

eastword>

Cozy up with the writing community in Nova Scotia

WINTER 2017

THE MAGAZINE OF
THE WRITERS' FEDERATION
OF NOVA SCOTIA

Namaste

*Discover how downward dog can
make you a better writer*

Raise the white flag

Come inside a writers' retreat

Poetic license / Liquor license

Welcome to a place where both worlds meet

Murder she writes

Meet Caleb Cove creator Mahrie Reid



THE MAGAZINE OF
THE WRITERS' FEDERATION
OF NOVA SCOTIA

Eastword

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The Writers' Federation of Nova Scotia fosters creative writing
and the profession of writing in the province of Nova Scotia;
provides advice and assistance to writers at all stages of their
careers; encourages greater public recognition of writers and
their achievements; and enhances the literary arts in our regional
and national culture.

We recognize the support of the province of Nova Scotia. We
are pleased to work in partnership with the Department of
Communities, Culture and Heritage and Arts Nova Scotia to
develop and promote our cultural resources for all Nova Scotians.

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Comfort and joy

I have discovered yoga. Technically, I have rediscovered yoga. Over the various decades of my life, I have found myself standing on a mat trying to balance like a tree, flex like a dolphin, and bend like a puppy. What was missing from my earlier efforts to find a Zen-like state was a sense of commitment. I couldn't bring myself to care more about being physically toned and spiritually well-honed than reading a good book or vegging out with *Hawaii Five-O*.

Now I have learned that the secret to commitment is joy. Somewhere over the course of the last few years as I strengthened my warrior, aligned my upward dog, and actually began to look like a triangle, I found not only did I enjoy my yoga classes, I looked forward to them. Indeed, I didn't want to miss them. can be recorded.

Yoga has also taught me to be a better writer. One of the premises of the practice is that you listen to your body. Push yourself, but know your limit. It's also good advice for those of us who work with words. Yoga is about perspective and options. The world is not as hectic and demanding when your breathing is measured and relaxed. It is also a less difficult and daunting place when you discover that there is more than one way to do something well – and satisfyingly.



In this issue, yoga instructor Kathryn Francis shares some tips for sparking your creativity and settling mind and body. It may be just what you need. Or not. Taking yourself and a tome to the Good

Robot Taproom in Halifax is another alternative to unwind and rewind. Or you may wish to retreat from winter weather woes altogether. The choice is yours, but the desire and the drive to stay comfortable and cozy is a familiar feeling for anyone who lives with winter and for anyone who creates people, places and prose from imagination and reality.

We need to respect the need to hunker down and settle in. This issue of Eastword is devoted to the theme, *hygge*, which is Finnish (albeit loosely) for “cozy.” And Finland is a nation that knows how to huddle in contently for whatever winter brings its way. Ultimately, getting cozy is uniquely personal and professional. It's also ever evolving as those of us who have rediscovered yoga know well.

So our wish for you is that this winter and the months that follow are filled with the comforts and joys of every season and every word. As we say in yoga, open your heart and remember to breathe.

Cheers,

A handwritten signature in dark ink, appearing to read 'dm'.

donalee Moulton
Managing Editor
quantum@eastlink.ca

The demands of deadlines

By Sarah Sawler

Q “I’m feeling overwhelmed with deadlines. How can I get out from under?”



As a freelance writer, author, and book reviewer, deadlines are a big, unavoidable part of my working life. But despite the fact that I’m a pretty stressed and frazzled individual by nature, it’s my work – my writing – that keeps me grounded. And that’s partly because I do a few key things to keep my writing life under control and frazzle-free.

Here, for you, is my (mostly) stress-free guide to dealing with deadlines.

Plan your days in advance. Whether you use a traditional day-planner, rely on a digital tool like Google Tasks, or plug each day’s to-do list into your iPhone calendar like I do, writing down your tasks (and designating a window of time for each one) will keep you on track and help you remember everything. Plus you’ll get a feeling of accomplishment when you get to delete the task or cross the item off your list.

Give yourself an early deadline. Have an assignment due on February 24th? Budget your time so that, if all goes well, it’s finished on February 22nd. If it’s done by the 22nd, you can let it sit overnight and give it another close look before sending it to your editor. And if something comes up and you don’t get it done early, you still have two buffer days before you need to start chewing your nails.

Don’t over-commit. This is a tough one, especially if you’re a freelancer with inconsistent cash flow, but it’s really important to keep your workload manageable. When you’re offered an assignment (or you’re negotiating a book deadline), have a look at everything else you’ve got to clear off your plate before the proposed deadline. If you’re not sure you’ll be able to make it, explain to the editor that you have conflicting commitments and see if there’s any flexibility. If there isn’t, it’s better for everyone and your relationship with the editor if you just opt out.

