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Fairwinds - Redmond

JULY 2018 • RED, WHITE & BLUE DAYS



Speaking to Future Generations: Preserving Our History

By Sara Jane Ruggles, Public Historian

Every morsel of someone's story, no matter who they are or what they have accomplished, is history. It is part of a greater narrative that tells the story of who we are as a people, a culture and a country. The way in which each person chooses to pass his or her story down to the next generation is equally unique. Yet, in my experience with archiving personal histories, there is a common question that comes across in conversation: "Why is my story worth preserving?" The answer can be hard to see at first, but the value in preserving your story is in the hearts and minds of future generations. When people ask me this question, I often answer with a story of my own.

In 2010, I lost my grandfather, my mother's father. The grief of losing him was intensified by the realization that I would never again listen to his many stories of growing up on the family ranch in Elk Grove, Calif. or serving as a flight instructor during World War II or raising my mother and her two brothers with the love of his life. I would never hear his laugh, his inflections or his friendly tone. I was 21 years old at the time and I decided that I needed to act fast to record the stories of my remaining relatives in order to better preserve our heritage. So I went to visit my remaining grandfather, my father's father, in Boise, Idaho and I brought a tape recorder and a microphone with me. Grandpa Buster was an old cowboy who didn't say much unless it was necessary. I knew that getting him to open up about his life stories would be like pulling teeth, but he humored me and after I pushed "record," he and I slowly embarked on a memorable hour of conversation. He told me about ranching in Elk Grove, childhood shenanigans on the farm, meeting Roy Rogers at a rodeo and pulling a hair from Trigger's tail, and about relatives I had never even heard of. At the end of the conversation, I felt that I had gotten to know him all over again. I saved the recording on my computer, transcribed it, and I never really told anyone I had it.

Grandpa Buster passed away in 2013. It was a big loss to our family, for although he was quiet, his love was always present in our lives. For Christmas the next year, I decided to make a copy of the oral history recording for my father. On Christmas morning, my family was together at my parents' house and I gave my father the interview recording as a gift. It was a touching gift, but not much more was said. After we finished opening presents, my sisters asked what we should do with the rest of our morning. I asked, "Can we listen to Grandpa?" They said sure and the family dispersed to start their day and get brunch on the table. I sat with my father in the living room as we listened to the recording.

(Continued on back)

Save the Date!

- **July 3:** Fashion Classics Trunk Show
- **July 4:** Fourth of July BBQ with Live Music
- **July 9:** Christmas in July Giving Tree Week
- **July 11:** July Birthdays Lunch
- **July 14:** Saturday Concert Series Featuring Jim Smith
- **July 16:** Garden Club Open House
- **July 17:** Legacy Writing Series Begins
- **July 19:** Black and White Night
- **July 26:** Your Clothing Solution Trunk Show
- **July 30:** Make Pajamas for Kids

Find more details in the Activity Book at the Front Desk.

July Excursions

- **July 3:** Nordic Heritage Museum Tour and Lunch
- **July 8:** Seattle Mariners Game at Safeco Field
- **July 10:** Boehm's Chocolate Factory Tour and Lunch
- **July 17:** Parklane Gallery Tour
- **July 17:** Tulalip Casino
- **July 21:** Emerald Downs Race Track
- **July 24:** Deception Pass Boat Tour and Picnic Lunch
- **July 25:** Supper Club
- **July 28:** Swing Night at Studio LLC
- **July 31:** Red Hat Society Lunch Out

Find more details, including departure times and sign-up deadlines in the Activity Book at the Front Desk.

WEEKLY SCHEDULE

EVERY SUNDAY	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
11:00 Coloring Escapes, BI 2:00 Fairwinds Christian Fellowship, T	3:00 10-Cent Bingo, AR	10:00 PrimeFit Balance Exercises, T 1:30 Exergaming with Jay, T		10:00 PrimeFit Mobility Exercises, T 11:00 Laughter Yoga!, T	10:00 Catholic Communion Service, T 10:00 PrimeFit Water Exercises, PL 10:30 Guided Meditation, T 11:00 Bean Bag Baseball, AR 1:00 Texas Hold 'Em Poker, B 2:00 Pinochle, B	10:00 Wii Bowling, T 11:00 Coloring Escapes, BI

