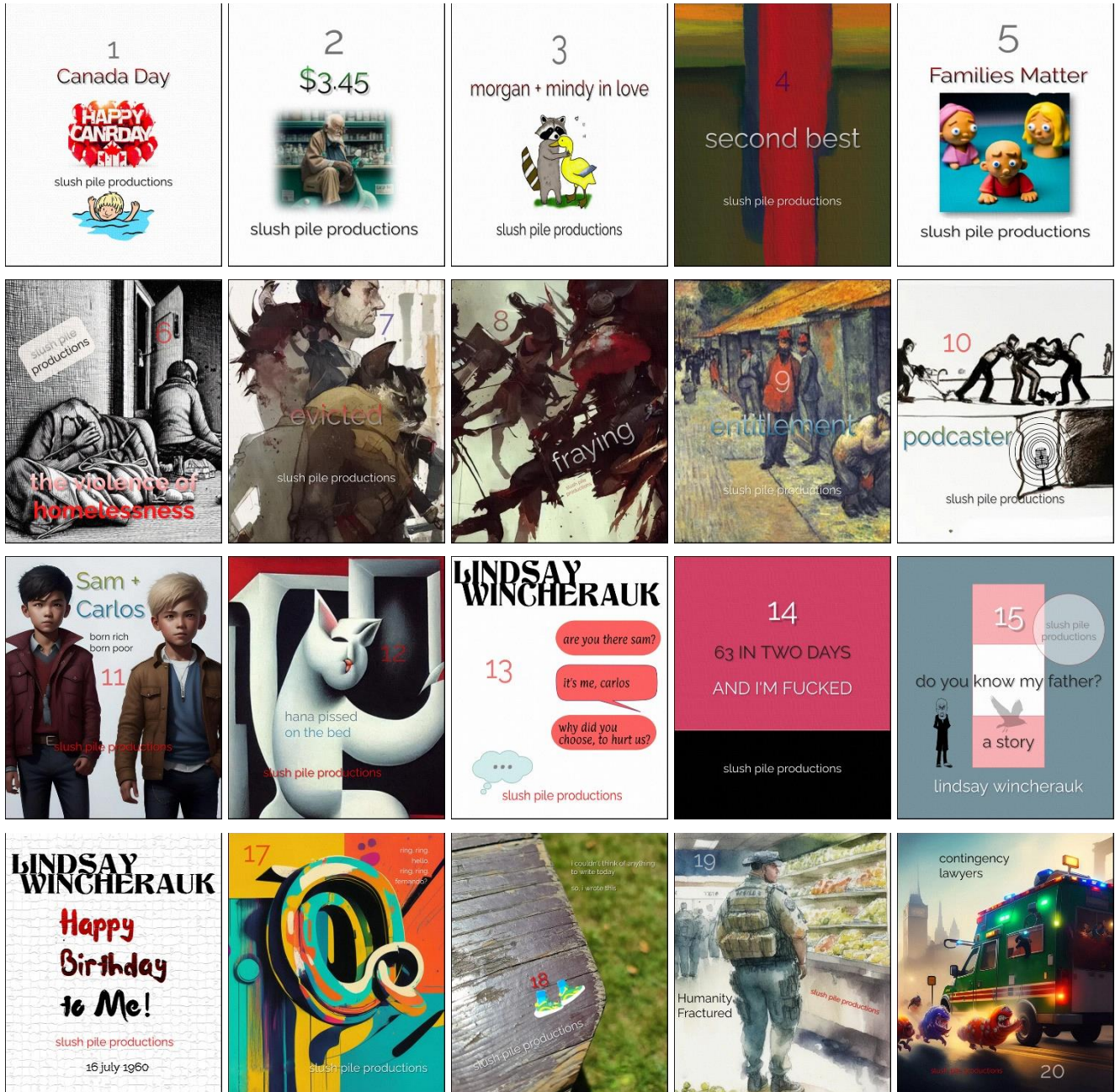
As Lindsay continues on his path, the weight of his own depression begins to lift. He begins to see that his journey of walking with others has not only transformed their lives but has also transformed his own.

**“My Days: July 2023”** is a powerful and inspiring memoir/narrative fiction that delves into the depths of human struggles, offers a beacon of hope, and shows that even in the darkest moments, there is potential for light and redemption.



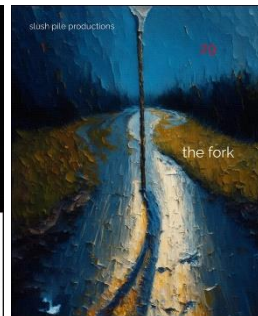
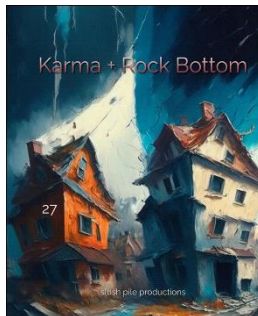
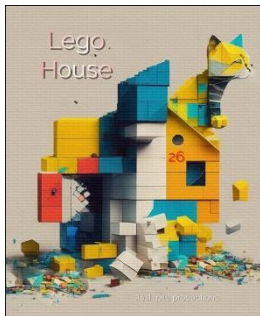
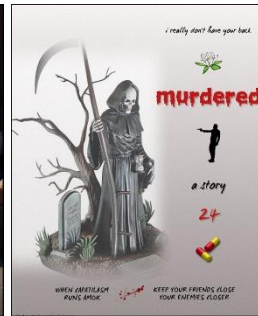
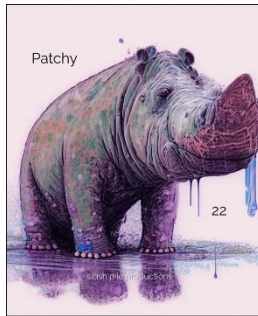
# Contents

## CONTENTS



# Contents continued...

## CONTENTS CONTINUED...





**JULY 2023**

9

## MEET SPARKLY PINGLE BALL MEET SPARKLY PINGLE BALL



10

**S**parkly Pingle Ball  
Is a fig-mint of my imagination. Minty. Every time, you wonder who the hell I'm talking with, it's Sparkly.

Who are you?

If you think, I'm crazy, ask yourself one thing: Have you ever watched Family Guy? Or...?

Sparkly's key role is to keep moving the narrative along. And to be hot!

Who are the voices in your head?

Embrace them. Love them. You are not alone.

1

# Canada Day



slush pile productions



11

**“Canada Day”** picks up right at the stroke of midnight on Lindsay's self-proclaimed Death Day (My Days: June 2023), the day when Depression seemed destined to conquer him. However, against all odds, Lindsay summons the strength to defy the relentless grip of darkness.

He stumbles into Gummy Friday, a weekly gathering of friends, where he often embarks on a mission to lead them towards the illuminating path of light, steering them away from the poisonous clutches of racism, hatred, and the shaming of poverty that engulfs so many in our seemingly increasingly gloomy world.

In his trademark style, 2G channels the spirit of Homer Simpson, weaving together the most bizarre and surreal tales with his words. In one story in particular he recounts his disdain for “The Beatles,” highlighting a triggering moment from his youth.

Meanwhile, the Postman delves deeper into his passion for music. And he proceeds to recount a tale of exploiting his sisters for additional funds during his post-pubescent years.

And Whom, burdened with the day he was forced to move into Social Housing, navigates the challenges that come with such a transition.



2

\$3.45



slush pile productions

13

In the gripping tale of “\$3.45,” Lindsay finds himself visits a drugstore, amidst the hustle and bustle of everyday life, as he embarks on a mission to collect a much-needed prescription.

Little does he know that this routine errand will forever etch a profound encounter in his memory.

As Lindsay approaches the prescription counter, his eyes are suddenly drawn to an elderly man perched on his scooter, his face etched with desperation. It becomes painfully evident that this stranger, whose very existence depends on a prescription, is unable to afford the lifesaving medication.

A surge of empathy engulfs Lindsay, causing his heartstrings to quiver with an overwhelming desire to help.

Driven by an unyielding compassion, Lindsay extends a helping hand. He humbly offers to pay for the man's prescription, hoping to alleviate the burden on his shoulders.

But to Lindsay's surprise, the man, engulfed by a mix of pride and humiliation, politely declines this generous gesture.

In the aftermath of this encounter, Lindsay finds himself grappling with a myriad of emotions. Doubt creeps into his mind, questioning the true nature of his act. Was his attempt at kindness a genuine act of compassion, or did it inadvertently deepen the man's sense of shame?

With a heavy heart, Lindsay reflects upon the complexities of human interaction. His intentions were pure, driven by an innate desire to help a fellow human being in need. Yet, he now realizes that the impact of his actions may not always align with his intentions.

This poignant moment leaves Lindsay pondering the delicate balance between kindness and potential unintended consequences.

As the story unfolds, Lindsay's journey of self-discovery continues, offering profound insights into the intricacies of human connection and the profound impact even the smallest gestures can have on the lives of others.

3

morgan + mindy in love



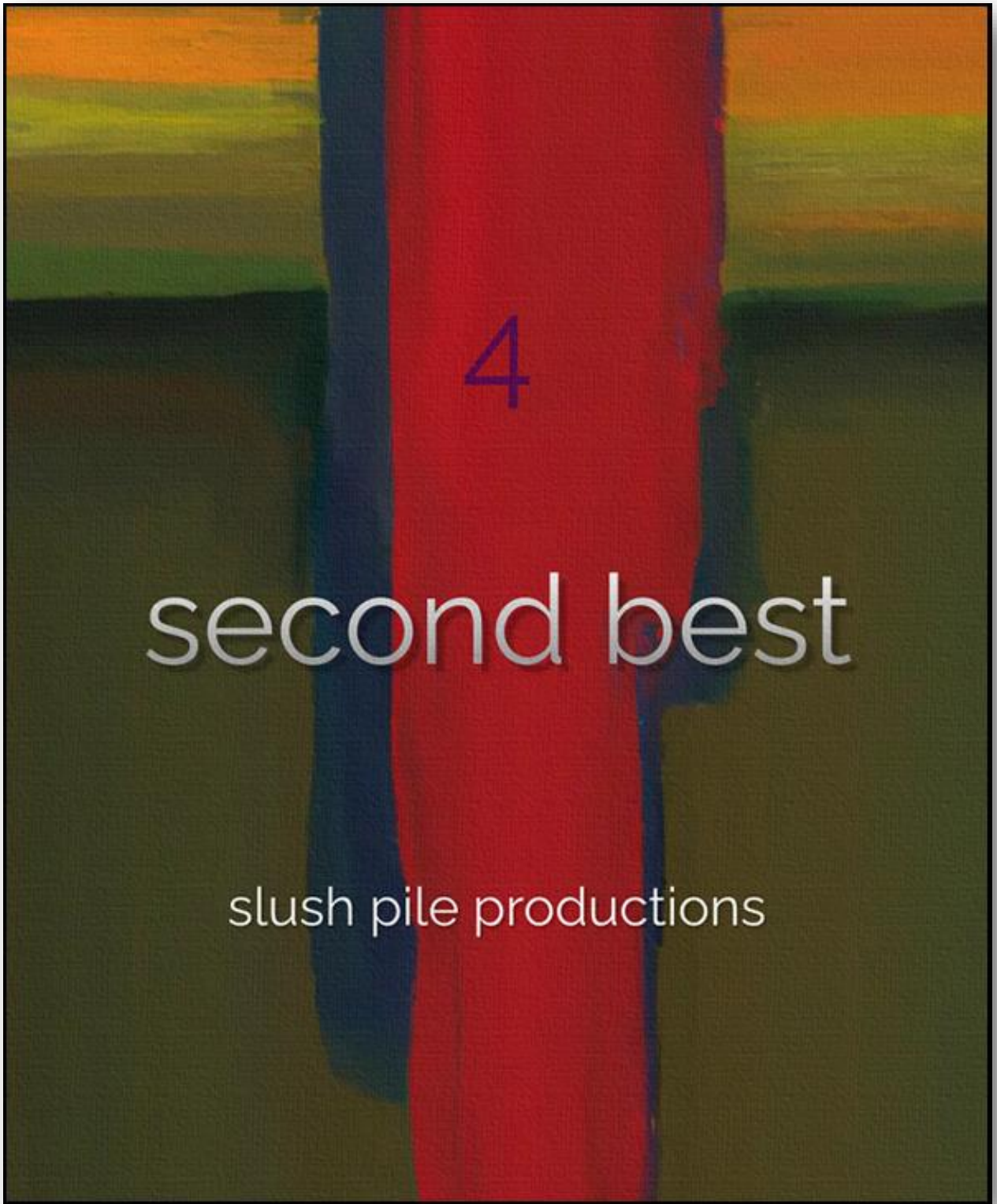
slush pile productions

15

**“Morgan + Mindy in Love”** presents a unique and heartwarming tale of forbidden love between Morgan the Raccoon and Mindy the Duck. This story serves as a symbolic representation of Lindsay’s desire to grow and stomp out racism and instead; highlight the power of love. As Lindsay witnesses their unconventional relationship, he grapples with emotions that depression often stifles.



LINDSAY WINCHERAUK  
LINDSAY WINCHERAUK



17

**“Second Best”** is a powerful narrative that highlights the journey of overcoming obstacles and emerging stronger from the darkness of despair. It teaches us the importance of resilience, self-belief, and the role of supportive relationships in navigating life’s trials and tribulations.

Have you ever wondered what would have happened if you had hit that game-winning home run? Or if you had landed your dream job or role?

Indeed, life is full of ups and downs, and it’s not always about being the absolute best of achieving every dream we have. Setbacks and disappointments are a natural part of life, and it’s our ability to persevere and keep moving forward that defines our character. These challenges can be overwhelming and can lead to feelings of self-doubt and depression, but having a strong support system, whether it’s a close friend or an internal voice of encouragement, can make a significant difference.

