

# Whatcom Writers & Publishers

October 2011

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



***Our meeting place: Jalapenos Mexican Restaurant, Barkley Village  
Buffet - \$12.50 — Wednesday, October 19 ~ 6:00 p.m.  
RSVP: by Monday, October 17, to Carolyn, 714-8901 or [cdleeper@hotmail.com](mailto:cdleeper@hotmail.com)***

## **Cami Ostman**

### ***“Writing the Adventure Memoir”***

Cami Ostman will talk about the writing of her first memoir:

***Second Wind: One Woman's Midlife Quest to Run Seven Marathons on Seven Continents***  
(Seal Press, 2010). She will discuss her writing journey from concept to publication and will show slides of her travels to all seven of the world's land masses.

Cami is a licensed marriage and family therapist with publications in her field. She has been featured in several publications, including the *Mudgee Guardian* in Australia, *The Bellingham Herald* and *Adventures Northwest* in Washington State, *La Prensain* Chile, and, most recently, in *Fitness Magazine* (November 2010) and *O, The Oprah Magazine* (January 2011). She is also one of the founders of the Red Wheelbarrow Writers ([www.redwheelbarrowwriters.com](http://www.redwheelbarrowwriters.com)) in Bellingham.

She is working on her second book, a co-edited anthology (Seal Press).

She completed her seventh continental marathon when she traveled to Antarctica in March 2010.

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***All WWP Members, Please Read the Discussions on Pages 4 & 5 —  
Options for Changing from Restaurant to Non-Restaurant Meeting Venue***

**Yes:** I wish to maintain the current restaurant/eating establishment format.

**No:** I wish to meet in a non-eating venue.

**please send your vote to:**

**Fred Su, [fred@bytewrite.com](mailto:fred@bytewrite.com),  
and Pam Beason, [psbeason@comcast.net](mailto:psbeason@comcast.net).**

***Whatcom Writers and Publishers***

*serves the local writing and literary community in Bellingham, Washington, and the surrounding area. WWP is professional association of writers, freelance professionals, book authors, self-publishers, publishers, editors, proofreaders, book designers, booksellers, web designers, and others, all of whom are dedicated to promoting the written word, whether through fiction, nonfiction, or poetry.*

**Whatcom Writers and Publishers**

P.O. Box 2342  
Bellingham, WA 98227  
[www.whatcomwritersandpublishers.org](http://www.whatcomwritersandpublishers.org)

Fred Su: President

Sara Stamey: VP/Program Director

Pam Beason: Membership Chair

Carol Schultz: Treasurer

Carolyn Leeper: Newsletter Editor  
(submit items to: [cdleeper@hotmail.com](mailto:cdleeper@hotmail.com))

**Calendar**

Meetings: the 3rd Wednesday of the month,  
September through June (except December)

November 16 ***Joan Aioldi***, Director of  
Whatcom County Library System

December — No Meeting

January 18 — Speaker tba

**2012 Membership Dues! *Early Bird Special: \$20.00 — Join / Renew NOW!***

You can pay the dues at the meeting or mail your check to:

Whatcom Writers and Publishers, P.O. Box 2342, Bellingham, WA 98227.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Website(s): \_\_\_\_\_

\_\_\_\_\_

Briefly describe your writing interests and activities: \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

# President's Message

## *Greetings, Everyone!*

“If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast.”

From the Foreword of *A Moveable Feast*, by Ernest Hemingway.

This memoir of Hemingway as a young man in Paris is striking, moving, perceptive, and provides a literary recording of the literati in Paris in the early 1920s. It includes snippets of F. Scott Fitzgerald, Gertrude Stein, Ezra Pound, and others. Though Fitzgerald was Hemingway's friend, Hemingway paints an unflattering portrait of Fitzgerald and his wife, Zelda. It is interesting to know that Fitzgerald complained that *The Great Gatsby* was not selling well. Sound familiar? Hemingway provides a bird's eye view back into history.

