

MGCS Message

A Message from the 65-year-old Self

Please imagine what the elder people's life is like.

When you are a 65-year-old, how will you recall what the COVID-19 situation is?

Message#1: from Yasminia Vargas

Dear Younger Self,

This is 65-year-old you, a retired teacher living in Belize. I'm at a peaceful time in my life, filled with joy and accomplishments. I have developed joint pains, diabetes and other problems that come with age, but these are small challenges and nothing compared to the challenges you experienced in 2020.

In 2020, you were trapped in the COVID-19 situation. This was unexpected and overwhelming, but also a learning experience. COVID-19 was an unforeseen phenomena that attacked out of nowhere and brought about many challenging situations. All around the world, countries closed borders and implemented lockdowns. Businesses and schools had to close down and we all had to adapt. We had to get used to online classes and to not hanging out with friends. We had to get used to wearing facemasks and keeping a social distance.

While it was overwhelming at times, it was also a time when we all observed the good in people. Younger You saw families come together to help each other. If one person in our community got sick, everyone else came together to provide basic necessities for them. You saw strangers help each other.

It was also a time when you learned to do new things, to discover new talents. Your drawing skills got better! You came up with different ways to be able to interact with your friends. Try to not stay up too late playing Among Us, OK?

It's a challenging time for you now, but you will learn lessons from it. Try to find new hobbies. Try to eat less junk food, too. Future you now suffers from diabetes, so exercise and eat healthy! Go for a walk, but always practice social distancing. Don't give up! Be strong! 加油!

Sincerely,

Old You.

Message #2: from Suli Smith

Dear Young Smith,

This maybe seem a bit strange, but I am you 40 years from now. I was given a chance to advise you on the do's and don'ts in your current pandemic situation. Yes, regardless of us surviving these 40 years, we could have made wiser choices. I would tell you what a great successor you have become but that's my surprise to you. We both know that we like surprises. On to more pressing matters, I strong feel that stacking up on face masks and rubbing alcohol would be of great help. In the coming days, those stuff becomes very rare and rather expensive. This should give you a higher chance of better health and a little change in your pocket.

By the way, start eating healthier food as well. High cholesterol is no joke and it took me while to get over it back in my 50's. To add to that, since you are at home with online classes, do some more exercise during your spare time. I'm telling you, when you reach 30 you'll see that you became round as a ball. That still has a toll on me, well "us" at the moment.

Also, the mobile games can be a bit obsessive. Believe me, I'm still playing at the moment. I even developed on of my own. OH! I gave away a little secret. Well, let's just wait and see if you come up with the same name. Anyway, what I'm trying to say is get more sleep. You don't feel it but your body gets really tired and you knowing you love to push yourself to the limit. Sometimes its ok to take a little rest now and again.

I would love to tell you the challenges we've faced over the years, however, I'm not sure if you would have learned the lesson that made you a better person. Of course, it's nothing life threatening, just life changing. Well, it seems that I've almost reached the limit to our one-time conversation through time. I hope that you take what I have said to heart and I wish that it makes this belly I have go away. Never forget what pushes you to lead. Our Math teacher said "If you are not 2 steps ahead, you will be 5 steps behind and I Just gave you 2 extra steps...

Love always,

Old Smith

Message #3: from Angeli Gayle Tantoy Castro

Dear me in 2021,

I am a retired flight attendant in Taipei, Taiwan. I am in good health condition but taking some medications just to boost my immune system because you know, as you grow old you become more vulnerable to diseases, so I must be extra careful.

Looking back in 2021, I remember I was trapped in the COVID-19 situation. It is such an unforgettable crisis since a lot of people's lives has been taken away because it is a new disease and there is no definite cure yet other than your own immune system coping up with it. And even though there was a vaccine, no one is even sure yet how effective it would be. Other than that, I also missed a lot of freshmen events in the university because I came late compared to the other students which is kind of sad. Though there is still a lot of time for you to create more beautiful and happy memories so do not worry about that!

Life is tough but then I know that you can overcome whatever struggles you will be facing. You are the person who always try to think of the positive side despite of all the negativity that happens in your life and believe that things happen for a reason. You also believe that we must live our lives to the fullest and most importantly, live happily. Once you reached this age, whatever you achieved in your life, you did your best and I am very proud of you. Focus on your goal and keep on moving forward.

Love,

My 65-year-old self

Message #4: from Masinga Mzwakele Menelisi

Dear 曼辛加 Jr

65 years later you parking the bus for the last time, spinning the keys around your finger every day after every day shift was a blessing from above indeed. Looking at all the obstacles you will face and try to hinder your chances to retire. You went to Korea in search of a better future at a very dangerous time filled with so many doubts but the possibilities gave you strength to venture on that quest as Covid-19 had just broken out sending fear even to the most powerful countries on earth. It's amazing and scary on how such a virus compared to just a simple cough waved a halt on the whole world and it stood still.

You woke up every day at 7 am drive this bus, transporting civilians till 9 pm in the evening. To and from work, school and other places. You had hope and faith to guide you through those desperate times as you knew once you contact that virus it was over with, as it has so many uncertainties, nobody seemed to understand it. Keeping your head up and working with the people was not easy as some, yes! Refused to follow the rules and regulations whilst trying to cull down the virus. Hence you travelling from city to city exposed you most as some cities had a high rise on covid-19 cases, that mustn't worry you because everything is in God's hands.

Majority did cooperate and numbers decreased, levels of lockdowns went down and people were able to go on about their business. In the future you will look back and be thankful that you survived those dark times and also feel great remorse for those who lost their loved ones during that era. Nevertheless it is your job to transport people on a daily basis, everyone has a part to play, so there is no need to abandon your old boy. Take care of yourself and know your purpose in life. I know growing old those easy tasks become harder to do, but appreciate life as there are so many amazing things waiting for you ahead.

Love

Senior 曼辛加

Message #5: from Junann Lyka Marie Subaldo Regual

Dear younger Lyka,

To this brave girl who took a risk many years ago. This girl who cried after she entered the plane going to Taiwan, who had a hard time adjusting in living alone in Kaohsiung in the middle of pandemic, who went through a lot, I am proud of you. If not because of those things, I wouldn't be who I am today. I remembered how you dealt with homesickness, each and every single day. Thank you for pushing through. Thank you for stopping making everything a competition before, because of that you found joy in other people's success.

You know, I have a lot of things I wanted to tell you as a "Dependent" person before, now that I have time, I wish you wasn't afraid to grow. We know that life is indeed a journey, whether we like it or not, we will face different challenges and obstacles, and that's definitely okay. It's okay to cry and feel sad, you should always keep in your mind that failure is part of success. Learn how to embrace and absorb it, because that is when you will feel that you are growing and learning in life.

Finally, you achieved you dreams. You've been a retired Cabin Crew, and a servant of your own country. Thank you for keeping your feet grounded. I know it hasn't been easy, but you still woke up every morning with a smile on your face, and ready to conquer another day. Thank you for being strong.

Lastly, that journey of yours was a privilege, not everyone experienced what you experienced. Thank you for enjoying your humbling adventure. Live it and seize with it, because little do you know everything you have been through is just a story to tell.

Love yourself,