

Sep 27, 9:30 PM

Fancyscrapper (Guest): Hello! Am I in the right place for the discussion tonight?

Sep 27, 9:30 PM

Jennifer Wilson (Moderator): You are!

Sep 27, 9:30 PM

Fancyscrapper (Guest): Yippy Skippy!

Sep 27, 9:31 PM

Teaching Assistant - Kim Edsen (Moderator): Good evening!

Sep 27, 9:31 PM

Fancyscrapper (Guest): I had never heard of the book until hearing about this chat, so I have ordered the book and am looking forward to hearing (reading) everyone's thoughts on it this evening.

Sep 27, 9:31 PM

Jennifer Wilson (Moderator): How is everyone doing tonight?

Sep 27, 9:32 PM

Shannon Murphy Minner: Hello. I am fine thanks. How are you?

Sep 27, 9:32 PM

Fancyscrapper (Guest): Well, thank you!

Sep 27, 9:32 PM

Fancyscrapper (Guest): Sitting here amongst clean laundry. . . Folding. . .

Sep 27, 9:32 PM

Fancyscrapper (Guest):

Sep 27, 9:33 PM

Teaching Assistant - Kim Edsen (Moderator): I'm doing well, was tired after dinner but am catching another wind of energy

Sep 27, 9:33 PM

Jennifer Wilson (Moderator): I'm totally pooped. Running on fumes this week I think.

Sep 27, 9:33 PM

Tiffany Mitchell: met.

Sep 27, 9:33 PM

Jennifer Wilson (Moderator): Folding laundry is great for your creativity!

Sep 27, 9:34 PM

Tiffany Mitchell: me too.

Sep 27, 9:34 PM

Fancyscrapper (Guest): I'm on eastern time, so an hour later than y'all.

Sep 27, 9:34 PM

Fancyscrapper (Guest): But it's all good, I'm a night owl, not a morning lark.

Sep 27, 9:34 PM

Fancyscrapper (Guest):

Sep 27, 9:34 PM

Jennifer Wilson (Moderator): So this was an interesting book, different than I expected. It was very similar to Hands Free Life, but less emotional about the subject.

Sep 27, 9:34 PM

Cindy March: Hello Everyone

Sep 27, 9:34 PM

Shannon Murphy Minner: I heard ya. I'm back in survival mode. I just have to make it through tomorrow and then I am on Fall Break.

Sep 27, 9:34 PM

Tiffany Mitchell: I really liked this one.

Sep 27, 9:35 PM

Fancyscrapper (Guest): I would never perhaps have even heard of it were it not for this group. Such an awesome topic!

Sep 27, 9:35 PM

Teaching Assistant - Kim Edsen (Moderator): I liked this one, much better than Hands Free Life - I'm sure this is very telling about my personality

Sep 27, 9:35 PM

Tiffany Mitchell: I was surprised about how much was centered on device usage though. the title didn't reflect that.

Sep 27, 9:36 PM

Carrie Anderson: Didnt get a chance to read this one so looking forward to hearing what everyone else got out of it

Sep 27, 9:36 PM

Nicole Zeno Kann: Hello! Yeah I connected with this (audio)book BIG time. I was also surprised with the directions it went.

Sep 27, 9:36 PM

Teaching Assistant - Kim Edsen (Moderator): I actually heard of the author from NPR years ago and half heartedly participated in the project - I don't think it was the original go round though, I feel like they ran it again

Sep 27, 9:36 PM

Fancyscrapper (Guest): The write-up seemed to reflect how much we are dependent on devices.

Sep 27, 9:36 PM

Carol Anne (Guest): There you guys are!

Sep 27, 9:37 PM

Cindy March: The book was a definite eye opener.

Sep 27, 9:37 PM

Fancyscrapper (Guest): I read the blurb on the book both to my daughter and my husband and followed with, "I'm participating in a discussion on this book tonight, um, ON LINE!"
HaHa!

Sep 27, 9:38 PM

Jennifer Wilson (Moderator): I expected the device dependence to be the lead in, with more guidance on how to utilize our boredom.. rather than an emphasis on strategies to find that boredom.

Sep 27, 9:38 PM

Teaching Assistant - Kim Edsen (Moderator): LOL

Sep 27, 9:38 PM

Jennifer Wilson (Moderator): So, is anyone here for the first time tonight?

Sep 27, 9:38 PM

Jennifer Wilson (Moderator): I've got a bunch of quotes to share and discuss. About half are more general with the theme of the book and half pertain to the chapter on photos.

Sep 27, 9:39 PM

Fancyscrapper (Guest): I've attended several of these Book Club chats. Always interesting!

Sep 27, 9:39 PM

Shannon Murphy Minner: I have been MIA from the book club chats in the last couple of months.

Sep 27, 9:40 PM

Nicole Zeno Kann: I had good intentions for recent book clubs, but something/someone often interrupted me. Hopefully I'll get through this one entirely.

Sep 27, 9:41 PM

Fancyscrapper (Guest): I'm finally adapting to my empty nest after homeschooling my four daughters for the last 25 years. Looking to add stuff into my schedules that are just for me now. Big change, that. Creativity figures highly in that equation.

Sep 27, 9:41 PM

Shannon Jones (Guest): I've attended several, but I usually am just a lurker. Gonna try to change that....lol

Sep 27, 9:41 PM

Jennifer Wilson (Moderator): No judgement here.. all are welcome!

Sep 27, 9:41 PM

Fancyscrapper (Guest): Me too, Shannon!

Sep 27, 9:42 PM

Jennifer Wilson (Moderator): Alright, let's dive in!

Sep 27, 9:42 PM

Jennifer Wilson (Moderator): QUOTE // "As soon as I took a moment to reflect, I realized there wasn't a single waking moment in my life that I didn't find a way to fill—and my main accomplice was my phone."

Sep 27, 9:42 PM

Jennifer Wilson (Moderator): QUESTION // Q1. Do you fill your time to the brim or actively embrace boredom?

Sep 27, 9:42 PM

Fancyscrapper (Guest): I have ALWAYS made room for reading in my life, though often it's fiction. I love these creative topics that are applicable.

Sep 27, 9:43 PM

Fancyscrapper (Guest): I don't feel that I experience boredom.

Sep 27, 9:43 PM

Shannon Murphy Minner: I fill my time to the brim. I rarely have down time or know what to do with myself when I have "nothing to do".

Sep 27, 9:43 PM

Carrie Anderson: definitely fill the time...yes...usually with my phone

Sep 27, 9:43 PM

Teaching Assistant - Kim Edsen (Moderator): Generally to the brim, until I wear myself out and can't do anything but lie on the couch and wait for bedtime while eating ice cream...not that that has ever happened...

Sep 27, 9:43 PM

Shannon Jones (Guest): fill the time with my phone or computer....

Sep 27, 9:43 PM

Tiffany Mitchell: I like time to space out and breathe. Sometimes I purposely do nothing in a waiting room but wait.

Sep 27, 9:43 PM

Nicole Zeno Kann: Over the past 2 years, I'd say that I've been filling downtime with too much phone.

Sep 27, 9:44 PM

Fancyscrapper (Guest): If I am not interacting with others on-line, I am reading or working in my home (like folding laundry, ha!), or being creative by playing piano or working in my studio on a paper project.

Sep 27, 9:44 PM

Fancyscrapper (Guest): I love to take a stroll in the afternoon.

Sep 27, 9:44 PM

Nicole Zeno Kann: But since this book, I've been more conscious of that tendency and I try to just be.

