



Welcome to

# Write On!

## NORTH SHORE WRITERS' ASSOCIATION NEWSLETTER

Linking North Shore writers since 1993.

*We respectfully acknowledge the Coast Salish Peoples, including the xʷməθkʷəʔəm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish), and səlilwətaʔ (Tseil-Waututh), on whose unceded ancestral lands our community of writers supporting writers is grateful to live and work.*



# President's Message



After two weeks of snow on the ground in the lower mainland, the mornings are lightening, the air warming, and our spirits rising. Speaking of rising, NSWA membership has blossomed to 116 creative souls and critique groups are flourishing like the crocuses in my lawn.

Your board is warming up plans for the North Shore Writers Festival, for which we have arranged a children's book author as well as a publishing/publicity panel. Thanks to Wiley Ho for all her work with the North Shore libraries and festival and to 32 Books & Gallery and Kidsbooks for their financial donations.

We have two new board members: Janine Cross, a long time and distinguished member, as well as Sylvia Leong, our talented and energetic newsletter editor.

We continue to have stimulating interviews and presentations by guest authors, most recently Kirsten Pendreigh, a picture book author who gave an enlightening talk on the evolution of this genre. Dare to Be Heard continues to be well attended and provides a diversity of writing.

Welcome to Spring!

Bill Koch



# Board of Directors

**President:** Bill Koch

**Vice President:** Frances Peck

**Secretary:** Calvin Wharton

**Treasurer:** Steve Rayner

**Membership Coordinator:** Frances Peck

**Speaker Coordinator:** Lisa Bagshaw

**Library Liaison:** Wiley Wei-Chiun Ho

**Webmaster & Publicity:** Carmen Farrell

**Directors-at-Large:** Erin MacNair, Janine Cross, Sylvia Leong



## Team of Volunteers

**Member Q&A Coordinator:** Linda Mangnall

**Writing Contest Committee:** Erin MacNair, Doug MacLeod,  
and Libby Soper

**Holiday Party Coordinators:** Barbara Reardon, Christine Cowan

**Dare to be Heard Host:** Rotating

**Saturday Write-in Host:** Rotating

**Proofreaders:** Rosemary Gretton, Steve Rayner

**Newsletter & Rivulets Anthology Editor:** Sylvia Leong

# Calendar

**MAR 8: Saturday Morning Write-in** — 10am-12pm. Zoom. (Page 5)

**MAR 12: Dare to be Heard** — 7pm, North Vancouver City Library. (Page 6)

**MAR 13: A lively book club discussion on *The Memoir Project*.** Thursday at 7pm with Wiley Wei-Chiun Ho and the Federation of BC Writers. (Page 8)

**MAR 15: NSWA Writing Contest** closes. — New this year! Winners will be published in *Rivulets*, an anthology of contest-winning writing. (Page 7)

**MAR 17: Monthly meeting and Speaker Series** — Guest: Anosh Irani. His novel, *The Parcel*, was a finalist for the Governor General's Literary Award, the Rogers Writers' Trust Fiction Prize, and the Ethel Wilson Fiction Prize, and was chosen as one of the Best Books of the Year by the *Globe and Mail*, *Quill & Quire*, *National Post*, CBC Books and *The Walrus*. 7-8:30pm, North Vancouver City Library. (Page 12)

**APR 9: Dare to be Heard** — 7pm, North Vancouver City Library. (Page 6)

**APR 12: Saturday Morning Write-in** — 10am-12pm. Zoom. (Page 5)

**APR 13: A Day of Stories at Deer Lake** — Sunday from 1-6pm with Wiley Wei-Chiun Ho. (Page 9)

**APR 24-26: North Shore Writers Festival** — Lynn Valley Library. (Page 10)

**APR 28: Monthly meeting and Speaker Series** — Guest: Vince Beiser. His new book, *Power Metal* (Penguin Random House), is about the powerful ways the metals we need to fuel technology and energy are spawning environmental havoc, political upheaval, and rising violence — and how we can do better. 7-8:30pm, North Vancouver City Library. (Page 12)

**APR 30: Submission deadline** for the Summer *Write On!* newsletter. (Page 32)





# SATURDAY MORNING WRITE-INS

ROTATING HOST

**Mar 8 \* Apr 12 \* May 10 \* Jun 14**  
**10am - 12pm**



Imagine yourself seated in the comfort of your own home,  
ready to write.

But nothing happens?

The friendly but focused eclectic Saturday morning write-in  
may be a good fit for you! After a brief check-in to share  
recent writing news, questions, concerns, and individual  
writing plans for the morning, we do a writing warm up, then  
get to work.

At the midway point and again at the end of the session,  
insightful and helpful writing tips are often shared. Participants  
often marvel at how much they can write in such a short time.

New members are always welcome.

(Zoom link distributed to the NSWA membership via email)



# DARE TO BE HEARD

ROTATING HOST

Mar 12 \* Apr 9 \* May 14 \* Jun 11

7pm



Open mic format!

Read a short piece of your writing aloud in a friendly, supportive, and relaxed environment. Or drop by to listen.

*Not a critique group.*

Free to attend. Registration not required.

**Open to the public.**

At the North Vancouver City Library  
Hosted by the North Shore Writers' Association.  
<https://nswriters.org/>



NORTH SHORE WRITERS' ASSOCIATION

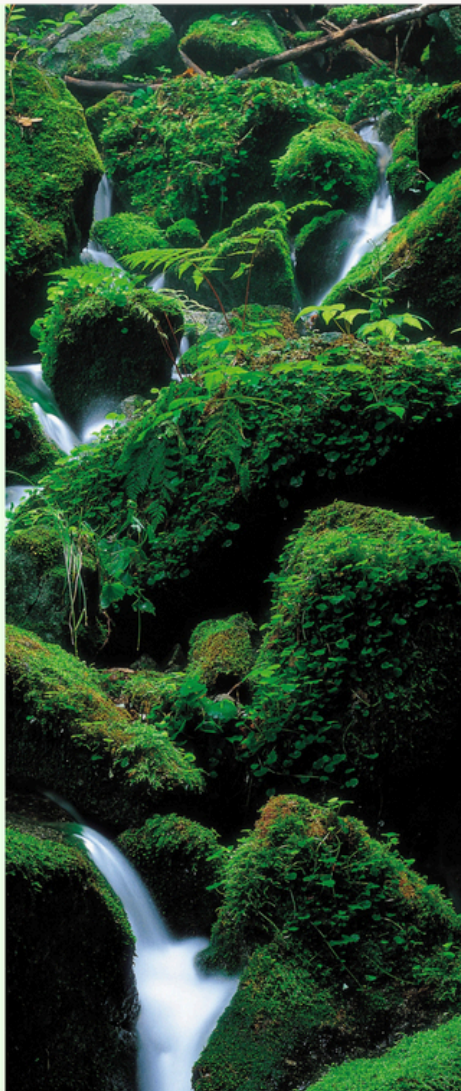
29th ANNUAL

# Writing Contest

WINNERS PUBLISHED IN  
RIVULETS LITERARY ANTHOLOGY

A Literary Anthology  
of Winning  
Fiction, Non-fiction,  
& Poetry

Rivulets  
2025



**OPENS JANUARY 15, 2025**  
**DEADLINE MARCH 15, 2025**

**ADULT PRIZES**

**\$100** - First Prize Winners

**\$75** - Second Prize Winners

**\$50** - Third Prize Winners

**YOUTH PRIZES**

**\$75** ages 11 and younger

**\$75** ages 12-18

**ENTRY FEES**

**\$10** for NSWA members

**\$15** for non-members

**\$5** for youth and young adult

**SPONSORED BY**

32 Books & Gallery

Kidsbooks

**MORE INFORMATION:**

<https://www.nswriters.org/annual-contest/>



Event!

