



The Authority

Connecticut Authors & Publishers Association—Since 1994

Connecticut's Source for
Writing, Publishing &
Marketing Information

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November 2010

Dr. Doreen Stern to Speak at November Avon Meeting



Dr. Doreen Stern describes herself as a recovering procrastinator. You wouldn't know it

from her bio: She holds a doctorate and two master's degrees. Her successful career spans business, higher education, and social services. She's won awards at every stage of her career.

Destiny intervened in 2000, when Doreen was

diagnosed with a benign brain tumor. After her successful treatment, an insistent voice kept whispering in her ear, "Do you want to die knowing you were afraid to live your dreams?"

What were her dreams, anyway? Stern decided to find out. She realized she dreamed of being a best-selling author and a motivational speaker. Also loving a man with her whole heart. She decided to pursue her dreams with her entire being.

Dr. Stern began studying how athletes, entertainers and

business people successfully changed, as well as reviewing research studies. Also interviewing "regular" people who had overcome insurmountable obstacles.

Two years ago, Dr. Stern became "The Life Docktor." Since then, she's delivered speeches across the United States, helping people change their lives. She's received rave reviews, which has led to her appearing on TV and being profiled in newspapers.

Her book, *Start Living: Change Your Life in 17 Minutes*, will be available soon.

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MEET A MEMBER Paul Ewing by Ursula McCafferty



Our featured member this month is Paul Ewing, retired Methodist pastor, psychologist and 84 years young.

Paul served as pastor in Stamford, Connecticut. He then transferred to Wood-

bury on Long Island, New York. While there, he helped to organize the Long Island Counseling Service in Bellport. He served as its president until his retirement. After his service in Woodbury he returned to Stamford where he finished out his career.

Paul counseled parishioners and others, for many years, developing his talent. Obviously Paul had the right qualities and the right training to help people. When I asked him what his hobbies were he replied, "People."

His book, *Companions of the Way*, deals with the life of one particular woman. I quote from his book jacket: "This is the story of abuse; but in the end a story of triumph over spiritual warfare, which re-

quired twelve years of counseling, group work and continuing education to successful change mistrust in persons. Her initial quest began in psychology and ended in life changing experiences of spiritual consciousness."

Paul served in military intelligence during the Korean conflict, learned the Russian language and received an undergraduate degree in Russian at Syracuse University.

He also holds a doctorate in Theology from Boston University School of Theology. The icing on the educational cake came 15 days before his retirement: a degree in pastoral psychology.

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Meetings

Southwest Division
Shelton
11/8

Main Meeting
Avon
11/20

Southeast Division
Groton
11/15

Information on page 5.
Check the CAPA website
for details.

Baking With Barb

by Barbara Klein

Mexican Tortilla Casserole

The Mexican Casserole was a hit at the CAPA meeting in October. I'm glad you liked it. Thanks to Reliable Rita, everything went smoothly without me. The plan is to return in November with some more culinary delights.

This recipe was another favorite from Texas. It was convenient to prepare for my vegetarian daughter by simply leaving out the chicken until a small casserole dish was removed. Then the chicken was added for the rest of the family. It's easy to make, nourishing, delicious and is a complete meal with just a side salad. It's a great way to use

leftover chicken. Try making it yourself or prepare it with the children. They'll eat anything with cheese if they're like my grandchildren. Most kids think cheese is the perfect food and would eat it three times a day, if allowed.

Ingredients:

1 medium chopped onion
 1½ cups chopped yellow or green sweet bell peppers
 2 cups chopped tomatoes with juice
 ¾ cup picante sauce
 2 crushed garlic cloves
 2 teaspoons ground cumin
 1 can black beans, drained
 1 can kidney beans, drained
 1 cup fresh or frozen corn kernels
 1 cup chopped cooked chicken
 12 corn tortillas

2 cups shredded Monterey Jack cheese or mix with Cheddar

No sautéing, no oil — save yourself some calories by putting the onion, peppers, tomatoes with juices, and picante sauce in a large skillet. Bring it to a boil, reduce the temperature to a simmer, add the garlic and cumin and cook uncovered for 10 minutes. Add the beans, corn and chopped chicken, and stir. Layer a third of the vegetable mixture on the bottom of a 13 x 9 x 2-inch baking dish and cover with six of the tortillas. Sprinkle with half of the remaining cheese and add another third of the bean mixture. Layer the remaining tortillas and the final layer of beans mix. Cover with

foil or a lid and bake at 350° for 30 to 35 minutes. Uncover and add remaining cheese or more if you wish. Bake until bubbly and warm throughout — about 15 to 20 more minutes.

