

This is Stacy. Guess what? If you replace the letters A and C in my name, with the letters O and R, my name-Stacy-becomes the word "story." That is so awesome!

Because I love story! I do.... I love stories. I love that I get to teach other people about the power of storytelling, which is what I'm going to do today. Episode 10- I am going to tell you stories about stories.

But, before I do that, here's a comment from Beth Hartage from episode 8- "Stop, drop and write." Stacy- "I have been following you and Cathy Z since being a charter subscriber to Simple Scrapbooks magazine. I was so happy to find that you didn't have to scrapbook each page as if it was a work of art. I finally felt free to tell the stories I wanted to tell and not scrap every single photo I ever took. I love your podcast! You've already sparked an idea for me to finally start and finish, a scrapbook for my son. Looking forward to next Thursday's edition." Oh my goodness, Beth- thank you for listening and thank you for that lovely comment.

Another comment from Melody Pew on episode 7, all about Lucky Number 7. Melody says, "loving the fact that each Julian Seven troop played for 7 years, 1914 to 1921 and 1950 to 1957, so cool!" Okay Melody, so cool that you figured that out for me. I didn't even know that. If you don't know what Melody and I are talking about, you'll have to go back and listen to episode 7.

Okay, first story is about two friends, Robert and Joshua, who set out to prove once and for all the power of story. Here's what they did-they purchased a bunch of objects, insignificant objects, just little trinkets, if you will. At garage sales, flea markets and thrift stores. They had rules, nothing that they purchased could cost more than \$3. Probably because their goal was to collect 200 inexpensive and very ordinary objects. The kind of stuff you find in your junk drawer and then eventually give to the Goodwill. Most of the stuff that they purchased was actually purchased for a dollar, give or take a little bit. Once they have gathered all of these objects, they began reaching out to well-known writers, poets and authors. Inviting them to participate in this informal "study"- their literary experiment. You see, Joshua Glen is a writer and editor and a brand analyst. And his friend, Rob Walker, who writes for the New York Times magazine, had literary friends and they believed something that they wanted others to believe. So as writers agreed to help them, they were sent one of these objects and they were asked to live with this object, to observe it, to decide what it could mean. They were asked to create a story to accompany their object. Their directions were to try to "bestow significance". Do you want to know what happened? One by one, each of these objects came back with a story attached. Then one by one, Rob and Josh posted them to eBay, but instead of posting an item description they posted the story that had been written about the object. They wanted to prove that stories create value and that with stories attached, these objects, these throwaways would sell for more than they were purchased for. Two hundred objects, purchased for \$128.74, were resold for \$3,612.51. What?! Yep it's true and you can read all about it at insignificantobjects.com. Of course I will put a link in the show notes. Here's how do the website reports the outcome, it says "if an increase in the thrift store objects "value in trade" can be accepted as objective evidence of an increase in the objects significance overall, than our hypothesis was 100% correct." Isn't that crazy!? They took a bunch of junk you guys and they fabricated stories, stories that weren't even true and they attached stories to junk and the junk resold. They "bestowed significance" so that they could resell these insignificant objects and grant them significance. Hello... if stories

again made up stories, can lend junk drawer type stuff measurable significance, imagine what your perspective, your stories, *true* stories, will add to your photographs.

Are you ready for Story #2? Story number 2 is about Peter Jennings. This is a story I love, it's a story I've shared in my "Library of Memories" and "Finding Photo Freedom" classes, for a long time. And I retell it, because it's so darn good. In case you don't know, because it's been awhile, Peter Jennings was, he has passed from this Earth, he was a Canadian-born journalist, who became an American icon. He passed away in 2005. But I grew up watching Peter on the evening news. He was the anchorman on ABC World News Tonight for like over 30 years. But in 1995, Peter was asked to head-up a team of journalists and together with them create a television miniseries that would be called "The Century". This mini-series would be produced by ABC and it would be broadcast on the ABC Network in 1999, on the brink of the new Millennium. They wanted to look back on the 20th century and document it. Peter would be the narrator of this mini-series. A little back-story, Peter and this team of journalists got together right for an initial brainstorm session. Can you even imagine being given the assignment to document 100 Years of American history? And do it in a way that it could be condensed, over over a very short time on television. don't think I told you, but the miniseries would be six consecutive nights, 2 hours each night. So naturally, Peter and these journalists got together and are like "how are we going to do this" and "what kind of approach are we going to take?" Obviously there were many many ideas and many opinions and lots of expertise a long discussion ensued. And at the end of this initial brainstorm session, Peter reported in a newspaper article that I read, that there was only one thing that they could all agree on. That one thing is that they would not approach this project chronologically. That got my attention as a relatively new mom who had found scrapbooking and was attempting to chronicle her own life in scrapbooks, that got my attention. They reported that there were two reasons they agreed as a group that they could not progressed in a chronological fashion. Reason number one, they wouldn't get it right. They weren't historians. They couldn't look back and re-create a hundred years of history and get all of the details and all of the facts correct. Reason number two, this is the one that really stood out to me. It wouldn't be very interesting. They said if on Monday night we start with 1910 and progressed through 1920 or 1930, we know that we will lose 40% of our viewers by Tuesday night. Woah. The conclusion, they said- we're not historians, we are journalists, we are practiced storytellers. We are trained to find, to expose and to publish connections. To show others, our viewers, what seems to be discreet historical events are actually correlated and often connected in surprising ways. They are interdependent. You guys- I remember watching this mini-series and I was fascinated! For example, the first night, one whole hour was dedicated to the Wright Brothers-Orville and Wilbur Wright. And their invention of flight in 1903, three years into this brand new century Orville and Wilbur went out in their backyard and attempted for the hundredth or more time, to make this contraption that they had built get off the ground. And it worked. They invented, for the first time in history, flight! They also in the minister mini-series talked about Charles Lindbergh, who in 1927 completed the first solo, nonstop transatlantic flight. The second hour was then devoted to the technology required for the race for the Moon. Space travel always makes the top 5 list of most important events in the 20th century. It does. and it could not have happened without those previous milestone events. Neil Armstrong would not have been able to put his feet on the Moon if Orville and