Hemingway always wanted to be a fiction writer, even as he wrote journalist pieces for major newspapers around the world. In Paris, he and his first wife Hadley were poor. They made do with what they had. He was always writing, it seemed, in neighborhood cafes, striving each day to do the best he could. “All you have to do is write one true sentence. Write the truest sentence that you know.” Wise advice passed down through the ages.

I am mainly a reader of novels, but I do read nonfiction sometimes, memoirs included. Former WWP co-president Ken Morrow's *A Boyhood in Nelson* is a fine memoir that takes the reader back in time to the Great Depression. And, this month, we have Cami Ostman, who will speak about her adventure memoir, *Second Wind: One Woman's Midlife Quest to Run Seven Marathons on Seven Continents* (Seal Press, 2010).

Now, for some business. At the latest board meeting, the topic of having non-dinner meetings was brought up. Some board members want to forgo the hassles of dealing with restaurants or food service in general. Personally, I like dinner meetings. So, in this newsletter, we will make arguments for and against and leave it up to a vote of the membership. Please vote by November 15. Voting is only open to paid-up members. Send your vote to: Fred Su, [fred@bytewrite.com](mailto:fred@bytewrite.com), and Pam Beason, [psbeason@comcast.net](mailto:psbeason@comcast.net).

We are responsible for the head count at Jalapeno's. If you make a reservation and cannot attend, please contact Carolyn Leeper, [cdleeper@hotmail.com](mailto:cdleeper@hotmail.com), or 714-8901, if time is of the essence. As an organization, I don't feel we can force people to pay \$12.50 for a non-cancelled no-show. So, please, show some courtesy and inform Carolyn if you cannot make it.

Join us this month for what I am sure will be a wonderful talk about running, travel, writing, and life.

***Fred Su***

# Voting on Type of Meeting Venue

## WWP option for meeting in restaurant venue

### The Argument for Maintaining Dinner Meetings:

**I'm for dinner meetings because, quite frankly, I enjoy eating.** I also enjoy the repartee with fellow diners over a plate of food, whether that food is pasta primavera, beef stroganoff, or as last month, enchiladas. Sitting around, we may talk about other things in our lives, but, in the end, the common thread of our talk is writing, publishing, and literature.

**Some complain that at a dinner event** we don't get to mingle with the people we'd like to hook up with. I disagree. You can always connect with people before they are seated and after the event. You can also make a conscious effort to sit with friends or people you'd like to get to know better. And, even if you don't get to sit with people of your choice, you do get to meet other people who bring a wealth of different experiences to the table, and you get to learn more about their outlooks, tastes, and life experiences (politics excluded). For instance, I once sat next to a rather talkative woman and a fellow male veteran. The three of us got to talking about favorite books and were trading suggestions. The woman then related a story about how her son was being bullied. She told him to stand up to the bully. She also marched right over to the bully's father and told him off. She stood up for her son, and I admired her for that. As someone who was bullied as a freshman in high school, I know about standing up for yourself. Would I have learned this woman's story chit-chatting at a non-dinner event? I doubt it. Sometimes conversation needs to cook in the oven.

**Moreover, I feel that speakers enjoy a complimentary dinner with their honorarium.** It adds a little more oomph to the invitation and to their experiences. The speaker gets to chat with attendees before and after his/her presentation. But, it is while seated for dinner that table mates get to learn more about the speaker than what is gleaned from his/her speech to the group. Democratic? No. Interesting? Yes.

**I've been affiliated with WWP and its previous incarnations** (Whatcom Communications Association, and before that, Washington Press Association) for some 25 years. We have gone down the road of non-restaurant venues before. People who were against dinner meetings have always made the argument, "Well, those who like to eat should get together with friends and eat at a local restaurant before the meeting." Sounds good in theory, but it is rarely followed in practice. Over a period of a year or two, membership and attendance in our organization dropped off. At one such non-restaurant venue, we had only 7 people show up, and three of them were officers!

