
The Pen & Press

March — April 2014



A great debate has broken out on some social media sites on the topic of self-publishing vs. commercial (sometimes called “traditional”) publishing, a debate bolstered by dueling statistics and personal stories.

Dubious statistics and individual anecdotes are of little consequence to an individual who aspires to have a book published. Each person has to examine the kind of work he or she is writing, the audience or audiences for that work, means of reaching the audience, personal resources, skills, and knowledge, and the potential upsides and downsides of the various means of publishing. There are no guarantees of success, and no two people necessarily define success in the same way, but one guarantee of *not* achieving success is not to try. Another might be to pursue a method that is not suitable for that individual. If you are not a business person at heart, then self-publishing (which *is* a business), is not the way to go. If your work is suited to a niche that you have channels for reaching but that a large commercial publisher would not find worth pursuing, then commercial publishing is not a real opportunity.

One of the many values of NCPA is that our members include people with many kinds of writing and with varied publishing experience. Some, like Tom Kando, exemplify widely different aspects of the publishing industry, ranging from commercial publishing (textbooks, in Tom’s case) to authentic self-publishing (a memoir, so far).

Among our members are novelists, nonfiction authors (including the prolific Alton Pryor, to name only one), memoirists (too many to list here), and writers of books focusing on the authors’ own business and professional experience and expertise, from chiropractic to financial management to cooking and relationships. Every meeting offers a condensed overview of options and opportunities, and insights into the varied kinds of publishing. Take advantage of our meetings and of our email list to take part in that accessible self-education, and to share your own knowledge and experience. And be sure to attend our annual awards dinner on April 27th for another opportunity to learn and share.

— Ken Umbach, interim editor

March 8, 2014 Meeting to Feature “Media Escort” Kathy Landis

By Norma Jean Thornton

Join us on Saturday, March 8, to hear about the sometimes-exciting, somewhat risqué-sounding job Kathy Landis has, and for some of those behind-the-scene stories she's going to share with us.

Since the mid-1990s, Kathy Landis has logged thousands of miles in the company of authors and actors, chefs and CEOs, as they travel Northern California's media circuit.

You might not recognize Kathy, who's behind the wheel, and behind the scenes, but you'd recognize many of her guests who've appeared on television, spoken on the radio, signed books, or drawn crowds at political, business and community events.

As a media escort, Kathy's a trouble-shooter, a tour guide, a confessor and a confidant.

She carries breath mints, nail files, and knee-high stockings in all colors.

Kathy doesn't trust MapQuest or Google Maps and always travels with a full tank of gas.

NOTE: because of other meeting activities and the need to be done with the room by 12:30 p.m., member and visitor self-introductions must be limited to 30 seconds per person. Please plan and practice your “elevator speech” accordingly.

Other Upcoming Meetings

Mark your calendars!

At our **April** meeting, Denise Branco will report on her experience at the 2014 IBPA Publishing University (PubU) in San Francisco. The IBPA Publishing University offers an enormous array of presentations, seminars, and more on all aspects of independent publishing. Denise was selected for a scholarship to attend the event, and for travel and lodging support from NCPA. As part of that opportunity, she will report back to our members on what she learned there.

Watch www.norcalpa.org, NCPA's emails to members, and the May-June newsletter for information on subsequent meetings. Note that the **May** meeting includes the traditional annual business meeting, where the new board is introduced and a few minutes are devoted to an overview of the status of the organization. That is in addition to speaker or other scheduled feature.

Thanks go to Norma Jean Thornton for her energetic, creative, and effective recruitment of speakers and selection of topics for our meetings.

Norma Jean adds: If you have any suggestions for guest speakers, and/or topics, please let me know (normathornton@yahoo.com). I'll do what I can to book 'em!

Make Your Reservations Soon for the Sunday, April 27, 2014, Awards Dinner!

NCPA 2014 Awards Dinner Update by Rosa Umbach

Preparations for the April 27, 2014, NCPA Awards Dinner at Blue Prynt Bar & Restaurant in downtown Sacramento are coming along well. We have received 28 confirmed dinner reservations as of February 27th and have room for dozens more. But space *is* limited, so be sure to make your reservation (including choice of dinner entrée and dessert) as soon as you can. Absolute deadline for reservations to be received is April 10th. This applies to *everyone*, including book awards competition entrants.