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 3:00 Sunday Cinema Classic: "Love Crazy," T	2 10:00 PrimeFit Chair Exercises, T 11:00 Team Trivia, AR 1:30 Blackjack, B	3 10:00 Fashion Classics Trunk Show, AR 11:00 NORDIC HERITAGE MUSEUM TOUR & LUNCH DEPARTS	4 INDEPENDENCE DAY No Regular PrimeFit or Activities Today 11:00 4th of July BBQ with Live Music, R	5 2:00 Popcorn Social, BI 3:00 All-Resident Meeting, AR	6 3:00 Happy Birthday Hour, AR	7 11:00 Scenic Drive Departs 1:00 CURRENT AFFAIRS DISCUSSION GROUP, T 2:30 Movie Matinee: "Home Again," T 3:00 Pokeno, AR
8 12:00 SEATTLE MARINERS GAME AT SAFECO FIELD DEPARTS 1:00 Sunday Singalong, AR 3:00 Sunday Cinema Classic: "Fort Apache," T	9 CHRISTMAS IN JULY GIVING TREE WEEK 10:00 PrimeFit Chair Exercises, T 10:45 Fairwinds Book Club Meets, T 12:00 New Resident Lunch, R 1:30 Garden Club Meeting, T	10 11:00 BOEHM'S CHOCOLATE FACTORY TOUR & LUNCH DEPARTS 1:00 F&B Resident Board Meeting, PDR 3:00 Singalong with Barb!, LR	11 10:00 PrimeFit Chair Exercises, T 11:00 Bean Bag Baseball, AR 12:00 July Birthdays Lunch, R 1:30 ART HISTORY TALK, T 3:00 Mystery Bingo!, AR	12 1:00 SOCIAL & CRIMINAL JUSTICE LECTURE SERIES WITH DAVID SMITH, T 2:00 Watermelon Eating Contest!, R 3:00 Balloon Volleyball, AR	13 3:00 Happy Hour, AR	14 9:00 MEN'S BREAKFAST, AR 11:00 Scenic Drive Departs 11:00 Zumba Gold, T 2:00 Saturday Concert Series Featuring Jim Smith, LR
15 3:00 Sunday Cinema Classic: "The Little Foxes," T	16 Garden Club Open House Today 10:00 PrimeFit Chair Exercises, T 11:00 Plant & Flower Display, BI 11:30 HIGH TEA IN THE ROSE GARDEN 12:30 Flower Arrangement Demo in the Activity Room	17 10:00 Hearing Clinic 11:30 PARKLANE GALLERY TOUR DEPARTS 12:00 Red Hat Society Social, AR 1:00 LEGACY WRITING, PDR 2:00 TULALIP CASINO DEPARTS 3:00 Peel Tech Computer & Electronic Support, BI	18 10:00 PrimeFit Chair Exercises, T 11:00 Bean Bag Baseball, AR 1:00 Play the Hand Chimes, AR 1:30 Build a Birdhouse with John, T 3:00 Mystery Bingo!, AR	19 2:00 Popcorn Social, BI 6:30 BLACK & WHITE NIGHT	20 3:00 Happy Hour, AR	21 No Scenic Drive Today 1:00 EMERALD DOWNS RACE TRACK DEPARTS 2:30 Movie Matinee: "Only the Brave," T
22 1:00 Hymn Singalong, AR 3:00 Sunday Cinema Classic: "A Summer Place," T	23 10:00 PrimeFit Chair Exercises, T 11:00 Team Trivia, AR 12:00 Red Hat Society Lunch, R 1:30 Blackjack, B	24 9:30 Traveling Library, B 10:00 DECEPTION PASS BOAT TOUR & PICNIC LUNCH DEPARTS 1:00 LEGACY WRITING, PDR	25 10:00 PrimeFit Chair Exercises, T 11:00 Bags & Dogs, AR 1:00 Seated Yoga, T 3:00 Mystery Bingo!, AR 5:00 SUPPER CLUB DEPARTS	26 11:00 Your Clothing Solution Trunk Show, AR 1:00 SOCIAL & CRIMINAL JUSTICE LECTURE SERIES WITH DAVID SMITH, T 2:00 Popcorn Social, BI 3:00 Balloon Volleyball, AR	27 3:00 Happy Hour, AR	28 11:00 Scenic Drive Departs 11:00 Zumba Gold, T 2:30 Movie Matinee: "The Legend of Baggar Vance," T 3:00 Pokeno, AR 6:15 SWING NIGHT AT STUDIO LLC DEPARTS
29 3:00 Sunday Cinema Classic: "The Band Wagon," T	30 10:00 PrimeFit Chair Exercises, T 11:00 Nostalgia Club, T 12:00 COOKING WITH COLLEEN, R 3:00 Make Pajamas for Kids, AR	31 11:00 RED HAT SOCIETY LUNCH OUT DEPARTS 1:00 LEGACY WRITING, PDR 2:00 History Alive! Presentation, T 3:00 Mexican Train Dominoes, AR 3:00 Peel Tech Computer & Electronic Support, BI	Birthdays Mary Carroll, 3rd Steve Cranfill, 4th Doris Caroll, 5th Warren Olson, 10th Joy Tyler, 13th Toni Underwood, 13th Barbara True, 18th Everett Dixon, 19th Aurelia Lindsay, 27th Jack Danforth, 31st		Locations Living Room, LR Pool, PL Private Dining Room, PDR Red Sky Restaurant, R Theater, T	



