



Scribbles

California Writers Club—Central Coast Writers Branch

centralcoastwriters.org

January 2018

Tuesday, January 16, 2018

Amy Ettinger

Making the Most of a Personal Obsession



Amy Ettinger spent a year traveling across the country eating ice cream and talking to the people who make it for her book [Sweet Spot: An Ice Cream Binge Across America](#). She'll discuss how a personal obsession can have universal appeal for readers and how she channeled her lifelong love of ice cream into a larger narrative. She'll talk about the importance of finding characters in nonfiction, incorporating interviews with memoir, and how to merge fun and fact into an absorbing read. She'll also answer questions about publishing a nonfiction book, from finding the right agent to crafting a nonfiction book proposal that sells.

The Wall Street Journal hailed *Sweet Spot: An Ice Cream Binge Across America* as "a surprisingly serious, impressively thorough treatment of ice cream's cultural significance, fabrication, economics and history, not to mention its effect on human brain chemistry." *Sweet Spot* has been featured in *Time* magazine, *Parade*, and on National Public Radio's "All Things Considered," as well as the "California Report." Her work has been published in *The New York Times*, *The Washington Post*, *Cosmopolitan*, and *The Huffington Post*. She holds a master's degree in journalism from Northwestern University.

Coming on February 20

Scott Thomas Anderson

A Threat Past the Pages: The Future of Reading and Writing in the Digital Age

Award-winning journalist **Scott Thomas Anderson** will explore how prose, poetry, and creativity will make or break the English language in the digital age. He will discuss the danger of our youngest generations learning linguistic impulses through hyper-abbreviated platforms like Twitter, Snapchat and Instagram. He'll consider what happens to the brain's ability to focus when we trade a book's imaginative doorway for the swamp of fragmented, multi-media distractions. He'll also look at the future of the written word if today's writers, poets, artists and teachers don't recognize a threat against it.

For more than a decade Anderson has worked as a crime, culture, and travel journalist, writing in the center of a media metamorphosis that continues to alter how Americans share their everyday experiences.

Scott is a staff writer for the *Sacramento News & Review*. His work has appeared in numerous publications, including *Future Travel* and *The Irish Independent*, Dublin's largest daily newspaper. [Read more...](#)

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Don't Pack Away the Angel

Hello January. Holiday decorations, so recently festively festooned, are packed away, the excuses for overindulgent eating have passed, and radio stations have changed the line-up to exclude Christmas carols. It seems to me that there was an excessive amount of grumbling over these innocuous songs this season: "Why do they have to start playing Christmas carols in October?" "Why do they play the same carols over and over?" "These songs are just a way to whip people into a shopping frenzy!" Maybe all those things are true, but I'm going to straight up admit that I really enjoy most Christmas carols. I think I'm going to miss the sometimes overly sentimental stanzas and the head-bobbing sing-along that comes with knowing all the lyrics. So, I made a decision: I'm keeping "We Need A Little Christmas" for my very own. I was singing along to this ditty on my way to work a few weeks ago (full disclosure: I only sing when I'm totally alone and the chance of torturing anyone with my voice is at a minimum), and some of the words resonated. Of course, there's the usual bit about Santa coming down the chimney, candles in the windows, and fruitcake (although, I've never truly understood the allure of fruitcake), but there's also this part:

"For I've grown a little leaner,
Grown a little colder,
Grown a little sadder,
Grown a little older,
And I need a little angel
Sitting on my shoulder,
Need a little Christmas now."

—[Music by Jerry Herman; [lyrics](#) by Percy Faith]

I found myself thinking—Yeah, that's right. I am a little older, sometimes I feel a little sadder, and with all the disparate voices in the world today, couldn't we all use a little angel sitting on our shoulders? Why should she only visit at Christmas? So, while the ornaments and ribbon will once again be relegated to a box on a shelf, I hope the metaphorical angel will continue to grace all of us with her presence throughout the year.

