

Preserve family memories



TIPSheet

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Sharing the burden

My half-lidded eyes glazed with exhaustion as my wailing infant once again cried out for food. The torture of months, even years, of chronic sleep deprivation turned my life to lead.

I laugh now when I recall pulling clothes out of the dryer and opening up the freezer to place them inside, and the time I took a pot of cooked rice out of the microwave and walked over to place it in the audio cabinet.

At the time, however, “agony” was an apt descriptor for my experience.

Fortunately, I was able to draw strength from stories of a relative who was sent to Alaska during the Korean War. His job involved keeping the runways clear for the pilots.

This required that he get up after only an hour of sleep at a time to check and even clear runways for the jets. All night long, all winter long, he got up, dressed in layers, and headed out into the dark, bitter cold of the Alaskan wilderness.

My own sleep deprivation did not seem so terrible anymore. I knew I was not alone. And when I was woken up, I didn’t have to put on layers of clothes and head out into endlessly dark, frostbite conditions. I just had to get a bottle of rice mixed with pumped milk warmed up and then I could lie back down again in my own warm bed.

Our parents’ and grandparents’ difficulties can provide us with a light in the darkness, and we can record their stories to share and profit from them.

Think of a difficult situation you lived through, then ask your parents or grandparents if they lived through something similar. The results might surprise you.

Happy recording,

Heidi



Blowing snow off the Alaskan runway in December.

Honor your loved ones
through a custom-written heirloom book about their lives

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