Sep 27, 9:44 PM

Nicole Zeno Kann: It can be difficult!

Sep 27, 9:44 PM

Fancyscrapper (Guest): My husband and I will sometimes take a night time stroll after he gets home from work (he is in the food industry, so it's rather late nights sometimes).

Sep 27, 9:45 PM

Jennifer Wilson (Moderator): I tend to fill the time with something... but have been trying to be more aware of it when I have an opportunity to let my mind rest.

Sep 27, 9:45 PM

Tiffany Mitchell: I liked that the author was always about being mindful about device usage, not to rid of it or anything.

Sep 27, 9:45 PM

Nicole Zeno Kann: I agree Tiffany.

Sep 27, 9:46 PM

Jennifer Wilson (Moderator): Yes, she had a healthy attitude

Sep 27, 9:46 PM

Teaching Assistant - Kim Edsen (Moderator): Even when I'm cleaning or exercising I'd often have on a podcast or audio book

Sep 27, 9:46 PM

Fancyscrapper (Guest): I had an eColi infection right after the birth of my fourth child. It was December, and I was forced into 30 days of doing NOTHING in order to recover. I learned to rest then. It was a life-changer.

Sep 27, 9:46 PM

Fancyscrapper (Guest): Kim, I listen to pod casts too.

Sep 27, 9:46 PM

BettyLou (Guest): Hi, few minutes late. I

Sep 27, 9:47 PM

Nicole Zeno Kann: I loved when she discussed Buddhist monks and their perspective on technology.

Sep 27, 9:47 PM

Fancyscrapper (Guest): I think walking and insomnia are my truly "down time" mentally.

Sep 27, 9:47 PM

Shannon Murphy Minner: I also listen to podcasts and audio books.

Sep 27, 9:47 PM

Fancyscrapper (Guest): Do tell about Buddhists perspective!

Sep 27, 9:47 PM

Teaching Assistant - Kim Edsen (Moderator): Nicole - or when they didn't understand the question?! That was pretty eye opening

Sep 27, 9:48 PM

BettyLou (Guest): That stuck out to me also, Kim.

Sep 27, 9:48 PM

Fancyscrapper (Guest): How, Kim? What part hit ya?

Sep 27, 9:48 PM

Nicole Zeno Kann: I can't remember the quote because I was listening to the audiobook. I wonder if Jennifer caught it?

Sep 27, 9:48 PM

Fancyscrapper (Guest): (Especially since I'm waiting for my book to arrive)

Sep 27, 9:48 PM

Fancyscrapper (Guest): High points?

Sep 27, 9:48 PM

Nicole Zeno Kann: That's why i need to get the book and start over and highlight the good stuff.

Sep 27, 9:48 PM

Jennifer Wilson (Moderator): Let me find it.

Sep 27, 9:49 PM

Teaching Assistant - Kim Edsen (Moderator): @Fancy Scrapper - my book went back to the library, but it was something along the lines that the problem wasn't with the technology, but that it was within us, as was the solution

Sep 27, 9:49 PM

Nicole Zeno Kann: sounds right!

Sep 27, 9:49 PM

Fancyscrapper (Guest): I almost bought the Kindle version, but opted for the hard back instead.

Sep 27, 9:49 PM

Teaching Assistant - Kim Edsen (Moderator): So they didn't understand the concept of blaming technology...

Sep 27, 9:49 PM

Fancyscrapper (Guest): Oh Kim! That's good!

Sep 27, 9:50 PM

Jessica Cruz de Urrutia: Finally found where was the chat? Yay!

Sep 27, 9:50 PM

Fancyscrapper (Guest): Hi Jessica!

Sep 27, 9:51 PM

BettyLou (Guest): Nicole, wasn't it weird listening to this book as an audio book, I found myself doing like I usually do with audio books: walking, driving, brushing my teeth....

Sep 27, 9:51 PM

Jennifer Wilson (Moderator): Ugh, I just read that part but can't find the page...

Sep 27, 9:51 PM

Jessica Cruz de Urrutia: Hi there!! (Fancyscrapper)

Sep 27, 9:52 PM

Fancyscrapper (Guest):

Sep 27, 9:52 PM

Nicole Zeno Kann: BettyLou- Yes, a bit of a paradox. But I made myself not listen to it while walking my dog! I let my mind wander then.

Sep 27, 9:52 PM

Fancyscrapper (Guest): I love the idea of an audio book, but find I connect better when I sit in a quiet place and just read.

Sep 27, 9:52 PM

Jennifer Wilson (Moderator): QUOTE // “My life wasn’t just pre-children and post-children ... it was simultaneously pre–mobile phone, post–mobile phone. Both children and smartphones shifted me to the core.”

Sep 27, 9:52 PM

Jennifer Wilson (Moderator): QUESTION // Q2. How was your life different before smartphones?

Sep 27, 9:53 PM

Fancyscrapper (Guest): Smaller

Sep 27, 9:53 PM

Fancyscrapper (Guest): More isolated.

Sep 27, 9:53 PM

Shannon Jones (Guest): I wasted less time....

Sep 27, 9:53 PM

Teaching Assistant - Kim Edsen (Moderator): I would say I was bored more often. More TV, but also more reading.

Sep 27, 9:53 PM

Nicole Zeno Kann: I would normally say I do too, Fancyscrapper, but (as she discusses in the book) I've recently had trouble focusing on reading and had no idea why.

Sep 27, 9:53 PM

Fancyscrapper (Guest): I have no car, or job, or children at home anymore, so it’s like a point of connection with others for me.

Sep 27, 9:54 PM

Tiffany Mitchell: I was late to the smart phone game, so I saw how it affected everyone around me and knew to be mindful when I got around to getting one.

Sep 27, 9:54 PM

Teaching Assistant - Kim Edsen (Moderator): Me too, Tiffany

Sep 27, 9:54 PM

Fancyscrapper (Guest): I was late to the smart phone and even the computer (pre-smart phone) as well, Tiffany

Sep 27, 9:55 PM

Fancyscrapper (Guest): But my life was full of my family at the time.

Sep 27, 9:55 PM

Shannon Jones (Guest): Fancyscrapper....me too, lol...suddenly no car, no kids at home after homeschooling for 20 years, no job...it's kinda been hard to figure out what to do next...

Sep 27, 9:55 PM

Fancyscrapper (Guest): Wow! Totally similar, Shannon!

Sep 27, 9:55 PM

Jessica Cruz de Urrutia: I never felt I needed one...then my hubby got a smart phone and after me complaining so much of his "lack of attention" for being on that phone. He got me one. Now we are even! LOL

Sep 27, 9:55 PM

Jennifer Wilson (Moderator): Haha

Sep 27, 9:55 PM

Fancyscrapper (Guest): HaHa, Jessica!

Sep 27, 9:56 PM

Shannon Jones (Guest): lol Jessica

Sep 27, 9:56 PM

Nicole Zeno Kann: I always had to print out directions and had anxiety if I didn't know where I was going. Now, I must admit, I trust my phone MAP to get me there which equals less anxiety.

Sep 27, 9:56 PM

Jessica Cruz de Urrutia: Now HE COMPLAINS about me being too much on my phone...oh well!

Sep 27, 9:56 PM

Jennifer Wilson (Moderator): I think my behavior switch started more with the Internet... and the phone has just amplified that.

