

For Escapee Writers...published or not WINTER 2006

Write a "How-To" First by Patricia L. Fry

Are you eager to write a novel, a memoir or a children's book, but you are intimidated by the enormity of the task? If you've done your research, you know that publishing is a daunting undertaking. And there are no guarantees that your book will be successful.

Countless people become authors without knowing the ropes. And many of them fail.

That's why I suggest to clients and SPAWN members that they start by publishing a sure thing. A *sure thing* in publishing, you scoff? Absolutely. Produce a how-to book or booklet on a topic that you know well. Self-publish it and distribute it through familiar channels.

Let's say that you grow kitchen herbs. First, do some research to see if there is a need for a pamphlet or booklet on how to grow a kitchen garden, how to cook with herbs, simple medicinal products you can mix at home or 10 crafts you can make using lavender.

Maybe you have small children. You could put together a booklet featuring rainy day activities for kids, local day trips for families or teaching tips for keeping your kids minds sharp during the summer break.

If you raise goats, respond to letters to Santa, collect vintage clothing, love to ride roller coasters, have patented an item, love gardening, have a disabled child, work with the blind or rescue injured birds, you have information that others don't have and possibly need or want. Producing a pamphlet or booklet is an excellent way to share your knowledge while learning the publishing ropes.

What if you don't have a particular skill, talent or area of interest? Choose a subject you'd like to know more about, do the research, conduct interviews and write about it. I've written about numerous topics in which I didn't have vast experience, including chain letters, journal-keeping, long-distance grandparenting, intuition, scrapbooking, therapeutic gardening and how to work with an irate customer, for example.

Once you've chosen your subject for your booklet, determine whether or not you have an audience and outlets. In the case of a booklet on herbs, perhaps you belong to an organization related to herbs, have a Web site featuring herbs, produce a newsletter for herb enthusiasts and love to visit other herb groups when you travel. Plan to use these means to promote and sell your booklet.

Promotional opportunities for the rainy day activities booklet might include a point of purchase display at local toy stores and children's shops. You could design and write a column for a new regional parenting magazine. Obtain a mailing list of young parents and offer your booklet through mail order.

MORE WRITE A HOW-TO >>>

WRITE A HOW-TO (continued from page 1)

Your 20-50-page booklet could become a home-grown product with you doing the cover design, page layout, printing and assembly, for example. Or pay a local business center to print and saddle-stitch the book.

While no two projects are the same, the publishing experience will provide you with the skills and tools you need for future projects. And it will give you the confidence to proceed with the book of your dreams.

Patricia Fry is a freelance writer, writing/publishing consultant and the author of "The Successful Writer's Handbook." www.matilijapress.com

She is also the President of Small Publishers, Artists and Writers Network (SPAWN)

This article has been provided by the National Association of Women Writers <u>www.NAWW.org</u>. NAWW helps women writers and entrepreneurs discover, create, and profit from their intellectual knowledge!



ALICE ZYETZ - PWBB Moderator

To join the Penwheels bulletin board and get daily (almost) digests, send a blank e-mail to: penwheels-subscribe@yahoogroups.com

Please send an e-mail to me, Alice (<u>youshoulda@aol.com</u>), as well, letting me know that you have subscribed, so as Moderator I can inform Yahoo to accept your request. Include your name, SKP #, and when you joined Penwheels Bof.

Make sure you sign up for the daily digest once you have been accepted. If you don't start receiving your digests, please contact me.

Welcome and many hugs, Alice Zyetz, Moderator and Jaimie Hall, co-Moderator



ALICE ZYETZ

I'll be at the Escapees Jojoba Hills RV Resort in Aguanga, So. California for most of the winter. We have a writing workshop on Wednesday mornings from 10 to 12, featuring general creativity. I would also welcome any visitors to spend some additional time focused on our specific writing needs. I am struggling to get started on a fiction project and would love to have the stimulation of other writers nearby even for a short dose.