Real-life stories mixed with fictional tales inspire us to embrace our imperfections, accept setbacks, and learn from our experiences. They remind us that success isn’t solely about achieving the most significant accomplishments but about our ability to face challenges head-on and continue moving forward, even when the path seems uncertain or difficult.

Life is a journey, and it’s essential to remember that our growth and development often happen through the struggles we face. By facing adversity with determination and seeking support when needed, we can find strength, wisdom, and self-discovery.

**“Second Best”** is an inspirational tale about perseverance and determination. It emphasizes the importance of getting up every day and trying, even when one is unsure about the purpose of their actions.

5

# Families Matter



slush pile productions

19

In the spine-chilling tale “**Families Matter**,” Lindsay embarks on a mission to achieve an impressive 30,000 steps for the day. However, as he wanders through the corridors of his past, he is confronted with haunting memories that mark significant moments in his life. The tragic loss of a family member accompanies each stop on this eerie journey.

With a few unexpected twists, Lindsay's mother and father metaphorically rise from the ashes, only to meet their demise again.

The story is terrifying and moves quickly until Lindsay's family becomes just his uncles, who were once his older brothers.

While collecting himself, Lindsay inhales deeply and ponders whether these events really matter in shaping who he is becoming.

Yet, deep down, he knows they must matter, as we have all been taught from the beginning that our family is the most precious aspect of life.



FAMILIES MATTER  
FAMILIES MATTER



21

I hit the Fitness Asylum.  
I read. I am still battling the Big D.  
Maybe I should give him a descriptor other than Big, maybe Asshole D, Little D, or Vanishing D?

By the end of the day, I will once again surpass 30,000 steps. It helps.

I just heard Stanley Park is at risk of a significant fire. This is upsetting.

Walk

Where am I? I don't recognize this place. A couple walks by. Where am I? I ask them.

July 16, 1960

Who are these people?

Mother	Father	Sister	Sister	Sister	Brother	Brother	Brother
Rebekah	Nicholas	Bernice	Sadie	Beverly	James	Donald	Brian

A large family.

Walk

Love?

Sure. Maybe.

Walk.

I come to another year.

**July 17, 1985**

I'm standing with my mother and brother Brian beside a hospital bed. I've been here 1,000 times before. My father reaches for my mother's hand and then expires.

Mother	Sister	Sister	Sister	Brother	Brother	Brother
Rebekah	Bernice	Sadie	Beverly	James	Donald	Brian

Everything is changing.

Walk

**December 12, 1987**

I'm holding my mother's hand; she is struggling for air; the day before, she whispered in my ear, "Goodbye."

The devil was about to take her away.

Sister	Sister	Sister	Brother	Brother	Brother
Bernice	Sadie	Beverly	James	Donald	Brian

My life has just changed.

I run.

I'm alone.

I don't want to be alone.

I need to be loved.

I need to be held.

Run

**October 15, 2003**

I'm in Munich, Germany, with my friends Dave and Greg.

Wayne phones from Vancouver. He has the contents of my official birth record.

Your birth father is a man named Kirk Bliner. Your mother's name is Bernice.

Father	Mother	Aunt	Aunt	Uncle	Uncle	Uncle
Kirk	Bernice	Sadie	Beverly	James	Donald	Brian

Why?

Who am I?

I can't stop crying.

I keep moving.

**November 8, 2007**

I'm sitting in my car. There is a tap on the window. I'm meeting my father for the first time. His name is Elmer, not Kirk.

Elmer hugs me. He says he wants to welcome me into his family. He says he's sorry for what the adults have done. I now have two brothers.

We go for a DNA test.

Walk

**November 23, 2007**

I phone Elmer. I'm bawling my eyes out. He hears the cracking in my voice and asks if I'm okay. I tell him he's not my father. Bernice had lied on my birth record. He cries. My father dies for a second time.

Mother	Aunt	Aunt	Uncle	Uncle	Uncle
Bernice	Sadie	Beverly	James	Donald	Brian

Run

I feel lost. Alone. Confused. I need to be held. I need to be loved. I need... a family.

**November 8, 2016**

I'm standing beside my mother, Bernice's deathbed; I'm breaking.

I ask her who my father is?

She says at least it wasn't that asshole, referring to Elmer. This upsets me. He wanted to be my father.

When I leave, I hug her, kiss her on the cheek and give her my love. Her eyes teem with tears. She looks at me and says, "I'm never going to see you again, am I?" I collapse when I leave her room.

My mind travels back to December 6, 1987, a bone-chilling night in Saskatoon, when I paused with my mother, Rebekah, on the steps of our home before taking her back to the hospital to pass away. She said, "I'm never going to be home again, am I?"

I lied and burst into tears.

On this freezing day in Calgary, twenty-nine years later, my mother said almost the same thing.

My mother died a second time one week later.

Sadie phoned to tell me. She phoned me the following day to tell me I might need to return to Calgary to sign the death certificate. This is the first time we had talked in twenty-six years.

I keep moving.

Walk

Aunt	Aunt	Uncle	Uncle	Uncle
Sadie	Beverly	James	Donald	Brian

**December 21, 2016**

24

I received a call from a niece who is now a cousin; her mother, Beverly, used to be my sister, but it turned out she was an aunt, died.

I feel numb.

Aunt	Uncle	Uncle	Uncle
Sadie	James	Donald	Brian

Walk

All I ever wanted was to belong. I have felt like an outsider since my mother's death, Rebekah, with the ghosts of unwanted shadowing my every step.

**December 12, 2021**

This is a horrible calendar date. My first mother, Rebekah, died on this date, as did my friend Jason D. And now, my sister, an aunt, Sadie, died.

I had been swallowed in depression ever since my niece, a cousin, called to tell me Sadie was dying. I called Sadie to give her my love, but she didn't want to talk.

I'm devastated.

Now she's gone.

Uncle	Uncle	Uncle
James	Donald	Brian

I'm crying today, once again.

All the girls are gone.

I don't know what that means. I'm fucking turning sixty-three and I can't seem to get past my past.

I don't know what that means.

I don't know how to process my family.

I don't think I ever belonged.

I was never part of it.

I wasn't the black sheep.

I was simply nothing.

How would that make you feel?

I must keep pressing on.

Why did I write this today?

I don't know. Maybe its part of avoiding the certainty of becoming homeless.

Sparkly?

Yes.

A DNA sight found my first cousin and one of her uncles would be my father. We talked. And then the trail went dry. Maybe finding me was too much for her family to handle?

Lindsay?

Yes.

You are remarkable.

Will I be, okay?

You will be the best you can be.

||

Grammarly Readability Score = 89.

Grammarly Readability Record = 99 (May 1, 2023)







27

**“The Violence of Homelessness”** picks up the harrowing tale of Lindsay and J, two individuals whose lives have been torn apart by the merciless grip of greed and exploitation. Having endured over a decade of unwavering loyalty, Lindsay had given his all to those who promised him security and a better life. But promises turned to lies, and their dreams were shattered by the cruel actions of three men driven solely by their insatiable desire for wealth and power.

The story delves into the heart-wrenching struggles faced by Lindsay and J, swaddled by unbreakable love, as they find themselves thrust into an uncertain and perilous future. Barring a miracle, homelessness may become their reality, as they are forced to confront the bitter truth that those they trusted were nothing more of heartless manipulators. Lindsay, stripped of his livelihood and dignity, is left to fend for himself in a world that seems intent on crushing his spirit.

Throughout this lyrical journey, this story explores the depths of darkness life can plunge people into, where despair and hopelessness lurk at every turn. It paints a stark picture of the violence that can be inflicted upon vulnerable individuals when the forces of greed and exploitation are allowed to run unchecked. The three men who wield this power over Lindsay and J are trapped in the marginality of their own insatiable desires, and they ruthlessly determine the fates of those who once enriched them.

In this gripping narrative, readers are taken on an emotional rollercoaster, witnessing the depths of human suffering and the heights of human resilience. **“The Violence of Homelessness”** stand as a powerful testament to the indomitable spirit of the human heart and a compelling call to action to address the systemic issues that perpetuate such injustices.





The story "**Evicted**" kicks off with Lindsay's insatiable craving for potato chips. As he steps into a convenience store, his eyes catch a tempting offer - buy two bags and get a special discount.

Though he only desires one bag, the weight of his and J's dire financial situation compels him to purchase both, convinced that he's being thrifty by spending more. It's a cunning ploy of capitalism.

However, Lindsay's perspective takes a poignant turn when he decides to gift one bag to a stranger on the street. Approaching a man, he kindly offers him a bag of chips. Unexpectedly, the man reveals his preference for cigarettes, which he can sell to others who are also struggling. In that very moment, Lindsay's realization dawns upon him - even a mere \$2.00 bag of chips has transformed into a luxury item.

Without a reference letter from his former employer, their path forward appears dim, potentially leading J and Lindsay to the streets, where they'll rely on the kindness of strangers, hoping for an offering of chips or a carton of cigarettes to eke out their survival.





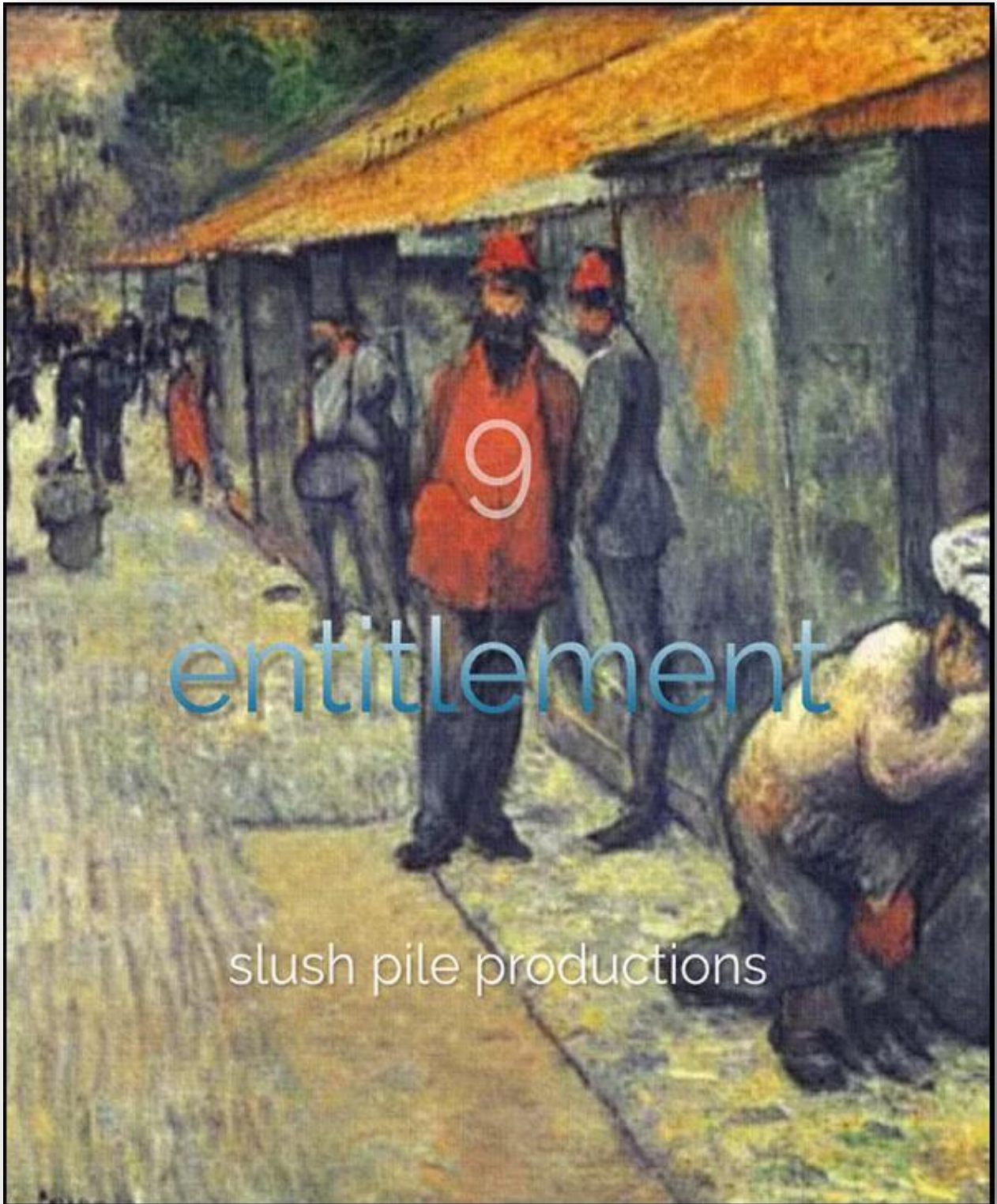
In “**Fraying**” Lindsay and J continue navigating a world where their lives are unraveling, all due to greed and exploitation. Lindsay struggles with the trauma of his past employment and is haunted by its ghosts. Fortunately, Sparkly, his alter-ego, is there to encourage him to keep moving forward. Despite everything, Lindsay remains dedicated to his fitness routine, a small but essential act of self-care in a world that seems determined to wear him down.

For a brief moment, Lindsay believes he’s morphing into a combination of Charlie Kaufman and Chuck Palahniuk.

The narrative continues to highlight the themes of resilience, self-preservation, and the power of small acts of self-care even in the face of adversity. It’s a portrayal of how individuals can find strength in challenging times and maintain their determination to endure despite the circumstances surrounding them.

