



Women's National Book Association

Los Angeles Chapter

The Ultimate Resource for the Book Community

Newsletter

August 2009

In this Issue

- Expert Tips
- A word from Kelly
- Recent Events
- Website & Newsletter News
- Member Book of the Month
- Featured Member of the Month
- Member News
- Melinda's Abundance is...

Expert tips from our Members



Kelly's **Monthly Dream Symbol** comes from her book, "[I HAD THE STRANGEST DREAM... The Dreamer's Dictionary for the 21st Century.](#)" [Sign up](#) to receive Kelly Sullivan Walden's Weekly Dream Symbol.

Book - Dreams of a book symbolize the letter of the law, your world view, inherited wisdom, and/or memories. A book represents a belief system, a point of view that you believe in, rebel against, and/or throw at someone. Consider the type of book and its message. See Write and Word.



DEAR CHAPTER MEMBERS,

Welcome to our August Newsletter!

Ah, the golden days of summer! Time for outdoor picnics, weekends at the beach and afternoon naps. Yet, the hot weather hasn't kept our members from staying busy. Check out our recent and upcoming member events and our ever-growing expert tip section. Also, please join us at our WNBA-LA annual business meeting, Sunday, August 16th, 2-5pm at our member Margaret Karlin's place in West Hollywood.

A word from Kelly...



Happy August...and happy birthday to all my fellow Leo Bookwomen. As I'm writing this, I am on a plane overlooking the Grand Canyon on a Southwest flight from LA to Santa Fe. As most of you know, I've been flying back and forth every month this year...and boy are my arms tired (ha ha!). There is something about the perspective that I get from being 35,000 feet in the air that makes me feel philosophical (more than usual) as I review my life, WNBA/LA, and

the Dream Project.

Speaking of WNBA/LA and the Dream Project...here's

Monthly Tips From
Donna Sozio
www.ImPublished.com

We write happy endings the characters in our books. So why not write a happy ending for our publishing career. That's right! I don't go through the work of submitting my work unless I can first imagine a happy ending for my writing career and myself.



Delicious Diversions from
Allana Pratt - Sexy Mom Expert
HowToBeAndStaySexy.com

Trust, slow down and feel Life weaving its magical tapestry around you, through you, as you.



Marie Diamond
www.mariediamond.com
Marie's Sparkle of Wisdom #1
You are the decision maker of your life. Make a decision to have a wonderful life now, and you can still save your day!



Julia Drake's [Travel/Living Well](#) Monthly Tip

One of the best things we can do for our health is to roam the great outdoors. That's why Yoga backpacking or Wilderness Yoga has become a new trend to help you connect with "the now" through mindful walking in nature. Feel your body move, smell the wildflowers, listen to the forest hum, and sink into the experience. Visit wildmoon yoga.com for more info.



Hariette's monthly

some exciting news: WNBA UN Representative and past national president, Jill Tardiff, called me recently to announce that the Dream Project is being nominated for a CTAUN award. CTAUN stands for "Committee for Teaching about the United Nations." As most of you know, the Dream Project (www.DreamProjectUN.org) is endorsed by WNBA as part of our community outreach--- so this nomination and ceremony at the UN will offer WNBA a greater level of international exposure ...perhaps we will soon need to change our name to WINBA (Women's INTERNATIONAL Book Association)!

In preparation for a global launch of the Dream Project, I just completed a Revamp/Recreate/Reinvention meeting to upgrade the curriculum and teacher training (affectionately called Dream Project 2.0.). By the end of the meeting we had twenty huge sheets of white poster paper stuck to the walls with notes scribbled on them with innovative suggestions for improvement. There is something refreshing about doing an exercise like this... I'm looking forward to doing this with you all at our WNBA/LA annual business meeting, Sunday, August 16th, 2-5pm at Margaret Karlin's fabulous condo in West Hollywood. We encourage all WNBA/LA members to attend. When you RSVP I will send you the address and directions.

