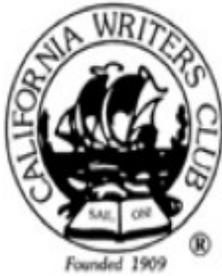


November
2017



President's Message

Thankful Every Day

I've kept a lot of journals over the years. When I'm frustrated it helps to pour out my thoughts on the page. Holding it in, I'm miserable. Letting it out, I begin to heal. My journals held my fears and frustrations, celebrations and sadness, rants and raves. While it was therapeutic to let my feelings flow through my pen, I felt something was missing.

A few years ago, I noticed people taking the "30-Day Thankfulness Challenge" on social media. During the month of November, they'd post once a day, for 30 days, something they were grateful for. It was refreshing to see positive posts instead of discouraging diatribes. Their positivity changed the face of social media, for at least a month.

Around this same time, I read how keeping a gratitude journal helps one train their brain to see things in a more positive light. Focusing on one positive thing a day will help you notice little things. Plus, acknowledging positive things daily will help you feel better year-round.

I started an experiment. When I wrote in my journal each night, I told myself no matter how good or bad the day was, I had to list at least one positive thing. If life wasn't treating me right, I still found something worth listing – watching a hummingbird, seeing a cloudy sky (I love cloudy skies), or finding a grasshopper when I watered the flowers. Each time I added something thankful in my post, I kept track and numbered it. I began with Thankful #1 and continued. It wasn't always easy, but soon I got into the habit and looked forward to listing one thing I was happy about or thankful for. When I reached Thankful #365, I realized I'd reached a year of thankfulness. A year where I

Calendar

Meeting Schedule 2017-2018

Mark your personal calendars for these dates

November 18, 2017

Katya Cengel

“How to Fund and Publish your Work”

December 9, 2017

Winter Dinner

January 20, 2018

Frank Romano

“Activist for Peace the Holy Land”

February 17, 2018

L.J. Martin, author

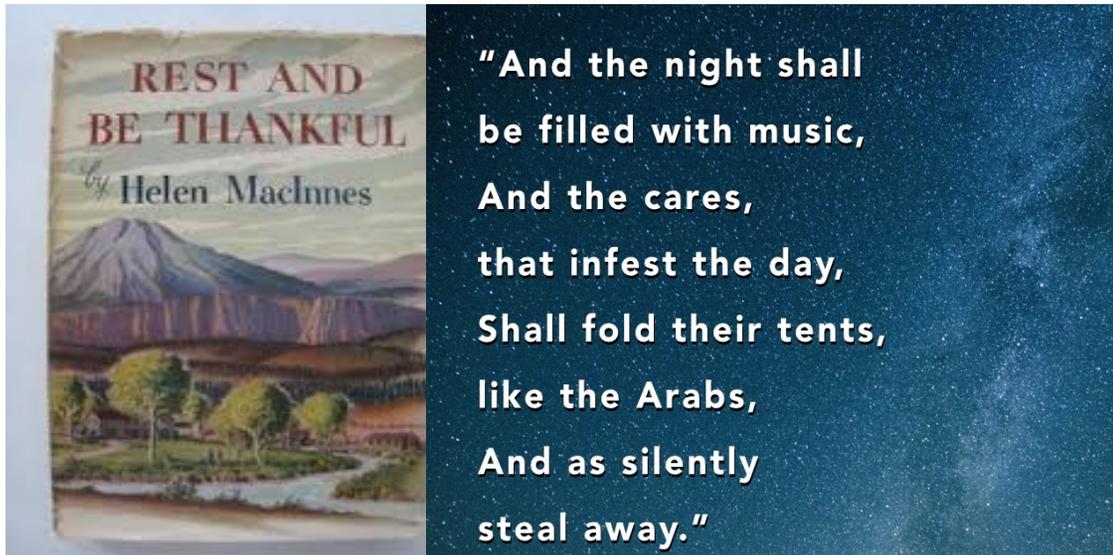
“Craft: No One's Born With It”

could go back and find at least one positive thing that I'd noticed for each day. Last night I wrote Thankful #793. More than two years-worth of seeing something good in each day. No, those days were not all happy. And I still ranted and listed frustrations. But, no matter what, by the end of each entry I found one thing to be thankful for. And over the last 793 days, I've seen a change in my own attitude. While I know I can still share my frustrations, I'm more likely to share positive thoughts. I've trained my brain to find the good, no matter what was going on.

