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Tuesday, 24 May 2011 10:10 - Last Updated Tuesday, 24 May 2011 10:15

Write it Down!

Who does not use Facebook to communicate and share moments these days? Me!

I am one of the few who has never had a Facebook account and does not plan on having one yet. I will when my son is older so I can follow his life; until then, I see no need to share my pictures and personal life with people I really do not know. Most of us do not have 1,000 friends or really have the time to follow up with them. (In fact, I know more people who use Facebook to snoop on neighbors.) Yes, Facebook is a great tool to learn about people. It is a form of entertainment more so than sharing your true feelings. Facebook is here to stay but it is not something that you can leave behind for generations to come.

Recently, I met a very interesting woman who reminded me of something very important in life. Her name is Cindy Zimmermann, a Valley resident and advocate of the handwritten note. So much so that she founded Writing In Style, an organization dedicated to preserving the written word. The moment we met I could not agree more with her philosophy.

I like to remember moments. When my son was born, I started a journal to express certain moments that I knew no computer hard drive or social media outlet would be able to. These are written down and will be preserved forever.

Cindy expressed how important it is for everyone to know more about their past. Children really want to know more about their childhood and their parents or loved ones. Memories fade and e-mails and social media gets lost; handwritten journals are here forever. How great would it be if you could take some time alone on a Sunday afternoon and read about the people who cared about you when you were young and what you said and did? Not just on special holidays or birthdays when we all videotape or take pictures but on days that real moments happen. I started this more than eight years ago and then, for some reason, stopped. Then I ran into Cindy. She sent me a journal, and I am so thankful. There are so many special moments that we enjoy and wish we had written them down so this is one of the greatest gifts we can leave to our love ones and even share with them in years to come. Like a scrapbook but way more personal. This is not just for your kids—just think about your partners in life. There will always be a place for the written journal, and I encourage you to grab a journal and start making memories. You will be happy you did.

Check out "Writing in Style: The Art of the Handwritten Note" on AZFoothills.com. Cindy offers some fun ideas for invitations and parties.

Thanks Cindy for reminding me that life moves very fast and taking notes and writing them down in a journal is one of life's greatest gifts.

Enjoy your summer escapes, be safe (do not forget the sunscreen!) and be inspired to start a journal—it could be your best escape without leaving your home.