Annual Our Life Stories Cross-Generational Writers' Conference

Envisioning Our Lives
20/20 Conference

HINDSIGHT

INSIGHT

Saturday, April 18, 2020
9 am - 4:15 pm
Location: Cosumnes River College
$40 Registration Fee includes lunch
Registration is required by April 8th
To register and for more information visit
http://ourlifestories.org
SCHEDULE
8:45-9:15 – Check-in
9:30-11:00 – Workshop Session 1
11:15-1:15 – Lunch, Panel Discussion
1:30-3:00 – Workshop Session 2
3:15-4:15 – Mindful Muse Workshop

WORKSHOP DESCRIPTIONS

“New Eyes” with Lisa Dominguez Abraham –
“The real voyage of discovery consists, not in seeking new landscapes, but in having new eyes.” Marcel Proust
We all have a life story we tell by touching the same details each time and concluding in a lesson we have engrained into ourselves. In this workshop, we’ll seek surprise by exploring hidden aspects of a familiar story and use them to draft a new poem.

Thirteen Ways of Looking at a Life: Shifting Perspectives with JoAnn Anglin - Poets often reveal deeper truths about a situation or person by using metaphors and analogies to depict a memory’s different facets in time’s passage, or by shifting the expected focus. JoAnn will show you how to use these techniques in telling your life story.

Establishing Setting: Using Research Skills to Unlock the Past with Emily Bond - In both memoir and other creative writing genres, we take our readers on a journey into the world of our characters, selves, or loved ones. Make that world rich and real by gathering historical facts and details to describe the environment, events, customs, dress, and habits of the period. Learn how to employ historical research skills to explore the past, and use uncovered facts to establish setting and environment in your writing.

The People in Our Lives: Details Tell Their Stories with Marcus Crowder - In this workshop, participants will go through a couple of exercises searching for visual descriptive scenes which reveal character and then work on developing one of them in depth with descriptive details.

Writing the Garden with Dale Flynn - For centuries humans have gardened—for food, for solace. And we all have gardens—if only a flowerpot on the sill or a view of the neighbor’s roses. In this workshop we will consider the many ways we look at gardens and the ways we use them in writing. We will look at them as metaphors and as holders of place.

Seven Ways In: Turning your attention to a writing prompt with Bob Stanley - Finding our way into the mind-set of inspiration can be a challenge in a hectic life. This workshop will give you seven prompts for “quickwrites,” with a goal of helping writers find more prompts for the future. The theory here is the more attempts you make, the more work you eventually produce. When you start creating your own prompts, building your own puzzles to solve, you’ll be more likely to find inspiration in the time you spend writing and revising your poems and stories.

The Four Do’s and Three Don’ts of Using Descriptive Language to Tell Your Story with Marie Taylor - A picture is worth a thousand words! As writers that means we can use descriptive language to portray the people, places, and events of our life. The appearance of our family home, the music we danced to, the fashions we wore, and the sound of the train whistle as it pulled out of town can all contribute to the richness of the narrative. When we understand and use the techniques of descriptive writing, our life experiences come alive. Through discussion and exercises we will explore the four do’s and three don’ts of descriptive writing to enrich our stories.

Your Life in Context: Adding Insight to Your Story through Research with Kate Washington - In this workshop, we will discuss how writers can approach situating their own life story in a broader context. We will discuss why writers might want to incorporate research elements to broaden the scope and vision of their memoir, to discuss relevant issues or offer social critique, to include meaningful artifacts or primary sources (such as family history), to create a powerful braided narrative, or as a meaningful counterpoint to personal memories. The workshop, based in part on the workshop leader’s experience writing her forthcoming book, will include examples of personal essays and memoir grounded in research (including a list for further reading); discussion of research methods and how to use and credit sources ethically; a craft discussion on incorporating researched materials artfully; and a brainstorming session for participants.

LARGE GROUP SESSION

The Mindful Muse with Jessilyn and Lesley Gale
WORKSHOP PRESENTERS

Lisa Dominguez Abraham's poems have appeared in journals such as *Southern Review, North American Review* and *Poetry East*. Her collection *Mata Hari Blows a Kiss* won the 2016 Swan Scythe Chapbook Contest, and her book *Coyote Logic* came out from Blue Oak Press in February 2019. She works at Cosumnes River College.

JoAnn Anglin has published more than fifty poems and has taught poetry writing in schools, a hospital, senior center, and, currently, at a maximum-security prison. She has presented to the California Writers Club (Sacramento), to a church group, to a college class, and to a Renaissance Society class. She is a member of the Sacramento Poetry Center, California Poets in the Schools, and Writers of the New Sun.

Emily Bond is a librarian at Cosumnes River College, where she teaches information literacy and research skills. She’s a mother of two, who in her spare time writes creatively and therapeutically. With degrees in history and information science, she employs historical research to uncover past worlds. An enthusiastic amateur, she takes every opportunity to share with others her love of written words.