Talk to your editors. No matter what you do to keep your work on track, sometimes it all goes sideways. If there’s a risk you won’t make the deadline, talk to your editor about it, even if there’s still a chance you’ll get the work done in time. This gives your editors a chance to plan for a possible delay. They’ll appreciate the heads-up, and they might even be able to offer a solution to whatever is posing the problem.



Sarah Sawler is the author of *100 Things You Don’t Know About Nova Scotia* and an award-winning

journalist with bylines in *Halifax Magazine*, *Quill & Quire*, *Atlantic Business Magazine*, *ParentsCanada* and more. Her first published short story appeared on spelkfiction.com last October.

If you have a question you’d like an expert to answer, please send it to admin@writers.ns.ca with Ask the Expert in the subject line.

Silence is golden – and good for what ales you

Bars are not always deafening places as poet Justin Kawaja discovered.

By Justin Kawaja

It's another winter evening, a familiar scene in Halifax: a crowded bar. I'm elbow-to-elbow with strangers. Instead of the dull roar of voices mingling with music pulsating from speakers, however, the bar-goers have taken a vow of silence. Not a beep, blip, or tap to be heard: just the sounds of pages turning.

That evening I attended what was to become a wildly popular event in the city's North End: Silent Reading Night at the Good Robot Taproom. It's a proper pub; cozy without feeling cramped or cavernous, encased in warm lighting, a denial of winter waiting to pounce. A friendly cadre of bartenders poured up a great assortment of fresh-brewed beers as readers settled in to snuggle up with a good book.

I spoke with Joshua Council, one of the co-founders of the Good Robot Brewing Company, about the inspiration behind the silent reading night. He traced the idea back to Seattle where he spent some time living. "They're very hip, but there's a bit of coldness. It's tough to make friends out at bars. I'd usually bring a book as an

excuse – something to fall back on in case nobody takes a seat with you."

After experiencing silent reading nights in Seattle, Council saw an opportunity to uproot the idea elsewhere. "I'm about as introverted as extroverted. There's nowhere really for introverts to go outside of libraries and coffee shops."

When Council came to Halifax, he wanted to recreate this scene. "There are a lot of beer drinkers that like to read – but bars in Halifax tend to be very lively and loud and intimidating. This gives them an excuse to come out somewhere cozy and comfortable."

The reading nights have been an immense success for Good Robot, a reality that has not surprised Council. "It's a sort of social experiment a lot of bars don't really take advantage of – like group painting."

Winter is an ideal time to read, he adds, a time when people wrap themselves in an introspective attitude and a hint of the blues. "Curl up with your brain and a book – a cold solo adventure."

But it's not just a solo adventure I discovered. Aside from catching up

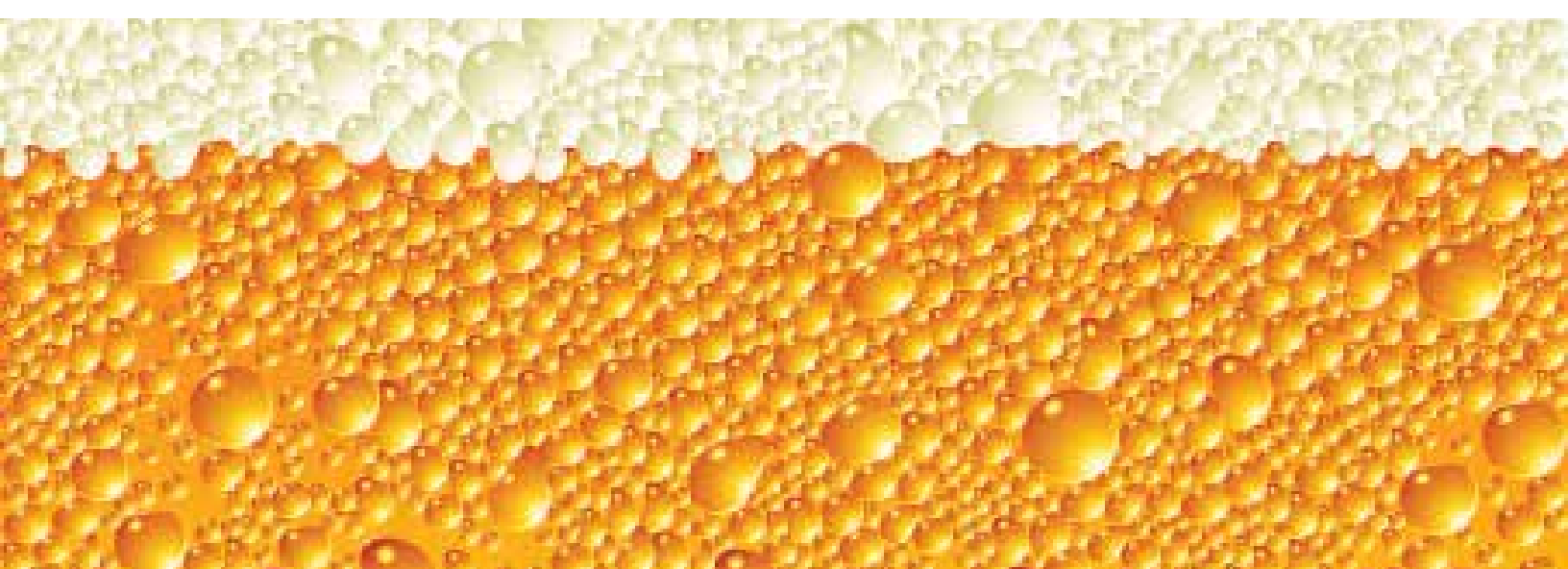
Do it yourself – at a special WFNS discount

