



Writing a Letter or Email per Week

Our Canada, Our Stories – Notre Canada, Nos Histoires celebrates our country's storied past by encouraging the recording of the lives, histories and memories of Canadians and their communities in an unprecedented collection available for generations to come.

One of the fastest ways to start recording your stories is to write a letter/email every week and upload it to our digital repository at: www.canada150.org. In this way, you are preserving your stories as you go rather than saving them up in hopes of publishing them later on.

On the next page is a chart with 24 slots. In each, in pencil, write a topic or event from your life or your family history that you would like to write about over the next 24 weeks. Whenever you get a new idea, fill in another slot until all 24 are full. Then pick one a week to write about. If you have a photo or illustration (JPG, GIF, or PNF file) you can upload that with the story.

At the end of 24 weeks, you will have 24 short or longer stories that you want to preserve and pass along to your own descendants but also to Canadians of the future. What a wonderful legacy.

Examples of things you might write about include: earliest memory, first years in school, best friends growing up, special memories from highschool, how you met the person you love most in life, hobbies, special memories from your work life, your spiritual beliefs, your parenting tips, special holiday memories, what you did today (pick any day), lessons you learned, things you wish you had known, quotes that have meant a lot to you, and anything else that comes to mind that you find interesting.

Our free eBook on *Recording Your Personal and Family History* is available for free from our website. It has lots of suggestions for what to write about. But do not worry too much at first about what to write. Just write a few stories of the first things that come to mind about your life. You can get more creative later on once you have started the routine of writing once a week.

Once you are done the 24 weeks, you can start over! By then, you will have found many things you might want to write about. There is no limit to how many you can do. The only limit is that they must all be in the collection at www.canada150.org by June 30, 2018!

To get our *free eBook* on how to record your life stories and community histories, go to www.canada150.ca.

For further information contact: Harry van Bommel at 416.264.4665 or harry@legacies.ca



Topic for a Letter or Email/Post per week. Fill in each square with a topic idea and then pick one to write about this week.

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24