

September 7, 2022

Sammamish Seniors Group Wisdom Café



“What are the happiest moments in your life?” with King County Librarian Zlatina Encheva.

Note taking: Kimiko Olling

Greeting – friendly check in with each other on what we have been doing so far.

Followed.

Q. What make us happy?

When

- I am laying down and seeing the blue sky, my pressure is off.
- I have a nice breeze and feel stress free.
- I am sitting outside; I forget my chores.
- I am trying to be present in the moment.
- I can motivate our 13-year-old grandchild to do something.
- I am sitting on a chair near water, I like to listen to the sound of the waves.
- I feel peace, I enjoy where I am.
- I am with my family. I can not separate myself from them.
- I think of my children who still live happily in our home.

Q. Are you a happy person? (Naturally happy?)

- Yes, I am. I think of how people think of a glass half empty or glass half full? I am an optimist most of the time, but sometimes not. I am lucky to have a forgiving wife!
- I am happy when I spend time with positive people.
- I think sometimes, but sometimes not.
- I am happy with other people.
- People make me happy.

Some people commented that it makes us a happy person if we are around positive people. Some people mentioned that negative people affect us, so stay away from them, stick with positive people.

Q. When did you feel extremely happy moment?

- I should say on my wedding day.
- With my wife at a hotel swimming pool, laying down on the beach, the sky was blue, the building was red, blue, and green, thinking I am lucky to be here.

- A 4 ½ year old Japanese girl was available for us to adopt from the Children's Home in Japan. We received her photos, got her album, and got her information. We could learn from them about her.
- I feel happy when I overcome obstacles.
- I traveled to New Zealand and Australia. I couldn't believe I was there and started crying. I like to try to new things and meeting new people.

Q. Can people be happy if they are poor?

- Yes, they can. I met many poverty-stricken people, extremely poor people, and extremely rich people in the Philippines and other countries. They were happy. But rich people whom I met were not always happy.
- I heard news about one Miss USA who committed suicide, she was beautiful, rich, and successful. I was surprised to learn that she was not happy with her life.
- It depends on their situation.
- Being rich doesn't make people happy.
- Start with a little, makes people happy.
- My family didn't have a lot, but they appeared happy.
- The book "Facing the Mountain" there is positiveness is in it. Could I have done that? It was a moving book. Also, holocaust, etc.

Q. Are you happy around people?

- My time I spent with myself. If I have expectation from other people, it is dangerous.
- Lonely and solitude. I came from a single family and perfectly happy with them or by myself.
- I am not overwhelmed with many people.
- I am not happy by myself alone.
- I am also from a single child family and keep myself occupied, by myself.
- I can't live alone during Covid-19. I shared during this time with somebody.