If you'd like to unwind with a piquant pinot or celebrate with a cheery cabernet of your own making, Vintner's Cellar in Bedford, N.S., offers on-premise wine making for writers (and others) looking to have a bottle of their own making without the inconvenience of having to set up a wine-making enclave at home. They'll even customize a label for you. And you can't beat the price. All WFNS members will receive a 10% discount off their first order. To find out more, visit www.vintnerscellarbedford.ca/. Salut!

on my backlog of reading, I had the chance to connect with folks at my table and struck up a conversation about our respective reads. It was a warming experience.



Justin Kawaja is a poet and bookseller in Halifax. His work has appeared in the chapbook *The City Series: Halifax* and the Gaspereau Press Poetry Anthology *Writing the Common*.



By the light of the silvery moon

*Join David Wimsett as he looks back on his first writers' retreat.
Discover why a forgotten lantern is a good thing.*

By David Wimsett



I had never been to a writers' retreat until last fall when Nova Scotia writer Sandra Phinney organized one at Birchdale, near Yarmouth. I have been to many writing workshops and thought this would be the same thing, only in the woods.

An email arrived telling me to bring food for breakfast and lunch. Dinner would be provided in a communal setting. There would be an hour of gasoline-generated electricity in the morning and the evening, but no cell coverage and no cable. I had intended to bring a bright, LED lantern to read by, but forgot it at home. This was the best mistake I could have made.

When I arrived, I asked Sandra about the schedule. Other than dinner, she said, there wasn't one. I looked around at the trees and the cabins and a lake. "What do people do?"

"There are canoes and kayaks. You're welcome to use any of them," Sandra said. There were also hiking trails. I could take photographs, edit material or write something new if I wanted. There was no hint of critique groups or lessons.

Sandra showed me my log cabin with its wide porch facing the lake. This was one of the original buildings dating back

to when Birchdale was a remote fishing and hunting camp in the early 20th century. In the 1970s, it became the Nova Nada Monastery. Now it is a private camp.

I wandered out onto a trail that followed the shore. The ground was moist as I stepped on moss and across logs that were laid down as bridges over streams. Climbing a small rise, I looked up to see a panoramic view of the lake. The rotting remains of an Adirondack chair overlooked the water, and I wondered who had carried it there so many years before.

At dinner, I met the other nine participants, all writers. There is something magical for me about being in the company of other writers. It doesn't matter what turn the conversation takes. We know each other for who we are and what we do. There is no need to explain ourselves. We are instantly old friends.

The main lodge was a large, log building with a massive fireplace on one wall that radiated heat and light. There were tables, chairs and a couch scattered about. People sat alone and in groups. Some read. Some wrote. Others spoke on politics and dogs and the woods. Little was said about the craft of writing.

Supper was consumed by the light of kerosene lamps that gave off a soft, tangerine light. Some people brought wine. We ate and talked and laughed.

It was chilly when I returned to my cabin. I stoked the wood stove, which gave off a remarkable amount of heat, and sat down with a book. I read by a kerosene lamp. The scene outside the window was utterly black, except for thousands of stars shining around the edges of the trees.



Up until then, the little voices in the back of my mind that constantly reminded me of deadlines and appointments had been chattering away. But sitting there with the wood stove crackling and the mass of timbers around me locking out the modern world, a sense of ease came over me. Without the distraction of those voices, I was able to concentrate better. My thoughts felt clearer. The voices had retreated. Then it hit me. Retreat. Pull back. Regroup. That's what the next few days would be about.