Speaking of the coming year, I think it's going to be a great one for our club. We're planning several informal gatherings (more information to follow), and I'm super excited about our lineup of speakers—starting with Amy Ettinger in January. It will be interesting to hear Amy talk about her book writing voyage, figuratively and literally (since she traveled so much to do the research). I hope to see many of you at the meeting on January 16 at the Point Pinos Grill.

As I've done the past few years, I'll end my January letter with resolutions for the coming year. If you've been a member for a while you might remember that that I select guiding words rather than full-blown resolutions (if you're interested in more back-story check out the *Scribbles* archives). This year I will once again leave Grace and Kindness on the list, Patience should figure prominently in my responses, and I am going to make a concerted effort to live "wisely and earnestly in the present" (see the [November's President's letter](#)). And, lastly, I'm going to try to keep that angel on my shoulder every day.

***Happy 2018 to you all, and until we meet again,
Happy Writing,
Laurie***

The Annual CCW Holiday Party Photos!

(All by Clarissa Conn, unless noted)



Laurie Sheehan and her handmade quilt



Maria Skyttä with her Buche de Noël



First row: Joyce Krieg, Clarissa Conn (by DeeJ Smith), Trish Watson & Jeanne Gavrin, Sharon Stormon, John & Laurie Sheehan.

Second row: Maria Skyttä & Ken Holden, Jim & Jeanne Olin, Nancy Swing, Russell Sunshine, & Harriet Lynn, Alana Myles & Kate Mulligan, Jeanne Olin & Harold Grice. **Third** row: Rich Hughett, Sharon Law Tucker, & Renati Mannan, Jeanne Olin & Jonathan Shoemaker, Tina Zmak, Gary & Erin Parker, Elizabeth Kendall & Ross Dillon. **Fourth** row: Laurie Sheehan & Pat Hanson, Terry Beatty & Jerry Crawford, Bonnie & Ned Huston, Mary Kay Hamilton & Nancy Middleton, Janet & Richard Tezak.

More Holiday Party Photos!



Top: Group images by Deej Smith.

First row: Francis Cartier, QUILT RAFFLE WINNER Deej Smith, Deanna Ross and Kevin Smith, David Spiselman and Andrea Brown.

Second row: Alana Myles and Kate Mulligan, Elizabeth Kendall and Ross Dillon, Carol Marquart and Rich Hughett, Alana Myles.

Third row: Harriet Lynn and Sharon Law Tucker, Cathy and Fred Nolan, Dennis and Mary Kay Hamilton, Brenda Musehl and Francis Cartier.

Missing a spoon? Leslie found two nice stainless steel serving spoons left at the party. If one or both might be yours, email lnpatino@comcast.net.

Announcements

Membership News

Welcome to our new CCW member:

Myles Lee

CCW closes out 2017 with 160 members!



Member Congratulations



John Blossom writes: "After a lot of hard work, two of my recent books have now been released on all the usual platforms: [Horse Boys](#), a novel, and [Trespassing](#), a memoir. *Horse Boys* was written when I was recovering from foot surgery from being stepped on by a horse as a teenager. It is a dark coming of age story suitable for mature 8th graders and older. As for *Trespassing*, my students kept bugging me to tell them more of my "death" stories. It relates some of the amazing experiences I have had in nature and links them to human attitudes toward earth and climate change. I hope you'll check them out and help me find folks willing to write a review or two on their favorite platforms!"



Congratulations to our members who placed in the annual 101 Short Story Contest sponsored by the Monterey County Weekly! **Patrick Whitehurst** had two stories published, one as a runner-up and one as an honorable mention, and **Russell Sunshine** had two stories published, both as honorable mentions. Well done!

High School Writing Contest—Spooky House

Much work goes into the High School Writing Contest, from the raffles that contribute to the prize money to getting the word out to schools to judging the students' writing. Joyce Krieg sent a glimpse into finding the perfect writing prompt. She and Leslie Patiño checked out the spooky house that will be this year's photo prompt. "A different image, of course," she says, "and not with us in the picture!" The house is located outside of Soledad on the property of the Wrath Winery.



