



# Our Mission ~ Support Local Writers

Newsletter for Gold Country Writers, P.O. Box 5991 Auburn, CA 95604

Oct, 2016 Issue

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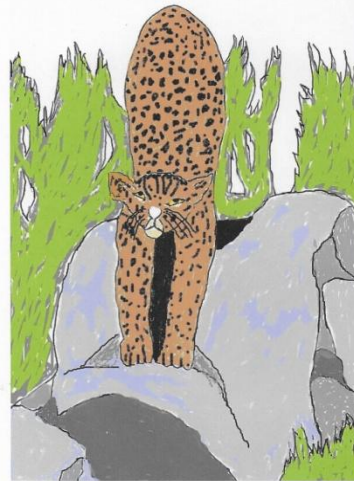
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[www.GoldCountryWriters.com](http://www.GoldCountryWriters.com)

## Book Review

### Recovering From Back Injury

Through Stretching  
And Body Core  
Strengthening



By D. Michael O'Haver

## Name the Newsletter Contest



The Gold Country Writers Newsletter will soon have a new name and logo. We have received many entries and we will vote on the winner at the October 5 Executive Session meeting. Stay tuned for the exclusive results here in this newsletter.

Michael O'Haver has self-published this self-help book: **Recovering From Back Injuries**. The following is a review from Dr. Bob Morgan, a Grass Valley chiropractor: "Michael has done a fabulous job with preparing a handbook to resolve chronic back pain. He has prepared a concise and effective protocol to resolve long term spinal issues. His handbook provides a blueprint to follow to restructure your spine into improved function and stability. He offers simple advice for diet and exercise to stabilize your body. Great work."

## Mentor Kick-Off Meeting

On August 31, 2016 Susan Korn, shown to the right, presented the GCW Mentor program kick-off meeting. After outlining her extensive professional experience with Kaiser Permanente as a change agent, she explained what this year's Mentor Program will entail.



The GCW Mentor Program, Phase 1 (since the previous one was a trial run) has started. If mentor and mentee have not contacted with each other, please refer to your hard copies of the program and review the process flow chart to begin. If you have any questions, concerns, or issues please contact Susan by email. Thanks so much to all.

We want to thank Susan Thompson for donating her projector for this presentation and for the club to use at future events.

### GCW Mentor Program Matchups:

Betsy Schwarzentraub and Edie Leone

Margie Yee Webb and Chery Anderson and Mary West

Hester Jones and Sue Thompson

Janet A. Collins and Kathryn Shields

Skip Michael and Jennifer Wilkie

Michael O'Haver and Darlene Cooke

Joyce Rule and Dora Cividino

June Gillam and Kate Luce



## MENTORING



Join the **Gold Country Writers** each Wednesday from 10 a.m. to noon at the Bethlehem Lutheran Church, 1279 High St., Auburn 95604. Our regular monthly schedule is:

**First Wednesday:** Business Meeting to discuss administrative issues for the club (all members are welcome to come and contribute). This is followed by a closed meeting of the club's Board of Directors.

**Second & Fourth Wednesday:** Drop-In Critique. This is the time when members present samples (a maximum of five pages, double-spaced) of their writing to the group and everyone gets to offer his or her critique.

**Third Wednesday:** Special program of general interest to the club members. Topics change each month. In December it is our club Holiday Party. See Page 4 for the Speaker of the Month.

**Fifth Wednesday:** On the rare occasion that there is one, we meet at Mel's Diner (at corner of Hwy. 49 & Luther Rd.) for breakfast/lunch and socializing with other club members.

## Joanne Butterfield's Writer's Workshop

By Kathleen Ward

On Wednesday, September 21, 2016, Joanne Butterfield addressed Gold Country Writers on the topic "Sharpen Your Writing Skills."

Joanne stressed that above all, writing is an art, and that we should look at every word we write as an expression of that art. Writing is also: hard work, tedious, lonely, rewarding, joyful, time-consuming, infectious, humor at its best, and serious drama.

Ten things are necessary for sharpening writing skills:

- Sleeping to clarify the mind
- Spending time alone
- Spending time with other writers
- Attending book signings and open-mic events
- Keeping a journal (which can be done on tape as well as in writing)
- Taking classes to keep up-to-date on style changes, what is out there, etc.
- Writing in different genres, being willing to step out of your comfort zone
- Figuring out what writing plan (deadline-setting, procrastinating, goal-setting) works best for you
- Writing, writing, writing, reading, reading, reading, and
- Revising, revising, revising.

