



## History is What You Make it!

**By Pam Morris, Early Learning Center director**

Nostalgia will get me everytime. Nostalgia is my history, your history. According to Webster's Dictionary online, the second definition of the word is:

*A sentimental yearning to return to an earlier time remembered as happier or more pleasant, or a former place evoking happy memories; a longing to experience again a former happy time*

And don't we all need that every once in a while? A return to a happy time? I grew up on the East Coast and during college, one of my group of friends and I happened upon a wonderful movie, "Crossing Delancey" with Amy Irving and Peter Reigert. To this day, I can still recite lines from the movie. During my time back east, I was blessed enough to live in Manhattan for a year after I finished my graduate program and often visited the pickle men of the Lower East Side. What an amazing piece of history! Sadly, those pickle men are no longer there so when I came across the article, [Every Book Comes With a Pickle](#), by Isabella Armus, I was compelled to read it.

It seems that Leigh Altshuler came up with the idea for this store during the pandemic (another silver lining!). And what is better than a locally owned, used bookstore selling its very own line of pickles? I love to read and finding the actual physical copies of books for a good price is definitely up my alley!

And if you have seen the movie, you will see how locally owned bookstores fit into the plot~ which is really about Izzy who is trying desperately to establish herself as a separate entity from her very old school bubbe (grandmother in Yiddish) and be an independent woman. Izzy, very unsuccessfully tries to compartmentalize that part of her life but ultimately sees that she can be independent and embrace her history and nostalgia.



## **Embrace Your History and Share it**

I try to be like Izzy. Independent and fierce but strongly tied to my history and connected to the nostalgia in my life. I find these connections to so much around me and it helps me feel grounded in a world that often seems too big and overwhelming. I try to make these connections real and tangible for my daughters as well as those people around me. It gives them insight into who I am and I hope, grounds them in the history of me and our family.

## **Making these Connections**

Find your history, your nostalgia that brings you to that sweet, wonderful time and make it come alive for your children. Maybe it is a song that brings it to life and allows you to share a wonderful, happy memory. Or an activity you used to do with a grandparent that can be replicated. Cooking and baking often does it for me. And what if your child isn't quite ready for the hands on portion? Well then find a way to connect them. Bake while they are in the high chair, listening to you talk about what you are doing and how you used to do it with that loved one.

## **Memories**

Creating new memories with your kids will tie you together and strengthen the bonds you have with them. It is a wonderful piece of parenting advice that I believe is so important. Create the memories together so that they have these to draw upon when things get a little murky later on, both for you and your children.



## **Finding Inspiration**

As the secular new year draws near, I hope for you to find inspiration around you. Find what excites you and share it with those around you. Maybe it is the nostalgia that comes from an old movie you used to watch with friends or maybe it is a new recipe you want to try with someone close to you. Wherever you find inspiration, let it light up your world so you can be the light in someone else's.

Shabbat Shalom.