**I'm for maintaining the restaurant /eating establishment format of our meetings.** The actual venue of the meeting may change over time as we try to find the best establishment to suit our culinary/meeting needs. Besides, we are helping to promote the local economy.

**And, note that we *do* try to accommodate those who do not wish to purchase a meal.**

*Fred Su, President*

# Voting on Type of Meeting Venue

## WWP option for meeting only (non-dinner)

### Meeting-only option:

**Have a meeting only, without dinner.** Set aside a social time before or after the speaker for conversation and networking. Members who wish to dine together could arrange to meet at a restaurant before the WWP meeting.

**Example:** The WAKE kayak club meets once a month in the Bellingham Central Library downtown. Social time begins at 7pm; the meeting with speaker begins at 7:30. Members and guests chat before and after the speaker, and the meeting generally ends between 9 and 9:30 pm. Members who want to share dinner meet at a restaurant downtown before the meeting. This library room is now available on our usual WWP dates; they also allow snacks.

**At a meeting-only venue,** we would not have distractions of waiters coming and going from our room, and members would be freer to sit wherever they like. By adding a "social time" before or after the speaker, we could mingle and chat more effectively than when we must sit before our plates at a dinner table. We could also have a set time scheduled before or after the speaker for a general forum in which members could raise issues and give comments (difficult to do in a noisy restaurant setting at different tables). This open forum could benefit us by encouraging more interaction about our goals and potential as a group.

**We always have some members** who want to come only for the speaker and conversation, not for a meal. We have had students or others who could not afford our dinner prices but wished to attend meetings, and they should feel welcome.

**For a dinner meeting,** our officers must collect RSVPs and arrange for the meal in advance with the restaurant. Then, on the date of the meeting, the treasurer and other officers must check people in, collect money, make change and write receipts as needed, and then pay the restaurant and take cash and checks to the bank. Members may not realize that we *always* need to pay a previously agreed-on amount to the restaurant. If members RSVP and then don't show up or don't eat, we end up paying for them anyway. It would be easy to pay a flat rental free for a non-dinner meeting room by charging perhaps \$2 per attendee.

**Historical note:** Our organization was formerly a fairly small group, and it worked well to have everyone around one large banquet table for our meetings and general discussion. Now our membership has outgrown this model -- we are seated at many tables, lately in crowded rooms, and with the noise level and interruptions of waiters, etc., it is very difficult to pay respectful attention to the speaker or to engage in conversations before and after.

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**See Page One for Voting Instructions.**

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# Stone Soup

## Miki Gilliland

### Writing Romance

*Once upon a time a young woman went to a writing conference in Seattle where she submitted some of her work. The person critiquing her work told her that she would never be a writer. She should find a job selling shoes. It made the woman so angry that she went home, finished her novel, sold it and it became a best seller. When it came time to pay her income taxes, she had to write another in order to do so. Today, Debbie Macomber is a famous romance writer because she persisted through hellfire. Her latest loss is that of her son, Dale, who died on August 9.*

*Published writers don't write just when the sun shines on them. They don't wait until they are over a cold or until the house is cleaned or until they have enough money to quit their day job. They write through catastrophic news, through devastating illness or terrible grief that knocks them sideways, meeting each deadline on time. They actively plan to write so many words every day. Writers write. It's that simple.*

*The romance genre is the most frequent break-in route for unpublished novelists because more than 50 percent of paperback fiction read and sold in the United States is romance and more romance titles are published every year than in any other genre.*

*Romance novels used to have a formula: sin, suffer, repent and live happily ever after. Today they are more real, sometimes based on altered personal experiences.*

*The writer has to know the genre in order to write it. One would-be romance writer read a hundred romance novels to get the idea and then sold a romance fictional story to Woman's Day on her first try. By doing this, she got a feel for what age the characters should be, if there should be subplots and how the novel should end. She didn't copy the words: she figured out the technique. Rule of thumb is that the main characters have to be absorbing. What the new writer did was make an outline of the main characters, giving each a birth date, family, a physical description, flaws and assets, what each person learned, how each changed as they sinned suffered and repented.*

