



# ***The Legend***

**West Florida Literary Federation, Inc.**  
Member Newsletter

[www.wflf.org](http://www.wflf.org)

**July 2021 Edition**

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Please join us for

## **Open Mic**

July 20 at 6:30 p.m.

The July meeting will kick off by playing our own ABC game that coincides with our guest speaker's book (see page 2). Toward the end of our gathering, members will share some of their writing with us.

Bring your creative writing to read, or join us to listen, discuss, learn and encourage each other as we grow our talents.

We hold Open Mic every third Tuesday of the month. All paid members and emeritus members will receive a Zoom invitation. Registration is required. (*Annual dues can be paid online.*) Below is a link for a short Zoom tutorial.

[https://www.youtube.com/embed/hlkCmbvAHQQ?rel=0&autoplay=1&cc\\_load\\_policy=1](https://www.youtube.com/embed/hlkCmbvAHQQ?rel=0&autoplay=1&cc_load_policy=1)

## Open Mic Special Guest



Make plans to join WFLF members on July 20 and help us welcome children's book author and special guest speaker Anna Whibbs Theriault. Anna has written three books that

are available on Amazon and you've likely seen them in local stores and libraries:

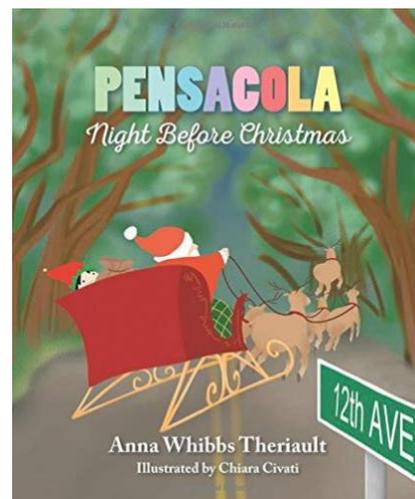
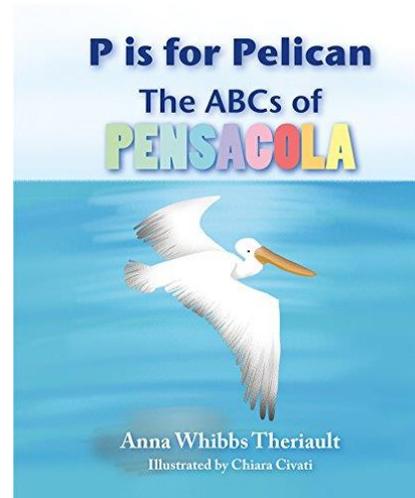
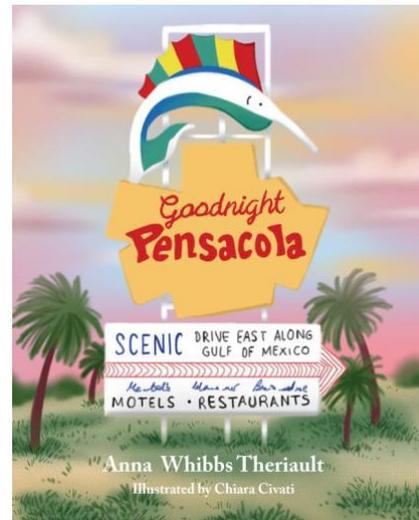
### **Goodnight Pensacola**

### **P is for Pelican: The ABCs of Pensacola**

### **Pensacola Night Before Christmas**

You don't want to miss this virtual gathering when Anna will share her journey of going from ideas to published books. She also will discuss how she partnered with local educational institutes to foster reading in children at earlier ages. The program will begin at 6:30 p.m. We'll start by playing our own ABC game that coincides with Anna's book. Toward the end of our gathering, members will share their writing.

Mark your calendar for this special event. Bring a friend. All paid members and emeritus members will receive a Zoom invitation. Registration will be required.





## New Legend Editor

Andrea Walker long-time Legend editor passed the torch to WFLF member, Lori Zavada starting

with this edition.

Lori has been a member of WFLF for more than five years and considers writing to be a best friend. She's written in many genres, such as news, feature, travel, food, religion, military, corporate, fiction, poetry and web. Last November 2020, she won the WFLF poem-a-day contest resulting in her chapbook being published during National Poetry Month 2021. "First Flight" is available for purchase on Amazon.

Lori and her husband, Larry, have two dogs and two cats and often take their furry crew camping. They enjoy being in nature walking, jogging, kayaking or watching a golden sunset. Lori graduated from the University of West Florida with a degree in journalism and a minor in art history. She loved college and considers herself a lifelong student.

During the pandemic, Lori leaned into WFLF and her writing. She's grateful for platforms like Zoom which bridged an important connection to fellow writers. She

enjoys the Monday poetry group as well as participating in contests and challenges offered throughout the year.