In addition to reviewing the WNBA/LA'08-'09 year and brainstorming events and systems for the coming year, we are going to start the meeting with a "Brain Dominance" training to assist us in being able to enhance our communication with one another. This idea was inspired by my dear friends Suzanne and Bill Steirle who are both professionally trained in the Brain Dominance Communication model (<http://www.hbdi.com/>) that identifies four types of communication styles, color-coded for ease of memory: Blue (analytically minded-engineer type), Green (procedurally oriented, editor-type) Red (people-people, counselor/teacher type), and Yellow (big-picture oriented, visionary type.) Make sure you come so you can find out what "type" you are...and how learning your communication style (and the ways of others) can add to your success as a Bookwoman and to all aspects of your life.

The laws of attraction are truly at work as we are magnetizing some outrageously wonderful Bookwomen into our chapter! I am thrilled to introduce you all to our new e-commerce manager, Liora Mendeloff. Liora is also founder of InstantMediaKit.com™, the simplest, quickest, most cost-effective way for all of you authors and speakers to store and disseminate all of your key marketing collateral. Before becoming an entrepreneur, Liora was COO for Governor Arnold Schwarzenegger's Foundation for almost 7 years. Prior to this, as the "Virtual Book Tour Gal," Liora created a multitude of online marketing campaigns with Internet Marketing Guru, Alex

[Oracle](#) Life Advice

Quote 4:

In every engagement, I negotiate win-win.



**Jacquie Jordan's
On Camera tips:**

**Do I Get Paid for being
on Television?**

Don't we wish! That's why it's important to have a solid media platform and to be clear on 'what' your 'unspoken' trade-out is for the show. Unspoken trade out is that you as a TV guest deliver the content of the show for the producer and then the show will 'plug' your book or 'web-site'.



**Teresa Fogarty's
Publishing Basics (www.ibpa-online.org)**

Would you like to see your book in the library? There are thousands of libraries in the country and they talk to each other. Librarians respect reviews from sources such as Publishers Weekly, Library Journal, and the New York Times. Check out the reviews page at <http://www.libraryjournal.com/info/CA6415258.html> and see if you can get your book reviewed by this trusted source.



**Melinda Woolf's
soul-centered tips on Abundance
www.iamsoulcentered.com**

Mandossian. Her clients included Mark Victor Hansen, Robert Allen, Loral Langemeier, and Mireille Guiliano.

Happy August...and I look forward to seeing you at the annual business meeting!

To your dreams,

Kelly Sullivan Walden

(323) 893-3028

Recent Member Events

June 24 -- Los Angeles County Commission on Aging (LACCOA) honors member Barbara Meltzer



Los Angeles County

Commission on Aging President Barbara Sinclair (l) and Flora Gil Krisloff, Senior Field Deputy for Supervisor Zev Yaroslavsky, (r) congratulate 2009 Link Award honoree, Commissioner Barbara Meltzer at the Commission's Annual Luncheon.

Long time WNBA-LA member Barbara Meltzer was honored by the Los Angeles County Commission on Aging (LACCOA) at its Annual Luncheon held on June 24 at the Music Center's Dorothy Chandler Pavilion. Appointed to the Commission by Supervisor Zev Yaroslavsky, Ms. Meltzer received the 2009 Link Award, which is presented each year to the Commissioner who has provided outstanding volunteer service on behalf of seniors in Los Angeles County.

When presenting the award to Ms. Meltzer, LACCOA's President Barbara Sinclair said, "Commissioner Meltzer's support for LACCOA is phenomenal. She is the Lead Commissioner for District 3 and was a member of the original ad hoc committee that looked at the organization's future. She co-chaired the Work Group on Baby Boomers and Future Aging Issues and is the Editor/Writer of the

Abundance is..... "More Than Enough!"



Jodi Seidler www.makinglemonade.com

Jodi's tips for single parenting:

1. Letting Go is Part of Life.

Just know that teenagers try and separate from their parents in ways that might astound us and make us sad. We might even utter words our parents used, like "You don't appreciate all I have done for you". The truth is - they do, it's just part of the dance of moving away and starting their own life.