Following the presentation, Joanne guided the group through two writing exercises, first in responding to Edward Bulwer-Lytton's famous opening line, "It was a dark and stormy night," and then in using greeting cards to stimulate responses.

Joanne leads a writing and critique group that meets at 6:30 p.m. on the first and third Tuesdays of the month at the Centerpoint Community Church, 515 Sunrise Ave., Roseville, CA . The public is welcome to attend.



Skip Michael & Joanne Butterfield

## Prose From the Pres

Fall has arrived. That means the start of the holiday season: always a busy time for writers and readers alike. It is the prime selling season, especially for those self-publishers among us. It starts with the Manteca Book Fest coming up October 8<sup>th</sup>. I'm sure there will be other opportunities during the next few months to show Auburn and the surrounding region just what Gold Country Writers is all about. If you plan to attend the Manteca event, contact Book Mama June Gillam at [530-820-3020](tel:530-820-3020).

Skip Michael

## Member Happenings

**Pauline Nevins reports she was invited to attend a meeting of the Cedars Readers book club in Nevada City on September 13th. The club members were very complimentary and asked some thoughtful questions about her memoir. She had fun signing books, too.**

**Cheers  
Pauline**

# Special Events

## Meet Author James Rollins

**October 13, 2016, 7-8 PM**

Rocklin High School Theater, 5301 Victory Lane, Rocklin, CA 95765, Donation \$10 includes 1-year membership, go to rocklinfriends.org to register by Oct. 11, book signing & refreshments following, **Not A GCW Event**

## Great Valley Book Fest-Manteca

**October 8, 2016, 10:00 AM – 4:00 PM**  
not a GCW Event

## GCW Special Program

**October 19, 2016 - 10-Noon at the church**

Scott Thomas Anderson – Staff reporter at Sac. News & Review

## Open Mic for the Spoken Word

**4th Sat.** of each Month – 1:00 – 3:00 p.m. at

Placer County Auburn Library, Beecher Room, Contact: Chery Anderson, Taleteller2@gmail.com **Not a GCW Event**

## Specialty Critique Groups

**Children's Lit: NEW!** Contact Norma Lehr 530/878-8421. They meet at Norma's home on the 4<sup>th</sup> Thurs., 2-4 p.m.

**Book:** Contact Betsy Schwarzentraub 530/333-0852. They meet at Depoe Bay, on 2<sup>nd</sup> & 4<sup>th</sup> Wed, 12-3 p.m.

**Science Fiction/Fantasy:** Contact Hester Jones 805/905-9034

**Memoirs:** Contact Linda Franklin 530/878-2138. They meet at Depoe Bay on 3<sup>rd</sup> Wednesdays 12-3 p.m.

**Novel:** Contact Ann Reh 530/823-1870. They meet every other Monday, 2:30 – 5:00 p.m.

## Writer's Quote



Anna Quindlan: "I can't think of anything to write about except families. They are a metaphor for every other part of society."

## Officers, Board Members & Committee Chairs of Gold Country Writers

### President

Skip Michael  
916/601-1044

Genre ~ Science Fiction

### Vice President - Internal Affairs:

Betsy Schwarzentraub  
530/333-0852

Genre ~ Christian Nonfiction

### Vice President - External Affairs:

Chery Anderson  
530/613-1153

Genre ~ Storytelling

### Treasurer:

Joy Hemp  
650/799-5828

Genre ~ Self Help & Inspirational

### Secretary:

Michael O'Haver  
530/268-2490

Genre ~ Christian Children's Books & Poetry

### Assistant Secretary:

Kathleen Ward  
209/704-0719

Genre ~ Short Stories

### Mentor Coordinator:

Susan Korn  
530/888-9971

Genre ~ Self-Help & Corporate Culture

### Marketing GCW & Events:

Joyce Rule  
916/521-5177

Genre ~ Short Stories

### Author Opportunities:

June Gillam  
530/820-3020

Genre ~ Suspense Thrillers & Poetry

### Newsletter Editor:

Michael O'Haver  
530/268-2490

Submit newsletter material by the 15<sup>th</sup> of each month to [GodsScribeMike@aol.com](mailto:GodsScribeMike@aol.com)