In addition to poetry, Lori intermittently works on a coming-of-age novel and enjoys writing essays. Read "Dinnertime" (2020) published in an online anthology at: [modernsouthernfolklore.com/2021/01/15/dinnertime/](https://modernsouthernfolklore.com/2021/01/15/dinnertime/). Look for her poem "Not a Writing Kind of Day" and essay "Skinny Girl" in the fall 2021 *Emerald Coast Review*. As is the case with most writers who juggle jobs, family, writing, writing, and more writing, Lori said her website could use some attention, but feel free to read some of her work at [lorizavada.com](https://lorizavada.com).

## LEGEND SUBMISSIONS

Please share with us! Submit your creative writing, literary news, advice and writing achievements to:

[WestFloridaLiteraryFederation@gmail.com](mailto:WestFloridaLiteraryFederation@gmail.com)

## Happy Independence Day!



## Meet Our Poet Laureate Katherine Nelson-Born



Katherine Nelson-Norn has been a WFLF member for more than 20 years. As WFLF's current [poet laureate](#), Katherine wants to invite new voices and experiences into our organization. As a board member, she hopes to help WFLF rebrand, modernize and grow.

Katherine believes the arts, in particular the written arts, are creative outlets that help us grow and engage with others. Arts help us embrace new or unusual things in life, and give voice to those who may otherwise be silenced or hurting.

Katherine is in her "second act" as she calls it, concentrating on more writing, arts and personal growth after a long career of teaching.

In addition to publishing her book of poems as poet laureate, Katherine is hoping to publish her debut young adult (YA) fantasy novel. She often participates in pitch opportunities, poetry competitions and slams and other writing opportunities.

Katherine calls herself a "water baby" meaning she loves swimming and is a mermaid in secret. She also loves

dancing, music, designing and gardening (even though she says she is not good at gardening).

Thank you, Katherine, for sharing your voice and bringing new voices to WFLF! We look forward to seeing more of your work as you grow, and thank you for helping WFLF continue to grow as well.

## WORKSHOPS

**MONDAY POETRY** – Join an informal group of poets with varying levels of experience who enjoy getting together to share work, discuss writing or just listen. We welcome respectful critiques and feedback. Join us virtually on the first Monday of the month from 6 to 8 p.m. For more information, please contact Debra Stogner at [debrastogner@gmail.com](mailto:debrastogner@gmail.com).

**WEDNESDAY PORTFOLIO and EXCHANGE SOCIETY** – A lively critique group meets every Wednesday, from 9:30 to 11:30 a.m., on Zoom. The group is looking for writers of any genre — memoir, poetry, fiction, nonfiction — who want to work on completing a project in 12 months. Since the group formed, several members have published books. Participants exchange writing tips, websites, and general trivia. For more information, please reach out to Diane Skelton at [dianeskelton@att.net](mailto:dianeskelton@att.net).

*Please contact Diane regarding meetings during this time.*

## IN OUR WRITE MINDS

A column by Claire Massey

While participating in critique groups, writers' workshops and literary events, I've noticed that emerging writers are eager for information on publishing their work in literary journals and submitting to small presses that publish literary magazines. In this column, I offer my "short take" on the subject.

Be prepared to put time and effort into researching and reading literary journals. Not only will you develop a sense of what various publications prefer to publish, you also will be entertained, educated in your craft, and stimulated to become a more insightful writer. Many journals are available for free reading online, and even if you must pay for the current issue, most allow you to read archived issues for free. No matter what your genre of interest, it's easy to locate journals that publish flash fiction, longer fiction, creative nonfiction, poetry, artwork, interviews with artists and writers, and reviews. Simply google your target, as in "literary journals that publish science fiction" or "prose poems" or "craft essays." Submittable and Duotrope are platforms that list journals and magazines that are currently open for submissions. Duotrope offers statistics on acceptance rates, average response times and interviews with editors who are adept at articulating what they want in submissions.

When you find a journal that you enjoy, subscribe, recommend them to others and



donate to help financially support the publication. Most are on a shoestring budget, with unpaid staff striving to provide high-quality reading for you to savor, and possibly, an opportunity for an emerging writer to publish within their pages.

If you are new to submitting your work, consider journals that sincerely welcome unpublished writers and publish higher volume on a rolling, quarterly or monthly basis, as opposed to the "heavy hitters" who publish one issue annually and feature a great deal of solicited material from well-known authors. Some journals read "blind," meaning the editors don't know your name, and the work must stand on its own merits.

Don't even think about hitting the Submit button until you:

- Obtain and consider critiques from colleagues and fellow writers that you feel are valid.
- Revise your work – however many times it takes.

- Proofread, correct, and edit – however many times it takes.
- Triple check that you adhered to every guideline for formatting submissions. Trust me, guidelines are gospel to the editors who write them!

Unless you are participating in a contest with an assigned theme or prompt, I don't recommend writing to target a specific publisher. Write from your heart, soul and passion and *then* submit to the journal(s) that most resonate with your style, form, content and theme. You WILL experience rejection, but you can look forward to developing that tough-skinned tolerance that grows on the backs of most writers — and think what a balm it will be when you open that first acceptance! It only takes ONE and voila! ... you will have 500 readers. Persevere with courage and confidence and remember, EVERY writer started out unpublished.

