Steph: Hey everyone, welcome to Modern Photo Solutions. I am Steph Clay and I'm so happy to be here with you today. Today we're going to be talking about something that I posted about on Instagram several months ago, that I wanted to dive in a little bit deeper because it came up for me again this past week. When, right after I had my second baby, I was a young mom, I had a four year old, and then a new baby. My husband had just graduated from MBA school, and we bought our first house, and I quit my job. We moved, and there was a lot going on.

I guess it shouldn't be too surprising that I fell into a post partum depression. During that time I had always been, like I've said before, an avid memory keeper. During the time when I had my oldest, and I was working full time, and my husband was in school full time working on his masters degree. Things were really busy. It was hard for me to do any kind of documenting. I always had defined myself kind of as a paper scrap booker, but hauling all of that stuff when I had little kids just wasn't feasible for me. I still threw myself into that category even though I hadn't done it for a really long time.

During this post partum depression, I couldn't handle the pressure of feeling like I was taking pictures and not doing anything with them. I decided to stop taking pictures. For several months during the time when this baby was little, brand new baby, I didn't take pictures because I figured that not having pictures backing up, and weighing on me with nothing being done with them would be better than having the pictures, and so I stopped taking pictures.

That has become one of my biggest regrets as a memory keeper. That's one of the reasons that I say all the time that you can never have too many photos. I truly, truly believe that. There has never been a time in my life when I have regretted having photos, never. But there

have been lots and lots and lots of times that I haven't taken photos, that I regret not having those photos. It's not just during this phase of my life when there are no photos to tell my story at all, it's also times when I forget to take a photo when I'm with people, and there's something going on. And I'm busy and stressed out, and I just forget about it. I don't have photos with those people.

Sometimes it's not even that I'm busy and stressed out, sometimes it's that I'm enjoying the moment. Maybe it's something fun and exciting going on, and I'm enjoying the moment instead of asking everyone to pause and take a picture to remember the event, or that we were together. Yes absolutely, candid photos are great, and photos of the things at the event are good too. However, let me give you one example. I posted about this on Instagram last week. When I was in charge of helping put on a big event for church last week, and there were a lot of friends, and even family, a cousin of mine that came to this event. I was teaching a class at it, and I didn't take time after I was done teaching my class, when people came to talk to me, with my cousin, or with all of these friends that came. I didn't take the time to take a photo with them. I really, really truly regret that.

That event is never going to happen again, and they won't be there again in that event to support me. It's just a moment in time that I don't have documented with those people there. I could not have stood up in front of a class and taken photos of everybody so that I would have photos of my friends there, because it would not have been appropriate at all. I did have a friend that was super sweet and took a photo of me up teaching, which I really, really appreciated. She sent it to me, and apologized that it wasn't that great of a photo, but she didn't want to be distracting. I just loved that she knows me well enough to know that I would love that, and I don't even care how good

of a photo it is or it isn't. It's a photo, and I am so grateful that she thought to do that for me.

This is one example of times when I have regretted not having the photos, but been so grateful for the photos that I do have to document the things that happened. I made sure that on that page I put in the journaling about that page, the people's names that were there that came out to support me, because it did mean a lot to me. That's just one example of a time when asking people to stop and take a photo with me, would have been really great.

Back to my post partum depression with my brand new baby, and not taking photos. Making that conscious decision to not take any photos. I, a few weeks ago, decided to go through ... He's also the middle child. Middle child of two girls, okay? He has an older sibling, an older sister, and a younger sister. He very much has the middle child syndrome, and he jokes about having the middle child syndrome. One day when his younger sister was complaining about feeling picked on he said, "Hey, that is the middle child's responsibility, and I fulfill that role quite well. Thank you." It's just funny how he jokes about it.

Unfortunately some of his feeling neglected, because he's the middle child, is definitely founded. This is one of those areas. I told him awhile ago, I realized he was feeling bad that he doesn't have any photo books, or anything to document his story from birth on. I finally told him, "Hey look, this is part of the reason that you don't have that like your sisters do." I've explained to him that it is not his fault that I went through post partum depression, it has nothing to do with him. It was just the chemical make up in my body at that time. It wasn't because I was sad about him. I was so happy about him, and to have this new baby. It's just one of those things that happens.

He really appreciated me sharing that with him, and understanding a little bit more. Now he feels like it really isn't his fault, because he understands that depression is something that you can't control. He feels like it's not as much, it wasn't a choice of mine in the fact that I was just doing the very best that I could at that time in my life. It was a chore to get out of bed, and to get my daughter off to pre-school, and even function throughout the day. He understands that more now, and has felt a little bit of relief from knowing that full story.