*It is good idea to create a rough outline of the story and where it is going. Start with the basic gist of the novel. For romance novels this is usually what is tearing apart two characters who are romantically attracted to each other and how they try to overcome this obstacle. Dissatisfaction, struggle, aspirations and choices are the basics of an effective plot. There has to be something at stake. As with any writing piece, the writer needs a clear idea where the story starts and ends.*

*Although the genre sounds easy, editors are always captivated by good writing. A little homework on writing can't harm even those who think they are good writers. Local writing courses are available and there are many library books waiting.*

# Poetry by Betty Scott

## Spirit's Timing

One day a fellow writer  
from far away and long ago  
called unexpectedly.

She told stories and said:  
*God is in the timing...*  
*God is in the timing...*

Three times she disclosed:  
*God is in the timing....*  
How odd, I thought,

she speaks of time  
as God's home  
or homeless shelter.

A fellow writer from long ago  
and far away with stories  
of God and time, calling me,

yes, I took note.  
Later that same day, a young  
friend and I reconnected too,

he so haunted  
by voices and drugs  
to drown them out,

and me so depleted  
by visions of bitter lives,  
social justice unrealized.

Yes, our pasts reverberate  
with enough sorrow  
to break our hearts.

Yet, blessings unfold  
as days expose  
the ordinary: juxtaposed,

and in the throes and synapse  
of time, I've come to know,  
friends show up, safe as clay.

Gladly, I say  
time calls us  
together today.

# Poetry

## Sandra Lucke

Droplets of sun, energetic fun  
butterfly net catching Summer  
on the run.  
Can't capture it in a bottle,  
I've tried countless times.  
Bees hurry, insects scurry,  
hummingbirds tired in their prime.  
Blossoms came late, Spring rains,  
little pollinators felt the pain.

In the North, weather dictates—  
wood gathers rain, plastic mold,  
old cars rust, rivers gold.  
Volcanoes simmer, cover by snow,  
heather above ground, frogs below.  
Late Summer slows  
to a snail's pace—that's my wish,  
eliminate the Winter's race.  
© Sandra F. Lucke



Bright blue sky in my eyes,  
basking in Fall's first days.  
Chilly shadows, half-baked rays,  
warmed by an Anacortes café.

Outside and underfoot,  
old red clay bricks,  
and dried leaves, cornered  
by sun in a courtyard.

Inside the gray, weather-soaked  
fence, four knotholes  
stare straight at the garden.  
I, too, remain watchful.

Young sparrows arrive  
with all-season-gladness.  
They take a breeze bath  
on a wooden birdhouse.

Vertical slats and crossbars  
hold summer's glory:  
roses on climbing vines,  
lilac blooms, and wisteria.

Writing bold until hands cold,  
then stood up by a tiny story.  
Drank warm tea an hour ago,  
stayed around hallowed ground.

Ó Sandra F. Lucke

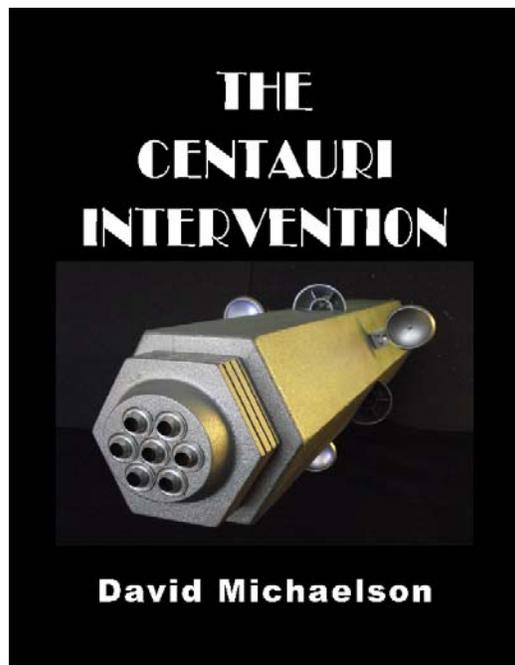
# Book Review

## **The Centauri Intervention** by **David Michaelson**

*"The Centauri Intervention was a good story of future space colonization. Good solid science and a believable set of strong characters. The ending surprised me and I look forward to the sequel."*  
—D. Levine