For the rest of the month of November, I challenge you to start a thankfulness journal. Or, if you already have a journal, at the end of your entry add something you are thankful for. Give it a number, and watch how you start to see something special in each day. I promise you'll see a difference in your entries over the course of the next few weeks, months, and year. And, then when things are tough, and it's hard to find something good to write about, you can look back and see where life, while tough, tended to give us something to be thankful for each day.

Happy Thanksgiving!

Joan



March 17, 2018

**Annual Spring Conference
Dave Congalton, Screenwriter**

"Writing for the Hallmark Movie Channel"

Ernie Zarra, educator

"Make Them an Offer They Can't Refuse!"

Rebecca Langston George, writer

*"Revising with Vision and Purpose:
Tips to Push Your Writing to the Next Level"*

Brendan Constantine, poet

"The Haunted Line"

April 21, 2018

Barney Saltzberg

"A Morning with

Picture Book Author Illustrator Barney Saltzberg"

May 19, 2018

WOK Honors Dinner

June 16, 2018

Louis Medina

*"Working with Local Kern Newspapers to Develop Published
'Clips' "*

Activate!

Needed: Your Time and Expertise



After some great experiences last year, CCW members will again help judge the Scholastic Art and Writing Awards. We get to read impressive writing by some of the most creative teenagers from across the country. Our work earns a \$2000 stipend for the club.

Meetings

Members Meeting 18th November 2017

Guest Speaker: Katya Cengel

“How to Fund and Publish Your Work”



Katya Cengel

How do you make a living as a writer? Acclaimed freelance writer Katya Cengel has it figured out. She will share her experience and ideas at the November 18 Writers of Kern meeting in her presentation, “How to Fund and Publish Your Work.”

Cengel will cover how to find grants, how to apply for them, and how they can help fund research. She said, “I will tell you about the grants that have enabled me to

Here’s where you come in. We need 15 judges, each of whom can commit 10 to 15 hours to reading and scoring works between December 29, 2017 and January 10, 2018. Alternately, you can partner with a fellow CCW member in order to work 5 to 7 hours. We also need 5 back-up judges. (Last year we didn’t need to call on any back-up judges.)

Scholastic provides a rubric to judge works on originality, personal vision and voice, and technical skill in 11 categories. All reading and scoring is done online, so a digital device (ex: laptop, iPad) is required. You’ll need to take a few minutes around December 17 or 18 to log into the scoring system. This is simply to make sure you’ll be ready go on December 29.

There will be two optional Adjudication Parties. You may attend one or both for any portion of time. For some judges, this was an opportunity to get started and better understand how to use the rubric and the online system. Others found the silent group provided motivation and concentration. One judge did all his work only at the parties. Several didn’t attend either party.

You’ll get email instructions as dates come closer. To find out more about the Scholastic Awards, visit artandwriting.org
To judge, contact Joan Raymond at president@writersofkern.com
Include the following information: your name, email address, phone number and list category preferences, if you have them. If you’d like to work with a partner, please say so, including the other person’s name or stating that you’d like to be assigned a partner.

Categories include:

- Critical Essay Journalism Science Fiction & Fantasy
- Dramatic Script Novel Writing Short Story
- Flash Fiction Writing Portfolio Personal Essay/Memoir
- Humor Poetry



report from Africa almost half a dozen times.” She has been awarded grants from the International Women’s Media Foundation, International Center for Journalists, and International Reporting Project.

How to pitch editors and publishers, including the dos and don’ts of contacting editors, is another topic Cengel will address. “I don’t have the magic answers, but I can tell you what has worked for me in the many years I have been in the business,” she said.

She will also discuss university presses, small presses that can be a good fit for certain types of books.

