

We don't want to see those special stories get lost in minds, stored in boxes or never shared.

The workbook, *Your Lifetime of Stories ~ Ideas for Writing Memoirs*, includes practical suggestions for ways you can identify, record, and organize your collection of memories so you can begin to write your story.

Although the workbook provides plenty of space for you to write it is not a *how to write* but a *how to begin* workbook. The questions and prompts are used to exercise your mind, freeing up thought processes that might inhibit or restrict memories. Recording ideas with short notes and reminders – this is one way to discover and collect your stories.

Workshops are available to seniors' residences through their social programming. There is also an opportunity for follow-up sessions at our Sherwood Park meeting room. To check out our schedule for upcoming YLS Workshop Sessions or for more information, please contact our Project Coordinator:

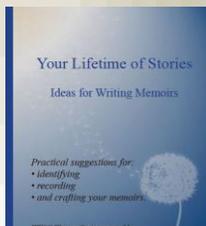
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Available online or from our YLS Project Coordinator

What's your story?

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Writers Foundation of
Strathcona County
WFSC Writing Series

- Memoirs

Your Lifetime of Stories
Ideas for Writing Memoirs

Practical suggestions for:

- identifying
- recording
- and crafting your memoirs.

WFSC Writing Series created by
Writers Foundation of Strathcona County

"Supporting writers... any age, any stage of their writing career."



The WFSC

The Writers Foundation of Strathcona County (WFSC) was incorporated in the province of Alberta under the Societies Act in March 2005. As a not-for-profit, the group works to promote its special interest in the literary arts by encouraging membership and community participation.

Community

The WFSC is limited only by the level of its volunteer commitment: as we grow so will opportunities for our groups, our members, and the community.

By partnering with other organizations we are able to bring to the residents of Strathcona County beneficial programs and services designed to meet the needs of our members, the public, and special interest groups.

In 2011, the WFSC was presented with the Pride of Strathcona Award in celebration of our contribution to the community in the category of Arts, Culture & Heritage. As

we grow and take on new initiatives, hone our skills, and attract new members from near and far, we are just as committed to the local community and the literary cause.

Over the past ten years, the WFSC focused its efforts on gaining public exposure while continuing to support its own members and community writers. Annual signature events include our own hosted and presented Writers Conference and the Words in the Park Book Fair. We also participate in a number of community events, often invited to be a part of the scheduled activities.

Your Lifetime of Stories Project

“Everyone has a story to tell and only you can tell it.”

This seemingly simple sentence exploded into a project written and presented by the members of the WFSC. Our members are writers. Many of our members are teachers, business people, artisans, employers or employees, volunteers, young and old – and so much more. We all have a story to tell and, as writers, we may be able to put to the page those words we find inside our heads. We also respect that many people do not write. In fact, during the course of our project so far, it’s one of the most common statements we hear – “I am not a writer.” Because we know that everyone has a story, we also know that many are lost for this reason, among others – it is a shame to lose them.

We developed a presentation to engage & encourage.

Your Lifetime of Stories is a power point presentation that goes through the process of identification, discovery, and encouragement. The session touches on some aspects of writing, but it is not a “how to write” but a “how to begin” process. Each presenter brings to the table their own unique spin on the topic while maintaining a standard set of slides and information. We encourage discussion and questions during the workshop. Time: 1 hour to 1 ½ hours for discussion of content, including questions and answers. This can be for a smaller group 4-6 individuals or for larger

groups of 18-20. We suggest more time, if the group is larger so that we can address any issues or concerns.

With repetition comes improved development and, during the course of our earlier presentations, we found that many participants were inspired to begin collecting memories toward their own story. The success of our presentation prompted authors from the WFSC to compile an accompanying workbook, *Your Lifetime of Stories* © WFSC 2013. The workbook focused more on the visual application of the presentation points. The questions and thought-provoking ideas further engage the memoir “writer” to record valuable memories, notes, and story ideas.

Writers Meetings

The original WFSC Writers Circle meets the first Tuesday of every month throughout the year, at the Strathcona County Library. Over the years the WFSC developed variations to provide writers with options, including day and evening writing sessions, readings, networking and social get-togethers, and other book-related events. The ability to adapt the meeting allowed us to recently incorporate the “writers circle” into the YLS program at seniors’ residences on a monthly basis. One group has decided to meet twice a month!

Never Been Better

The WFSC manages and publishes the popular Never Been Better page that appears in the Sherwood Park News the first Tuesday of each month - the two-page spread celebrated 7 years in 2016 and it's all because of the popularity of the page and use by its target audience - our vibrant 55+ community. We are always looking for new content and welcome contributions from Strathcona County residents. A senior YLS participant’s story was featured in the August edition of Never Been Better.

Contributions can be sent to our NBB Editor:
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