Members have received a reservation form for the dinner, and payment may be made by check made out to NCPA or via the online payment option at (hold your breath, since it is long): http://norcalpa.org/online-members/store/item_view.php?id=9&item=2014-awards-banquet. Else: <https://www.norcalpa.org/online-members/store/> and click on the link to the “Awards Banquet.”

This year’s dinner will feature master of ceremonies (emcee) Tim Herrera, well known writer, speaker, and all-around personality. See <http://www.timherrera.com/> for more about Tim and his accomplishments. Here is a taste:

Tim Herrera is an award winning author and communications specialist who has done just about everything a person can do in media: college writing and communications instructor, newspaper columnist, television news reporter, radio reporter and anchor, TV news anchor, free-lance writer, talk show host and Communications Director.

Tim spent 22 years in the journalism business, with most of that time spent honing his public speaking skills in television and radio. He has worked as a television and radio reporter and anchor in Dallas-Fort Worth and Pittsburgh. Tim was a runner-up for the 2003 Will Rogers Humanitarian Award, presented by the National Society of Newspaper Columnists. He has a B.A. in Journalism from Penn State University and an M.A. in Strategic Communications from National University.

Tim also has extensive experience in media relations, having served as Communications Director for several agencies for the State of California including the Department of Consumer Affairs and the Department of Conservation. He currently serves as the Communications Director for the Sacramento County Office

of Education where he has earned numerous awards from the California School Public Relations Association (CalSPRA).

Aside from writing *What the Online Student MUST Know*, Tim is also the author of *30 Things You Should Know About Media Relations* (editions 1 and 2). He's also a celebrated family humor writer and the author of four collections: *Dad, You Are NOT Going Out Wearing That!*, *From Wedgies to Feeding Frenzies*, *Where the Dust Never Settles*, and *I'm Their Dad! Not Their Babysitter!* All four books are filled with warm and amusing essays on family and parenthood.

The awards dinner chair is responsible for planning and managing NCPA's annual event unveiling winners of awards for books published the prior year — for the 2014 event, of course, published in 2013.

Special NCPA Fundraising Event: Silent Auction

Update on Awards Dinner donations and donors, provided by Norma Jean Thornton, who is coordinating this fund-raising aspect of the annual awards dinner.

Things are churning right along regarding donations for the silent auction at our Awards Dinner, Sunday April 27, 2014.

This will be our 4th year with a Silent Auction. The 1st and 2nd years were in 2009 and 2010, during our NCPA Conference. (We also had a raffle of sorts, at both.)

- 2009 Proceeds (\$330) went to the Mustard Seed School in Sacramento
- 2010 Proceeds (\$575) went to Children's Receiving Home of Sacramento

Typically, the Awards Dinner was held the night before the conference, but our last Conference was in 2010. The annual awards dinner continued, but for a time we stopped gathering donations.

In 2013, we decided to set up a scholarship for a local high school senior with an interest in writing or publishing. We re-started our Silent Auction (our 3rd one), in order to fund the scholarship, this time during the awards dinner. The process is going on now to choose that student. The 2013 Proceeds (\$350) are for that scholarship. A process is underway as of newsletter deadline to solicit applications and select a winner.

The proceeds for 2014 (our 4th year), during this year's awards dinner, will also go to a local high school senior with an interest in writing or publishing.

As of now, we have the following donations:

- For the fourth time, the Grand Oaks Inn B&B in Clements, California, 209-759-3453, www.grandoaksinn.com, has donated a one-night stay, with a bonus of half off the 2nd night, if you wish to stay the 2nd night.

- Carvalho Family Winery, Clarksburg, California, has donated a gift basket including two bottles of wine and a guided wine tour valued at \$375. See www.carvalhofamilywinery.com.
- Privately guided tour of KCRA-3 TV Studios, including CALL3, KCRA.com with yours truly (Norma Jean), as your tour guide, for up to six persons (12 years or older. Longer tour and more perks if none younger than 18 and if on a Thursday. Value: Priceless. I'm spending many extra hours after my stint with Call3 each Thursday, to find out as much as I can about all the neat stuff down there. I'm also chatting more with all the reporters, anchors, producers, cameramen, editors, photographers, and all other sections, to prepare them, and me, for your questions. Contact me if you have questions now.

Several more requests have been made to potential donors, pending replies. If you have a talent, item, or service you'd like to donate to the silent auction, please let me know.