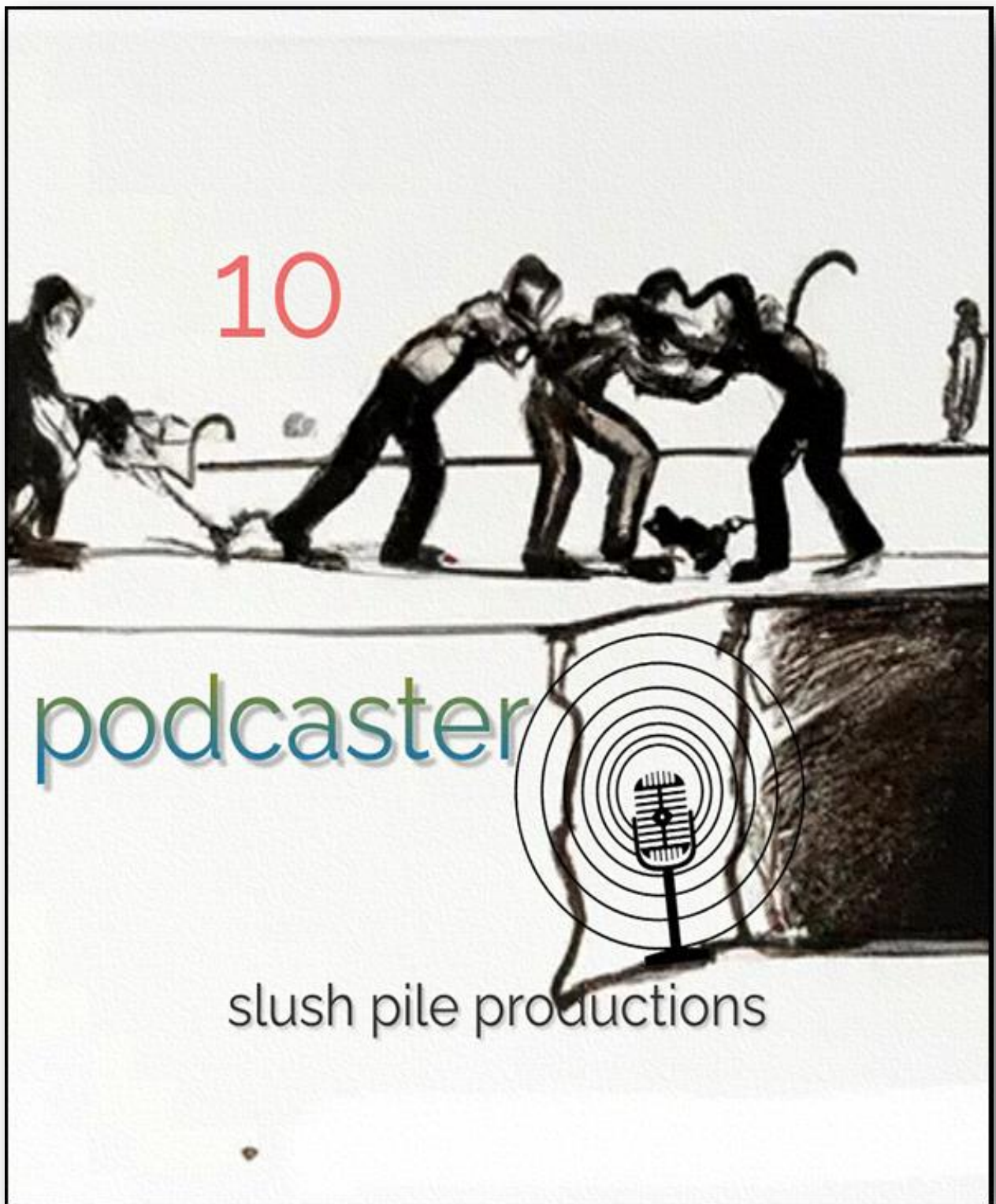


LINDSAY WINCHERAUK  
ЛИНДСАЙ МИНЧЕРАУК



33

In “**Entitlement**,” Lindsay examines how birthright often dictates an individual's lot in life. He grapples with the unfairness of certain individuals being handed everything while others, like himself, must struggle to find their footing. This exploration of societal inequality further fuels his need to seek out comedy and light in even the darkest aspects of life.



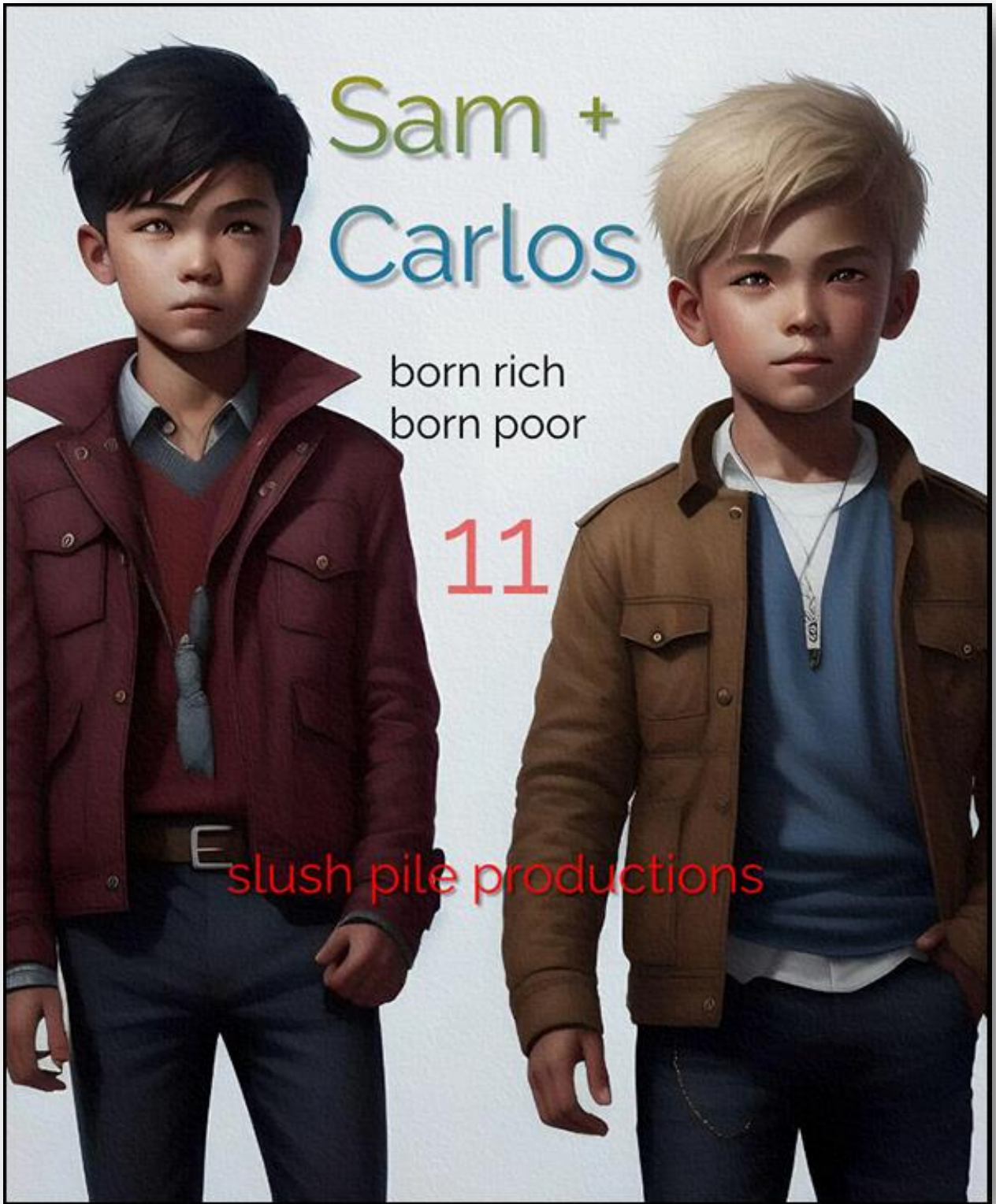
35



**“Podcaster”** portrays the struggle of those dealt with unfavourable life cards and their vulnerability to becoming exploited in their jobs. The story highlights how individuals, due to life’s circumstances, may end up in fields where they become serially exploited. It sheds light on the unequal opportunities and discrimination that exist in the workforce, pushing some to settle for jobs that offer limited security and a disposition to exploitation.

Throughout the narrative, “Podcaster” delves into the emotional toll this exploitation takes on the characters and the psychological strain they endure due to their circumstances.

It calls on society to recognize and address the systemic barriers that push some individuals into precarious work situations, fostering a dialogue about how to create a more just and compassionate world.

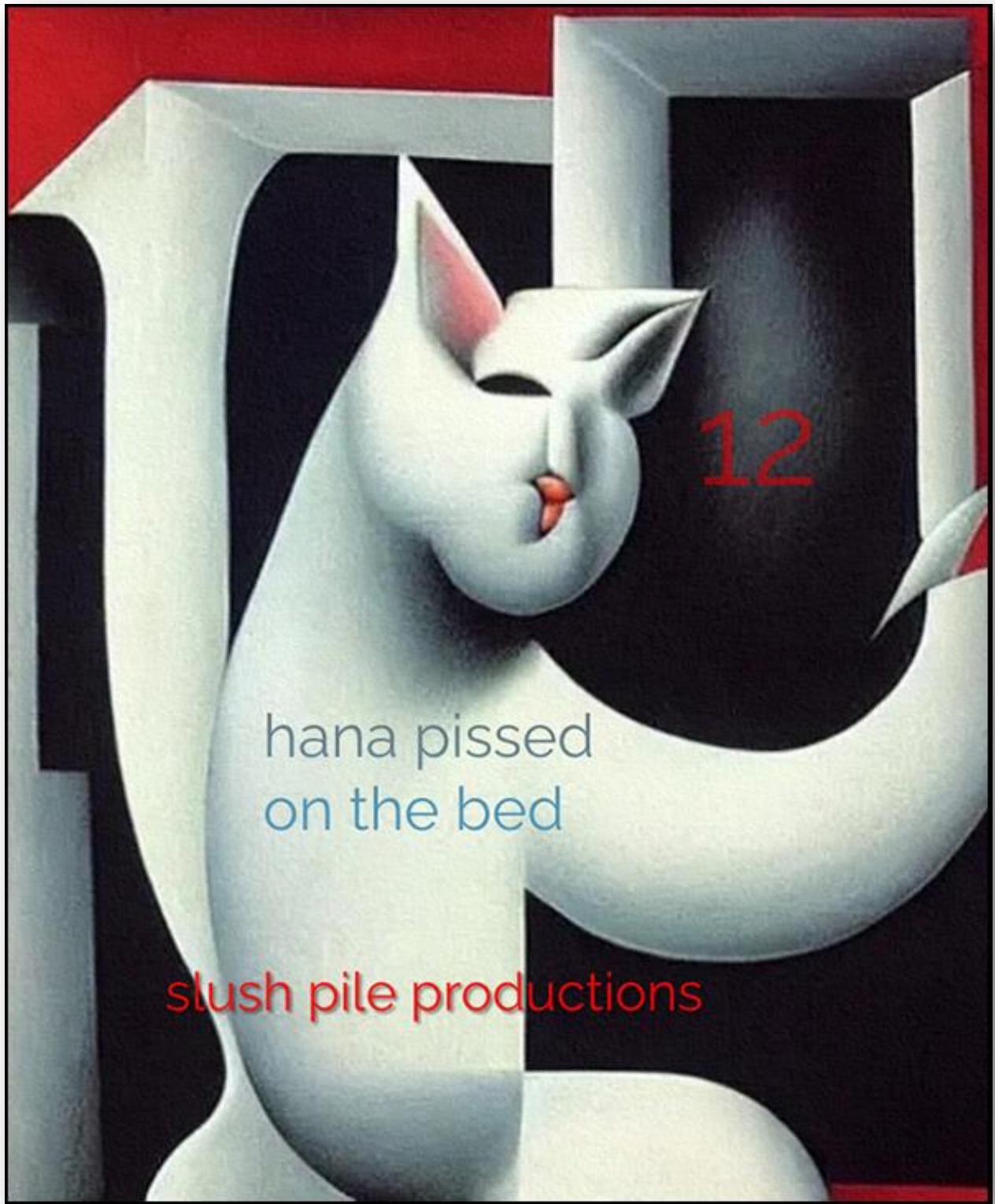


**“Sam + Carlos”** is a fictional story involving two characters, Sam, and Carlos, who come from different backgrounds and work for a predatory labour agency. Sam comes from a wealthy family with a construction background, while Carlos has a challenging upbringing in a place where unwed women were sent to get rid of their demon seeds — pregnancies out of wedlock.

Carlos is crucial to the company's success, but when it's time to lay off employees, Fernando, the company's absentee owner, chooses to let go of Carlos not because of his performance or actions but because of his birth background. Fernando discriminates against Carlos based on his family background, considering him less valuable or worthy compared to Sam, who was born into wealth and privilege.

**“Sam + Carlos”** raises important themes such as classism, discrimination, and unfair treatment in the workplace. It portrays a situation where merit and hard work are disregarded in favour of social status or family background. It also sheds light on the challenges faced by individuals like Carlos, who may be subject to prejudice based on their birth circumstances.

This fictional story serves as a reflection of real-world issues related to social inequality and the importance of recognizing and valuing individuals based on their abilities and contributions rather than their socioeconomic status or family background. Or who their father is.



**“Hana Pissed on the Bed”** is a story about Hana, J, and Lindsay's 12-year-old cat protesting new cat litter by relieving herself on the bed. This situation causes significant financial stress for J and Lindsay, particularly because Lindsay had lost his job unjustly years ago and their financial situation is precarious. Any additional expenses, such as dealing with the cat's protest, exacerbates their stress levels.

The story explores the theme of how unexpected and seemingly small events can have a significant impact on people's lives, especially when they are already facing financial difficulties. It also touches on the bond between humans and their pets and how challenging circumstances can test those relationships.



