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A WRITE IT OUT® NEWSLETTER

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

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EDITORS'S MESSAGE



Wow! We've reached our **25th year of Write It Out!** It boggles my mind that an idea born in my eclectic pine cabin in Woodstock, New York blossomed into a viable Program guiding thousands of people in the US, Canada, Bermuda and Italy to express their feelings memories and experiences in many genres. Each person I've worked with as Book Midwife in my private practice guiding them as mentor, and editor to birth their books has made me feel like a proud mother helping them bring their children into the world. I'm also grateful to my students who have given me the opportunity to share with them what I've learned from my lifetime involvement with writing. I thank you collectively and individually for validating a concept that turned into an important product of personal self-growth.

Our **August Vacation Writing Retreat in Tuscany** will culminate our 25th Anniversary Celebration with perks available to students, clients and National League of American Pen

Women. Tuscany with its undulating hills, villages set in the clouds, Cyprus trees standing sentinel on winding dirt paths has been my Muse for over forty years where I've lived, written and produced a novel, short stories and essays. I invite you join me this coming summer and immerse yourself in Italia!

The **June Writing and Retreat workshop in Wellfleet, Cape Cod , MA** will be the site to launch our Anniversary Celebration. Dunes high above the Atlantic, fleets of fishing boats in the harbor, beside the Bay's oyster farmers' plots has been my New England retreat for years, and a summer doesn't feel like a summer until the brisk, salt air stirs my imagination and words flow into stories.

In honor of our 25th I'm excited to announce our **NEW WRITE IT OUT EXPRESSIVE WRITING FACILITATOR TRAINING PROGRAM** that will begin in January, 2017. Write It Out is much more than a writing program as those of you who have experienced it know. It is a way to view life and your own personal journey through writing. I've honed this unique and powerful program over the past twenty-five years and want to share it with a few special facilitators who will carry on our work in expressive writing for personal growth. James W. Pennebaker, PhD leading research authority in the field of expressive writing, has endorsed my work and Write It Out. I encourage those of you who want to delve further into the concepts and creative applications for personal growth as well as the ability to teach others. See more details below.

I look forward to our new school year together to help birth and edit your books as Book Midwife, guide you in Write It Out expressive writing workshops, train interested candidates in the Write It Out approach and facilitate our summer writing and retreat workshops in Italy and Cape Cod.

See our Writing Workshop Schedule that is also posted on my website and make your plans to join us.

Ronni

AUGUST 2017 VACATION RETREAT IN TUSCANY

VIVA ITALIA!

August 25th to September 2nd, 2017



Villa Le Barone, Tuscany, Italy

Come and join us as we culminate our 25th anniversary celebration of the birth of Write It Out (WIO). It will be held at Hotel Villa Le Barone, Panzano in Chianti, Italy, a four star hotel. This historic and gracious villa, once a private home and farm is located in the heart of the Chianti region not far from Florence, Siena and San Gimignano. The hotel is nestled in the Tuscan hills outside of Florence, owned by the same family since the Renaissance. You'll be treated by gracious and elegant Italian life of bygone centuries; pampered by gourmet, regional dining and service. In addition you'll enjoy the benefits of your own creativity, collect memories while cradled by classic art and culture that surrounds you.

I've lived, written and taught here and in the region for many years and found Hotel Villa Le Barone to be special as a place to absorb Italian culture of another century.

The grounds of the villa are surrounded by beautiful views of the hills, gardens and orchards to wander through to spark creativity. There's an active 10th century church with spectacular artwork down the road. The village of Panzano below the Villa is a destination to visit and sample local wares at shops and an outdoor market. It's also the home of the famous Butcher of Panzano, who recites Dante while carving steaks and offering free samples of cold cuts, bread and wine on Saturdays in his butcher shop. You will experience much to write about.

Workshops are held in the morning and students are free in the afternoon to write, explore or dine in town. Salons in the evening provide the time to share works-in-progress. There are days of optional visits to Florence, Siena, San Gimignano and other small towns in the area.

Breakfast and dinner are suggested inclusion when you make your room and board arrangements. **As a 25th Anniversary Celebration perk**, a 25% discount on the tuition of \$850 will be given to any person who has been a Write It Out client or student in the last twenty-five years. Pen Women

who are current members will receive a \$25 discount on the tuition. **Payment is due by February 28, 2017.**

Take a look at my website www.writeitout.com and see information about the writing vacation and see for yourself how beautiful the villa is at www.villalebarone.com, a very special place from which to create and relax.

Time is of the essence however. Arrangements need to be made by **February 28, 2017** in order to take advantage of the present prices and guarantee your room accommodations for these dates.

A one- week immersion in the Tuscan culture will provide a lifetime of memoires. Let me know as soon as possible that you plan to celebrate with us.