Hint: Serve with chopped avocado, sliced black olives, sour cream, chopped lettuce and/or chopped green onion. Delicious!



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Article Submission

The Authority welcomes articles written by members. Here are some guidelines we encourage you to follow.

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

Meet A Member column info should be sent to Carol Healy at carolhealy@comcast.net

ARTICLES ARE DUE BY THE 28TH OF THE MONTH

*Authority Staff: Editor—Peggy Gaffney, Meet A Member Column—Carol Healy
 Copy Editor—Rita Reali Staff Photographer—Deborah Kilday*

Meet A Member - Paul Ewing

continued

During all of his years as a pastor, his counseling service was freely given to his parishioners and any others requesting it.

Paul and his wife now live in South Windsor. Their three sons and two daughters, like so many families, are scattered far from home. They all live on the west coast.

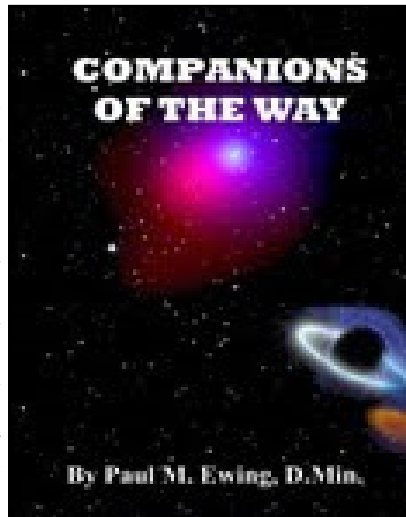
Paul is a highly talented and diversely gifted individual. He has what I would call a God-given gift that allows him to help people, all kinds of people, from husbands and wives to scientists and

executives.

He probably did not plan to become an author, but learned that his work should go into print — so it could be shared with others.

I met Paul and his charming wife Jeannes briefly at a CAPA meeting but I am told he has a great sense of humor. To have dealt with all the varied problems of other people for so many years, I'm sure his

sense of humor serves as his own pressure-release valve.

**Notice**

The CAPA
January 15, 2011
meeting
will be held at:
**Avon Middle
School**
in the cafeteria

375 West Avon Road
Avon, CT 06001

Member Judy Mandel Named Memoir Writing Member of the Month by NAMW

would write. It just didn't come out the way I thought it would, or the way my parents may have envisioned it when they put aside news articles and their notes about the plane crash that killed my older sister. That accident happened before I was born, and I always thought I was the one who escaped the tragedy. As it turns out, and as I discovered by writing *Replacement Child*, that accident was a significant formative element in my life.

NAMW: How did you come up with the title?

Judy: The title came about while I was researching the kind of grief my parents must have gone through after losing their 7-year-old in that crash.

The term "replacement child," applied to children born after parents lose a child, seemed to apply to me in many ways. I identified with much of what I read about these children, who are

sometimes conceived to help parents through their grief. In my case, as a "salve on the burns."

NAMW: What tips do you have to give other writers?

Judy: A writing schedule was the only way I got the book completed. That and an invaluable writer's workshop that I attended every week for four years. The members of that workshop helped me see outside myself and gave me the confidence to go on.

NAMW: What are some of the books that influenced you?

Judy: Books that influenced my writing are: *Sophie's Choice* by William Styron; *The Year of Magical Thinking*, by Joan Didion and *The Liar's Club* by Mary Karr.

NAMW: What do you think your parents would think of the book?

Judy: I imagine my parents, who are deceased, may not have liked the direction this



book took. Certainly not the title. My mother would have hated that. But it doesn't change what the truth is and that's what I wanted to write: my truth.