I decided that I wanted to start working on some of these other, older photos so that I can get some of his story told. I have some great, great memories from when he was a toddler. There was a period of time after ... Or, a pre-schooler really. There was a period of time where we struggled with infertility after he was born, and he was my buddy. We did so many fun, fun things together while his older sister was at school, before he went to school. He was the center of a lot of my attention a lot of the days. I don't know that he understands that and remembers that, because if he did I think he would feel less neglected and picked on.

I want to get some of those memories documented, some of those stories told before I totally forget them. Several years ago I had sent a box of photos off to ScanMyPhotos.com, to be scanned for me. The reason I chose that site was because I had researched several different companies and websites that will scan your photos for you, but they keep their photos, they keep your photos that you send to them in the U.S. That was really, really important to me. I did not want to send my photos somewhere, and then have them sent off to India to be scanned in overseas. That made me really, really nervous.

I sent them to this company, I had them scanned in. They ended up, there were 1,300 photos in there. There were a bunch from my childhood growing up that my mom had given to me, and then also these of my family that I have right now, film, photos. I have some more that I need to get scanned as well, but not as many. This was a big photo box actually, and it's probably 18 inches long, 20 inches long, something like that, and then four by six, or it fits perfect, four by six photos fit perfectly in it. That's what I sent to them, and there ended up being 1,300 scans.

The other day when my brother in law sent me a photo of his baby that just turned one and said, "Doesn't this look exactly like your Jake?" I thought, "Oh my goodness, it does." I could not find a photo quickly and easily, because those photos were not in Google photos yet. I decided, "You know what? I'm just going to upload all of these photos to Google Photos, even though the dates aren't right yet." The dates were in the meta data of that photo, were the scanned date. I decided to upload them to Google Photos just so I can get some of those photos, have easy access to them through the search capabilities, and the facial recognition.

I uploaded those, and I created two albums. One album is my family of origin photos that were scanned, and I put all of those into one album. Then I put all of these other photos from my family that I have right now, in another album. Now they're all in Google Photos. Then what I'm planning on doing is going through, and changing the data in Google Photos. My plan was kind of to also do it simultaneously through Light Room, because in Light Room I can change the date, and then save that information to the meta data of the photo. Then it will go anywhere with it. I figure since I'm doing it in Google Photos, I can do it in Light Room at the same time, and it's not that big of a deal.

Well, I might not even do that. Here's the thing, back then when I had a film camera, it was really important to me because I knew that I would forget dates. I bought a camera that put the date on the photo, when you printed the photo out. Most of those photos actually do have the correct and current date on the photos already. I work in Google Photos, that's where I am right now I kind of am thinking maybe I'll just change the date in Google Photos. I know that's bad, because if I ever download those photos, that date won't go with it anywhere else. However, it is on the photo, on the scan, in the image. I don't know, I don't know that I want to spend all of that time to do it twice. What I should have done was taken the time, I guess, to do it in Light Room, or you can also do it in Photoshop, or in Photoshop Elements, before I uploaded them to Google Photos.

I really wanted to be able to have access to these photos in Google Photos with the facial recognition, and a few other things like that so I could search on them. Maybe what the real answer is, is to just do the date, enter the date into Light Room in the meta data, and do it that way. Then delete those photos that I have in Google Photos, and upload them again so that they have the correct meta data, the correct date in the meta data. That might be what I need to do, I don't know. As long as then Google Photos recognizes that date in the meta data, which I believe it does because I would be changing it from the scanned date.

That's probably, do you like how I'm talking through this, as I'm recording this podcast? Thanks for listening everyone. Thanks for helping me solve this problem. That's probably going to be the best way to go, and probably what I need to do, and then just go ahead and delete all of those photos. They do have them in albums, they'd be

super easy to delete, and then just upload them again, and sort them back into albums. That way I can have access to them to send to my brother in law and say, "Yes, your son actually does look almost identical to my son when he was the same age." That will be a long project that I'll be working on, getting some of his story told, and it will probably happen once I get ... See, this is my long list of stuff that I need to do.

I've got the Android version of the class that I need to get done, and then I have a couple of other classes that I am so excited about creating. I really want to get those done too. Plus I have a daughter coming home from a mission, and I need to get her album, mission album finished. That was something that I promised to her before she left. I was so worried, knowing her personality, I was so worried I wouldn't get pictures from her. Her personality is kind of when she's stressed out and overwhelmed, things like pictures don't happen. There were a lot of weeks that I did not get any pictures from her, just because that's her personality.

