

www.norcalpa.org

# The Pen & Press

**The NCPA Board of Directors invites you to join us  
at our 7<sup>th</sup> Annual Holiday Luncheon**

**Sunday 10 December  
12 Noon-2:30pm**

**BLACK ANGUS Steakhouse  
(Greenback Ln & Sunrise Blvd)  
7925 Greenback Ln, Citrus Heights**

**PLEASE RSVP BY 8 DEC**

**whether yes or no – reply YES, NO or MAYBE to  
2022NCPAHolidayLuncheon@gmail.com**

**or call me AFTER 9am or BEFORE 10pm  
916-804-7201**

# HAPPY HOLIDAYS!

**SPECIAL MONTH – NCPA'S 7<sup>th</sup> Annual Holiday Luncheon**

**NO guest speaker/s this month just Chat & Chow**

**YOU DO NOT HAVE TO BE A MEMBER TO ATTEND --- GUESTS WELCOME**

**FYI**

**Google Chrome Exploit: The following link explains the problem and how to fix it.**

[https://www.pcmag.com/news/use-google-chrome-update-your-browser-immediately?utm\\_source=email&utm\\_campaign=whatsnewnow&zdee=gAAAAABjNL8HtleN6tdLyX1thYMicnifX2W8Yot8Yim4Uj8MuR53pa4ZN1zsidRYeeFh2XjOAVXgxJO0FQDIMb0Qzr5VN3-bEKSUjAEpxphlbVoViOtTNGs%3D](https://www.pcmag.com/news/use-google-chrome-update-your-browser-immediately?utm_source=email&utm_campaign=whatsnewnow&zdee=gAAAAABjNL8HtleN6tdLyX1thYMicnifX2W8Yot8Yim4Uj8MuR53pa4ZN1zsidRYeeFh2XjOAVXgxJO0FQDIMb0Qzr5VN3-bEKSUjAEpxphlbVoViOtTNGs%3D)

**Info from my "old" computer teacher – he continues to send us things pertaining to safety and more**

**FYI**

**Notice, for your convenience (and mine, so I don't have to keep looking it up for everyone who asks), from now on, the NCPA mailing address for checks, books, and other things, is on the bottom of each page of the newsletters. Likewise, the website for NCPA (norcalpa.org) is at the top left of each page of the newsletters (that one, I remember). *Editor***

**NO President's Message this month: Instead, words from the Editor:**

Due to matters beyond her control, Michelle has a reprieve from Prez Msg duties this month – PLUS – Changing the November meeting to a week earlier also meant the newsletter had to go out earlier, so there wasn't enough time to add all the good stuff from our priorly scheduled guest journalist, Kanika, for November. And, our also priorly scheduled Dec guest journalist has some time-sensitive information, therefore, you get a present this month --- TWO GUEST JOURNALISTS ... Kathy "Kanika" Marshall (for Nov) & Cindy Sample (for Dec).

Also, unfortunately, another due to matters beyond our control, there will NOT be an anthology launch for our current-in-progress anthology, *Beautiful World*, with the luncheon. Instead, it will launch at our 30<sup>th</sup> Book Awards Banquet on Sun 23 June 2024. That also means we have openings for up to 5 more stories for that anthology (500-3500 words), plus new deadline: 15 January 2024 for all stories to be submitted to *Beautiful World*.

**MUST BE AN NCPA MEMBER TO SUBMIT A STORY. & BE IN AN NCPA ANTHOLOGY (\$40/year membership)**

In addition, a change of deadline for the *All-Holidays Vol 3* anthology (500-3500 words) to 31 March 2024, for an anticipated launch also during the 30<sup>th</sup> Book Awards Banquet on Sun 23 June 2024.

**\*10 December 7<sup>th</sup> Annual Holiday Luncheon \* 12Noon Sun 10 Dec 2023 \* *Black Angus*, in Citrus Heights**

**\*NCPA ANTHOLOGY *Beautiful World* \* NEW SUBMIT DEADLINE 15 January 2024 \***

**\*NCPA ANTHOLOGY *ALL Holidays Vol 3* \* NEW SUBMIT DEADLINE 31 March 2024. \***

*23 June 2024 Launch with NCP's 30<sup>th</sup> Book Awards Banquet, for both anthologies.*

**MUST be an NCPA MEMBER to submit a STORY, and be in an NCPA ANTHOLOGY (\$40/year membership)**

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**\*GET THOSE 2023 BOOKS PUBLISHED & READY for our BIG 30<sup>th</sup> BOOK Awards (Banquet 23 June 2024) \* Details below**

**NOW ACCEPTING 2023 PUBLISHED BOOKS**

**You do NOT have to be a member to submit a BOOK to the NCPA AWARDS (but it's cheaper if you are)**

**NCPA 30<sup>TH</sup> BOOK AWARDS UPDATE 2024 date & GOOD NEWS: NO PRICE INCREASE**

NCPA Book Awards competition, Sunday 23 JUNE 2024 (new date) once more at Cherry Island Golf Course in Elverta. If you have, or will have, a book published & available to the public, 1 Jan 2023 through midnight 31 Dec 2023, enter NCPA's 30<sup>th</sup> Annual Book Awards Competition. You don't have to be a member to submit a book: cheaper, if you are. Submissions end Fri 1 March 2024. Help make #30 our biggest competition yet! The sooner you enter, the cheaper it is