# LINDSAY WINCHERAUK

13

are you there sam?

it's me, carlos

why did you  
choose, to hurt us?



slush pile productions

41

**"Are you there, Sam?"** delves into the complex dynamics of friendship, where Carlos, the protagonist, grapples with the fragility of a relationship he believed was strong. Sam, Carlos's coworker and supposed close friend, repeatedly hurts Carlos by abandoning him during moments when Carlos needs support the most. This pattern of behavior raises questions about the authenticity and strength of their friendship.

At the heart of the story is the theme of betrayal, reminiscent of Shakespearean tragedies. The act of turning one's back on a friend, even in times of need, can be likened to putting a metaphorical knife in someone's back, a deep betrayal that inflicts emotional pain and damage.

Throughout the narrative, the cowardice of entitlement becomes evident. Sam, presumably feeling entitled, distances himself from Carlos and chooses not to stand by his friend when it matters most. This entitlement reflects a lack of empathy and a willingness to prioritize personal comfort over supporting someone who was once considered a close friend.

As the story unfolds, Carlos must come to terms with the reality of his friendship with Sam and confront the emotions stirred by the perceived betrayal. The narrative explores the complexities of human relationships, highlighting the vulnerability of friendships and how they can be shattered by unexpected actions.

The use of Shakespearean themes adds depth to the story, as it draws on the timeless elements of tragedy, deceit, and human flaws. These themes resonate with readers, as they evoke a sense of universality and reflect on the darker aspects of human nature and relationships.

**"Are you there, Sam?"** is a thought-provoking exploration of friendship's fragility, the pain of betrayal, and the cowardice of entitlement. Through its poignant storytelling and the integration of Shakespearean themes, the story offers readers a powerful reflection on the intricacies of human connections and the emotional toll that betrayal can exact on those involved.

14

63 IN TWO DAYS  
AND I'M FUCKED

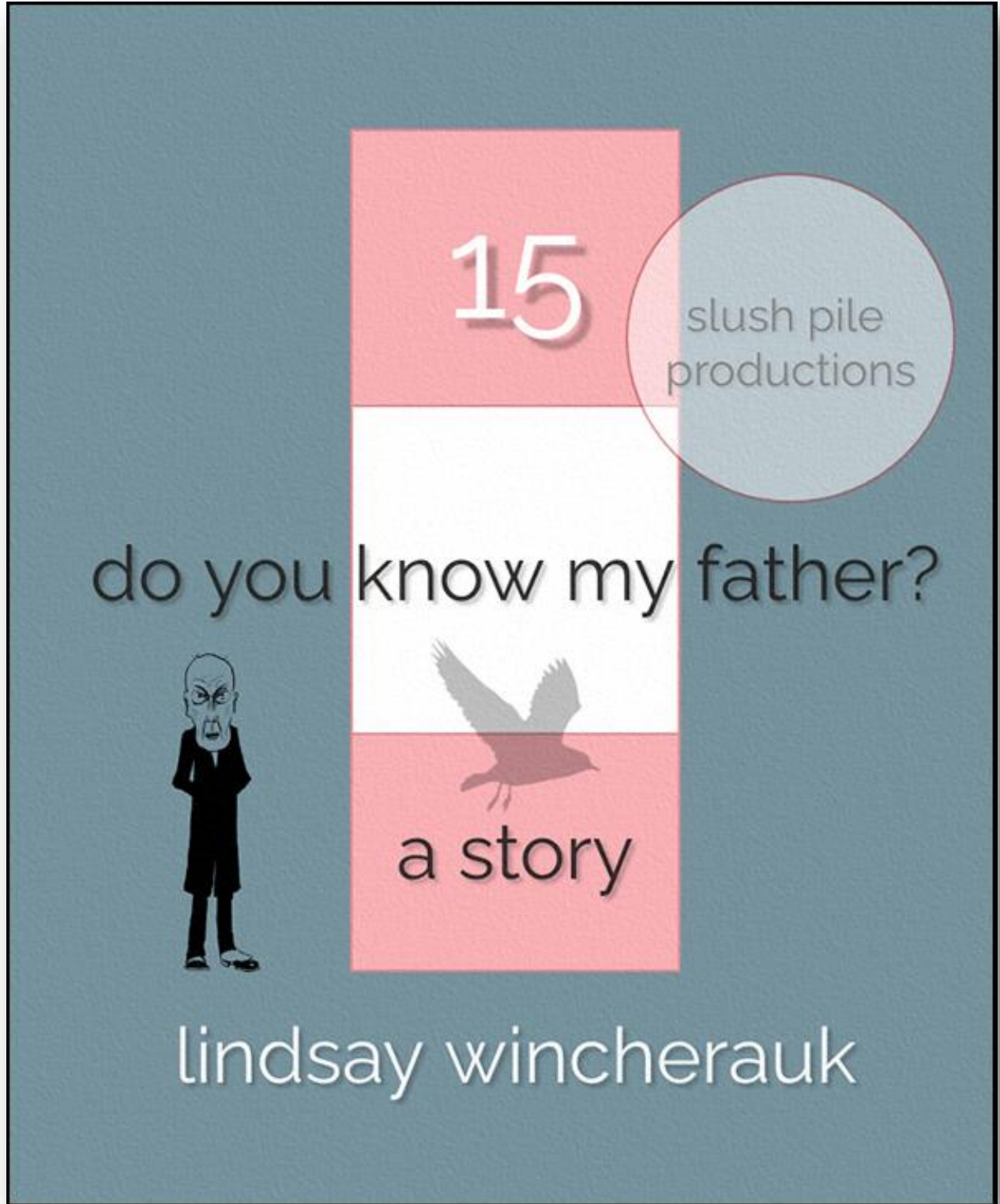
43

slush pile productions

In **“63 In Two Days – And I’m...”** as Lindsay’s 63rd birthday approaches, he is confronted with feelings of depression due to the unfortunate circumstances of being unjustly terminated from his long-lasting career three years ago. This situation has left both J and Lindsay in a difficult and almost impossible position, as their survival now depends on Lindsay’s ability to reinvent himself at an advanced stage of life. This challenge is likened to trying to thread a needle with a rope, indicating the difficulty and unlikelihood of success.

The story suggests that the key to avoiding a potentially dire outcome, such as homelessness, lies in Lindsay landing a book deal offering financial stability and an opportunity for Lindsay to establish a new career path in writing or publishing.

This scenario highlights the harsh realities faced by many individuals who experience unexpected setbacks later in life. It emphasizes the importance of resilience, adaptability, and creativity in navigating such difficult circumstances. The potential book deal symbolizes a lifeline, offering hope and the possibility of a brighter future for Lindsay and J.



45



### **"Do You Know My Father?"**

Lindsay's life has been shaped by a series of painful revelations regarding his father's identity. The constant uncertainty and emotional turmoil surrounding his father's death, the day after Lindsay had turned 25, and the family secret have taken a toll on his mental well-being.

Discovering the truth about his birth father in 2006 only to have that hope shattered again when his father passed away figuratively a second time, because Lindsay's birth mother had lied on Lindsay's birth registration.

The subsequent discovery of a first cousin through a DNA test may have provided a glimmer of hope, but the cousin's ghosting added another layer of disappointment and rejection.

As Lindsay's approached his 63rd birthday, he may be grappled with the significance of knowing his father's identity. After a lifetime of seeking the truth, he questions whether it would bring closure or healing. Knowing the truth could offer some answers and a sense of completeness to his identity, but it might also reopen old wounds and raise more questions about the family history and the reasons for the secrecy.

Ultimately, the importance of knowing his father's identity is a deeply personal matter for Lindsay to consider. Whether or not he chooses to pursue the truth, it is essential for Lindsay to focus on his well-being and find ways to heal from the emotional burdens he has carried for so long.



**LINDSAY  
WINCHERAUK**

**Happy  
Birthday  
to Me!**

slush pile productions

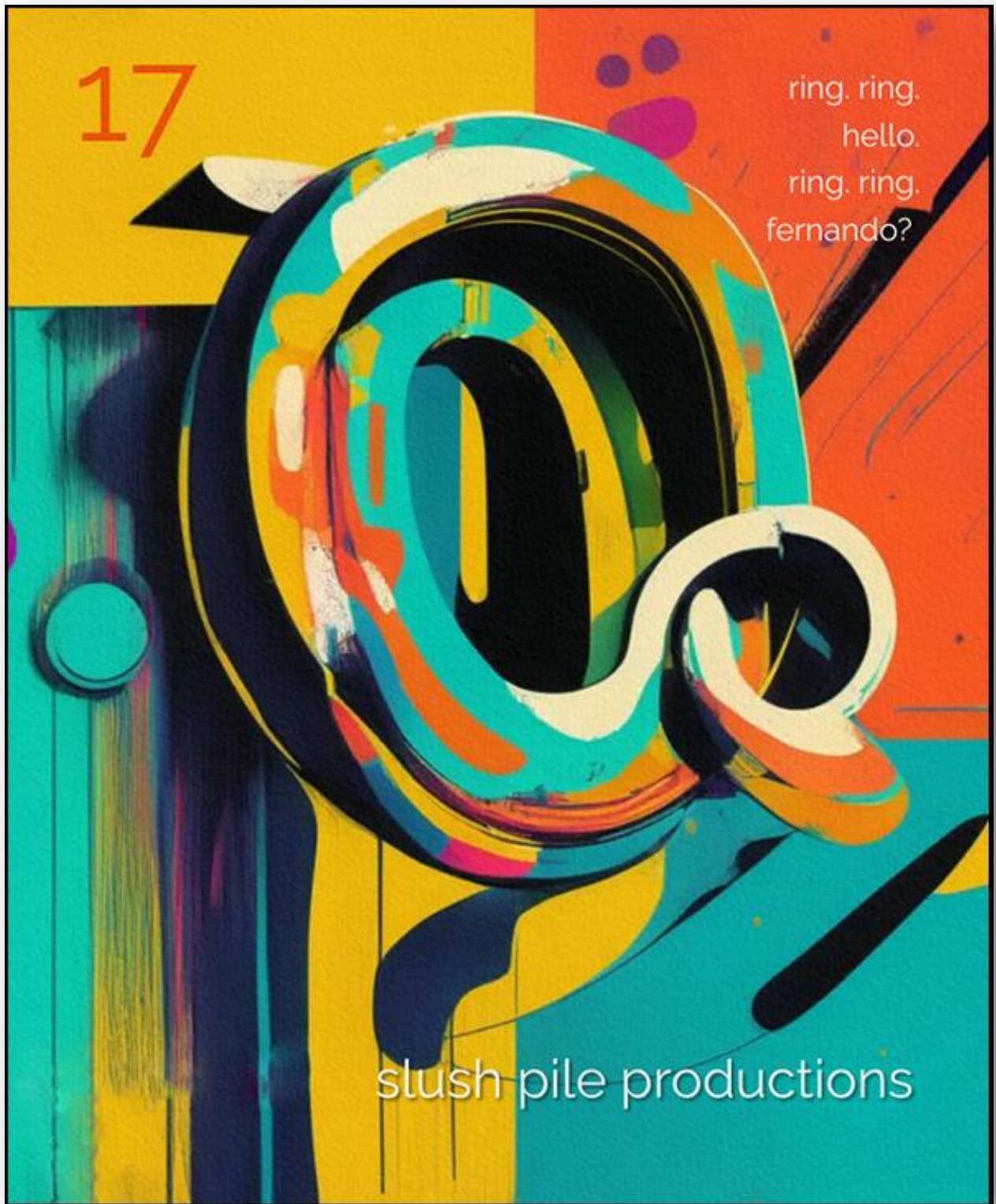
16 july 1960

47

In **“Happy Birthday to Me!”** Lindsay is looking forward to having a day off from his troubles and enjoying the warmth of friendship while celebrating his birthday. However, his happiness is marred by the insensitivity shown by two of his friends towards Lindsay’s friend, Dean, who is dealing with a terminal illness. When they ask Dean about his diagnosis, they respond callously, saying, “We are all born dying?”

Lindsay’s life experience highlights the importance of empathy and sensitivity in friendships. The callous behavior of these two friends makes Lindsay reflect on the value of these relationships and whether they align with his own principles of kindness and compassion.

Lindsay realizes he may need to make some tough decisions about which friendships to nurture and which ones to let go of.



