



# The Authority

Connecticut Authors & Publishers Association—Since 1994

Connecticut's Source for  
Writing, Publishing &  
Marketing Information

Volume 18 Issue 12

## CAPA HOLIDAY PARTY

Everyone is invited to come and relax with your fellow writers and future writers, chat about your writing and network with those who are building a career in the book business.

### Where:

Sycamore Hills Park Community Center  
635 West Avon Rd., Avon, CT

### When:

10:30 am – 12:30 pm  
Saturday, Dec. 17

**Join Us and Party**



## Inside This Issue

*Baking With Barb* p. 2

*Conquering Writer's Block*  
p. 3

*James Bond, Special Agent  
007* p. 4

*SECAPA Notes* p. 4

*Coming to "Terms" Without  
Power* p. 5

*Have Your Manuscript  
Ready Beforehand* p. 5

*Dan Poynter Tip* p. 5

*Schedule of Upcoming  
Meetings* p. 6

*Celebrating Success* pp. 6-7

*The ABCs of the Editing  
Process* p. 8

## Meetings

Southwest Division  
Shelton 12/12  
To be announced

Main Meeting  
Avon 12/17  
Christmas Party

Southeast Division  
Groton 12/19  
Christmas Party

Check the CAPA website  
for details.

## MEET A MEMBER Eleanor "Ellie" Sullo by David Garnes



Our featured member this month is Eleanor "Ellie" Sullo of Colchester. Ellie, a prolific writer, recently published *Hurdles*, the third in her *Menopause Murder* series (the first two are *Hostage* and *Harem*). A trip to Europe earlier this fall gave her the opportunity

to conduct some research in beautiful Provence, the main setting for the next book, tentatively titled *In Hot Pursuit*.

I asked Ellie to tell me a bit about her early background. Here's what she said: "I was brought up in the North end of Hartford, where life was so sensually interesting — ethnically and racially diverse: the shofar of the synagogue sounding on the corner, the Italian neighbors filling the air with unknown (to me) smells, the choir at my Catholic church singing in intriguing Latin! Great preparation for someone who will want to create vivid worlds in her stories, novels, etc."

Ellie raised a family before

going back to school. She earned a BA in English from Central Connecticut State University (where she also taught English with a university fellowship) and an MA degree in Pastoral Ministry, with a certificate in Spiritual Direction from St. Joseph College in West Hartford.

She worked for some years as a pastoral minister ("It was a joy") and still occasionally facilitates retreats. Now she's happy to consider herself a full-time writer.

Over the years Ellie has published scores of fiction and nonfiction pieces. Her book-

*continued on page 3*

## Baking With Barb

by Barbara

### Tico Taco Soup

Soup was served for the first time at our Avon CAPA meeting in November – not just any soup, but Tico Taco Soup. Every time I came near the crock pot, another patron asked if I'd share this thick south-of-the-border recipe with them.

About 20 years ago when my son Chris first served this soup to me, I savored it, thinking how I could change it to make it my own. I love Costa Ricans, who call themselves Ticos, and their warmth and simplicity. I'll never forget my visits there and eating black beans served with chicken. The original recipe for this soup contained ground beef, but I substituted chopped chicken and always

throw in a can of black beans. Since that time, whenever it's chilly and I have leftover chicken, I dig through the cupboard and gather my ingredients. Oh yeah! Tico Taco Soup for supper.

#### Ingredients:

- 1 pound chicken
- 1 medium chopped onion
- 1 tablespoon olive oil
- 3 16-oz. cans beans (may be black beans, Mexican-style chili beans or equal amounts of assorted beans hiding in your pantry.)
- 1 can of corn or hominy
- 1 16-oz. can chopped tomatoes
- 1 16-oz. can tomato sauce
- 1½ cups water or broth
- 4½-oz. can chopped green chili peppers (mild)
- 1 package taco seasoning
- 1 package dry ranch dressing

#### Directions:

Chop and brown the chicken and onions in a little olive oil. Place in crock pot (or large stew pot) along with other ingredients and bring to a boil. Reduce heat to low and cook until thick and fragrant. Correct seasoning if needed.