**Early Bird Special: 1 Oct 2023 through 31 Dec 2023 (\$65 member - \$95 non-member) \*\*\* Membership only \$40/year**

**SUBMISSION DATES & PRICE LIST FOR MEMBERS**

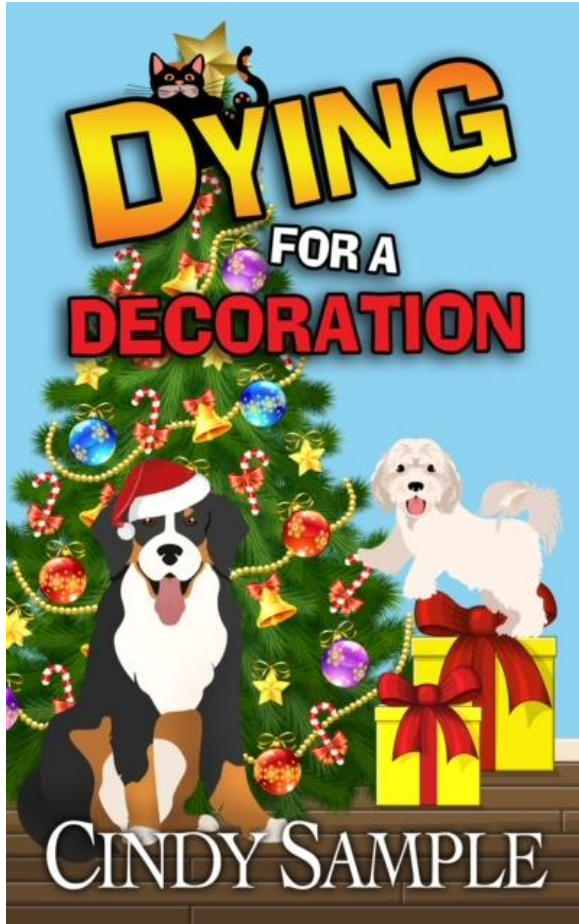
- ❖ 1 Oct 2023 thru 31 Dec 2023 — \$65.00 for all regular categories **EARLY BIRD (members only) SPECIAL PRICE**
- ❖ 1 Jan 2024 thru 31 Jan 2024 — \$75.00 for all regular categories **2<sup>ND</sup> LEVEL (members only)**
- ❖ 1 Feb 2024 thru 1 March 2024 — \$85.00 for all regular categories **FINAL ENTRY (members only)**
- ❖ **ALL books published in Dec 2023 (1– 31 Dec 2023) \$65.00 (thru 1 Mar 2024) \$65 MEMBERS - \$95.00 NON-MEMBERS**
- ❖ **An extra \$15, plus 3 extra books to add Cover/Interior design category for each book entered (members only)**

**PRICES FOR NON-MEMBERS (\$30 more each category & level than for members) (same submission dates as members)**


- **EARLY BIRD: \$95 by 31 Dec 2023 (1 Oct-31 Dec) SPECIAL PRICE**
- **2<sup>ND</sup> LEVEL: \$105 by 31 Jan 2024 (1 Jan 2024- 31 Jan 2024)**
- **STANDARD FINAL ENTRY DEADLINE: \$115 by 1 Mar 2024 (1 Feb – 1 Mar 2024)**
- **\$45 plus 3 extra books to add Cover/interior design category for each book entered**
- ❖ **Book (for story judging only): SUBMIT 4 books \* Info how to submit eBooks is on the NCPA website & the submission forms. Current, updated regs for books published in 2023 (1 Jan 2023 - 31 Dec 2023), should be online by the time you read this. Books published in 2023 are judged and awarded in 2024 – (Sun 23 June 2024). All but one book will be returned to author.**
  - ❖ **For more info: norcalpa.org or call Sharon 916-803-1665**

### **CINDY SAMPLE, one of our shared Guest Journalists for December.**

Long-time NCPA member, loyal NCPA supporter, and National Best-Selling author of the Laurel McKay mystery series, Cindy's portion is time-sensitive to 9 December 2023, so couldn't be pushed to January 2024. Due to the holidays and other pressing issues, Cindy didn't have time to write what she had wanted, so instead did exactly what I offered her to do --- a little bragging about, and really promote herself by providing one the most recent, of many, articles written about her and her books, by her local town paper. Cindy can make up for not writing more herself, in another month later into 2024.



**Book Launch Event**



**New mystery for the holidays!**

**Refreshments!**  
Author signing all afternoon. Open to everyone.



**Meet Cindy Sample**  
National bestselling author of the Laurel McKay mystery series.  
cindy@cindysamplebooks.com  
http://www.cindysamplebooks.com

PRAISE FOR CINDY SAMPLE  
"A true who-done-it combined with a romance that will warm the heart and sheets."  
—Long and Short Reviews  
"Sample's sleuth is an endearing character readers will adore."  
—RT Book Reviews

**Saturday, Dec. 9th • 2 to 4 p.m.**

**OPEN TO THE PUBLIC**

**FACE IN A BOOK**  
4359 Town Center Blvd., El Dorado Hills, CA 95762  
(916) 941-9401

[cindy@cindysamplebooks.com](mailto:cindy@cindysamplebooks.com) \* <http://www.cindysamplebooks.com>

One of the best things about becoming a published author is the opportunity to network and meet people who love to read as much as you do. I enjoy chatting with other authors and sharing writing and marketing tips. I also enjoy meeting readers and discussing some of our favorite authors. Along the way, you sometimes meet people who not only love your work but are more than happy to advance your career.

When my first book, *Dying for a Date*, was published in 2010, I sent a press release out to the Mountain Democrat, the local El Dorado County newspaper. When I didn't hear back, I decided to visit their offices armed with a media package, my book, and a basket full of my well known "dead body" cookies. Everyone was in a meeting so I left my gift basket there.

Twenty minutes later, I received a phone call asking me to come in for an interview the next day. Since then, their columnist has continued to enjoy and write the most incredible reviews of my Laurel McKay series including the following for *Dying for a Decoration*.

Never underestimate the power of the press. Or the power of cookies!

**I hope you'll join me at my launch party on Saturday, Dec. 9, from 2-4 pm**

**Face in A Book in El Dorado Hills Town Center**

(Article from the Mountain Democrat, below, as provided by the author of *Dying for a Decoration*, Cindy Sample)

## Between the Covers: Dying for a Decoration

by Wendy Schultz (Columnist, Mountain Democrat)

Racking your brain for the perfect gift? Want to give yourself a present that will bring you laughs and an escape from doom and gloom? Check and check. Just in time for the holidays is “Dying for a Decoration,” the ninth and newest book by Cameron Park author Cindy Sample, featuring soccer mom and intrepid sleuth Laurel McKay.

If you have read any of the “Dying” books, you know what you’re in for: wacky characters, wild chases, perhaps a dead body or two and a corkscrew of plot twists with a lot of humor and some steamy stuff thrown in for good measure. If you haven’t yet read any of Sample’s books, including the Spindrift Cove series, what are you waiting for?

“Dying for a Decoration” doesn’t disappoint.

In the midst of her Christmas shopping, Laurel McKay Hunter is also tracking down a herd of missing reindeer, trying to appease a 6-foot elf, investigating her 89-year-old grandmother’s new boy toy and following leads about a new housing development while fueling up on cookies and hot chocolate and trying to find time to spend with her new husband. It’s a lot, even for Laurel.

She is aided and abetted in sleuthing by her ex-husband, her mother, her children, and her grandmother — all detective wannabes. With the life of her grandmother’s old flame hanging in the balance, Laurel follows her leads through mixers, theatrical performances, and a Victorian Christmas and to the detriment of her wardrobe and her health. Being pelted by doughnuts is the least of her worries.

One of the best things about Sample’s Laurel McKay series, besides the humor, is the setting in El Dorado County with all the references to places and things that resident readers will recognize and non-resident readers will enjoy finding out about. In “Dying for a Decoration,” Sample lovingly walks the reader right down Main Street, Placerville during the holidays with all the festivity and fun that abound during that time.

