

Lighten Up Class 5: Family Lore

1. Family photo albums.

Look through the old albums, and I bet you will remember stories you thought you had forgotten. Zero in on your relatives, both close and distant. Tell an old story that made you laugh - what time of year was it? What were you wearing? Where were you? Who was there? Do you remember? Maybe even scan the photo and use it on your page.

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2. The oral tradition.

Talk to your family. Call Aunt Ethel and reminisce. Connect with your cousins on Facebook. Do you have family reunions? Write down the memories talked about. Holiday gatherings are also great times to remember stories. Send out a questionnaire or ask everyone the same questions to see if their responses are different. Just talk!

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