I promised her that I would put them together in an album for her for when she got home. I have about six to eight months of her mission that I still need to finish, and then I'm also doing my daily pages, which I love. I'm getting a lot of documenting done, and getting a lot of story telling done. Once I get my daughters mission album done I can probably start on working on some of the past story of my son and his life in his early years, so that he'll have those stories and memories, and know how much he is loved, and how much he was loved, and how many great, great memories I have of him during his pre-school and toddler years. I always have great memories of him, but especially during those years that he thinks didn't really exist, and he doesn't remember himself, and when I was doing less documenting.

Back to that story, what happened is in about, he was born in 2000, okay? 2003, all starting in about 2000 was the time that my husband, 1999, 2000 was when my husband started telling me that computers were the way to go for documenting and memory keeping. I told him he was crazy, he didn't know what he was talking about, I thought. In about the Fall of 2003 I found this program, Digital Image Pro I believe was the name of it, by Microsoft. I started messing around with it, and I started creating pages on my computer. I started scrapbooking on my computer.

Several years later, or not several years later, a year later. Seems like forever in digital. A year later I discovered digital scrapbooking, and everything that it is, and was, and I loved it. I gave it a try, I learned so quickly, and I loved it. Here's the problem, here's the first problem, and one of the big things that I learned from this, and that I have learned from this. Is that I was defining myself my what I was. I was defining the way I could tell my story, and do memory keeping by what I thought I was. I thought I was a scrap booker, and I thought that this is how you did scrapbooking. I wasn't open to trying new things.

Here is what I see, and that's why you don't hear me using that term too often. I think a lot of us have images in our mind of what a scrap booker is, and what it isn't. I think that it can be limiting. Our preconceived notions of that term can be limiting. I don't want to limit myself, or any of you, based on the terminology that I use, and the definitions that we have for them. That's why I try to use, and I use the terms, "Story telling," and, "Memory keeping." That can fit anything. That's the second lesson that I learned from this, is that it doesn't matter how you do it as long as you do it. It doesn't matter what tools,

what implements. You can use a typewriter, whatever you want to use, as long as you're getting your story told.

It doesn't matter how we define it, it's not important. Too far, to often I think we get hung up on needing a name, a title, and a definition for what it is we're doing. What it is we're doing is we're telling our story. We are documenting, we are keeping memories, so that we can pass those memories on, and other people have them, but also we can learn from them ourselves. That's why I don't think that we need definitions at all. We need to just be able to give ourselves the freedom to do whatever fits for us right now, whatever fits in your life right now. I wish back then that I would have given myself the freedom to know that the computer was the answer for me during that time of my life, even back then when computers were new, and we didn't even have a gigabyte of memory. Holy cow, not even a half of a gigabyte, not even 500 megabytes of ram.

That was the answer for me, that was the solution for me at that time. I wish I would have just let go of all of those silly thoughts and feelings, and just gone with it. I also wish I would have been able to let myself experiment more. That's why I try to encourage everyone to keep trying. Keep trying different things until you find what works for you, and what makes your heart sing. I promise you, there is a method of telling your story and documenting it, that will make you happy and bring you joy. I've talked about this before, and I will keep talking about it. I can talk about it all the live long day, because it's true. We all have to tell our story. We have an innate need to tell our story, and we have a need to connect with other people, and hear their stories.

If it's Instagram and Chat Books, awesome, do it. Whatever it is that works for you at this time in your life, do it. If it's putting together a

bunch of photos and movies in a movie, do it. If it's project life, do it. Whatever it is that works for you that makes you happy and brings you joy, that's what you need to be doing.

Technology will change, and it will keep changing. It has changed, it will keep changing. We need to be able to allow ourselves the ability to evolve, and change with it. This is what I'm doing right now as my way of memory keeping, but I am leaving the door open to change it in the future. That's one of the reasons that I named my site, "Modern Photo Solutions," is because I wanted to leave the door open for technology to change, and for my system to change and evolve as my life does, and as new apps and programs come on the market, which things are changing fast in technology. It's exciting, and I'm finding new things all the time that I want to use.

That's what we all need to be able to do, is give ourselves the freedom to try new things, and to evolve, and to not think we have to stick with one thing because that's what we've always done. That's the problem that I ran into early on, is because I just thought, "This is what I've always done, and this is what I need to do." I wish I would have given myself a little bit more allowance and freedom, and had the courage to try new things.

Do what fits with your life right now in this stage of life that you are in. I wish I would have given myself that too and said, "Hey, you know what? It's okay that this time in my life I'm not working on stuff, because I don't have the time right now. My emotional capacity right now can't deal with this." If I would have had a phone, a smartphone back then, man it would have changed my life. It would have been super easy, and it would have only taken a few minutes. That's not how it was, and that's not the technology that I had to work with, and that's

okay. I'm forgiving myself. I'm working on forgiving myself for those decisions that I made back then. I made the best decisions that I could at that time in my life where I was.

