

# Vol 1 Issue 6

Aug. 1, 2021

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## Elk Grove Writers Guild

*Writers Helping Writers*

**Welcome to the EGWG newsletter.**



Elk Grove Writers Guild was established in 2018 as a critique group. Our main goal is to help writers become the best they can be.

To expand our efforts in reaching our goal, we created this once monthly newsletter. In it we'll pass along information of coming events, membership news, and offer little bits of writing wisdom, poetry, memories, writing tips, and whatever news in the publishing world comes along.

We offer you, our readers, a chance to write and be published in this newsletter which is also on our website.

All submissions are most welcome, see the back page for submission information.

Come. Join us on our adventure.

## Contact Information

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## What's Happening?

It's getting closer. Two great events are coming to Elk Grove on October 9th, same place – same time. The Elk Grove Writers Guild's writer's conference and the Elk Grove Arts Commission's Book Faire. Check the **Conference Update** column for information on both events.

Look on our website [www.egweg.org](http://www.egweg.org) for more news on the writers' conference and other events we're planning. And, as our fearless leader says, "Stay tuned."

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Sometimes, when you're in the thick of a third or fourth edit and ready to throw in the towel, what you need is a good laugh from another author. "I love deadlines. I love the whooshing noise they make as they go by." Douglas Adams – *The Salmon of Doubt*

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The Guild meets on the first Friday of each month. Currently, we meet in a virtual setting. We gather to talk in the language of writers and share what and how we're doing, what's new in the publishing world, and ask questions about problems we might be having in our works in progress.

Guild members post their WIP on Google Docs and share it with other members for critiques. The posted work is guaranteed to get a response. It is a great way to have input from other writers who will give you valuable insight on your work.

If you're interested in joining the guild, go to the Join page on the website. If you'd like to see what we're about first. Come to our next virtual meeting. Contact Loy Holder at [loyholder77@gmail.com](mailto:loyholder77@gmail.com) and you'll be invited.

The next meetings are scheduled for early afternoon on Aug. 6, 2021, and Sept. 3, 2021.

That's enough business. **Keep cool** and read on for the good stuff.



## Coming Events

### The Summer Academy of Writing

This is the guild's first year presenting the exciting and informative **Summer Academy** consisting of three Zoom classes. **You have one more chance to be included in an excellent class.**

#### Save The Date

**August 21 at 2:00 p.m.** – Margaret Duarte presents “**The Journey of a Self-Published Author**” – Margaret is the author of an award-winning psychological series “Enter the Between.”

**To Register**, go to the events page at [www.egweg.org](http://www.egweg.org) and click on Summer Academy for instructions.

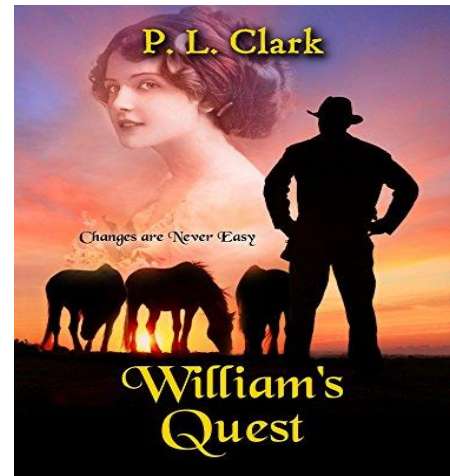
**Costs for This Class - \$10.00**

**Registration will close at 5:00 p.m. - on August 14<sup>th</sup>.**

Hope to see you there.



“As a writer you have the three D’s: drive, discipline, and desire. If you’re missing any one of those three, you can have all the talent in the world, but it’s going to be really hard to get anything done.” Nora Roberts



[William's Quest - Kindle edition by Clark, P. L. Literature & Fiction Kindle eBooks @ Amazon.com.](https://www.amazon.com/dp/B000APR004)

In 1873, Texas is on the cusp of significant changes. Buffalo skinners work to wipe out the buffalo, a staple of Native American life. With the buffalo gone, the Indians could live free and die, or move into Indian Territory. The Texas Rangers face change, as well, and railroads push into Texas, bringing progress, change, and people.