Serve topped with grated cheese, tortilla chips and optional sour cream and/or avocado. Complete this meal with a green salad and a margarita!

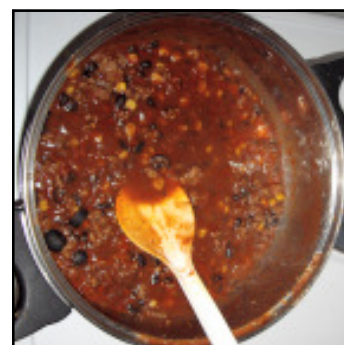
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Don't forget the meeting on December 17<sup>th</sup> which is our holiday party! It starts at 10:30 a.m. as usual. CAPA will provide hardy sandwiches for the meal. Everyone is to bring one dish of a favorite appetizer, salad, side dish or dessert for a pitch-in luncheon.

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Be sure to join our cooking

contest and get your favorite recipe printed in the *Authority*. Let me know what you want to bring, make your special dish, bring it to CAPA, and we will decide which one we'd want to try on our own. If chosen bring your recipe on a card, or email it to me at grannybklein@gmail.com, and I will take care of the rest. Your name and recipe will be published! This contest is ongoing. Good luck!



### CAPA Board of Directors CAPA Officers & Board Members Contact Information

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### Article Submission

*The Authority* welcomes articles written by members. Here are some guidelines that we would encourage.

**Topics may cover any aspect of writing, publishing and marketing.** Your personal slant on this is of interest to all of us and welcome.

Articles should be no longer than 400 words. If the article is longer, the editors reserve the right to reduce the size or divide it into sections that would be run in successive issues. All articles will be edited. Submit single spaced with no built in formatting. Submit all articles to Peggy Gaffney at gaffney@kanineknits.com.

Send submissions for the **Meet A Member** column to Carol Healy at carolhealy@comcast.net

### ARTICLES DUE BY THE 28TH OF THE MONTH

Editor—Peggy Gaffney, Meet A Member Column—Carol Healy  
Copy Editor—Rita Reali Staff Photographer—Deborah Kilday, Staff Writer—Chris Blake

## Meet A Member - Eleanor "Ellie" Sullo

continued

length writing started with a historical romance 20 years ago after visiting a real haunted house in England with a fascinating legend (*The Moonrakers*). Other books include *Too Damned Hot*, *A Year in Poughkeepsie* and *The Emerald Eye*.

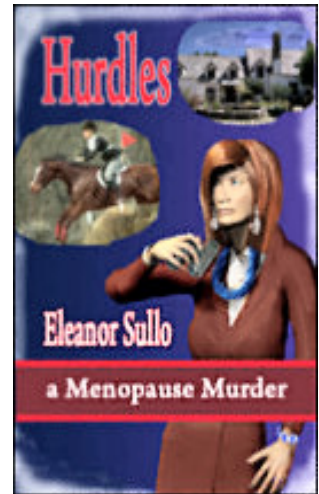
Ellie particularly enjoys the research that always precedes the writing of her books. The fascinating travel tales she recounts on her website attest to the fact that she hasn't lost the sense of wonder and the sharp observations of life around her that first began back in the North end of Hartford.

Ellie attends Southeast CAPA meetings and is eager to share and receive information on the challenging subject of marketing. She says, "We can't get by without online marketing these days. I'd like

occasional but regular updates on that topic from published writers who have found something or other that works. Marketing is such a beast!"

I asked Ellie what else about writing appeals to her. "I love the creative powers you need to wield when writing fiction or memoirs—setting, characters, etc," she replied. "What could be more empowering?"