WELCOME NEW PENWHEELS MEMBERS

Tom & Jo Blasco	Margaret Yeager	Barry Maughan	Veda Van Zee
Carol McClellan	Dick Smith	Janet Wilder	
—			•

SUE OTTO is our **PW** membership coordinator (and treasurer). New subscriptions, renewal checks, and address changes (and hugs and thank yous to Sue) can be sent to:

Sue Otto - 136 Sport Aviation Dr. - Marion, TX 78124

Sue asks new members (and renewing members) to please write your SKP # on your check.

136 Sport Aviation Drive Marion TX 78124 January 4, 2006

PENWHEELS B.O.F.

Financial statement for 2005

Balance Janu	356.23		
	Income Jan 1 Dec 31	553.00	
	Expenses Jan 1 Dec 31 (Photocopying newsletters, folding, postage, office supplies)	(479.03)	
	Returned check & charge (not reimbursed)	00.00	
Balance December 31, 2005		430.20	
Number of members on Jan 1, $2005 = ?$ Number of members on Dec 31, $2005 = 80$			
Penwheels B	OF Membership Coordinator Vanuary 3, 2006		

KEN HARNISH sends this note:

What I like about writing: "I am in total control!"

I am working on several things.

Worst problem is: A.) Procrastination.

B.) Listening to other people.

NEW MEMBER PROFILE – from the PWBB

JANET WILDER

---well, not entirely new to the PW Bof. I've been to meetings at Escapades but never remembered to write the PW newsletter subscription check. At the Fall Escapade in Illinois, I finally wrote the check.

I'm Janet Wilder. I am the publisher of "The Road Princess Gazette," a printed, quarterly subscription newsletter, which is now entering its 11th year of publication. I am a proud contributor to "RV Traveling Tales, Women's Journeys on the Open Road", write a monthly column for Jaimie Hall's e-newsletter, and free-lance to several RV and Travel publications. I wrote the booklet "Your Rolling Home - Housekeeping in an RV" in 2001 and donated it to CARE. CARE has made well over \$2,000 from the proceeds.

I enjoy writing short fiction but need a reason to do it. Writing challenges and contests give me a reason. I have a novel within me (who doesn't?) and one of these days I will develop the discipline to write it. The story is there; the behavior isn't.

My husband, Barry, and I started our full-timing adventure in July of 1996. This year we purchased a stuck-to-dirt home in the Lower Rio Grande Valley (way-south Texas). Though I would not give back a second of our nine-year RVing adventure, I'm enjoying being a homeowner once again.

Janet Wilder, The Road Princess - On The Road Again!!



CONGRATULATIONS to published PENWHEELERS!

BETTY MULCAHY has an article in the November/December 2005 **Escapees** magazine. It is a wonderful story entitled 'Sandy Claus', about RVing St. Nick, Sandy Elken. And **BETTY PRANGE** shows us again that a picture is worth a thousand words. Her magazine cover photo is of her ferry-riding RV in Alaska. Nice shot! Bravo to you both!

DARLENE MILLER e-mails:

We are in Livingston, Texas now at the Escapees headquarters, Rainbow's End RV Park. My new book, *RV Chuckles and Chuckholes - the Confessions of Happy Campers*, has been released. You can learn all about it on our website: RovingPen.com

There will be a CARE-A-THON here on Nov.16, 2005. I plan to donate four books to the auction for CARE and remain to autograph them.

If you or a fellow Penwheeler has had an article, item or piece accepted or published, please notify this editor so we can acknowledge the triumph in this newsletter.

E-mail your contributions, claims to fame or personal photos to: alexakis @ escapees.com

or snail mail to: Joanne Alexakis, 140 Rainbow Dr #4093, Livingston TX 77399-1040

DAVE McCREARY writes an e-mail journal. Dave calls it "*Snaps and Scraps*" and he has just posted *S & S #50*! 50! Fifty of them - on a regular basis! This is truly a remarkable effort on his behalf. I asked Dave how he did it. I have (I'll bet we all have) intentions (and only intentions so far) of writing a journal but I'd probably (we'd all probably) quit after 3 issues (if that many)!!!

Here is Dave's story.

"Maybe I should say a bit about how I got started...

A lady named Helen Wade Olderfer came to our Sunday School Class and proclaimed other people would be interested in our stories if we would just write them down. Our stories are real to us and do not worry about differences siblings may remember because what you remember is reality for you and they can write there own stories. Posterity as well as friends will be entertained and you will have memories to look back to for your life time.