JUNE 2017 VACATION RETREAT IN CAPE COD

JUNE 26-JUNE 30, 2017



EXPERIENCE MORE THAN FISH ON CAPE COD

Join us at the **Holden Inn, Wellfleet, MA June 26 through June 30, 2017** to celebrate the 25th anniversary of WIO. If you haven't relaxed at our national seashore and experienced the dunes beside the Atlantic Ocean, it's time. If you haven't viewed oyster fisherman tend their "farms" in the Bay, it's time. If you haven't tasted *lobsta* boiled in the shell or dangled steamed clams above your lips, it's time. If you desire the opportunity to experience an historic fishing village on the National seashore where whales swim, it's time.

The Cape Cod Expressive Writing Retreat in June offers tranquility beside the sea, and an opportunity to express creativity through written sensory experiences. The Holden Inn, Wellfleet, Massachusetts, once a sea captain's home will host our workshop as it has for several decades. I've enjoyed my return each year to this home away from home where many of my stories and essays are set. Enjoy five days of our special expressive writing vacation that will restart your creative batteries for months and years to come.

We're offering a \$25 discount on tuition of \$425 to past and present WIO clients and students as well as paid-up members of the National League of American Pen Women. See www.writeitout.com for details. Payment due by **March 15, 2017**.

NEW!!

EXPRESSIVE WRITING FACILITATOR'S TRAINING PROGRAM

How learning how to facilitate Write It Out workshops can benefit you?

If you have enjoyed the Write It Out approach to expressive writing and evolved as a result, there are a number of ways you will personally benefit by learning the “behind the scenes” techniques, methods and philosophy of the Write It Out program. You will be able to:

- Strengthen your own writing experience.
- Gain insight and personal knowledge.
- Discover the techniques of healing through writing.
- Apply Write It Out techniques to your own profession or business.
- Facilitate your own writing workshops.

This Expressive Writing Facilitator's Training Program is for those who want to explore their own potentials for personal growth as well as helping others find their path to creativity and wellness.

The Write It Out Facilitator Training Program is a forty-five credit, certificate program with courses that include Write It Out's philosophy, methods, curriculum development, expressive writing for wellness, writing techniques for all genres, marketing and student teaching. There is opportunity for in-person and on-line training as well as group interaction.

More information will be posted on the website www.writeitout.com or contact me 941-359-3824, RMillerWIO@gmail.com for more information.

BOOK MIDWIFE'S EXPERIENCES

This has been an especially productive year working with my clients who have completed and are completing their books that have been mostly memoir. Following is a sample of client's books. One memoir is of achievements that spanned a life involved with a profession dreamed in childhood. Another nonfiction book is a collection of stories based on a host's experience running a bed and breakfast. A unique memoir book is written in poetry and tells the story of a child's handicap, and the impact it had on his mother. I've been privileged to be part of the editing process for these clients and others, and look forward to helping you birth your own book. Wherever you live, I'm only a phone call or Skype away. Contact me today at RMillerWIO@gmail.com or 941-359-3824.

WORKSHOP IN THE MOUNTAINS OF NEW YORK



Greenville Library, New York in the Catskill Mountains was the setting for the one week intensive Writing Workshop October 4th through 8th, 2016. We had an intergenerational class this year made up of eighteen people ranging in ages from 8-80. Some of the students had returned each year since 2004 and some had joined us for the first time. Greenville remains a farm community about three and a half hours north of New York City and an hour south of Albany. Some people had lived there all of their

lives and some were second home people. All of their stories though were rich in personal experiences written in poetry, fiction and nonfiction.

CELEBRATE WITH US!

SEE OUR 2016-2017 WORKSHOP SCHEDULE
below and on www.writeitout.com

SUMMER WORKSHOPS ON THE CAPE



WEST FALMOUTH



WELLFLEET

W. Falmouth and Wellfleet, MA were the settings for our Cape Cod workshops in August, 2016. Sensory experiences were the foundations for the syllabi. I believe that the sensory, as a primitive experience is at the basis of our writing. Conscious of experiencing the five senses and expressing them through any literary medium is satisfying and makes a connection for oneself as well as for a reader. In W. Falmouth the Write It Out one-day workshop on August 15, 2016 was sponsored by the National League of American Pen Women, Cape Cod branch and held at the West Falmouth Methodist Church. As Fourth Vice President of this national organization, whose headquarters are in Washington, DC, I was invited to share my Write It Out program with the group of women, one of whom has submitted her poetry manuscript in a competition as a result of the class.

The Retreat Workshop at the Holden Inn, Wellfleet followed the next day Tuesday, August 16th to Friday August 19th, 2016. The weather was balmy and sunny everyday that gave us a chance to work on a screened in porch with our expressive writing and art projects. Salons were held in the early evening in the parlor. Sitting on wicker furniture, we heard the participant's stories and poems and were witness to artwork shared for everyone's enjoyment along with wine, cold drinks and snacks. One evening we all ate dinner together at the Bookstore, a favorite seafood restaurant in town overlooking Cape Cod Bay. People came from the South, Midwest and New England and brought with them their own unique voices expressed in their creative work.