Hill Stanford loves his life as an outlaw, but he has plans for a key change in his future.

William Bryant, a Texas Ranger sees the signs of change. What effect will those changes have on his future?

Fern Jackson has a heart-wrenching change thrust upon her when her brother sells the family farm.

Three people, from different parts of Texas, are on a collision course. They meet in a final showdown in the middle of the Texas prairie. Who will survive when they come together? What changes will the survivors choose for their futures?

#### **\*\*\*\*\*The Review\*\*\*\*\***

Facts & fancy combine in this rollicking, rip-roaring, adventuresome yarn—a tale of bad guys who murdered innocent folks & rustled cattle; of good men's duty, friendship, & love on the 1873 Texas frontier. If you're a western fan, don't miss this one.



## From the Bookshelf

### EXPLORING INNER SPACE

Barbara A. Barrett

I clung to the needle-sized sliver of light. There was no other sensory input. I was floating in heavily salted water that was three feet deep. Only my face from the eyebrows to below my lips was exposed. I was nude and both the water and my blood temperature were the same so there was no sensation of touch, nor smell, nor sound, nor taste. This tiny bit of glowing on the wall beside me was a surprise.

I sat up and pulled down the sensory deprivation tank cover. When I laid back in the water, the darkness was complete. Immediately I felt claustrophobic—as if the roof was only a few inches above my face. I knew the tank was about six feet long, four feet wide and five feet high. It occurred to me that if my mind could fool me into believing it was inches from my face, it could also be made to believe it was much further away. Mentally, I pushed it out miles and I was never troubled with claustrophobia in a tank again.

My journey here started several months before. I had read John Lilly's *The Center of the Cyclone: An Autobiography of Inner Space*. I was intrigued, to say the least, especially with the quote “In the province of the mind, what is believed to be true is true or becomes true, within certain limits to be found experientially and experimentally. These limits are further beliefs to be transcended. In the province of the mind, there are no limits.”

John Lilly (1915-2001), a physician and psychoanalyst, was the leading USA authority in dolphin research. He invented the flotation tank and,

along with the use of LSD and other hallucinogenic drugs, he experimented with pushing the envelope mentally as far as possible. He, Timothy Leary, and Allen Ginsberg were psychedelic researchers into the nature of reality and the mind itself.

After I read his book, I met Dr. Lilly and his wife Toni when he was lecturing at U.C. Berkeley ca 1975. Afterwards, Toni and I had a long talk. I mentioned I was a secretary. She said John was dictating a new book and wanted the tapes made into written text. She gave me their phone number and address. So, the next summer, I was at his Southern California home and laboratory in the Malibu mountains transcribing his book and in return for my typing services, I was using one of several isolation tanks.

I still remember Dr. Lilly's statement the first time I entered the tank. He opened the hatch and we looked in. “There's nothing inside that *you* don't bring in with you.”

Why was I lying in the dark almost submerged in water? I've been asked that question for decades. It's still difficult to answer over fifty years later. Unlike Dr. Lilly, I didn't take LSD or drugs. In the 1970's I meditated, sometimes several hours a day. An hour of tank time was equal to three hours of meditation. But that wasn't the only reason. I wanted to learn about and explore the limits of my own mind and most of all, I wanted to become more self-aware—to know myself better. Isolation tanks are perfect for this. Inside the tank there are no sensory distractions. There is only your mind.

Tank time gave me insight into the mind and its power. During one incident I had the feeling of floating across miles and miles of sky on a cloud, all because I shifted position and the waves caused me to float sideways three or four inches. Another experience was more bizarre. At that time, I had very long hair and a strand had coiled around my leg. It felt like a huge snake. I remembered Dr. Lilly's words there was nothing inside but me and I soon solved the mystery. Confronted with thoughts I couldn't evade, I found new insights into myself and those led to even deeper discoveries—some of which I didn't fully understand until decades later.

