

CAPTURING



BY AUTHORITY NETWORK

MEMORIES

Capturing Memories

We are all shaped and influenced by the legacy left us by our parents and grandparents. Our lives are a reflection of all that has been instilled and imprinted on us as we grew and matured. Many of our choices and decisions are the result of the values and morals that have been modeled to us through the years. Legacy is made up of memories and encounters. It is a combination of intangible ideals and precious heirlooms. Preserving your family's legacy is an invaluable gift you can leave for your children and the generations to follow.

There are many ways to capture and display legacy. Probably the most common way is through photographs. Pictures of family members give us a glimpse into our history and remind us of good times we shared together. The task of gathering, sorting, organizing and finally showcasing photos can be an overwhelming one at best. This kind of project is one that needs to be done in bite-sized chunks. Don't expect to be able to sit down in an afternoon or evening and finish the job. Settle the idea that this may be a several month or even a year-long project. Don't let that discourage you from starting, though. The payoff is well worth the investment. There are systems available that can help get you started with the organization, so look into those if you feel overwhelmed. Ask around in your family and see if you can find a partner who enjoys archiving. Work together to create an heirloom.

Who doesn't like to sit down and watch old family movies? There is something about watching things on film that help us relive the moment all over again. Technology has rapidly changed and improved, and now it's easier than ever to capture life's best moments. There are many choices of equipment that fit every level of expertise and budget. Find a solution that works best for you and don't leave the camera in the closet! Use it often. If you have a collection of outdated formats, look into converting them into DVD's. The equipment and software is readily available to do this, or you can have it done professionally.

Finally, keeping a written or audio journal of events and family history can be a great addition to your family legacy. It is one thing to have pictures of people, places and gatherings; it is another to have a record of who was there and what happened. Journaling can capture the essence of the event unlike anything else. It is the personal viewpoint that helps add perspective. Adding an audio to an old photo album can add a whole new dimension to the people on the page. They begin to come to life and we can connect with our history in a dynamic way. Writing a journal and adding audio is like going from a silent movie to a modern theatre experience.

We can all appreciate the legacy that has been passed onto us. There are some practical, tangible ways that we can continue the tradition. It is all about capturing memories and making them accessible to future generations. Take the challenge and create a legacy that lasts a lifetime.

MAKING MEMORIES

Traditional vs. Digital Scrapbooking

Scrapbooking, or the art of creatively storing pictures, is a hobby for many people. Some even claim it to be therapeutic as well as a great way to reminisce the good times. Indeed, the mental exercise of using one's creativity combined with the happy memories serve as an addicting as well as fulfilling pastime. Not only does it keep your photos organized, it also reminds you of the good things in life – family, friends, vacations, etc.

There are two ways to do scrapbooking – the traditional way and the digital way. Both have their own advantages and disadvantages; both require tons of creativity and patience. No matter which method you use, you can be assured of the gratification it will bring once you have the finished product at hand.

For both traditional and digital scrapbooking, you'll of course need pictures. The traditional method is easier because once you have all the pictures you need at hand, you can get started with the layout. With digital scrapbooking, you'll need to have a soft copy of the pictures. If you're thinking of doing a scrapbook digitally with hard copies of the pictures and you don't have a back up in the computer (for the obvious reason that the photo was taken before digital cameras were invented), you'll need to scan those pictures one by one. This requires a great deal

of time and effort, especially if you're planning to use several dozen pictures.

The traditional method of scrapbooking needs a lot of resource materials: paper (from regular bond paper to fancy, even scented paper; plain or colored; art, construction, board paper, etc.), embellishments (beads, glitters, colored strings, sequins, etc.), scissors, glue, and other materials you can use to make your scrapbook as creative as you want it to be. Some companies like Creative Memories offer both supplies and training in doing page layout and adding personal touches, perfect for scrapbook enthusiasts. Also, Stampin Up gives scrapbooking a whole new look by adding the beauty and versatility of stamps to traditional page layout.

Digital scrapbooking, on the other hand, needs a high-powered computer (advisably with a large capacity for storage as photos may take up a big chunk of your computer's memory), a photo-editing software installed in your computer such as Adobe Photoshop or Corel Photo Paint, and of course, a knowledge on how to use these softwares. You'll need to be able to navigate your way through these softwares for you to creatively finish a scrapbook. All the trimmings you'll need may be taken from the preset shapes and designs in these programs, or you can search the internet for some free graphics and use it as background designs or embellishments. Just let your creativity and resourcefulness come through. Digital scrapbooking may take some time of practicing before you get the hang of it. Don't give up – the results can be spectacular!

Traditional scrapbooking involves using a blank notebook or scrapbook and designing the pages yourself. Reproducing a scrapbook done traditionally will be very hard because a considerable amount of time has been spent doing each page. To reproduce them will take the same amount of time spent, multiplied by the number of copies you want done.