Sep 27, 9:56 PM

Carrie Anderson: nicole! me too! its a lifesaver

Sep 27, 9:57 PM

Nicole Zeno Kann: Yes Carrie!

Sep 27, 9:57 PM

Fancyscrapper (Guest): I use technology for recipes, stain removing hints, flea destroying ideas, helpful things like that.

Sep 27, 9:57 PM

Jennifer Wilson (Moderator): QUOTE // “Creativity—no matter how you define or apply it—needs a push, and boredom, which allows new and different connections to form in our brain, is a most effective muse.”

Sep 27, 9:57 PM

Jennifer Wilson (Moderator): QUESTION // Q3. Can you think of a time when your boredom led to a great idea?

Sep 27, 9:58 PM

Fancyscrapper (Guest): Also creative inspiration. It brings together a community that is like-minded while I live in a small city.

Sep 27, 9:58 PM

Jessica Cruz de Urrutia: I absolutely love how phones makes things easier for me. I homeschool, kids ask TOO MANY QUESTIONS I have no ideas what is the answer. Oh dear, SIRI saves me by the bell more than I can tell. Love the great teaching tool it becomes (images, sounds, short videos to bring a point). Mom how an owl sounds...there you go.

Sep 27, 9:58 PM

Teaching Assistant - Kim Edsen (Moderator): All the time! This summer while waiting at the DMV to renew my license I brainstormed some ideas for Simple Scrapper

Sep 27, 9:58 PM

Fancyscrapper (Guest): Right?!

Sep 27, 9:58 PM

Jessica Cruz de Urrutia: Agree Fancyscrapper....who you? haha!

Sep 27, 9:59 PM

Tiffany Mitchell: My husband always seems to come up with solutions to his problems at work on the drive home or while eating dinner with our family.

Sep 27, 9:59 PM

BettyLou (Guest): I get great ideas during my morning pages all the time

Sep 27, 9:59 PM

Tiffany Mitchell: I think it is time he should be able to clock in at work

Sep 27, 9:59 PM

Fancyscrapper (Guest): Jennifer, I think the word “boredom” got a bad rap when I was growing up.

Sep 27, 9:59 PM

Fancyscrapper (Guest): I would get into trouble if I admitted to boredom.

Sep 27, 9:59 PM

Nicole Zeno Kann: I am guilty of getting those creative new project ideas in the shower LOL. I didn't realize as the book points out, that it is one of the last few places our minds can wander. I am trying to expand on this.

Sep 27, 10:00 PM

Jennifer Wilson (Moderator): Oh for sure!

Sep 27, 10:00 PM

Fancyscrapper (Guest): My Mom was all, "You're bored? Ok, go dust the living room."

Sep 27, 10:00 PM

Jessica Cruz de Urrutia: Q3: yes! Boredom is a big word.....I don't really like that word. Is it bad to say I never get bored. I can be calm, quiet, or enjoying something in particular (like exercise) THAT helps me to think great ideas.

Sep 27, 10:00 PM

Jessica Cruz de Urrutia: haha...you were all saying the same thing

Sep 27, 10:00 PM

BettyLou (Guest): As I was reading, I wondered if the practice of morning pages and Artist's Dates really does for me what manoush says boredom does for her.

Sep 27, 10:00 PM

Fancyscrapper (Guest): BettyLou, good thought!!

Sep 27, 10:00 PM

Nicole Zeno Kann: Oh! I see that BettyLou.

Sep 27, 10:01 PM

Jessica Cruz de Urrutia: Indeed

Sep 27, 10:01 PM

Fancyscrapper (Guest): I like maybe "open mental space" instead of "boredom." Eh?

Sep 27, 10:01 PM

Fancyscrapper (Guest): Feels more positive.

Sep 27, 10:01 PM

Jessica Cruz de Urrutia: There is ONE time during the year that I can say I get bored. haha

Sep 27, 10:01 PM

Jennifer Wilson (Moderator): Space is a good surrogate for sure.

Sep 27, 10:01 PM

Fancyscrapper (Guest): Sorry, splitting hairs here. That's what being so literal can do.

Sep 27, 10:02 PM

Nicole Zeno Kann: I like Mind Wandering instead of boredom.

Sep 27, 10:02 PM

Jennifer Wilson (Moderator): Between CHristmas and New Years Jessica?

Sep 27, 10:02 PM

Fancyscrapper (Guest): Mind Wandering. I like it, Nicole.

Sep 27, 10:02 PM

Jessica Cruz de Urrutia: When I go to visit my inlaws. Central America, the beach, no wifi, no phone, no crafts buaaaa! I usually sleep, eat and plan for the new year, resolutions and stuff like that. Haha

Sep 27, 10:02 PM

Fancyscrapper (Guest): Jessica, do tell.

Sep 27, 10:02 PM

Teaching Assistant - Kim Edsen (Moderator): Fancyscrapper - it's a matter of re-framing...I often find that helpful

Sep 27, 10:02 PM

BettyLou (Guest): space sounds reasonable but the title is awesome and draws folks in so I get boredom

Sep 27, 10:03 PM

Jessica Cruz de Urrutia: hahahaha, we ACTUALLY visit them exactly those dates Jennifer LOLOL

Sep 27, 10:03 PM

Jennifer Wilson (Moderator): I get super restless during that week.. I want to get on with the new year.

Sep 27, 10:03 PM

Fancyscrapper (Guest): THE BEACH! That's the best place to "unplug."

Sep 27, 10:03 PM

Jessica Cruz de Urrutia: yesssss and I cant wait to be back home LIVING my plans.

Sep 27, 10:03 PM

Fancyscrapper (Guest): That's like visiting my in-laws in the mts.

Sep 27, 10:03 PM

Tiffany Mitchell: Jennifer, I find myself in recovery that week.....

Sep 27, 10:04 PM

Fancyscrapper (Guest): No good wi-fi there.

Sep 27, 10:04 PM

Jessica Cruz de Urrutia: LOL Fancyscrappers....for some reason I wanna be back hooommmeeee, with that same time, space, not needing to cook or clean, just craft!

Sep 27, 10:04 PM

BettyLou (Guest): When I'm at the beach I always think I should go back at least monthly and then I don't and I wait 3 months or more. Mind I am 75 minutes from the coast.

Sep 27, 10:05 PM

Jennifer Wilson (Moderator): QUOTE // "The mistake a lot of people make is to assume the euphoria of an idea is going to persist all the way through the countless little steps that need to happen before the idea becomes real,"

Sep 27, 10:05 PM

Jennifer Wilson (Moderator): QUESTION // Q4. Have you ever lost enthusiasm for a scrapbooking project after buying supplies or getting started?

Sep 27, 10:05 PM

Jessica Cruz de Urrutia: I've learned to enjoy it. I LOVE that is the only time I feel both my hubby and I get into our DEFAULT modes. Anyone knows what I mean?

Sep 27, 10:05 PM

Fancyscrapper (Guest): We took a month off one year at the beach, (in September when only grandparents and young couples were there) and we found it took a good week just to quiet our minds!

Sep 27, 10:06 PM

Nicole Zeno Kann: Yes. Yes I have lost enthusiasm after project plans were made.

Sep 27, 10:06 PM

Tiffany Mitchell: All the time, Jennifer. Sometimes it is that I make it so much bigger in my head than it is.

Sep 27, 10:06 PM

BettyLou (Guest): Jennifer, as myex used to say "do chichens have wings?" But of course!