Katya Cengel’s work has appeared in New York Times Magazine, Newsweek and National Geographic News. Her University of Nebraska Press book, *Bluegrass Baseball: A Year in the Minor League Life*, was a finalist for the 2013 Kentucky Literary Award.

Her new book, *Exiled: From the Killing Fields of Cambodia to the Killing Streets of California and Back*, will be published by Potomac Books in fall 2018.

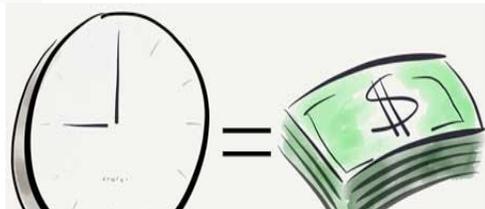
Discover more about Katya Cengel at www.katyacengel.com

Annis Cassells

October Meeting Report

At the meeting on 21st October Members were treated to a workshop by Matthew Woodman on the use of metaphor. Matthew is a CSU Bakersfield writing professor and a poet. He demonstrated how the thoughtful use of metaphor can help provide structure and give deeper meaning to written work. He started by interactively demonstrating how the simple act of tying shoes could be used as an overall metaphor for marriage, or even for the entire cycle of life.

As well as giving this lecture on technique, he offered sound advice on finding markets for our work in periodicals such as *Entropy* or *Tin House*. “Do not say 'NO' to yourself,” he advised; let the editors look after that part of the process. As editor of *Rabid Oak* he should know!



Writing

Critique Corner

We are creating a new Children’s and Online critique group. If you are interested, please contact Clarissa at kaeclarissa@gmail.com

Great Blogs for Writers Series

Hungry for writing tips? Try this month’s featured blogger for creative inspiration and simple how-tos.

Featured Blogger: Carol Tice of *Make a Living Writing*

What Writers Will Love: If you’re a freelance writer (or want to be), this blog is for you. Carol Tice founded *Make a Living Writing* because too many writers she knew were stuck writing for sub-standard pay and content mills that didn’t appreciate their work. Another of Writers Digest’s 101 Best Websites for Writers, this blog serves up tips for breaking out of low-paying freelance markets to over 15,000 subscribers.

Blog posts cover details like where to find sites that pay freelancers what they’re worth, what to charge for your time, and how to improve your writing skills so you can command an ever increasing income. She also covers big picture topics from the writing industry like marketing, overcoming fear, productivity, networking, and even copywriting.

Members

Welcome Aboard!

Three new members in October

Rachel Donahue

Isabella Tagore

Ava Rose Wilstead

We look forward to your active participation.

Jasmine D. Lowe, author of this month's *Last Words*, is a former Bakersfield native and current Marketing Communications Specialist who works and lives in Orange County, California. The Cal Poly Pomona and Cal State Fullerton alum spends her free time running, writing, and drinking way too much coffee. From 2013-2015, as a member of WOK, Jasmine served on *The Write Way* newsletter team. You can read more of her writing on her blog at jazzedaboutstuff.com

Last Words

There were no awards given out at some beautiful ceremony, or trophies sitting high on top of pillars with my name engraved in the gold colored metal—but, I did it. I finished another writing challenge, and now I have pages of poems that I actually like, and some of them I even feel pretty proud of.

The 31-day blogging challenge to write a poem a day for the month of October was probably one of the best things I could have done to dip my feet back into the pool of

Don't Miss: Tice's free eBook, *100+ Freelance Writing Questions Answered*, or her Freelance Writers Den, a paid online community that offers writing bootcamps, on-demand trainings, and an updated job board of paid writing gigs.

Where to Find Her: makealivingwriting.com

Mandy Wallace

Nuts & Bolts

Regular monthly meetings of Writers of Kern are held the third Saturday of each month (with the exception of special events in March, May, and December).

Meetings are held at Hodel's. Route 99, Olive Dr West turnoff, right turn onto Knudsen, big sign. Meeting: 9:15 to 11:15 am. Cost is \$10 for members, \$15 for visitors. Hodel's breakfast buffet is included and available from 8:45-9:30. See www.writersofkern.com to pay admission online.