I settled into the chair and did something I had not done in a long time. I relaxed.

Later I asked Sandra why she had organized the retreat. She said she wanted "downtime where people could talk writing and language, but where I would not have to teach." She felt this was best done away from home and without phones and computers, just company.

I returned to the outside world and my routine feeling refreshed with a perspective that reminded me why I do what I do. Today, I still carry a piece of Birchdale inside me.



David A. Wimsett writes fiction and non-fiction. His blog at yourstory2video.com covers photography and video. His novel *Beyond the Shallow Bank* will be published in the spring of 2017.

Writers' Retreats in Nova Scotia

Looking to get away from it all and get deeper into your writing? A writers' retreat might be just what you and your muse need. Here are a few options that may get your creative juices flowing.

Birchdale Retreat to Serenity

<http://www.birchdalelake.com/index.htm>
Contact: contact@birchdalelake.com

A former hunting and fishing camp that was once a monastery, Birchdale can be booked by individuals or groups from spring to fall.

Canadian Women's Writers Retreat

<http://www.bigbearoutfitters.co/tree-house-camping-in-nova-scotia/>
Contact: gaildahl@shaw.ca

A writers' retreat and workshop exclusively for women located along the Bay of Fundy. Participants stay in private tree houses that double as their writing studios. Evening meals are included. Arrangements can be made for a one-on-one session with award winning author Gail J. Dahl. Cost: \$2,400 per week

Second Paradise Retreat

<http://www.secondparadise.ns.ca/home>
Contact: stay@secondparadise.ns.ca

This facility near Lunenburg consists of several buildings that can be rented by writers and artists. There are no established programs. New guests check in and out. Self-guided activities include kayaking, sitting in an Adirondack chair, and gazing up at the star-filled night sky. Second Paradise Retreat is available to individuals or people wanting to organize a retreat. Cost: ranging from \$75 to \$450 for two or three night stays.

The Writer's Retreat

Contact: <https://www.vrbo.com/267724#rates>

This is a secluded house with three bedrooms and two baths that sleeps one to six people. It is located on Breen's Pond outside of Antigonish and is suitable for individuals or group organizers. Costs: January 1 to May 31: \$1,495 per week – June 1 to September 30: \$1,995 per week

Curl up with characters from a down-home mystery writer

By Pat Lee



Cozy up with a good whodunit as the snow swirls and the winds howl. Author Mahrie Reid's Caleb Cove Mysteries has red herrings you'll want to uncover – and Nova Scotia characters guaranteed to warm your spirits.

Although Mahrie Reid has been writing in one form or another since she was a child, her latest endeavour seems pre-ordained.

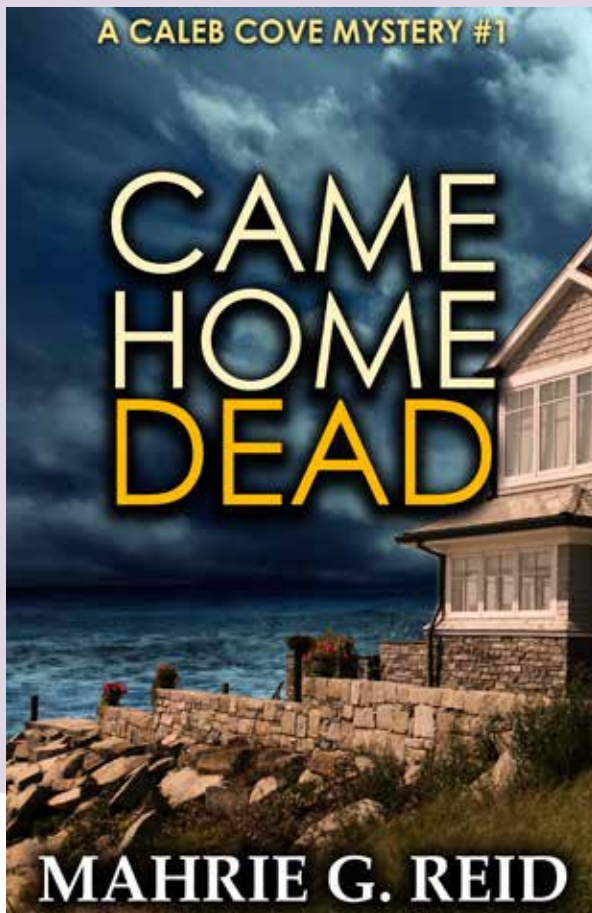
As an eight-year-old growing up in New Glasgow, Reid penned her first novel with the intriguing title *Pam and Penny and the Mystery on Tancook Island*. Now, after living in Alberta for three decades, Reid has written three, and soon to be four, mysteries set in the fictional island community of Caleb Cove on Nova Scotia's South Shore.

