



# Chattanooga Writers' Guild

## News & Updates

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Greetings, fellow writers! Today I'm going to talk a bit about my other passion in life - roller derby. (Prepare yourselves for a sports analogy.) I play for the Chattanooga Roller Girls under the name Bangarang. Or rather, I *will* play; I'm about to start my first full season. This time last year, I did not even know how to skate. Then, while trying to support a more adventurous friend, I got sucked into the sport. I made the team before our last game of 2018 and have spent our off-season doing three, four, or five-day-a-week practices, plus cross-training, plus scrimmages, promotions, meetings, traveling, and more. Needless to say, I've been busy. But I love it. LOVE it.

And yet...

Before *every* practice, before *every* scrimmage, I get anxiety. *What if I can't do the things they need me to do? What if I forget to do the things I already know how to do? What if I let my teammates down? What if I embarrass myself? What if I do something stupid and hurt someone?* Derby is mentally and physically exhausting and when I'm not actively doing it, *I don't want to do it.*

Yet I keep showing up. I keep strapping on my helmet, my elbow and knee pads, my wrist guards, my skates. I keep getting up when they knock me down and run me over. And, simply stated, that's all it has taken to make me a better derby player: I consistently show up and I never stay down.

So what do *you* do to achieve your writing goals? What do you do when you don't feel like sitting down and writing? What do you do when you *do* sit down to write, but the words don't come out the way you want them to? What do you do when you write something, but no one wants to publish it, or even read it? Do you let your doubts and fears overcome you? Do you quit trying?

Or do you show up and stay in the game, anyway?

If I'm not at derby practice, I'm here at [NoogaNewsletter@gmail.com](mailto:NoogaNewsletter@gmail.com).

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**Thank You to John C. Mannone**  
for providing a fantastic prompt-writing program at our February meeting!  
Mark your calendars - our next meeting will be March 12.

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## Upcoming writing opportunities & contests!

**Inkitt Novel Contest 2019, Deadline: Feb 28**

<https://www.inkitt.com/writing-contests-competitions>

**2019 Writing Contests: The Ultimate Guide**

<https://getfreewrite.com/blogs/writing-success/2018-writing-contests-the-complete-guide>

**Wergle Flomp Humor Poetry Contest, Deadline: April 1**

<https://winningwriters.com/our-contests/wergle-flomp-humor-poetry-contest-free>

**Writing for All Workshop, Sat, Feb 23**

**THE PORCH WRITERS' COLLECTIVE**

Using prompts and exercises, we'll foster creativity, not critique. You won't be told how you "should" write, and you won't be accused of having an unreliable narrator. Instead, your own words will be respected and valued just as they are on the page. In addition, readings and resources for developing your writing further will be provided.

Writers of all skill—and confidence—levels are welcome. If you want to write, you can. Come see how.

- Instructor: Amy Lyles Wilson
- Length of Workshop: 3 hours
- Date: Saturday, Feb. 23
- Time: 2 - 5 pm
- Cost: from \$50
- Location: Porch HQ

2811 Dogwood Pl.

Nashville, TN 37204

- Registration Link: <http://www.porchtn.org/workshops-prod/writing-for-all-spring19>

<http://www.porchtn.org/workshops/>

<https://www.facebook.com/ThePorchWritersCollective>

<https://twitter.com/PorchTN>

Send inquiries to [Katie@porchtn.org](mailto:Katie@porchtn.org) or [Susannah@porchtn.org](mailto:Susannah@porchtn.org)

*Thank you to **Ray Zimmerman** for spreading the word about these exciting writing opportunities! Ray has a new book, *Healing & Conflict*, which features his stunning nature photography and poems. [www.rayzimmermanauthor.com](http://www.rayzimmermanauthor.com)*

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## Mad Blab

How to play: Say the following nonsensical sentences aloud and try to guess the name of the famous literary work you're saying. Answers at the bottom.

Thug rate chirr rain rub bury

Fie tickle up

Drawer ass ick par Rick

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Word to Know: ***Invidious***, adj.

**Likely to cause unhappiness or resentment.**

Her *invidious* comment was just plain rude.

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## Exciting Opportunity!

