

MWG Writes on Q

Mississauga Writers Group Quarterly E-Zine

Editorial

Welcome to the Fall issue of "MWG Writes on Q", the quarterly publication of the Mississauga Writers Group.

Our group continues to grow, and we have just released our third anthology, "Word Fest: Celebrating the Holidays", a labour of love of 19 MWG members, built on memories of the Holidays.

After the great success of an impromptu Open Mic poetry session, the Central Library has decided to permanently host "Random Acts of Poetry". Do get in touch with us if you wish to be a part of this event, held on the second Saturday of every month.

Stay tuned for some fantastic news about two upcoming events: "Culture Days" in October and a Book Launch in November.

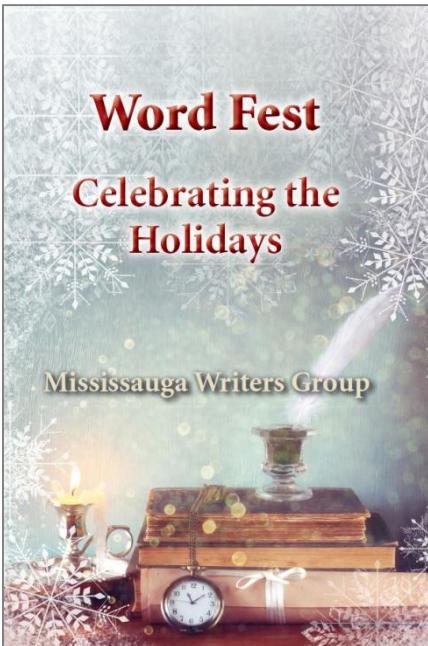
Enjoy the read and remember, we always look forward to hearing from you!

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FALL 2016

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when I was all grown up and wore a suit jacket

By Veronica Lerner

"When I was all grown up
and wore a suit jacket,"
I used to say
when I was little
and believed I already was
a grownup with a grey suit jacket
like my mother's.

"You've never been a grownup,"
they'd tell me.
"You've a long way to go."
"No, that's not so," I'd say,
in my little pleated skirt
and bolero.

When I was all grown up
and wore a suit jacket
I used to ask to touch my mother's hair.
"You have dolls with hair and eyes,"
they'd tell me.
"I don't want dolls,
I want a real person," I'd say.

Now I'm a grown up
and wear a suit jacket
but I cannot touch
my mother's hair.
I didn't know this
when, as a child, I'd wish
to be grown up
and wear a suit jacket.



- About the Author -

Poet, Editor and Freelance Journalist, Veronica is a Romanian-born engineer who came to Canada in 1982.

She has published six collections of short stories and poems and is present in numerous Romanian and Canadian anthologies.

Editor of the award-winning magazine Observatorul in Toronto, she is also accredited for TIFF.

Short Story

When we were young! (when we knew jeans from movies or black market only)

By Maria Cecilia Nicu



Motto:

*"To-morrow is Saint Valentine' day,
All in the morning be time,
And I a maid at your window,
To be your Valentine"*

(Ofelia to Hamlet)

"As I said, she loves him, he's 6'2", wears jeans, he looks kind of scrawny if you ask me, but she thinks he's quite wonderfully built, lanky arms, long skinny legs - to tell you the truth he had to have a tailor trimmed jeans that nobody could say he borrowed it... and you know that, don't try to interrupt me with your stupid questions, of course tailor's trimmed jeans when you buy whatever you can find at the black market - long wavy hair not filthy, oh no, only uncombed and of course he is very chic unshaved."

"He loves her, she is a "miss" unknown yet, slinky of course, hair waving down to her waist, and because it is not in my intention to repeat myself I'll say she wears her altered jeans with some grace."

The story is interesting because he and she are from different social environments. He's a technician in an industrial factory she is a student at University Pharmaceutical school, and here you can see the discrepancy: she with a clean manicured hands, him having dirt, serious dirt, under his nails for he's not working in an office, you know, but they love each other, a child seems to be on its way, yet she is quite feeble - not mentally, don't be stupid, anatomically – loses their child-to-be and so on, and as a final sign of tragedy, dies."