Likewise, if you can get a donation from someone else, please do so and let me know, as Laurie Hoirup did with Carvalho Family Winery.

More information about donors and donations will be provided as it comes in. I'll send Email out to the Yahoo Group.

Please note: You don't have to attend the awards dinner in order to bid. If you are interested in anything in the silent auction, please contact me for arrangements on how to bid.

— Norma Jean Thornton

California Bookstore Day, May 3, 2014

By Margie Yee Webb

Save the date for the first California Bookstore Day (CBD) on May 3, 2014. CBD is an event to celebrate books and independent bookstores. Exclusive literature-based art projects, unique books, and collector's items created just for the event will be offered for sale, for one day only, to encourage people to visit bookstores and purchase those items.

More than 80 independent bookstores across California will be participating. Items include a boxed set of four classic California novels, a joke book for kids with contributions from over 50 children's writers and illustrators, an original Lemony Snicket print about books, and a Literary Map of California.

The CBD project is a collaboration by the Northern California Independent Booksellers Association (NCIBA) and Southern California Independent Booksellers Association (SCIBA). Key people organizing the event include: Pete Mulvihill, co-owner of Green

Apple Books, board member of NCIBA and the person who proposed bookstore day; Hut Landon, executive director of NCIBA; and Samantha Schoech, event director.

The CBD website states, “CBD will harness the creative power of authors, publishers, and booksellers in a state-wide celebration of books and indie bookstores that’s part party, part literary happening and part sales event.” For more details, visit <http://cabookstoreday.com/>.

Help spread the word about California Bookstore Day! Like and follow Bookstore Day on Facebook and Twitter. Plan to support your local indie bookstore that day, and year-round too.

How to Pick a Professional Photographer

By Larry Wells

Editor’s note: After Larry attended the February NCPA meeting, I asked him if he would like to share some thoughts about how to choose a photographer for such needs as author photos for book back covers and promotional materials. He not only did so, but also offered a 25 percent discount on services to NCPA members. –K.W.U.

Sure, everybody with a digital camera calls themselves a “photographer” but there is a huge difference between that individual and a true *photographer*. When you’re looking for a professional photographer to capture the images and personality of you, your family, or whatever your need is, there are some things to consider when deciding which professional photographer you should hire.

Some people think that after having one photography class they’re experts in photography; that unfortunately just isn’t the case! Formal instruction can be a great way to learn techniques; but it’s not a substitute for hands-on experience and in my opinion a combination of both is a necessity. A professional photographer who is worth hiring should and will have enough experience to provide you with a varying range of their work, along with references and credentials.

Experience gives a professional photographer a leg up on anyone with a digital camera. A professional photographer has learned tricks of the trade, understands light, and knows what to do to make you look your absolute best in photos.

A good photographer will always be proud to display his or her work, so finding examples should be easy. Use those photos to determine if you like everything about them: the pose, the technique, the touch ups . . . everything. Experienced professional photographers will have a vision that should translate well in their photos.

What is the energy of the photographer? Does the photographer show passion for his work? Does he want to know who you are on a personal level so he can bring that out in the photograph? Photographers who don’t even bother to learn your or your family’s

names probably won't be able to put you at ease and bring out the best in you. Make sure the photographer has a reputation for being personal and delivering great results.

I sincerely hope the previous statements help you when choosing a professional. These are only a few suggestions that I have earned and learned in my 25 years of professional photography.

*Larry Wells is owner of Imagemaster Photography, 916-753-4692,
larry@imagemasterphotography.org, www.imagemasterphotography.org*

How to Prepare a Book Manuscript in Microsoft Word So Your Designer Can Effectively Lay Out Your Book's Text Block Using Adobe InDesign

By Ted Witt, Pretty Road Press

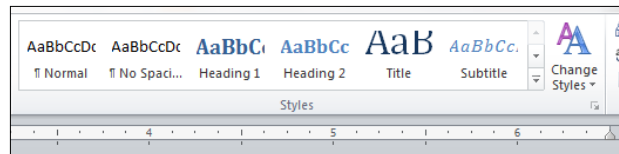
Every publisher has a standard for the submission of manuscripts and each has a bias. My bias — both for a manuscripts I buy and for an author who needs self-publishing help — is to use the “styles” function within Microsoft Word to speed work along. Most authors ignore the styles function and jump right to the writing task without regard to formatting.