*"Michaelson, though not alone in the idea behind the story, presents an interesting future. The concept of settling another planet for humans is a growing idea in many. A strong belief in planet-wide destruction as a result of man's foolish actions is in our news daily.*

*War, catastrophic events, and two races, each alien to the other adds to the intensity in the struggle for mankind's survival . David weaves a tale of potential problems and issues that will arise. You can conceivably place yourself in those situations with communication at the top of the list.*



*The books that follow will most certainly be anticipated, as human nature requires answers and will want to know how the main characters develop. Will the two races be able to understand each other or will the destruction of one starship or both be the end result of a minor misunderstanding. Many of the problems are here today and will only in time, become worse. Colonization of another planet is inevitable and needed. Will any lessons have been learned?*

*-J. Greenwald,  
MWSA lead reviewer*

# Writing Classes

## Nancy Canyon

### *Wild Mind Writing*

**Whatcom Community College . . . . 5 Sessions: 10/4 - 11/1 Cost: \$109.**

Spend five fall evenings beginning October 4th, discovering the power of "wild mind writing"!

Based on Natalie Goldberg's book, *Writing Down the Bones*, this intriguing class frees the mind through a unique practice that eliminates writer's block. Nancy Canyon will lead new and experienced students through a variety of exercises--rewarding participants with a daily practice-style and fundamentally changing one's writing forever.

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### *Novel Writing: Scene & Structure*

**Whatcom Community College . . . . 5 Sessions: 11/8 - 12/6 Cost: \$109.**

Learn how easy it can be to actually write the novel of your dreams! Course focus is "scene and structure" as we evaluate the scene for dramatic tension, list and organize key scenes and plot points, and much more.

Nancy Lou Canyon, MFA has written three novels.  
Call 383-3200 to register for WWC classes.

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### *Penning the Memoir, Part II*

**Academy of Lifelong Learning . . . . 4 Sessions: Nov. 17, Dec. 1, 8, 15  
Cost: \$51 ALL members, \$61 non-members**

In this class, participants will learn the process of the literary workshop, reading memoir vignettes aloud, and giving and receiving gentle editorial feedback.

We will also continue with the process of learning from other writers by reading short excerpts from published memoirs and analyzing how they work as literature.

The writing process will continue, the goal being to generate vignettes that will become our final manuscript to be published on the Espresso Book Machine at Village Books.

# Member Announcements

## JANET OAKLEY:

1) I was interviewed on the Author Hour hosted by Terry Tazioli on Monday night. It was an enjoyable hour at the Bellevue Public Library as I talked about the CCCs in WA state. It will air on TVW on Oct 9, noon, 7:00 & 10:00. That's on Channel 23 on Comcast in Bellingham.

<http://www.tvw.org/search/authorshour.cfm?eventtype=L&bhcp=1>

2) I'll be speaking at REI Bellingham on Oct 5 6- 7:00.

<http://www.rei.com/event/30330/session/37772>

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## CAROL SCHULTZ:

### *Crossing the Void: My Aphasic Journey*

by Carol Cline Schultz will be featured in her talk, *Speaking for the Speechless*.

- StrokeSupport Group, St. Joseph Medical Center, October 13.
- The Purple Book Club, Anacortes, October 20.

