

Booklet Sponsored by
Indiana Extension Homemakers Association
Education Focus Group
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Preserving Your Story



Indiana Extension
Homemakers Association
Education Focus
2012-2013

Preserving Your Story

The purpose of “Preserving Your Story” is to give suggestions and ideas on how to collect and save your memories, records, and heirlooms.

Reasons to Preserve Them

You can preserve family history

You can identify heirlooms

You can have medical history

You can learn from the past

You can be inspired by the past

“I haven’t written for a few days, because I wanted first of all to think about my diary. It’s an odd idea for someone like me to keep a diary; not only because I have never done so before, but because it seems to me that neither I—nor for that matter anyone else—will be interested in the unbosomings of a thirteen-year-old schoolgirl. Still, what does that matter? I want to write, but more than that, I want to bring out all kinds of things that lie buried deep in my heart.”

Ann Frank: The Diary of a Young Girl

Rush Writing:

Try the technique of **rush writing** which allows you 3-5 minutes to choose a topic and write as fast as you can about that topic.

Pick one of the topics below or one of your choice and give it a try.

Describe your childhood home.

Describe an experience with a friend.

Describe the happiest time in your life.

“For all of us, today’s experiences are tomorrow’s memories.” Barbara Johnson

USEFUL TOOLS:

Journals: If you have never kept a journal and want help getting started try one of these books. They are a good starting point for you to share the unique qualities of your life.

“Reflections from a Mother’s Heart” by Word Publishing

“A Mother’s Legacy: Your Life story in Your Own Words” by Thomas Nelson

“Mom Tell Me One More Story of Raising Me” by G & R Publishing

“The Story of a Lifetime: A Keepsake of Personal Memoirs “ by Pamela Pavuk

Memory Joggers:

Memory Joggers are simple questions that can be used to jog your memory about events you can record in a journal or use to interview someone. Samples below.

Where were you born?

Where have you lived?

Where did you go to school?

Where did you work?

Check ieha-families.com website for more.

PAST:



Places to find information:

Journals, diaries

Bibles, calendars, letters

Scrapbooks, photo albums, newspapers

Libraries, courthouses, churches, cemeteries

Census Information, school records

Historical, Genealogical Societies and museums

Business Records

Living relatives, reunions

Websites i.e. - www.Genealogy.com

- www.Ancestry.com

- www.GenealogyCenter.org

- www.FindAGrave.com

- www.WeRelate.org

- www.Familysearch.org

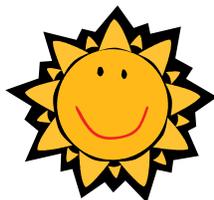
Many others are available. Some are free and some charge a fee.

“Those who cannot remember the past are condemned to repeat it.”

George Santayana: Reason in Common Sense

PRESENT:

It is important for each person to keep his/her own history.



How?

Journal/Diary - Write your daily happenings and add your feelings about those happenings. Make your writings personal so others will know all about you — both the good and the bad!

Video/Audio - Make a video or audio history. Your future generations can then hear your story, with your facial expressions, with your sense of humor, and in your own words.

Correspondence - Daily events and feelings are often contained in the letters you write or receive. Keep a copy and the envelope for postmarks.

Calendars - Daily events can be jotted down on your calendar and the calendars kept as part of your history or as a memory jogger.

Photo Albums - Label each picture with names, dates, and the event.

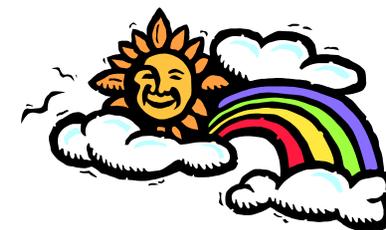
Recipes - Record where it originated, any history about it, any changes from original.

Heirlooms - Take a photo and record information about the item and keep the information with the photo or put on CD.

Linens - Whipstitch a colored thread in the hem and keep a record indicating what each color represents.

FUTURE:

Continue to add to records.



Convert files to CDs or other electronic media

Update genealogy, birth, death, marriage, military, medical, and school records.

Share your heritage so that the future will be enriched.

HOW TO GET STARTED:

Inventory current resources.

Decide what you want to preserve.

Decide how you want to preserve it.

Decide for whom you are preserving it.

Set a reasonable goal and **GET STARTED!**

"I don't want to live in a hand-me-down world of others experiences. I want to write about me, my discoveries, my fears, my feelings, about me."

Helen Keller