Eventually, the book has to be formatted, so the earlier a writer embraces the functionality to tag text with styles, the better. If you are at the end of your book already, here are steps need to prepare your manuscript for a publisher whose graphic designers are using Adobe InDesign to format your book.

On a piece of scratch paper, make a list of all the types of text elements you have in your book. What are elements? They are all the paragraphs and lines that end with a paragraph return, each of which has a distinctive look. They include chapter numbers, chapter names, bylines, introductory paragraphs, regular paragraphs, scene changes, sidebars, headlines, subheads, footnotes, pull-out quotes, copyright notices, title, publisher name — anything in your book except, perhaps, pictures and illustrations, but even those can be tagged.

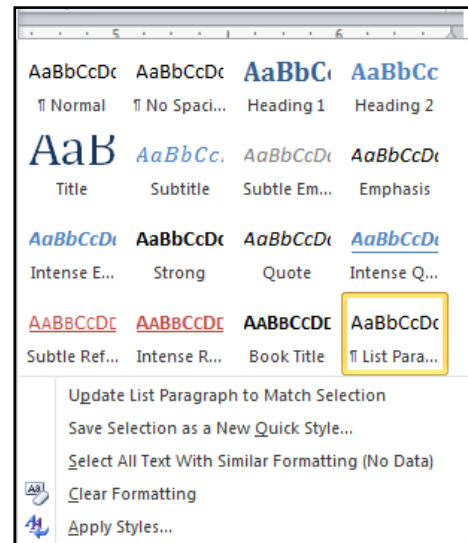
Create a duplicate file of your manuscript in case anything goes wrong. Work on the duplicate.

Each and every single element of your book manuscript should be tagged with a style in Microsoft Word. Styles usually appear under the “Home” tab of the Microsoft Word Tool Bar. Here is a screen shot of some default



styles and the button to “Change Styles.” If you know how to use styles, go ahead and start tagging elements with an appropriate style tag.

If you did not create your manuscript using styles in the first place, the quickest way to start is to “Select All,” then right click and choose “Styles” from the pop-up menu. You will have an option to “Save Selection as a New Quick Style.” Click on it, and then give the selection a name, such as “My Body Text.” Doing this, you now will have tagged everything in your manuscript with the style “My Body Text.” Warning! Some of your manuscript formatting may change at this point. Don’t worry, you can correct it later.

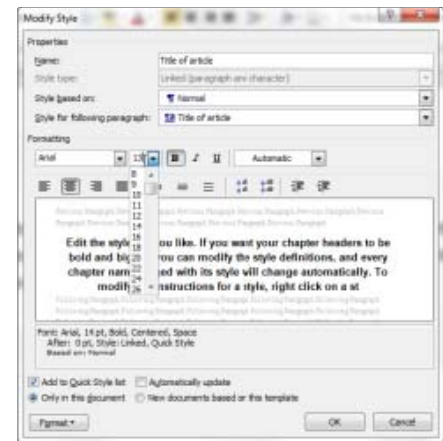


Referring to your scratch paper, identify another distinct element of your manuscript, such as a chapter name or chapter number. Highlight the element, and go through the same ritual as above, but give the style a different name. In this example, the name would be “Chapter Name.” Now you should have two new style names in your tool bar.

Go through your entire manuscript, click on all the chapter names one by one. Place your cursor somewhere in the chapter name. Go to the style tool bar, tag your selection with the style called “Chapter Name.” The tag “My Body Text” will be replaced with “Chapter Name.”

Repeat this process for all the elements of your book, including your title, your copyright information, and your table of contents. There is no need tag page numbers with a style, but you can if you wish.

Edit each of the styles, if you like. For example, if you want your chapter headers to be bold and bigger, you can modify the style definitions, and every chapter name tagged with its style will change automatically. To modify the instructions for a style, right click on a style name in the style tool bar and choose “modify.” The screenshot above shows how the title of this article was changed from 14 point Calibri to 13 point Arial.



Microsoft Word is built so that when you tag a paragraph with a style, your special formatting within a paragraph is maintained. For example, if you used a foreign word in a paragraph and italicized it, the italics should stay even though you have changed the style for the paragraph as a whole. That’s called an “override.” Check to make sure the software is working correctly and that your style overrides are still showing up correctly.