Writing Workshop by Member Victoria M. Johnson

What: **How to Write Your Novel in Two Weeks!**

When: Saturday, January 20, 2018, 9:30 a.m. – 2:30 p.m. (One Day Only)

Where: Capitola Community Center, 4400 Jade Street, Capitola, CA 95010

Discover techniques to write fast and get your first draft written in two weeks. Don't waste years trying to write your novel. Learn secrets to avoiding writer's block and write your novel once and for all!

Fee: \$67, plus an \$8 materials fee to the instructor.

For more information or to register by phone: (831) 475-6115.

Register and pay online at:

apm.activecommunities.com/capitolarecreation/Activity_Search/how-to-write-your-novel-in-two-weeks/6407

The Tuesday morning "Just Writing" Group

Joyce Krieg writes: "Join us on Tuesdays 9:30 to 11 a.m. at Crema, [481 Lighthouse Avenue](#) in Pacific Grove. If your New Year's resolution includes getting serious about your writing, then this group is a perfect fit for you! Spend 90 minutes with other like-minded creative spirits and actually make some progress on your project. Please note: this is NOT a critique group, nor does it include a guest speaker. It is simply an opportunity to get some work done in a creative, congenial environment. Bring a laptop, tablet, or pen and notepad—whatever works for you. Yes, there is Wifi. Free, but it would be thoughtful to purchase something from the coffeehouse."

Authors Preview—a Free Service

Alan Wills, of the San Fernando Valley branch of CWC, has financed the nonprofit website AuthorsPreview.com, where writers can get exposure and feedback on their work. CWC members can submit a short story, a poem, or a chapter from their book, and can provide email where the book can be purchased.

Alan was inspired by Writers Forums, which charge \$100 per year, and require critiques from 10 authors before submission to them. AuthorsPreview.com, on the other hand, is totally FREE! Alan hopes that CWC members can support AuthorsPreview.com with their submissions. Send questions to awills@charter.net or call 818-222-9923.

Critique Groups at Juice n' Java

CCW encourages participation in these critique groups, which meet most Saturdays at Juice n' Java, 599 Lighthouse Avenue, Pacific Grove.

The Poetry Critique Group meets the Saturday **before** the CCW monthly meeting from 9:30 a.m. to 11-ish.

The Prose Critique Group meets the Saturday **after** the CCW monthly meeting, from 9:30 a.m. to 11-ish.

To confirm meeting dates, contact Harold Grice at 831-594-2280 or email him at ookaayy@sbcglobal.net.

Photographer Needed for (some) CCW General Meetings

Are you a regular at the monthly CCW meetings? Do you love taking pictures? Or at least are good at it? We need you! Clarissa Conn is doing a wonderful job, providing great shots of speakers and members for at least three years. She's gone above and beyond taking photographs for the BBQ and for the holiday parties (see them above!), and also for member profiles for the CCW website. She is not relinquishing the task, just looking for some help.

Clarissa suggests that you be willing to operate a camera in front of great subjects. You don't need any fancy equipment—your phone will work just fine! Perhaps you would want to collaborate with her, alternating meetings so that you both have a chance to be part of the audience. Let Clarissa know you can help out at ccwtreas@yahoo.com. (Yes, she works hard for the club in the Treasurer capacity as well!)

Three Literary Events in January

Submitted by Janice Rock

January 9, Networking Aloud

Old Capitol Books, Monterey 6-8 p.m.

A monthly event (every second Tuesday) open to the public. Fifteen to twenty minutes of a featured reader followed by a literary open mic. Come early and sign up for a five-to-seven minute reading from any genre. January's featured writer is **Tongo Eisen-Martin**, a social movement worker, poet, and educator, who has organized against mass incarceration and extra-judicial killing of Black people. His curriculum, "We Charge Genocide Again," is used as an educational tool throughout the country. Nominated for a California Book Award, he'll read from his book, *Heaven is All Goodbyes*.

lithub.com/two-poems-by-tongo-eisen-martin

January 20, Denuded Reflections

Henry Miller Library, Big Sur, 7:30 p.m.