Julie Spira's
Cyber-Dating Tips
www.CyberDatingExpert.com

Cyber-Dating Tip #2.

Be accurate about your age, and say so in your online dating profile. Men expect women to often take 5-10 years off their age or weight in their profile. Advertise upfront that you are authentic and you will be greatly appreciated and may wake up to an overflowing InBox of new male suitors.



Marcy Morrison www.careerswithwings.com

Marcy's Five Steps to Living Your Passion in Your Career

Step # 1 Uncover your passion and strengths. The key to living your passion is to do what YOU want to do - not what your parents, society, friends and others want you do. When you are

Commission's newsletter, THE LINK.

Ms. Meltzer, who heads the Miracle Mile-based Public Relations and Marketing Agency, Barbara Meltzer & Associates has served as a Commissioner since 2007. Prior to that, she was a member of the LA County Area Agency on Aging Advisory Council.

"I am grateful that I have been given the opportunity to serve LA County's seniors," says Ms. Meltzer. "The nation's largest senior population resides in LA County and it is essential that we do everything possible to provide programs and services that enable our older residents to be safe and to live healthy and productive lives, for as long as possible."

July 6 -- Lisa-Catherine Cohen on YouTube



Lisa-Catherine performed, as spoken word, a song called LAST CHRISTMAS at the WNBA Christmas event in 2008. She repeated that performance a few days later at L.A. Women in Music's Christmas "soirée." The first spoken-word piece she did at LAWIM has become her first appearance on YouTube. Click [here](#) to check out the video.

July 14 - Julie Spira live on FOX-5 San Diego



Julie Spira was a guest on the morning news show talking about her book, *The Perils of Cyber-Dating and Online Dating Safety*. She gave online dating tips to viewers to learn how to spot the bad boys in an online dating profile. Click [here](#) to watch Julie on the show.

genuinely passionate about your career path - your energy and enthusiasm will attract the necessary resources and people you need to find your dream job.



Rocky Lang www.bookstofilm.tv

Rocky's Sizzle Reel Tips

It is vital to communicate your idea in a visual and concise way. Show your talents off. Create your platform, and then send to the markets you want to succeed in.



Paul Ryan
www.paulryanproductions.com

Paul's How 2B Funny Tips:

1. Hang out with funny people.

When I first came to L.A. I was working on an Academy Awards show and I said to an elder comedy writer, "How do I get into the comedy business?" He said, "You want to be a ballplayer, hang out in the ballpark. You want to do comedy, hang out with funny people." So if you want to laugh and be funnier, hang out with people who love to banter, kid around, and tell jokes. If they're reading the obituaries...run!



Bonnie Garvin
Idea 2 Script Tips
www.fromideatoscript.com

Writers block. A concocted concept. You may be unable to access your creativity at any given time but that's temporary. You're stuck. The trick to un-sticking yourself is simple. Ask a question. Ask yourself a question about your story or your character. Any question at all. It will lead you somewhere. In storytelling as in life, if you stop asking questions, you hit a dead end.

Kelly Sullivan Walden on FOX in Nashville



Click [here](#) out this recent interview our president Kelly Sullivan Walden did on FOX news in Nashville while she was in town for the WNBA National Board Meeting. Make sure you watch 'til the end where she plugs WNBA!

Upcoming Events

Please join us at our WNBA/LA annual business meeting on Sunday, August 16th, 2-5pm.

Here's the address:

Margaret Karlin
1100 N. Alta Loma Road #608
West Hollywood

Drinks will be provided, but please bring a dish or snack to share.

Please RSVP with:
Margaret Karlin
karlinmargaret@gmail.com
(310) 657-5000

Important Website & Newsletter News

*** We are in the WNBA-LA Season of Renewal ***

If you are a member and would like to renew your annual dues (\$40) for your convenience you can do so [on-line](#) (with a \$2 convenience fee). Otherwise, you may renew your membership by sending your check via snail mail. We have a lot of exciting events coming up in the next year as well as more and more member benefits up our sleeves, so, thank you in advance for renewing your membership...you are the lifeblood of this organization, and we appreciate you!