# Wiley Ho

Join Wiley and the Federation of BC Writers for a lively book club discussion on:  
***The Memoir Project***: a thoroughly non-standardized text for writing and life  
by Marion Roach Smith.


Register at:

**FBCW - Book Club for Writers: "The Memoir Project" with special guest Wiley Wei-Chiun Ho.**


BOOK CLUB  
*for writers*

fBCW  
FEDERATION  
of BC WRITERS


THURSDAY, MAR 13<sup>th</sup>, 7 PM




**Wiley  
Wei-Chiun Ho**  
Special Guest



**The Memoir  
Project**



BRITISH COLUMBIA  
ARTS COUNCIL



BRITISH  
COLUMBIA

Supported by the Province of British Columbia

**bcwriters.ca**

Event!

# Wiley Ho

Wiley Wei-Chiun Ho will be the April 2025 Writer-in-Residence at Deer Lake.



As part of her residency, Wiley will host A Day of Stories at Deer Lake on  
**Sunday, April 13th from 1-6pm.**

The day will include a writing workshop or author panel, generative writing in the park, refreshments and discussions, and a storytelling circle at the end.

All writers, readers, and listeners welcome to this celebration of storytelling and the courage to write. Just as strangers on an airplane can exchange the most personal stories, this community circle will aim to provide a safe, inclusive space in which our unique creations may emerge and connect with others.

Come out for a day of creativity at Deer Lake!

Free but registration is required (space limited to 40 participants). Watch for the registration link to come via membership email.



# north shore **WRITERS FESTIVAL**



## Lynn Valley Library

### **Thursday, April 24**

**5:30pm** – Traditional Welcome.

**5:45-7pm** – Hockey Talk: Chronicling the Canucks with Ed Willes, Daniel Wagner, and Andy Prest.

**7:15-8:30pm** – Reporting on the Environment: Steph Kwetásel'wet Wood and Anne Shibata Casselman in conversation with Laura Lynch.

### **Friday, April 25**

**7-9:30pm** – Literary Trivia with host Charlie Demers. *NSWA will have a team with Bill Koch as team captain!*

### **Saturday, April 26**

**12:30-1:45pm** – Writing Picture Books with Laura Farina (NSWA).

**2-3:15pm** – Publishing to Publicity: How to Get Your Work Out There (NSWA).

**3:30-4:45pm** – In the Shadows: Unsettling Fiction with Sam Wiebe, Linda Cheng, Erica McKeen, and JJ Lee.

**5-6:15pm** – Chelene Knight in conversation with Margaret Gallagher.

**6:30-7:30pm** – Closing reception and *NSWA writing contest winners*.

## More Information

# Seeking Trivia Experts Who Want to Have Fun

The North Shore Writers Festival is approaching fast!

The NSW Literary Trivia Team captain, Bill Koch, needs 4 to 5 serious (or not-so-serious) triviators for the Literary Trivia Contest.

**Friday, April 25, 7-9:30pm**

Whet your appetite with the following literary trivia:

- This author of the 1996 mystery-thriller novel *The Gun Seller* — not to mention blues musician — played a melancholic, Vicodin-addicted physician on a hit TV series for nine seasons.
- His partner on a TV drama was famous for the line, “The truth is out there.” But he was also known for his novel *Truly Like Lightning*.
- His novel *House of Earth* was written in 1947, but not published until 2013, reputedly because of its sexual and political content.

## Want to be on the team?

Please email Bill at [willkoch@telus.net](mailto:willkoch@telus.net). Not only will you make the team, but you'll get the answers to the above trivia.





# Lisa Bagshaw's Speaker Series

## Don't miss March and April's Speaker Series guests!

### **Anosh Irani**

March 17, 7-8:30pm  
North Vancouver City Library

Anosh Irani is a three-time Governor General's Literary Award-shortlisted author and playwright, and a two-time winner of the Dora Mavor Moore Award for Outstanding New Play. His novel, *The Parcel*, was a finalist for the Governor General's Literary Award, the Rogers Writers' Trust Fiction Prize, and the Ethel Wilson Fiction Prize, and was chosen as one of the Best Books of the Year by the *Globe and Mail*, *Quill & Quire*, *National Post*, CBC Books and *The Walrus*. He is the recipient of the 2023 Writers' Trust Engel Findley Award.