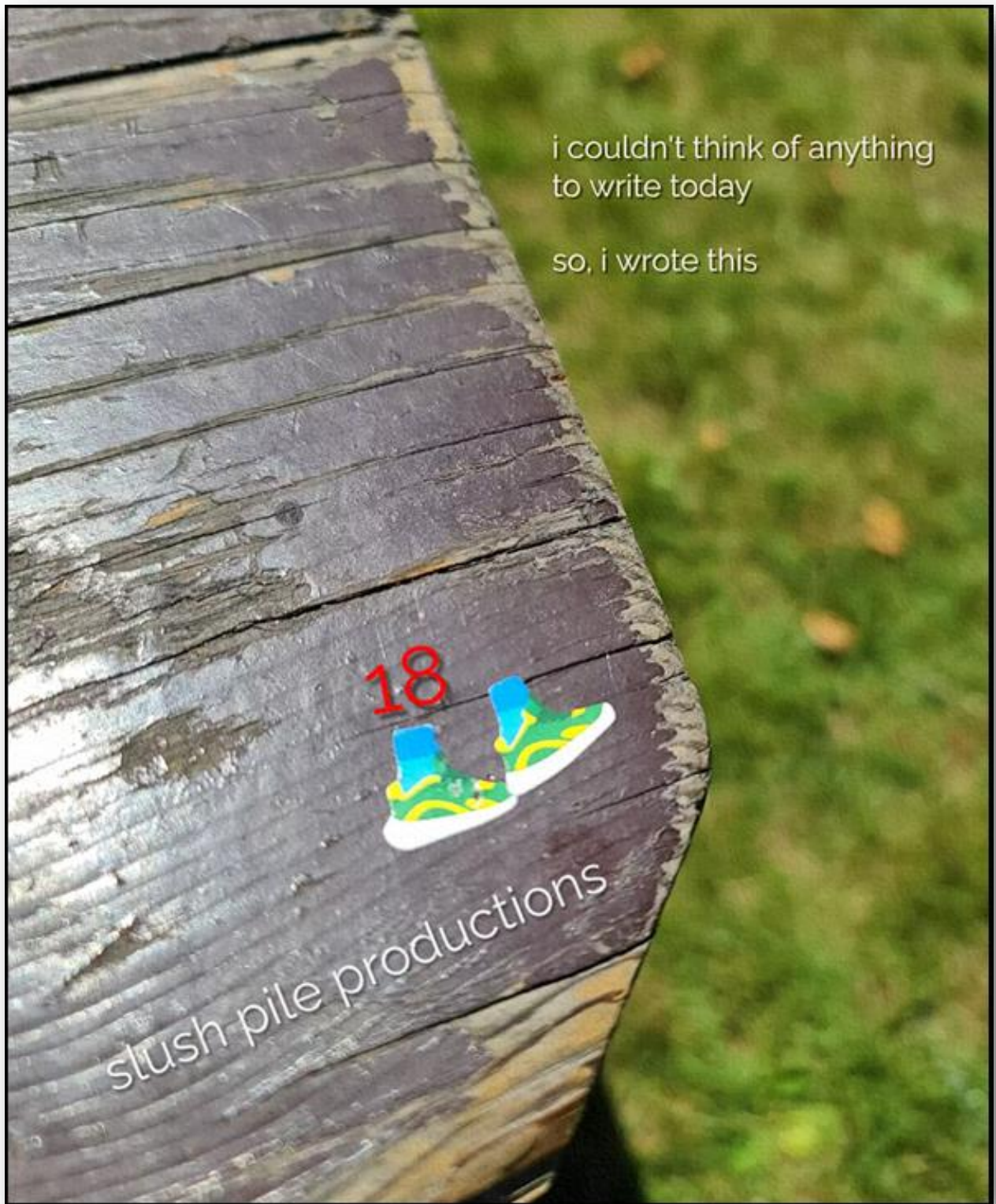
In **“Ring. Ring. Hello”** is a complex and emotionally charged narrative focusing on Lindsay’s internal conflict and his relationship with his dying friend, Dean.

Lindsay is emotionally conflicted because of the trauma he experienced in 1985 when he witnessed someone, he thought was his father taking his last breath. The fact that this person was not his biological father adds an additional layer of emotional complexity. Despite believing that he has moved on from this event, memories of his non-father still resurface, and that the impact of that experience continues to affect him.

This particular year is different for Lindsay because, in addition to dealing with his own emotional turmoil, he now faces the challenge of supporting his dying friend, Dean, on the same day. Dean's birthday falling on this day amplifies the emotional weight of the situation, and Lindsay feels an overwhelming need to be strong for his friend during this difficult time.

The story appears explore themes of grief, loss, emotional resilience, and the complexities of human relationships. It delves into the internal struggle of reconciling past trauma while also being present for someone who needs support and care.



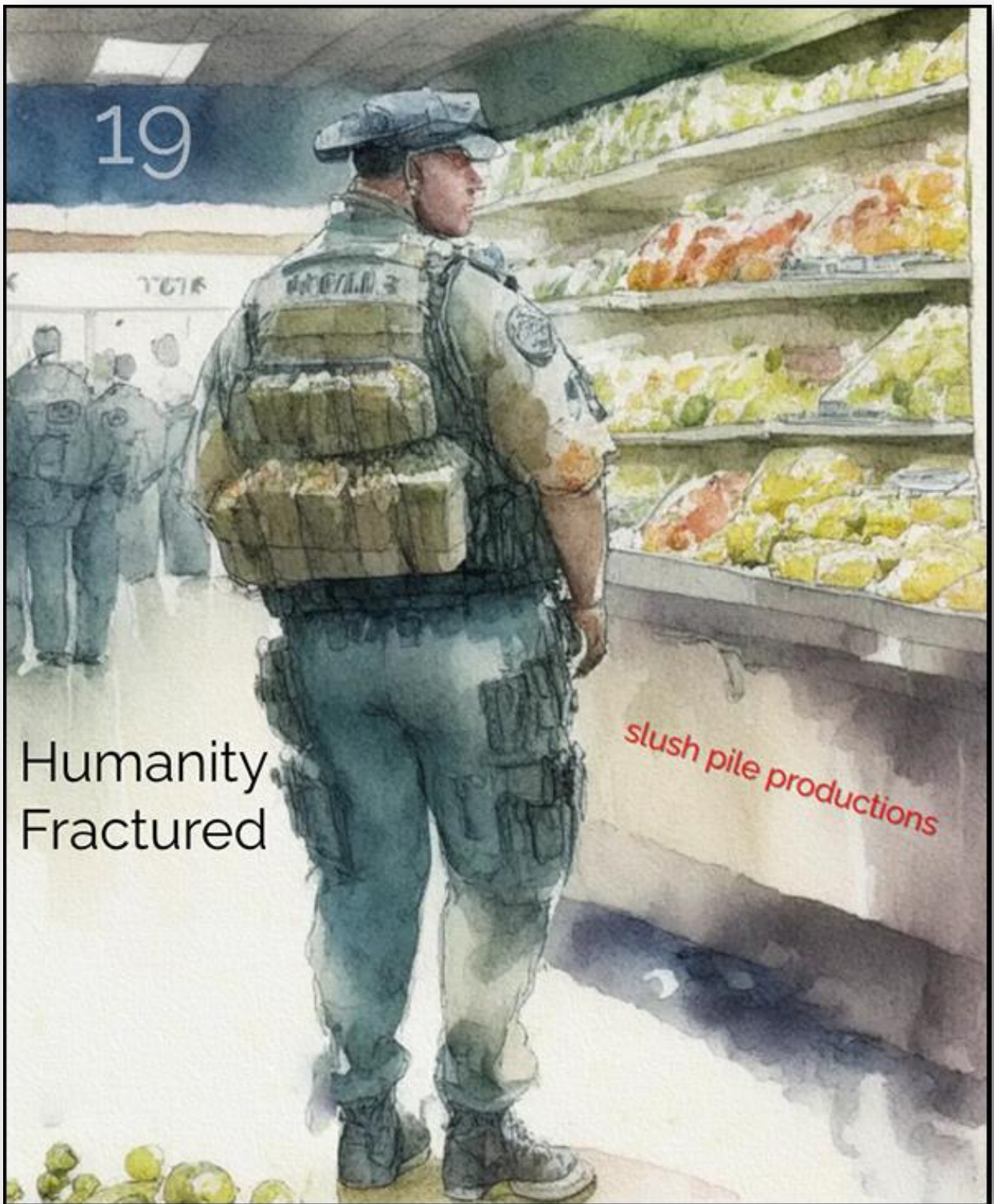




In “I COULDN’T THINK OF ANYTHING TO WRITE TODAY SO, I WROTE THIS” is a creative piece where Lindsay, during his daily walk, decides to narrate whatever enters his mind into a word document on his phone; touching on several random thoughts and reflections that crossed his mind during the walk:

- Fending off depression: Lindsay's lengthy walk serves as a means to combat his depression.
- Essence of life from the movie Zoolander: Lindsay recalls that he learned about the essence of life from the movie Zoolander. Knowledge used at a godchild's baptism came in handy during one of his godchildren's baptisms. When the Priest asked does anyone know what the essence of life is?
- Resting heart rate at 40: Lindsay wonders if his resting heart rate of 40 beats per minute is a good thing. Lindsay contemplates the idea of selling his lazy heart to organ harvesters.
- Friendship with his alter-ego Sparkly Pingle Ball and Whom: Lindsay has a friend named Sparkly Pingle Ball. Together they determine Lindsay as being “broader-crazy” while Whom is “mono-crazy.”

“I COULDN’T THINK OF ANYTHING TO WRITE TODAY SO, I WROTE THIS” is a light-hearted story it represents an imaginative reflection of Lindsay’s thoughts during his walk, blending humour and introspection. It showcases his unique thought processes and how creativity can be sparked by seemingly random musings.



Humanity  
Fractured

53

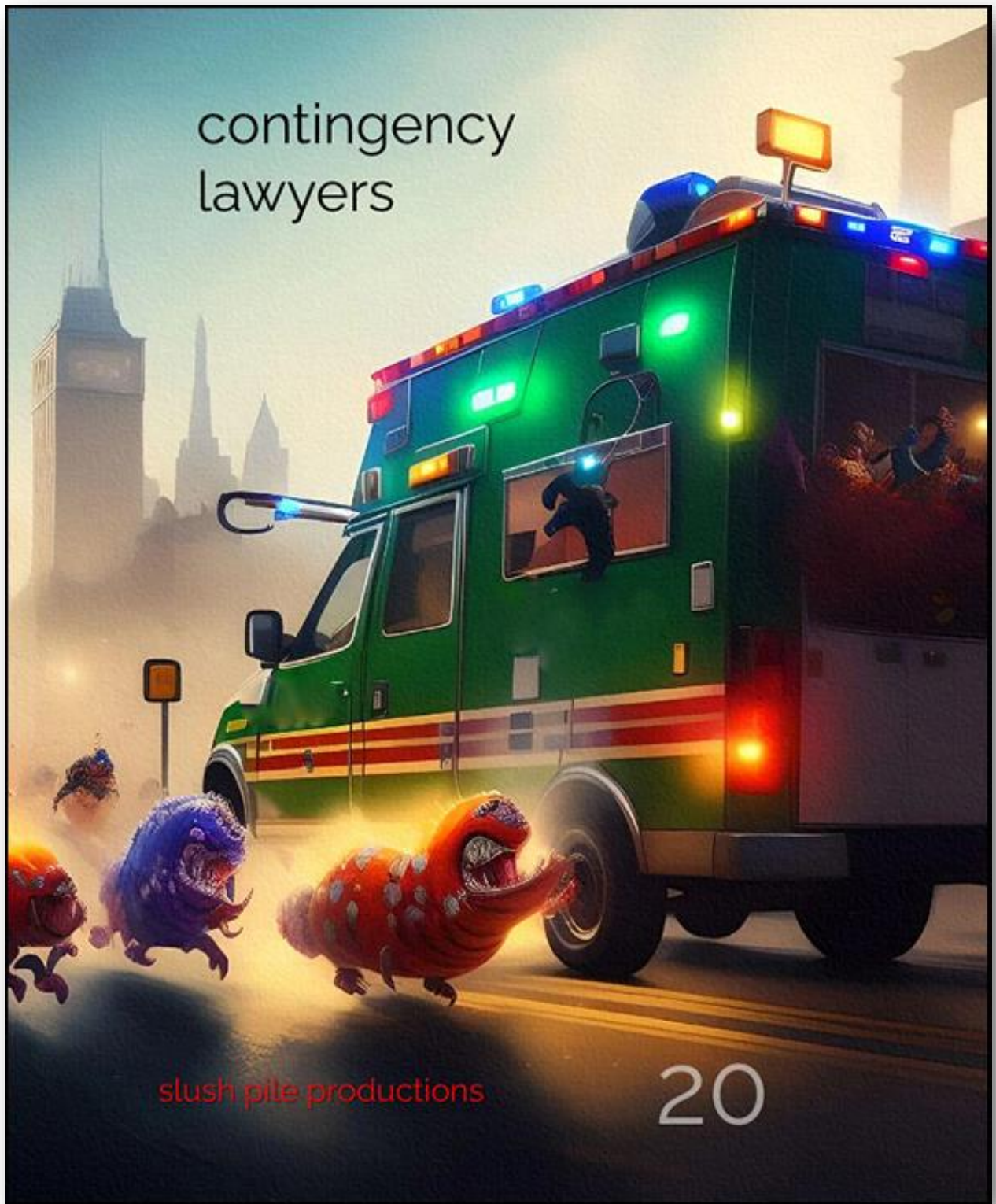
In **“Humanity Fractured”** Lindsay and J’s struggle to afford food is evident when he can only manage to eat a meager bowl of chicken soup for the last four days. His decision to treat himself and J to a bag of chips, despite not being able to afford it, highlights the depth of his financial difficulties.

Encountering with the security guard wearing a flack jacket at the grocer adds to Lindsay's sense of discomfort and unease.

The discovery of the 45-pound bag of kitty litter in his apartment, presumably delivered to one of his affluent neighbors, accentuates the contrast between the poverty and the wealth of those living nearby. This observation leads Lindsay to ponder the root causes of poverty, drugs, suffering, and mental health issues. He may be contemplating whether these issues are interconnected and whether societal factors, economic disparities, or other influences have contributed to many people’s current situation.

**“Humanity Fractured”** hints at the complexities of life in difficult circumstances and raises questions about the factors contributing to the challenges faced by individuals like Lindsay. It underscores the importance of understanding the interconnected nature of various social issues in order to address and alleviate human suffering effectively.





55

**“Contingency Lawyers”** exposes how many contingency lawyers can be as predatory as the employers that Lindsay worked for. They lure clients in and promise to deliver, and will say anything to keep them hooked, feeding them promises of success and financial compensation. But behind the scenes, their motivations are not as altruistic as they had claimed. Lindsay discovered that many of these lawyers didn't take on cases based on the merits of the claims, but rather on the ability of the plaintiff to pay a settlement; nothing more than a numbers game. Leaving desperate souls who have had their lives turned upside down in limbo.

**“Contingency Lawyers”** highlights the impact such behaviour has on their victim's lives. And how they are ruthless predators who see people's misfortune as nothing more than an opportunity to make a profit.