By identifying all elements with a style, you do not need to worry that your manuscript looks pretty at this point, only that every paragraph is tagged. The designer will modify

the definition of each style to match his or her design scheme. Then your book will look pretty.

Once you are certain everything in the manuscript has been tagged with a style, you are ready to start dividing up your manuscript into chapters. Save your file and make as many copies as you have chapters and front matter in your book. If you have 27 chapters and front matter, you will be making 28 copies. The bookmaking tools of Adobe InDesign are best exploited when the software assembles all of your separate chapters into one whole book. This is essential for proper pagination and ensuring new chapters start on right-hand pages. Therefore, separate your book manuscript into chapters. Open Microsoft Word copy number 1, keep the front matter, and delete the rest of the manuscript. Open copy number 2, delete the front matter, keep chapter one, and delete the remainder. Open copy number 3, delete front matter and chapter one, keep chapter two, and delete chapters three through 27. Repeat this pattern until you are done.

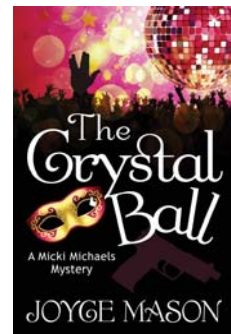
Deliver all your files electronically to your publisher or Adobe graphic designer and have a conversation about your expectations for a final product, including book size, its look, and feel.

Now THIS is a Book-Signing Announcement! Joyce Mason Piques Interest in *The Crystal Ball*

In the following, Joyce not only announces her upcoming signing, she does it with creativity, style, and enthusiasm that we can all learn from. (Copyright 2014 by Joyce Mason.)

Calling All Avid Readers in the Great Sacramento Area to a *Crystal Ball* Book Signing and Author Chat!

Save the date! I'm pleased to announce that I'll be doing a *Crystal Ball* book event at the Avid Reader at Tower on March 15 from 2:00-4:00 pm. This wonderful, independent bookstore is located at 1600 Broadway, across from the Tower Theater. It's cozy, colorful and the kind of place you could spend hours browsing and enjoying. Cookies and other surprises will be served!



In capsule, *The Crystal Ball* is about an astrologer and her ex-FBI boyfriend who are forced to merge their hot chemistry into a crime-busting Odd Couple. The action takes place in San Francisco at a longevity organization's futuristic costume party.

This is your opportunity to learn the back story of *The Crystal Ball*, as well, and to ask any questions you might have about my journey into fiction. At every book event, I attempt to replicate, at least a little, the party between the pages in my debut

novel. I hope you'll come by and laugh and learn together. It's a mystery, so add some intrigue.

If you're not local, you can still order my book from the Avid Reader website. Have friends in or near Sacramento? Thanks for telling them about this good time.

Meanwhile, I'm posting a quiz to pique your curiosity about the kinds of questions you can ask me at Avid Reader on March 15:

1. Was the main impetus for writing *The Crystal Ball*:
 - a. My love of costumes
 - b. My desire to teach people about astrology
 - c. My need for a job change
 - d. My need to resolve a relationship
2. What was *The Crystal Ball* called in the original manuscript, started 24 years ago?
 - a. Crystal Clear Crimes
 - b. Life's Companions
 - c. Opposites Attract
 - d. All the Live-Long Day
3. What was the original name of the protagonist before she was renamed *Micki Michaels*?
 - a. Carissa (Cari) Sender
 - b. Adrienne Blessing
 - c. Hope Dudleya
 - d. Maria Sharkin
4. What was Curt Stern's name in the early development of the novel?
 - a. Keene Wolf
 - b. Max Krause
 - c. Greg Fox
 - d. Curt Stern (not changed)
5. In the original version, what music was the protagonist originally listening to when she woke up on New Year's Eve morning?
 - a. Be My Life's Companion (Mills Brothers)
 - b. Auld Lang Syne
 - c. For Once in My Life (Stevie Wonder)
 - d. I Feel the Earth Move (Carole King)
6. What was the original ending?
 - a. Micki gets pregnant and Curt has to marry her.
 - b. Micki gets pregnant and Curt decides he wants to marry her.
 - c. Micki burns out on trying to live with her polar opposite and breaks up with him.
 - d. Micki and Curt are doing well together, but there's no resolution to their romance, leaving it open for other books in a series where the question "*Does it last?*" will ultimately be answered.