Marcus Crowder has been a professional journalist for over twenty years including seventeen years as a senior writer and theater critic at the *Sacramento Bee*. Selected publications include the *San Francisco Chronicle, California, 7x7, Sacramento News & Review* and the *San Francisco Bay Guardian*. He has a bachelor’s degree in English/Writing from UC Davis and a master’s of fine arts in screenwriting from the American Film Institute.

Dale Flynn has taught writing at UC Davis for over thirty years, including advanced composition courses for students in health and biology studies, Journalism, and Medical Humanities. For many years she was the director of writing workshops across campus. In 2002, she became a Master Gardener. She frequently writes for the master gardener monthly newsletter, a welcome change from her academic writing. She grows over one hundred rosebushes in her front yard.

Jessilyn Gale teaches English and Communications studies at Cosumnes River College. Her pedagogies employ play theory and emerging social media. She has worked as a reporter and editor and contributed to an award-winning series on young adult anxiety. She has published articles related to post-traumatic stress and mindfulness.

Lesley Gale teaches composition and literature at Cosumnes River College. She leads workshops for faculty and church groups on mindful meditation.

Bob Stanley has organized poetry events in California for nearly fifty years. He has served on the board of the Sacramento Poetry Center since 1997 and currently teaches English Composition at CSU, Sacramento, where he co-directs the Writing Center. Bob has edited two anthologies and published two collections of his own work: *Walt Whitman Orders a Cheeseburger* (2009), and *Miracle Shine* (2013). Bob served as Sacramento’s Poet Laureate from 2009 to 2012, and he lives in Sacramento with his wife, Joyce Hsiao.

Marie Taylor was a freelance writer for thirty years in advertising and public relations and worked for companies in the real estate and high-tech industries, as well as Warner Bros. Studio. She authored a personal blog for more than ten years and has been an exhibiting artist in brush and ink wash work. Since retiring, she has been an art and writing instructor at various community and senior centers.

Kate Washington is a writer and the dining critic for *The Sacramento Bee*. Her work has appeared in *Eater, Avidly, Southwest, Sunset, The Washington Post, Catapult*, and many other publications. She holds a Ph.D. from Stanford University. Her first book, a memoir and cultural critique of caregiving, is forthcoming from Beacon Press. A native of Chico, California, she lives in Sacramento with her husband and their two daughters.
Registration Form

HOW TO REGISTER
1. Preferred: Complete this form and then mail it with your payment to the address below.
2. For credit card payment, call 916-808-5462, or walk in to: Hart Senior Center, 9am-4pm, Monday-Friday.
3. Conference fee is $40 if received by April 8th; $45 if received after April 8th. The fee includes lunch, workshops, and materials.
   Checks should be made payable to: CITY OF SACRAMENTO. Online registration is not available.
4. Space is limited. Early registration is the best way to guarantee participation in this event. Your workshop space will be based on availability at the time of the workshop. First come, first served.

PLEASE NOTE: This conference is designed for adults. Children fourteen and older may register and attend with a registered parent. No childcare is available.

REGISTRATION REFUNDS
A refund of the registration fee will be made if requested at least two weeks prior to the conference. A $5 processing fee will be charged.

REGISTRATION DEADLINE IS APRIL 8, 2020

<table>
<thead>
<tr>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
</tr>
<tr>
<td>CITY, STATE, ZIP</td>
</tr>
<tr>
<td>E-MAIL ADDRESS (Confirmation of registration will be sent via email- please write clearly)</td>
</tr>
<tr>
<td>TELEPHONE</td>
</tr>
</tbody>
</table>

TO HELP US PLAN, check the 3 workshops that interest you (first come, first served at time of the workshop).

<table>
<thead>
<tr>
<th>New Eyes with Lisa Dominguez Abraham</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thirteen Ways of Looking at a Life: Shifting Perspectives with JoAnn Anglin</td>
</tr>
<tr>
<td>Establishing Setting: Using Research Skills to Unlock the Past with Emily Bond</td>
</tr>
<tr>
<td>The People in Our Lives: Details Tell Their Stories with Marcus Crowder</td>
</tr>
<tr>
<td>Writing the Garden with Dale Flynn</td>
</tr>
<tr>
<td>Seven Ways In: Turning your attention to a writing prompt with Bob Stanley</td>
</tr>
<tr>
<td>The Four Do’s and Three Don’ts of Using Descriptive Language to Tell Your Story with Marie Taylor</td>
</tr>
<tr>
<td>Your Life in Context: Adding Insight to Your Story through Research with Kate Washington</td>
</tr>
</tbody>
</table>

Do you have a disability that requires special accommodation? If so, please indicate here:

Please note: We cannot accommodate requests received after the 4/8 deadline.

Amount Enclosed $__________

Send this form with your payment to:
Hart Senior Center, Attn: Writers’ Conference
915 27th Street
Sacramento, CA 95816-4301

Parking in LOT C ONLY is free the day of event. For more information:
Website - www.OurLifeStories.org
Email - hartcwritersconference@yahoo.com
Telephone - Hart Center at (916) 808-5462