Sep 27, 10:06 PM

Shannon Jones (Guest): all the time, Jennifer

Sep 27, 10:06 PM

Jessica Cruz de Urrutia: I think since my hubby lives under SO MUCH work related stress, I receive that. I now look forward to our default end of the year time.

Sep 27, 10:06 PM

Teaching Assistant - Kim Edsen (Moderator): I'd say yes, I like the beginning of projects - all the possibility is exciting, and depending on how the project goes, that may or may not fade

Sep 27, 10:06 PM

Jennifer Wilson (Moderator): Me three!

Sep 27, 10:06 PM

Fancyscrapper (Guest): I have definitely experienced that, Jennifer.

Sep 27, 10:06 PM

Jessica Cruz de Urrutia: Q4....guality!

Sep 27, 10:07 PM

Jessica Cruz de Urrutia: well...where is autocorrect when I need it. GUILTY

Sep 27, 10:07 PM

BettyLou (Guest): I often find renewed enthusiasm though after I think or work on another project

Sep 27, 10:07 PM

Nicole Zeno Kann: Yup. I do tend to have multiple projects going at once. Always have.

Sep 27, 10:08 PM

Fancyscrapper (Guest): I find if I walk away and do something else, sleep on it, whatever, when I walk back into my Studio, my ideas are renewed!

Sep 27, 10:08 PM

Jessica Cruz de Urrutia: I usually keep my enthusiasm if is a group effort. Accountability, progress and friendships make whatever better for me. Otherwise...☹️

Sep 27, 10:08 PM

BettyLou (Guest): I like multiple projects at once also. Usually have several books in process also

Sep 27, 10:08 PM

Fancyscrapper (Guest): By the way, "Studio" is the fancy word for the room my family refers to as "Mom's Happy Place."

Sep 27, 10:08 PM

Jennifer Wilson (Moderator): Totally Jessica!

Sep 27, 10:09 PM

Jessica Cruz de Urrutia: Agree Fancyscrapper!

Sep 27, 10:09 PM

Shannon Jones (Guest): actually, every day this week I have started planning a new, different project....haven't started any of them...just planned, then moved onto the next plan....

Sep 27, 10:09 PM

Jennifer Wilson (Moderator): Something to take note of Shannon?

Sep 27, 10:09 PM

Fancyscrapper (Guest): I don't often experience the group effort, Jessica. I'd like to consider a subscription to a group like this one now that I have more space in my daily commitments.

Sep 27, 10:10 PM

Shannon Jones (Guest): yeah....

Sep 27, 10:10 PM

Jessica Cruz de Urrutia: Lately my biggest challenge is the clock. If is evening...my creative energy is at a loooow! But mornings I feel like SUPERGIRL!

Sep 27, 10:11 PM

Fancyscrapper (Guest): I have very slow mornings, Jessica. I truly don't DO mornings.

Sep 27, 10:11 PM

Jessica Cruz de Urrutia: Fancyscrapper....I am loving exactly THAT from simplescrapper....love this group.Non paid advertisement...lolololo! 🤖

Sep 27, 10:11 PM

Fancyscrapper (Guest): I sit quietly for at least an hour with my coffee and devotional.

Sep 27, 10:11 PM

Nicole Zeno Kann: I also have gone through phases of planning and thinking. But I made myself a sign that says Stop overthinking and JUST do it! I have to force myself through the worries (perfection?) just take action.

Sep 27, 10:11 PM

Jennifer Wilson (Moderator):

Sep 27, 10:11 PM

Teaching Assistant - Kim Edsen (Moderator): Jessica - I am with you there; maybe not the supergirl part, but definitely good intentions but often my energy too low in the evenings to feel creative

Sep 27, 10:12 PM

Fancyscrapper (Guest): Cool, Jessica! My husband is super supportive of the idea too, so that's helpful.

Sep 27, 10:12 PM

Jennifer Wilson (Moderator): Yeah, like at 4pm I'm super optimistic about what I want to be doing at 9pm.

Sep 27, 10:12 PM

Fancyscrapper (Guest): Nicole, I feel ya!

Sep 27, 10:12 PM

Fancyscrapper (Guest): JUST DO IT!

Sep 27, 10:12 PM

Fancyscrapper (Guest): That's really helped me.

Sep 27, 10:13 PM

Jessica Cruz de Urrutia: Thats great Fancyscrapper....mine HAD to let me go to come to my VERY IMPORTANT MTG tonight. hihi

Sep 27, 10:13 PM

BettyLou (Guest): I've experimented with creative time in the morning and chores in the afternoon, not yet sure whether this is good

Sep 27, 10:13 PM

Jennifer Wilson (Moderator): QUOTE // "All it takes is one little ping from the phone to interrupt a potentially creative, productive, and internally focused state of mind, whether we are absorbed in a craft project,listening to beautiful music, or astounded by an incredible mountain view."

Sep 27, 10:13 PM

Nicole Zeno Kann: yes, cause our fears are "false evidence appearing real" and things turn out looking great anyway.

Sep 27, 10:13 PM

Jennifer Wilson (Moderator): QUESTION // Q5. Do you find that your phone distracts you while scrapbooking?

Sep 27, 10:13 PM

Jessica Cruz de Urrutia: hahaha, Jennifer..me too, then 9PM comes along and you will usually find me in bed scrolling my phone...sigh

Sep 27, 10:13 PM

Jennifer Wilson (Moderator): Totally!

Sep 27, 10:14 PM

Fancyscrapper (Guest): Mine just got home from work, and asked that I help bring in groceries, then was like, "Oh, are you doing your chat? Never mind! Enjoy!"

Sep 27, 10:14 PM

Teaching Assistant - Kim Edsen (Moderator): Betty Lou, what usually happens is I just keep creating and leave the chores for another day

Sep 27, 10:14 PM

Jessica Cruz de Urrutia: Betty Lou, that is NOT a bad idea....hmmm...I may need to recheck my self-made schedule.

Sep 27, 10:14 PM

Tiffany Mitchell: Yes, my phone does, but usually it is actually calls since I limit my notifications in general.

Sep 27, 10:15 PM

Nicole Zeno Kann: LOL Kim

Sep 27, 10:15 PM

BettyLou (Guest): Kim, that is the problem or else I realize that some activity really needs to get done and I'm up until 0100.

Sep 27, 10:15 PM

BettyLou (Guest): Stopping creative fun is hard for me

Sep 27, 10:15 PM

Nicole Zeno Kann: ugh me too

Sep 27, 10:15 PM

Teaching Assistant - Kim Edsen (Moderator): I don't think my phone distracts me much when actually scrapbooking; I think it's more problematic when I'm transitioning between tasks - instead of having a bit of mental downtime I'm always taking in something

Sep 27, 10:15 PM

Nicole Zeno Kann: I agree with Kim again!

Sep 27, 10:16 PM

Jennifer Wilson (Moderator): I think my brain pings for my phone than my phone pings me/my brain.

Sep 27, 10:16 PM

BettyLou (Guest): Same think happens I can create until late also so the theory is that lights are still off by 11 which means getting ready for bed and reading and talking with my husband by 9

Sep 27, 10:16 PM

Fancyscrapper (Guest): My phone never distracts me because I am DETERMINED to focus on the people I'm actually with. My husband, on the other hand, cannot finish a sentence if his phone pings. Even if MY phone makes a noise, he can no longer focus on what I'm saying until he knows what the ping was about!