7. Why did I choose the topic of longevity?
 - a. I'm an aging baby boomer, looking for hope.
 - b. I believed physical immortality was theoretically possible.
 - c. I thought the idea of living a long productive life, while looking and feeling as young as possible, would appeal to almost everyone.
 - d. With all my characters looking 20 years younger than their ages, those desperate for eternal youth might buy my book looking for the "secret."

Was that as much fun for you as it was for me? One of my favorite things to talk about is how this book has grown with me over time. In the beginning, it suffered from "genre confusion." I wasn't sure if it was a romance, a mystery—or what. Now I'm sure it's a mystery with a lot of romance and also a lot of "or what." With its multiple themes of relationships, longevity, astrology, flower essences and a smorgasbord of ways to make life richer, there's something for everyone.

Find out what's in it for you and join the fun on March 15!

Nuts & Bolts of NCPA, Part 4

This is the fourth in a series about the mechanics of Northern California Publishers & Authors. The board would like to "demystify" the workings of the organization — which, to tell you the truth, really are not all that mysterious — to help encourage members who might be on the fence about volunteering to step forward and take an active role.

This issue's topic is the **annual election of officers**. The following schedule for this year's election, adapted from norcalpa.org, shows the steps and can serve as a template for coming years:

- By March 25th, nominations end. A member may nominate himself or herself, or may nominate another person by that date. (That person's nomination is of course contingent on his or her acceptance of that nomination.)
- By April 1st, candidate statements (200 words maximum) be sent to the communications director to be formatted for forwarding to NCPA's webmaster.
- By April 10th, webmaster posts ballot online, along with the candidate statements, and notifies members by email of the opening of the election.
- By April 10th, lists of nominees and their respective statements also be sent by email to the NCPA email list (including to members who are not part of the NCPA Yahoo group, which handles our regular email list).
- By April 15th, balloting concludes and results are tallied. Candidates are notified of results following tallying of ballots.

- On April 27th, results are announced at the annual awards dinner, and the incoming board is briefly introduced.
- On May 1st, new officers take their positions.
- At the May membership meeting (the annual business meeting), incoming board members are introduced to the members in attendance and the ceremonial gavel handed off to the new president.

The challenging part is to find members who will take on the elected positions, as well as members to accept such appointed roles as newsletter editor and conference chair. We have more success with some responsibilities than with others.

A sage word of advice from one of my long-time friends in the Citrus Heights Regional Chamber of Commerce: **Your first job when accepting a leadership role is to find your replacement.** That is, the job will be yours forever unless you can find and develop someone new to move into the role when the time comes.

In all of this, keep in mind that NCPA is just a small, independent organization made up of folks with an interest in writing and in independent publishing. The purpose of NCPA is to support and encourage independent publishing in our region, and it does that through meetings, an email list, a newsletter, annual book awards, and occasional special events. People join to learn and to share their knowledge.

Other News, Announcements, and Comments

Your editor invites submissions for this section of *The Pen & Press*. Short items about NCPA members or otherwise of interest to writers, editors, and publishers (and allied folks) are welcome here.

✓ See www.cwcsacramentowriters.org for information on the **California Writers Club, Sacramento Branch**, and its monthly luncheon meetings, monthly “Writers Network” breakfast meetings, monthly “Open Mic” sessions, and special events. As of deadline for this issue, here is the upcoming schedule, courtesy of Margie Yee Webb (NCPA member and president of CWC, Sacramento Branch):

- March 7, 2014, 9:00 to 11:00 a.m. California Writers Club, Sacramento Branch: Writers Network: Kiyoko Sato, author of *Dandelion Through the Crack: The Sato Family Quest for the American Dream* and winner of the William Saroyan International Prize for Writing (nonfiction) in 2008. Kiyoko’s memoir was later republished by Soho Press, New York, as *Kiyoko’s Story: A Japanese American Family’s Quest for the American Dream*. IHOP, 2216 Sunrise Blvd., Rancho Cordova, CA 95670. (See www.dandelionthroughthecrack.com for more information on Kiyoko and her memoir.)