Take a look at Ellie's website at <http://eleanorsullo.com/>. It's one of the most imaginative, informative and visually attractive writers' sites I've seen. Be sure to check it out.



## Conquering Writer's Block

by Chris John Amorosino

At a writer's convention I once heard a famous best-selling author say, "I don't believe in writer's block. Have you ever called a plumber to fix your sink and have him say, 'I'm sorry. I can't help you. I have plumber's block.'"

To me, that writer's point is that we cannot allow any temporary loss for words stop us from completing our book.

Here are some ways to keep writing and to say goodbye to writer's block:

1. Put writing on your schedule and stick to your schedule.

You allot time for meals and for exercise and for relaxing and for many other things. (Personally, I try to never to miss a meal.) Do the same with your writing. Show up to write, even if nothing comes right away.

2. Cage your inner critic Most of us struggle to write, not because we can't but because we worry about writing perfectly. No first draft is a beauty. Allow yourself to write ugly so you can later go back and polish. Turn the critical brain off. There's a time and place for criticism: later, during editing.

3. Work on two or more projects at a time. Some writers (like Stephen King)

find it helpful to switch back and forth from one project to another. Whether this minimizes fear or boredom – or both – it seems to prevent writer's block for many writers.

4. Write a different part of your book. Stuck at the beginning? Can't get past chapter 4? Is there another part of the book you can write now, instead of the part you're stuck on?

5. Always keep pad and paper with you. Charles Wesley, the great 18th century writer of 6,000 hymns, famously rode his horse at maximum speed up to a friend's house one day. All Wesley could shout out was, "Pen and ink! Pen and ink!"

The friend handed Wesley the materials he needed to write down the latest lines that had burst into his mind during his lone country ride.

The answer that will get you unstuck may arrive at any time. Be prepared. Always have access to your writing materials.

6. Conduct more research. Sometimes we can't write because we don't have enough to say. Or what we want to say isn't clear enough or



detailed enough in our minds.

Try doing more research on your topic. Even just 15 minutes spent reading online may make a positive impact.

*Chris John Amorosino believes we all have at least one book stuck inside us. He's helped extract a book on basic marketing research principles from a senior vice president and helped a financial advisor edit his humorous (yes, funny) memoir of childhood physical abuse. Chris also wrote and edited Strategies for a Successful Financial Future for a Connecticut company. To reach Chris, email him at [chris@amorosinowriting.com](mailto:chris@amorosinowriting.com) or phone 860.673.0089.*

## James Bond, Special Agent 007

by Jerry Labriola

Ian Fleming, the originator of 007, once predicted he would eventually write the spy story to end all spy stories. It turned out to be *Casino Royale*, published in 1953. He'd been working in Britain's Naval Intelligence during World War II when he made that prediction. At the time, his mind was teeming with undercover plots, secret codes and the like.

Fleming's 14 Bond books have sold over 100 million copies and been published in nearly every language. This translates into the fact that over half the world's population has seen a 007 film, and everyone knows that the suave hero likes his dry martini "shaken, not stirred."

The author was born just over a century ago in England, into a wealthy banking family of Scottish descent. At school he was rebellious and restless and left college early to avoid being expelled for bad behavior. He stumbled into journalism for awhile and later, at Naval Intelligence, he was constantly preoccupied with ideas for

secret and sometimes absurd operations. Many were later adapted for his James Bond novels. He readily admitted his favorite readings were of Bulldog Drummond and stories by Robert Louis Stevenson.

Fleming divided his time between Britain and the island of Jamaica, with his journalistic, assorted fictional pieces and travel writings providing excellent, exotic research for his Bond sagas. They followed at the rate of one a year: *Live and Let Die* in 1954; *Moonraker* in 1955; *Diamonds Are Forever* in 1956 – all the way up to *Octopussy* and *The Living Daylights* in 1966.

The characters M and Miss Moneybags, the ugly Bond Villains and all the sexy Bond women quickly entered worldwide popular culture.