When I came out of the tank, I showered to remove the salt from my skin and hair and went outside in the yard. John Lilly's house had a terrific view of the valley below. There were no neighbors at the time. Clothing was optional. As I approached the yard, several people were meditating. Others just walked around. No one spoke much. After being deprived of input, my senses were enhanced, and they were

*Exploring Inner Space – continued*

enchanted by whatever struck them. I heard each note the birds were singing. Their range was incredible. What I remember most though were the brilliant colors. Toni had planted flowers of many types around the edge of the yard. It was like a magical place. The reds, yellows, oranges, purples, and even the green grass were incredibly bright. I couldn't stop looking at them and it was easy to get lost in their color.

I worked for Dr. Lilly for five or six weeks before I returned to San Jose. My daily schedule was the same. I typed in the morning and floated in tanks in the afternoon. My longest single session was 3.5 hours but mostly they lasted an hour and a half which approximated my sleep cycle from REM to REM. I came out feeling relaxed and refreshed and hurriedly recorded my experiences and thoughts in my journal. Between that summer and the next, I chalked up about 72 hours total.

During those two years, I discovered the truth in Dr. Lilly's statement, "You don't have to suffer continual chaos in order to grow". It was a rare privilege to work with him. While I don't remember any specific passages from the book I was transcribing, according to his publication dates, I believe it was *Communication Between Man and Dolphin*. He was an extremely intelligent person and I recall being in awe of him. His wife, Toni, was a warm, caring person who was a lot of fun. I was invited several times to eat lunch with them. They had a huge dining table, and it was filled with guests including many Hollywood personalities. All of them came to use one of the many flotation tanks.

My own almost daily use of the tanks helped clear sensory chatter. My thoughts, as well as my vision of myself, became more focused. The exploration of inner space made me a better writer. With the reduced level of internal dialog, there was room for creative thoughts. As my sense of self grew stronger, so did my writing.

John Lilly was right. There was nothing else in there. Lying in the dark, the only thing I saw was "me". The road to becoming who we are and want to be has many side trips. For me, one of those ran through the Malibu Mountains where inside the sensory deprivation tanks an awareness awoke. Barbara A. Barrett

## Uncle Fred's Misadventures

### Why Uncle Fred isn't Allowed to Garden Anymore

At Sunday brunch everyone praised Aunt Flo's cheesy leek tart, delicately seasoned with thyme, but Uncle Fred's chunky sausage and vegetable soup took top prize. "I like the sausage best.... delish," Brian declared, spooning out seconds.

"Why, thank you! The vegetables were all from our garden," Uncle Fred beamed.

"Sausages aren't good for you. I love the turnips," Sally said using her big sister voice. Brian stuck his tongue out at her, catching Aunt Flo's wagging finger of disapproval.

"Thanks, but did you say *turnips*? I didn't use turnips..."

"Oh god, Fred, you dug up Nelly!" Aunt Flo screamed, spitting out a ring.

Lally Pia

\*\*\*\*

### NEW RELEASE

Dale E. Manolakas has a new release free audiobook on YouTube [Channel under author's name]. Hollywood on Trial: A Legal Thriller. 4.8 Stars Amazon—Have a listen and pass it on.

<https://www.youtube.com/watch?v=MeZBb17-6HE&t=7610s>

☆Industry secrets uncovered...drugs, sex, betrayal, death...the power elite exposed and hunted down...murder on trial...☆

Sexual currency, extortion, and murder—the hidden life behind Hollywood cameras. Josh Stein, the industry's top entertainment lawyer, represents star power—the price for ingénues is sex. After his special ingénue dies on a stormy set, he replaces her with Kaitlin O'Keefe, a sultry gray-eyed, red head. On set, off set, and on location shoots, the famous director Nick Claren vies for Kaitlin's favors. She pits man against man as she willingly and unwillingly does what it takes to fight her way into the inner circle. After Kaitlin goes one step too far, a murder trial of the century shocks the world.