Contact: [Carol@CrossingTheVoid.com](mailto:Carol@CrossingTheVoid.com)

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**SUSAN COLLEEN BROWNE** is presenting a workshop, "Keep Writing Through the Holidays" at the **Emerald City Writers Conference**. Slated for Friday October 28 – Sunday October 30, the conference is sponsored by the Greater Seattle Romance Writers of America, and will be held at the Westin Hotel in Bellevue, WA.

A highlight of the conference is a **Bookfair** taking place Saturday, October 29, from 4:30 – 6pm. The Bookfair is open to the public, and features dozens of local and bestselling authors.

Although the conference is sold out, a waiting list is available. For more information about the Emerald City Writers Conference and the Bookfair, please visit [www.gsrwa.org](http://www.gsrwa.org)

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## **Women Writing the West conference**

**Oct. 14-16 — Embassy Suites in Lynnwood**

Keynote speakers: Nancy Pearl and Ellen Waterston

The conference features workshops on writing, publishing, and marketing, panel discussions, a bookstore, and agent/publisher appointments.

All writers are welcome.

For information and to register:

<http://www.womenwritingthewest.org>

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**Red Wheelbarrow Writer's Series**  
***Non-fiction: Proposal and Platform***  
**Cami Ostman — [www.redwheelbarrowwriters.com](http://www.redwheelbarrowwriters.com)**

**Date: October 15 and 16 — Mark your calendar**  
**Location: Chrysalis Inn and Spa — Cost: \$199.00**

*Do you have a work of non-fiction hiding in your computer (or your heart)?  
Would you like to develop the tools that will help you get it out into the world?  
In this two-day workshop, the Red Wheelbarrow Writers community will have  
the opportunity to explore these questions with experts in the publishing world.*

Join **Red Wheelbarrow Writers** and learn:

- All the elements of an effective book proposal
- What editors are looking for when a proposal lands on their desk
- How to think like a publicist
- What “platform” really is, why it is so important, and how to build yours
- What sort of online presence publishers are looking for
- The Blog: How to blog successfully

**Saturday: The Proposal and the Platform**

- 8:30 — Arrival, snacks and coffee
- 9:00 - 10:00 — Welcome and “The Vocabulary of the Business”
- 10:00 -12:00 — Elements of an effective non-fiction book proposal. Each element will be presented in detail. Examples will be given of two books recently sold "on proposal."
- 12:00 - 1:30 — No host lunch with other writers
- 1:30 - 2:30 — What is a "platform?" What are publishers looking for? Why is having an online presence so important these days? How can you develop your online platform?
- 2:30 - 4:00 -- Panel of successful bloggers talks about the whys and hows of blogging for authors. This will be followed by communally creating an example blog online.

**Sunday: What do Publisher's Want?**

- 8:30 — Arrival, snacks and coffee
- 9:00 - 9:30 -- Welcome and business
- 10:00 -12:00 — Gary Luke, senior editor from [Sasquatch Books](http://Sasquatch Books), joins us to talk about what he's looking for when a proposal crosses his desk. Sasquatch Books is the publisher of [Nancy Pearl's Book Lust series](http://Nancy Pearl's Book Lust series) and many other Northwest nonfiction favorites. Here are a few of the issues he will cover in addition to answering writer's specific questions:
- How does a proposal get to the top of a pile on an editor's (virtual) desk so that it gets looked at?
  - What sort of work is Sasquatch looking for at the moment? What is changing at Sasquatch and in the industry as the ebook becomes more prevalent?
  - What would make an editor automatically "pass" on a proposal?  
Is there anything authors do really wrong when they put a proposal together?
  - How do editors feel about un-agented work?
  - Which parts of the proposal are most important/interesting an editor?  
What can an author do to make their proposal lively and interesting?
  - What does a book's journey look like from the arrival of a proposal in an editor's inbox to publication (assuming a contract is offered)?
  - What do editors wish first-time authors understood before they send you their work?