“Dying for a Decoration” is warm-hearted fun, suspenseful, a nod to the positives in small town living and hugely entertaining — just the book to read while you cozy up in an armchair and wait for Santa. And, to add to your enjoyment, Sample has thoughtfully included a dozen recipes for holiday treats and beverages at the end of the book. Like Laurel, you might want to go there first to make sure you have treats to last through your reading.

\*\*\*\*\*

(end) More from Cindy later in 2024

## The Theatre! on Broadway \* & \* Music Circus!

### BROADWAY CLASSES and Workshops - Broadway Sacramento:

The Broadway Sacramento Education and Community Engagement Department offers a variety of master classes and workshops taught by theatre professionals from **Broadway on Tour** productions and the **Broadway at Music Circus** season.

These educational opportunities, which focus on topics such as vocal technique, acting, instrumental music, and dance, help participants of all ages refine their performance skills by providing Broadway-caliber training.

Whether aspiring young artists or lifelong learners, participants gain unique insight into the fast-paced world of musical theatre. Most classes culminate in a question-and-answer session with the instructor.

Master classes and workshops are held throughout the year, so check back often to see what’s coming up! (12 years & older)

Great opportunity for those interested in theatre --- 12 spots for coaching, 30 spots for observing and Q&A “Acting the Song” – with Broadway n tour Jagged Little Pill cast member Fri 5 Jan

FOR FULL DETAILS CLICK LINK

<https://www.broadwaysacramento.com/education/classes/>



## From Plot to Print

M.L. Hamilton

Are you stuck in the middle of writing your novel? Do you have an idea of what you want to write, but can't get started? Do you want to learn how to self-publish? This eighteen-week course might be the thing to get you going.

If you are interested in launching your writing career, or simply need something to keep you motivated, consider taking my From Plot to Print course starting in January and running through May, 2024. See the flier and calendar attached to this email for the contents of the course.

Please contact M.L. Hamilton at [blackcatediting17@gmail.com](mailto:blackcatediting17@gmail.com) if you are interested in signing up.



[From Plot to Print Flier](#)



[From Plot to Print Calendar](#)

A CLASS DESIGNED TO HELP  
YOU PUBLISH

## FROM PLOT TO PRINT

Do you want to write, edit, and publish your manuscript in one eighteen-week course?

### INSTRUCTOR M.L. HAMILTON

Contact me for more information:  
[blackcatediting17@gmail.com](mailto:blackcatediting17@gmail.com)

Classes are once a week on Wednesdays  
at 5:00PM on Zoom, starting January 10th  
and ending May 8th.

Throughout the course, you will accomplish the following:

- write your manuscript
- workshop your chapters
- find an editor
- learn cover design
- format your book for print and ebook
- publish your book

Space is limited.  
Sign up at <http://www.authormlhamilton.net/ml-hamiltons-store.html>  
\$250 for course and workbook

### Endorsements:

*"How to take your book idea and make it a reality." "I had the privilege of taking this informative class in 2021, and I'm excited to return for another round in 2024. What sets this class apart is the invaluable workbook it offers. This workbook has become my trusty companion whenever I begin a new story. It has a remarkable way of solidifying the narrative in my mind and guiding me through the creative process."*

*The class schedule can be found in the flyer section following the calendar. You might initially assume you're familiar with most of the material listed, but don't be deceived. ML Hamilton's expert guidance will reveal hidden gems of knowledge and/or revive forgotten basics.*

*This class is a hidden gem waiting to be discovered. I'm eagerly looking forward to connecting with fellow aspiring authors.*

*Express your interest by reaching out to ML Hamilton at [authormlhamilton@gmail.com](mailto:authormlhamilton@gmail.com) Don't miss this opportunity to hone your craft and bring your literary dreams to life."* Penny Clark

**Editor:** I've also received Email regarding this class from Linda V., an NCPA member who took the course last year, had high praises for it, and wanted to take it again, but had lost track of the Email that had just recently been sent. Linda requested a copy, so she could sign up for it again.

My suggestion is, if you're interested, you better hurry. This would be a great present, and what better time for presents than now!

If interested, contact M.L. Hamilton:  
[blackcatediting17@gmail.com](mailto:blackcatediting17@gmail.com)

❖ Did any member attend, sell books, or otherwise have anything to do with the Latino Book & Family festival Sat 4 Nov at Sac City? If so, please send me something about it for the next N/L

## December Guest Journalist

Kathy Lynne Marshall

NCPA member, Kathy Lynne Marshall, is a Black Ancestor Biographer who works as a Diversity and Inclusion specialist on behalf of our ancestors. She's written eight books that enhance the American historical record with well-researched, factual accounts of the lives of women, enslaved African Americans, and other groups.

As an instructor, Kathy leads workshops to guide others in writing the untold stories of historically excluded individuals. Her successful genealogy research and self-publishing strategies can help anyone realize their inner author.

She has been [featured](#) in Sacramento Magazine, The Sacramento Bee, The Sacramento Observer, Sacramento News & Review, and Elk Grove Citizen. Kathy has been interviewed on CBS-TV and Fox40-TV, [American Spark-TV](#) and the Research from the National Archives and Beyond and other genealogy podcasts. She has delighted audiences at local and national genealogy and writing conferences and has also served as a consultant to West Virginia's Beverly Heritage Center.

Kathy has won multiple Book Awards from the Afro-American Historical and Genealogical Society, Sons and Daughters of the US Middle Passage, and Northern California Publishers and Authors (NCPA). Her books are available on Amazon and other online resellers.

As the exhibiting [artist](#) known as Kanika, her welded steel and ceramic sculptures have been shown and sold at the Crocker Art Museum, the California State Capitol, the California State Fair Fine Arts Show, and in the Maya Angelou Annual Fiber Arts Exhibit in North Charleston, South Carolina.

Enjoy your blessings,

For more information: [KathyLynneMarshall.com](http://KathyLynneMarshall.com)



Apologies to Kathy for not highlighting her in the November 2023 newsletter, as originally planned, but the last-minute realization that our normally scheduled 2<sup>nd</sup> Sun meeting in Nov was in conflict with a holiday weekend (Veterans' Day), and the need to bring forth both that meeting AND the newsletter, a week early, made it impossible for me to have time to do her portion justice, since extra formatting was needed to get things in, to fit like was needed.

Cindy had already been scheduled for Dec, and because part of hers was to promote her book launch in Dec, it was time-sensitive, and impossible to just move her up to January 2024, so for the first time, we have shared Guest Journalists for a month.