New members are always welcome, both Active [previously published] and Associate [not yet published]. Writers of Kern energetically assists Associate Members who aspire to become Active.

Writers of Kern welcomes submissions of members' writing for the newsletter and the website. Send prose, memoir, poetry and essays to the Webmaster, and send book reviews and articles of general interest to the newsletter editor.

**The Write Way
September 2017**

**Copyright The Writers of Kern
PO Box 22335
Bakersfield, CA 93390-2335**

poetry and kick start my writing for the rest of the year. [OctPoWriMo](#), or October Poem Writing Month [not [NaPoWriMo](#), or National Poetry Writing Month, which takes place in the month of April] encourages participants to push themselves and their writing and to explore poetry for another month out of the year.

This was my first year taking part in the challenge, and I'm hoping that this won't be my last. I definitely feel as though I have been reconnected to poetry and that I was challenged in a way that would forge new habits in my writing and make sure I set aside time to grow and foster my skills.

I wanted to continue practicing these habits into the next month by attempting to complete the National Novel Writing Month (NaNoWriMo) challenge. [NaNoWriMo](#) is an annual, Internet-based creative writing project that takes place during the month of November. Participants attempt to write a 50,000-word manuscript between November 1 and November 30. I've attempted the challenge before, but I always stop midway through the month as the holidays approached and traveling got in the way. However, I'm hoping my recent accomplishment with OctPoWriMo will encourage me to stick with my plan to make more time to write every day.

I'll see what I can do during the month of November, but I am planning on finishing the 50,000-word challenge even if it's not accomplished in the 30-day time span. I may be a little late getting everything done, and I probably won't receive a trophy after it is over, but I will have achieved what I have wanted to do anyway, and I will have solidified a great habit of making more time to write.



Jasmine Lowe

The Writers of Kern Executive Board

President & Program Chair: Joan Raymond
president@writersofkern.com

Vice President: Dennis VanderWerff
vicepresident@writersofkern.com

Treasurer: Karen Sallee
treasurer@writersofkern.com

Webmaster: Dennis VanderWerff
webmaster@writersofkern.com

Secretary: Janet Skibinski
secretary@writersofkern.com

Member-At-Large: Martha Jarrett
atlarge@writersofkern.com

Membership: Jenny Estes
membership@writersofkern.com

Critique Coordinator: Clarissa Kae
critiques@writersofkern.com

Newsletter: Ian Cant
newsletter@writersofkern.com

CB Rep & SoCal District Rep: Sandy Moffet
cwcrep@writersofkern.com

Hospitality/Sunshine: Annis Cassells
sunshine@writersofkern.com

Events:
events@writersofkern.com

Information:
info@writersofkern.com

Submissions:
submissions@writersofkern.com

Website:
www.writersofkern.com

Facebook:
<https://www.facebook.com/writersofkern/>



Writers of Kern

Annual Winter Dinner

Saturday, December 9, 2017

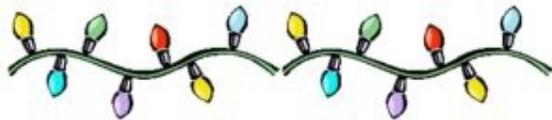
6:00- 8:30 at Hodel's Heritage Room

Dinner at 6:30

2017 Fall Writing Contest Winners

(Hear the 1st Place Entry)

Book Exchange – New Active Members Pinned



Make your reservations today -- \$20 per person

An evening of fun and camaraderie for
Writers of Kern members and their guests



Meet Your Sunshine Committee

The Sunshine Committee's mission is to welcome members and guests and encourage the friendly atmosphere WOK is known for.

Writers of Kern sends a burst of Sunshine to members for birthdays and congratulations as well as in times of illness and loss.

Do you ever receive unsolicited packets of greeting cards in the mail? Cards that you don't plan to send out yourself? The Sunshine Committee can use them! You can help by donating them at a WOK meeting.

And, when you know of an occasion when we need to send a WOK friend a card, please tell us or contact us at sunshine@writersofkern.com. We can help brighten their day if we are in the know.



Dan Morgan



Gay Chambers



Stephanie Apsit



Annis Cassells