"Love Story!"

- About the Author -

Columnist for Romanian newspaper *Observatorul*, and writer of novels, short stories and poetry, Maria has collaborations (print & virtual) in Romania, France, Ireland and USA.

She has a Masters in Literature & History.

"Right"

"Right my foot! It's Love Story – Love Story and I hope you see yours has no legs."

"What do you mean, Eric Segal's Love Story?"

"Exactly"

"Do you say I plagiarized?"

"Kind of."

"Well, you don't see! What we have here is another cup of tea if you let me use a cliché, she's a student, he is lower class, they lose the baby and a lot of other things drove the situation to her death."

"Almost identical."

"Even so, considering that it's identical, what's your problem? Life is a continuous repetition, someone comes sits on the side of the road, on the sidewalk, if you want, takes a break or tries to be annoying – only, anyone can walk along ignoring him/her – which is normal I should say. It's the meter of time, if you don't mind, until you yourself could fill the hunger to sit there just to be looked at, to be forgotten or maybe to wander adrift about life's repetition!"

"Nice! When you speak metaphorically I'm quite impressed, you know, but the problems are not when or where you sit – but why? ..."

"Love, it's one of those moments when life gets that standstill we dream about. That's why"

"You wish!"

"Don't you?"

Book Excerpt

Excerpt from: The Writer's Workbook – Free the Writer Within – Tap into the power of creativity

By Susan Ksieziopolski



As Dr. Desmond Tutu states in his book “The Book of Forgiving”,
“When we know our stories and make sense of what has happened, we get connected to the larger story of our lives and its meaning and we become more resilient, we are able to handle stress, we heal”.

Writing allows you to physically release emotions from inside and transpose them on to another forum – paper, giving you some distance. That distance creates the space to be reflective and more objective about the emotions being released. It expels what is inside you, defusing the negativity and turning it into something positive. Exposing our emotions empowers our true self to open up and be visible. This is where you hold the most power and reveal your greatest gift. When you share your stories from an authentic place, a true genuine exchange allows the light to enter and heal. You can free yourself through writing; writing allows you to become the witness to the voices that are shouting to be heard. From the observer stance as you take on the role of a writer, this diminishes the negative power the voices have. Through the medium of the written word the voices are silenced as the words communicate their message.

Your true self is waiting for you. Search for it using the tools of words, music, art and meditation presented in this workbook. Writing will call forward the power within you to heal. As you work through the exercises in this workbook stay open to finding your creativity. Inside your creativity is where your TRUE self and TRUE voice await. You might find your creativity through words, music, art or meditation – don’t stop looking and keep writing. When you write it helps to you become more aware and fine-tunes you to be able to hear the stories in your life.

~ About the Author ~

After working for 32 years in public sector business transformation, Susan Ksieziopolski is now retired and her own change agent.

Her work has been featured in magazines, poetry related websites and in various anthologies.

Susan has a passion for inspiring others to write and to tap into their full potential.

Visit her website www.mywordsnnow.com for information on her upcoming workshops.

Author of *My Words*, and *Writing For Change*.

Writing about the events that take place in our lives helps us to process them. By capturing the experiences through story telling, poetry or prose, we are better able to understand our life experiences. Creative writing can help you metabolize the past or present in a way that brings greater liberation and joy – and who doesn't want MORE of that?

Studies have shown that creative writing has the power to heal. Psychologist James Pennebaker, PhD, (University of Texas, Austin) is at the forefront of these studies. His work suggests that writing about emotions and stress potentially can boost immune functioning. Healing takes place as emotions are released through reflection and self-expression in writing.

Writing builds up the ability to tap into our inner feelings and our creative voice. It helps us to make meaning out of our everyday life experiences as we progress through our journey. It promotes an increased awareness about our life experience and the world around us. Writing connects us to our selves and others. This can have a profound effect on our well-being. When we write our stories it helps us to unravel and make sense of our experiences and to come to grips with our negative and positive emotions. In sharing our stories with others it helps us to realize that our collective life experiences although unique are not that much different to one another. This provides a sense of comfort and relief.