It was meant to be. "I've lived here probably 30 years, but I'm still a Nova Scotian," Reid says from her home in Didsbury, Alta., about an hour north of Calgary.

"I couldn't," she adds, "imagine writing about anywhere else."

Born in Cape Breton, and having grown up in New Glasgow and lived in Dartmouth as an adult (not to mention many visits to relatives on the South Shore), Reid has a deep store of Nova Scotia stories and memories to draw upon when conjuring her current-day mystery series, the Caleb Cove Mysteries, which includes *Came Home Dead*, *Came Home to a Killing*, *Came Home Too Late*, and, coming this summer, *Came Home from the Grave*.

Reid notes that both sides of her family can trace their Nova Scotia roots back to the 1700s. "My (former) father-in-law was a rum runner and his brother ran surf boats to bring it ashore. Those kinds of stories just fascinated me. It's a place I knew and felt very strongly about."



Welcome to Caleb Cove

Mahrie Reid's Caleb Cove mystery series is set in a scenic Nova Scotia locale and features mayhem with a shot of suspense and a tickle of romance. In other words, perfect page-turning while curled up on a couch with a hot chocolate by your side.

They call this style of mystery a cozy for a reason. The novels are generally shorter, linear reads with a focus on character rather than complicated plot twists. The settings are often quaint, the sleuths are often amateurs, and the novels frequently feature recurring elements like the holidays, cooking or, well, cats.

"The biggest thing is there's no violence, sex or course language. If a killing occurs, it's either bloodless or it occurs offstage," says Reid, who leads workshops on the plotting mastery of Agatha Christie, the Queen of the Cozy.

Reid says cozies have evolved since Agatha Christie had Inspector Hercule Poirot conduct lengthy interrogations before unspooling his masterful summation of how he solved the crime. "Readers' tastes have changed and not everyone's patient enough to sit through a lot of the chit-chat. They want something to drive the story forward that compels them to turn the pages. That leaves a lot of room for cozies today to have a lot more suspense." - P. L.

Although the now-retired Reid worked in many professions over the years, including as a real estate appraiser, she always wrote in various forms and was a founding member of the Alberta Romance Writers' Association. It's in her blood to write, Reid says. "My father was a clergyman, and [he] told stories. And my mother was a consummate storyteller. People would just sit enthralled when she told oral stories. Storytelling has been part of my life – always."

The family tradition continues. As part of a Canada 150 project that will see an original new book set in every province and territory, Reid has been commissioned to write an historical romance that takes place in Nova Scotia. She is currently researching her topic and creating a framework, but is looking at a story set in Riverport

between the two world wars. Of particular interest, the August gales in 1926 and '27 that killed more than 100 fishermen and destroyed entire fleets.

The first three books in Reid's Caleb Cove series were self-published and the fourth will be published by Books We Love based in Airdrie, Alta. There's more.

Reid has several finished and partially plotted "under-the-bed" books that could see the light of day, including some spin-offs for recurring characters in her Nova Scotia mysteries. (Hint: A couple of retirees from the novels might be sent across the country to solve the Bucket List murders).

But wherever her writing takes her characters, Mahrie Reid will always call Nova Scotia home.



Pat Lee has been a journalist for 30 years, much of that time spent writing and editing for *The Chronicle Herald*. She is now a freelance writer, taking a special interest in writing about her travels around the world.

Namaste

by Kathryn Francis

Whether you are a Cozy Yogi Bear, a Winter Warrior, or a bit of both, here are some tips from Yoga and its sister science Ayurveda to help keep your mind and body functioning optimally until the spring thaw.

Ayurveda, the traditional holistic healing practice of India, describes the winter months as a time of Vata or Kapha energy, depending on the climate and weather. Extremely cold, windy and dry weather increases Vata energy, which is associated with movement and the elements of air and space. For some this can cause a healthy boost of energy and ideas, but it can also make you feel overly anxious, fidgety and less able to focus your mind. In contrast, cold, wet and damp days increase Kapha energy and the elements of earth and water. This can create a quiet stillness, but in excess may also result in low energy and stagnation.

Yoga hand mudras are hand gestures that provide therapeutic benefits to your mind and body, and may be performed while you are seated at your desk. If you are experiencing a brain fog or writer's block, Hakini mudra can help with focus, memory and concentration. This is practiced by touching the fingertips of your hands together while keeping your palms apart. Breathe deeply, focus your eyes on your fingertips, and allow ideas and inspiration to flow through you.

