

# **The 5W's Method to Keep Boomer Memories Alive – Historical Events**

## **Who, What, When, Where, *Why*: A Simple Way for Boomers to Turn Memories into Brain Power**

### **The Moon Landing (1969)**

**Who** were you with when you watched it? Who told you it was happening? Who was your favorite astronaut?

**What** did you see or hear on TV that stuck with you? What did people around you say or feel?

**When** did you first realize how historic it was (that night, later in school, years after)?

**Where** were you sitting—living room, dorm, barracks? Where did you hear the famous quotes?

**Why** did it change how you saw science, the U.S., or the future?

### **Vietnam Era (service, draft, protest, or supporting someone who served)**

**Who** served, protested, or was supported? Who influenced your views?

**What** was your role (service member, student, family supporter, activist)? What specific event most shaped your memory?

**When** did it most affect your life (draft lottery, deployment, campus protests)?

**Where** did the key moments happen—basic training, campus, rallies, VA hospitals?

**Why** did those experiences alter your beliefs, relationships, or future choices?

### **Watergate & Nixon's Resignation (1974)**

**Who** did you talk to about it (coworkers, family, professors)? Who did you trust for news?

**What** moment or headline hit you hardest? What changed in how you viewed politics or media?

**When** did you watch or hear the resignation speech (August 8–9, 1974)?

**Where** were you when you found out (office, kitchen TV, car radio)?

**Why** did it shift (or confirm) your trust in institutions or leadership?

## **1970s Gas Lines / Oil Crisis**

**Who** waited in line with you—or rationed driving in your family?

**What** strategies did you use (odd/even days, carpooling, smaller cars)?

**When** did it hit you hardest (winter, commute days, holidays)?

**Where** were the longest lines or the stations you relied on?

**Why** did it change how you thought about energy, cars, or planning ahead?

## **Fall of the Berlin Wall / End of the Cold War**

**Who** were you with when you saw the news? Who in your life was most affected or vocal about it?

**What** image or moment (TV footage, newspaper photo) is burned into your memory?

**When** did you first think, “The world just changed” (Nov. 9, 1989—or later events)?

**Where** were you living/working, and how did people around you react?

**Why** did it matter personally—hope, relief, skepticism, pride?

## **A Sports Moment You’ll Never Forget**

**Who** were you cheering with—or rooting against?

**What** game, play, or athlete made it unforgettable?

**When** did it happen (exact date/season if you remember)?

**Where** were you (stadium, living room, bar, base overseas)?

**Why** did it matter so deeply—identity, pride, shared emotion?

## **The Rise of the Shopping Mall (or the Sears Catalog Era)**

**Who** did you shop or hang out with (friends, dates, family)?

**What** did you most often buy or window-shop for?

**When** did mall trips or catalog orders become routine?

**Where** was your go-to mall or the catalog you dog-eared?

**Why** did it feel like more than shopping—a social hub, a lifestyle?

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