- March 14, 2014, 7:00 to 9:00 p.m. California Writers Club, Sacramento Branch: Open Mic, Enjoy 10 minutes of fame! Readers and Listeners Welcome. Barnes & Noble, Birdcage Center, 6111 Sunrise Blvd Citrus Heights, CA 95610.
- March 15, 2014, 11:00 a.m. to 1:00 p.m. California Writers Club, Sacramento Branch: Luncheon Meeting: Gini Grossenbacher, Marsha Porter, and Margie Yee Webb – panel on writing contests and manuscript review techniques. Cattlemens Restaurant, 12409 Folsom Blvd., Rancho Cordova, CA 95670. Meeting Fee: Members \$14 and Nonmembers \$16 (includes lunch).
- April 4, 2014, 9:00 to 11:00 a.m. California Writers Club, Sacramento Branch: Writers Network, IHOP, 2216 Sunrise Blvd., Rancho Cordova, CA 95670. Speaker will be Frances Kakugawa on “How to Give a Fantastic Presentation.”
- April 11, 2014, 7:00 to 9:00 p.m. California Writers Club, Sacramento Branch: Open Mic, Enjoy 10 minutes of fame! Readers and Listeners Welcome. Barnes & Noble, Birdcage Center, 6111 Sunrise Blvd Citrus Heights, CA 95610.
- April 19, 2014, 11:00 a.m. to 1:00 p.m. California Writers Club, Sacramento Branch: Luncheon Meeting, featuring Stephanie Chandler on public speaking. Cattlemens Restaurant, 12409 Folsom Blvd., Rancho Cordova, CA 95670. Meeting Fee: Members \$14 and Nonmembers \$16 (includes lunch).

✓ NCPA Member, Linda Bello-Ruiz is pleased to share that *From Tears to Triumph, My Journey to The House of Hope* won the Gold Medal in the 2013 national Illumination Book Awards, Biography/Memoir category

✓ **Laurie Hoirup** continues to seek out new venues. She will be hosting a booth at the Getty Owl Foundation’s fundraiser/10K for spinal muscular atrophy (SMA), which is her disability, on the morning of February 23 at the Crocker Museum. She welcomes all visitors. She is also scheduled to be on a panel with others who have different types of disabilities, talking about living successfully with a disability, on April 4 in Orange County during an emergency preparedness seminar for individuals with disabilities. On April 18, Laurie will be presenting to a senior center in Roseville as part of the center’s authors project, “All the Write Stuff,” where they host a different author every month. It is open to their residents and to the public. In addition, she will be hosting a booth on August 23 in Golden Gate Park during the annual SMA Walk and another at the annual Delta Art and Wine Festival on October 5 at the Old Sugar Mill in Clarksburg. She will be joined by many other authors for that particular event. Anyone interested in participating should contact her via her email, Laurie@Laurieslegacy.com. She also requests any potential venues you are in contact with that might be appropriate for her topic.

✓ **Tom Kando** has two recent publications:

1. His book review article on Joseph Tainter’s book, *The Collapse of Complex Societies* appears in the March 2014 issue of the *International Journal on World*

- Peace* (pp. 107-114), a refereed scholarly journal published by the Professors World Peace Academy.
2. His short anecdotal piece, “Dutch Skating is Fabulous,” appeared in the *Silver Bulletin*, the Cal. State University’s Emeritus Association publication.

✓ **Frances Kakugawa** was mentioned in the *Hilo Tribune Herald*:

Educator, caregiver, poet and award-winning author of 11 books Frances Kakugawa will speak at 5 p.m. Thursday, March 6, at the Aging and Disability Resource Center in Hilo.

Kakugawa will take the audience on her personal journey, through poetry and actual experiences, about how she rose above the daily tasks of caregiving and found meaning and dignity in caring for her mother, who had Alzheimer’s disease.

Hear her read some poignant poems about her experiences and how journaling and poetry became part of her tools in helping her transform from a scared caregiver into a capable and passionate caregiver.

She will share lessons learned, and the choices confronting caregivers to either succumb to the realities of caregiving or to live with “that small light of our own humanity by offering our loved ones, the dignity in living the last years of their lives.”

Three of her children’s books received Best Children’s Book of the Year awards. Her most recent book, *Kapoho: Memoir of a Modern Pompeii*, received the Northern California Publishers & Authors Best Non-Fiction Award. Three of her books are on aging and caregiving.

She was recognized in *Living Legacy, Outstanding Women of the 20th Century in Hawaii* and received the Hawaii-Pacific Gerontology Society Award for her work with the elderly.