Just don't be like me, and don't decide that you're going to stop taking photos. That is a regret, and that is something that I wish more than anything I could change. Even if you're feeling overwhelmed by the amount of photos that you have, and that you're producing, don't stop taking them. Technology will change, and if there's not a solution for you right now that you've found that brings you happiness and joy, there will be one, I promise you. That's one of the reasons that I say don't delete, because technology changes. Even a bad photo, what's a bad photo now could become an amazing photo down the road with technology.

Photoshop added a few years ago the ability to un-blur, blurry photos. Amazing, yeah. It's mind blowing. I was looking back at these scanned photos that are all dark and yucky and I'm like, "I can go in and try and edit those, and fix those now." We'll see, we'll see how it works. The photos from back then on my nice digital camera, even my SLR, are not as good as the ones that I take now on my iPhone. It's funny to me, because I thought they were the bomb diggity. I thought it was pretty awesome. Things change, technology changes. We just keep moving along, keep taking photos, and keep telling our story the best way we can with the technology that we have, the different apps and programs that we have, anything that works for us, that makes us happy, and makes our heart sing.

I want to remind you really quick that if you haven't taken the Google Photos free class, you will want to sign up for it. We have a free Facebook group that you will get an invite for. Once you finish the

class to 100% you will be automatically sent an email with a link to join that Facebook group. Then I just go in and check, and make sure that your class has been finished to 100%, and I approve you. There are a lot of people in there. We have, I think over 300 people, or close to 300 people in there right now. Everyone's in there sharing ideas, asking questions, and there are a lot of people answering questions in there too, besides just me. I am in there, I try to get in there five days a week. I'm in there at least five days a week, right now that's how I'm doing it for both of my Facebook groups.

When I release the Android versions of The Heart of Photo Fabulous, which goes over so much stuff. When I release the Android version I will also be opening enrollment for the IOS version of that class. You'll want to keep an eye out for that. The Android version, a little note on that. I've always known that Android is difficult to develop for, super difficult to develop for. I had no idea that I would run into so many roadblocks working with the Project Life app on Android, because of the way Android is. It has nothing to do with the way the Project Life app has been developed, it has everything to do with the limitations on the Android platform.

I know that might make some Android users unhappy, but it's the truth. I'm working out hacks, and work arounds, and this class will have lots of information on it, on how to make things smooth. But however, it's not as smooth as it is, and not as quick as it is on IOS. It has nothing to do with the Android version of the Project Life app, I want to make that clear. It has everything to do with the limitations right now, of the Android platform, and what you can and cannot access on that platform within the phone, and how they order their pictures, and just lots of small details that make a big difference for productivity when doing these kinds of things.

I hope to be able to have that class out, I'm hoping by the end of March. We'll see, I'm working hard, and hopefully we'll get there. I am working with some people that have been using Android versions of their phone, or the Android phones for lots and lots of years, probably as long as smartphones have been out, so over 10 years. 10 years or more. We're getting there. Yeah, but it's not as quick as it is on IOS, and that's just the bottom line. A lot of people I know get frustrated with the limitations of the Project Life app compared to the IOS versions. Some of those are just because those abilities have not been added to the Android version of the app yet. Some of those frustrations I believe, are also just because of the limitations on the Android platform, from what I'm seeing.

I'm doing lots of testing, lots of experimenting, and that's how I'm able to figure out where the limitations are. Whether it's just in the way the Project Life app has been developed, or whether it's in the Android platform itself, and it's the Android platform.

I love you all. I love my IOS and my Android users, but thank you for being patient with me as I work through this. I want to be able to figure out a system, and a process that is fast, and rewarding. Watch for that. You can find out about that, the release of that class by being on the mailing list. Which once you sign up for the free class, you'll be added to the mailing list. If you go to ModernPhotoSolutions.com/Free, that will take you to the free class and you can sign up there if you already aren't.

If you're already signed up for the class and you haven't finished it, hurry and finish it so you can join us in the Facebook group, and chat away in there. There's lots of stuff we're talking about in there. We talk

about scanning, we talk about meta data, and how to get things done right, and how to setup Google Photos so that it uploads from your computer as well. How to change dates in Google Photos, there are lots of tutorials, and short, short tutorials, and bits of information that people have added, and I have added since the beginning of this class, since I launched it last October. There's tons of information in there, and you will want to be in there.

Thank you so much for being here, for supporting me and all that I am doing, I really appreciate it. If you're enjoying this podcast share it with a friend, and be sure to tell them about the free Google Photos class. I know that a lot of you have been able to find success in photo organization, and backing up by finishing that class. Share that someone you love that might be feeling overwhelm with their photos. Have a great day today and we will see you next time on Modern Photo Solutions.