Attention longtime members of WNBA-LA!

If you would like to be included in our [Meet Our Members](#)" and "[Member Books](#)" pages for our [WNBA/LA website](#), please send our web mistress Terri Negron (terriwnba@yahoo.com) and Julia Drake (juliadrake28@gmail.com) the following information:

Meet Our Members Page:

- Your Name
- Your Website (if applicable)
- 100-word description of you

BOARD MEMBERS

President:
Kelly Sullivan Walden Corresponding
Secretary:
Suzanne Kleinbub
Vice-President:
Melinda Woolf
Immediate Past President:
Ruth Light
Membership Co-Chairs:
Suzanne Kleinbub and Ruth Light
Recording Secretary:
LaVergneRosow
WNBA/LA Toastmaster Liasion:
Michelle Gilstrap Newsletter Editor:
Julia Drake
Bookwoman Correspondent:
Karin Lightstone
Treasurer:
Jeff Slottow Photo Album Coordinator:
Diane Scott
Publicity Chair:
Laurel Shapiro
United Nations Representative:
Kelly Sullivan Walden
Annual Auditor:
Holly Shaffer

[Join our Mailing List!](#)

- A thumbnail jpg photo of you (72 dpi, 125 pixels x 125 pixels-approx)

Member Books Page:

If you have a book that you would like to list on our Website please email the following:

- Your Name
- Title and subtitle of your book
- Publisher, publishing date, and list price
- A 100-word description of your book
- The URL of the Website you would like to direct the public to for information and/or to purchase your book
- A thumbnail jpg of your book cover (72 dpi, 125 pixels x 125 pixels-approx)

Updated Features on our WNBA/LA website:

www.wnba-books.org/la

[Home/News/Events](#): Check out our **new feature** of rotating author's books with clickable links to purchase! Plus, find out what's happening in our member community. Stay updated on recent and upcoming events as well as member news: Who has just published a book? Who's preparing for book signing? Who's hosting a media event?

[About us](#): Learn about the origin and history of WNBA and our local LA chapter.

[Become a Member/Member benefits](#): What benefits do I enjoy as a member of WNBA? We have added an online membership application form for new members to join WNBA:

www.wnba-books.org/la/membership.php

To join WNBA, it's as simple as 1, 2, 3:

1. Click on the "[Join Now](#)" button
2. Fill our on-line application and press "submit" button
3. Pay Your Membership fee through our secure website (\$40 + \$2 convenience fee, total=\$42) Or if you prefer, you may send a check for \$40 to: WNBA-LA, 944 Centinela Ave. Santa Monica, CA 904031.

[Member Books](#): a list of books, published by our members

[Meet our Members](#): Please note that our "Member Blogs" page has been combined with our new "Meet our Members" page. This is your chance to connect with other members, and share with them and the world what you're about and what's cooking in your career.

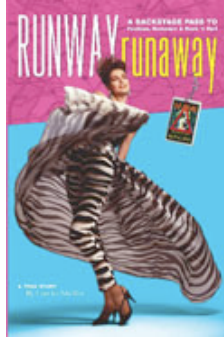
[Contact us](#): Questions, suggestions or concerns? Find out who to contact.

[Judy Lopez Memorial Award](#): Get information on our annual gala event in June.

[New Media Page](#): Listen to FREE Past preview calls w/ BestSelling Authors & Experts.

[Newsletter Archive](#): Missed a newsletter? Just download it as a PDF. You can also download the [Newsletter Submission Guidelines](#) & WNBA style sheet. Refer to these guidelines and send your story off to juliadrake28@gmail.com.

Member Book of the Month



Author Lorelei Shellist
Runway RunAway:

A Backstage Pass to Fashion,
Romance & Rock 'n Roll

Runway RunAway, a memoir, is highlighted by never-before-seen photos of the music and fashion industries, hand written journal entries, agenda pages, and backstage passes illustrating the story of neglected child turned teenage runaway who follows her

dreams to become an international model, eventually finding herself in the process. Rebellious, headstrong, independent and on her own at 15 - Lorelei followed her dream of becoming a model. This is Lorelei's story, a 300 page memoir that at the surface may seem all glitz and glam, but whose beauty runs deep-- every woman's quest for strength, hope, happiness, understanding and inner-peace.