The mirror inside a strippers' dressing room comes to life and reveals the secrets of the dancers before it. **Sara Mar Don** will read the eclectic backstories of Jasmine, Raja, Desiri, Trina, and Alexa. The backstories were written by **Eboni Harris, Clark Coleman, Nicole Henares, Heidi Machen, and Janice Blaze Rocke**. A sometimes spooky, sometimes funny January treat featuring burlesque dance performances and a surprise one-night-only out-of-retirement striptease by a former Mitchell Brothers dancer. Opening and closing poetry by **Aideed Medina**.

January 25, Curated Words

Juice n' Java, Pacific Grove, 6:45 - 8:45 p.m.

A free monthly event (every last Thursday) with easy parking and a comfortable atmosphere. Delicious refreshments available including beer and wine. Provocative and/or beautiful literary presentations chosen for quality and unique contribution to an eclectic assemblage. The cafe closes when we start reading at 7, so arrive early to get refreshments and find a seat. In 2018, Curated Words will feature a monthly theme. As always, we offer between 7 and 10 writers reading at various lengths of time for 90 minutes of great writing. We bring people from all up and down the coast to mix with some great local favorites. Curated Words has been going for two years now and has become a local favorite for excellent literary entertainment.



“Dining with Bedouins”

Alesa Lightbourne

“Culturally sophisticated” seems like an apt description for one of CCW’s newest members, Alesa Lightbourne, who might have come to us sooner than a year ago had she not been attempting “to make the world more understanding and tolerant of people from other cultures.” While pursuing a bachelor’s degree in anthropology at UC Santa Cruz, Alesa extensively researched and wrote about various cultures and calls upon that scholarship to inform her current genre of cross-cultural fiction.

Recently retired as dean of a small international college in Singapore, Alesa has worked as a professor or teacher in six countries. “I ran a preschool in Saudi Arabia, cruised the Caribbean on a small sailboat with an infant, and was a teacher in Kurdish Iraq, among other things,” she says. But not all of Alesa’s past journeys were steeped in cultural exploration. After obtaining an MA in literature and creative writing from the University of Washington, she ran her own corporate communications company for twenty years.

Since 1976, Alesa has written and published nine books for clients. On her website, KurdishBike.com, she describes writing for Fortune 500 companies as “the ultimate crucible for increasing self-discipline and reducing ego. When a large company is paying you by the minute, and deadlines are measured in hours, not weeks, you learn to stop whining about so-called writer’s block and produce.”

Alesa’s desire to write was originally sparked by reading Leo Tolstoy’s *Anna Karenina*. Another source of inspiration, Colin Turnbull’s *The Forest People*, illustrated for her the art of writing about diverse cultures with “ultimate compassion.” One of her goals is “to be able to explain the human heart, as well as Tolstoy.”

The Kurdish Bike is the first novel published under Alesa’s name. According to San Francisco Book Review, it’s “a gripping story of one woman’s immersion into a not-so-comfortable world where she struggles to make sense of critical issues, like violence, lack of respect for women, poverty, and the general sense of the absurd characteristic of war-ridden areas.” *The Kurdish Bike* received the Gold Medal for Best Regional Fiction of 2017 from Independent Publishers Book Awards.

These days, Alesa is content to write on her laptop in a chair in her living room, a far cry from her time dining in tents with Saudi Bedouins. When working on a project, she writes and/or edits four or five hours a day. “Practice and read as much as possible,” Alesa says. “And take other people’s comments very seriously.” Above all, “May we each continue to evolve on our journey as authors, and as human beings.”

Michelle Smith’s articles have been published in a variety of magazines. Her website is theebonyquill.com.



