

SPUR

A WRITE IT OUT® NEWSLETTER

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WRITE IT OUT® (WIO) is a motivational and expressive writing program
for individuals of all ages since 1992

EDITOR'S MESSAGE

Fall sprung quietly this year in the Catskill Mountains of New York. One day in the midst of Indian Summer the leaves were green and almost the next day they were red, gold, yellow and orange. They gathered on the floor of the kitchen porch where I ate brunch on weekends. This 1910 rented house



in Woodstock, NY has been my late summer and early fall writing retreat and home for a number of years. It's the place where novels and short stories grew and this year where I finished the first draft of my play *Exposed*. My "gypsy mobile" packed with manuscripts, books, clothes, bedding, dishes, pots, memories and an artist's photograph of a chair, isolate on a indoor landing bathed in light from a window accompanied me on the drive back to Sarasota, Fl. I thought about that chair, its connections to people and home and the symbols it provides for life, and decided to make it the theme for the first term writing workshops. I believe the fall portends new beginnings. We've been refreshed by vacations and ready to open up and discover the richness of ourselves through writing.

Write It Out has expanded into the health care field through expressive writing and provides powerful tools for self- help and personal growth. Our work at hospitals, cancer centers, and doctors' offices continues. Ronni the Book Midwife works privately with you to birth your memoir, fiction, nonfiction and poetry books. You reap the benefits of engaging in your own stories to better understand yourself and cope with trauma, loss and illness.

Take advantage of Write It Out's unique offerings that include private sessions and writing workshops with me in Sarasota, FL, Greenville, NY, Cape Cod, MA and Tuscany, Italy. The Sunday Salons with writers, artists, actors, and musicians at my home in Sarasota, Florida resume this fall. Contact me if you're interested in sharing your creative work.

JOIN THE FUN with WRITE IT OUT
Share Your Stories
Develop Insight and Understanding
Enjoy Developing Personal Growth and Wellness
Through Writing

WHAT'S HAPPENED THIS PAST SCHOOL YEAR

WIO in Tuscany, July 2013



Villa Le Barone, Panzano, Italy a four star hotel was the setting for our week's retreat, this past July of expressive writing and painting in the hills of Chianti. This home turned hotel has been in the family since the Renaissance and treats its guests with graciousness often forgotten in today's world. The spaciousness of the grounds gave us ample room to find spaces of our own to write as well as come together for classes and salons in the evening before dinner to share our work. Just a short distance away was the village of Panzano where we could attend the outdoor market and absorb local color and culture. A day trip to nearby Siena and San Gimignano, famous small cities in Tuscany, provided the tastes and visuals that expanded our immersion in the culture. The location provided wonderful material for writing, painting and memories. "I expect to get working on two Italy related stories from the (now) pent up experiences in Florence and Tuscany - that was totally marvelous," said Liz Reed, author of the new book *Ancient Echoes* and one of our summer students. Look for her book on Amazon.

WIO in Cape Cod, August, 2013

The Holden Inn, Wellfleet, MA was the setting this August for our retreat on the Cape for expressive writing and painting. It gave us an opportunity to open our senses to the New England sounds, smells, tastes and textures that became part of our creative experiences. We spent most of our days outdoors, finding shady and even sunny places to work, since late August on the Cape sometimes has the feel of fall in the air. During our evening salons we shared work that included some theater pieces written at the Cape. A number of evenings we walked to restaurants in the village and by the Bay for fresh fish and Wellfleet oysters farmed in the Bay. Eating lobster is



also a special treat for me when it's so close to its native source. There was time in the evenings for me to read a student's memoir manuscript and spend time providing feedback to her during the day.

Publication of "The Muse" & "Laundry"

My theater piece "The Muse" along with her poem "Laundry" was published in *The Pen Woman* summer, 2013 issue. I've performed "The Muse" at several venues including THE SLICE OF LIFE, a multi media presentation in Sarasota, Fl. It's about a woman feeling deserted by a Muse, meeting a stranger on a train from Florence to Milan and discovering her Muse in the form of a Serbian construction worker who befriends her on the train. Based on a true experience, the same character subsequently became one of the protagonist's in my third novel, *A Woman Of A Certain Age* that is yet to be published. "Laundry" was written as a reaction to another experience of the author living in Bermuda and hanging clothes on the backyard line. The line and clothes are a metaphor of the juxtaposition of freedom and order in life. The original poem hangs in my studio accompanied by a painting of clothes on a line that has become the cover of *Domestic Shorts*, a collection of eighteen of my short stories on love and relationships set in Italy, Bermuda and Woodstock, NY.