## Writing Events and Opportunities

If you live in **Laguna West** or **Lakeside**, Nancy Mees is offering you the opportunity to place your short stories, essays, and poems in the **Laguna West Neighbors Magazine** as a resident-submitted article.

Submissions should be in word.doc, not PDF, and no more than 500 words long. It can also include a family-friendly photo. If you want to submit, send your article and photo to Nancy, [nmees@bestversionmedia.com](mailto:nmees@bestversionmedia.com). Email Nancy if you have any questions. Deadline is the 9<sup>th</sup> of each month for the following month's issue



## The Guild Bulletin Board

The Elk Grove Writers Guild is planning now for events in 2021 and beyond. The guild is searching for speakers for upcoming events.

Are you interested in being added to the guild's speaker list? Contact [Loyholder77@gmail.com](mailto:Loyholder77@gmail.com)

Our list is growing and includes Dorothy Rice; Judith Starkston; ML Hamilton; Kakwasi Somadhik; Margaret Duarte; Cheryl Stapp; and your name? Get in touch.

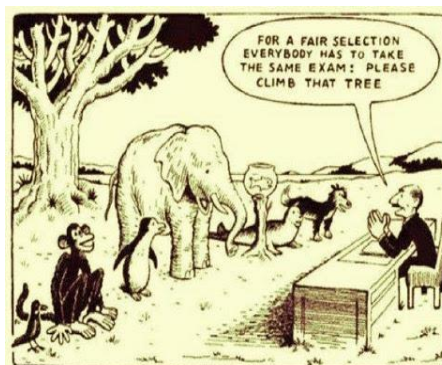
“NCPA recently launched a new website. One benefit of being a paid member of NCPA is you can use the website's Business Directory. Anyone who visits the site--not just members--can view this directory. This is where you can publicize your author or publisher website. Here's how:

Log in at [norcalpa.org](http://norcalpa.org)

- In the upper right corner by your name, hover over the down-triangle to open the drop-down menu. Choose "Profile."
- Click on "Business Directory."
- Under Business Name, choose appropriate services you want listed. You can choose up to five. If you're only listing your website, choose "Member Websites" and either Author or Publisher.
- Scroll down the page and enter your website address. (Any other information is optional and will be visible to the general public.)
- Scroll to the bottom and click "Save."

Anyone who visits the Business Directory tab in the menu, and searches for the category of Member Websites, will see a list of all of them.”

Amy Rogers



## Our Education System

*“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”*

- Albert Einstein



Elk Grove Writers Guild  
*Writers Helping Writers*

## Conference Update

Registration for The Elk Grove Writers Guild Conference begins on AUGUST 2, 2021. For details go to [egweg.org/writer-conference-2021](http://egweg.org/writer-conference-2021).

The conference will take place on October 9, 2021, at the City of Elk Grove Center, District 56 - 8230 Civic Center Dr. in Elk Grove, CA.

Check in begins at 7:30 a.m.

Admission is \$60.00, and will include breakfast with assorted muffins, coffee, tea, and water. You may bring your own lunch, go to any nearby restaurants, or order lunch at the District 56 Cafe a few days prior to the conference.

Meet the Cast of the Elk Grove Writers Conference 2021

Keynote Speaker – Joey Garcia

Presenter Line up – Dorothy Rice, Kathy Marshall, Michael Brandt, Janet McHenry, Jenifer Rowe, Amy Rogers, Cheryl Stapp, ML Hamilton, Margaret Duarte.

Literary Agent – Jennifer Chen Tran.

Editor/Publisher – Gini Grossenbacher.