"She not only started my journal but other writing developed from that one Sunday morning. I've **not** attained national recognition and I am not looking for it but three articles in the Escapee's Magazine are fun to remember as well as the journal entries. My world has changed but I don't expect to change the world. I hope, however, to change someone else's world as mine has been changed."

The following is from *Snaps & Scraps #50*:

The fiftieth Snaps & Scraps is something to celebrate. Many others write more than I but my fiftieth is worth some shouting, I think! I may be the only one who thinks so.

The first S & S came 11.8.02. I endeavored to keep my journal after retirement but retirement still hasn't happened. This is my third last year. I trust this is indeed my last year at the bus driving job but not the last job of my life. Here after I plan to do only the jobs I really want to do. And I promised in S & S #1 to only talk about the past and not predict the future, so enough of that.

This is from S & S #1:

My journal is coming to you for your entertainment. Our experiences seem to be interesting most of the time and in order to remember them in the future, this journal is born. Please do not pass it on without my permission. If you know of someone who would like to receive Snaps & Scraps (S & S) they can be added to my e-mail group list. Let me know something about them and they will be added. If you don't want to receive Snaps & Scraps you can be deleted easily. Let me know and you're out-a-here.

"Put it before them briefly so they will read it, clearly so they will appreciate it, picturesquely so they will remember it and, above all, accurately so they will be guided by its light." Joseph Pulitzer. (This quote is from Joseph Pulitzer and came from the Penwheels Newsletter.) This is the only aspiration I will share with you. I'll work at following Joe's advice.

The rest of this journal will be about what is happening now or what has happened in the past. Maybe some eminent travel plans will be included but not much else on the future.

The frequency of S & S will develop. They may be erratic. There are no more predictions. S&S#1

That first edition talked about our friend, Wu, and some of her colleagues from China, a visit with them, and

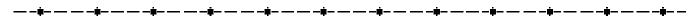
a trip to the VA clinic for me (editor's note: Dave's piece on his VA appointment was published in the Fall 2002 PWNL). It doesn't seem so long ago. I hope to remember Joe's advice.

RV Traveling Tales travels worldwide!

For those of you who would like to read more about the train trip **Betty Prange** and **Jaimie Hall** took from Beijing, China to St. Petersburg, Russia via Mongolia, Siberia, and Moscow, there are two cyberplaces you can visit.

* Read Betty's journal at http://www.pocketmail.com Click on Pocketmail Journal under Community, then scroll down to "Content Search" and type in "great beeper." Click on GREATBEEPER at the bottom of the first entry to see all the entries.

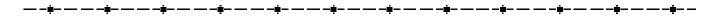
*Read Jaimie's letter to her granddaughter about the trip and see photos at "RV Traveling Tales travels worldwide!" at http://www.rvhometown.com/HTML/Articles/China_Russia_by_train.htm



WRITERS' CHALLENGE

We have received requests for re-installment of the **PWNL Writers' Challenge**. So, borrowing from a past North Ranch Writers' Group meeting - the PW Spring 2006 challenge is to write a piece using the word: "Rainbow." (Do you have a rainbow piece in your head/heart/hands?)

Submit your contributions to: Joanne Alexakis, 140 Rainbow Dr #4093, Livingston TX 77399-1040 or e-mail to: alexakis at escapees.com (please replace "at" with "@" using no spaces and no quote marks). Future writers' challenge ideas are appreciated, too!



Myrna Courtney has SKP Boomer Bof cookbooks available for \$10.00. Order from: Gerry Courtney, 17448 Blum Road, Grass Valley, CA 95945.

A recipe from Escapee Bof Boomers and fellow Penwheelers, **Tom and Nancy Doyle**:

The Doyle Dip

This recipe came into my family when my older (much older) sister got married in 1947. It came from her mother-in-law. It lasted some 44 years longer than the marriage. You might say she kept the recipe and got rid of the dip. It's been in our family for so many years is has become known as the Doyle Dip.