James Bond was the action man Fleming dreamed of being and they shared many characteristics that were considered Scottish, appealing and intense. Each was a hard-living lover of luxury. They

both lost their fathers at an early age and they shared the same glamorous world of London clubs, restaurants and flashy cars. It's said that Fleming so detested the modernistic architecture of one of his first London apartments that he used the designer's name *Goldfinger* for one of his notorious villains.

*Moonraker* is a great guide to Fleming's London haunts. Bond's office at the Secret Service headquarters overlooks Regent's Park, for example. Or you can trace 007's drive from his flat to the fictional Blades Club, based on the real-life White's Club, to which Fleming belonged for many years. The county of Kent, too, is classic Bond country. It's even claimed that Fleming took the famous 007 from the operating number of the London-to-Dover coach.

In the 1950s, Fleming bought a weekend home from his friend, Noel Coward, on the Kent coast. Fleming loved to escape there in his fancy Ford Thunderbird, taking the same route from London as 007 did in *Moonraker*.

His favorite weekends involved playing golf at Royal St. George's Club, followed by those vodka martinis – shaken, not stirred, of course – in the clubhouse. That golf course became Royal St. Mark's for a notable scene in *Goldfinger*.

Higham Park gave him entirely different inspiration. It was once home to a flamboyant racing driver who designed cars with aero engines, the prototypes for Fleming's children's story, *Chitty Chitty Bang Bang*, originally written for his son, Casper.

Sadly, a life of heavy drinking and smoking caught up with Fleming and he died in 1964 at age 56.

*This is part of a ship-board lecture that is one of a collection of talks that mystery author Jerry Labriola gives when he travels around the world on cruise ships. These talks and his successful novels as well as the true-crime books he did with Dr. Henry Lee are the reason he is in such high demand as a speaker.*

## SECAPA NOTES — from Chairman Tom Santos

### The SE CAPA HOLIDAY PARTY

will be on December 19, at Patti & Bob Brooks' home. We were there two years ago.



**What we need to know is:** Are you attending and how many? You may bring a friend, spouse, other and what can you bring to eat? As usual, pot-luck dinner, maybe a ham, salads, all the fixings, appetizers, etc. You tell us what you are bringing. This event is generally attended by about 25 to 30 people. Time is short, we need feedback.

Also, at the November meeting, a vote was taken to provide a roster to the members. The list will include, name, address, email address, telephone number, your expertise (writing, publishing, editing, etc). This roster will enable us to know each other better and seek information or help from another member. If you don't wish to be included in the roster, please let me know.

## Coming to “Terms” without Power

by Shirley Whiddon

Words often change meaning over time, but the extended power outage after the October snowstorm this year accelerated the process for some common terms and phrases.

Shopping for “staples” no longer meant bread and milk but rather Sterno, bags of ice and D batteries for the Coleman lanterns. The quantity of groceries we purchased at a time was determined not by the meal plan for the coming week but by available space in the coolers which were packed with ice.

“Going out for breakfast” meant heading to the garage to exhume the milk, orange juice and butter from beneath mounds of ice in the coolers. “Cleaning up after breakfast” also took on new meaning:

draining the coolers of the ice came one of our Dinner à la Outage favorites. I might even fix it again, though definitely on the stove, not over Sterno.

“Preheating the oven” translated into “lighting the Sterno stove” I had purchased years ago in preparation for Y2K but never used.

The question “What’s for dinner?” became irrelevant as the outage dragged on (and on). The answer, however, would have been “the usual” – though not the typical pizza or pasta. In this case, “the usual” was Chicken à la Sterno.

I tried as many variations as possible, including an original recipe, devised and improvised throughout the week: squash, zucchini, spinach, canned kidney beans, pasta sauce and of course, chicken, topped with cheese. Healthy and simple, the casserole be-

came one of our Dinner à la Outage favorites. I might even fix it again, though definitely on the stove, not over Sterno.