Book-Seller – Danita Moon.

For more information on the conference and the speakers, go to [egweg.org/writer-conference-2021](http://egweg.org/writer-conference-2021)

Stay Tuned, Loy Holder, EGWG President

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“In order to write about life, first you must live it.” Ernest Hemingway



## The Book Fair Contest

On October 9th, 2021, the Elk Grove Arts Commission will be doing a Short Story Contest during the combined Book Fair & Elk Grove Writers Guild Conference. Here are some details of the Short-Story Contest:

- First place prize - \$200. Second place prize - \$100.
- Fiction or nonfiction, 2000 words or less.
- The story must have a connection to Elk Grove.
- Open to all - age 18 and over.
- Manuscript must be in a PDF Format, with a cover page including title, author's name, and contact information. Pages should include the title, but not the author's name.
- There's an entry fee of \$10, due with submission of the manuscript.
- Fees must be paid by credit card only.
- **Deadline for submission is August 1, 2021, at 5:00 p.m.** No submissions accepted after that date and time.
- Winners will be announced on Saturday, October 9, 2021 during the Book Fair.

More information, submit your manuscript, and other information on the Book Fair is available on the Elk Grove Arts Commission Website at [Great Read Book Fair - City of Elk Grove \(elkgrovecity.org\)](http://GreatReadBookFair-CityofElkGrove(ElkGroveCity.org))



The writers' conference and the book fair are sponsored by the City of Elk Grove, The Elk Grove Arts Commission, the Elk Grove Writers Guild, and CWC, Sacramento.

## Writer's Corner

### The July Meeting Topic Discussed

**Print Books:** KDP (Amazon) vs Ingram Spark

- **Please note this is for print copies only. Do NOT use Ingram for eBooks!**
- It is best to print through both if you want to reach the maximum number of people.
- Amazon will get copies out faster but won't get you into libraries or bookstores.
- [Ingram Spark](#) is where libraries and bookstores order their books. They may not stock it, but customers can order it.
- Ingram charges a fee to upload or revise files. Because of this, it's best to join an organization that includes a discount code with membership, like the [Alliance of Independent Authors](#).
- The Facebook group [20Books Vegas 2021 - a 20Booksto50k® educational and networking event](#) may also have an Ingram codes. (I highly recommend joining [20BooksTo50K](#) anyway if you're serious about marketing. They have a variety of free resources available, including a [YouTube channel](#) where they post all their conferences for FREE.)
- To distribute through Ingram Spark, you need to deselect "Expanded Distribution" in your KDP Dashboard on Amazon). It's one little checkbox.
- Ingram Spark also does hardbacks (though Amazon is working on this).
- You will need a separate cover file for Ingram, as the sizing is slightly different. They have templates available on their website.

If you're having trouble sharing files on Google Drive, there is a tutorial on the website. There are also a bunch of [YouTube videos](#) on how to do it.

Karen Trinkaus

## Odds and Ends

### A few Rules and tips for writers.

1. A person is a who, and a thing is a that.
2. Which or that? Which has a comma before it, if you can use *that*, use *that*. These two words are not interchangeable.
3. Write 2021s, not 2021's.
4. Website, homepage, email, are all one word, no hyphens, or spaces.
5. Washington, DC not Washington, D.C.
6. Don't capitalize or underline for emphasis; use bold or italics.
7. Writing time: Correct – 3:00 p.m. Incorrect – 3:00 pm, 3:00pm, or 3:00PM. (Oops gotta make changes a few pages back.)
8. Avoid confusion and use the serial comma—red, white, and blue.
9. Punctuating bullets – no ending punctuations such as commas or semi-colons. End each bullet with a period.
10. i.e., and e.g., must be followed by a comma. It's better to spell them out. i.e., = in other words, and e.g., = for example.
11. The em dash is two hyphens (—) and is used to show interruptions or sudden breaks in thought (not a pause).  
Interruption: But I—”  
Break in thought: Will he—can he—find out?