Wilbur had given up. I loved it. I loved night one of this mini-series. But the episode that I remember the most was the one where the first hour was dedicated to Elvis Presley, the king of rock and roll. It was all about his youth and particularly about how he was born and raised in Memphis, Tennessee. In a place where he, and eventually his music, was heavily influenced by black soul revival music, which was celebrated and sung in churches in the Deep South. As Elvis grew in popularity, he had an immense influence on cultural shifts in America during the 1950s and early sixties that totally set the stage for the life work of Dr. Martin Luther King. And his advancement for civil rights in this country. Wow- these journalists, Peter and his team of journalists, they did for me, that night way back in 1999. They did exactly what journalists are supposed to do, they helped me see something in a way that I could remember it and learn. Elvis Presley was born and raised in Memphis, Martin Luther King was assassinated in Memphis. Their lives are linked in history. Linked in a way that I didn't understand until someone, Peter Jennings, told me a story. I knew then that I wanted to be, not so much my family historian, but my family journalist. I wanted to become a storyteller and I started to practice. I want to stand in my little spot, my little corner of this vast and amazing world for whatever time I am granted and I want to look back and I want to report in a way that I can develop my own perspective- a wider and deeper perspective. So that I don't become too myopic. I want to report in a way that those who follow me, will have a better understanding, not just the facts of the "who" and the "what" and the "where" but the stories. The stories that link us. I have learned now, looking back on my years as a scrapbooker / storyteller, I have learned I am the link- I am the storyteller. I am the one that draws these connections and that explains how something that happened decades ago has everything to do with what happened last week. I love these two stories. One that I've been telling for 10 years or more and the other that I just learned about. I just read about it two weeks ago. Because they both illustrate the power of telling stories. The influence that stories can have as they add value to inanimate objects or events and experiences in our life. Now back in the early days of me, well not the super early days, but back in about 2001. Early in my career, let's say. I had just offered a book called "Simple Scrapbooks" and I was invited to participate in a moderated online chat with the Washington Post. Now this was, online really wasn't a thing, it was really quite brand new. So this was like me, logging in, and entering a password. And waiting for the moderator to kind of start this chat. She would feed me a question and I would type my response and I would wait for it to pop up. Then she would feed me another question and I would type my response. And then every now and then, a comment from someone who was watching this chat takes place, would also pop up. So in the course of me responding to these questions, typing my answers, one of these replies from someone popped up and it said- she is an anti-chronologist. And I was like "what does that even mean?" I was doing was answering questions about my book, "Simple Scrapbooks that shares with people lots of ways that you can tell your stories in scrapbook form. This comment, I totally let it bother me for days, I remember following my husband around and saying "honey, what do you think that means- I'm anti-chronologist?" Finally, he turned to me, put his hands on my shoulders and said, "what if that's a *good* thing?" and I was like "yeah-yeah what does that is a good thing? What if I *am* an anti-chronologist? And by that, I mean I'm willing to say that chronology, which is time-honored and extremely useful, it's also the governing paradigm out there which can hold people back and cause them to feel overwhelmed. What if chronology is just *one* way of organizing content in a scrapbook? If chronology is just