NAMW: Who is the primary audience for your book?

Judy: It has turned out that parents are my primary audience for *Replacement Child*, whether they have had tragically strike their children or not. All parents can relate to the story.

About Judy Mandel:

Judy was born in Elizabeth, New Jersey, but her family quickly moved to the more suburban Cranford. The town she lives in now in Connecticut is nearly a duplicate of her childhood hometown.

In college, Judy tried several different majors in the

Congratulations to November 2010 Memoir Writing **Member of the Month**, Judy Mandel.

By NAMW Web Team

An interview with Judy about her memoir, *Replacement Child*, as well as some advice for writers

NAMW: Tell us about your memoir.

Judy: *Replacement Child*, which came out in 2009, was the memoir I always knew I

Winning Writers:

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Get monthly news about quality free writing contests and literary resources. Subscribe to the free Winning Writers email newsletter. You'll get access to our online guide, *The Best Free Poetry Contests*, as your gift when you subscribe. We'll keep your email address confidential. We've found over 150 quality free poetry contests, plus more than 100 prose-only contests. Winning Writers has been named one of the 101 Best Web Sites for Writers by *Writer's Digest* magazine for six years running (2005-10). Subscribe today at:

<http://www.winningwriters.com/>

Novel-Writing Workshop

Elements of Style: Hosted by award-winning writer Eileen Albrizio

How many times have you found yourself struggling with point of view, limited by that first-person narrative perspective, or dizzied by that third-person omniscience in which you tend to jump from head to head? What's more effective, present tense or past tense? When writing dialogue, how natural should it be to everyday speech, and how do you know when your characters talk too much? When is description too

much description? In this hands-on workshop, we'll answer these questions and more!

Join former NPR journalist and award-winning writer Eileen Albrizio in a hands-on workshop that will answer these questions and more!

Saturday, November 20 from 1-3 p.m. at **The Buttonwood Tree, 605 Main Street, Middletown, CT.** 860-347-4957. Only \$20.

Registration is required. Call the Buttonwood Tree or email EileenRain@aol.com to reserve a seat.

THE MAN WHO WAS NEVER BORN a short memoir by Howard Layton



No birth certificate exists for Howard Manton Layton. I was never told why my father changed our family name from Smith to Layton Smith, or why, when I was eight years old, he changed it again to just Layton; so I never understood why I was born with the name Howard Manton Smith.

Whenever I raised the subject with my mother, she, in her typical English way, would

say, "Oh don't be silly, Howard, of course you know."

I never did get beyond that point. When my father passed away, the Deed-Poll that was handed over to me at the time faithfully recorded those name changes but did not provide the smallest clue as to the reason. So, since I did not relish the idea of sifting through all the possible ancestors with the name Smith in attempts to find that special one, I never did develop an interest in tracing my family's heritage on my father's side.

Progenitors on my mother's side were an entirely different matter. I had living, breathing connections to those illustrious individuals. Great-grandma Bow knew all about them and she would entertain my brother Archie and me with stories about that upstart Blagdon Hale who had, she assured us,

destroyed a variety of country church records of various of our ancestors' births and deaths to place himself in direct line to the Hale family fortunes and had thereby eliminated all evidence of the direct lineage that connected my mother to the venerable Sir Matthew Hale and his brother Nathan Hale. That was unforgivable, she said, especially in view of the fact that the legal heirs in the Hale family were always the senior surviving *females* of the next generation.

On one occasion when we were small, Granny Bow took my brother and me to Blagdon Hall in the village of Blagdon, North Somerset. I can still picture her shaking her umbrella angrily at the statue of Blagdon Hale in the entrance hall; and the memory of her defiant cry, "We'll get you yet, you pot-bellied

imposter," has stayed with me always. At other times, Granny Bow would entertain us with stories of the various missions that had, over the years, been organized to recover the family fortunes that Blagdon had stolen.

According to the more enterprising members of the family, Somerset House in London was the place to go to get things put right. Whatever was missing from church records, they said, would be found in that center of all birth and death records in the country.