Photo: Boman Irani

### **Vince Beiser**

April 28, 7-8:30pm  
North Vancouver City Library

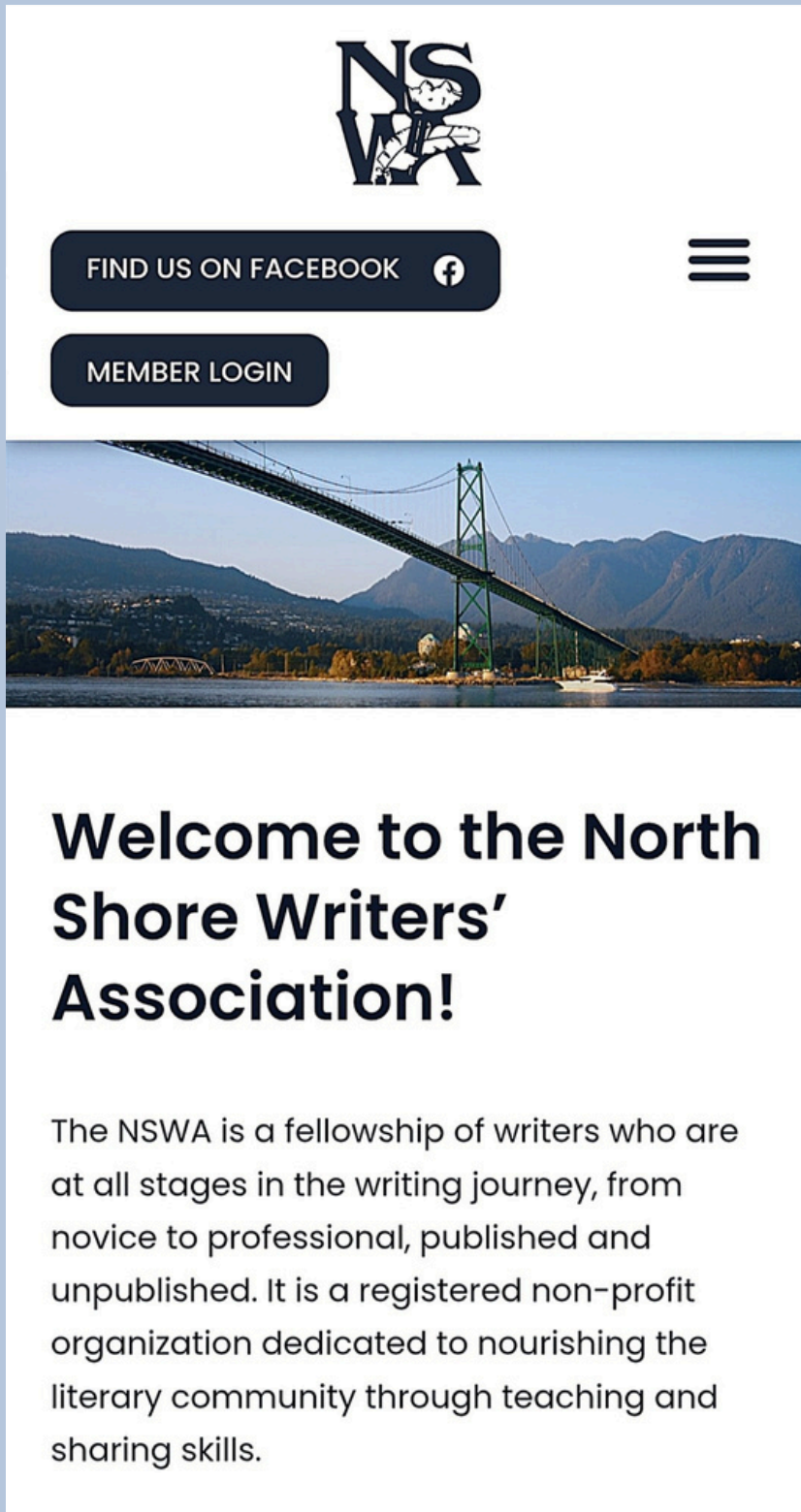
Vince Beiser's new book, *Power Metal* (Penguin Random House), is about the powerful ways the metals we need to fuel technology and energy are spawning environmental havoc, political upheaval, and rising violence — and how we can do better. Beiser crisscrossed the world to talk to the people involved and report on the damage this race is inflicting, the ways it could get worse, and how we can minimize the damage. *Power Metal* is a compelling glimpse into this disturbing yet potentially promising new world.



Lisa Bagshaw retired from a twenty-five year career in media sales to pursue a more creative life of writing, painting and photography. She hopes everyone will take **Bold Leaps** towards their dreams.

*Bravo! Brava!*

# North Shore Writers' Association



The North Shore Writers' Association has a new website!

Check out the clean new look, including the spotlight on member achievements:

[www.nswriters.org](http://www.nswriters.org).

Huge thanks to the website committee:

- Tiffany Budhyanto
- Erin MacNair
- Wiley Wei-Chiun Ho, and
- Committee lead and webmaster, Carmen Farrell, for their many contributions to this project in 2024.

We are delighted with the new site, designed and built by [Amy Haagsma](#) of West Coast Editorial Associates.

We hope you'll love it too!



*Bravo! Brava!*

## Bill Koch

*David Lipman's patients are dying, but it's going to take risking his license and reputation to stop a killer. How far is he prepared to go?*

*Hired Gun* is a gripping psychological thriller with an original, imaginative plot, nuanced and engaging characters, and lovely, evocative, sensory prose.

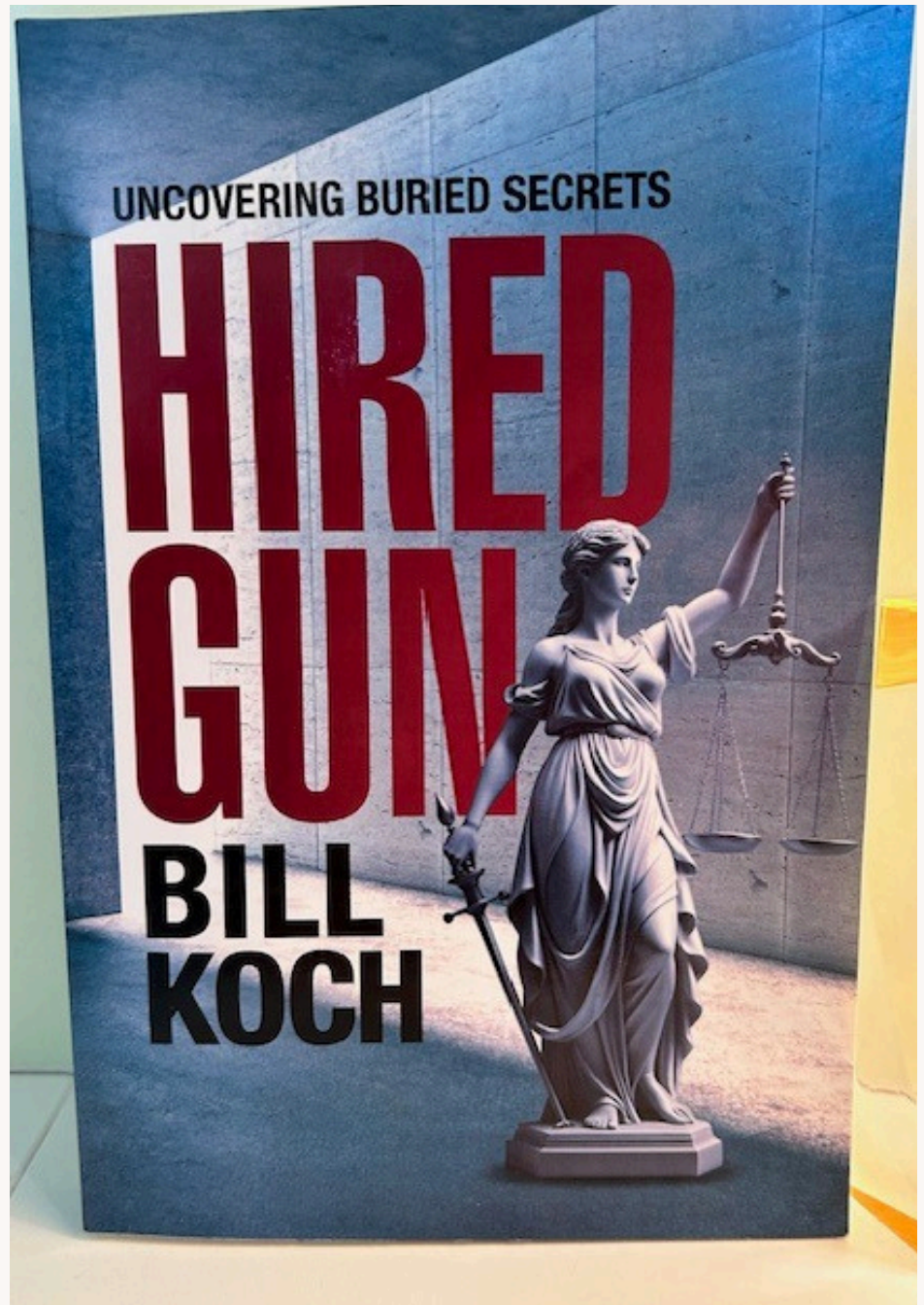
Better yet, it's all deeply grounded in rich, psychological insight from an eloquent author who knows his topic intimately.