Long hours spent seated at your desk can leave parts of your body feeling tense, stiff and unbalanced. If you have a yoga mat, roll it out and practice your favourite yoga poses. We are all unique, so if you are a seasoned yoga practitioner, you may find that you are instinctively drawn to the postures that will balance your mind, body and energy in the moment.

For writers, your practice should also counter the effects of your seated position. Long periods of sitting can leave your hips and legs feeling stiff, your shoulders and upper back hunched forward, and, depending on your posture, tension in your low back. Your yoga practice should open your shoulders and hip flexors, release tension from your spine and legs, and strengthen your bottom muscles. The following sequence of postures are appropriate for almost everyone to gently begin easing tension from your mind and body and create space for positive energy and creative inspiration.





Mountain Pose (Tadasana) with Sun Breath

Mountain pose will calm and ground your mind and body, open your shoulders and improve your posture. Stand tall with your feet below your hips and the base of your second toes pointing forward. Roll your shoulders open so that they are aligned with your

hips and ankles. Breathe slowly and deeply. The Sun breath, which can be practiced standing or seated, is energizing, and helps to release upper back tension. Bring your hands together in front of your sternum. Inhale through your nose as you reach your arms out to the sides and up overhead. Keep your hands above your shoulders to create space. Exhale as you release your arms out, down, and then up to your sternum again. Repeat for 4 more breaths.

Dancer's Pose (Natarajasana) on the Wall

Dancer's Pose will help release tension from the front of your body. Stand with the side of your left hip against a wall. Reach your left arm straight up your side, using the wall for support. Bend your right knee and reach your right hand back and grasp hold of your foot or ankle. If you cannot reach, or you cannot bring your right knee parallel to your left, then use a strap around the bottom of your foot. To move deeper into this posture, slightly press your foot into your hand or strap, and then lift your right leg back as high as you can, as your sternum and left arm naturally reach forward. Hold for 10-20 breaths, and then switch sides.



Locust (Salabhasana)

Locust will gently strengthen your low back and bottom (gluteus) muscles. Lie down on your front with your arms by

your sides. As you inhale, lift your chest and your legs off the mat, as you reach your arms back toward your toes. Engage your bottom muscles to help keep your legs lifted. Hold for up to 30 seconds, and then exhale as you release. Locust may be practiced with your palms facing up or down for more challenge. Follow with the next posture.

Eat well, write well

When the weather brings your mind and energy to extremes, food – healthy food – can be part of your rescue team. The Ayurvedic diet guidelines for balancing *Vata* or *Kapha* in the winter include warm foods and liquids such as soups and hot teas. Season your food with sweet and warm spices (e.g., cinnamon, allspice, ginger, oregano) to calm excess *Vata*, and choose bitter, astringent and spicy (e.g., cumin, turmeric, ginger) to balance excess *Kapha* energy.



Child's Pose (Balasana)



When you are feeling overwhelmed and it is difficult to concentrate, this pose can help calm your mind and ground your energy while gently releasing tension from your spine and hips. Begin

by coming down on your hands and knees on the mat. Draw your big toes together and separate your knees to a comfortable position that is wider than your hips. Reach your hips back toward your heels. Fold your upper body down, and rest your forehead on the mat or a block or pillow. Your arms may be back along your sides, or stretched out in front of you. The back of your head, spine and hips should be in a straight line. Focus on your breath.



Kathryn, a registered yoga teacher and owner of Pure Freedom Yoga, lives on the edge of Halifax with her three children and many more yoga mats. When not immersing herself in the teaching and practice of yoga, she enjoys mindful running along the Bedford Basin to stay balanced and escape housework.

Writers' working spaces

Welcome to our writers' dens



Judith Green Ferron

My writing loft is full of friendlies: things I cherish such as family and friends' photos, mementoes and books. Also my tools: pens, pencils, stick-ems and a bird's eye view of Pubnico harbour, scarecrow limbs of 100-year-old sycamore maples and the village church spire etched against a plum-coloured sky streaked with bands of orange. I look for my muse as each day changes from light to dark and press the on button hoping for new inspiration.



Suzanne Atkinson

20-20-20

Aleda Taylor 1898-1986

Last of her line

Her cherry wood desk signed XIX

Hand painted postcards of The Rockies

Tucked in a drawer

Too small for my stuff; too short for my legs

The top is broken

My optometrist says a writer must use the rule of 20-20-20

20 minutes at the screen

20 seconds looking off

At something 20 feet away

I do that

Would Aleda approve?



Cindy Etter-Turnbull

Nestled in my fortress surrounded by gardening paraphernalia and painting materials, I take refuge with pen and paper and portable electronic device to create and reach out to friends. This small and secluded spot lends itself to a vastness of natural beauty. In the morning, the deer pass through and overhead, the eagles soar with their young. Like the stars twinkle across the sky, the fireflies sparkle over the fields.



