

Back Story

Footprints from the Past

March 2016



Happy March! I think I'm liking this bit about the groundhog not seeing his shadow! Instead of the iced in days we had in February this year, the trees are starting to bud out and Spring is in the air far earlier than usual. My white Iris, the earliest bloomers in my garden are already blossoming. The Bradford Pears are filled with an abundance of white froth. And the weeds are already thriving and trying to muscle in.

I got a first proof back for the print copy of **A Second Chance**. There's so much I needed to change in it, it didn't make it out in print by the end of the month liked I'd hoped. I'll get the final revisions in this week and it will be finalized and available later this month.

Plans are underway for a **Trail Angel Mama** book signing in southern California in November. More details to follow.

The theme this month is **Memoirs & Family History**. I've included some information for writing your own family histories – along with some special recipes from my Aunt Ida (given to her at her wedding shower in 1960.)

Happy Spring and Happy Easter!

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Publication News

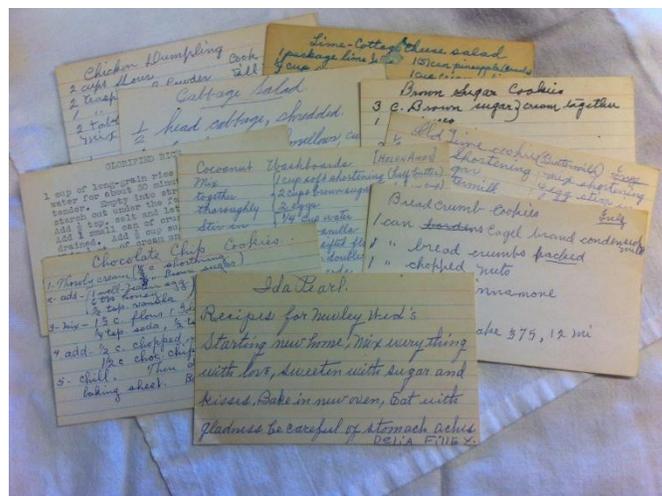
Country magazine published 'The Stitch and Chatter Club' in their February/March issue. Here's a link for the online folks: <http://www.country-magazine.com/short-stories/the-stitch-and-chatter-club/>

Guardian Angel Kids March ezine has a short children's story – When Life Changes.

Purpose magazine accepted two articles. April: 'The Faith in Giving' and July: 'Sharing and Cornbread'

Trail Angel Mama is available in a print book now. \$9.99 through Amazon, or contact Trisha Faye or Iona Burk for current specials.

Recipes & Memories of the Past



The year was 1960. Aunt Ida, aka Ida Pearl Jones, was getting married. The women of the Brethren Church, in Glendora, California, held a shower and gave her some recipe cards to start off her married life.

- Recipes for Newleyweds, Delia Filley
- Bread Crumb Cookies, Inez (Ramsour)
- Chocolate Chip Cookies, Syliva L. Netzley
- Cocoanut Washboards, Helen Ames
- Olde Time Cookies (Buttermilk), Inez (Ramsour)
- Brown Sugar Cookies, Mrs. Annie Myers
- Glorified Rice, Mrs. S.H. Hosfeldt
- Cabbage Salad, Rachel Brumbaugh
- Chicken Dumpling, Inez (Ramsour)
- Lime-Cottage Cheese Salad, Esther Miller



Here are a few of the recipes that were given to Ida. Thank you for sharing with us Aunt Ida!

Recipes for Newley Wed's:

Starting new home, mix everything with love, sweeten with sugar and kisses. Bake in new oven. Eat with gladness be careful of stomach aches. (Delia Filley)

Bread Crumb Cookies

1 can Egel brand condensed milk
1 " bread crumbs packed
1 " chopped nuts
2 teaspoon cinnamone
½ " salt
Bake at 375, 12 mi (Inez Ramsour)

Glorified Rice

1 cup of long-grain rice cooked in lots of water for about 30 minutes, or until tender. Empty into strainer and wash the starch out under the faucet and drain.

Add ½ tsp. salt and let cool.

Add 1 small can of crushed pineapple, drained. Add ½ cup sugar.

Whip ½ pt. of cream until it stands in peaks. Fold in cream last and chill.

P.S. 2 tsp sugar in the cream (Mrs. S. H. Hosfeldt)

Lime-Cottage Cheese Salad

1 package lime Jello 1 (s) can pineapple (crushed)
¼ cup sugar 1 cup cream, whipped
2/3 cup hot water 1 cup creamed cottage cheese
Dissolve Jello and sugar in hot water. Add pineapple and chill until congealed but not firm. Whip with beater. Then add cottage cheese and whipped cream. Mix well. Pour into individual molds or ring mold and chill. Unmold and serve with lettuce and mayonnaise if desired.

Sent in by Mrs. Merian E. Rosell, Rochester, Minnesota
I have made this quite a number of times and it is very good. (Esther Miller)



I was searching for another photo, but ran across this one. Knott's Berry Farm, when it was truly a berry farm, before it became the entertainment mecca that it is now.

Writing Family History

Here's some tips from The Armchair Genealogist
<http://www.thearmchairgenealogist.com/>

A Lesson in Writing a Narrative Family History

If you are ready to start writing your family history book but not sure how to turn your research into an interesting life story then I have some tips to get you started. How do you write a descriptive, creative, narrative story about your relatives when all you have is a list of dry facts and documents to draw on? How do you turn your facts into a story about an individual you never met?