Coming out in late spring or early summer!

Check out

**Bill Koch**

for the description as well as the teaser trailer video.



Bravo! Brava!

# Lupita

Illustrated by Olga Sall



**...And Off You Go!** is a beautifully adapted Mexican legend about a young woman who uses her brilliant mind and a piece of charcoal to challenge a world trying to hold her back. Captured and condemned, she does the unthinkable. She draws a ship so real it seems ready to sail. Does she escape on that ship? Or is her greatest escape something even more extraordinary?

An inspiring tale for readers aged 5 to 10 that delivers an empowering social-emotional message that sometimes you have to create your own wings by choosing faith over fear, while leaving doors open for others to follow.

[Buy ...And Off You Go!](#)

[Keep in touch with Lupita](#)



Bravo! Brava!

# Erin MacNair

*NSWA board member Erin MacNair has won the 2024 San Miguel Writing Contest for nonfiction!*

*Consequently, this February, Erin travelled to the prestigious international writing conference in Mexico where she explored San Miguel, read her winning piece, and thanked Margaret Atwood for her excellent inspiration.*

Felicidades, Erin!

*Read:*

## **A Murmuration**

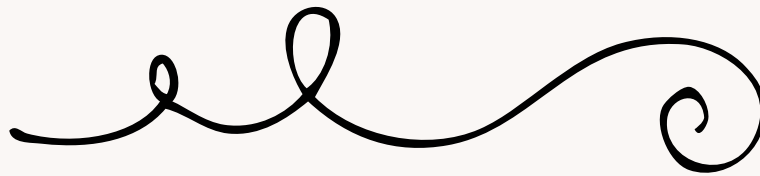


Bravo! Brava!

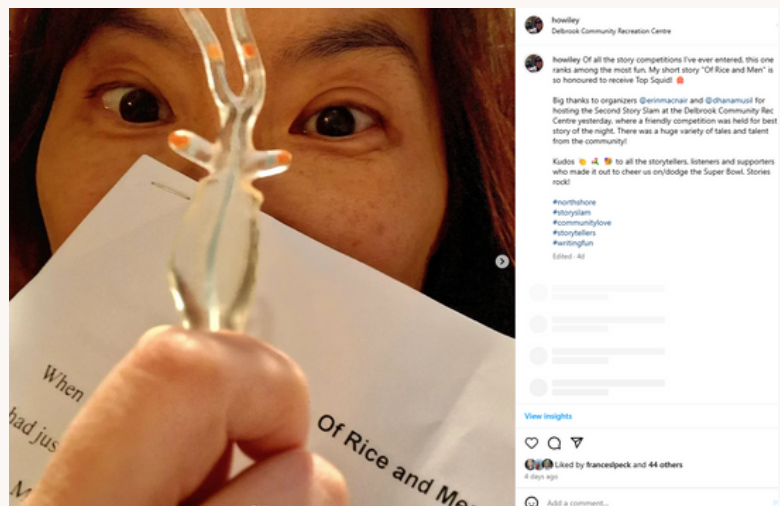
## Wiley Ho

Pen Parentis Literary Salon features authors who are also parents. February's session on the theme of "The Existential Crisis" includes a couple of Canadian authors you might recognize - Lisa Bird-Wilson and Wiley Wei-Chiun Ho!

**Watch on YouTube.**



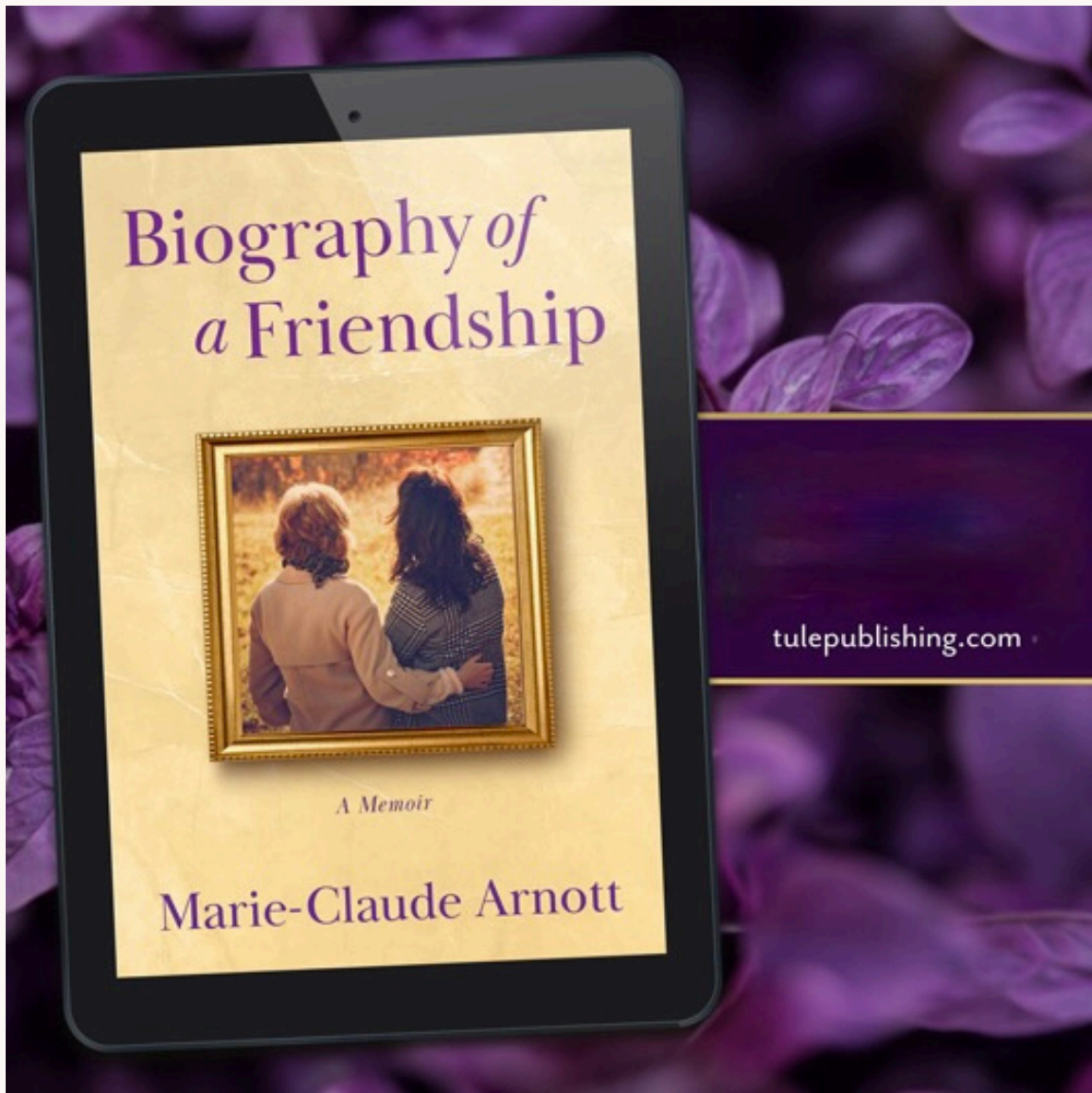
Wiley Ho's crowning achievement was at the North Shore Story Slam (organized by the Delbrook Writer in Residence and our very own Erin MacNair), where she took home top prize for story of the night - Top Squid!