With that conviction to motivate them, they pooled their resources and made plans for that expedition — which, in the day of horse-drawn transportation, would take several days each way.

After gathering together the necessary provisions and moneys, the elders then made their choice from the family members who volun-

Schedule of Upcoming Meetings

CAPA-SE MEETINGS:

Nov 15 Book event, MEET THE AUTHORS, mini-seminar, LaGrua Center, Stonington, CT
 Dec 20 Christmas Party (We will need a volunteer to chair this successful event.)
 Jan. 18 LaGrua Center, Stonington
 Feb. 15 LaGrua Center, Stonington
 Mar. through June: Groton Public Library, Groton, CT

CAPA CENTRAL MEETINGS:

Nov. 20 Dr. Doreen Stern, "The Life Doctor." Her book, *Start Living: Change Your Life in 17 Minutes*, will be available soon.
 Dec. 18 Christmas Party
 Jan. 15 Kristan Higgins Best-selling romance writer * This meeting will be held in the cafeteria of the Avon Middle School.
 Feb. 19 TBA
 Mar. 19 Adele Annesi and Garrett Miller

CAPA SOUTHWEST MEETINGS:

November 8 TBA
 December 13 TBA
 January 10 TBA



Join Author Catherine Gibson for a book signing at the Westfarms Borders Express Saturday November 27th from 1 to 4pm!



THE MAN WHO WAS NEVER BORN

continued from page 4

teered their services and the venture was launched.

Alas, no one ever reached even the outskirts of London.

Instead, their overnight stops at the various inns along the way served also as opportunities for the chosen family delegate to over-indulge in wines and spirits, and thereby fritter away all the guineas and shillings that had been so carefully accumulated for the mission.

Since the family weakness for anything alcoholic seems to have been inherited by each generation as if it were some sort of heirloom, subsequent missions fared no better. Somerset House remained unvisited and Blagdon Hale retained his ill-gotten estate. Which is why, today, instead of being the proud owners of extensive estates in Gloucestershire and a string of

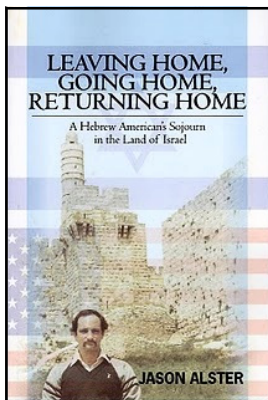
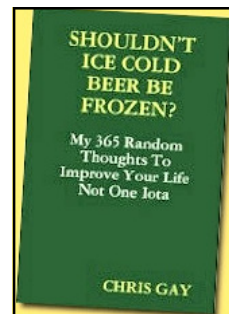
properties in Fleet Street, London, the Layton family today is, alas, firmly entrenched in the ranks of the proletariat.



Brag Board



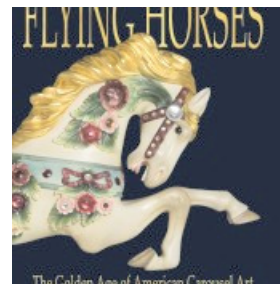
Writer's Digest magazine will be publishing **Chris Gay's** "Reject a Hit" humor piece in their December 2010 issue. Chris says, "Playing the part of an editor, I've written a sarcastic letter to Charles Dickens in 1843, informing him his manuscript for *A Christmas Carol* has been rejected."



Jason Alster tells us that Cynthia Berkowetz was kind enough to have him as a guest this week on her television show, BATV channel 5. He will also give an author talk at the Hebrew Home in West Hartford on December 1st, the first day of Hannukah. His talk will be about his book, *Leaving Home, Going Home, Returning Home*. He also shared his *Delicious Secret Hummus Recipe* on Youtube as a book trailer to promote his book. <http://www.youtube.com/watch?v=btXIR3RezIQ> He also announced that he will now start a business of making book trailers as it combines his experience in publishing with film editing, networking and art.