Want to be inspired?

Sign up for daily poems to be sent to your email inbox at:

<https://poets.org/poem-a-day>.

## 7 Tips for Being a 'Fit' Writer

By Mandy Fernandez



1. Use a desktop computer more often than a laptop.
2. Use a standing desk, and change positions every hour.
3. Pay attention to vision.
4. Use ergonomic recommendations for accessories.
5. Take short exercise/stretching breaks.
6. Use a refillable water bottle to meet recommended daily water intake.
7. Set calendar reminders or use a smartwatch to perform steps 1-6.

Read Mandy's full article for more recommendations and details in her blog feature on the Florida Writers Association website: <https://floridawriters.blog/practices-and-tools-for-being-a-fit-writer/>

## PUBLISHING NEWS

### **The Crystal Beads**

Pat Black-Gould received publication acceptance of her book, "The Crystal Beads." The book centers on a young girl in Poland in 1939 who must decide whether to reject the Star of David and accept a rosary instead. The girl's mother is forced to make a heartbreaking sacrifice to keep her daughter alive.

"The Crystal Beads" is a children's book meant for all ages. A study guide is included for children and adults who wish to explore themes of material sacrifice, faith, courage, innocence, and interfaith solidarity. The story is both fact-based and has allegorical relevance to today's ongoing global conflicts.

This important book will be published by Purple Butterfly Press and is set to debut on January 27, 2022, on International Holocaust Remembrance Day. We are so excited for Pat, and as she keeps us posted on her journey, we'll share it with you in The Legend!

### **Review of 'First Flight' by author Lori Zavada, available from Amazon books**

*Review by Claire Massey*

Lori Zavada displays a refreshing versatility in her treatment of diverse themes and subjects in her debut poetry chapbook, "First Flight." Whether marveling readers by writing like Spiderman, recalling the joy of rummaging through penny candy, celebrating a body which rallies like a good soldier for a three-mile run or ditching a disrespectful date, she speaks her stories in a clear, naturally pitched and resonant voice. Sit back, relax and enjoy your role of passenger as Lori Zavada pilots these satisfying and far-ranging flights of imagination.

**WFLF 2021 Board of Directors**

President: Lisa Rawson

Vice President: Mandy Fernandez

Secretary: Charline Barger

Treasurer: Tom Roberts

Director: Claire Massey

Director: Jeannie Zokan

Director/Poet Laureate: Katherine Nelson-Born

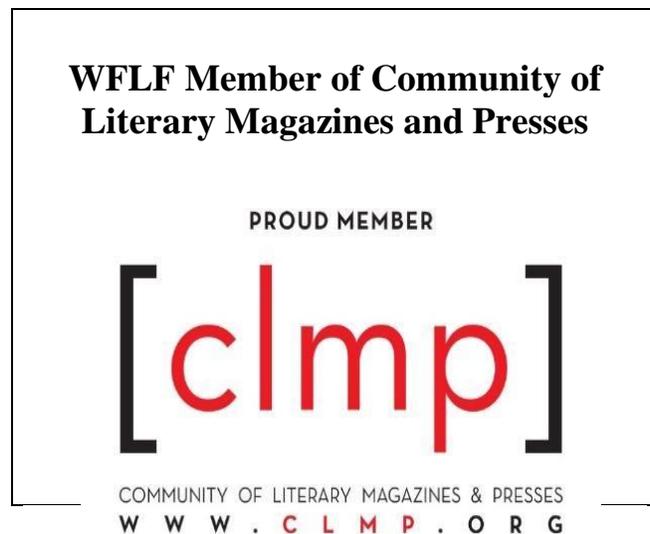
Directors can be contacted at: [WestFloridaLiteraryFederation@gmail.com](mailto:WestFloridaLiteraryFederation@gmail.com)

Check out our website at: [www.wflf.org](http://www.wflf.org)

“Like” us on Facebook, (under) West Florida Literary Federation at:

<http://www.facebook.com/pages/WestFlorida-Literary-FederationWFLF/255101747857712?ref=h>

“Follow” us on Twitter @ WSTFLLITFED



West Florida Literary Federation ~ Join or Renew

Memberships are good for one calendar year beginning January 1 and ending December 31. Individual membership is \$35/year, two-year \$60. Couple one-year \$60, two-year \$115. New members joining after July 15, pay \$20 or may pay \$45 which also pays for the following year. Subsequent years are due annually by January 1. Student membership is \$15.

I would like to sponsor: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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Check one please:      New \_\_\_\_\_      Renewal \_\_\_\_\_

Date: \_\_\_\_\_

Circle the items you **do not** want published in the WFLF members only directory:

Address                      Phone                      Email

If no item is circled, we will include all your information in the next published directory.

Send your payment via PayPal at  
<http://wflf.org> and email this form to:  
[westfloridaliteraryfederation@gmail.com](mailto:westfloridaliteraryfederation@gmail.com) or  
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**West Florida Literary Federation, Inc.**  
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