Bravo! Brava!

# Marie-Claude Arnott



In ***Biography of a Friendship***, Marie-Claude Arnott takes the reader to California, France, and Switzerland to recount her decades-long friendship with Juliette, whose destiny takes a fateful turn.

This emotional and candid memoir leads to the dawning of a new perspective on life, which resonated with early readers: “I normally don’t read biographies, but this one will stay with me for a long time.”

Take a visual tour of the story!

Buy *Biography of a Friendship*

Bravo! Brava!

## *A Substantial Career*



*by  
Laurel Gurnsey*

## Laurel Gurnsey

*Following four romantic suspense novels, NSWA member Laurel Gurnsey has published her fifth book, the memoir of her 35-year teaching career.*

*A Substantial Career tells how Laurel fostered engagement, and made teaching and learning innovative and exciting. The book reflects places of humour, challenge, and the connection between a teacher and her much-loved students.*

*All five of Laurel Gurnsey's books are available at Amazon in digital and print.*

# Linda Mangnall's Q and A with ...

## Lois Keane



Two-time winner of the 2022 and 2024 NSW writing contests in fiction, Lois Keane has two key messages for writers: don't give up, and don't fear what others might assume about you from your writing. She faced both challenges while writing her novel about the parents of gay children and while exploring similar themes in her published short stories. Lois grew up in Jamaica and lived in Ontario before settling in West Vancouver, selecting a south-facing home perfect for nurturing her floral design business and her writing.

*Q: Lois, you worked for years on your novel before giving it your full attention in the infamous window of time called Covid. Buoyed by the Creative Academy for Writers group, the novel is now completed after a few shifts from its original direction. Many writers have unfinished work, but you persevered. What drove you to keep going?*

**A: I was driven by my original quest to discover circumstances which would cause parents to withdraw their loving support from their gay teenaged child. Also, I had invested much time on this project, and I could not drop it.**

*Q: Both of your contest winners, "Camping" and "My Father's Daughter", address the subject of homophobia. Why is this topic close to your heart, and what message is common in your stories?*

**A: Living with a queer family member has heightened my awareness of the persistence and harm of homophobia in our society. I feel emboldened to add my voice for change and particularly to encourage families to make space for LGBTQ+ children to flourish.**

*Q: You grew up in Jamaica and moved to Canada to attend university as a young adult. How have these two cultures informed your writing?*

**A: I was shocked to learn of a young gay man who emigrated to Canada because of police brutality in Jamaica. Homophobia there is grounded in the law as well as in religious beliefs. By contrast, LGBTQ+ people ...**



# Linda Mangnall's Q and A

***are protected by law in Canada. The natural beauty of Jamaica's landscape also features greatly in my writing.***

*Q: You own and operate a floral design business from your home after a decade working for the federal government. That is a significant lifestyle change. Why flowers?*

**A: Much of what I know about flowers comes from my mother and grandfather who lived and breathed flowers. It took training to turn this intuitive knowledge into a business as a special event florist. The switch coincided with becoming a mother and having the space to create a home-based studio.**

*Q: You shared with me that one of the challenges you face with your short stories is fear that readers may assume the point of view of your characters is your own. What advice would you offer other writers who shy away from submitting fiction for the same reason?*

**A: I would say write what moves you and trust that your story will move your readers. You can't control what assumptions they may make about you, even when you are writing fiction.**

*Q: What childhood book made an impression on you?*

**A: My brother and I always competed for the latest Hardy Boys book. But I remember being stunned when I read Anne Frank's "*The Diary of a Young Girl*".**

*Q: You are a long-time member of the NSWA. Why did you join and how do you benefit?*

**A: Joining the NSWA was the first initiative I took to validate myself as a writer and become part of an active community. Despite my time spent writing in various federal government jobs, novel writing is a whole new adventure. The NSWA provides an encouraging, supportive home. I enjoy networking with other writers, hearing interesting speakers and I am grateful for the opportunity to participate in the annual contests.**

Learn more about Lois: [Loiskeaneflowers.com](http://Loiskeaneflowers.com), [@loiskeaneflowers](https://www.instagram.com/loiskeaneflowers)

Linda Mangnall is a career and lifestyle writer. If you know a member who would like to be featured in our Q&A, contact Linda at [Lindamangnall@icloud.com](mailto:Lindamangnall@icloud.com).

# JOYCE GOODWIN

*In 2015, Parisian newspaper satirists are murdered by al-Qaeda members for their religious cartoon depictions. 12 people are killed and 11 injured in the attack.*

## CHARLIE HEBDO

Behind the Bastille  
terror exploded,  
where once knitters  
with venomous needles  
and revolutionary zeal,  
cheered the guillotine,  
shouting...

“Off with their heads!”

Behind the Bastille  
in a hail of gunfire,  
cartoonists died;  
irreverent artists  
wielded evil pencils  
with blasphemous imagination;  
brandishing pens  
with unyielding resolve,  
they manned the barricades  
between satire and oppression.

We became Charlie overnight,  
morphed into cartoon characters,  
lampooning ourselves laughing  
dangerously, as free speech  
burned  
at the stake.







## **The Newfield Road Riders — England 1958**

The first time I saw them, the clattering speed reeled me in like a greyhound to an electric rabbit. The riders started on the steep section of Church Road, then after thirty yards, screeched hard left onto the long sweeping run down Newfield Road. I thirsted to try this myself.

Nige was my classmate. “Can you tell me how to make a board like yours, Nige?”

“Yeah, find a bit of wood like mine. Cut it this long with your dad’s saw, get a roller skate, bash the top flat with your dad’s hammer and nail the board on top of the skate half way along.”

I think his big brother had made the board while Nige watched.

After half an hour in Dad’s garage, my board was ready. The plank wasn’t quite straight on the skate. Never mind. It would do.

Next day after school, we walked to the top of the run. I sat on my converted fence plank with my knees bent in front of me, my hands gripping the thin wood, and pushed off. I crashed three times on the left-hand corner cutting my knee and spraining my wrist.



“You gotta lean over,” said Nige. I leaned over so only two of the metal wheels were on the paving stones but still crashed. “You gotta press down on the front of the board when you get to the corner so the back skids round.”

It worked. I leaned, pressed and screeched around the corner at speed onto the main run. Riding was different than watching. I gritted my teeth and hung on for dear life as the board gained maximum velocity. Like a car rattling over train tracks, my board careened over the paving stones, my fingers white and aching anchored me to the board two inches above the ground. The vibration tingled upward like electricity, blurring my vision, making it hard to stay on course.

The clatter of the small metal wheels rocketing over the paving stones was amplified by the solid row of red brick houses on either side — sounding like the staccato chatter of machine gun fire. A man walking his dog became alarmed by the horrendous racket as the projectile hurtled toward him and hastily crossed the street.