With digital scrapbooking, reproducing is easier. Once you have designed all the pages, you can save it in PDF format to make it in the form of an e-book. Then you can transfer it in a CD and easily reproduce them to make as gifts or souvenirs.

Both traditional and digital scrapbooking have their advantages and disadvantages. You may want to have a combination of both so that you can preserve the greatest number of memories for your family.

HOW TO PUT A FAMILY VIDEO ON YOUTUBE

(So grandparents and other relatives can easily access it)

Family videos have consistently been a hit in family reunions ever since the camcorder was invented. As time and technology progressed, presentations have also gotten slicker. Now, you don't have to wait until the next family gathering to see what your relatives are up to. Thanks to the internet, you can post your videos online and let your relatives abroad see your baby's funny antics, the cousins doing a presentation, the siblings preparing the Christmas meal, and other precious moments they have missed during their absence.

You Tube is a well known site where you can open your own account for free and post your own videos. Here are five simple steps to take on how to put a family video on You Tube so grandparents and other relatives can easily access it.

1. TRANSFER THE RECORDED VIDEO TO YOUR COMPUTER.

If your camcorder came with an installation package, use it so that your computer will be able to recognize the camera device once it is hooked up in the computer. After installing the device, you are now ready to capture (or transfer) the recorded video into the computer. The simplest way to do this is by using Windows Movie Maker.

2. SAVE THE CAPTURED VIDEO FILE.

Rename the file accordingly and make sure you save it with the correct file extension (most commonly used are .avi, .wmv, and .mpg).

3. CREATE A YOUTUBE ACCOUNT.

Before you can post your own videos in YouTube, you have to sign up and create an account. You can do this by going to www.youtube.com. Click Sign Up located at the upper right hand corner of the webpage. Fill in the necessary information then click Create My Account.

4. UPLOAD THE FILE.

After creating your account, you are now ready to post your video. Click the Upload button located at the upper right hand corner of the page, just below the Sign In button. Fill in the information being asked (title of the video, a short description of it, what category your video falls under, and tags or keywords for your video). You can also choose whether to allow comments on your video to be posted or to disable that function. After filling in all the necessary details and setting your video's broadcast options, click Upload a Video.

You will then be taken to the page where you can browse for the location of the video you want to post. Once you found it, click

upload then wait for it to finish loading. A confirmation message will notify you if the upload was a success.

(*Note: Upload a Video is the option to choose if you have already saved the video in your computer. If you wish to do a live recording using your webcam, click Use Quick Capture.)

5. COPY THE URL ADDRESS AND SEND A LINK OF THE VIDEO THROUGH EMAIL.

After the video has been uploaded, you can now share them with your relatives abroad. Try searching for the video using YouTube's search engine. Do this by typing in the filename of your video or by typing in your username and clicking on the video link. Copy the URL address then send it to your relatives' email.

Thanks to YouTube's user-friendly features, you and your family abroad can catch up with each other's lives. Even grandpa and grandma can log on and view the videos you've posted. Now that's what you call cool and internet-savvy grandparents!

Written or Audio Journaling – A Powerful Legacy

For thousands of years history has been passed down through stories told around the fire, dinner table and at bedtime. Those same bits of history were preserved later in pictures and writing. Your special memories can be captured on paper, in the form of a journal, or audio, a talking journal, as a way of passing down your history and retelling of family events. The thoughts and feelings that are expressed add depth and context to the events themselves. Journaling your personal journey, by writing down the highlights and low spots of the trip, allows others to relive the emotion of the moment.

To fully utilize the power of journaling, keep in mind that a journal is not simply a record of daily happenings and undertakings, it includes thoughts and feelings that go along with those experiences. Words become a window into how we have handled life's joys, pains and struggles. Those reading or listening will have first hand look into the life of the writer in a way that they wouldn't through pictures alone. The journal is like a handbook of valuable insight and wisdom that can affect generations to come.

A journal also has the added benefit of giving us a means of self-discovery. It can be a stage for self-appraisal as well as an avenue to self-improvement. Putting things in writing or talking them out can help

us to better understand ourselves and even produce strategies on how to overcome our shortcomings. Be true to who you are. Don't embellish the truth in such a way that it distorts who you really are. Your legacy is not in who you always wanted to be, but in who you were at the moment you were writing the memory.

Journals provide a great source of inspiration and comfort to those who read them. They can give our children and family strength to make tough decisions and the courage to hold on through difficult times in life. A journal has the potential to create a connection of love and hopefulness, peace and positive outlook in life. A profound and strong bond is ultimately created between you and your children, as they relive your experiences.

A recorded account of your history is a great gift you can give to your family. It may become a classic that is read by generations to come.