Anne Sexton



Anne Sexton, one of America's more troubled poets, was still able to rise to fame. She was born November 9, 1928, in Newton, Massachusetts to a successful woolen manufacturer and his wife. Her father was an alcoholic and the family was dysfunctional. Sexton never felt loved by her parents and she lived with the fear of being abandoned by them. Her childhood made it possible for her lifetime demons to take root and torture her all her life. Even when her teachers recommended counseling, her parents refused it. In 1945, her parents sent her to Rogers Hall, a boarding school in Lowell, Massachusetts.

At school, she began to write poetry. After graduation she went to finishing school. At nineteen she eloped with Alfred "Kayo" Sexton. While her husband served in the Korean war, she had numerous affairs, causing her to enter therapy for the first time. Her husband returned home in 1953 and became a travelling salesman for her father's company. They had a daughter in 1953 and another in 1955. Sexton joined several Boston writing groups, where she met Robert Lowell and Sylvia Plath. She mastered the art of poetry and it became her life.

Her first book *To Bedlam and Part Way Back* was published in 1960, receiving excellent reviews. Her success, however, brought strife into her marriage by making her husband feel inadequate. In 1962, *All My Pretty Ones* was published to rave reviews in England. The English loved Sexton's poetry. An edition of *Selected Poems* was published in England as a Poetry Book Selection in the years 1964 and 1967. Sexton won many awards, such as the Frost Fellowship (1963), the Shelley Memorial Award (1967), a Guggenheim Fellowship, and more. She also won the Pulitzer Prize in 1967 for *Live or Die*. These works were followed with *Love Poems* (1965), and an off-Broadway production of her play *Mercy Street* (1969). *Transformations* (1971) was far more feminist than her other books. Her work shows the influence of Robert Lowell and John Berryman.

Despite her many affairs, alcoholism, and depression, her husband Kayo was loyal to her. Sexton needed to see therapists and take medication frequently, and she desired to commit suicide. In 1973 Sexton asked her husband for a divorce, the start of her final decline. She could never shake the demons. Her daughters found it hard to live with her as Sexton became alienated from her friends. She began writing religious poetry, which was not popular with her readers. Sexton decided to hire a rock group to back her up when she did poetry readings. This forced her to be an entertainer, creating more stress. She managed despite her troubles to publish *The Book of Folly* (1972), followed by *Death Notebooks* (1974).

The Poetry Corner

By Nancy Jacobs



Sexton saw psychotherapists, but sessions did not release her demons and provided no relief. In October of 1974 after having lunch with Maxine Kumin, Anne Sexton asphyxiated herself with carbon monoxide in her Boston garage. Posthumous works include *45 Mercy Street* (1976) and others. Sexton was very good at using fictive impulse, that is, using both facts and the imagination. She used incisive metaphors and her knowledge of the human condition—often painful and sometimes joyous—to create confessional verse, the poetry of the personal. This style of poetry began in the 1950's and early 1960's. Robert Lowell was one of the first to write in this style.

After her death her daughter found material in her mother's files that explained her depressions and actions. Her daughter released them as restricted material, as they concerned topics such as masturbation, elimination, copulation, adultery, and incest. Sexton's daughter suspected that her mother may have been sexually abused by her parents and, with the finding of these files, it became apparent that she had been. Perhaps this is what led to Sexton's semi-depraved life. Diane Middlebrook, Sexton's biographer, said "the only way to transcend the hurt is to tell it honestly."

The Fury of Sunsets by Anne Sexton

Something
cold is in the air,
an aura of ice
and phlegm.
All day I've built
a lifetime and now
the sun sinks to
undo it.
The horizon bleeds
and sucks its thumb.
The little red thumb
goes out of sight.
And I wonder about
this lifetime with myself,
this dream I'm living.
I could eat the sky
like an apple
but I'd rather
ask the first star:
why am I here?
why do I live in this house?
who's responsible?
eh?

Contests and Conferences

By Patricia Watson



CONTESTS to Kick Off 2018

The Joe Gouveia Outermost Poetry Contest

Deadline: January 16, 2018 postmark; U.S. mail only.