**12:00 — 1:30 - No host lunch with other writers.**

# Book Excerpt

## *Second Wind: One Woman's Midlife Quest To Run Seven Marathons on Seven Continents* Cami Ostman

### From Chapter 6: *Whidbey Island Wonder*

For a noncompetitive runner like me, the end of a long race is like the last bite of Christmas dinner. You're full. You don't need to eat that last forkful of mashed potatoes and gravy, but you've already cleaned your plate of everything else, so it seems ridiculous to leave one little pile of food for the garbage disposal. It's the same with the finish line. You've proved your point and run your race. You're "full," as it were, of the experience, but that last little stretch remains. So you go for it

I jogged into the school's driveway, where the buses dropped off their students on the weekdays. It had been transformed for the event into a recovery area for runners. Orange cones indicated the path into the stadium. I caught a stench in the wind and observed, a few yards away, men loading all the port-o-potties onto a truck. Others were disassembling temporary shelters that had housed sponsors and volunteer groups. As I was making my last, tired effort to culminate a beautiful but grueling journey, the marathon I'd committed my entire day to was over. The event was being taken apart before I crossed the finish.

I took a left onto the track inside the stadium. The last few yards of the race stretched along one length of the track. I could see the finish line now. Bill was there already, shouting encouragements, calling my name. He was the only one. I was surprised at the barrenness of the scene. I had expected at least as many people as had been standing around at the finish line in Mudgee, Australia, where there had been only thirty-one runners. But there was almost no one. Even the awards ceremony was over; Dean Karnazes, the famous ultra runner hosting the awards ceremony, had left for home, and the recovery food was almost gone. Disappointed, I kept my head down and plugged forward. I realized only because of their absence that I had envisioned shouts and cheers. Instead there was just Bill and his camera, yelling all the louder, as if to compensate for the otherwise silent stadium.

As I crossed the finish line, the clock read 5:31. Someone handed me a medal and then walked away. I was nothing but a nuisance to these long-suffering volunteers. I imagined they were irritated by my slowness, by my very presence. I suspected they couldn't understand why anyone as inept at long-distance running as I was would bother to run marathons. I felt, as I had at other times in my life, out of place and unwelcome.

Then the faces of my companions from earlier in the race flashed through my mind. Stuart, who had run in only a little ahead of me, who ran as a way to sort out his moral dilemmas; and dear Mel who, at seventy-five years old, was still out there pattering along, rejoicing in every step he was able to take. They were troublemakers, too. They kept the volunteers late and took up their time, just like I did. They didn't depend on a cheering squad to make their races meaningful. Neither would I.

As Bill was thrusting one of the few remaining bananas into my hand, and as I walked toward a small gazebo where I planned to stretch, I realized that I had my own internal locus of celebration. With or without a crowd, I was a part of an exclusive group of people who ran to celebrate each moment in life. No one needed to give me permission to celebrate myself! For that matter, no one needs to give any of us permission to celebrate life: the poems we write, the classes we ace, the songs we sing, the cakes we bake, the work we do, or the races we run. Even Bill, who was for me that day an angel of grace and nourishment, couldn't grant me permission to celebrate myself. I had to reach down into my divine inner Wisdom and locate my celebration within my own story, in my own internal stadium. And then Bill and my friends and family could bear witness if they wanted to, rather than have the pressure of being the source of my self-love.

Abruptly, I turned around and headed back toward the finish line and the volunteers I'd thought were irritated with me.

"Where are you going?" Bill called.

"I'm waiting for someone," I said over my shoulder. He followed, curious.

We reached the table where the few remaining medals waited for the final stragglers. We hung out until Mel came over the line, and I cheered him through the chute with genuine enthusiasm.