Sep 27, 10:16 PM

Jessica Cruz de Urrutia: TRUE about that quote. Lately I intentionally leave the phone away from me charging and on silence TILL I finish what I'm doing. It is helping. I guess is a habit. I've been doing it for a long time when my hubby is around. I don't want ANYTHING unscheduled interrupting our time together.

Sep 27, 10:16 PM

BettyLou (Guest): This may be off the subject slightly but has anyone else downloaded Two Dots?

Sep 27, 10:16 PM

Jessica Cruz de Urrutia: Waoooo, Fancyscrapper...amazed by your hubby! Haha

Sep 27, 10:17 PM

Jennifer Wilson (Moderator): I already had it!

Sep 27, 10:17 PM

BettyLou (Guest): I started playing on Sunday

Sep 27, 10:17 PM

Tiffany Mitchell: no

Sep 27, 10:17 PM

Fancyscrapper (Guest): Me too, Jessica.

Sep 27, 10:17 PM

Nicole Zeno Kann: I have asked my whole family to leave ALL devices off kitchen table. I think it is helping conversation.

Sep 27, 10:17 PM

Teaching Assistant - Kim Edsen (Moderator): Jessica - you bring up a good point! I thought it was really interesting the discussion about keeping your phone in a bag vs. on your person or in your hand. Definitely trying to do more of the out of sight, out of mind approach

Sep 27, 10:17 PM

Fancyscrapper (Guest): Brilliant, Nicole.

Sep 27, 10:17 PM

Jessica Cruz de Urrutia: LOL Kim...chores for tomorrow...may I say my kitchen is not done tonight YET! TX YOU

Sep 27, 10:18 PM

Jessica Cruz de Urrutia: Jennifer..thats me!

Sep 27, 10:18 PM

Teaching Assistant - Kim Edsen (Moderator): Betty Lou! I hear it's a slippery slope! I didn't check it out, I have Homescapes on my girls' Kindles to occupy my time if I want to go that route

Sep 27, 10:18 PM

Fancyscrapper (Guest): I have a big house, and I keep certain spaces in order, the kitchen being paramount.

Sep 27, 10:18 PM

Tiffany Mitchell: I did download the Space App to monitor my time and pick ups.

Sep 27, 10:18 PM

BettyLou (Guest): I bought a cute back pack for fall and I hate having to deal with the phone in, phone out to see the time

Sep 27, 10:18 PM

Fancyscrapper (Guest): I don't worry about spaces I'm not going to spend time in, they can wait until I'm ready to tackle them.

Sep 27, 10:19 PM

Jennifer Wilson (Moderator): Ooh Kim, I think Emily would like Homescapes.. she loves Panda Jam and Minnie's Makeover.

Sep 27, 10:19 PM

BettyLou (Guest): I started wearing a watch again and realized that I can use the Apple Watch to shut off my book when i meet an actual person as I'm out and about

Sep 27, 10:19 PM

Fancyscrapper (Guest): I have to keep my phone on hand when my husband is at work because he freaks out if I don't respond right away if he texts.

Sep 27, 10:19 PM

Jessica Cruz de Urrutia: WHAT IS THE SPACE APP?

Sep 27, 10:19 PM

Nicole Zeno Kann: I was tempted to get 2 dots. But haven't yet.

Sep 27, 10:20 PM

Tiffany Mitchell: It is the new version of the Android app that she recommended in the book.

Sep 27, 10:20 PM

Teaching Assistant - Kim Edsen (Moderator): I wear a watch just for that reason! Tiffany, what did you think about the space app?

Sep 27, 10:20 PM

Nicole Zeno Kann: How is that going Tiffany?

Sep 27, 10:20 PM

Jessica Cruz de Urrutia: Fancyscrapper...thats hilarious. My hubby THINKS I need to have my phone with me all the time too...and wonder WHY I don't reply to his text in a millisecond. Hellooooo

Sep 27, 10:20 PM

Jessica Cruz de Urrutia: hahahaha

Sep 27, 10:20 PM

Fancyscrapper (Guest): I don't even know what 2 dots is, but I just started playing Wordscapes yesterday.

Sep 27, 10:20 PM

BettyLou (Guest): I was using Insight and I've found it useful and well, insightful

Sep 27, 10:21 PM

Tiffany Mitchell: It is funny that it will pop up when I have been on a while or if I unlock my phone repetitively and just asks if I really want to spend my time on my phone.

Sep 27, 10:21 PM

Nicole Zeno Kann: My hubby loves wordscapes. Another I'm trying to stay away from.

Sep 27, 10:21 PM

Fancyscrapper (Guest): So how does the Space app work?

Sep 27, 10:21 PM

BettyLou (Guest): Two dots is the game that Manoush was hooked on

Sep 27, 10:21 PM

Fancyscrapper (Guest): Ahhh, thanks, BettyLou!

Sep 27, 10:21 PM

Edie Banks: I have been putting my phone down in the evening and I missed the text about his chat !

Sep 27, 10:22 PM

Jennifer Wilson (Moderator): So, I have a series of questions related to the photo chapter now.

Sep 27, 10:22 PM

Nicole Zeno Kann: oh no Edie! lol

Sep 27, 10:22 PM

Jennifer Wilson (Moderator): Looks like we're going to run a little long.

Sep 27, 10:22 PM

Tiffany Mitchell: Usually I continue with what I was doing. Which made me understand now, why the studies didn't see dramatic time and number differences after the project.

Sep 27, 10:22 PM

Fancyscrapper (Guest): I avoid screens when I can't sleep (which is often), preferring an actual book instead.

Sep 27, 10:22 PM

Jessica Cruz de Urrutia: Which app reminds me not to be much on my phone. I need it!

Sep 27, 10:23 PM

Tiffany Mitchell: You put a goal limit of usage and the app tracks it to let you know when you are approaching you limits.

Sep 27, 10:23 PM

Jessica Cruz de Urrutia: Which app Tiffany?

Sep 27, 10:24 PM

Fancyscrapper (Guest): Sounds good. Like a monitor for phone usage.

Sep 27, 10:24 PM

Jessica Cruz de Urrutia: Photo questions....go for it Jennifer!

Sep 27, 10:24 PM

Tiffany Mitchell: For Android it is Space. I don't remember the Apple version.

Sep 27, 10:24 PM

Teaching Assistant - Kim Edsen (Moderator): Tiffany, I feel like I remember this app now...does it 'rate' you based on your goal?

Sep 27, 10:24 PM

Fancyscrapper (Guest): SpaceApp, yeah?

Sep 27, 10:24 PM

Jennifer Wilson (Moderator): She says Moment for Apple and BreakFree for Android.

Sep 27, 10:24 PM

Fancyscrapper (Guest): Moment. Got it. Thanks, Jennifer!

Sep 27, 10:24 PM

Tiffany Mitchell: Space is the old Breakfree

Sep 27, 10:24 PM

Jessica Cruz de Urrutia: Thank you!

Sep 27, 10:25 PM

Jennifer Wilson (Moderator): Ah

Sep 27, 10:26 PM

Jennifer Wilson (Moderator): I don't have a question here, but I loved this quote: QUOTE // "All photographs are memento mori. To take a photograph is to participate in another

person's (or thing's) mortality, vulnerability, mutability. Precisely by slicing out this moment and freezing it, all photographs testify to time's relentless melt." —Susan Sontag

Sep 27, 10:26 PM

BettyLou (Guest): The description of Space in the Apple App store says it was formerly known as Breakfree

Sep 27, 10:26 PM

Fancyscrapper (Guest): I love that quote, Jennifer!