The story **“Contingency Lawyers”** serves as a cautionary tale about the dangers of falling prey to those who exploit vulnerability and hardship for personal gain. It also highlights the importance of seeking out ethical and principled legal representation, and the significance of standing up against a system that prioritizes profit over people's lives. Through Lindsay's journey, we are reminded that the pursuit of justice should never be tainted by greed and that true advocacy comes from the heart, not the wallet.



LINDSAY WINCHERAUK  
LINDSAY WINCHERAUK



**“Resilience”** is a powerful story highlighting the significance of perseverance and determination in the face of formidable challenges. The story emphasizes that no matter how insurmountable the obstacles may seem, giving up should never be an option. Lindsay battles with depression, which is a difficult and emotionally draining journey, but the core message revolves around the desire to transform into the best version of himself.

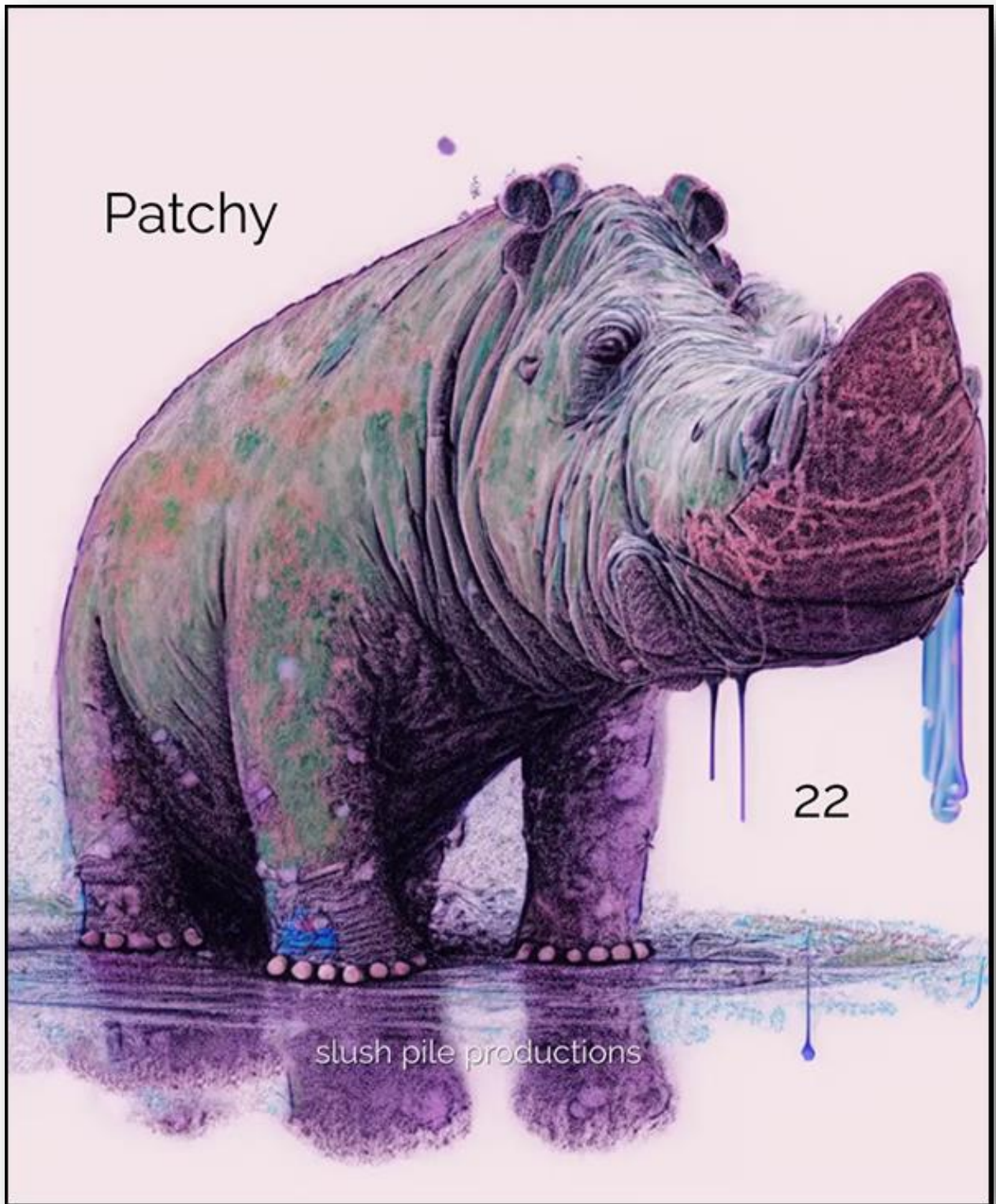
Throughout the story, Lindsay exhibits courage, strength, and a willingness to overcome his struggles. He strives to improve and grow, striving to attain a sense of self-fulfillment and happiness. This journey isn't easy, and there might be moments when the odds seem stacked against him. However, through his relentless efforts, he discovers the power of resilience to weather life's storms and rise above adversity.

The metaphor of a rainbow beautifully symbolizes the potential for happiness and hope that lies ahead. Just like a rainbow that emerges after the rain, happiness can be found even after enduring difficult times. By persevering and staying true to himself, Lindsay is determined to uncover a path back to joy and contentment.

**“Resilience”** is a story underscoring the significance of never giving up on oneself, no matter how challenging life becomes. It highlights the transformative power of personal growth and the ultimate reward of finding happiness and fulfillment after battling through dark periods.

Through this inspirational tale, readers are encouraged to believe in their resilience, embrace their struggles, and journey towards a brighter tomorrow.





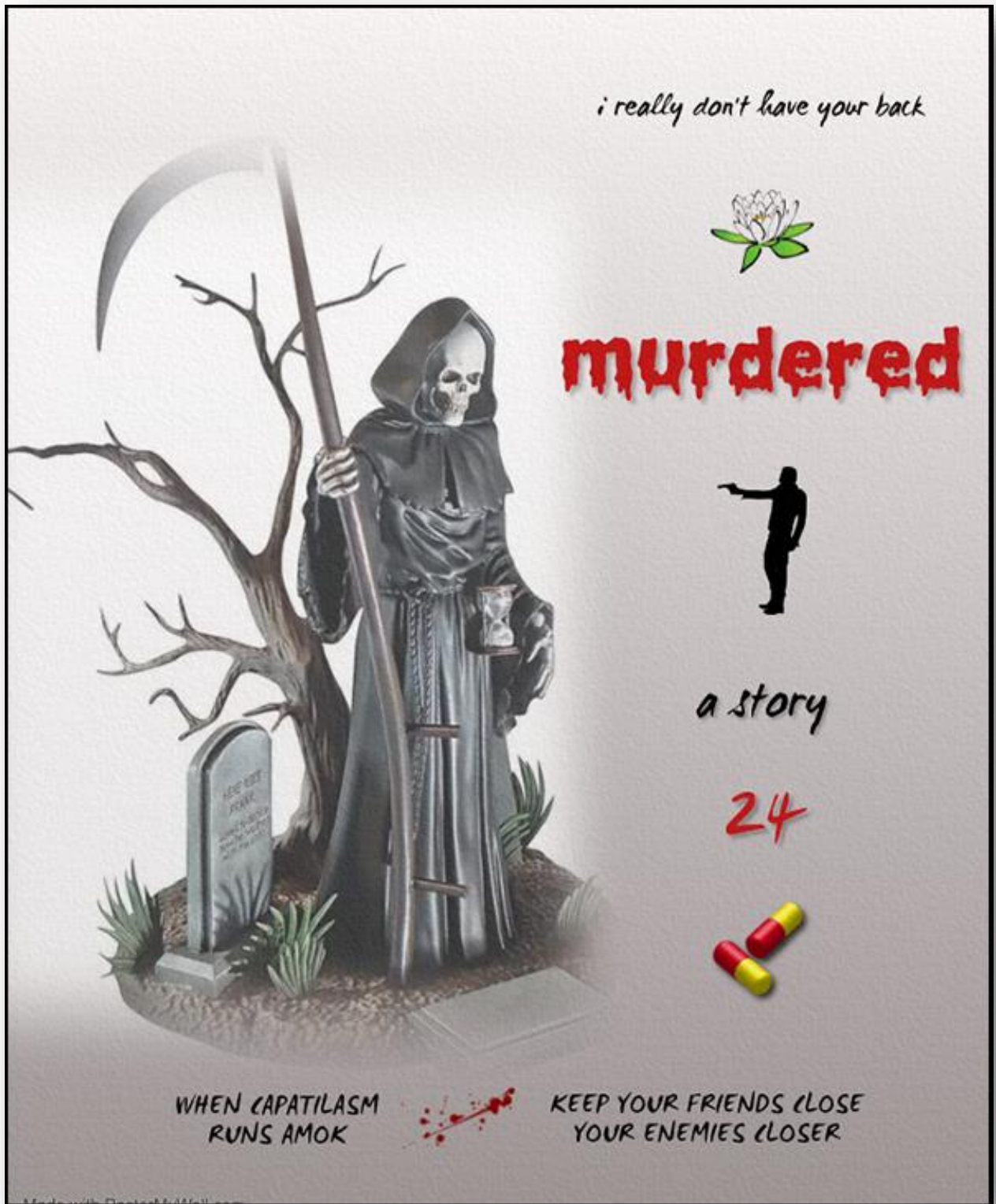
**“Patchy”** is a whimsical tale about the one-eyed, purple stuffed animal that 63-year-old Lindsay cherishes as his Linus blanket. The creature is a quirky blend of a rhinoceros and a hippopotamus, and Lindsay clings to it at night, seeking comfort and solace as he drifts off to sleep. Together, they journey through the night, exploring new lands and discovering the mysteries of the universe, one dream at a time.



61



In **"Merchants of Greed"** Lindsay battles depression by walking over 30,000 steps. Upon returning home, to his dismay and delight he discovers Fernando, the owner of a predatory labour agency being interviewed by Charlie Tuna for a story on the 10 Greediest Business People in their fifties. Lindsay wonders how delusional and narcissistic Fernando could be to have agreed to doing the interview. Lindsay smiles. Read along to find out where the narcissism of Fernando falls on the list!



**“Murdered.”**

In the dark and gritty streets of 1969, a labour agency owner named thrived on the desperation of others. He ran his agency with an iron fist, exploiting his workers for maximum profit. Among his employees was Trae, a man whose life had spiraled into addiction and hopelessness. The owner saw Trae's vulnerability as an opportunity, a means to further his own gains.

One night, when the moon hung low in the sky and the city's shadows grew longer, the owner ordered Trae to venture into the mean streets to acquire drugs for him. Fearful of his employer's wrath, Trae obeyed, though he knew the risks that awaited him.

Trae's journey into the heart of darkness was a perilous one. As he navigated the dangerous alleys and dealt with shady characters, his vulnerability made him an easy target. Tragically, his life was cut short in a senseless act of violence.

The agency owner received the news of Trae's death with little more than a cold, calculating glance. To him, Trae was just another expendable pawn in the game of greed and corruption he played. There was always another desperate soul ready to take Trae's place, and the owner felt no remorse for the loss of life he had indirectly caused.

The story of Trae's murder shed light on the monstrous nature of greed, corruption, and exploitation. The owner symbolized the heartlessness of those who profit from the suffering of others. In the pursuit of wealth and power, humanity's goodness seemed to erode, leaving behind only a void of empathy.

**“Murdered”** asks the haunting question of how far individuals would go when faced with suffering. Would they ignore the plight of others, turning a blind eye to the exploitation and cruelty surrounding them? Would they let their own greed and ambition override their sense of humanity?

**“Murdered.”** serves as a grim reminder of the need to challenge and resist the soulless monsters of greed and corruption that seek to strip the world of all that is good. It called for compassion, empathy, and solidarity among people, urging them to stand against exploitation and fight for a more just and humane society.





**“Wisdom”** is a story of a series of events involving Lindsay and his interactions with different individuals who are going through various struggles touching on the themes of stress, depression, addiction, and empathy. As Lindsay’s stress level continues to rise and haunt him.

While on a walk in the woods with J, they encounter an ornamental owl named Al, which unexpectedly comes to life and flies away.

J drops Lindsay off at adult daycare where he meets up with Whom, who is battling depression due to moving into Social Housing and dealing with Parkinson's disease. Lindsay listens and provides support.