Instead of loading the dishwasher, “doing the dishes” came to mean discarding the paper plates and washing a few utensils in (almost) hot water heated on Sterno after the cooking pot had been removed. If only I had thought of paper plates sooner!

“Dressing in layers” used to be simply adding a sweater to an already complete outfit. Going so many days without heat, however, took layering to new heights, involving a cumbersome stratification of complete outfits, compounded to



the point that moving became difficult.

“Camping” no longer required packing the car, driving a distance from home and paying a fee to “rough it” in an established campground. For many of us during the outage, camping was an experience much closer to home. Perhaps instead of “camping out,” it should have been called “camping in.”

## Having Your Manuscript Ready Beforehand

By Jeff Rivera

Some writers are so excited about getting an agent, they don’t take the time to really prepare for the event of an agent contacting them. Here’s the thing: You must always be prepared for an agent to contact you wanting to represent you and your project.

The one thing you can do to be prepared for that very thing is to have your manuscript or proposal ready, because they’re definitely going to ask for it. Don’t put the cart before the horse, though. Make sure all your ducks are lined up in a row and ready to go, because once an agent asks to read your manuscript or proposal, they’re going to want to read it right away.

You don’t want to waste any time. You want to strike while the offer’s hot.

It’s important to understand that this is a business. You have to be

ready to have something to show, because it concerns the business of selling books, TV shows, movies and selling rights.

Along those lines, be sure your manuscript or proposal is not only ready, it’s perfect. Again, agents are in the sales business, and if something comes almost ready to sell right off the bat, they’re going to jump at the chance to represent you. There are a number of freelance editors who previously belonged to the big publishing houses who are able to aid you in perfecting your manuscript or proposal. You can find a list of such freelancers at [www.GumboWriters.com](http://www.GumboWriters.com).

Follow these rules and you’ll always be ready to go and prepared for whatever might come your way.

Jeff Rivera is the founder of [www.HowtoWriteaQueryLetter.com](http://www.HowtoWriteaQueryLetter.com)

### And here is a Dan Poynter Tip

Some writers plan to publish digitally only – to save money. This is a mistake. If you publish an eBook, you are perceived as a writer. If you publish a pBook (paper), you are regarded as an author.

Paper book are retained as review copies; PDFs disappear in a click.

Self-publishers should offer editions to fit any lifestyle: Paper, eBook, LARGE PRINT for the visually impaired, audiobook, etc.

Give the buying customer what he or she wants.

*The Book Futurist. <http://ParaPub.com>*

*These tips are reprinted from “Rick Frishman’s Sunday Tips” Subscribe at <http://www.rickfrishman.com> and receive Rick’s “Million Dollar Rolodex.”*

## Schedule of Upcoming Meetings

### CAPA-SE MEETINGS: Monday 7:00 pm

Dec. 19:	Christmas Party, Patti Brooks' home, East Lyme, CT
Jan. 16:	Hoxie Fire House, Mystic, CT
Feb. 20:	Hoxie Fire House, Mystic, CT
Mar. 19:	Groton Public Library
Apr. 16:	Groton Public Library
May 21:	Groton Public Library
Jun. 18:	Summer Outdoor Meeting

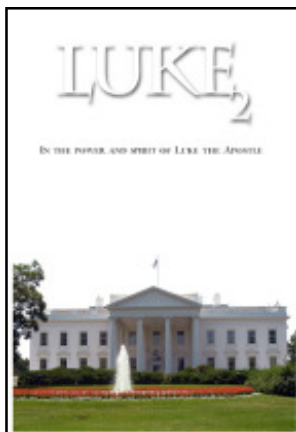
### CAPA CENTRAL MEETINGS: Saturday 10:30 am

December 17	Annual CAPA Christmas Party
January 21	David Garnes
February 18	Jan Hannacroit
March 17	Anne Kelleher
April 21	Karen Hollis
May 19	Sandra Diamond