Sep 27, 10:27 PM

Tiffany Mitchell: That is a great quote!

Sep 27, 10:27 PM

Nicole Zeno Kann: Beautiful quote.

Sep 27, 10:27 PM

Fancyscrapper (Guest): My Dad instilled in me the love of photography, and bought me 35mm cameras and lenses.

Sep 27, 10:27 PM

Fancyscrapper (Guest): I

Sep 27, 10:27 PM

Teaching Assistant - Kim Edsen (Moderator): Yes, I really liked the chapter related to photography

Sep 27, 10:27 PM

Fancyscrapper (Guest): I've loved it for many years now.

Sep 27, 10:27 PM

Fancyscrapper (Guest): Mostly for my own memory keeping.

Sep 27, 10:28 PM

BettyLou (Guest): I don't feel like taking photos is as negative for me as she described it

Sep 27, 10:28 PM

Nicole Zeno Kann: Me too Fancyscrapper.

Sep 27, 10:28 PM

Fancyscrapper (Guest): I made scrapbooks before Creative Memories did.

Sep 27, 10:28 PM

Jennifer Wilson (Moderator): QUOTE // "The explosive proliferation of digital images is one of the most fascinating, pervasive, and least manageable aspects of contemporary life. Not only have we decided to capture a significant portion of our lives with the expectation that we can experience it all over again later on Instagram, but our obsession with snapping has also launched a massive industry devoted to photo filters, archiving, and managing our memories (and yet we still don't know where those pictures of the trip to Miami are)."

Sep 27, 10:28 PM

Jennifer Wilson (Moderator): QUESTION // Q6. How has digital photography changed your memory keeping?

Sep 27, 10:28 PM

Jessica Cruz de Urrutia: LOL...where is that photo? Hmm

Sep 27, 10:29 PM

Tiffany Mitchell: I don't scrapbook every photo anymore....

Sep 27, 10:29 PM

BettyLou (Guest): I have a camera with me all of the time

Sep 27, 10:29 PM

Jessica Cruz de Urrutia: Q6A: Love digital. I get to print better pictures. Before I never knew what I was getting. Paid for 40, got 2 I liked.

Sep 27, 10:29 PM

Tiffany Mitchell: I have tons of shots of the same thing.....

Sep 27, 10:29 PM

Fancyscrapper (Guest): So many more options.

Sep 27, 10:30 PM

BettyLou (Guest): I sometimes consciously make a choice to settle for a less than perfect photo because I want to be present and mindful

Sep 27, 10:30 PM

Jennifer Wilson (Moderator): I see that photos get in the way too much today... the management is time consuming and we have limited time

Sep 27, 10:30 PM

Eddie Banks: Yes Betty Lou!

Sep 27, 10:30 PM

Fancyscrapper (Guest): I don't have to lug equipment around. It's less intrusive.

Sep 27, 10:30 PM

BettyLou (Guest): Daily photo triage is much more important!

Sep 27, 10:30 PM

Shannon Jones (Guest): Well, sadly, my digital photos are not organized and are one big mess. But before digital, I printed every roll out when I finished it, and those photos are all organized and labeled.

Sep 27, 10:30 PM

Teaching Assistant - Kim Edsen (Moderator): I think it brought a sense of peace for me; no worries about only have one or two copies of a photo, more options for sizing/design, and more fun because it's easier to experiment

Sep 27, 10:30 PM

Jessica Cruz de Urrutia: Q6A: Don't like digital. Dear, I have no idea how to organize them yet. Oh well! Is so much fun...particularly for the kids. Oh how mine love picture taking and video making.

Sep 27, 10:30 PM

Tiffany Mitchell: I also don't print as many of my photos (sometime if any).....

Sep 27, 10:31 PM

Teaching Assistant - Kim Edsen (Moderator): That's super interesting, Shannon!

Sep 27, 10:31 PM

Nicole Zeno Kann: I take more careless photos. With a camera, I focused more on what I was seeing through the lens. It felt special.

Sep 27, 10:31 PM

Fancyscrapper (Guest): I had a subscription to Groovebook for awhile, and I loved it.

Sep 27, 10:32 PM

Fancyscrapper (Guest): 100 photos a month, from my phone (through an app), for three bucks, shipped to my door.

Sep 27, 10:32 PM

BettyLou (Guest): I got annoyed with Groove book because my photos didn't fit into pocket pages....

Sep 27, 10:32 PM

Nicole Zeno Kann: Same for me with photo org, Shannon.

Sep 27, 10:32 PM

Jessica Cruz de Urrutia: Photos make note taking, reminders, inspiration so much easier. I make myself reminders of even song I hear on the radio, snapping a pic of my car radio station when it says the song. Am I the only one?

Sep 27, 10:32 PM

Fancyscrapper (Guest): They are thin, not great quality, but good enough for me to play with at a tiny cost.

Sep 27, 10:32 PM

Jennifer Wilson (Moderator): Photo Crush is returning soon. I can help!

Sep 27, 10:32 PM

BettyLou (Guest): I do quick edits on many/most of the photos I print!

Sep 27, 10:32 PM

Fancyscrapper (Guest): Jessica, I do the same thing.

Sep 27, 10:33 PM

Fancyscrapper (Guest): Now that a couple of my girls are married, they ask for old home recipes, and I just send a pic of my hand-written recipe in my book.

Sep 27, 10:33 PM

Jessica Cruz de Urrutia: hehe Fancyscrapper.....how we lived before phones with cameras.

Sep 27, 10:33 PM

Fancyscrapper (Guest): So simple.

Sep 27, 10:33 PM

BettyLou (Guest): Jessica, no you aren't the only one. On rare occasions the photo I took of the flu shot clinic times becomes my photo of the day!

Sep 27, 10:33 PM

Jessica Cruz de Urrutia: yes yes indeed!

Sep 27, 10:33 PM

Fancyscrapper (Guest): Right, Jessica?!

Sep 27, 10:34 PM

Jessica Cruz de Urrutia: Actually I printed one of my fave recipes as a photo and placed in one of my albums so I never loose it. Even my kids know where it is. LOL

Sep 27, 10:34 PM

Jennifer Wilson (Moderator): QUOTE // "It's not about creating a memory ... these photos have an underlying message, saying, "I'm thinking of you" or "Look at me" or "Isn't this fruit salad gorgeous?" They are an invitation to conversation. Sort of."

Sep 27, 10:34 PM

Jennifer Wilson (Moderator): QUESTION // Q7. What reasons do you take photos today?

Sep 27, 10:34 PM

Candace (Guest): I take pictures of all sorts of things, because there is no film limit. Love it.

Sep 27, 10:34 PM

Fancyscrapper (Guest): I started keeping journals as a kid too. I find photos to help patch memory keeping together, especially with metadata.

Sep 27, 10:35 PM

Jessica Cruz de Urrutia: Let me look at my phone this month. I may laugh at my own picture taking

Sep 27, 10:35 PM

Tiffany Mitchell: My kids grow too fast! Have to capture their milestones....

Sep 27, 10:35 PM

Candace (Guest): It is an appreciation for what I see (for me).

Sep 27, 10:35 PM

Teaching Assistant - Kim Edsen (Moderator): I think I primarily take photos to help me remember

Sep 27, 10:35 PM

Fancyscrapper (Guest): I take photos partly because I love my life and I want it recorded even if only for me.

Sep 27, 10:35 PM

Fancyscrapper (Guest): I take pics of my food.