Thank you, ladies, for sharing – and for being our Guest Journalists! If you'd like to do it again, just let me know.

Kathy Lynne Marshall has won book awards from Northern California Publishers and Authors (NCPA), Afro-American Historical and Genealogical Society (AAHGS), Sons & Daughters of the United States Middle Passage (SDUSMP).

**Awards: SDUSMP AAHGS, NCPA AAHGS, NCPA, SDUSMP AAHGS AAHGS**



Kathy Lynne Marshall Books & Art by Kanika Web: [kathylynnemarshall.com](http://kathylynnemarshall.com)

Books: [amazon.com/author/marshallkathy](https://amazon.com/author/marshallkathy)

[Join my newsletter](#)

(Continued on page 7)

**LINGER, SAVOR, ENJOY**  
Kathy Lynne Marshall

My boyfriend, his daughter and I made our way down the spiral stairs for a Rick Steves tour group meet-and-greet. We were at the Brooks Guesthouse in Bath, England, built in 1765. It's rabbit warren of authentically decorated rooms housed 27 intrepid American travelers and our Scottish guide. We yearned to explore northern England and eastern Wales by foot, bus, overland train, and underground railway.

I was prepared to recount magical stories about a phenomenal trip across the pond. Instead, let me share what I learned about myself. Maybe these insights will resonate with you.

Time-traveling for two weeks in August 2023, my eyes, ears, and sore feet marveled at centuries-old cultural buildings and artifacts in the United Kingdom. Four thousand photographic memories resulted in an epiphany: I need to slow the heck down!

I deserve to enjoy my well-earned retirement years, instead of suffering through panic attacks and self-doubt, which plagued me every day the past twelve months.

My staunch mandate to publish one family heritage book per year is not the culprit. I love researching facts that depict how my ancestors lived, traveling to their homelands, and teasing out their stories for books that others can enjoy. And I don't mind developing presentations that help others find their ancestral lineage, too. No, that lofty publishing goal is not the reason for my malaise.

The culprit is Ego, who wants me to spend hours perfecting my new Wordpress website and monthly newsletter full of useful content. Ego demands I update my book bios and post daily photos and blogs on social media. The noose around my neck craves to receive hundreds of positive book reviews and sell thousands of books online. "What's wrong with that?" You authors may be thinking.

This blissful summer has shown me another way of living. I want to savor more of that balanced lifestyle, instead of having to finish a dozen self-imposed tasks each day, or wondering whether I'm doing things correctly enough to achieve Ego's lofty goals.

I kept wondering why there were so many roadblocks blocking my success every day. Why wouldn't my computer allow me to do this, that, or the other thing? Why couldn't I figure out how to use the correct keywords and categories for my Amazon book page? I scream alone in my home, "Why is it always so hard to do everything?"

My travels illuminated the problem, as clear as the stained-glass figures we saw in the churches we visited. Sometimes, traveling to other places clarifies our missed opportunities to experience joy. Like a pet hamster, we run blindly on the wheel of life, chasing our nubby tails day after day, hardly noticing what goes on around us.

Contrasting our American lifestyle with that of other countries proves we aren't as perfect as we claim to be. Our food is peppered with so many chemicals and preservatives, we don't even know it's fake—well, more deleterious to good health than necessary.

In Europe, the food is fresher, more nutritious, and sublimely delicious. The average American eats much more than is needed for survival. The World Health Organization reports in 2023 that the United States and the United Kingdom are two of the most economically rich and developed countries globally. However, they'd place 18th and 48th respectively when ranked by BMI (body mass index). We drive everywhere, sit in front of TVs and computer screens all day, and order online deliveries to our houses instead of hiking or biking.

Some of us wake up in the morning dreading the daily lists of tasks we must accomplish. The rat race consumes every waking moment. Our lives are so fast-paced that we don't take time to enjoy life. If we achieve something, we don't have time to savor it.

Traveling the world clearly revealed my problem. And guess what? I have the power to solve it. I'm a debt-free retired person, have decent overall health, and the ability to do whatever I want. I scrimped and saved all my life. Now it's time to reap the benefits of those sacrifices. I've defined the major cause of my stress. All I have to do is change how I greet the world every day. It's in my control to slap Ego down.

Here's my plan...

Linger more at the intoxicating aroma of flowers, and admire the fuzzy, humming, black-and-yellow bees licking scented nectar, pollinating the plants that provide our sustenance.

Grow my own vegetables and feel the life-growing soil between my fingers, reminding me to savor the food entering my body. Blow my used carbon dioxide breath onto those plants to produce better crops. Breathe in the positive, blow out the negative.

Concentrate more on pleasant experiences. Include happy, positive people in my life rather than spending excessive mental energy on the negatives.

(Continued on page 8)



(Continued from page 7)

Laugh at myself in the mirror, even when I can't find those darn car keys when I need them.

Go outside for a walk without a smart phone taking all my attention. Notice the houses and landscapes in the neighborhood. Wave at my neighbors. Enjoy the good fortune of being fully alive at this moment.

To manifest those changes in my life beyond this euphoric moment, I'll select 70 images that best represent my recent trip, then have Walgreens print them out on a 24 x 36-inch poster. Placing that cornucopia of memories on the wall in front of my bed will help me remember the three most important words in my new life:

Linger, Savor, Enjoy!

How do you feel right now? Bored? Happy? Tired? Sad? Energized? You know what to do.

KathyLynneMarshall.com

Kanika's YOUTUBE Video in her back yard w/iron sculptures – Beautiful and well-worth the listen.