### CAPA SOUTHWEST MEETINGS: Monday 6:30 pm

December 12	Speaker to be announced.
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## 🌀 Celebrating Success 🌀



How could the U.S. political system be transformed by modern IBM research technology and by a president empowered with the Holy Spirit? John Altson's *Luke<sub>2</sub> In the Power and Spirit of Luke the Apostle* answers that question. As Luke (President Harris) accomplishes significant achievements, we are left to ask if his successes were due to his empowerment or to the use of technology. What is coincidence and what is the grace of God? Readers will repeatedly face this question as President Harris grows in faith, overcomes political obstacles, and works to create social reform on a grand scale. *Luke<sub>2</sub>* is truly unique in terms of the frequent use of biblical references and the infusion of modern technological concepts. *Luke<sub>2</sub>* was written with an underpinning of extensive research. Two brothers, **John Altson** and George Altson, collaborated to write *Luke<sub>2</sub>*. John brought to bear his technical background and his analytical skills while George incorporated his in-depth knowledge of the Bible. The collective goal in writing *Luke<sub>2</sub>* was to create a provocative book, rich with reference material. Check it out at <http://www.johnaltson.com/contact.html>

**Patti Brooks** tells us a number of writers who have horses trotting through their work have formed CT Equine Authors & Artists and booked a month-long "book & art tour" of tack shops throughout the state. Most are CAPA members, and others may join. The group is made up of **Patti Brooks**, Nancy DiFabbio, **Ann Jamieson**, Toni Leland, **Eleanor Sullo**, Mary Jean Vasiloff, Carol Watson. Find out about Patti's books at [www.PattiBrooksBooks.com](http://www.PattiBrooksBooks.com).



## 🌀 Celebrating Success 🌀



**Alice Stelzer**, Freelance Writer, brags, “I have fulfilled a longtime dream and am now living on Cape Cod. I will, however, be back in Connecticut off and on as I continue working on my historical book about the women who helped settle Connecticut. My brag is that I am now doing a monthly column (plus other freelance assignments) for *Prime Time Cape Cod*, an upscale magazine here on the Cape.” Check her out at [Facebook.com/aliceplouchardstelzer](https://www.facebook.com/aliceplouchardstelzer), [Aliceplouchardstelzer.blogspot.com](https://www.aliceplouchardstelzer.blogspot.com), [Twitter.com/acscwp](https://twitter.com/acscwp)

**Anne-Marie Sutton** brags, “My short story, “**The Doorman Building**,” is one of 22 mystery stories featured in the new collection, *Murder New York Style: Fresh Slices*, edited by Terrie Farley Moran. The story is set in Greenwich Village and features a Connecticut mother who gets to use her son’s apartment while he is on spring break from NYU. But her enthusiasm for big-city living evaporates when murder intrudes on her stay. The anthology is a collection written by members of the New York/Tri-State chapter of Sisters in Crime and is available in print and e-book form.”



**Carole Shmurak** brags that she got back the rights to her three Susan Lombardi mysteries last spring and republished all of them herself. They are doing very well on Kindle, iBooks and other e-readers, and the bright new covers helped sell them at The Big E. She has just begun the fourth book in the series. The Susan Lombardi Mysteries (now on Kindle, Nook, iBooks and smashwords.com) New 2011 editions are available at Amazon.com of *Deadmistress* (2004) named a Notable Book by Writers Notes Magazine, *Death by Committee* (2006) and *Death at Hilliard High* (2009). Check them out at her website: <http://www.mattytrescott.com/Carole.htm> or her blog:<http://deathbycommittee.wordpress.com/>

**Gillian (Frances Gilbert)** brags that *The Cookie Thief* is out! People are loving Ben Quesnel’s pictures and the touching story – Cookie has been seen in schools, at a school fair in Scotland, at the bakery in Trumbull, in book stores in Monroe and Shelton and on Facebook.