Q. Is happiness a goal for you?

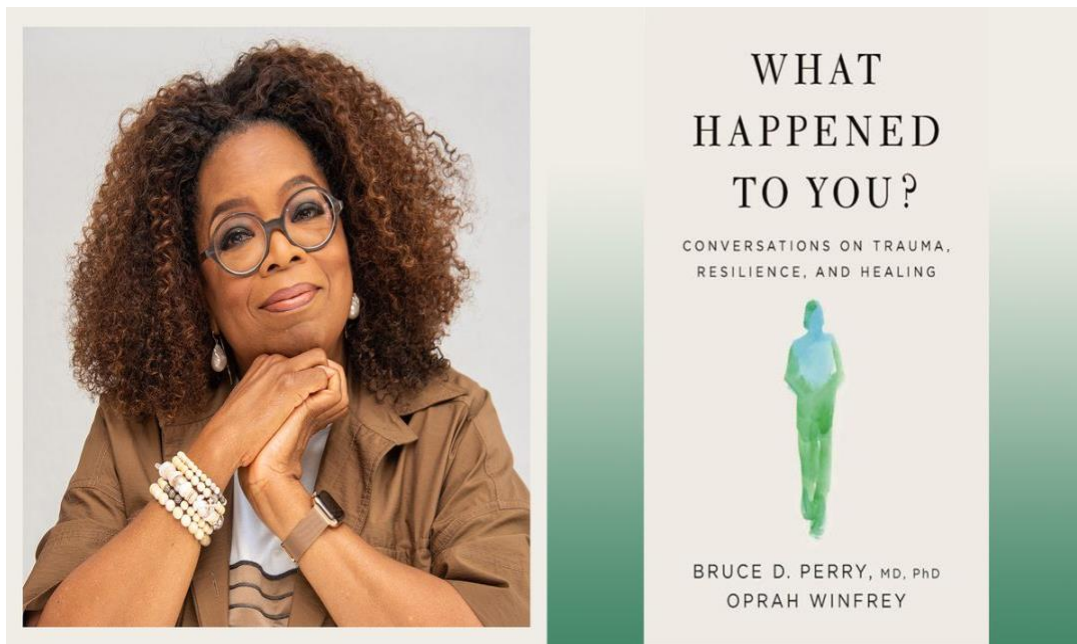
- I am happy now. My goal is met.
- I guess I am happy if I am not depressed.
- Happiness takes practice.
- Look at the bright side.

Other great comments:

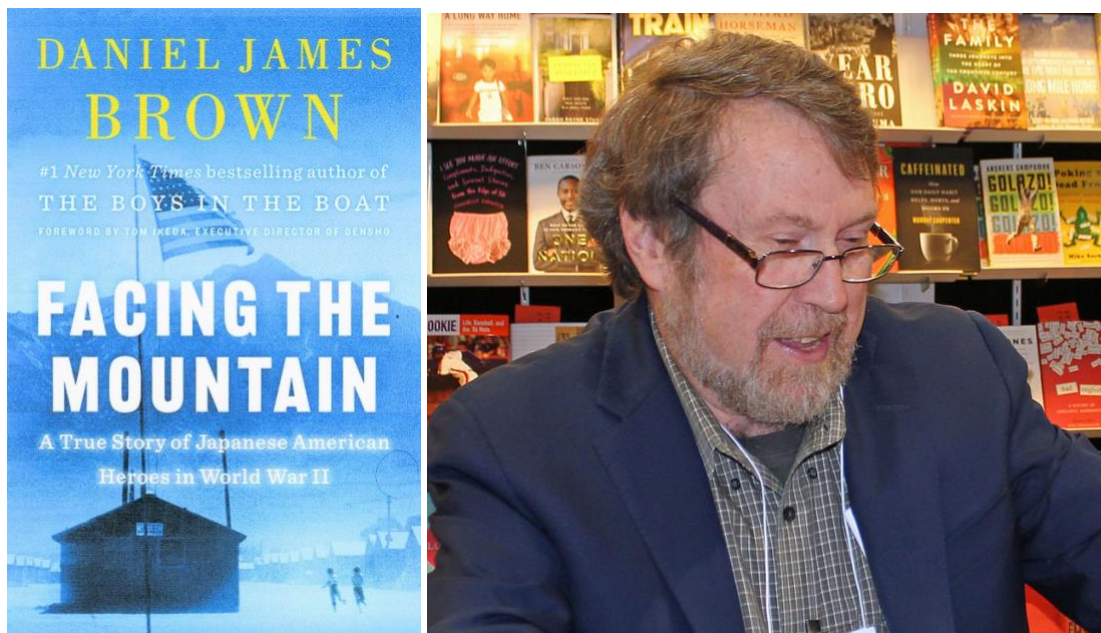
- Parents do a lot of things for their children and years later, it comes back to you!
- Seeds are in them.

Recommended books:

“What’s happened to you?”



“Facing the Mountain”



Thank you for Zlatina and people who attended today. We had a great conversation and shared a happy time. We are looking forward to having the next Wisdom Café on October 5, 2022. Please join us. So long!