1 lg pkg cream cheese 2 or 3 med dill pickles

1 tsp garlic salt (more or less)

2 Tbls dried onion flakes

Soften cream cheese at room temperature. Place in med-sized mixing bowl. Grate or blend the pickles until they are almost to a mush. Add to cream cheese. Add garlic salt and onion flakes and mix with fork. Thin mixture with juice from pickle jar. Let stand 10 min. Taste and add more garlic salt, onion flakes, or pickle juice to taste. Great with chips or as a vegetable dip.

Thunder and Lightening: Cracking Open the Writer's Craft by Natalie Goldberg

Book review by Jaimie Hall

Natalie Goldberg's first book, *Writing Down the Bones*, is about writing practice. In it she urges regular timed writing practices to get past the critic lurking within each of us. In this new book she tells us how to take the raw material generated by writing practice and turn that into finished works: stories, essays, poems, novels, memoirs, how to turn that alive writing we discovered through writing practice into publishable work.

Thunder and Lightening is divided into three parts. The first is "Structure." She shares how she discovered integral parts of books like plot, narrative, characters. In part two, "Reading," she stresses the importance of reading, especially in your genre. Get into the author's mind, discover the structure.

Part three is titled "Reining in your wild horses." Natalie advises doing nothing but writing practice for two years to get in touch with your wild mind. By reviewing what we've written, we can find out what is alive for us, rather than what we think we "should" be writing or our self-image of what kind of writer we'd like to be. Writing practice taught us how to contact ourselves, now our job is to contact what's in front of us (the story, the place) and to hand that moment of contact, the merging of two presences, over to the reader.

Natalie Goldberg's writing is alive and grounded in real life. She tells of her struggles, how a book takes shape. For example, she writes about a lunch meeting with her editors about a manuscript and the need to let the manuscript "live on its own out there in the playing fields of the world." After the meeting she recounts:

"Last winter I worked hard on baking a perfect cranberry pie. My friend took his first bite. His face puckered up.

"Bitter?" Lasked.

"You forgot the sugar," he grimaced.

"Nat, you forgot the plot. Nat, you forgot the action. At times I've even forgotten where the book was going, why I was writing it and who I was anyway. But this pie wasn't baked yet. It could be fixed. Toni and Linda [editors] were trying to help. They had flour on their fists.

And that day at lunch, I tried to help them... by shutting up and simply listening. DO NOT TAKE IT PERSONALLY!—make that a practice. Even though it may feel personal, it is words on a page. Though I felt exposed, they weren't talking about me."

If you are remotely thinking of publishing, I recommend this book. At the end of the book is a list of books she loves and reads. I'm keeping a copy with me for when I go to libraries and bookstores.

Beware of quitting too soon. Dr. Suess' first children's book was rejected by 23 publishers. The 24th publisher sold 6 million copies. --Ann Landers

Dave McCreary e-mails:

I thought this is fun and maybe you want to include it into the Penwheels newsletter. I received it from an e-mail so I don't know the author. It all sounds good to me because I, too, have trouble spelling.

Enjoy English While You Can

Enjoy your English while you can... The European Commission has just announced an agreement whereby English will be the official language of the European Union rather than German, which was the other possibility.

As part of the negotiations, Her Majesty's Government conceded that English spelling had some room for improvement and has accepted a 5-year phase-in plan that would become known as "Euro-English".

In the first year, "s" will replace the soft "c". Sertainly, this will make the sivil servants jump with joy. The hard "c" will be dropped in favor of "k". This should klear up konfusion, and keyboards kan have one less letter.

There will be growing publik enthusiasm in the sekond year when the troublesome "ph" will be replaced with "f". This will make words like fotograf 20% shorter.

In the 3rd year, publik akseptanse of the new spelling kan be expected to reach the stage where more komplikated changes are possible.

Governments will enkourage the removal of double letters which have always ben a deterent to akurate speling.

Also, al wil agre that the horibl mes of the silent "e" in the language is disgrasful and it should go away. By the 4th yer peopl wil be reseptiv to steps such as replasing "th" with "z" and "w" with "v".

During ze fifz yer, ze unesesary "o" kan be dropd from vords containing "ou" and after ziz fifz yer, ve vil hav a reil sensibl riten styl.

Zer vil be no mor trubl or difikultis and evrivun vil find it ezi tu understand ech oza. Ze drem of a united urop vil finali kum tru.