Paperback, Siren Star Book Publishing - \$16.95

Click [here](#) to purchase the book.

If you like to have your book featured, check the [Website/Newsletter](#) section for details on how to submit your books to our "[Member Books](#)" page on our website.

Featured Member of the Month

Six Questions for Ruth Klein



1. Who am I?

I am a spiritual Being having so much fun in my human being roles: I work with professionals, writers and solo-preneurs to help them find their voice and help them propel their message out into the world; I'm a mom to three beautiful young adults who never seem to amaze me; and I am blessed beyond belief to have the gift of having coffee often with my 87-year old dad.

2. **My favorite read is...**I love Jack Canfield's *Success Principles*; Deepak Chopra's *Seven Spiritual Laws of Success* and all of my books:-)

3. **One personal/professional accomplishment in my life that I'm proud of is...**I've been blessed to have several personal and professional accomplishments in my life, although I'll share three of the top ones: I'm proud to raise three kind and talented young adults; proud of touching the lives of many through the writing of six books; and exceptionally proud of my client's hard work and successes!

4. **My secret talent is...**I could dance the night away...literally!

5. **An experience that changed my life...**A few experiences changed my life...my mom passing thirteen years ago - I realized that there is no one that unconditionally loves you like a mom; my multi-decade divorce - you can't change another person no matter how much you love them and how much they love you; my brother's surgery - the best time to do what you've always wanted to do is now!

6. **My advice to other WNBA/LA bookwomen is...**Never give up on your dreams of being published...and it's not about how many books you sell, but rather, it's about how many lives have been touched by your book!

Member News

Rocky Lang

[BOOKS TO FILM.TV](#) announces that it is now producing Sizzle Reels for Speakers. Every speaker needs a book and every author needs a sizzle reel to communicate their ideas in a concise and visual way.

Books To Film.TV has completed it's first Speaker Sizzle with Dan Poynter, author of over 120 books. Dan is an author, publisher and international speaker. Click [here](#) to check out Dan's sizzle reel.

Paul Ryan

ABC-TV's "The View" just spotlighted Paul's recent co-starring role as Bruce on "Desperate Housewives." He will be the special guest at a book signing in Venice on July 31st as he is a part of the new book, "Who Do You Think You Are?" and his own book, "The Art of Comedy: Getting Serious about Being Funny.

Barbara Cherne

Barbara's new book, *Devora in Exile* (Fithian Press) is being released this August 2009.

Purchase Price: \$12
(<http://www.danielpublishing.com>)

Short synopsis: "Devora Marcus, an elderly widow living in Santa Monica, California in the late 1980s, realizes more and

more as she ages that she has lived her life in many forms of exile--from her homeland, from her religion, and even, briefly, from her own house. She is an admirable woman, strong yet frail, growing weaker but still very much alive, immersed in her reclaimed Jewishness, and eternally haunted by the past."

Member Services

12-Week Dream Mastery Tele-Class with Kelly Sullivan Walden

When: August 12 - October 28

Dream mastery is not for the faint of heart. Dream Mastery is a hero/shero's journey, a noble quest that will avail you the opportunity to have the life of your dreams....whether you are asleep or awake.

In this once-in-a-lifetime class Kelly will teach you the 12 core principals of Dream Mastery as it relates to Joseph Campbell's model of the Hero's Journey. Decode your dreams and Sleep your way to success.

For more info or to sign up for Kelly's class, click [here](#).

