
THE GABRIEL WRITER

For the San Gabriel Writers' League – www.sgw.net – July 2015

Emma and Rick Ferguson – July Speakers

TG



EMMA FERGUSON

Emma Ferguson's initial background was as a nurse. She felt guided to leave the medical model of health and totally focus on the Holistic way to health, happiness and well-being.

Emma has over 30 years of experience in the Holistic field as a Reiki Master, Joray Practitioner and Teacher and Life Coach. Her focus has always been on empowering individuals to embrace their greatest potentials for their lives and the most practical ways to achieve this.

A number of years ago, she began to step up her activities in order to be of service to others. This led her to discover Laughter Yoga and she began to utilize some of the techniques with those that she served. Eventually she sought the formal training as a Laughter Yoga Leader with the International Laughter Yoga University. Shortly after this she then took the next step to be able to train others to be Laughter Yoga Leaders by becoming a Teacher/Trainer with the International Laughter Yoga University. This five day training was done with Dr. Madan Kataria, the originator of Laughter Yoga.

Emma has a very beautiful way of connecting with others that inspires them to open up and take the needed actions leading them towards the highest possibilities for their Body, Mind and Spirit.



RICK FERGUSON

Rick is a naturally gifted teacher and speaker. His professional training is in Education, receiving a B.S. in Chemistry and M.S. in Science Education. In 1982 he retired from teaching to pursue a different path, being of service to others through a Holistic approach to life.

Over the past 30 years he has taught and practiced Usui Reiki Master, Joray Practitioner and subtle energy researcher. He is fascinated by the role that memory plays in the healing process, working regularly with clients to release stored trauma and stress in their bodies. This has led him to learn and apply the principles of Ho' Opono Pono: the ancient Hawaiian practice/art of self-forgiveness.

In addition to all this, Rick has been helping his wife, Emma, as a Laughter Yoga Leader. For learning to

laugh for ‘no reason at all’ can bring about profound shifts in consciousness and health.

AUTHOR OF SEVERAL BOOKS:

- Starseed Fairytales
- Numeronics
- Hebrew Codes of the Arkangel Project
- Clacking/Dowsing for Martians

President’s Words

I came across this quote the other day by Maya Angelou “*There is no greater agony than bearing an untold story inside you*”. If this is you, you are not alone. How many times, I have awakened in the wee hours of the morning with a writing inspiration, that I have to get out of bed and jot in down? Some are good and others seem like “Did I write that?” I then have to laugh at myself and that’s what our speaker will teach us is to laugh. We need humor in our lives and bring a little spark to our creative writing. Laughter is the best medicine. Come to the meeting and find out.

June Minutes

San Gabriel Writer’s League

San Gabriel Writer’s League

General Meeting Minutes – June 4, 2015

The Call to Order:

Paul Fronczek called the meeting to order at 7:00 PM

The Treasurer’s Report:

Treasurer Kayla Marnach reported a positive ending balance of \$2,192.48.

New Business:

Old Business:

Brag:

Ross Carnes did the striking cover for **Jane Thompson’s** book *Applied Biology*.

Kayla Marnach’s book *My Body is Mine* is being translated into three languages for international sales.

Paul Fronczek had “An Unforgettable Moment” published in *Sweet Tea and Tumbleweed Tales*. His story “The Other Side of Viet Nam” was published on the front page of the *Advocate*.

Program:

Jim Money

Adjournment: 8:00 PM

Sheila Minifie The Emerging Author Incubator

My favourite author Haruki Murakami, said this about starting writing [he was actually generalising but it's all the same] and I'm so pleased, because that's what I'm doing. Sometimes I'm a little frustrated at being so behind everyone else here, but have been determined to go at my own pace.

"Startups are intense. Run too fast and you'll burn out. Many young entrepreneurs think startups are like sprints, when you just race from the start to the finish line. In fact, startups are more like marathons, so pace yourself."

SGWL Board

President

Paul Fronczek
Plumt00easy@gmail.com

Vice President

Program Coordinator
Sam Holland
samholland@austinfoam.com

Corresp. Secy. & Hist.