Award For Short Story

"Dead" is my story of the life of a man who loved to eat and died by choking won third prize in the category of adult fiction short stories at the National League of Pen Women Florida State Conference in November, 2013.

A Remembrance

Edward Michael Fitzpatrick, my husband of twenty years, and lover for eight years before that died July 30, 2013 from a long illness with congestive heart failure. His life was celebrated in early August with his family in Highland, NY at the home of his daughter and son-in-law among his friends, relatives, grandchildren and myself who remembered the trout fisherman and Beamer, the quiet man who always had a joke for every occasion. He had worked for IBM all of his working life as a sharpshooter fixing computer main frames around the country and afterwards as a technical writer after two years in his late teens in the US Navy. After his retirement and our move to Sarasota, he became a part-time car jockey at a car auction in Bradenton, Fl, golfed and tried to like salt-water fishing. His ashes were scattered on a sunny day in August on the Esopus River in New York near where he was born and fished for trout. His grandson, who fished with him for years, led the immediate family through a path in the woods to the exact location where they had fished. It was the kind of day Ed would have enjoyed surrounded by nature and casting his line into the stream. His grandson and son-in-law did it for him while his daughter, granddaughters and myself mourned his passing, but felt relieved that he was finally freed of his body that had failed him.



Happenings

Karen Winston Weinstein, one of our students and clients, and the one responsible for my name Book Midwife, “the one who helps people birth their books”, appropriately identifying what I’ve done with clients for the last twenty-two years, just published her first book with Peppertree Press of Sarasota. *HUBBY AND THE ROSES* was presented to the public with the author signing books at Mattison’s 41 in Sarasota, Florida on October 20, 2013. Congratulations Karen. We’ll be looking forward to your next book.

The Power of Expressive Writing Presentation

My hands-on workshop on the power of expressive writing to overcome the impact of illness was presented to an audience of artists and healthcare personnel for Arts for Health Sarasota-Manatee on November 5, 2013 at The Center for Arts and Humanities in Sarasota, FL. The article about the presentation was published in the Sarasota Herald Tribune the following day. It has been scientifically documented that individuals benefit from simple yet powerful Write It Out methods of expressive writing especially those who suffer loss, emotional or physical from illness, trauma, and life altering conditions. Participants were treated to a simple expressive five minute writing exercise from the WIO program that was based on the photograph of a chair by Joe Tantillo, artist from Kingston, NY followed by an opportunity to share feelings and memoirs that the photograph triggered. Individuals spoke about the sense of relief they experienced in channeling their emotions into a few creative moments.

Private Book Midwife Practice

During the 2013-2014 year private sessions will be available weekdays and Saturdays to initiate the process of birthing your book. Clients are guided in real time, Skype time or even over the phone.

- If you’ve been thinking of writing a book;
- If you’ve collected boxes of paper with ideas, essays or unfinished stories;
- If you’ve completed a first draft of a manuscript and want professional feedback;

we can work together to organize and edit the material for publication for just you and your family or for a wider audience. Call me at 941-359-3824 or e-mail RMillerWIO@aol.com.

WIO August and October Writing Retreats

We all lead busy, tangled lives with numerous interruptions that interfere with the serenity needed to create and write. My writing retreats in Cape Cod and Italy are located in specific places that I’ve found both solace and stimulation for creativity, and I enjoy sharing those places with my students and clients. Some people want a block of time to write uninterrupted and others enjoy the workshop stimulation and a time to work alone, so I offer both in my vacation retreats and individuals choose how they want to spend the day. In the evenings we all come together for a salon to share work of the day or other pieces brought from home. There’s also time for private sessions to work on manuscripts-in-progress. **In Italy** the workshop is held at Villa Le Barone a four-star hotel in Panzano in Chianti where you can stay and have breakfast and dinner. Lunch can be taken there or elsewhere in nearby villages and towns. **In Cape Cod** the workshop is held at The Holden Inn in Wellfleet, MA. Meals are available at various restaurants within walking distance to the Inn. Details on both can be seen on www.writeitout.com my website.

AUGUST ON THE CAPE: Monday, August 18, 2014-Friday, August 22, 2014

A small group or even one person can join me at this historic New England Inn to experience late summer on the Cape at the Holden Inn, once a sea captain's home. We work on the lawn or the screened-in porch that overlooks the Bay or you're free to roam the village or the beaches to find your own nest. Those who choose can experience sensory -based workshops in the morning. We all enjoy the salons in the evening.