<https://www.youtube.com/watch?v=Omq0ZzKah34>

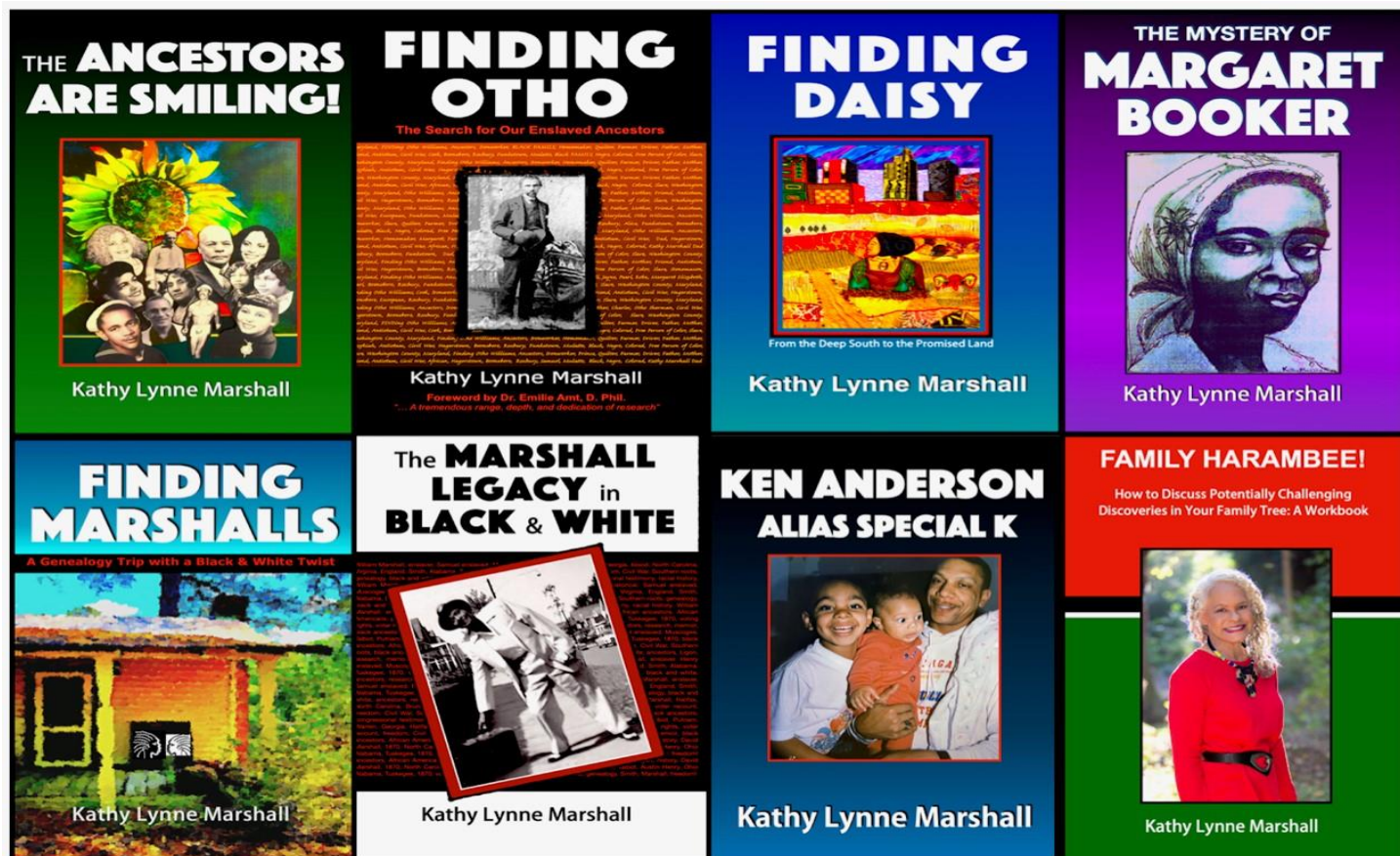
Web: [KathyLynneMarshall.com](http://KathyLynneMarshall.com)

Facebook: Kanika Marshall Art and pages for each book.

Instagram: KanikaMarshallArtBooks

Newsletter: <http://eepurl.com/ijaxjH>

Awards: AAHGS, NCPA AAHGS, SDUSMP, NCPA SDUSMP



Awards: AAHGS AAHGS

(end)



**Thank you KANIKA, CINDY, Carolyn, Angelica, and all the other GUEST JOURNALIST contributors this year**  
**I'm ready for more ~~ how about YOU!??**  
**Choose your date: Feb – Dec 2024**

### **Looking for Guest Journalists**

**If you already have, and want to again, that's great! Just let me know**

**Send all your writing info, your bio, brag about your books and other successes, your dogs or cats, your lizards or rats, your kids, significant other, or ??? - give me a story, an article, a poem, a picture, whatever strikes your fancy. Anything family-friendly. Great chance to toot your own horn to more than 250. Never get a better chance!**

#### **FUN WITH WORDS:**

- Desserts spelled backwards is stressed
- Muffins spelled backwards is what you do when you take them out of the oven.
- I was walking in the jungle and saw a lizard on his hind legs telling jokes. I turned to a local tribal leader and said, "That lizard is really funny!" He replied, "That's not a lizard. He's a stand-up chameleon."
- I tried to come up with a carpentry pun that woodwork. I thought I nailed it but nobody saw it.
- Singing in the shower is fine until you get soap in your mouth. Then it's a soap opera.
- A conscience is what hurts when all your other parts feel so good
- A clear conscience is usually the sign of a bad memory
- HAVE YOU NOTICED: All the C's in "Pacific Ocean" are pronounced differently
- I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness
- I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillianaire
- If you boil a funny bone, it becomes a laughing stock. Now that's humerus
- I accidentally rubbed ketchup in my eyes. Now I have Heinzsight
- When a woman says, "What?" It's not because she didn't hear you. She's giving you a chance to change what you said.
- Dear life, when I asked if my day could get worse, it was a rhetorical question, not a challenge.
- Never in the history of calming down has anyone calmed down by being told to calm down.
- I was called "pretty" today! Actually the full message was, "You're pretty annoying." But I only focus on the positive things.
- Cowboys would put a lantern on their saddle at night so they could find the trail when they were far from home. This was early Saddle Light Navigation
- I almost had a psychic girlfriend, but she left me before we met
- All those who believe in psycho kineses, raise my hand
- The early bird may get the worm, but the second mouse gets the cheese

**The NCPA Board of Directors invites you to join us at our new monthly meeting location on Sun 14 Jan 2024**

**~ IN-PERSON MEETINGS HAVE RETURNED ~**

**Same Day \* New Time \* New Location**

**Guest Speaker/s PENDING --- Working on return of our annual TAX GUYS PANEL for January Will know soon**

### **Flaming Grill Café**

**in the old CCP Mall at Watt Av & El Camino Av  
 (2380-Watt Avenue, Suite 150 Inside Country Club Plaza)**

**4pm-6:30pm \* 2<sup>nd</sup> Sun each month \* Sun 14 Jan 2024**

**(Flaming Grill used to be on El Camino Av: also serves wild game)**

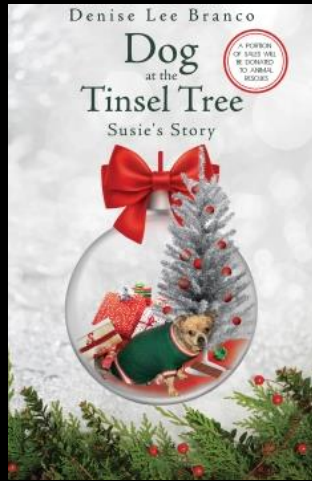
**Check out the menu --- Link below**

**[flaming grill hours - Google Search](#) [Country Club Menu — Flaming Grill Cafe](#)**

**WATCH  
FOR AN  
"E" RSVP  
request**



## MEMBER ANNOUNCEMENTS



**NCPA member  
Denise Lee Branco**



*Dog at the Tinsel Tree* is a nostalgic story of a dog, her girl, and their riveting adventures on a ranch in rural California. Denise and Susie's journey will have readers reminiscing about their own childhoods, and the first pets that made life all the better.

