

In the Cincinnati region, the month of June tends to bring consistent physical warmth. Many of us are blessed with year-round personal/spiritual warmth from family and friends.

June also brings lots of celebrations for graduates and marriages. Kim and I were married in June a few years back - okay, more than a few – and it's fun to spend time around that date to enjoy together the memories of the day and those who shared it with us. A constant reminder of that occasion is only a glance away – one look at the wedding rings on our fingers.\*\*

Having such reminders of special events to cherish on a regular basis is important. That's why many of us have family pictures and other reminder items displayed throughout the house. If you're like me however, stopping to look at those beautiful reminders does not happen frequently enough. Those framed images are like the roses in the famous "take time out to experience" mantra.

A favorite saying is: technology is a blessing and a curse. While posting Facebook messages is "not my thing," the memory-making and sharing that this online service brings during graduation and wedding season is wonderful. Friends and family members have provided wonderful trips down memory lane as they discuss graduations and weddings of their children on Facebook, plus discuss wedding anniversaries. Seeing the names, pictures and stories are prompts to great reminders of earlier times with those dear folks (plus the excitement of what the future will hold for their children.) It's wonderful they are putting out the comments and pictures now – hopefully not just for Facebook, but also in their "memory archives." Capturing, organizing and sharing these cherished graduation times in stories, pictures, video and our brains is critical to having future reminders of such special times in relationships.

Having some way of connecting to family plus former and current friends is important, so maybe it's time for a visit, card, phone call, email, Facebook message, Instagram or video chat to someone enjoying an anniversary, graduation or other special event? Or maybe you've enjoyed an experience in this past week at a graduation or other special event that deserves a quick summary for posterity? Now, are you ready for a little challenge? Before you put this paper down (or close the browser if you're reading this on the internet,) allow yourself a few minutes to wander around wherever you are, taking time out to experience the pictures and other knick-knacks that are in your midst, enjoying the memories they provide (your "human-made flowers.") Then...

Enjoy the day...and the memories!

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*Steve Long, an Anderson Township resident, is an "aspiring memory missionary." He and wife Kim are having fun with Long Memories efforts ([www.LongMemories.info](http://www.LongMemories.info)), focusing on helping others in "Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!"*

\*\*At a picnic gathering the other evening, our neighbor Tom said that a jeweler told him that men and women treat trying on a wedding ring for the first time very differently: women put the ring on, hold their hand out and admire the ring while men put it on and "fiddle with it" for quite a while [hmmm, wonder what that tells us... 😊]