Entry Fee: \$15.00 per five poems submitted.

Website: womr.org/annual-outermost-poetry-contest

Prizes: \$1000.00 to a national winner, \$300.00 to a regional Cape Cod poet.

Submission Guidelines: See website for full details. Send up to five unpublished poems, any style or subject matter up to seven pages.

Masters Review Short Story Award for New Writers

Deadline: January 15, 2018

Entry Fee: \$20.00

Website: mastersreview.com/short-story-award-for-new-writers

Prizes: **Grand Prize:** \$3000.00, publication and agency review. **2nd:** \$200.00 and agency review. **3rd:** \$100.00 and agency review.

Submission Guidelines: Stories up to 7000 words, previously unpublished only. See website for full guidelines.

The American Short(er) Fiction Prize

Deadline: February 1, 2018

Entry Fee: \$17.00; up to three stories per entry.

Website: americanshortfiction.org/2017/11/30/american-shorter-fiction-prize-now-open-submissions

Prizes: **First Place:** \$1000.00 and future publication in *ASF*, **1st Runner Up:** \$250.00 and publication.

Submission Guidelines: See website for full guidelines, all entries through Submittable. Up to 3 stories per entry; multiple entries allowed for previously unpublished work up to 1000 words.

Gotham Writers Goodnight New York Contest

Deadline: January 15, 2018, 11:59 p.m. EST

Entry Fee: Free

Website: writingclasses.com/contest/goodnight-new-york

Prizes: 3 winners will receive a two-night complimentary stay at The Frederick Hotel in Tribeca, Manhattan, at a time of their choosing. In late winter, the three winning stories will be read and displayed in selected hotel rooms. (Winners are not required to attend this reading if not convenient.)

Submission Guidelines: One entry per person, previously unpublished no longer than 500 words, a bedtime story for adults, no erotica, on the theme "New York City." See website for guidelines.

WORKSHOPS AND CONFERENCES

Roxanne McDonald Retreat: *The Writer's Path: 3-day Mindfulness and Creative Immersion for Writers*

Date: July 9-11, 2018

Website: gardenerranch.com/event-roxan-mcdonald_9

Location: Gardener Ranch, Carmel Valley, 831-298-7360, retreats@gardenerranch.com

Cost: \$750.00 to \$1540.00 depending on room; meals, class and activities included, early-bird pricing until February 1, 2018.



“Ac-Cent-Tchu-Ate the Positive”

([Harold Arlen](#) and [Johnny Mercer](#), 1944)

—and eliminate the negative

Around the World, the new year is celebrated differently and on different days. But, no matter the culture, it is a time for reflection, analysis of the past, and plans or hopes for the future. I think about what went right—and what didn't. For one thing, I'm glad I'm still here.

I think most of us look forward to personally accomplishing certain things in the coming year. And, as long as we're still alive, we still have a chance to improve the world around us in some small way for ourselves and for others. We also wish that the World situation and tragedies in society could be rectified. But what can we do about that? Ahah!! Could we, as writers?

Wouldn't it be nice to be able to show the world a protagonist that demonstrates behavior in a way that our readers might wish everyone behaved?

Sure, they do it in children's literature and fairy tales. The trick is for us to achieve it in an adult character in a way that's believable.

Someone who forgives others, and oneself, with no residual resentment or guilt; who's fair, but not foolish; informative, but averse to gossip; proud without conceit; who knows when to speak up and knows when to keep silent; helpful, but not overbearing. My best friend and my three granddaughters actually demonstrate some of these qualities quite often, so it's possible for me to imagine such a character believably behaving in an exemplary manner to our readers. We can stitch into the tapestry that we are verbally creating subtle behavioral hints that demonstrate the personality of our protagonist.