The process of healing ourselves facilitates the healing of others around us. When we are in alignment, balance and harmony this positive energy radiates within us and creates a ripple that in turn makes those around us feel more positive. People around us feel our energy and vibes. We can use writing as a tool to support our own personal healing. This in turn helps heal our world. In the simple act of writing and capturing our thoughts and emotions we unleash the power to tap into what makes us whole. This is demonstrated in the following quote by Bonnie Abon, "*You are a piece of the puzzle of someone else's life. You may never know where you fit, but others will fill the holes in their lives with pieces of you*". Someone out there needs your puzzle piece. Writing can help you to find that puzzle piece and put it on the board.

Possibilities

By Elizabeth Banfalvi

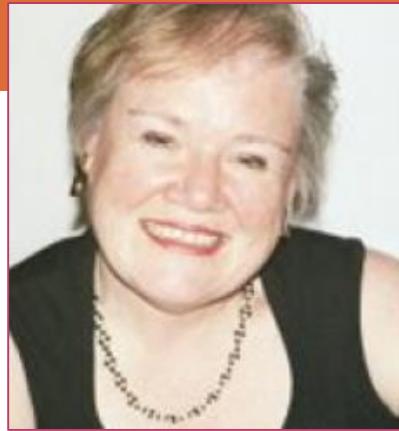
What is possible? Anything is if you can see it. Nothing is set in stone that it can't be changed, altered or learned from.

Successes and failures are perceptions of events which happen to us and if we can see more in them than just a perception of what has just happened, we can learn and be more than we were before the event happened.

When we have a failure, do we see a way to learn or do we just see failure? What actually happened might have been perceived as a failure but if we look closely, we can ask ourselves why and where did we supposedly fail? Are there other ways I could have done this? As soon as you question yourself, there is a way into seeing possibilities. In success, we usually don't question but failure makes us stop and think.

I remember a story about a glue manufacturer and how they wanted to invent a new type of glue. So they worked for many months on a new glue and came up with a product. They wanted to demonstrate it but there was a problem. The glue did stick but you can easily remove the parts from where it was glued. So as glue it really didn't work. They wanted the products to stick but it came off when they pulled the parts off. So what were they going to do with it? It would have been so easy to toss all their work in the garbage but instead they sat together and decided they would find a use for it. It worked properly but was easily removed. Had these inventors not taken the time and seen the possibilities in their product, we would never have "stickie notes".

I remember going to a workshop and the speaker talking about how he and his other writers wanted their book published and yet they tried so many publishers and were rejected by all of them stating how their book idea couldn't work. So on and on they went and kept sending their book out to find a publisher. At that time self-publishing wasn't popular and most definitely looked down on. Finally a small publisher



~ About the Author ~

Elizabeth is a Certified Reflexologist.

She is the author of *Meditation* book series, and conducts workshops on stress & meditation.

took a chance and the “Chicken Soup for the Soul” books were published. The same story goes for the “Dummies” series of books.

Possibilities are everywhere and sometimes we just have to look harder and find them. We also have to learn to perceive differently. Failure and rejection means we have learned something. So many people have never known failure because they haven’t tried. So a failure means you have attempted something. Like the glue manufacturer, they had to reassess and find a different way to use their product. Like the books, they just had to find the right publisher.

Have confidence in what you do and always see the possibilities. Success is fleeting so look deeper and enjoy the many possibilities you can find.

Contact Us

WE ARE THE MISSISSAUGA WRITERS GROUP

We are a group of writers who have established this forum to share our experiences and pursue our dreams through creativity, knowledge and mutual respect. We want to learn from our strengths and talents and have enjoyable and stimulating conversations that only writers can relate to!

We would love to have writers from our community join us. All aspiring and established writers are most welcome. We believe we all have something special inside us. Come explore your talent with the Mississauga Writers Group!

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Samna Ghani

Regional Editor Health Management.org. Author with *Books to Go Now* and *Laurus Publishing*.



Rashmi Pluscec

Author of *Chaos*, *Desolate World*, and *in 15 words*. Poet on anthologies *Threads*, *Passages*, and *Ballads*.



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