Peter J. Malia recently had a wonderful book-signing event for *Flying Horses: The Golden Age of American Carousel Art* at the Bushnell Carousel in Hartford. It was part of the 20th anniversary celebration of The New England Carousel Museum. During the event, author Peter J. Malia donated a presentation copy of *Flying Horses* to the head of the Hartford Public Library. Following the presentation, the carousel was open for free rides on Veterans' Day.



The Authority editor, **Peggy Gaffney**, has had a busy month. She had two feature stories written about her. One was in the *Meriden Record Journal's* Sunday Look section and one in *The Cheshire Herald*. They both talked about her series of unique knitting books, as well as her involvement with **Martha Stewart's Dreamers Into Doers**. Peggy was at the **Stitches Knitting Conference** in Hartford meeting with shop owners and clients about her books for two days. But the most fun was connecting with old friends, like *NY Times* best-selling author **Debbie Macomber**, and new friends, like best-selling mystery writer **Maggie Sefton**, who both write about knitting in their books. Then the following Saturday, she spoke at the first **Fiber Festival at the Big E**. While there, she met with llama & alpaca breeders to let them know about her forthcoming book *The Crafty Llama & Alpaca Knits*. Finally, she will be speaking at the **Winterfair** sponsored by the **Stamford/Norwalk Junior League** on November 12 and 13.



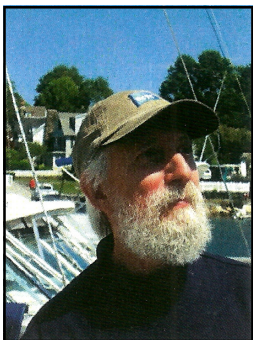
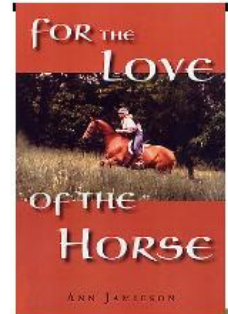
Brag Board



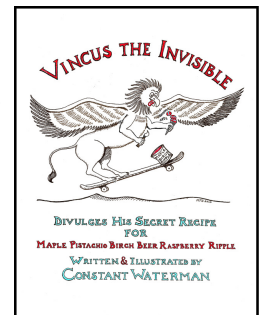
Writer and editor **Adele Annesi** has two short stories accepted for publication with *Marco Polo Quarterly* and *Epiphany Literary Magazine*. Her Word for Words blog has won the Masters Award for Editing. Stop by her blog at *Word for Words*.



Ann Jamieson has a brag this month! We heard from Ann that she just did a book signing at the **Washington International Horse Show**, the most prestigious indoor show in the country! And it was fantastic!



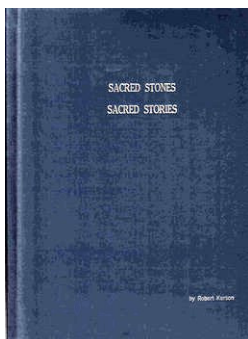
Matthew Goldman, a.k.a. Constant Waterman has just released his third self-illustrated book, *Vincus the Invisible Divulges His Secret Recipe for Maple Pistachio Birch Beer Raspberry Ripple*. It will be available everywhere on the planet where ice cream is eaten, as well as on his website, www.constantwaterman.com.



M. J. Allaire republished the first three books in her dragon series, *Dragon's Blood*, *The Prisoner* and *Dragon's Tear* under her own company name, **Bookateer Publishing**. All three books have new covers and ISBN's. Her boyfriend did the cover design, as well as the galley design for all four books in the series, including *Dragon's Breath*. If you are seeking a graphic/layout artist to design your covers and/or galleys, you may reach him at rtwomey@bookateerpublishing.com. If you need cover pictures to go along with this, let M. J. know. You can also find them on amazon.com. But that's not her only news. The executive producer of Channel 8 (WTNH, New Haven) saw M. J. at the Big E and picked up her card; she called a few weeks ago and asked M. J. to be a guest on **Good Morning,**



Connecticut, which will air on November 14th, around 7:30 am! An author never knows WHO will see them when they are out doing events, so get out there for all the exposure you can get!