From Dan Poynter's ezine "Your Publishing Poynters:"

QUICK ONLINE DICTIONARY: GOOGLE. Type define:word (without spaces) and Google will define the word. It works great!

Subscribe to his free ezine by going to: http://parapub.com/getpage.cfm?file=/news.html
Submitted by Jaimie Hall

Also from Dan Poynter's ezine:

From now on, ending a sentence with a preposition is something up with which I will not put.

-- Winston Churchill

CONTRIBUTORS to this issue of the **PENWHEELS** newsletter:

Janet Wilder Dave McCreary Jaimie Hall Ken Harnish Alice Zyetz
Darlene Miller Sue Otto Myrna Courtney Tom and Nancy Doyle

Just a page of funnies... from Dan Poynter's ezine: (submitted by Jaimie Hall)

WHY? Why are there five syllables in the word "monosyllabic?"

If 4 out of 5 people SUFFER from diarrhea...does that mean that one enjoys it?

Why do we say something is out of whack? What's a whack?

Do infants enjoy infancy as much as adults enjoy adultery?

Why are a wise man and a wise guy opposite?

Ever wonder about those people who spend \$2.00 apiece on those little bottles of Evian water? Try spelling Evian backwards: NAIVE

Why is the alphabet in that order? Is it because of that song?

--Meryl K Evans (Generic Smiley)

More from Dan Poynter's ezine "Your Publishing Poynters:"

NEW ADDITIONS TO WEBSTER'S FOR 2005 -- Bob Smith

(Read slowly--it may take a while for the light to shine, but these are rather clever!)

- 1. ARBITRATOR: A cook that leaves Arby's to work at McDonalds
- 2. AVOIDABLE: What a bullfighter tried to do.
- 3. BERNADETTE: The act of torching a mortgage.
- 4. BURGLARIZE: What a crook sees with.
- 5. CONTROL: A short, ugly inmate.
- 6. COUNTERFEITERS: Workers who put together kitchen cabinets.
- 7. ECLIPSE: What an English barber does for a living.
- 8. EYEDROPPER: A clumsy ophthalmologist.
- 9. HEROES: What a guy in a boat does.
- 10. LEFTBANK: What the robber did when his bag was full of money.
- 11. MISTY: How golfers create divots.
- 12. PARADOX: Two physicians.

- 13. PARASITES: What you see from the top of the Eiffel Tower.
- 14. PHARMACIST: A helper on the farm.
- 15. POLARIZE: What penguins see with.
- 16. PRIMATE: Removing your spouse from in front of the TV.
- 17. RELIEF: What trees do in the Spring.
- 18. RUBBERNECK: What you do to relax your wife.
- 19. SELFISH: What the owner of a seafood store does.
- 20. SUDAFED: Brought litigation against a government official.
 - --Shel Horowitz

Natalie Goldberg Workshop by Jaimie Hall

October found Alice Zyetz and me in Sedona, Arizona, attending a writer's workshop with Natalie Goldberg. Writing exercises from *Writing Down the Bones*, Goldberg's book, was my first experience writing. That first session with four other Boomer women is recounted by Betty Prange in *RV Traveling Tales: Women's Journeys on the Open Road*.

Natalie looked like her photos, but had a slow, relaxed, centered way about her. She worked with Ane master, Katagiri Roshi, for 12 years in Minneapolis, MN. I was struck by the contrast of Zen and Jewish woman from New York City within her.

Day One we did eight writing practices plus numerous Zen "sits." Sits begin with sitting straight, feet on the floor and paying attention to our breathing. Our breath would anchor our mind. Three bell tinkles began the sit. We were to gently let any thoughts go and return our focus to our breath, allowing the quiet between thoughts, finding the inner part of us that is not the mind.

We wrote on a topic, in this case, our hand anchoring our mind. "I'm thinking of ..., Jello, I'm not thinking of ..., The last time I saw..., A first kiss" are a few. We wrote for 10 minutes then read our piece out loud, in small groups of 2-4. No comment or critique was allowed. The reading is a necessary step to release, to complete the process. Natalie repeated many times, "It's just writing. There's no right or wrong, it's just writing."