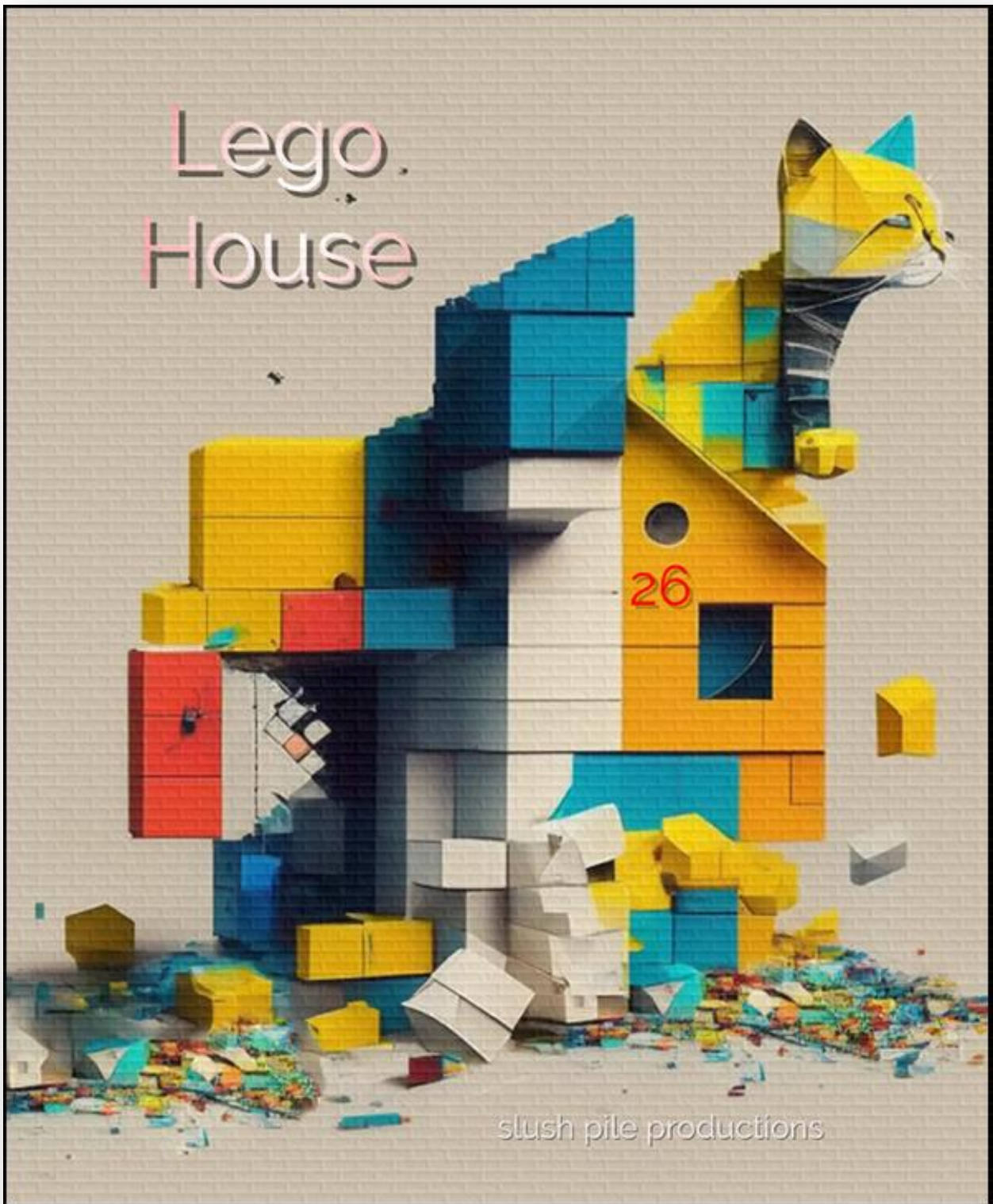
A stranger named Laura joins Lindsay and Whom, and eventually feels comfortable and a need to share her story about being on one last bender before checking into the rehab. Lindsay simply listens. Laura’s story is heart wrenching, dark, and at times hilarious. Laura and Lindsay hug when they depart each other’s company.

Later, Lindsay meets his dying friend Dean, who is also dealing with depression. Lindsay offers a listening ear to Dean.

Lastly, Lindsay realizes his own judgmental thoughts when he sees an old man dressed similarly to him (tank top with a pocket + jean shorts + flip flops, reminding him to be more open-minded and understanding.

**“Wisdom”** highlights the importance of empathy and active listening, as Lindsay consistently shows compassion and understanding to those he encounters, despite his own struggles. It seems to underscore the power of being there for others and how genuine connection can help people cope with their challenges.





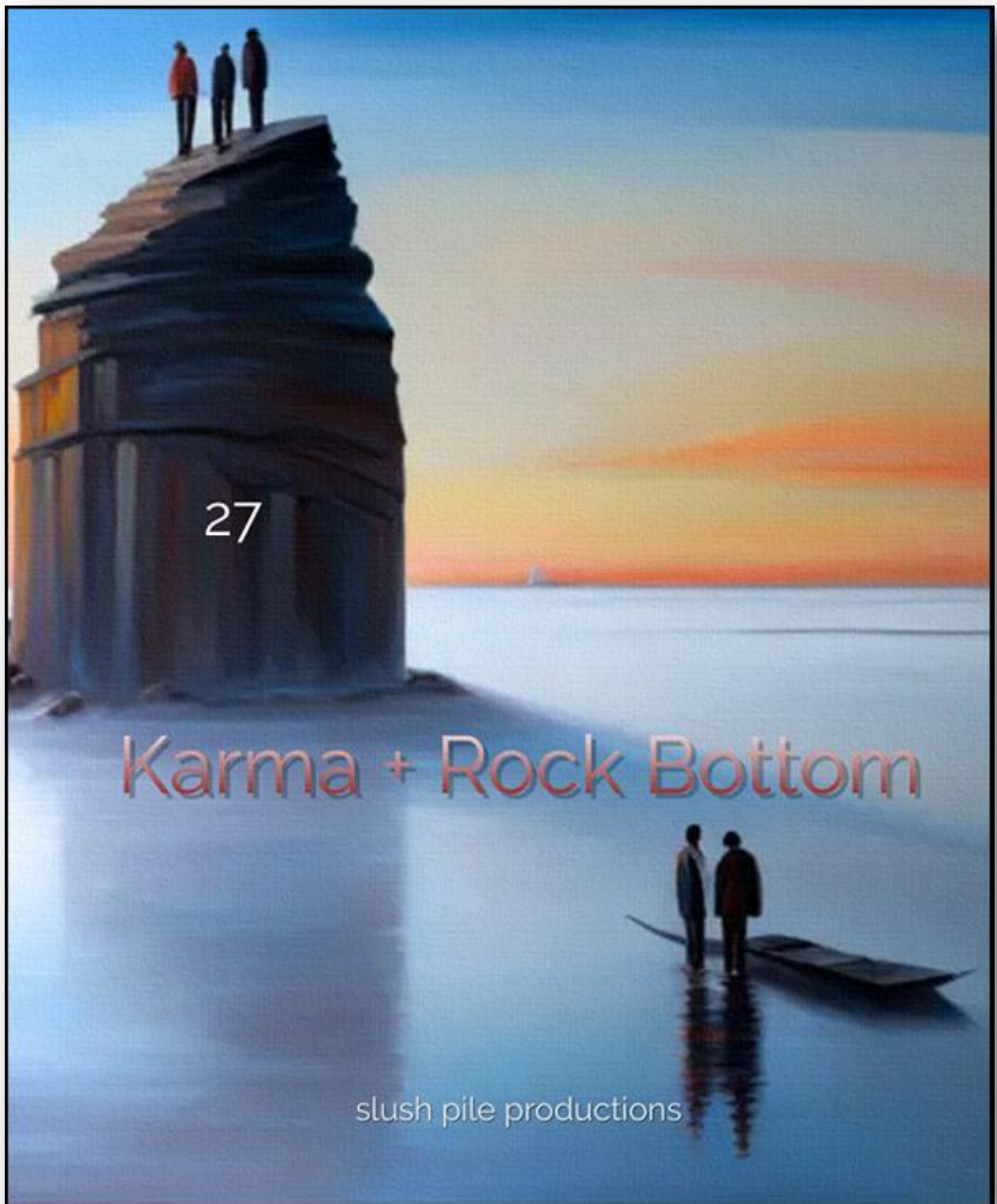
**“Lego House”** is a compelling story that sheds light on the dark side of businesses built on the suffering of vulnerable individuals. DGCW Industries is portrayed as a heartless entity that thrives on exploitation and greed, benefiting from the struggles of those on society's fringes, such as people facing alcohol and addiction issues, mental health challenges, and homelessness.

However, amidst the crumbling downfall of DGCW Industries, Carlos emerges as a beacon of hope by establishing Retro Industries. Unlike its predecessor, Retro Industries operates on principles of compassion, empathy, and ethical treatment of its employees, many of whom share the same hardships as those exploited by DGCW Industries.

As the destruction of DGCW Industries unfolds, its former principals, Fernando, Sam, and The Other Guy, find themselves on the receiving end of the chaos. Carlos, having experienced the consequences of DGCW Industries' actions, recognizes the importance of forgiveness, and offers them an olive branch. He extends a hand of reconciliation, inviting them to join Retro Industries with the promise of treating workers with the utmost respect and fairness. This gesture reflects Carlos's commitment to breaking the cycle of exploitation and providing a chance for personal growth and redemption.

While Carlos is willing to give Fernando, Sam, and The Other Guy an opportunity to be part of Retro Industries, he also sets a clear condition: they must embrace a new approach and treat workers ethically. The message is that, under Carlos's leadership, there is no room for perpetuating the harmful practices of the past. If they fail to meet this standard, they will be promptly removed from the company.

Ultimately, **“Lego House”** emphasizes the power of compassion, forgiveness, and ethical business practices in bringing about positive change. It illustrates the potential for transformation when people choose to abandon exploitative models and instead prioritize empathy, fairness, and respect for all individuals, regardless of their background or struggles.





In **"Karma + Rock Bottom"** as Lindsay continues to navigate through life, battling the ever-present beast of depression and questioning the concept of Karma, he finds solace in the fact that he has managed to steer clear of alcohol and addiction issues. His mental health issues, while present, have become more manageable over time, a testament to his resilience in the face of life's absurdities.

Despite not fitting into the conventional boxes of hitting "Rock Bottom," Lindsay is still facing daunting challenges that test his strength and determination. But through it all, he remains unwavering in his commitment to kindness, compassion, and laughter. These virtues have become his guiding lights, helping him overcome hurdles and maintain a positive outlook on life.

Enter Carlos, once again. Carlos reiterates extending an olive branch to Fernando, Sam, and Carlos, urging them to support Lindsay in landing a book deal. Carlos recognizes the extraordinary nature of Lindsay's journey and believes that his story deserves to be shared with the world.

As Lindsay's friends rally behind him, cheering him on to achieve his dreams, he feels a newfound sense of support and validation. The journey towards a book deal is not an easy one, but with the encouragement of his friends and his unyielding spirit, Lindsay begins to take steps towards making his dreams a reality.

Throughout **"Karma + Rock Bottom,"** and most of the stories in this book, the theme of resilience, friendship, and the importance of uplifting one another shines brightly. Lindsay's life may be hard, and the concept of Karma may still be a question mark, but his unwavering commitment to kindness and compassion serves as a beacon of hope for those around him, and it might just be what propels him towards a new chapter in his life as an extraordinary man with an extraordinary story to tell.



slush pile productions

28

MY  
CONVERSATION  
WITH

A BLACK MAN

71

In **“My Conversation With a Black Man,”** Lindsay, despite having had numerous black friends throughout his life, reaches a significant turning point at the age of 63. Engaging in an extensive conversation with Mike, a black man, Lindsay suddenly realizes that it is the very first time he has genuinely delved into the sensitive and often uncomfortable topics of white privilege and white fragility with someone from the black community.

This realization prompts Lindsay to further reflect on his own vulnerability and conditioned ignorance, as he recognizes that this conversation has allowed him to break free from the limitations of his past perspectives.

As Lindsay continues to ponder, he also acknowledges that this conversation has opened his eyes to the possibility of a future where his whiteness no longer defines his interactions with others. Instead, he aspires to be recognized as the kind, empathetic, and compassionate man he strives to be every day.

By embracing his vulnerabilities and challenging his conditioned ignorance, Lindsay hopes to contribute to a world where everyone he encounters sees beyond his skin color and recognizes the essence of his character.

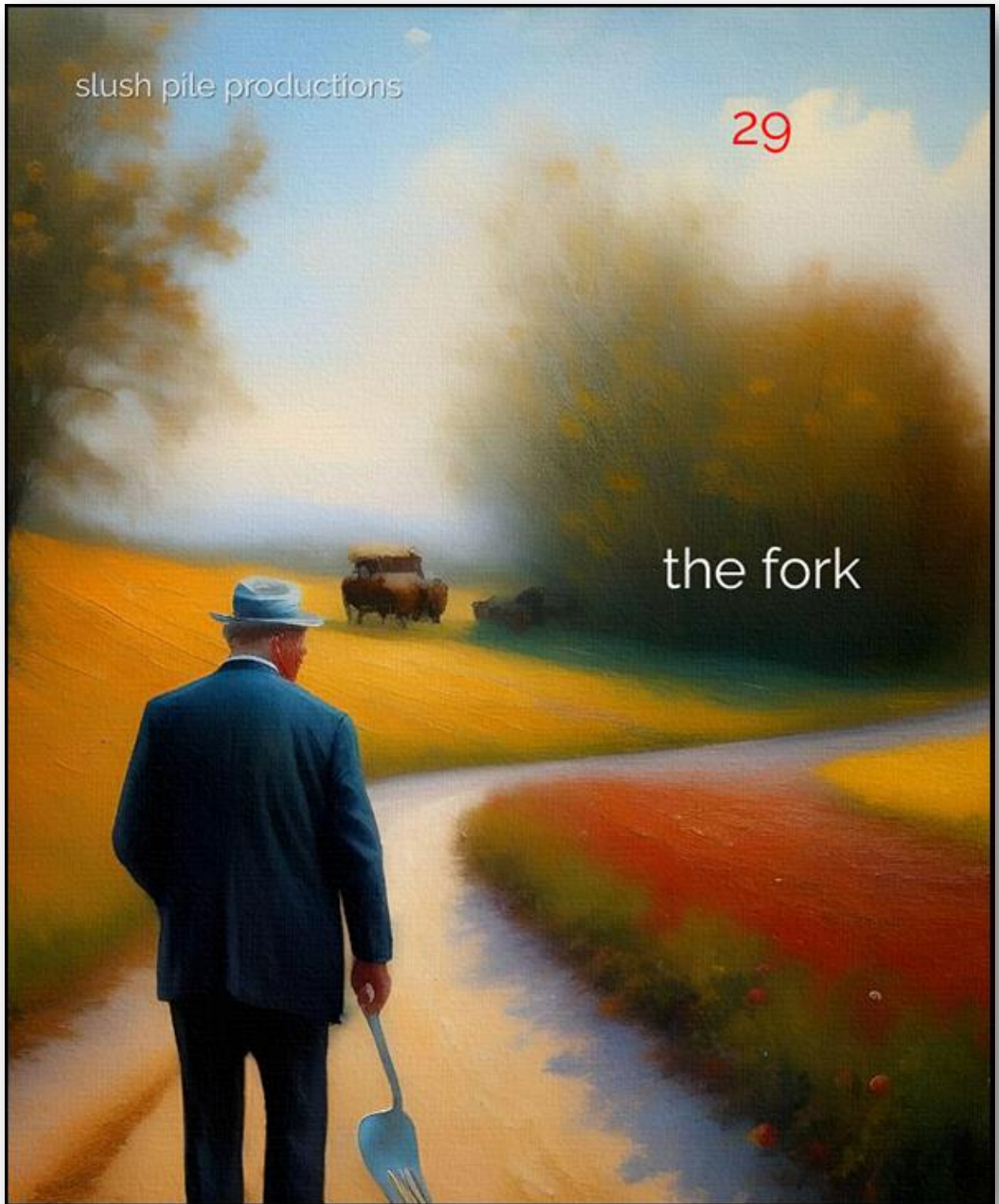
Lindsay aspires to connect with others through his own awkwardness and unwavering dedication to personal growth. He firmly believes that eliminating racism is not a quest that can be undertaken as a group, but rather a deeply personal journey that demands unflinching honesty and profound self-reflection. By sharing his experiences and convictions, Lindsay hopes to inspire others to embark on their own transformative paths.

