



roadSIGNS

The Journey to Self-Discovery

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roadSIGNS Newsletter

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December 2014

Dear Jim,

Once again this year we have been thrust into an early winter with 6 inches of snow arriving on November 19th. Yes it was beautiful. Jim and I enjoyed a long walk along the Recreation Path in Stowe, Vermont. The landscape carpeted with a few inches of snow with the great evergreens dressed in fine white lace was truly spectacular.

November has been a quiet month, offering time for reflection on the year behind us as well as business building for the year to come. We broke away from the office for a few days to take Jim's parents, Dorothy and Ron to Stowe to celebrate their 65th anniversary. The location is significant as Dorothy and Ron

had purchased a time share property in Vermont in the mid-80's, a property which was then passed on to Jim and I . It has been the site of many family occasions. Being there together allowed us to reflect on the many meaningful memories created in that space

As Jim and I traveled home, we mused about the significance of celebrating these occasions with his parents. Given their age, with both of them now in their mid-eighties, every day is a gift. And so with this newsletter entitled Celebrating Milestones, I am sharing our reflections.

Enjoy the read!

Betty

In collaboration with the Quirky Carrot, our favorite local restaurant/coffee house located in Alexandria, the Healthy Living Café will be held the second Tuesday of every month from 7-9 p.m. In January we welcome Barry MacDonald to the Healthy Living Café! On Tuesday, January 13th join us for an informative conversation 'Steps to Take to Achieve Financial Peace of Mind' . For details click [HERE](#)

Our next Retreat Day will be Saturday, January 24th for the second, annual Vision and Intention Day. Kick-start 2015 by clarifying your intentions for the year and creating a vision board that inspires you to step fully into living those intentions.

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This month's roadSIGN



Photo taken on Stowe VT Recreation Path
November 2014

December Newsletter

"Life isn't a matter of milestones, but of moments."

Rose Kennedy

CELEBRATING MILESTONES

Sixty-five years of marriage. That is a milestone few couples reach these days. Though our society is gradually greying and reaching ages of 80, 90 and 100 are no longer unusual, staying in a marriage for this length of time is. In my view, it should be noted, celebrated, discussed and honoured; at least this was my take on the issue as Ron and Dorothy Healey's anniversary approached. With both of them now in their mid-eighties, every day is cause for celebration. That makes the anniversaries and other milestones even more important.

Have you noticed though, how few people slow down and take the time to celebrate these occasions? Is it that we are simply caught up in our daily happenings and busy lives that we don't take the time? Or perhaps that we fail to recognize these occasions at all? And if you do choose to pause, if you do recognize the occasions, what's in it for you? Here are a few of my musings.

Gratitude and Acknowledgment

I probably can't fully express in one newsletter my gratitude for Dorothy and Ron, known to me simply as mom and dad. They have been an important part of my life and my surrogate parents since the age of 17. Coming from a family where my father left when I was 13, and where my mother died when I was 23, it was the Healey family I turned to. My connection to parents had simply disintegrated.

I am grateful for so many things:

- Incredible role modelling both as a couple and as parents
- Watching them interact with their 5 children, 13 grandchildren and now great-grandchildren
- Their commitment to family and their community
- The wide network of friends they developed and the respect they have garnered
- Their ability to adapt and change with the times, despite their belief systems and humble beginnings
- Their belief and support of higher education - all their children have post-secondary degrees/certificates
- The support they have given Jim and me in our work. While they may not understand everything that we do, they attend many of our events and have been present at all of our book launches. Mom had occasionally accompanied me on speaking engagements. On one such occasion she quietly whispered to me, "I think that made a difference!"

When my mother passed away, it was Jim's parents who stood by me as Jim made the necessary funeral arrangements. I acknowledge them for simply being there.

It's the Little Things that Matter

Jim and I have not always been available. We have lived across Canada and back, often living at a significant distance from his parents. When the decision to remain in Alberta or return to Montreal arrived, we decided that the call of family was more important than the life we loved in Alberta. For so many reasons

this has been the best decision we made for us and for family. It brought us back into the family circle. As our nieces and nephews appeared one by one, every occasion to gather became a special one. Celebrating milestones is more than celebrating the significant occasions, it is also about being present to what is going on in the lives of others, both family and friends.

Over the years things have changed. As Jim's sibling's families have grown up and careers expanded, the shared times have become leaner.

Our focus in the last few years on being more present for mom and dad has facilitated my conscious awareness of what is really important and my desire to gift back to them a portion of what they have offered me through the years. On a daily basis, it is the little things that matter - a simple phone call to check-in, dropping by unannounced to simply say hello, being present for them even when we are not together.