We added recall to the exercises, calling out 10-15 details that stuck in our mind from the few pieces that were read to the entire group. Both Alice and I found this difficult, not being auditory-oriented. That was to help us pay attention to the structure of the author's writing, to get inside his/her mind.

Late in the afternoon we added Zen slow walking, using the soles of our feet to anchor our mind.

Homework? You bet! Four more writing practices and read them aloud to someone, two "sits," and two 15-minute slow walks.

It wore me down, all this writing, and that was the idea. Your "monkey mind," that constant chatter, begins to get quiet for short periods of times. I finally got the message after the walk. I noticed myself comparing how I walked to others: "He is going so slow, that's not what Natalie is doing." "She looks like she is waltzing, not walking." Then it hit me—it's just walking. No right or wrong, it's just walking. We are

each on our own path, none is better than another. Then I could accept the writing; it's just writing, there is no right or wrong, just writing.

I don't remember all the rules for writing practice, but the object is to quiet the inner critic and just write. Rule 1 is keep your hand moving. 2. Don't correct or edit. 3. Go where the energy is (even if it is off topic) 4. Be specific: instead of "car" write '96 green Ford.

We usually wrote for 10 minutes, but "mix it up with longer periods," Natalie advised. Keep "monkey mind" guessing. Old standbys she uses regularly so you see the undersides of things as well: (continued on page 11)

Natalie Goldberg workshop (continued from page 10)

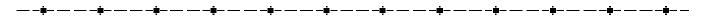
I remember, then switch to I don't remember

I know, I don't know

I think, I don't think

Natalie also advised we read good literature. Figure out the structure, get inside the writer's mind. Write about what is in front of you to sharpen your eye for details. She has written more books. One I'd recommend is *Thunder and Lightning: Cracking Open the Writer's Craft*. (See Jaimie's review in this PW issue.)

I'm re-inspired!



Even if you don't enter this contest - what a wonderful thought to contemplate - and write about! NO ENTRY FEE. HappyNews.com is sponsoring an essay contest. We want to know your thoughts on the subject of "Why I am optimistic about the future." What is it that gives you hope that tomorrow will be a better day? What trend do you see? We want to share everyone's optimism of a better tomorrow with the world through the HappyNews.com site. First prize \$1,000. Length 200-2,000 words. Deadline January 31, 2006. Submit via e-mail.

From Funds for Writers weekly ezine:

For short story writers:

LUNCH HOUR STORIES

http://www.lunchhourstories.com/submissions.htm

Lunch Hour Stories is a literary magazine that publishes only short stories and distributes them only to paid subscribers. Lunch Hour Stories are thin, easy to carry booklets that contain ONE short story each. They

are artfully designed to slip easily into a purse or briefcase and be read in less than sixty minutes. Lunch Hour Stories are published approximately 16 times per year, a minimum of one issue per month.

First consideration for publication is given to previously unpublished or minimally published authors and/or authors that reside in the Northwestern U.S. Our goal is to publish a minimum of six stories each year from previously unpublished or minimally published authors.

Subscriptions to Lunch Hour Stories will become available July 1, 2006. Free sample issues will become available early spring 2006. To add your name to our mailing list, please send complete contact information to mail@lunchhourbooks.com.

Lunch Hour Stories is the literary magazine division of Lunch Hour Book Publications. Lunch Hour Book Publications will compensate you \$50 for the right to publish your story. We will also provide you with ten (10) printed copies of your story (additional copies may be purchased for \$2/ea), a free 1-year subscription to Lunch Hour Stories (a \$22 value), and a short personal interview on the Lunch Hour Stories website.

Thanks to Jaimie Hall for all these contributions.

PENWHEELS

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PENWHEELS

An Escapees RV Club Birds-of-a-Feather (BOF)

group for RVers interested in writing of all kinds. Some are published and some are not. The purpose of Penwheels is to establish a support network of RVing writers for sharing information, discussions, critiques, seminars, and socializing in person and by snail and electronic mail.

Penwheels is published four times a year. Subscription is \$8 per year. In order to belong to any SKP BOF group, you must be a member in good standing of the **Escapees RV Club**. You may contact the club at 1-888-757-2582.

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