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melia Island Writers



The Dog Days of summer are here. Sirius, the Dog Star, rises with the sun at this time of year. Ancient theory for the intense heat of summer was attributed to this combination event. Lethargy, storms and searing days are all part of this period. In this time of COVID-19, add the oft heard "what day is it" syndrome. A straw poll suggests no meetings in person, but better days are ahead.



Find some good news and better days right now through this uplifting website. Thanks to Vic DiGenti, Florida Writers Association Regional Director, for this link.

<http://www.goodnewsnetwork.org>

Remember when mom reminded us about our posture? With

and that can produce pain and tightness. Our Summer Camp for Adults agenda included stretching exercises for writers. As much fun as that would have been in person, we've made adjustments. In lieu of being together, check out these brief, helpful YouTube videos. You'll go from slouching over the computer to sitting and standing tall as these late summer straw flowers. Thanks to Katherine Hoehn for locating these resources.

Seated Back Pain Relief Stretches, Ask Doctor Jo -

http://www.youtube.com/watch?v=bEDH_uTcdf4

Yoga at Your Desk (includes a sitting Eagle pose) -

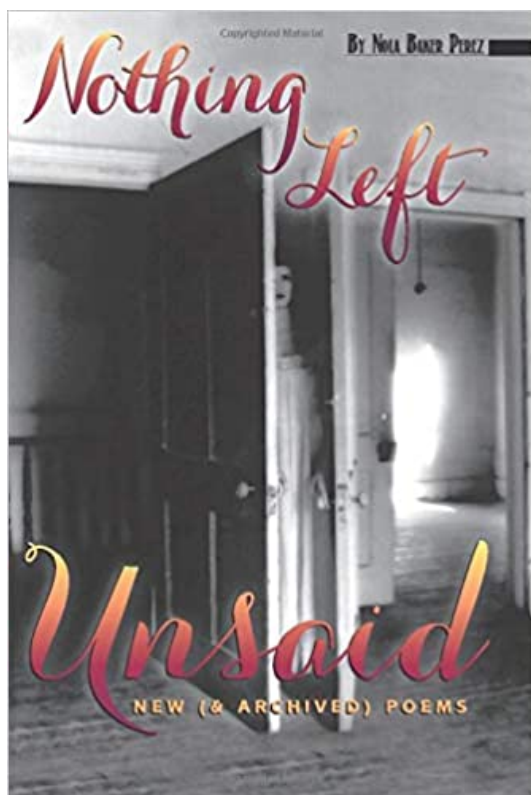
<http://www.youtube.com/watch?v=tAUf7aajBWE&t=168s>

10 Minutes with Adrienne for Your Neck, Shoulders and

Upper Back - <http://www.youtube.com/watch?v=X3-gKPNyrTA>



Book Releases and Signings



Nola Perez, Fernandina native, has just released her latest book. Her 19 books have taken us near and far, including Brussels and Paris, where she resided. But this one is a collection of poems that commemorate those who no longer walk beside us, those who have crossed the poet's path and changed her life. Nola recently talked with Ron Kurtz for Story and Song Facebook live. Previously recorded shows can be found on Facebook-Story and Song Bookstore Bistro. The book is available

Nola's son, Michael Vincent Perez, is a presence in Fernandina Beach from time to time. He is editor of *Billie Holiday, Essays on the Artistry and Legacy*.

Local Authors at The Book Loft

Friday, August 14, 5 pm: *Fort Clinch, Fernandina and the Civil War* by local historian Frank Ofeldt III

Saturday, August 15, 1-4 pm: *Lions in the Water* by Jack J. Wyatt.

Does this sum up your wish list? "A writer of books needs an assistant, a coach, and helper for inspiration and some magic!" Amelia Island Writers webmaster Michael Stokes found a delightful read in *Wondrous Rex* by Patricia MacLachlen (March 2020). The short book encapsulates the "joy in using words, sharing stories and loving a wondrous dog, Rex." **Does this describe your situation?** The main character, Lily, is befuddled by her writing. "Her stories don't go anywhere, her desk is a mess, and her writer's group can't help." An advertisement for an assistant turns up quite a surprise. Since we have a couple of new aspiring children's book writers, it's an opportune time to share the news of this cute book. An author of many books, Patricia won the Newbery Medal for *Sarah, Plain and Tall*.

August Noteworthy Dates

Sunday, August 9: National Book Lovers Day. A day to dial down devices and pick up a book to enjoy. Shop for a new title to read. Give the gift of a book to someone special.

Saturday, August 29: Indie Bookstore Day. More about this at: <http://www.indiebookstoreday.com>

We extend continued appreciation for our stellar independent

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Let's thank you for supporting authors, creative arts and culture in our community.

Sunday, August 30: Frankenstein Day - author Mary Shelley's birthday (08.30.1797 - 02.01.1851). There is no end to the study of this fascinating author and her writings. Not to mention baking a monster cake.

<http://www.mybluprint.com/article/get-scared-its-monster-cake-time>

If you obtained our Summer Camp book, FL Writers Assn. Collection Volume Ten, you've been in for some entertaining stories. For those of us who have a difficult time with creative writing, *Where Does Your Muse Live* helps us tap imagination and be inspired. We hear about the pandemic bringing on inability to focus. Choosing something that helps you get off the couch and get going is an objective of this study.



You may remember the nine muses of Greek mythology. Think of your own inspiration, someone or something in your life that ignites your writing. A song, a portrait, an animal, a place.

To participate in this writing program, contact Katherine at: kat@katwritesandsnaps.com. If you do not have the book, but wish to write about your muse along with us, that's fine, too.

We are reading the top ten stories first, a total of 38 pages. Compare the writer's experiences. Were there similarities? Do they explain how they found their muse and what the

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There are 65 additional stories included in the Collection. From those, we will each choose six or so that we want to study and compare. Apply what you've learned and write about finding your muse in roughly 750-1200 words. As always, you may participate in this program, exchanging ideas with others, without sharing your own writing.

Where Does Your Muse Live book Information is in the July newsletter, archived on the website:

<http://www.ameliaislandwriters.org>

Send your announcements, book launches, events, etc. to share. They will be included in this newsletter. Monthly news is distributed to over 180 writers/aspiring writers in Nassau. Send care of Marla at:

divinemissmm@yahoo.com or Michael at:
mstokes@fernandinabeachlife.com

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Florida Writers Association
Writers Helping Writers

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