



# BUILDING MEMORY LANE: GUIDEBOOK TO CARE FOR, GROWING, RECORDING AND EXPERIENCING HISTORY YOU ARE A PART OF



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## Framework:

‘A trip down memory lane’ is a phrase commonly used when a strong memory of a moment, person, event, or place is being experienced again either by a retelling or revisiting the physical place of the memory. These memories of family, friends, communities, events, and places are part of your personal history. When we don’t know our histories, we are often left wondering: What came before me? Why was I raised how I was? How have I become who I am? Who you are, your values, and your sense of self are all clearly shaped by what you know about yourself and the people around you.

This is where family and community history become crucial to developing personal identity—and yet, many people still know just bits and pieces of these histories. People often don’t recognize that our lives are a part of history as it is happening, that our stories are important for the next generation, and so these stories go unsaid. When this happens, we have to do the work ourselves to uncover our own histories.

But ‘doing the work ourselves’ can be really difficult work and often feel emotionally overwhelming and sometimes isolating. Doing the work on personal and community history can result in sorting through hordes of boxes, hundreds of old photos, struggling to find the stories behind them, and failing to make sense of it all. At the same time, the resources available are geared simply to help you create a family tree and use dry, clinical, academic language. Despite being intended to help you find your personal histories, these resources still leave many with questions like “But where do I start?”, “Does anyone care?”, “Who is this even for?”

## Purpose:

Provide a free and accessible guidebook that provides guidance, support, advice, activities, and examples of ways to care for, preserve, and record your past and current histories.

## Process:

**December 2022:** Assembled advisory committee. This meeting was to introduce all committee members to each other, understand individual roles, set deadlines and established expectations.

**January- March 2023:** Content creation. This quarter consisted of individual meetings with committee members, research, and building out the main content of the deliverable.

- **Committee Meeting:** This meeting was to connect as a whole advisory committee on content and additional feedback.

**March-April 2023:** Content design. This month consisted of transferring the content written into a friendly, usable, design and editing it within the template.

- **Examples call:** Activities were also sent out to family and friends for them to test out and send back their examples and feedback on instruction and quality.

**May 2023:** Guidebook fully drafted, edited and finalized. Poster and presentation submitted.

## Deliverable:

Our deliverable is a free guidebook on ways to grow and document personal history. It provides a comprehensive and engaging way to approach preservation and oral histories. Additionally, it goes the extra step to encourage the user to make connections with their personal and community history. It provides activities, quizzes, step-by-step guidance, and easy ways to expand on your knowledge, community connections, and understanding of your personal identity.

The Department of Archaeology and Historic Preservation (DAHP) recognizes that historic preservation begins with community and aims to provide resources that offer tangible connections to the people and events that have shaped communities and collective histories.

Our guidebook will live on digitally on the DAHP website . There, it will be a free resource for the Seattle public and particularly for those that DAHP works with to build connections with history and place-making, personally and locally.

## Next Steps:

The next steps we envision for the guidebook are:

- Develop event programming based off activities sections
- Build an example book of how others have used the guidebook
- Build out guidebook with a journal/planner format

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## References:

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