As Newfield Road flattened out, the ride finally eased to a halt. My clenched lungs exhaled. I started to breathe again. Drained but satisfied, I watched other riders make their descent.

Three kids tried the run at one time, but it detracted from the beauty of the sole rider swooping down alone.

Almost six feet tall, and rotund, Beechy was the best to watch. Everything about him was big except for his school cap. He had a Saint Bernard dog which followed him everywhere. Beechy’s high velocity ride was jaw-dropping. His larger size and the grey flapping raincoat obscured his means of locomotion. He hurtled down the paving stones at above average speed, one hand alternating between clutching his bobbling cap and gripping the board. The Saint Bernard followed in hot pursuit, barking voraciously the length of the ride, splattering faint spider-web trails of slobber in his wake, and leaving a faint aroma of big dog.

It livened up an otherwise dull street.

The resilient residents of Newfield Road never complained. Perhaps it reminded them of when they were eleven-year-olds having fun.

Later in the sixties, rebellious youth in spiffy Lycra-cling clothing, riding glossy, store-bought fiberglass boards garnished with grip tape, alloy trucks, and polyurethane wheels, claimed California as the home of the skateboard. But us Newfield Road Riders, we knew different.



## PRAGUE SPRING.

In 1968, when we were young,  
carousing along city streets,  
running in fields of long grasses,  
intoxicated by the scent of wild flowers,  
we made love, drunk on our freedom.

In that Prague Spring, students  
put flowers in Soviet gun barrels.  
Later, they died in pools of blood,  
their petals crushed by tanks.

In 1968, when we were young,  
we lost our innocence.





## Press One

“Press One...”

I hesitate after calling the phone number on my monthly telecom bill, with my index finger poised over the number pad, and listen to the rest of the list. No number corresponds to my question. Damn. All I want to know is if the scam call on my voice mail really is a scam. Shouldn't I be certain? After all, the telecom companies tell you to report scam calls and phishing emails. I'm trying to be a responsible citizen.

“I'm sorry, I didn't hear you. Press one if...”

I consider option two, hoping to speak to a person, but I don't want to purchase an enhanced cable package. I'm already inundated with triple digit channels showing the same football games and reruns of sitcoms. I could choose three, which will get me an Amex card with the telephone company's name on it, but I have trouble paying off my current credit cards.

Then, the flirty, diction-perfect, feminine voice tells me, “Press nine if you want to speak with an agent.” Silence follows.

My index finger gently presses the number nine on my iPhone screen.



# BILL KOCH

I'm sorry, that is not an option. Press one if—"

I press nine again.

"I'm sorry..." The voice is not as flirtatious this time.

I stab nine repeatedly as if administering chest compressions to a touch screen.

"I'm sorry..."

"Arghhh..."

"You can visit us online to get service..."

I boot up my laptop, mistype my password, re-type...still nothing. I notice that the caps key is locked down. Re-type, then the scenic vista provided by Hewlett Packard blossoms on my screen. I dig out the telecom account number and password from the bowels of my hard drive and go to their website, searching the homepage looking for helpful hints.

After fifteen frustrating minutes, I spot a chat icon hidden in the corner of the screen like a shy adolescent undressing in a locker room. Chat? I think, Chat with whom? I click.

Text appears like magic in a little thought window on the screen, "Hello, welcome to the... online troubleshooting service."

I imagine the words spoken by the same disembodied voice as on the phone.

"My name is Jessica. I'm here to help."

I'm getting somewhere. I imagine Jessica with blonde locks flowing to her shoulders, blue eyes, and sun-blushed complexion. She leans back in her swivel chair, holding a Mai Tai. Frothy surf and palm trees dance in the background. I might buy her a drink.

"Please type in your question."

I dutifully type, "I want to know if the voicemail I received today from your company is a scam?"

"I could not understand your question. Do you want to add a service?"

I type, "No..."

# BILL KOCH

““Do you want to add mobile service to your landline, internet, and cable?”

“No...”

“Do you want a discount on the purchase of a new Samsung tablet?”

“No!”

“Do you want to pre-pay your bill?”

“No!!”

“I’m sorry. Do you have something else I can help you with?”

The three double espressos erode my stomach lining as I hit the back button to return to the home page.

Maybe I can find another phone number?

There, on the contact page, tucked into the bottom corner of the screen in size four font is a phone number.

I dash upstairs to find my reading glasses. Damn cataract surgery. Returning, I check twice to ensure it’s a different phone number, and carefully punch it in.

“Press one.”

We’re all slaves to technology.



# DRIBBLE \* DRABBLE

## Lessons from Adolescence

by Frances Peck

**Talk normal.** Intelligence is mocked in your rural area. When you speak, kids hoot and jeer. You learn to weigh each word, count syllables. When you grow up, you become an editor.

**Be small.** Young you needs Chubby sizes from Sears. You learn to hunch, clench your thighs on the bus to stop the jiggling. Adult you works out all the time, questions every bite, sees a fat girl in every mirror.

**Fit in.** At twelve you light your first Rothmans, swig from stolen bottles. You grow up grateful you escaped addiction, left your adolescence behind. You practise self-acceptance, self-deception.







## WHO ARE YOU?

by Susan Lockhart

Now that I have entered my seventh decade, I am increasingly aware that I am much closer to the end of my life's journey than to the beginning.

Recently while tucking my six-year-old granddaughter in, she asked, "Nana, who are you when you die?"

After pondering Hannah's weighty question, I had to admit, "I'm sorry, Sweetheart, I really don't know."

To which she replied, "Aw, that's okay, Nana, you'll find out soon."