**Available now in hardcover & paperback from: Amazon \* Barnes & Noble \* Walmart.com \* the Author \* and more**

[Denise Lee Branco - Multi-Award-Winning Author & Animal Advocate \(strollinghillspublishing.com\)](#)

[www.DeniseInspiresYou.com](http://www.DeniseInspiresYou.com)

NCPA has 3 critique groups in varying stages of activity currently, but all should hopefully be up and fully running by Jan 2024.

### **Update on NCPA CRITIQUE GROUPS**

- MICHELLE's Fiction has been permanently handed over to Mary McShane Vaughn (Thank you Mary!)
- SHARON's NF & Memoir is on hold until Jan 2024
- NORMA JEAN's 'Basic Non-Genre-Specific, Touch-on-it-All-a-Little, & More' (designed as a brush-up for experienced authors, and an easy beginner, get-your-feet-wet-kind-a-group for the wannabees and those who have never belonged to a critique group, RESTARTS 2PM WED 17 Jan 2024 CCP - INSIDE, BY FLAMING GRILL, maybe a little earlier for those with stories in any NCPA anthologies, who might need a bit of help. This can also be one-on-one, as a group, &/or both, for the occasional author who needs a little extra special attention to get their story ready for the anthologies. MORE DETAILED INFO COMING BY EMAIL CLOSER TO THE TIME [Normathornton@yahoo.com](mailto:Normathornton@yahoo.com) or 916-991-5751 for questions.

### **Are you an NCPA member? NCPA's accepting stories for 2 current anthologies FREE to ENTER & receive FREE BOOK**

If you've not already sent one, how about a story for our current work-in-progress-anthologies?

Beautiful World (room for 5 more stories) NEW Deadline 15 Jan 2024. New launch date 23 June 2024 with NCPA Banquet

ALL Holidays Vol 3 NEW Deadline 31 March 2024 anticipated launch with the 30<sup>th</sup> NCPA Book Awards Banquet 23 June 2024

### **NOT A MEMBER? ONLY \$40 for one year membership.**

ALL INFORMATION in the link below – just click on it in this Email (it worked for me, but if not for you, Email me direct at the dedicated Email address [2023NCPAAnthologies@gmail.com](mailto:2023NCPAAnthologies@gmail.com) for a copy). Also, for ALL correspondence re the anthologies ONLY, including questions and help, contact me at: [2023NCPAAnthologies@gmail.com](mailto:2023NCPAAnthologies@gmail.com)



[NCPA All Holidays Vol 3 Word doc](#)



[NCPA Beautiful World](#)

Thank you for your interest in joining our Anthology projects - it's a very simple, **FREE**, process, to get published, and a great start for those who have never published anything before. We're happy with our regular authors, some of whom are in each volume, but we also like to have fresh blood, so to speak. We would also like to hear from a few of our members who have never published anything, anywhere, anytime, before. **MUST BE A MEMBER to have a story in NCPA anthologies** Norma Jean

**Northern California Publishers & Authors (NCPA) \* PO Box 214673 ~ Sac, CA 95821**

### ANTHOLOGY UPDATES & NEW DEADLINE

Thank you so much to the member-authors who 've joined us in our anthology journeys since 2019 (some have a story in all 7 of our completed works), and everyone included in the two we're currently working on: *Beautiful World*, \* & \* *ALL Holidays Vol 3*. --- information in box above on specs, and where/how to submit.

**Submissions for *Beautiful World* have reopened, for 5 more stories, only until 15 Jan 2024** so If you've not yet joined our journey, please do so now with a story **for *Beautiful World*, &/OR *ALL Holidays Vol 3* \* Submission date has changed to 31 March 2024** for an anticipated launch for both during NCPA's 30<sup>th</sup> Annual BOOK AWARDS BANQUET at Cherry Island Golf Course in Elverta on Sun 23 June 2024.

**Both addresses look similar,  
But they're not the same.**

Spot the Difference?

[maybank2u.com](http://maybank2u.com) is not the same as  
[maybank2u.com](http://maybank2u.com)

[citibank.com](http://citibank.com) is not the same as  
[citibank.com](http://citibank.com)  
(the first one is correct, the second one  
is from hackers)

The "a" in the later url is a cyrillic  
alphabet.

An average internet user can easily fall  
for this. Be careful for every mail  
requiring you to click on a link.

From my article on corn silk in the May 2023 Newsletter LOL --- while looking for something else I found this and realized I hadn't clicked on the entire thing --- a great play on words and fun read: **CORN PORN, AKA CORNOGRAPHY**: Corn silk is simply one of the female parts of the corn plant. The male part of corn is the tassel which sprouts from the top of the plant. The pollen comes from the tassel. Corn silks are actually tiny tubes where grains of pollen will land. The pollen will travel down the silk tube to the unfertilized ear inside the husk. Read in more detail in the link below:

[Corn Porn - The Farmer's Life \(thefarmerslife.com\)](http://thefarmerslife.com) Warning! This post contains gratuitous cornography including graphic imagery of corn reproductive organs. Male and female parts will be pictured and discussed in detail.

### CONFERENCES – CONTESTS – SUBMITS -- MORE

**Enter Hundreds of Writing Contests:** We'd love to see you writing at [FanStory](http://FanStory). We've got hundreds of contests you can enter. Get feedback for everything that you write. And a special offer. [Find out more.](http://FanStory)

[Writing and Poetry Community - Share Poetry and Stories Online \(fanstory.com\)](http://FanStory)

- [San Francisco Writers Conference 15-18 Feb 2024 – SFWriters.org](http://SFWriters.org)
- [Possible Book Topics | Chicken Soup for the Soul](http://ChickenSoupfortheSoul.com)

I didn't realize there were so many reputable dictionaries, until I heard on the news about two different "words of the year for 2023", from two different dictionaries. I looked them up and found the following four:

- **Rizz** is the Word of the Year according to the **Oxford English Dictionary**. The term deals with charisma and charm
- **Merriam-Webster** Word of the Year: **Authentic**, something we're thinking about, writing about, aspiring to, judging
- **Cambridge Dictionary** chose a new definition of **hallucinate** from AI tools, as false, biased or harmful information
- The **Collins English Dictionary** chose **AI**, to describe modeling of human mental functions by computer programs.