Sidney Frost
sidfrost@suddenlink.net

Treasurer

Kayla Marnach
512-608-2289
kjwmtells@gmail.com

Membership dues \$25.00

Janet Kilgore
512-331-7204
janet-kilgore@austin.rr.com

Member at Large

Janet Kilgore
512-331-7204
janet-kilgore@austin.rr.com

Website

Jamie Roton
pugstory@aol.com

Newsletter

Janet Kilgore
512-331-7204
janet-kilgore@austin.rr.com

Writers' Liaison

Joan Hall
512-869-1833
JMUHall@aol.com

SGWL website: www.sgwl.net

Marjorie Anderson

www.challenge4teens.com

Anna M. Bell

Website:

<http://www.annamaebell.com>

Author Blog:

<http://annbell.wordpress.com/>

Educational Technology Blog:

<http://annamaebell.wordpress.com/>

Martha Carr

www.WallisJones.com

Ross Carnes

[http:// webstarts.com/RHCarnesStoryTeller](http://webstarts.com/RHCarnesStoryTeller)

David Ciambrone

<http://www.davidciambrone.com>

Gary Clark

www.clarkliterary.com

Mary Fenoglio

www.eggsinmypocket.com

Sidney Frost

www.sidneywfrost.com

Joan Hall:

www.JoanUptonHall.com

Linda B. Johnson

www.lindabatenjohnson.com

Linda Lipscomb:

www.lblipscomb.com

Janet Kilgore

www.janetkilgore.com

Member Websites

Jason Minor:

www.jason-minor.com

Joy Nord:

www.GlyndaJoyNord.com

Jamie Roton aka Lillian Grey blog

<http://lilliangurey.wordpress.com/>

Martin "Marty" Shelton

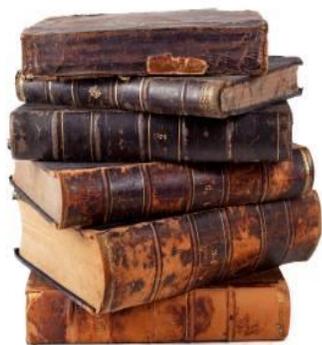
<http://sheltoncomm.com>

Sylvia Dickey Smith:

www.sylviadickeysmith.com

Jane Thompson

www.bipolarhandbook.com



Please Pay Your Dues
for 2015

Member \$25
Family \$35

WRITING FOR CHILDREN AND EARLY TEENS

Become A Child Again

By Patricia Morse-McNeely

6/1/2014**

If you don't remember being a child, don't write for children!! Remember your feelings and reactions growing up -- "feel" them. Know and 'feel' them again. Know and feel all the 'aging years' of your growing up.

If you have never told stories to children (siblings, your own, others' children), 'don't write' children stories for them. They soon will not listen to you, because they will not ring true to them, or let them relate to the characters in their own individual ways, as all readers do.

Remember: Children (the very young and slightly older) live in their own world and are discovering daily and over time that world they live in at the moment. The future is a vague and unclear dream – or a fantastic movie on screen or TV.

If you have forgotten the joys and agonies of growing up – school ages and those high emotions of the teens --- DON'T WRITE FOR THEM!! No matter if you are middle age or old, to reach a child by telling tales, you must recall YOUR childhood from their ages to their eventual crossover into your adult world.

BE 2, 4, 6 TO 12, 14, 16 AGAIN!

In short RELATE TO THEM – their thoughts, actions, emotions, curiosities, need to explore, and need to learn about the world around them at the various stages YOU have already been through!! You cannot relay an emotion, idea, feeling to them that you have not known, experienced or been a witness to. In short:

BECOME A CHILD OF THEIR AGE, LIVE IN THEIR WORLD!

Writing for children? Be a child again, 'riding your pen!!! Whether you write verse, poetry of prose.....

**I wrote this after a lot of bombardment from ads about taking a course for writing for children and giving some not very good sample advice! Being a big sister to two younger brothers (one 5 yrs. younger, the other 10 years younger) and having listened to my father tell us big sisters from the time we were toddlers to quiet and prep us for sleep after our hard day playing, I realized that many tale-tellers (and later authors) had completely forgotten their experience as toddlers, kindergartners, elem/mid school and into high school etc. was like! Thus they missed some of the 'touch points' of the listeners and readers along the grow up path.... It is funny how so many people seem to have no memory at all of their own childhoods and its twists and turns thus missed relating to the tot who might be their 'reader'! It is sometimes more obvious in writers for teens --- As a teacher at jr. high and high schools for 26 years, and mainly of learning disabled kids, I was hit by the realization that many adults have very little real memory (when writing for kids) of how they felt and thought and understood what they heard and read from story tellers in print or voice! Their mid-teens and on is a different matter relating to their own remembrances of feelings etc. (Though some apparently do there also....) A writer needs a good memory not just for facts and the mechanics of writing, but their own deep feelings and thoughts as they progressed through becoming adults! He must relate to his readers at that reader's emotional AND developmental stage!



July 2
SGWL meeting
Is at the
Georgetown
Public Library
Gather at 6:30
Meeting at 7:00
See you there !!

The Gabriel Writer
181 Young Ranch Road
Georgetown TX 78633