Robert Kerson, author of the book *Sacred Stones Sacred Stories*, has a speaking engagement Nov 14 at 10 am at B'nai Jacob Synagogue at 75 Rimmon Rd., Woodbridge. The topic will be locating the Jerusalem temple on the Temple Mount using a radically new method.

The ABCs of the Editing Process: Using the Computer as a Tool for Your Writing

By Roberta Buland

Suppose you were still living in the “Typewriter Age.” Remember that? It was the era when you mistakenly typed an error (called a typo), and you had to either retype or use white-out to correct it. And, sometimes, the result could be a mess of smudge. Remember?

If you were writing a letter, you would most likely have had to retype the whole page, because you wouldn’t have wanted the reader to see the error and think less of you, particularly if it was written to the president.

If you left out a sentence or paragraph at the end of page 1 and you had already typed page 2, you might have had to retype all of page 2 to include the missing paragraph. And, if you wanted to change the wording several pages into the manuscript, the retyping would increase geometrically to the point of possibly having to retype it all! If this happened, you might have wanted to tear out your

hair!

Then the computer came along, and voilà! Editing on it became a piece of cake! If you left out a word, sentence or paragraph — or even a chapter — you could cut and paste! The guru who invented cutting and pasting is my hero!

However, cutting and pasting has its challenges also. For example, if you are quoting directly from another writer or source, and you cut and paste exactly as it is in that source, there could still be a grammatical error. When I am editing and see a quotation from another source, I query it by writing in the margin, “Is this absolutely correct?” You should then go back to the source (Never delete original sources!) to recheck it. Or, give me the original source to check it.

If there are or are not quotation marks in the original source, how do you handle them? Sometimes, you leave them in. Sometimes, you need to put them in. And, sometimes, if there are double quote marks in the original...

I’ll let you research how to deal with them.

Suppose a word is misspelled in the original. Can you let it go? Not if you want to demonstrate respect for the language (see last month’s *The Authority*, page 8). To indicate that you know the word is spelled wrong insert “sic” in brackets: [sic]. Perhaps this example has given you an “aha” moment because you did not know what [sic] meant? Or perhaps you knew, but ignored it? Watch out next time!

Do you keep capitals where perhaps lower case should be used? What if the wrong verb is used in the original? What about other rules of grammar that have been broken? I look for and correct these kinds of errors when editing your manuscript.

Cutting and pasting has another side. Suppose you wrote a chapter for another book or article than the one you are currently working on and filed it somewhere else in your computer. Now you want to insert it into the present one. Here’s where cutting or copying and pasting has the great-



est advantage over the typewriter! Highlight what you want to copy, hit copy, go back to the piece you are now working on and paste it where it should go.

And now I am going to go to last month’s article to copy and paste my sign-off:

Roberta J. Buland is the owner-editor of RIGHT WORDS UNLIMITED, a full-service editorial and publishing services firm in West Hartford. She is a past president of CAPA and can be reached at 860-214-5367 or at rjbuland@comast.net. She welcomes questions about any aspect of editing, writing and publishing.

Judy Mandel Wins Memoir Award

continued from page 3

course of finding her way. First communications, then theater; then she developed a major in playwriting. Finally, she settled on English and Journalism.

Having taken a break after her sophomore year to get married, getting her degree part time took a while. She worked her way through those last college years singing and playing guitar in coffee shops and clubs.

Her writing life began as a reporter, which she actually loved. Then, she added a public relations stint at a hospital, a short

time in advertising and somehow found herself in corporate communications at various insurance companies — where she earned a living for 20 years. She had only meant to stay for a few paychecks. More recently, she provides marketing writing for corporate clients, in addition to continuing her own writing.

Judy is blessed with a wonderful son and an equally wonderful husband, who brought three fantastic stepsons into her life, and a rather large orange cat that sometimes inadvertently types long lines

of zzzzzzzzzzzs by lying across her computer keyboard.

Reach Judy Online:
Judy’s Blog & Website:
www.replacementchild.com

Facebook: www.facebook.com/judy.mandel

Twitter: <http://www.twitter.com/judymandel>