In the Russian folk tale (I.B. Singer), Vasilisa demonstrated kindness, generosity, and courage. Because the girl felt empathy for Baba Yaga, the witch could not bring herself to harm her. If our readers see the good in others by their actions, they also may feel compelled to act for the good of all in their daily lives. Fairy tales have taught moral values to children for ages. Why can't our own writing indicate a path to true peace and justice today? Simply noticing the positive in others, and exemplifying it in our work, might help us to create peace and harmony.

If we notice minuscule positive qualities in people we observe, maybe we will become more aware; and our writing will reflect that, and affect those who read our work.

Practice at least once a day. Quickly record positive responses of someone in the store, at lunch, anywhere, noting the observable behavior that reveals their personality. Later, we describe the action on paper, developing our skills in analysis and portrayal of personality.

There are many examples of such work in modern literature; some of them bestsellers and made into movies. With all the negative news and blogs, we could use more of the positive!

**Be well,
and have a positive new year,
Jonathan**

CCW EXECUTIVE COMMITTEE

The Last Word

By Lana Bryan

Training for Life



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CCW Website

centralcoastwriters.org

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Not yet a member of CCW?

You can join at a monthly meeting or online at:

centralcoastwriters.org

Remember that broken ankle I told you about? Yep, it's still broken, but after surgery I have metal holding it together. It is coming along well and so am I. I can do more for myself every day, but I will spare you the details.

My helpful spousal unit Bob has always said that we keep in shape to survive our next surgery or to facilitate recovery from an emergency event. I guess he is right.

I have never been athletic, never enjoyed phys. ed., as we called it, or any kind of calisthenics. Until I was in my late 30's, "fitness" wasn't even a thing unless one was an athlete. An enlightened software company we worked for hired fitness trainers to hold classes for us—and I was there. Not all companies we worked for did quite that much, but our last company, Google, provided classes and subsidized personal trainers. My trainer, a young Salvadoran man, asked me why I wanted to learn to run. I said, "Because I want to be strong when I'm 80!" He just gaped at me. (I ran with our daughter and her wife in the Portland Race for the Cure for several years.)

After retirement, I continued going to workout classes, and until the ankle break, was at the Monterey Sports Center three times a week. I'm working to get back to that and I made sure my surgeon and physical therapists know it. I'm more than a broken ankle.

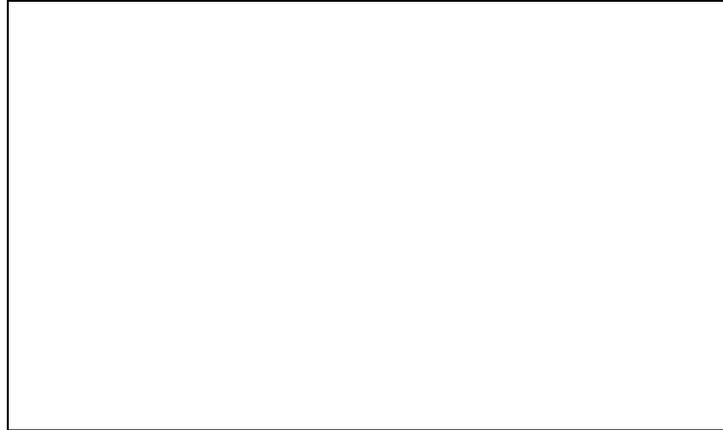
Our doctors should be suggesting classes, of any type we might enjoy, so we can be as strong and healthy as we can. For upcoming elective surgery, they should tell us how we can get ready beforehand and what to expect afterward. They could send us to physical therapy for preparation. It makes sense, doesn't it?

I've been training for this challenge most of my life. Prepare for your next life event by keeping strong—as strong as you can.

**Wishing all of you a happy and healthy new year,
-Lana**



California Writers Club
Central Coast Writers Branch
Post Office Box 997
Pacific Grove, CA 93950



Tuesday, January 16
Amy Ettinger:
“Making the Most of a Personal Obsession”
5:30 p.m.—CHECK-IN and DINNER
6:30 p.m.—MEETING Point Pinos Grill
79 Asilomar Boulevard Pacific Grove