WIO EXPRESSIVE WRITING WORKSHOPS SARASOTA, FLORIDA

I've enjoyed the company of hundreds of students this past 2015-2016 school year who have shared their feelings, memories and experiences through prose and poetry in numerous Write It Out (WIO) workshops. Workshops were held at the **Cancer Support & Wellness Program sponsored by Jewish Family and Children's Services of the Suncoast in Sarasota, FL**. These workshops were held weekly on Wednesday afternoons from October through July and started again this past September to continue through July. **The Longboat Key Education Center, Longboat Key, FL** hosted workshops from January to March and the **Lifelong Learning Center** at University of S. Florida, Sarasota, FL hosted workshops in their winter and spring sessions. All will continue in the 2016-2017 school year. **Ringling College** will now host the Lifelong Learning workshops in the 2017 winter and spring terms.

As you know our workshops are unique because they focus on you and your stories. Samplings of what you've said about the benefits you've received follow:

"Expressive writing has helped me look into my feelings and fears...In our group we enjoy sharing what has come to our mind and pen. Sometimes we laugh...sometimes we try to find what is behind the words. No mockery. No criticism. We only receive the subtle guidance of Ronni Miller and commentaries of our friends." Marisa

"With your encouragement in class...I can reach out and try to write with more confidence." Judy

"Thank you for guiding us with our wisdom and encouragement." Peggy

"You give opening to the mind to travel and dream. Thank you for giving me the greatest gift that is teaching how to take thoughts and turn them into words...long after my body has turned to dust my written words will still live." George

As many of you know, our Write It Out approach to expressive writing has been endorsed by James W. Pennebaker, Ph.D, researcher in the field of expressive writing who has written extensively on the power and benefits of releasing trauma through writing for the purposes of healing. Our workshops are designed to create a safe environment and make it enjoyable for you to share your stories in fiction, poetry and personal essays. Women and men have laughed and

enjoyed the hands-on exercises offered in the Program like scooping sand from a bucket to stimulate memories. You've made friends with like-minded people who understand and support your travail and insights. By expressing through writing you've helped yourself become who you are as a person and as a writer.

RONNI'S SUNDAY SALONS FOR CREATIVES



We had three Sunday salons last season at my home studio in Sarasota, FL where original, creative work was shared. Sunday Salons will continue in 2017. Dates will be posted on www.writeitout.com my website.

WRITE IT OUT (WIO) 2016-2017 WORKSHOP SCHEDULE

Facilitator: Ronni Miller

See our schedule and updates on www.writeitout.com

***** SPECIAL ONE DAY LECTURE AND WORKSHOP 2016 ****

FEEL IT! WRITE IT!

November 19, 2016

The Longboat Key Education Center
5370 Gulf of Mexico Drive, Longboat Key, FL
1:00-4:00 PM

Tuition: Members \$45, Non-Members \$50
Registration: 941-383-8811

This one-day workshop is to get in touch with your feelings through writing. You will experience hands-on expressive writing techniques from The Write It Out® motivational and expressive writing program now entering its 25th year providing workshops throughout the US and Europe. Ronni's Write It Out program has been endorsed by James W. Pennebaker, PhD, international expert in the field of expressive writing. Exercises will stimulate feelings, memories and experiences. Novice and seasoned writers are welcome.

ON GOING WORKSHOPS

EXPRESSIVE WRITING

Exercises from the WIO program will stimulate your feelings, memories and experiences to write in any genre.

- **Expressive Writing for Wellness**

Jewish Family & Children's Services
1050 S. Tuttle Avenue, Sarasota, FL

Dates: On going from Sept. 14, 2016-through July, 2017

Tuition: Free to those impacted by cancer as patient, caregiver or family member.

Registration: 941-366-2224 ask for Bambi Fortado

- **Express Yourself Through Writing**

WINTER:

Longboat Key Education Center
5370 Gulf of Mexico Drive Suite #212
Longboat Key, FL
Dates: Tuesday Jan. 10-Feb. 28, 2017
Time: 1-3 PM
Tuition: Members \$145, Non-Members \$155
Registration: 941- 383-8811

SPRING:
Longboat Key Education Center
Express Yourself Through Writing
Dates: Tuesday March 7-March. 28, 2017
Time:1-3 PM
Tuition: Members \$85, Non-Members \$105
Registration: 941 383-8811

MEMOIR WRITING

An opportunity to focus on memoir materials that can be written in fact, fiction, poetry or theater pieces.

- **Memoir Plus**

WINTER:
Ringling College Lifelong Learning Program
(held at Lakewood Ranch Campus,
State College of Florida)
Dates: January 12-March 2, 2017
Time: 11:40 AM- 1:00 PM
Tuition: \$85
Registration: 941-309-5111

SPRING:
Ringling College Life Lifelong
Learning Program
(held at Lakewood Ranch Campus,
State College of Florida)
Dates: March 16-April 27, 2017
Time:11:00 AM- 12:20 PM
Tuition: \$85
Registration: 941-309-5111

VACATION WRITING RETREATS

Cape Cod

The Holden Inn, Wellfleet, MA

Date: Monday, June 26, - Friday, June 30, 2017

Tuition: \$425 due by March 15, 2017

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

Tuscany

Hotel Villa Le Barone, Panzano, Italy

Date: Friday, August 25-Saturday, September 2, 2017

Tuition: \$850 due by February 28, 2017

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