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Speaking to Future Generations: Preserving Our History (Continued)

And one by one, my family members all trickled back into the living room, drawn to the familiar sound of Grandpa's voice. Pretty soon, we were all sitting around the stereo speaker like we were listening to President Roosevelt's Fireside Chat. We were laughing, crying, and frequently exclaiming: "What?! I never knew that!" When the recording ended, we all wished it could have gone on longer.

That afternoon, my father and I were in the car driving into town, when he said to me, "I finally get it."

"Finally get what?" I asked.

He said, "I finally understand why you care about recording people's history so much. You just gave me an hour with my Dad. I never thought I would have that again. We spent Christmas morning doing the same thing we would do if he were here, sitting around Grandpa, bugging him to tell us his stories." Not only did we save some of Grandpa's stories, we saved his voice, his laugh, and a bit of his personality for my children to get to know.

The value in preserving our stories is the joy and knowledge they will give to our descendants. History can be found and preserved in a number of ways, not just oral history.

It can be preserved in a family photo, an old recipe box, a dusty stamp collection or a treasured memory. My job is to ensure that no story is lost to future generations and to assure your loved one that their story IS worth preserving. And what's more, with modern technology, you can choose to preserve it in any way you desire.

The forms our stories take are as unique as the stories themselves. The way in which people desire to preserve their history says just as much about them as the content they are preserving. The unfortunate truth is that families often don't think to preserve the personal histories of their loved ones until it is too late and even if they do think of it when their loved ones are still alive, they often don't know where to start. That is where a public historian comes into play. We can help you find a place to start and put together a preservation plan. We are here to organize personal artifacts and preserve them with future observers in mind. I am one such historian. Although I specialize in oral history and digital memoirs, my knowledge of public history practices and methodologies stems from my experience of preserving personal histories since 2011 and two years of graduate courses in public history. I am here to help with a variety of family history needs, from sitting down with you or a loved one to organize family heirlooms to conducting oral history interviews to producing digital memoirs. My goal is to ensure that the future generations in your family not only know the story of their heritage, but that they can learn it directly from their ancestors. There is no time like the present to start preserving our past.

Please feel free to contact me, Sara Jane Ruggles, for a consultation by calling (208) 771-1163 or sending an email to sarajaneruggles@gmail.com.

Continue Your Education!

- **July 2:** Team Trivia
- **July 7:** Current Affairs Discussion Group
- **July 11:** Art History Talk
- **July 12:** Social and Criminal Justice Lecture Series with David Smith
- **July 17:** Legacy Writing
- **July 23:** Team Trivia
- **July 24:** Legacy Writing
- **July 26:** Social and Criminal Justice Lecture Series with David Smith
- **July 31:** Legacy Writing
- **July 31:** History Alive! Presentation

Find more details in the Activity Book at the Front Desk.

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