✓ **Thea Holmdahl**’s memoir, *From Above the Golden Gate*, is now available as an e-book on Kindle, as well as via Amazon.com and ondemandbooks.com.

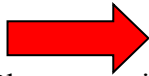
✓ Know someone who is looking for quality assisted living? Be sure to ask for a tour of our monthly meeting host, **Emeritus at Citrus Gardens** (formerly Merrill Gardens).

✓ Searching for a special used book, or looking for bargains on reading? Check out 2010 NCPA Conference sponsor **Time-Tested Books**, 1114 21st Street, Sacramento, CA 95811. See <http://timetestedbooks.net/> for more information.

✓ **Your notice or announcement could go here!** 

A Note from the Editor

Send your articles and announcements for the newsletter to ken@umbachconsulting.com.



Use “NCPA NEWSLETTER” as the email subject heading!



Please provide submissions in Microsoft Word (or compatible) format or in plain text (preferably *not* in pdf and definitely not in jpeg or other image format for text). If you would like to discuss an article idea or have any other questions or comments about the newsletter, feel free to email or phone.

What fits best into *The Pen & Press* is news of members’ books, activities, marketing, speaking engagements, and accomplishments. Also of value: members’ insights into the challenges and opportunities of writing and publishing and information on regional resources for authors and publishers. Cover illustrations and other photos are welcome in jpeg or other standard format. Please keep file sizes and illustration dimensions reasonable. When in doubt, call or email me in advance.

The deadline for submissions for the next issue is close of business, Monday, April 28, 2014. **Please submit material, especially anything longer than a brief notice, well before the deadline, preferably by April 21.** If you do not want your article or announcement to be lost in hundreds of accumulated email messages, use **NCPA NEWSLETTER** — *exactly and only that* — as your email subject heading. Send to ken@umbachconsulting.com.

— Ken Umbach, interim editor

**Note: the May-June issue will be my last one.
Watch for information about the new editor.**

The Pen & Press is published by Northern California Publishers & Authors, a coalition of authors, small presses, and independent publishers. All newsletter content, unless otherwise attributed, is copyrighted by NCPA. Material from the newsletter may not be reproduced in any way without written consent of the copyright holder. The editor reserves the right to accept or reject submissions and to edit submissions for length, clarity, or style.

Readers are of course free to print copies for noncommercial personal use, and NCPA members are welcome to print copies of the newsletter to share with friends, colleagues, and prospective members.

Mailing address

NCPA c/o Ken Umbach
7405 Greenback Lane, #130
Citrus Heights, California 95610
www.norcalpa.org

Board of Directors of NCPA

President

Ted Witt
tedwitt@prettyroadpress.com
916-934-8434

Vice President

Dennis Potter
dennispotter56@aol.com
916-208-8334 (work)
916-253-758 (home)

Secretary

Tom Kando
Kandotom@csus.edu
916-852-0253

Treasurer

Laurie Hoirup
Laurie@LauriesLegacy.com
916-469-7695

Communications Director

Ken Umbach
ken@umbachconsulting.com
916-722-6897
916-812-9178 (cell)

NCPA's elected executive committee includes president, VP, secretary, treasurer, and communications director.

Publicity

Norma Jean Thornton
normathornton@yahoo.com
916-991-5751

Website

Jim Collins
jim@jcwwrite.com
209-566-0935

Programs (monthly meeting)

Norma Jean Thornton
normathornton@yahoo.com
916-991-5751

Newsletter (interim)

Ken Umbach
ken@umbachconsulting.com
916-812-9178 (cell)

Membership

Sharon Darrow
Sharon@SharonS.Darrow.com
800-462-2328

Awards

Margo King Lenson (tuicom@att.net) is assisting with the process, in lieu of a formal awards committee chair. See www.norcalpa.org for more information.

Past President

Barry Schoenborn
barry@wvswrite.com
530-265-4705

Awards Dinner Coordinator

Rosa Umbach
rlumbach@surewest.net
916-342-7556

Conference Chair

Position is open! (Could coordinate workshops or seminars instead of full conference.)

Speakers Bureau

Position is open!

Meetings are on the second Saturday of each month, 10:30 a.m. to 12:30 p.m., at Emeritus at Citrus Gardens (formerly called Merrill Gardens Retirement Community), 7418 Stock Ranch Road (just west of Sylvan Road about a quarter mile north of Greenback Lane), Citrus Heights. Visitors are welcome.