Mona Anderson

My work space is on the upper floor of our house. It's one big room with sloped ceilings and skylights on the east side. It's also our bedroom. I have the only square corner next to the bathroom but I have a nice window with a view of the woods and a framed opening that let's light in from the bath. I also have space for my drafting table and bench. I use a folding screen around my desk when I really need to concentrate.

Inspirations

What was the best book you read in 2016?

- *The Crimson Tome*
by K.A Opperman
(Submitted by Heddy Johannesen)
- *Black Flags: the Rise of Isis*
by Joby Warrick
(Submitted by Alice Dobbin Walsh)
- *The Underground Railroad*
by Colson Whitehead
(Submitted by Chad Lucas)
- *Memento*
by Christy Ann Conlin
(Submitted by Cindy Campbell-Stone)
- *Ocean at the End of the Lane*
by Neil Gaiman
(Submitted by Miriam Breslow)
- *The Little Red Chairs*
by Edna O'Brien
(Submitted by Carol Bruneau)
- *This Marlowe*
by Michelle Butler Hallett
(Submitted by Ian Colford)
- *No Great Mischief*
by Alistair MacLeod
(Submitted by Ryan Paterson)
- *Stones and Switches*
by Lorne Simon
(Submitted by Chris Benjamin)



We would like to introduce you to...



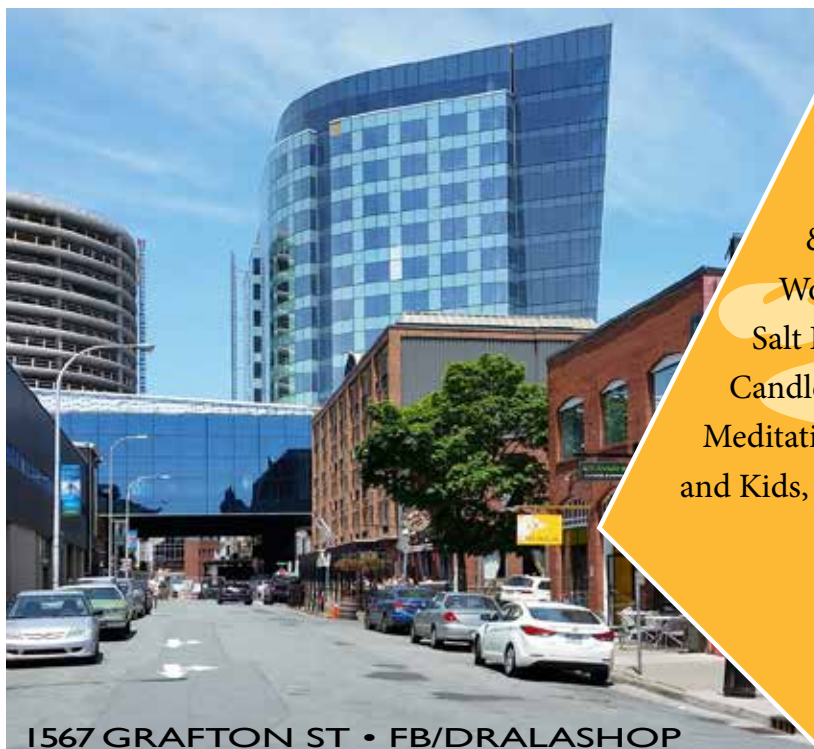
Linda Hudson, WFNS's Arts Education Officer

Linda earned a Bachelor of Arts (Honours) in English Literature from Mount Saint Vincent University, a Master of Arts from Acadia University, and a Master in Library and Information Studies. As Arts Education Officer, Linda is responsible for the administration of the Writers in the Schools program, the reorganization of the WFNS library, and other odd jobs neither Executive Director Jonathan Meakin nor Communications and Development Officer Robin Spittal want to do.

Linda is a first-time homeowner and is actively learning how to shovel snow in the least amount of time possible. She is also preparing for an epic showdown against the weeds that dominated her front lawn before the ground froze and the snow started flying. When not cleaning, working, or reminding her husband to tackle the DIY projects around the house, Linda can likely be found in her kitchen attempting new recipes (sometimes successful, sometimes utter failures), lazing in random patches of sunlight, or enjoying the great outdoors with her friends.