## 2019 NCPA Anthologies

**\$40/ year to join**  
**www.norcalpa.org**

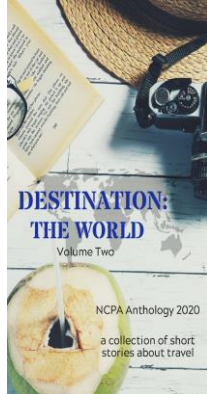
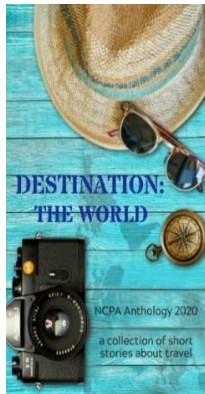


**BIRDS OF A FEATHER**  
An NCPA Anthology  
*A Collection of Short Stories about Animals*

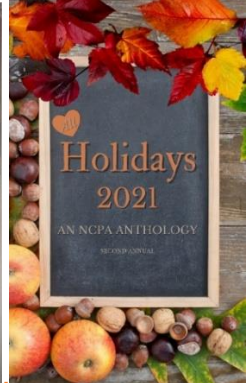


**MORE BIRDS OF A FEATHER**  
An NCPA ANTHOLOGY  
*A Collection of Short Stories about Animals and Other Things*

## 2020 NCPA Anthologies

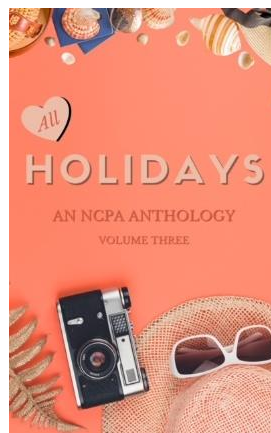
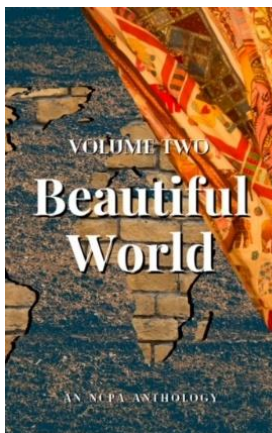


## 2021-22 Anthologies

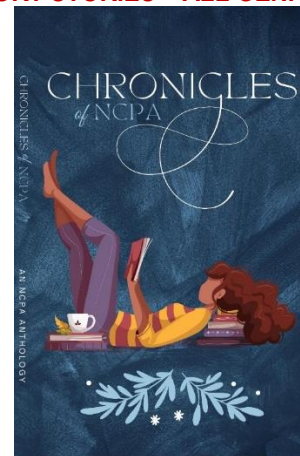


**ALL (seven) 2019, 2020, 2021 & 2022 ANTHOLOGY BOOKS (above) AVAILABLE PAPER COPIES @ Cost for Authors from Sharon Darrow: Sharon@SharonSDarrow.com or [NCPA Anthologies \(7 book series\) Ebook & Paperback Edition \(amazon.com\)](https://www.amazon.com/NCPA-Anthologies-7-book-series)**

**Anthologies Coming June 2024**



**Anthology coming Dec 2024  
SHORT STORIES – ALL GENRE**



\*\*\*\*\*

**NEW Submission deadlines: 15 Jan 2024 Beautiful World \* & \* 31 March 2024 ALL Holidays Vol 3 \***  
**NEW dedicated Email address for anthologies: [2023NCPAAnthologies@gmail.com](mailto:2023NCPAAnthologies@gmail.com)**

## Early Bird Discount and Scholarships Available for IBPA Publishing University 2024

<https://www.publishinguniversity.org/>

- ❖ IBPA Publishing University—the most anticipated conference of the year for independent publishers—will be held in Denver, CO April 25-27, 2024. It's still some time away, but to lock in the lowest rate (15% off registration), we encourage you to register before January 31, 2024. In addition, IBPA is offering scholarships to attend IBPA Publishing University (which cover the registration fee) to encourage junior publishing staff, first timers, and those who would not otherwise be able to go for cost reasons to attend. But hurry, the scholarship application deadline is December 31, 2023
- ❖ In addition, NCPA offers one NCPA member who receives an IBPA scholarship, a stipend of \$500 to help with other expenses at the IBPA Conference, such as the hotel room &/or transportation. However, that \$500 goes with the understanding that the NCPA member receiving it will also be our Guest Speaker the following month, and give a full report on the conference. Whichever NCPA officer sent the above Email in the past few days, forgot to include this info. I'm sure there's more on that, so any questions, please send an Email to me ([normathornton@yahoo.com](mailto:normathornton@yahoo.com)) and I'll forward it to the proper person for answers, since I don't have them.

## INTERESTED IN GENEALOGY? Check out your local Library FREE Ancestry.com at home, thanks to the library & a library card

During the shut-down, the library had generously made their access to Ancestry.com FREE from your own home to all who have a library card .....the census records alone, are great and worth the time and trouble, even if you don't do anything else there.

- Simply go to [www.saclibrary.org](http://www.saclibrary.org) Then click on \* Books & Media, then \* Special Collections: next \* Genealogy Collection:
- Have Questions? (at bottom of screen):
  - "Learn More" under "Do you have other genealogy services available?" Or just click link as a shortcut <https://www.saclibrary.org/Education/History/Genealogy>

## SACRAMENTO PUBLIC LIBRARY

### Genealogy Presentations from Sacramento Public Library – UPDATED FOR December 2023

- Free presentations online via Zoom one Saturday each month at 1 pm.
- Sign up through the Events Program Calendar at [www.saclibrary.org](http://www.saclibrary.org). If you have any questions, please email [contact@saclibrary.org](mailto:contact@saclibrary.org).

\*December 16, 2023 Did Your Ancestor Attend Church? Researching in Religious Records, by Lisa S. Gorrell. Church records can provide names, dates, and relationships about your ancestors. Many of the records from churches and religious organizations predate civil records which make these records a rich source of information about our families.



Marriage by  
Blacksmith - 11-18-2

Give these records a try, even if you think your ancestor did not attend church

Questions? Contact [bethd2073@gmail.com](mailto:bethd2073@gmail.com) or Dave [contact@saclibrary.org](mailto:contact@saclibrary.org)

## LDS Family Search Center

Anyone can access genealogical records and receive personal assistance with their family history **FOR FREE at the Sacramento Latter Day Saints Family History Center at 2745 Eastern Av, Sacramento. (916-487-2090)**. It's free, open to the public, and staffed by knowledgeable volunteers. Each facility offers both novices and experienced family historians the tools and resources to learn about their ancestors.