Member Requests

Lisa Catherine Cohen

Lisa-Catherine Cohen invites WNBA members to participate in WNBA READS ITS OWN, which Ms. Cohen will host at a Barnes & Noble near you. Many WNBA writers happily volunteered! The first of several such readings will begin this September, date and time, TBA. If WNBA members would like to share their work and read, please contact Lisa-Catherine at LCC@Lisa-Catherine.com

Melinda's Everyday Abundance Story

Of late I have been invested in and committed to a very deep and experiential process in which I have been writing and teaching a book and program I am titling, "The Abundance Mastery Course." In this process I am finding that I am having profound and amazing miracles of abundance, big and small, show up in my life. I have committed to my own abundance on all levels in a very deep way, embarking on my own pilgrimage of awakening to and realizing abundance on all levels and in all aspects of my life; and committing to sharing, expressing, writing, communicating, teaching, facilitating, and bearing witness to and for abundance for all those who choose to stand forward and claim the divine inheritance of abundance in their own lives as well. I have committed so completely to abundance for all, knowing that the realization of abundance for all on this planet is a GREAT part of my life's purpose and service at this time.

As I was walking along the beach recently during an evening sunset stroll, I commented to my husband that I noticed that I was completely out of change in my change holder in my car, and that I needed to stop and pick up a roll of quarters on the way home, as I have committed to

and have been attending Bikram's Hot Yoga daily, and spending an average of \$4.00 in quarters daily on parking meters and laundry after class.

I mentioned my need for quarters in passing, mainly stating it aloud for my own benefit, as I tend to better remember that which I hear myself speak. Neither of us remembered to pick up a roll of quarters on our way home that evening, and I found myself the next day parking for my soon to start yoga class before I remembered that I needed quarters. As I looked into my center console, I noticed that not only were there quarters, the entire console was FULL, overflowing in fact with change. This brought a HUGE smile to my face, and before I entered the Yoga studio I quickly phoned my husband to thank him for filling up my change holder in my car.

He adamantly denied doing so, and I continued to thank him, thinking he was playing and joking with me. "Melinda, I am serious, I did not put any change in your car!" he finally insisted in a very serious and stern tone.

I stood stunned and smiling filled with glee! Realizing that if he did not put the OVERFLOW of change in my car, and knowing that I had not done so.....that I must be experiencing an abundance miracle. A simple miracle through which I have exactly what I need, exactly when I need it, all I need do is think it, speak it, own it, know it, embrace it, open to it, awaken to it, realize it, the abundance that is available for all of us NOW! This truly is an every day abundance miracle to me!

Abundance in Action -- Visioning Abundance

Find a quiet and comfortable position where you will have solitude and will not be disturbed.

Focus your attention, your thoughts, your feelings, and your whole being on realizing your GREATEST vision abundance in your life now.

Quietly meditate, sitting in a comfortable position, consciously opening yourself, your mind, your heart, and your imagination to receiving whatever thoughts, feelings, insights, visuals, ideas, and inspiration might come to and through you.

Ask yourself the following questions, aloud, and/or imagine the questions and answers in your mind, and write the answers and insights you receive in your journal.

"What is my greatest vision of abundance?"

"What does the fulfillment of abundance look like in my life?"

"What would I have to give up or release in order to manifest this vision of abundance in my life?"

"What is it that I would have to embody or become in order to manifest this vision of abundance in my life?"

"What is my definition of abundance? What does abundance mean to me?"

"How is abundance already fully present in my life now?"

"What is a minimum of one action step that I can do today that will further actualize my greatest vision of abundance in my life NOW?"

"Am I willing to commit to a minimum of one action step? If so, how will I recognize my successful completion of this step, and by when? (Be specific)"

Write in your journal any insights, impressions, symbols, and action steps with time frames of successful completion.

Write on 'Abundance' in your journal any insights, impressions, symbols, and any definitions (and up-leveling of definitions) of what 'Abundance' means to you.

So that's it for August. Please note that the deadline for submissions to the September newsletter is **Thursday, August 20**. Please refer to the submission guidelines and formatting requirements posted on our WNBA/LA website: [CLICK to download](#)

Feel free to contact me with any questions or concerns at juliadrake28@gmail.com

Thank you for your submissions!

Julia Drake
Newsletter editor
juliadrake28@gmail.com

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to terri@fengshui5.com by juliadrake28@gmail.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Women's National Book Association - LA Chapter | 944 Centinela Avenue | Santa Monica | CA | 90403