Pancakes or Waffles? *Waffles*
Sweet or Salty? *Salty*
Sunshine or Rain? *Sunshine*
Bus or Car? *Bus*
Theatre or Movie? *Both!*
Chocolate or Vanilla? *Chocolate*
Mountains or Ocean? *Ocean*

Comedy or Drama? *Drama*
Football or Golf? *Golf*
Flowers or Trees? *Trees*
Singing or Dancing? *Dancing*
50's or 80's Music? *50's*
Milk or Juice? *Milk*
Digital or Analog? *Analog*



Buckwheat Hull Pillows,
Singing Bowls, Malas, Tibetan
& Japanese Incense, Crystals, Sage
& Smudging, Teas & Accessories,
Woodstock Chimes, Turkish Lamps,
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**Hexagon Dilemma:
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Suzanne Atkinson

Ipsabooks, \$20.00
ISBN: 978-0-9949-5902-7
ISBN: 978-0-9949-5901-0 (ebook)

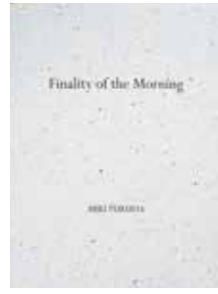
Gaby Ridgway's career as a family counsellor is jeopardized by a suspicious disappearance. She faces fear and uncertainty when she is stalked by a troubled and persistent client. Throughout the investigations, Gaby is forced to rethink, re-examine, and revise her concepts of herself as a professional and a member of the Hayworth community.



Dust or Fire
Alyda Faber

Gooselane/icehouse poetry, \$19.95
ISBN: 978-0-864929-22-8

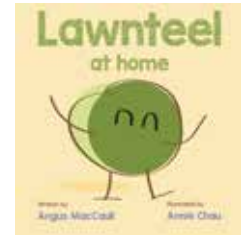
In these quiet, sometimes unsettling poems, Alyda Faber documents the search for home, the longing to belong, to love, and to be loved. She also turns to the ways love can curve toward pain, how we carelessly hurt one another, yet find the grace to forgive and carry on.



Finality of the Morning
Miki Fukuda

Baseline Press, \$12.00
ISBN: 978-1-928066-19-4

Written in a delicate language, Miki Fukuda's *Finality of the Morning* is a suite of loosely connected poems, which explores the themes of childhood, fairy tales and the wonder of facing a blank page.



Lawnteel at Home
Angus MacCaull

Outside the Lines Press, \$9.99
ISBN: 978-0-99492-404-9

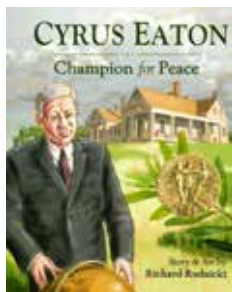
Lawnteel the lentil has been watching the clock all day. Boring! The town is empty, and Mother is busy. What to do? When Lawnteel decides to go outside, who would have thought the answer to the blues would be right next door?



Selected and New Poems
Chad Norman

Mosaic Press, \$21.99
ISBN: 978-1-77161-234-0

Thirty years of poems from the life of Truro, N.S. poet, Chad Norman, have been brought together. A selection which begins with his first chapbook, *On the Urban Prairie & Other Shorter Poems*, and ends with poems from the manuscript, *Simona*, which celebrates the S.P.C.A.



Cyrus Eaton: Champion for Peace
Richard Rudnicki

Nimbus Publishing, \$19.95
ISBN: 978-1-77108-396-6

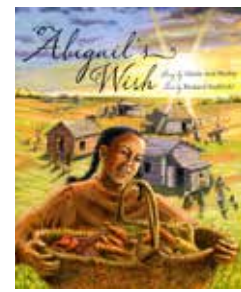
Growing up, Cyrus Eaton never dreamed he'd become a Nobel Peace prize-winning billionaire. This book tells Eaton's story – from his childhood in Pugwash, Nova Scotia, through the Great Depression and ending with Eaton's international peace movement based at the renowned Thinkers Lodge. This text will provoke discussion about peace, morality and justice.



The Last Artist
J. Andrew Wainwright

Custom Book Publications, \$22.95
ISBN: 978-1-53339-8-710

On the walls of a French cave a Canadian artist reproduces modern masterpieces intended to last for 20,000 years. A Paleolithic girl reveals through stroke and colour the physical violence and spiritual depths of her prehistoric environment. The result is enduring images of visual brilliance framed by lasting lived experience.



Abigail's Wish
**Written by Gloria Ann Wesley,
Illustrated by Richard Rudnicki**

Nimbus Publishing, \$19.95
ISBN: 978-1-77108-396-6

Abigail Price is excited about her new home and Aunt Dinah's new baby. She hopes for a new dress to wear to the celebration, but new clothing is hard to come by. *Abigail's Wish* is a window into the life of a Black Loyalist family during the early years of the historic colony.



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