Author Vivian E. Moore is looking for guests to be part of her weekly podcast, Book Chat. The

show is dedicated to spreading the word about writing and showcasing authors, especially Indie authors. If you're interested in being her guest, please contact her at [vivianmoore@epbf.com](mailto:vivianmoore@epbf.com). The interviews are Skyped and broadcast through Spreaker. Usually 15-20 minutes long. She is seeking guests for March & April.

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## Member Spotlight featuring Annette Pasternak

**What was your first job?** My first job was at Mande's clothing store in a strip mall in Massapequa, NY. The big draw of the place was that I could walk there, as I was too young to drive. The pay was minimum wage (\$3.35/hour) with a discount on clothes. Unfortunately, my taste was somehow already too expensive for Mande's and I never really wanted any of their cheap clothes. I soon found a slightly better paying job where I enjoyed tossing custom salads and swirling up (and sampling) low-fat soft serve ice cream cones.



**What are your writing goals for this year?** I just checked off the first one, which was to complete a first draft of a memoir I've been working on for about fifteen years. I call it "Science Girl," and it's about my journey into and out of science, and of how intuition and faith might be better guides to life than logic. It's a good thing I didn't finish writing the book ten years ago because, it turns out, a big chunk of the story takes place in 2011. This first goal of the year was actually a holdover goal from 2018. I always seem to be late meeting goals, but since I get the goals done earlier than I would have if I had never set them in the first place, I am pretty pleased and at peace with my process. In other words, if I had never set the goal for 2018, it probably would not have been accomplished in 2019 (much less 2018, so set those goals, y'all!)

My second goal is to write and publish a follow-up to my 2014 self-help book, "[Skin Picking: The Freedom to Finally Stop](#)." A working title for the new book is "Skin Picking:

The Freedom We Found” and will be a collection of stories and advice from people in various stages of recovery from compulsive skin picking behaviors. Like its predecessor, the book will be mainly for people who are struggling with these behaviors. There are few medical or psychological professionals who know how to treat skin picking, and what’s worse is that they often either don’t know they don’t know, or they ignore that they don’t know and instead choose some other (secondary) problem to focus on. Shockingly, many simply tell the person to “stop picking”. Trust me, this person has tried thousands of times, and being told to “just stop” makes them feel even more ashamed and powerless than they already feel on their own. My intention is to reduce shame and provide hope, practical knowledge, tips, strategies and inspiration as well as a clear picture of the perseverance and patience that is needed.

I guess a third goal, since I plan to complete the “Skin Picking” sequel quickly, will be to go back to Science Girl and start to corral it into some kind of shape, to morph it into a coherent state of being that I wouldn’t be embarrassed to show to somebody for feedback.

**What does your writing area look like?** It looks like a coffeehouse because it is. For some reason I find myself unable to write in my home office where I do my main work activities (as the “Stop Skin Picking Coach”): coaching via video conference, YouTube videos and associated administrative work. Maybe it was just for the memoir and I’ll be better at writing this other book at home, but apparently I have to trick myself into writing. I do an 11:30am gym class three times a week, so at 9 or 10am, I park myself at the nearby Stone Cup, Mean Mug or Whole Foods, where I write until about 11:15. I essentially trap myself there to write, but once I get into it it’s usually enjoyable and I get it done. “Do what works” is my philosophy. I’m not ashamed.

**What is your biggest time waster?** I’d like to say I don’t waste time, I “productively procrastinate.” If I clean instead of work, you can bet that bathroom needed a cleaning. Yet I admit I could definitely check email on my phone less frequently, and this feels like something I am continually working on. I have successfully reduced most of my Instagram scrolling to make more time to read.

**What is something you’re looking forward to?** I’m looking forward to making more friends and feeling more established here socially. My husband and I moved to Chattanooga from Los Angeles in May.

**Where is your favorite place to go in Chattanooga?** I’m increasingly obsessed with my gym, Chattanooga Functional Fitness. It’s basically Crossfit style group workouts, which I had never done before moving here. It’s been so satisfying to challenge myself physically to a degree I haven’t done since high school track. When you’re pushing fifty hard as I am now, it feels amazing to transform your body and look and feel more and more fit. It’s gratifyingly a quicker process than writing books, and more social too!

**Who do you nominate for next month?** Andrea Parham

STAY CONNECTED