\*\*\*\*

“Writing isn't about making money, getting famous, getting dates, getting laid, or making friends. In the end, it's about enriching the lives of those who will read your work, and enriching your own life, as well. It's about getting up, getting well, and getting over. Getting happy, okay? Getting happy.”

Stephen King



Oh Hey ...



Did you know we have a Facebook group?

Group: <https://www.facebook.com/groups/215922289606382>

Page: <https://www.facebook.com/ElkGroveWritersGuild>

It's new and hasn't had much traffic. Friend us. Let's talk, and share ideas, or ask those important writing questions.

\* \* \* \*

“Being a good writer is 3% talent 97% not being distracted by the internet.” Anon



Summer, time for lemonade and writing.

Poets! I know you're out there, send in a poem or two for the newsletter.

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**SCAM ALERT!!**

One of our members received a questionable email. Below is the first bit of it. Notice the TO person. Not too personal, is it? The highlighting is mine. If you haven't put out a press release—Well then, this is a scam, looking for your money.

**From:** Maddie Reese  
<[maddie.reese@ecpublishingllc.com](mailto:maddie.reese@ecpublishingllc.com)>

**Subject:** YOUTUBE VIDEO ADVERTISING FOR AUTHORS

**Date:** July 19, 2021, at 10:37:31 AM PDT

**To:** undisclosed recipients;

This is **Maddie Reese** of **EC publishing LLC**. We reached out to you just today about marketing your book.

I am delighted to let you know that your book has been selected by our in-house book critics. We received your book details & press release from a media distribution firm and because of its compelling article we decided to invite you to be featured in this prestigious book advertising campaign called the **YouTube Video Advertising**.



## Food for Thought

“Prose is architecture, not interior design.” – Ernest Hemingway



"Good writing is remembering detail. Most people want to forget. Don't forget things that were painful or embarrassing or silly. Turn them into a story that tells the truth." – Paula Danziger

## SUBMISSIONS

Do you have a poem, a special memory, a favorite author's quote, flash fiction, **a response to a writing prompt**, or a book coming out in 2021? If chosen (probably will be) it will be printed in the next issue and will be available on the EGWG website.

Do you or your group have an event coming up? Send me info, at least a month in advance, and I'll publish it.

### Address for submissions

[turlockpenny@yahoo.com](mailto:turlockpenny@yahoo.com)

Please, use Garamond – 12 for submissions. Send in **word** not PDF. Thanks.

See you next month!

## AUGUST

August 9<sup>th</sup> is National Book Lovers Day.

August 10<sup>th</sup> is National Lazy Day, perfect for reading that book you love.

## A Few More Writing Prompts

- “Are you sure this is safe?” she says as she climbs into the shark tank.
- Describe a visit to the beach.
- Write a poem about unrequited love.
- You receive a wrong number text about arranging a murder.

## Last Month to Enter the Contest!

In approximately 100 words describe why Uncle Fred isn't allowed to use the pool anymore.

**Uncle Fred's Misadventures** to choose from:

Isn't allowed to babysit anymore.

Isn't allowed to cook anymore.

Isn't allowed to drive anymore.

Isn't allowed to garden anymore.

Isn't allowed to use the pool anymore.

**RULES:** Fred, and his misadventures will appear each month from June through August. Submit your 100+ words (any genre) about Uncle Fred. (See example in this issue on page 5.) All submissions will be posted, and the best one **each month** will win a \$25.00 Visa card. Let's have some fun with this. Submit your Fred story to: [turlockpenny@yahoo.com](mailto:turlockpenny@yahoo.com)

## August Uncle Fred Stories Wanted.

The September issue will carry the final Uncle Fred story in the contest. Do you have an idea for Fred? Write it and send to: [turlockpenny@yahoo.com](mailto:turlockpenny@yahoo.com)