Sep 27, 10:36 PM

Fancyscrapper (Guest): I take pics of the show I'm watching.

Sep 27, 10:36 PM

Fancyscrapper (Guest): I take pics of birds on my walks.

Sep 27, 10:36 PM

Fancyscrapper (Guest): My cats,

Sep 27, 10:36 PM

Nicole Zeno Kann: Sometimes my reason to take a photo is to capture the beauty of something or someone. Most of the time it is to remember events in time.

Sep 27, 10:36 PM

Fancyscrapper (Guest): My husband,

Sep 27, 10:36 PM

Fancyscrapper (Guest): Lunch out.

Sep 27, 10:36 PM

Fancyscrapper (Guest): So many things!

Sep 27, 10:36 PM

BettyLou (Guest): Besides that info I'll need later type of photo...I take lots of photos because I want to have a photo to go with a story I want to tell. I also take a photo on prompt each day as a practice of improving my skills

Sep 27, 10:36 PM

Edie Banks: Some photos are for documenting- mainly photos with people . I like scenery pictures

Sep 27, 10:36 PM

Fancyscrapper (Guest): That's good, BettyLou.

Sep 27, 10:36 PM

Jessica Cruz de Urrutia: Card Ideas, Scrapbook Layout ideas, orders I made online, set ups for my keyboard sounds, cards I made, kids in the pool, the broken part on my car to show my hubby FIX IT PLEASE, new products I got in the mail yay!, quotes I like.....

Sep 27, 10:37 PM

BettyLou (Guest): I also take photos of my layouts to share.

Sep 27, 10:37 PM

Jennifer Wilson (Moderator): Me too Jessica! My photos are increasingly random.

Sep 27, 10:37 PM

Jessica Cruz de Urrutia: Mine too! I honestly laughed as I searched my photos right now.

Sep 27, 10:37 PM

BettyLou (Guest): Photos of events and people at events

Sep 27, 10:38 PM

Fancyscrapper (Guest): I enjoy scrolling back through.

Sep 27, 10:38 PM

Jessica Cruz de Urrutia: At times just for fun I take selfies of me making funny faces and send them to my family! NEVER facebook. hahaha

Sep 27, 10:38 PM

Fancyscrapper (Guest): I love that I can take pictures without spending any money.

Sep 27, 10:38 PM

Nicole Zeno Kann: I do like having a timeline pm my phone. Cause my memory ain't what it used to be that is for sure.

Sep 27, 10:38 PM

BettyLou (Guest): Oh, I also take photos of unique people: hair, atticre, positioning, activities

Sep 27, 10:39 PM

Fancyscrapper (Guest): Digital photography has been an awesome development in my life. No real negatives.(See what I did there?) HaHa

Sep 27, 10:39 PM

Nicole Zeno Kann: lol

Sep 27, 10:39 PM

Fancyscrapper (Guest): Hee Hee Nicole!

Sep 27, 10:39 PM

Jennifer Wilson (Moderator): QUOTE // “Photos have always been tools of creative, artistic, and personal satisfaction,” Malik wrote. “But going forward, the real value creation will come from stitching together photos as a fabric, extracting information and then providing that cumulative information as a totally different package.”

Sep 27, 10:39 PM

Jennifer Wilson (Moderator): QUESTION // Q8. This sounds like scrapbooking to me. How do you interpret it?

Sep 27, 10:39 PM

Jessica Cruz de Urrutia: Dear we should have a National Delete Photos from your phone Day. yeah...I need one.

Sep 27, 10:39 PM

BettyLou (Guest): fancyscrapper..yes!

Sep 27, 10:40 PM

BettyLou (Guest): precisely, that is scrapbooking

Sep 27, 10:40 PM

Tiffany Mitchell: I agree Jennifer. Most photos won't mean anything to anyone unless there are words or context to them.

Sep 27, 10:40 PM

Jessica Cruz de Urrutia: It sounds like my Beyond Your Story course I am taking. Hehe! Definitely inspiring.

Sep 27, 10:40 PM

Fancyscrapper (Guest): Where is that course offered, Jessica?

Sep 27, 10:40 PM

Teaching Assistant - Kim Edsen (Moderator): Yes, a photo on its own doesn't have as much value if you don't know any of the story to go with it

Sep 27, 10:40 PM

Nicole Zeno Kann: Makes sense.

Sep 27, 10:40 PM

Jessica Cruz de Urrutia: Free to simplescrapper members....is in the private website Loving it!

Sep 27, 10:41 PM

Jennifer Wilson (Moderator): Before Your Story is part of the membership: <https://www.simplescrapper.com/membership>

Sep 27, 10:41 PM

Fancyscrapper (Guest): AHA! Cool!

Sep 27, 10:42 PM

Jessica Cruz de Urrutia: Today I was going through a bazillion of old photos. I can honestly say not even 80% of them will be scrapbook but with the course Im giving myself permission to pick my faves and leave the rest behind.

Sep 27, 10:42 PM

Fancyscrapper (Guest): I like how I can curate and even shape my own memories with scrapbooking. Not denying the hard parts, but really highlighting the better times.

Sep 27, 10:43 PM

Jennifer Wilson (Moderator): QUOTE // “The results were clear—people remembered fewer of the overall objects they had photographed. They also couldn’t recall as many specific visual details of the photographed art as compared to the art they had merely observed.”

Sep 27, 10:43 PM

Jennifer Wilson (Moderator): QUESTION // Q9. Will knowing this fact change your behavior?

Sep 27, 10:43 PM

BettyLou (Guest): I struggled with this

Sep 27, 10:44 PM

Nicole Zeno Kann: This fascinated me.

Sep 27, 10:44 PM

Tiffany Mitchell: I found that I didn't agree with the author about that. Maybe I am just more mindful of the things I choose to photograph? Maybe I observe more before I photograph?

Sep 27, 10:44 PM

BettyLou (Guest): I'm not much of a museum photographer but she also talked about details of art and I am more likely to take a detail photo than an overview.

Sep 27, 10:44 PM

Fancyscrapper (Guest): I decided a long time ago that I will scrapbook for ME. It's a creative outlet I enjoy even if the books are thrown out when I am gone (not that I expect that having

raised four daughters). At the same time, I enjoy telling stories that might not otherwise be told if I didn't scrap them.

Sep 27, 10:44 PM

Candace (Guest): I don't agree. At least not for me.

Sep 27, 10:45 PM

Fancyscrapper (Guest): I don't think that quote is true for me, Jennifer.

Sep 27, 10:45 PM

BettyLou (Guest): I just about always need a photo of the exhibit info in order to puzzle it out if time goes by though

Sep 27, 10:45 PM

Eddie Banks: I think it also has to do with the emotional connection.

Sep 27, 10:45 PM

Fancyscrapper (Guest): I DO remember details.

Sep 27, 10:46 PM

Jennifer Wilson (Moderator): For a number of years now I have consciously put down the camera so I could feel more engaged in the moment. I have always consciously taken a photo with my mind instead of a camera.

Sep 27, 10:46 PM

Teaching Assistant - Kim Edsen (Moderator): I think it goes along with the idea to snap a photo or few then put down the camera to be in the moment. That said, we were visiting an art museum this summer and I was amazed at the people snapping photos of the art constantly as they went along; that doesn't appeal to me. I think I often gauge taking a photo based on if I'd scrapbook it or not!

Sep 27, 10:46 PM

Nicole Zeno Kann: As much as I want this not to be true, it really made me think.