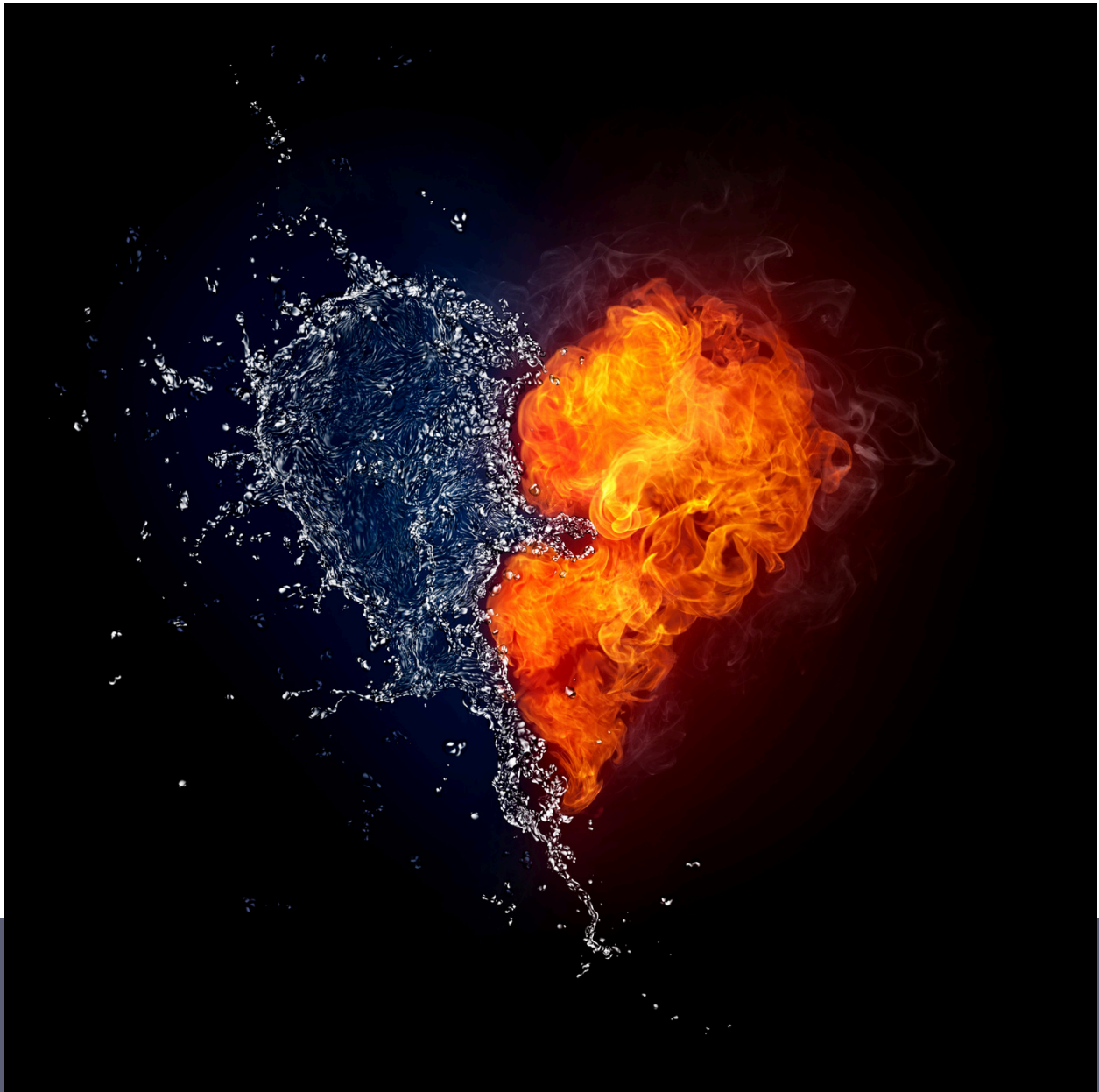
Hannah's response prompted me to consider; although I don't know who I'll be after I die, I had better make sure I know who I am before I do.

## Six-Word Stories About Life

by Bill Koch

### Marital Dysfunction

Love with Lorna; lust with Louise.  
Date, Propose, Marry, Argue, Ignore, Divorce.  
My love was muted until widowhood.



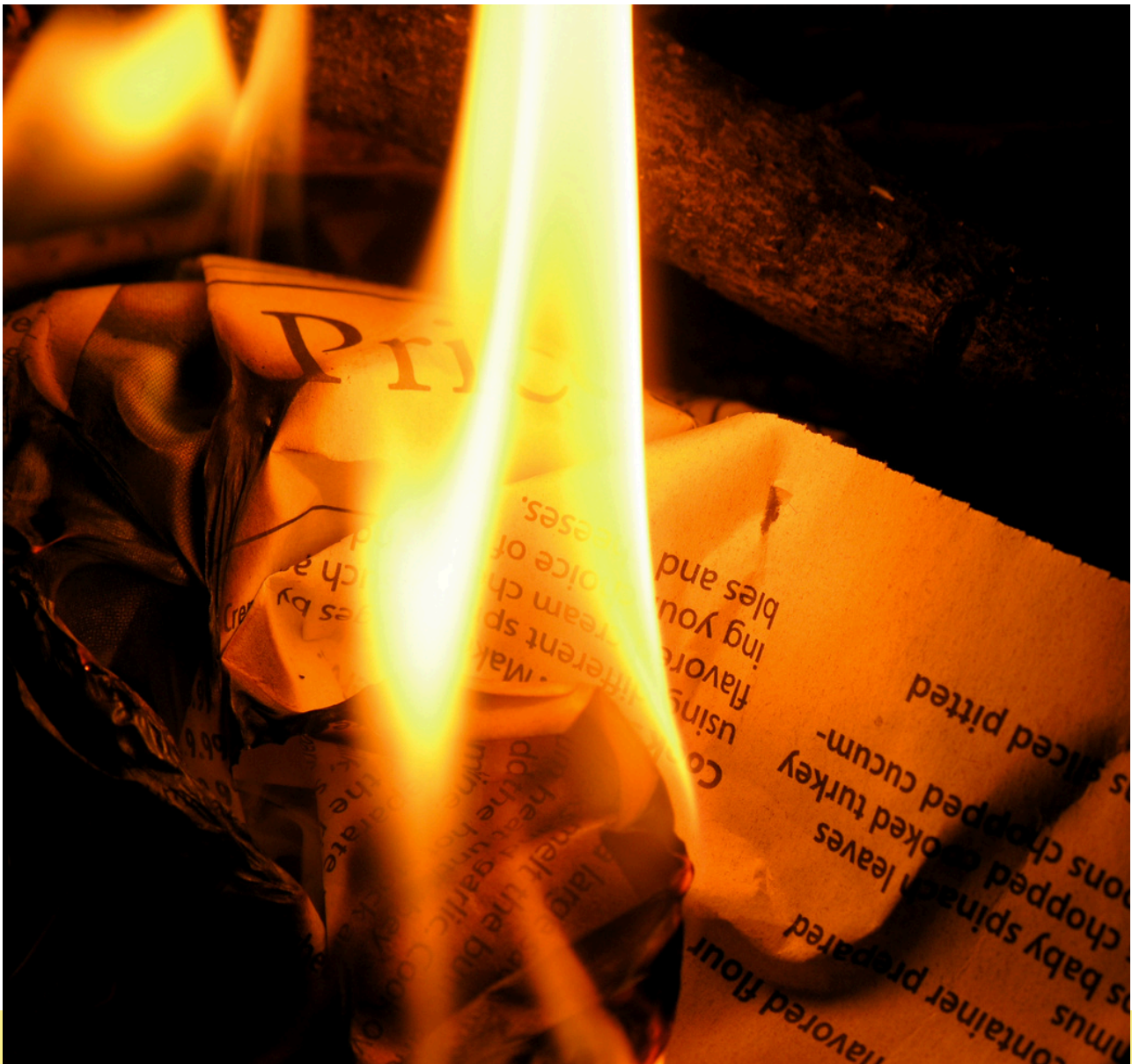
# DRIBBLE \* DRABBLE

## Six-Word Stories About Life

by Bill Koch

### Modern Politics

His fake news are her facts.  
Voted for President; then left country.