one way there must be other ways of telling stories. And there are countless other ways. And I'm not an anti-chronologist, but I am willing to create for myself, scrapbooks that are organized in other ways. And I'm willing to share those ways, those methods, those concepts with you and with people. And I've done so for many, many years. I've been pondering another aspect of storytelling since last weekend. On Friday night, we rented the movie "Aquaman" which is kind of mind-blowing. It's total cutting-edge CGI film technique. It takes place in this breathtaking Underwater World of the Seven Seas, which obviously required thousands of hours by hundreds of artists, using digital tools to create these incredible and almost believable computer-generated images. I looked it up- CGI is used for visual effects because the quality is often higher and the effects more controllable than other physically based processes. So now compare that experience that we had to us watching Robin Hood on Saturday afternoon. My daughter, Addie, loves to ask questions. Last week, while I was making dinner, she walked up and she said "Mom- what is your favorite movie?" I responded, my favorite movie is "Robin Hood" but not the Disney cartoon Robin Hood and not the more recent versions. My favorite is the Robin Hood with Errol Flynn. The one that was made a long time ago when grandpa was a little boy. That was the one that my dad took me and my cousin's to on a Thanksgiving weekend in about 1978 or 1979. I remember going and we saw a double feature. That means movies back-to-back. We saw Errol Flynn in "Robin Hood" and in "Captain Blood." Saturday afternoon because Addie had asked we rented "Robin Hood." The funny thing is, we rented it on Apple TV even though I own the DVD. I don't have a way to play the DVD anymore. While we're watching, I thought to myself, I'll bet my kids think this is stupid compared to last night. But just moments after I had that thought, my son Chase said something to the effect "you know cool about this movie is that it's so real" We were watching the castle scene filled with dozens of word fights going on at the same time. All coordinated and choreographed, of course. This fight scene unfolds and he said "that's like some legit fighting". And Addie later asked, "so did that guy actually die, mom? She was speaking of Guy of Gisborne, who is Prince John's right-hand bad guy. Who falls to his death after succumbing to Robins prowess with the sword. He falls off these stone steps onto this cement castle floor. It's like super real. So the old-fashioned, even quaint, 1938 movie is still valuable. Even when the methods used to make it are completely outdated. It has a very real quality to it. So these two movies created 80 years apart, 1938 and 2018, tell epic stories. The stories have value, regardless of how they are recorded, created or consumed. We love stories in any and all formats. They are valuable and they add value. So, final thoughts from the girl whose name is almost "story". How cute is the name Story Julian? If had another girl... but-grandchildren. You remove the A and the C in Stacy. The A is for always as in always believe that telling your story will make a difference. It will. Not because you have children or because you have done anything particularly remarkable. Your story will make a difference because you're human and that's what humans do. For eons and eons humans have told stories. The most important difference that telling your story will make, will not be for someone else. It will be for you. It will be a difference inside of you. You will become more aware of who you are. You will learn to pay attention and when you pay attention you will be blown away at your own gifts. Gifts of imperfection, for sure. And lots of other gifts. As you tell your story, you will be shown blessings. All kinds of blessings and these will of course create more gratitude in you and with more gratitude comes a greater desire to share your story. See? it's one gigantic, super cool, repeatable cycle of goodness and it starts with the A which is for

“always believe that your story matters.” The C stands for “choose”. You get to choose how to tell your story and there are so many, many interesting ways. You really can't make a mistake or choose the wrong way, because there isn't one. I've said it before and I'll keep on saying it. It all counts, all of it. The voice recordings, the scrapbook pages, the mini albums, the social sharing, the family group texts, the blog posts. It's all good and it all counts. So remember the A and the C in Stacy. And how you can take them out to strengthen your story. I love it!

I'll end with this. This is the comment from Kelly Kusters, from episode number 5 on beginnings. She says, “Stacy- I really wanted to leave you a voice message, but I can't figure out that microphone thing. I love love love this episode. I got teary-eyed when you were talking about your dad writing the wildlife stories and calling you daily to report his progress. It made me really want to connect with those I love to get some stories recorded. Thank you. I'm so glad you went to the “postage stamp party”. From Kelly

Kelly-thank you for that comment. 'm so grateful to you and everyone who listens to this little podcast of mine. One purpose that I have in creating it is to do exactly what Kelly says, to help you connect with those you love and to get some stories recorded. I sincerely believe that you have exactly enough time to tell your stories. And now about the cool voice message thing, you guys- I really want you to use it. It's this big orange button and it's on the side bar of my blog. You can use it from your desktop or your smartphone. I tested it out. So I gave you incorrect information cuz I told you it wouldn't work from your smartphone, but it does. You just go to StacyJulian.com and you click on “podcast”, then you click into any of the show notes, from any of the episodes. Then you scroll down a little bit and you'll see it, it's orange. You click on it and follow the instructions and it essentially records your voice and then sends me an email with the voice recording attached. It is so fun for me to hear your voice messages and then to share bits and pieces of them here on the podcast with others. I hope you give it a try. And thanks for listening. I will be back next week with another episode of Exactly Enough Time.