Although it's been years since I've been there, I have gone several times and have not only found a lot of information, but the volunteers are really helpful, and friendly. [LDS Family Search Center](#)

- <https://www.familyhistorywritingstudio.com/story-starter-workbook-2/>

## **Beautiful World Anthology CHANGES \* NEW SUBMISSION DATE \* 15 Jan 2024 \* New Launch Date \* 23 Jun 2024**

Unfortunately, we had to reject three of the stories submitted to *Beautiful World*, because they were beyond repair, even after many hours, and much work, was spent on them by the authors and proofreader/ editors, so there will be no combined anthology launch with the Holiday Luncheon 10 Dec 2023.

Those authors have all been notified, and we've discussed the issues, so if you've not heard from us yet regarding your submission, don't worry, you're in the book, it just took too much time working with those stories, to finish the rest.

The problem is, that leaves us with not enough stories to fill the anthology and publish, thus the need for more. (We already had enough space for a couple more stories before rejecting those three, so since we're opening it up again, we may as well add those two spaces). SO, if you have just one more *Beautiful World* story in you, and you didn't have time to submit before, now's your chance! This will be our last anthology on specific destination-themes of any kind.

NO, we won't be using two (2) STORIES from anyone, in any of our anthologies, so if you've already sent your story for *Beautiful World*, please don't send another --- however --- we're also still accepting stories for *ALL Holidays Vol 3* so if you've not submitted to that one yet, and would like to, please do so (that deadline has also been changed – to 31 March 2024).

Remember, 500-3500 words in both anthologies --- plus Holidays, ONLY, also accepts poetry, once a full story has been accepted. (NO poetry in *Beautiful World*).

After the *ALL-Holidays Vol 3* anthology is completed, there will only be one more, *ALL Holidays Vol 4*, (finalizing a cover for all four seasons), then it's on to other themes, such as the one already mentioned earlier: *Chronicles of NCPA* – all short stories of any genre. We'll also accept those stories right now, still 500-3500 words, but with no submission deadline, nor anticipated launch date, as of yet ... and NO POETRY.

## **UPCOMING 2023 NCPA EVENTS -- & MORE**

**30th NCPA  
BOOK AWARDS  
BANQUET  
5pm-9pm  
Sun 23 June 2024  
Cherry Island Golf Course  
Elverta, CA  
COVID RULES WILL APPLY**

Join NCPA FB PAGE <https://www.facebook.com/NORCALPA>

**Sun 10 Dec 2023 ~ 12Noon-2:30pm  
Citrus Heights' Black Angus on Greenback**

**NCPA's 7<sup>th</sup> Holiday Luncheon 2023**

**2023/24 Anthologies: Submission Dates changed  
ALL Holidays Vol 3 \* Deadline to Submit \* 31 Mar 2024  
Beautiful World \* DEADLINE to submit CHANGED to 15 Jan 2024**

**Looking for NCPA Newsletter Guest Journalists Feb 2024 \*\* Great chance to toot your own horn to more than 250  
Email editor, normathornton@yahoo.com**

**In-person NCPA monthly meetings the 2<sup>nd</sup> Sun of each month with a later time:  
4pm-6:30pm (Except 10 Dec, 12Noon -2:30m)**

**Sun 10 Dec (Holiday Luncheon 12 N-2:30pm Black Angus)  
RSVP Yes, NO or Maybe to 2022NCPAHolidayLuncheon@gmail.com by 8 December 2023**

- ❖ **Broadway At the Community Center - NOW to 19 May 2024 \* Dr. Seuss' How the Grinch Stole Christmas \* Annie \***
- ❖ **Sunday 10 Dec – NCPA 7<sup>th</sup> Holiday Luncheon – 12Noon – 2:30pm Black Angus, Greenback & Sunrise**



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Anthologies 2019 - 2024

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Michelle Hamilton: Main Editor

Bob Irelan: Editor

Elaine Faber: Editor

Andrea Patterson: Editor

Norma Jean Thornton: Proofreader

Sharon Darrow: Publisher

[2023NCPAAnthologies@gmail.com](mailto:2023NCPAAnthologies@gmail.com)

Meetings now 4pm - 2<sup>nd</sup> Sunday of each month, FLAMING GRILL (inside CCP Mall) on Watt Av  
started Sunday 13 August 2023 – corner of Watt Av & El Camino Av next to WinCo

Northern California Publishers &amp; Authors (NCPA)

PO Box 214673 ~ Sac, CA 95821

Michelle (ML) Hamilton, President 916-837-6812 \* Norma Jean Thornton, Editor 916-991-5751 [www.norcalpa.org](http://www.norcalpa.org)

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The editor reserves the right to accept or reject submissions and to edit submissions for length, clarity, or style.

Readers are 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.

#### Other News, Announcements, and Comments

All submissions for this section of *The Pen & Press* including short items about NCPA members, or otherwise of interest to writers, editors, publishers and allied folks, are welcome, and become property of NCPA. PLEASE DO NOT SEND ORIGINALS OF ANYTHING.

#### A Note from the Editor

Send your articles and announcements to [normathornton@yahoo.com](mailto:normathornton@yahoo.com)

Please type either NCPA N/L or NCPA NEWSLETTER as the email subject heading, to help me find newsletter submissions easier.

Please provide submissions in Microsoft Word (or compatible) format, or in plain text. NO PDF, please, since I must retype anything sent by pdf to make it fit – and it makes me grouchy!

If you have any suggestions, an article idea or any other questions or comments about the newsletter, feel free to email or phone ... [normathornton@yahoo.com](mailto:normathornton@yahoo.com) or 916-991-5751

Any news of members' books, activities, marketing, speaking engagements, and/ or other accomplishments are greatly appreciated.

Also: any information on members' insights into the challenges and opportunities of writing and/or publishing, or information on regional resources for authors and publishers works well.

Cover illustrations and other photos are welcome in jpeg or other standard format. Please keep file sizes reasonable. When in doubt, call or email editor in advance.

Submissions for each issue will be the 5<sup>th</sup> of each month, unless otherwise noted ~ and ~ if you have something after the 5<sup>th</sup> call me (916-991-5751), then send it anyway ~ I'm flexible, so we'll probably be able to work it in, since the monthly Pen & Press publishing date depends on time available for the editor to complete and send it out, whether it's the first day of the month or the last, or somewhere in-between.

The goal of the current editor is to publish one Pen & Press each month, and two in the Banquet month every year, to cover the Book Awards Banquet ... one prior to the event, and one after.

... Norma Jean Thornton, editor *The Pen & Press* 2016-2023