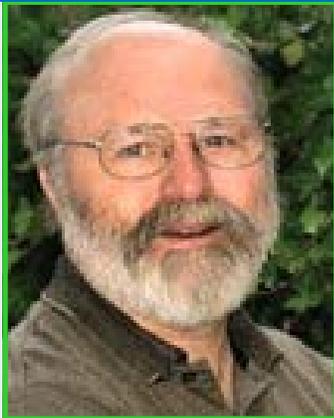
# Member's Websites & Blogs

**Alma Alexander:** [www.AlmaAlexander.com](http://www.AlmaAlexander.com)  
**Blog:** [www.anghara.livejournal.com](http://www.anghara.livejournal.com)  
[www.heritageofclan.wordpress.com](http://www.heritageofclan.wordpress.com)  
**Wendy Alex:** [www.indexpert.com](http://www.indexpert.com)  
**Pamela Beason:** [www:pbeditorial.com](http://www:pbeditorial.com)  
[www.pamelasbeason.com](http://www.pamelasbeason.com)  
**Janey Bennett:** [www.palesurfaceofthings.com](http://www.palesurfaceofthings.com)  
[www.janeybennet.com](http://www.janeybennet.com)  
**Dina Berry:** [www.dinaberry.com](http://www.dinaberry.com)  
**Sandra Bowens:** [www.apinchof.com](http://www.apinchof.com)  
**Susan Colleen Browne:**  
[www.susancolleenbrowne.com](http://www.susancolleenbrowne.com)  
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[www.littlefarminthefoothills.blogspot.com](http://www.littlefarminthefoothills.blogspot.com)  
**Nancy Lou Canyon, MFA:**  
[www.nancycanyon.com](http://www.nancycanyon.com)  
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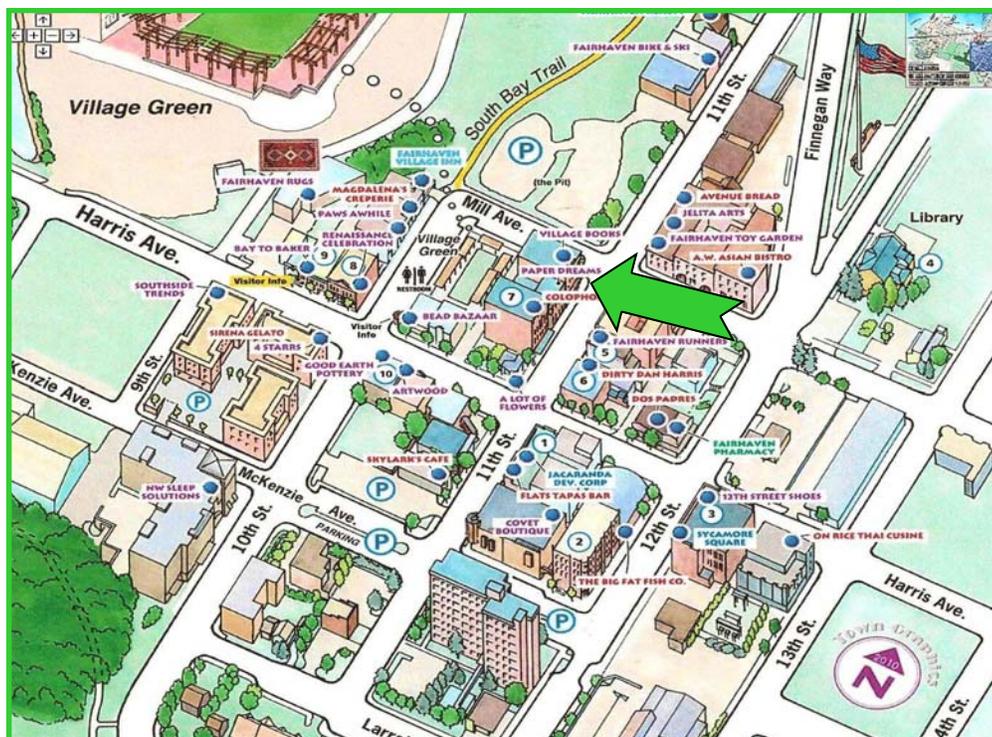
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