OCTOBER IN TUSCANY: Sunday, October 19- Sunday, October 26, 2014

Seven people or more will join us for a week's immersion at Villa Le Barone hotel in Panzano, Italy in the culture, environment and food of Tuscany to relax and create. Sensory- based classes are available in the morning either outdoors weather permitting or a gathering place indoors. There's private time to write, optional excursions to local areas and evening salons. Dining on Tuscan specialties at this four star hotel that produces its own food and wine is a gourmet's delight. See www.writeitout.com for details.

RONNI'S SALONS

The popular WIO tradition of giving voice and view to artists, writers, musicians and craft people begun several years ago, will continue on Sunday afternoons beginning in November at my home-studio in Pinehurst Village, Sarasota. Interested? Please contact me 941-359-3824 or RMillerWIO@aol.com. Attendees are also welcome to contribute pick-up desserts, snacks, wine or soft drinks.

**The Write It Out Schedule of classes for 2013-2014
follows on the next page**

WRITE IT OUT WORKSHOP SCHEDULE 2013-2014

Check www.writeitout.com for updates

CREATIVE WRITING

Pinehurst Village, Sarasota, FL
Thursdays 1:30-3:30 PM

A workshop to write fiction, creative non-fiction, poetry and theater pieces. Sessions can be attended in person, via Skype or telephone.

Term I: October 17, 24, 31, Nov. 7, 14, 21, 2013

Term II: December 5, 12, 19, 2013 * \$135 term

Term III: January 2, 9, 16, 23, 30, Feb. 6, 2014

Term IV: February 13, 20, 27, March 6, 13, 20, 2014

Term V: March 27, April 3, 10, 17, 24, May 1, 2014

Term VI: May 8, 15, 22, 29, June 5, 12, 2014

Facilitator: Ronni Miller.

Registration: RMillerWIO@aol.com or 941-359-3824.

Tuition: \$270 for term, \$50 per individual class.

EXPRESSIVE WRITING AT PINEHURST

Pinehurst Village, Sarasota, FL
Saturdays 10:00 AM-12:00 noon
(Scheduled according to demand.)

A workshop to express life-altering events through writing in any genre for the purposes of personal growth. Sessions can be attended in person, via Skype or telephone.

Facilitator: Ronni Miller.

Registration: RMillerWIO@aol.com or 941-359-3824.

Tuition: \$50 per session.

→*Payment Policy for Pinehurst Village workshops:* Payment & registration are expected on or before the first day of class. There is a \$5.00 early registration discount when you register for the full term.

EXPRESSIVE WRITING

Center For Building Hope, Lakewood Ranch,
Sarasota, FL
Wednesdays 2:00-3:30 PM (Beginning in
October 2013 and ongoing through July, 2014)

A workshop to express life stories in any genre for the purposes of personal growth for cancer survivors and their caregivers.

Facilitator: Ronni Miller.

Registration: 941-921-5539

Tuition: Free to cancer survivors and their caregivers.

EXPRESSIVE WRITING FOR WELLNESS

State College Of Florida, Lakewood Ranch FL
Wednesdays 10:00 AM -12 noon
January 29, February 5, 12, 19, March 12, 2014

A writing workshop to use expressive writing techniques for personal growth.

Facilitator: Ronni Miller

Registration 941-752-5203

Tuition: \$75

EXPRESS YOURSELF THROUGH WRITING

The Longboat Key Education Center, Lbk, FL
Tuesdays 1:00-3:00 PM
Jan. 6, 13, 20, 27, Feb. 11, 18, 25, Mar. 4, 2014.

A workshop that stimulates autobiographical material as a means to express and reveal your story in fact or fiction.

Facilitator: Ronni Miller
Registration: 941-383-8811
Tuition: members of LBK ED Center- \$145, non-members \$155.

CREATIVE WRITING IN THE MOUNTAINS

Greenville Public Library, Greenville, NY
Mon-Fri 10:00-12 noon August 25-29, 2014

An intensive one-week workshop to write fiction, nonfiction and poetry.

Facilitator: Ronni Miller
Registration: 518-966-8205
Tuition: free

VACATION RETREAT WORKSHOPS

TUSCANY, ITALY- October 19-26, 2014
CAPE COD, MA - August 18-Aug 22, 2014

See www.writeitout.com for details.

SUGGESTED READING FOR WORKSHOPS

- *Cocoon To Butterfly: A Metamorphosis of Personal Growth Through Expressive Writing* by Ronni Miller.
- *Dance With The Elephants: Free Your Creativity And Write* by Ronni Miller
- *The Best American Short Stories 2013* edited by Elizabeth Strout for Creative Writing workshop only.