Sep 27, 10:46 PM

Shannon Jones (Guest): We had a Japanese student stay with us for a month, and he never took any pictures. He would just stand and stare and study something, then move on to whatever caught his attention next. He said he could remember things better if he just studied it than if he took a photo.

Sep 27, 10:46 PM

BettyLou (Guest): Didn't she also say that more details were remembered if a person was also in the photo.

Sep 27, 10:46 PM

Tiffany Mitchell: I was thinking the same thing, Kim. I think about the story I would want to tell before I snap the photo.

Sep 27, 10:46 PM

Candace (Guest): Good point, Edie.

Sep 27, 10:47 PM

Nicole Zeno Kann: Shannon - awesome. That's what my son says too.

Sep 27, 10:47 PM

Jessica Cruz de Urrutia: When I take photos of objects what I truly want to remember is the feeling of that day/experince. Not so much the object perse.

Sep 27, 10:47 PM

Teaching Assistant - Kim Edsen (Moderator): Good point, Jessica.

Sep 27, 10:47 PM

BettyLou (Guest): I think back in the day I used to take photos of my daughters with their fave museum visit painting/sculpture. Wonder if I could find those prints?

Sep 27, 10:48 PM

Jessica Cruz de Urrutia: Last year I took a photo of a cranberry juice bottle, it had a story behind it. The feeling is what I journaled. Someone KNEW me enough to bring me a bottle. I love cranberry juice.

Sep 27, 10:48 PM

Fancyscrapper (Guest): I think my favorite photos have people I care about in them.

Sep 27, 10:48 PM

Jennifer Wilson (Moderator): BettyLou, the next quote relates...

Sep 27, 10:48 PM

Jennifer Wilson (Moderator): QUOTE // "If you are in the image, you become more removed from the original moment. It is as if you are an observer watching yourself doing something outside yourself. Whereas if you are not in the image, you return to the first person, reliving the experience through your own eyes."

Sep 27, 10:48 PM

Fancyscrapper (Guest): My Dad is obsessed with taking pics of flowers and bugs, but what do you do with those?

Sep 27, 10:48 PM

Jennifer Wilson (Moderator): QUESTION // Q10. What do you think about this?

Sep 27, 10:49 PM

Jennifer Wilson (Moderator): I take a ton of photos of flowers, bugs, leaves etc.

Sep 27, 10:49 PM

Fancyscrapper (Guest): I disagree, Jennifer, just off hand.

Sep 27, 10:49 PM

Fancyscrapper (Guest): With the quote.

Sep 27, 10:49 PM

Tiffany Mitchell: What does that say about selfies then?

Sep 27, 10:49 PM

Jennifer Wilson (Moderator): *brain explodes* Tiffany

Sep 27, 10:50 PM

Fancyscrapper (Guest): I take pics of those things in conjunction with people and events (flowers and such).

Sep 27, 10:50 PM

Nicole Zeno Kann: lol

Sep 27, 10:50 PM

Nicole Zeno Kann: See, I feel like I need to meditate on that statement. It kinda overwhelmed me. That quote did.

Sep 27, 10:51 PM

Fancyscrapper (Guest): Yeah, Since I am such an avid photographer, I like when there are pics with myself in them since I am usually behind the camera.

Sep 27, 10:51 PM

Jessica Cruz de Urrutia: I am up being in the photos. Haha! My whole family were like paparazzis! Well at least in my teenage college years. Everyone in my family loved taking photos with all in it. Haha! If an uncle took a picture and he was out, we NEED to take another with him in, and someone else out. LOL

Sep 27, 10:51 PM

Jessica Cruz de Urrutia: *grew up

Sep 27, 10:51 PM

Nicole Zeno Kann: What a wonderful inclusive family you have Jessica!

Sep 27, 10:52 PM

BettyLou (Guest): I do know that I remember very few of the moments that my father documented when I was a child but because we spent hours and hours looking at the

slides, I have an incredible amount of detail that came from his stories during those times . It still happens. He can tell me more stories about the photos I am in than the relatively fewer photos (and newer ones) that he is in. This makes me think there is some truth to the quote

Sep 27, 10:52 PM

[Eddie Banks](#): Jessica - my family was like that too.

Sep 27, 10:52 PM

Jennifer Wilson (Moderator): So, I will leave you tonight with some questions from the book for self-reflection:

Sep 27, 10:52 PM

Jennifer Wilson (Moderator): <https://www.screencast.com/t/IER5cLK92>



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Sep 27, 10:52 PM

[Jessica Cruz de Urrutia](#): haha

Sep 27, 10:52 PM

Jennifer Wilson (Moderator): These are 5 of the 7 shared by the author.

Sep 27, 10:53 PM

[Nicole Zeno Kann](#): Wow BettyLou!

Sep 27, 10:53 PM

[Jessica Cruz de Urrutia](#): Nice, thank you!

Sep 27, 10:53 PM

Jennifer Wilson (Moderator): This book was not what I expected, but I found it approachable and fascinating. I think this reminder, and receiving it regularly, is important.

Sep 27, 10:53 PM

BettyLou (Guest): Jessica, we do that too. I'm one of the few who knows how to use my timer so I'm often the one taking the photos!

Sep 27, 10:54 PM

[Tiffany Mitchell](#): I liked this one, Jennifer! Thanks for a great pick!

Sep 27, 10:54 PM

[Jessica Cruz de Urrutia](#): Thats cool BettyLou...hard is I married one who does not like his photo taken.Aaargh! We marry opposites. Today I took a photo of his back, hey!

Sep 27, 10:54 PM

Teaching Assistant - Kim Edsen (Moderator): Yes, this was a good one! Definitely food for thought...with regards to how I regulate both my and my children's tech

Sep 27, 10:55 PM

Teaching Assistant - Kim Edsen (Moderator): There's a story there Jessica!

Sep 27, 10:55 PM

BettyLou (Guest): Jessica, LOL!

Sep 27, 10:55 PM

[Nicole Zeno Kann](#): This book definitely intrigued and inspired me. Haven't felt that in a while.

Sep 27, 10:55 PM

[Jessica Cruz de Urrutia](#): hahaha Oh Kim! My mom sent him a gift right...a nice shirt...he wore it...I want it a pic!! Naturally!! He said NOPE! yes, I sent my mom the pic with his back. HE WORE IT AND LOVED IT!hahahaha

Sep 27, 10:55 PM

[Tiffany Mitchell](#): I also liked the insight to my children's tech as well.

Sep 27, 10:56 PM

Jennifer Wilson (Moderator): Thank you all for joining me tonight and participating in a lively discussion!

Sep 27, 10:56 PM

Teaching Assistant - Kim Edsen (Moderator): Night, all!

Sep 27, 10:56 PM

BettyLou (Guest): Good night!

Sep 27, 10:56 PM

[Nicole Zeno Kann](#): Good night. Thanks!

Sep 27, 10:56 PM

[Eddie Banks](#): Good

Sep 27, 10:56 PM

Jennifer Wilson (Moderator): Have a nice weekend!

Sep 27, 10:56 PM

Fancyscrapper (Guest): Night all! Great convo!

Sep 27, 10:56 PM

[Jessica Cruz de Urrutia](#): Nite nite! Thanks for this refreshing time. Thanks Jennifer for the questions!

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[Jessica Cruz de Urrutia](#): And everything else! HUGS!

Sep 27, 10:56 PM

[Eddie Banks](#): Good Night