



美國華聯商會

Peninsula Chinese Business Association

50 Victoria Avenue Suite 208, Millbrae CA 94030

August 1, 2020

"We didn't realize we were making memories - we just knew we were having fun."

-Winnie the Pooh

Dear Members and Friends,

As I head into my sixties, my language is changing. I am now entitled to use the word "nowadays" or describe grey hair as "executive blond." Over the years, I have found joy in new ways, such as drawing cartoons or chatting for hours with high-school classmates about the silly things we did forty-some years ago. But turning sixty also means I have lived roughly three-quarters of my life (life expectancy for men in the US is around the 80s'). Still, I believe in making the most of life before the end.

Some days passed me by without leaving a trace, while other beautiful moments have stuck with me and will stick with me forever. Our lives are not the days that have passed, but the days we remember. This notion had me thinking - what days do I recognize? And why? How can I make more of my days more memorable in the future? How can I retrieve happy memories from the past and create happy memories in the present?

I still remember my first kiss, but I hardly remember what I ate last Saturday for dinner. I remember watching the World Cup at Stanford Stadium, the beautiful field scenery, and the hotdog I ate. But I struggle to remember who won the game. So, what are memories made of? Why is it that a piece of music, a smell or a taste can take us back to something we had forgotten? And how can we learn to create happy memories and better hold on to them?

In his book "The Little Book of Hygge: Danish Secrets to Happy Living", Meik Wiking writes:

"Happiness research suggests that people are happier with their lives if they tend to hold a positive, nostalgic view of the past. Nostalgia is a universal and ancient human emotion. Today, academics across the world are studying how it can produce positive feelings, boost our self-esteem, and increase our sense of being loved by another. It means that long-term happiness can depend on your ability to form a positive narrative of your life."

To retrieve some of this nostalgia, Wiking suggests playing the role of an archaeologist venturing into the past, searching for the lost treasures that are our happy memories.

A year ago, I revisited my childhood home, high-school, and the places I used to hang around in Macau. Even though many areas have redeveloped and the landscape changed substantially, several structures remain. The churches, temples, 18th-century houses, and the hundred-year-old trees still stand firm as records of the city's history. I felt like I had traveled back in time. Before I concluded that trip, I realized that our memories created, shaped, and recovered in collaboration with other humans, environments, cultures, and structures. They're all synthesized together, stored in my brain.

I wanted to retrieve and restore my memories because they are the cornerstones of my identity. I want to pass these memories onto future generations to know who I am, understand my life experiences, and learn from these experiences over time.

Our memories are evaporating day after day. If we do not retrieve them, they will leave us quickly and quietly. They are the superpower that allows us to travel back in time and sets us free from the present moment's limitations. They shape who we are and how we act. They influence our children, grandchildren, and their grandchildren. So, don't let your memories slip away.

Best Regards,

Johnny DaRosa

Johnny DaRosa
President

johnnydarosa@post.harvard.edu



美國華聯商會

Peninsula Chinese Business Association

50 Victoria Avenue Suite 208, Millbrae CA 94030

致：美國華聯商會會員及朋友們，

小熊維尼：「當時，我們只知道很快樂，卻不知道也正為自己創造回憶。」

我一直喜歡閱讀，年青時從閱讀當中看見過一些文字，Nowadays、Executive Blond，對其意思都是一知半解，更沒有留心考究。今天，我已踏入 60 之年，經過人生歷練，飽歷風霜，才對這些文字有了透徹的了解。明白一頭白髮，並不只是代表年老那麼膚淺，Executive Blond，正代表著我們經歷如萬里長征的人生，所留下的色彩。

多年來，我通過不同的新方式找到快樂；例如，畫漫畫，又或者與高中同學暢談 40 多年前，做過那些愚昧無知的事情，一談便是數小時。另一方面，60 之年，亦代表我已完成 3/4 的人生旅程（美國男性平均壽命大約是 80 歲）。儘管如此，我相信在生命結束前，仍然可以活得更充實、更精彩。

我沒法記起一些平凡日子，但一些美好時光卻令我永誌難忘。我們要生活得有意義、有神采，重點不在於過去的日子，而是捉緊那些令人永誌難忘的時刻。這個想法令我不斷思考；怎麼的日子、何種時刻會讓我永誌難忘？我如何能從昔日美好回憶中獲得快樂？我如何能夠，在今天經營更多值得日後懷緬的好日子？好讓幸福快樂的生活，可以延續下去。

我已忘了上星期六所吃過的晚餐，但我還記得多年前的初吻。我記得那次在斯坦福球場觀看世界杯，一邊欣賞球場周邊好風景，一邊吃熱狗...但卻忘了誰贏了球賽！究竟，回憶是由什麼組成的呢？為何一首歌曲、一種氣味或味道，可以喚醒我們已遺忘的記憶？我們又如何能夠學習活在當下，創造更多美好的回憶，留待日後再細味？美好回憶，將會潤澤我們的生命，使之更豐富。請大家好好的堅持下去。

作家，邁克.維金 (Meik Wiking) 在他的一部著作，《丹麥.幸福生活的秘密》中寫道：「一個專門研究幸福快樂的結果表明，那些對自己過去的生活抱積極正面的態度、及懷舊的人，會比較幸福快樂。懷舊；回憶過去快樂的時光。這也是自古以來人類擁有的情感

。現在全世界的學者都在研究，它是如何令人變得積極正面，這不但可提升自尊心，更可增強被愛的感覺。總括而言，我們能否擁有長期的幸福快樂，取決於你能否積極樂觀地面對人生。」

作家，邁克·維金更提議大家，要燃起懷舊之情，我們應像考古學家一樣，為過去探險，尋找失落的「寶藏」，這些「寶藏」，就是我們的快樂回憶。

一年前，我回到我的家鄉，澳門，重遊童年時的老家、高中所讀校舍，以及所有我以前喜歡閒逛的地方。許多熟悉的建築物都已重建，變得面貌全非。可幸的是，還有一些能勾起我昔日回憶的建築物，如教堂、廟宇、18世紀建築的房屋，及那百年老樹，仍然屹立於此。這一切都使我感覺回到過去，不但燃起我的懷舊之情，亦為這個城市的歷史文化，留下重要標記。在這一趟懷舊之旅結束前，我意識到，我們周遭的人物、環境、建築物及文化，都起著環扣作用，一環扣一環地修補、恢復，或者創造我們的記憶，並再次繫存在我們的腦海。我希望能夠恢復及好好保存我專屬的回憶，因為這都是我身份的印證及基石。我還想將它保留給我的後代，讓子孫們透過這些回憶，可以了解我的為人、我的人生歷程，甚至是生活經驗。以作為他們日後生活的藍圖或借鏡。

回憶，更富有超能力，它不受時空、地域的限制，它能清晰呈現我們的性格、行為。這將對我們的子女、子孫及後代的思想行為，有著巨大的影響。回憶，更是我們與世世代代，在精神上聯繫的一道堅固橋樑。因此，請將你們獨有的回憶，用心保存，不要讓它無聲無息地溜走。

祝福你們，

美國華聯商會 會長，

Johnny Darosa

羅世傑 謹啟

johnnydarosa@post.harvard.edu

二零二零年八月一日

中文翻譯 Doris Wong

(嘉嘉工作室創辦人)