Gathering the Stories

Dorothy and Ron first met on a blind date, New Year's Eve 1948. They were engaged April 1, 1949 and as dad would say, the same day Canada joined Newfoundland and he became a Canadian citizen. (Yes he is a proud Newfie!) Following a brief honeymoon to Ottawa they moved back to dad's home in Bishops Falls, Newfoundland. While mom said she loved their life there, there simply was no work, so two years later they returned to Cornwall. By then Jim had been born.

Neither one of them had much education; dad had completed elementary school while mom managed to complete grade 10. By dad's admission, he hated school and would sneak off to the local army camp when he was supposed to be in school. There he would polish boots and buttons and do chores for the soldiers in return for cigarettes and chocolate, scarce commodities during wartime.

On the other hand, mom loved school however her family refused to pay for her to attend grades 11 and 12 as this meant leaving home and financing room and board. She was simply sent out to work. This fueled mom's love for learning and she was determined that all of her children would have educational opportunities much greater than those she experienced. By the way, she would return to the local community college and get her high school leaving certificate as well as a diploma in drafting just after Jim and I were married.

This of course is only part of their story, some of which I learned only this last

week. It is also an essential part of our history. Without taking the time to stop, ask, listen and learn we chance to lose all this information. I can personally attest to this as I had only four weeks to gather information from my mother in the final days before she passed away. There was so much that I missed. I encourage you not to lose these chances.

Final Word

As I discussed the content of this e-newsletter with Jim, we discussed what significance celebrating milestones has on the ME FIRST journey. Not all family memories are positive. Indeed the life Ron and Dorothy have lived seems pretty ideal given the family circumstance I experienced.

Here is my take on it. Every life is significant. Every person in your life impacts you and holds the potential of many lessons. It is only when you stop to celebrate and acknowledge that you become consciously aware of what the lessons are.

You have a chance to ask about the past and understand how history has impacted you. Most importantly, you get to choose how you wish to direct your life based on this history. The opportunity of celebrating milestones, to slow down, provides fuel for that most important journey of all, that of your self-discovery.

Your asSIGNment

With Christmas and Chanukah upon us, what a perfect occasion to create more space for exchanging the most important gift of all - time to engage with family and friends, be fully present, ask, listen and learn.

Travel Tip

Your history is part of your story. Learn from it; use it as fuel to clearly define the life you choose for you. Allow your history to give you direction for moving forward. Discard what no longer serves you and adopt what is in your highest good.

Conscious Communication Coaching

Conscious communication is mindfulness. Our coaching clients are experiencing amazing results in their life as they learn to be clear about what they want and to take action in doing and being.

roadSIGNNS is dedicated to offering coaching packages and retreat programs based on the principles of Conscious Communication and designed to assist you in living the life of your choice.

Here is what two of our coaching circle participants shared with us recently:
... the nuggets of wisdom that have revealed themselves throughout our short and powerful six weeks (of coaching) will continue to unveil themselves to me and lead to new questions and discoveries.

...The coaching sessions in FROM CRITIC TO COACH have helped me discover how to return to pure energy, to experience the true meaning and purpose of the game I call Life.

Give yourself the gift of coaching. [Contact us](#) to arrange a coaching consultation and explore the options.

Lumina Learning Systems

Learn about your personal preferences and your core qualities/strengths through the Lumina Spark Portrait. This comprehensive psychosocial assessment leads you gently down the path of self-discovery through a unique portrait of who you are and how you show up in different life situations. It is a great starting point in developing your awareness and learning strategies for being resilient.

I have always wanted to learn to mother myself first
but I did not know how to do it.

Lumina has given me the tools to understand
what it is I need to do for myself and how to engage my strengths.
It has opened the door to being coached through my top qualities/strengths.

Monica

Check out the website, www.roadsignns.ca for more information and/or contact betty@roadSIGNNS.ca.

Events:

For details regarding any of our upcoming events in 2014 [visit our website](#)

ME FIRST Self-Study Program (New offering)

The ME FIRST Self-Study Program offers a structured approach for your ME FIRST experience. This 10 module self-study program replicates the ME FIRST Retreat experience allowing you to complete it at your own pace

For more details go [HERE](#)

Healthy Living Cafe

roadSIGNS is joining forces with the amazing staff at the Quirky Carrot in Alexandria, ON for a monthly presentation and information session called **Healthy Living Café**. We will be featuring speakers and discussions that will offer you tips to living a healthier life - Body Mind and Spirit. The next **Healthy Living Café** will take place on Tuesday January 13th and will be held every 2nd Tuesday of each month.

To register and/or find out more, click [HERE](#)

Winter Solstice Labyrinth Walk

Join us for the Labyrinth walk on Saturday December 20th, 2014 5:00 PM

For more details go [HERE](#)