

If you're like our family, there are stories behind a lot of the "stuff" in various rooms of the house. "This table was made by your grandfather during depression days" ... "this tea set is from Canadian kin" ... "this was a wedding present" ... Do we really expect our kids and other family members to remember such stories about our possessions?

One section in the Binder of a Lifetime (BoaL) is all about Things. We encourage people to inventory cherished items and give some history behind them [more details HERE\*\*\*]

A while back, my mom and I got out the video camera and toured the house with her "talking me through" the various items surrounding us. It was nice hearing stories about many of the keepsakes, furniture and other items that she and my dad have acquired over their lifetimes.

While video recording, we chatted about which family members might be the right ones to receive particular items now or someday in the future. Hopefully life will be much easier for me and my siblings at some point because of this effort [think my siblings will be suspicious if there's a voiceover on the video that says "everything goes to Steve!"? :-) ]

Maybe you like this idea, but see obstacles like no video camera and/or inadequate technical skills? No problem! "Smartphones" take video, so enlist a younger family member to help and 'just do it!'

We also recommend going through the house taking pictures of cherished and valuable items. It's nice to have the images put on electronic memory and placed in a fire-resistant safe "just in case." Also, the same types of documentation of history - where it came from, who gets it next, etc. - can be included with these photos for future reference.

Fringe benefits of such activities include having family members hearing these stories whenever they want, keeping your insurance agent happy and minimizing one more cause of stress.

Maybe an upcoming weekend will be a good time to start this project? In the meantime, enjoy the day, the "stuff" and the memories behind it!

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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!"*

\*\*\* details at BinderOfALifetime.com and/or at our October 14th workshop at Anderson Center