Believe or not before you begin writing your family history, I am going to suggest more research. However, this time, you may want to consider a few different sources. Up until now, you have sought out very specific documents that you can attach to your ancestors. Unfortunately, there will not always be a collection of documents to help identify your relative. Even with these documents in hand, you may need more if you want to write a narrative of your ancestor's life. Below is a list of my favorite research sources for bringing to life the lives of an ancestor.

- Interview the living -the first time you interviewed them you may have been seeking mostly facts, dates, and names. Re-address your living relatives with a different approach, this time, seeking out stories around daily events, traditions, hobbies and specific interests. Get to the root of who they were not just when they lived.
- Turn to your digital library to find social histories and experiences of other people in the same given time and place.
- Look to town and city histories during the period of your ancestors to help paint a picture of the community in which they lived.
- Revisit the neighborhood of your ancestors to appreciate the kind of community they came from, who their neighbors were, and the struggles and strengths of their community.
- Look to timelines of wars, natural disasters and epidemics to understand the world and local events your ancestors lived through.
- Read about cultural customs including foods, music, social events and traditions of their homeland.
- Fiction novels although to you may seem unconventional, can sometimes offer up a very detailed window into the lives of our ancestors. Many historical fictional novels were written with great care to insure historical accuracies. Writers invest a lot of time in painting a picture of the people of the time. These novels can be very useful in giving you a feel for the lives and perils of your ancestors through some major historical times and events.

Culling as much historical information as possible from all of these sources and weaving them with the biological facts of your relatives, will put you on your way to a creative narrative history that your family will want to read. Perhaps painting a picture of your ancestor where one may have never existed before.

Memoirs

From *Writing & Selling Your Memoir*, by Paula Balzer

On the differences between Memoirs and Autobiographies:

An autobiography is a biography written by the person who is in fact also the subject of the book. In other words, an autobiography is the entire life story of a particular individual. ... Traditionally, autobiographies are reserved for individuals who are extraordinarily famous, since an autobiography literally spans an individual's entire life ...

A memoir has come to mean an autobiographical work that is generally more specific in nature or that encapsulates a specific period of time or an experience. ... a memoir is not so much a "life story" as it is a "story of a life experience."

On Memoir Hooks:

While most memoirs tend to fall into one of the following categories, I dare say it's possible that every once in a blue moon, you'll encounter's one that, (gasp!), just might fall somewhere outside the general parameters ... Here's a closer look at what kinds of memoirs you're going to find on the shelf at your local bookstore.

- Travel Memoirs and Spiritual Quests
- Food and Wine: Memoirs that touch the senses
- I'll Take You There Memoirs
- I Will Survive Memoirs
- Love and Relationship Memoirs
- Memoirs of Exploration

Recommended Books & Web Sites

Writing and Selling Your Memoir, Paula Balzar

The Truth of Memoir, Kerry Cohen

Writing Life Stories, Bill Roorback with Kristen Keckler, PhD

Finding Your Voice, Telling Your Stories, CarolLaChapelle

<http://www.rd.com/advice/great-tips-on-how-to-write-your-memoir/>

<http://thewritelife.com/how-to-write-a-memoir/>

<https://www.standoutbooks.com/writing-memoir/>

When Life Changes

Children's Story for Guardian Angel Kids (March 2016 ezine)

About 2,500 hundred years ago, a wise man wrote, 'The only thing that is constant is change.'

He's right. The world is constantly changing. Unfortunately, sometimes it's a disease such as cancer that changes many lives.

As mothers, we wish we could say that you're a kid and your life should be filled with play and joy. We wish that children never got an illness or a disease. We hope that

none of your friends ever suffer. We wish we could keep you from all pain and sadness.

But we can't.

Sometimes our mothering magic fails.

Sometimes a friend of yours gets very sick with cancer or another illness.

Their life and yours changes.

When someone you know suffers from a serious illness, the best thing to do is to keep being their friend.

Sometimes it's not the easiest thing to do. We don't always know how to be a friend to someone sick. Sometimes we don't know what to do or say.

When you don't know what to do, or how to act with your friend...just ask them. Ask them if they want to talk about it. Or if they don't want to talk about it. Let them guide you on how they're feeling. Know that their answer may change from day to day.

One day they might want to talk and talk. Maybe cry. Maybe scream. Let them. They have a lot of feelings going on themselves – from fear, sadness, anger, and confusion.

Other days they might not want to talk about it at all. Sometimes they want to pretend life is normal again – even if just for an hour or two. That day, tell them all about school. Tell them the silly things your classmates did. Or the crazy thing your brother or sister did. Tell them what your dog tore up, or about your cat climbing the tree.

A cheerful spirit is important for them – and for you. Be silly. Joke. Laugh. Watch funny movies together. It's good for their health. It helps you both stay positive.

Yet, be patient and understanding with them too. Some days they might be in a bad mood. They're scared. They don't feel well. They worry about what's happening. So yes, they may be cranky. They may be irritable. They might snap at you and say something mean.

The medications or treatments they're getting will make it worse. Their stomachs may be upset. They won't feel like eating anything. They might throw up whatever they try to eat. So, if they don't nibble on the cookies you brought them, don't be mad.

They may lose their hair. They may be embarrassed.

Most days they're probably tired and weak. They won't have the energy to play and run with you like before.

Their life is different right now as they try to battle this illness. Be their friend every day. Love them. Laugh together. Be the best friend you can be as life changes for everyone.