Central to Lindsay's journey is the delicate art of gracefully navigating situations without appearing condescending or self-righteous.

But ultimately, Lindsay's determination shines through, urging the rest of us recovering fragile white individuals to follow suit. Perhaps, it all begins with a humble act of recognizing the unearned advantages we possess.

In the grand scheme of things, our true essence lies in what we reject.

Lindsay, with unwavering determination, chooses to reject the poison of racism.



73

In **"The Fork,"** Lindsay finds solace in the unwavering friendship of his companion, Wayne, as they embark on their bi-annual tradition of reminiscing and adding to their cherished collection of **"best of"** moments.

The following day, Lindsay, still recovering from the previous day and night's reverie, feels a wave of queasiness wash over him as he sets off on his customary daily adventure.

His alter-ego, Sparkly Pingle Ball, mischievous as ever, taunts him mercilessly.

Along his journey, he encounters the familiar faces of the usual characters he often crosses paths with during his walks.

One such character is The Annoying Skinny Jogger, who carelessly collides into Lindsay, prompting Lindsay to take drastic measures to rid himself of this vexatious annoyance.

As Lindsay reaches a crucial juncture in the road, he finds himself faced with a fork that symbolizes the crossroads of his life at the age of 63.

Contemplating the significance of this moment, he hesitates, unsure of which path to choose.

Just as he is about to make his decision, a distressed Clucky the Chicken crosses his path. Clucky, upset due to Lindsay's lunch with Wayne, seeks relief in Lindsay's reassuring presence.

Lindsay, ever compassionate, consoles Clucky, assuring him that despite his initial desire for chicken, he ultimately opted for a burger instead.





In **“Tale of Betrayal – Pure Evil,”** Lindsay seeks relief by penning a heartfelt letter, a desperate attempt to purge the toxic emotions that have ensnared him.

As Lindsay sat down to write this heartfelt letter, he could feel the weight of his emotions bearing down on him. The betrayal he had endured had left deep scars on his soul, and he knew that only by confronting these feelings head-on could he hope to find some measure of relief.

With fingers on keyboard, he began to pour out his pain and anger onto the screen. He didn’t hold back, allowing himself to express the rawness of his emotions without censorship. He detailed that the trust had been shattered, the lies had been told and the pain that had been inflicted upon him. Through each word, he thought to release the venomous emotions that have ensnared him, one syllable at a time.

Although he understood that the intended recipients of this letter may never see it or offer an apology, he knew this act of writing was not about them; it was about him. This was his journey towards healing, an opportunity to liberate himself from the shackles of bitterness and resentment.

In writing this letter, Lindsay aimed to reclaim his own power. He refused to be defined by the actions of those who had betrayed him, and he vowed to take control of his sentiments. He was resolute in his decision to no longer allow these loathsome monsters exert a stranglehold on his life.

In the end, Lindsay’s letter became a symbol of his resilience. It was a testament to his strength in the face of darkness and his capacity to find light and healing within himself. And so, with renewed determination, he embarked on the path to reclaiming his life, one step at a time.





In **"Possibilities,"** Lindsay wrestles with the final lines of this mesmerizing manuscript, recognizing that a memoir, while a testament to the past, is only a moment frozen in the flow of life. As the author bids farewell to these pages, he embraces the essence of possibilities that life offers, acknowledging that even amidst depression, uncertainty, fear, and pain, there lies potential for growth and transformation.

Being a memoir writer, Lindsay knows that life's journey doesn't end with the exclamation mark on the manuscript. The path continues to unfold before us, and it is the beauty of possibilities that keeps us moving forward. Along this path, he emphasizes the significance of movement - the act of continuously evolving and remaining true to ourselves. Every step we take leads us closer to the person we are meant to be.

Lindsay recognizes the value of listening - to others, to ourselves, and to the world around us. Empathy and compassion become essential tools in understanding and connecting with others. In addition, he celebrates the unbridled joy found in comedy, recognizing the power of laughter to heal and uplift.

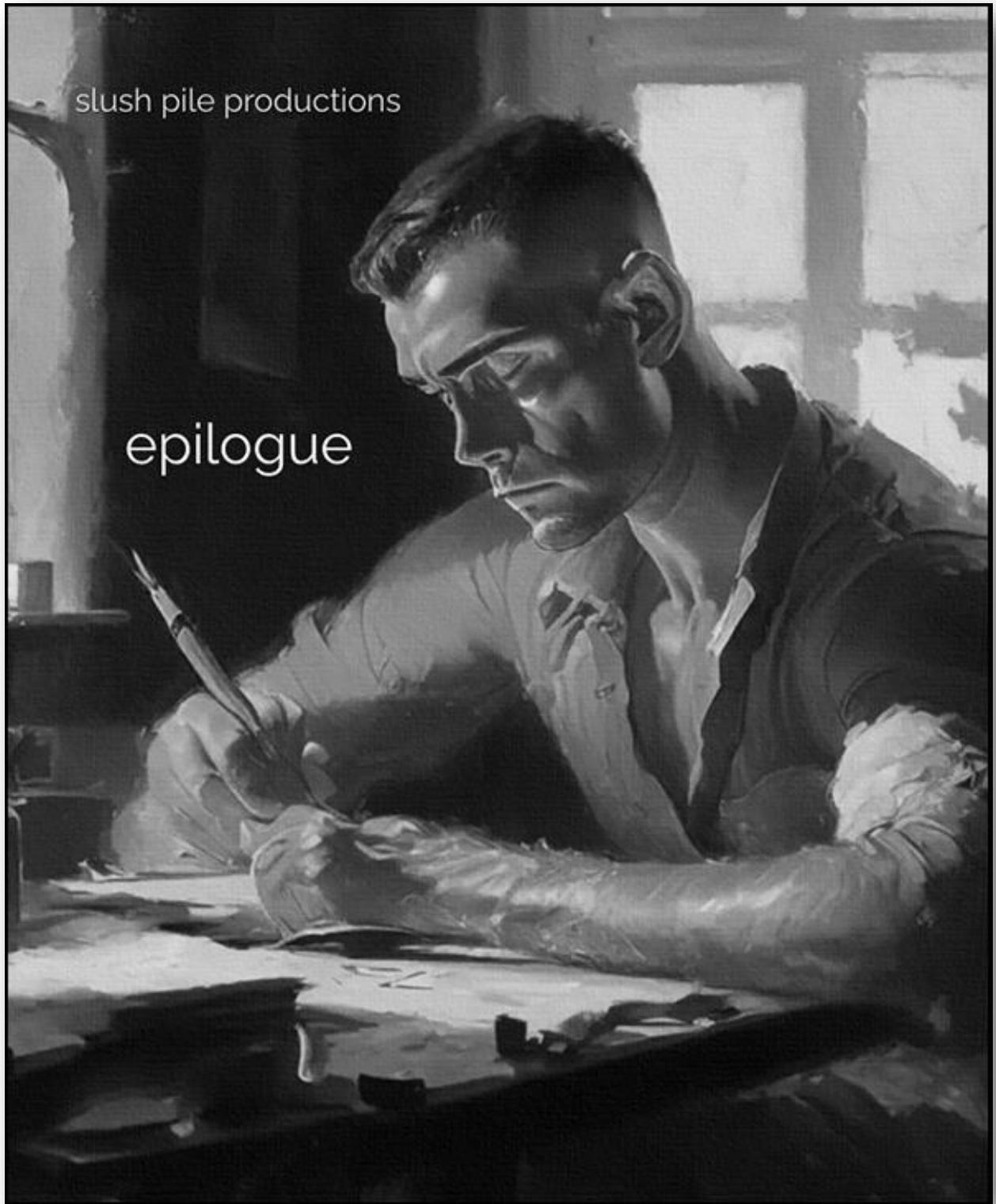
While Lindsay's journey has been filled with grief and uncertainty, he reminds us that healing and recovery do not adhere to rigid timelines. Life's challenges may be unpredictable, but every sunrise presents a new opportunity to move forward and embrace the possibilities that await us.

As the final lines of the manuscript take shape, Lindsay leaves the reader with a poignant message: Life is a journey, and though its path may be challenging, it is rife with opportunities for growth, understanding, and connection.

Embrace the possibilities that come your way, for they hold the key to shaping who you are meant to become. And as you continue along your path, remember to keep moving, even in the face of adversity, for tomorrow's sun will rise, and new possibilities will emerge.



LINDSAY WINCHERAUK  
LINDSAY WINCHERAUK

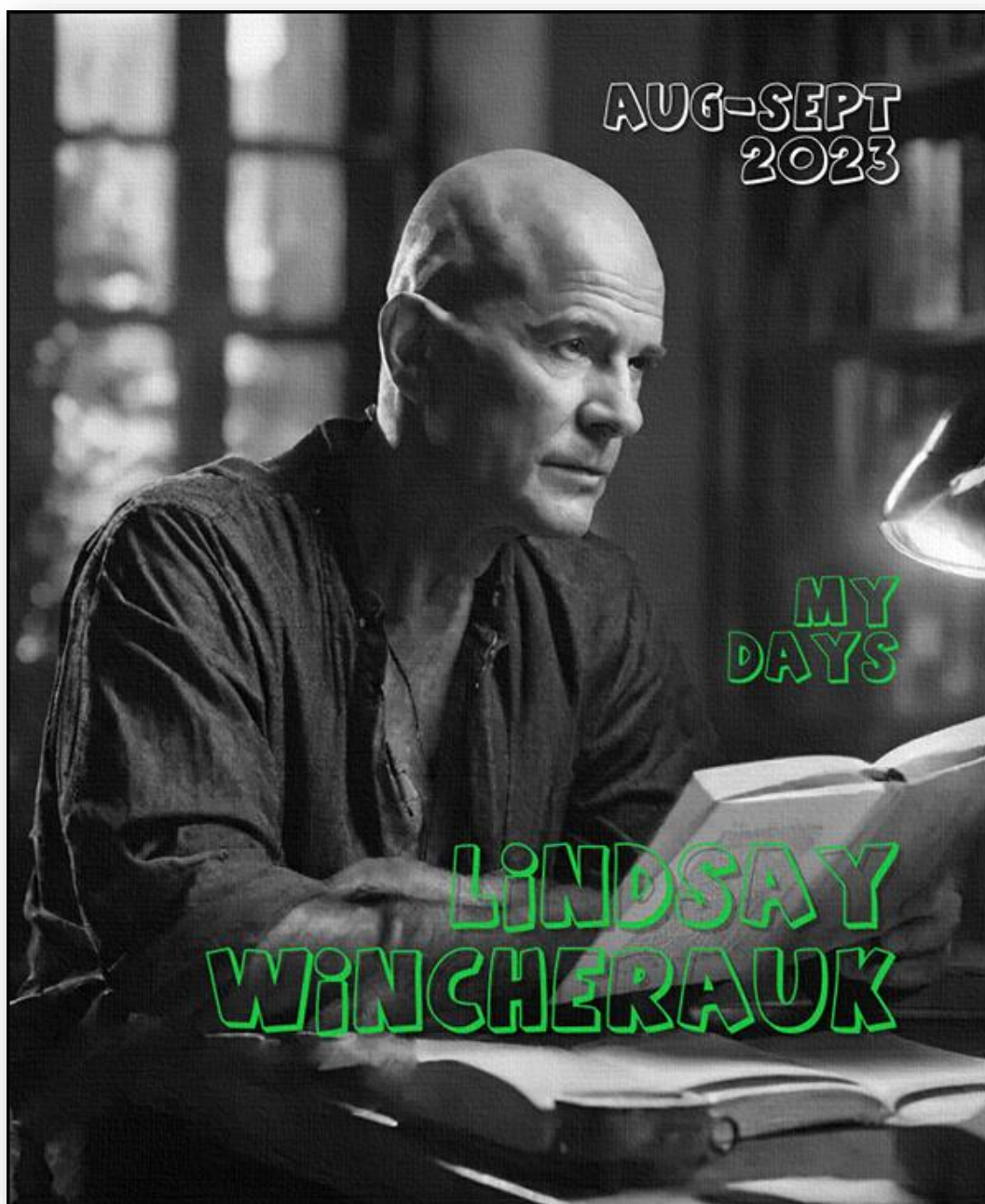


MY DAYS: JULY 2023

LINDSAY WINCHERAUK  
LINDSAY WINCHERAUK

# Coming Next

COMING NEXT



MY DAYS: JULY 2023