# GET PUBLISHED!



## Only submissions that follow the guidelines will be published in the newsletter.

- Write your text exactly the way you want to see it in the newsletter.
- Submit *all* information in *one* Word document or email.
- Email [editor@nswriters.org](mailto:editor@nswriters.org). In your subject, mention the newsletter section you're submitting to. (For example, Subject: Dribble/Drabble, NSWA Spring Newsletter).
- Submit high-quality JPG or PNG files for artwork or photography.
- Contributors are responsible for the accuracy, originality, and reliability of their content. Check spelling, grammar, and punctuation prior to submission.
- In today's ADHD online world, it's prudent to provide links taking the reader *directly* to where they can buy your book, register for your workshop, read more about you on your website, etc.
- Only submissions from NSWA members will be accepted.
- Publication in the *Write On!* newsletter is at the discretion of the Editor, in consultation with the Board of Directors.
- Deadlines are Sept 30, Nov 30, Feb 29, and Apr 30.

**CALENDAR EVENTS:** Invitations to book launches, author readings, writing workshops, or resources to share with fellow members. Please include: name of event, date and time, location, drop-in or registration (link), and any other needed information.

**BRAVO! BRAVA!:** For recent publications, writing awards, etc., include a third-person blurb of 50-80 words, a graphic, and links for purchase and for your website.

**DRIBBLE/DRABBLE:** 50-word or 100-word challenge.

**POETRY OR PROSE:** Up to 600 words of fiction, nonfiction, or an excerpt from a larger work. No opinion articles please.

## Healthcare for Writers

### Sitting. Sitting. Sitting.

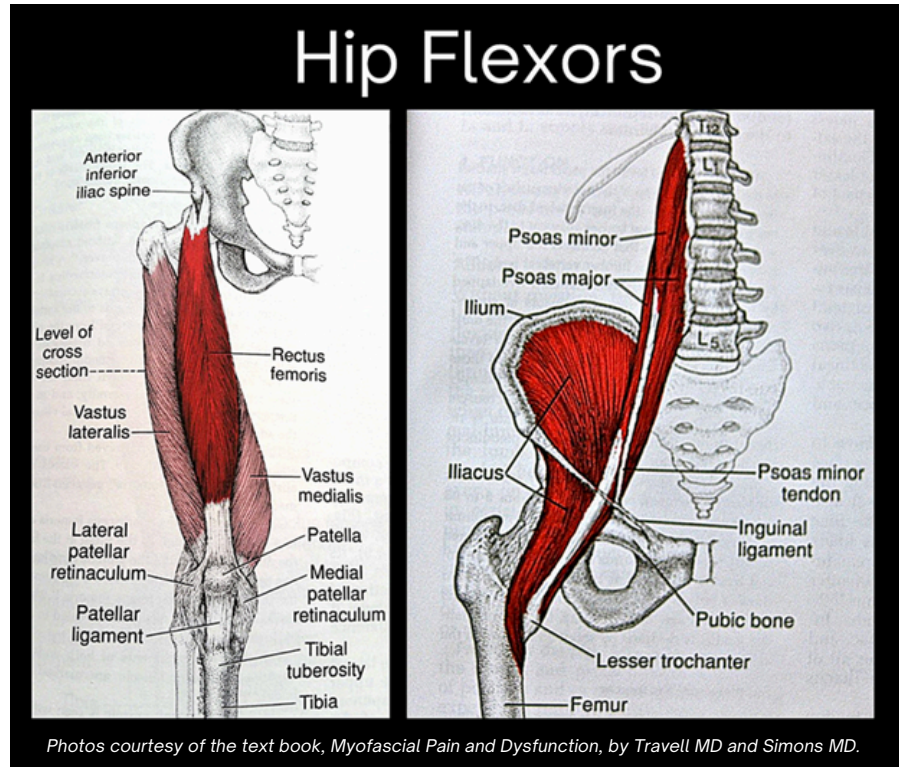
Most of us do our best writing while comfortably seated. But sitting shortens our hip-flexor muscles (rectus femoris and iliopsoas). When muscles are shortened for extended periods, they can lose flexibility to the point they no longer lengthen fully.

What happens when standing, walking, bending, with tight hip flexors?

Lower back pain!

Stretch your hip flexors daily for 60 seconds on each side:

- Kneel in a lunge position with one leg behind and one in front, both knees at 90 degrees.
- Snug your hip and shoulder up against something solid (wall or cupboard door). Your body must be stable enough that the muscle “lets go” enough to stretch.
- If kneeling hurts, use a dense cushion or a block with your knee cap over the edge.
- Lengthen your spine into proper posture. Tuck your tail to protect your lower back.
- Push your hips forward. As you can see from the photos, the movement is super subtle.



Along with her writing addiction, Sylvia Leong is a former healthcare professional who now practices as a nutritionist and therapeutic personal trainer. More healthcare tips: [Leong Orthopaedic Health](#)



# The Last Pages

BY CATHY L. SCRIMSHAW



Everywhere I look there are stories. Especially in my father's residential care home. It's easy to dismiss the extreme elderly. Many of them are no longer capable of expressing themselves clearly; all of them are in care homes because they can no longer look after themselves. But they all have stories. They are all interesting. Many of them are extraordinary.

My 98-year-old father likes to keep moving. He's in a wheelchair full-time, so that involves me pushing him around and around his new neighbourhood on a circular route. Conversing with him is difficult now, so on our travels I've taken to studying the display cases outside the rooms of others. They are mini-histories of the inhabitants, showcasing their lifelong interests and accomplishments in photographs and artifacts.

There is the figure skater. Still mobile, supported by her walker as she powers around the building, she's mentally alert, able to chat about current affairs and brag about her grandchildren. Pictures of her posing in skates and colourful costumes show she was once a fine athlete. She still cuts an impressive figure.

Her table-mate for meals is a dainty blonde, always stylishly dressed and smiling, who looks as if she's spent her entire life at garden parties. Not so. She grew up in the Netherlands, and was a teenage courier for the resistance during WWII. It is hard to imagine



# The Last Pages

her, at 14 years old, navigating Nazi checkpoints on her bicycle while concealing messages in hair clips or silk scarves, but that is exactly what she did. She now spends her time reading, painting and doing 1000-piece jigsaw puzzles that would challenge the best of us, all from her wheelchair.

Then there is the care home's own version of a rebel without a cause. This sweet old gent is cheerful and quiet, but his display case of old photos shows he had a different side as well. Sporting a black leather jacket, white t-shirt and jeans rolled up at the ankles, with a pack of cigarettes jutting out of his chest pocket, his younger self poses rakishly with a 1950s British motorcycle (don't ask me which model, I'm just told it's British). A picture taken about 10 years later shows him, smiling, at the wheel of a station wagon with his wife and three children. Talk about a metamorphosis!

My personal favourite is the fellow whose display case shows off models of wartime vehicles. I'd always assumed it was because making models was his hobby, until he saw me studying them and invited us in for a chat and a look at his wall. Turns out the tank in his case is a model of the tank he drove in the Allied invasion of Europe in WWII, and his wall is covered with framed awards, photos of him with members of the British Royal Family, and one frame containing a long row of medals earned during his military service. He's 101 with a razor-sharp mind, has a computer setup that would be the envy of most tech geeks, and loves company. He also quite liked Prince Phillip, and, with a twinkle in his eye, hinted that he knows a bit more about the prince than he should.

Such a rich banquet of human experience in one small area — each one an inspiration, and a reminder to always look past the surface, particularly with people. You never know what's being hidden from view, or where you'll find your next story.



BY CATHY L. SCRIMSHAW