**Dr. Jacqueline Torres** just wanted to share at the success column: I just finished my new book, *Leadership: Helping Others To Succeed*, which will be ready before Christmas. I was recently in Louisville, Kentucky, promoting my previous book, *The Power of Change: Reinventing Yourself at any Age*, which was a great success. I look forward to coordinating future book signings on my new book and the opportunity to collaborate with other fellow authors.

## The ABCs of the Editing Process: Why Should You Write Your Memoir? By Roberta Buland

Lately, I've been hired to edit several book-length memoirs. So I began to wonder why so many people are writing them. I'm not talking about royalty, movie and political greats, or financial wizards who all believe they *have* to leave a written legacy.

These are ordinary people, that is, people who think they're ordinary, but in actuality are *extraordinary*. This means *all* writers or would-be writers, including *you*.

We all have at least three stories to write! Not all three may wind up being bestsellers or even books at all, but all three are necessary to hone the craft of writing, creative or otherwise.

First, it is an unwritten rule that all writers should keep journals. A journal has the advantage of being your "memory" when you "forget" or accidentally don't remember what you had intended to write about. By keeping a booklet by hand, or a computer file, of ideas, thoughts, stories, prompts, etc., you will always have something to jog your memory.

Second, writers are expected to write — books, articles, essays, plays, etc. So, writers should have one or more of these in progress ALL THE TIME! A wonderful conversation starter at a holiday party is, "You know, I'm writing a book..." People immediately become awed and interested in you and will ask questions — good ice breakers, for sure.

### The Life Story: Memoir

Third, we all are living a life — good, bad or indifferent. We have stories to tell and we have relatives or friends who are, or definitely will be, interested in who we were because once we've "departed," where will people find the answers to questions about you?

There are other reasons to write a memoir. Jerry Waxler wrote an article, "Ten Reasons anyone should write a memoir." He said, "Memories

pile up year after year like boxes of unsorted photos." Think about the image or reality of unsorted photos you no doubt have somewhere in your house. You know they ought to be organized. The same goes for memories — start organizing them, either chronologically (you can always edit them later) or by subject: family, profession, outings, vacations, etc. Spend a few minutes brainstorming topics you want to include. If you need help or motivation, hire an editor to help you with the process.

Once you have ideas down on paper, begin the storytelling — it's not only a record of who you are, but it can also become a life skill. You'll never run out of ideas to talk about with your family or at a party.

### Connecting with Others Through Memoir

Social network is a popular buzz phrase these days. When you write about your life, you begin to form connections with those who read it: relatives, friends and even strangers. In this way, you reduce isolation and increase your social network

Writing about yourself is an excellent way to share your ideas and lessons, knowledge and wisdom — and help others, by example, to grow along with you.

### Memoirs Provide Answers

One of the most compelling reasons I've found to write a memoir is my lack of knowledge and understanding about my forebears. Why didn't I talk more to my grandparents and parents about what their lives were like growing up, raising a family, etc.? Now that I want answers, there is no one left to ask the questions to. Your memoir will answer your children's and grandchildren's questions while you are still able to remember your past!

Writing about yourself can be cathartic; it can also waylay regrets,

fears and guilt into a positive legacy — because you can set the record straight to your potential readers. They won't have to conjecture about you; they'll know the truth from having read your memoir.

What are your ideas for writing memoirs? I'd appreciate it if you would send them to me because I'd like to use them in a future column. Of course, I'll give you credit.

*Roberta J. Buland is the owner-editor of RIGHT WORDS UNLIMITED, a full-service editorial and publishing firm in West Hartford. She is a past president of CAPA and may be reached at 860-308-2550 or via email at rjbuland@comast.net. Roberta welcomes questions about any aspect of editing, writing and publishing.*



*Merry Christmas  
&  
Happy Hanukkah  
to you from CAPA*

