



# Suburban Scribe

The Newsletter of the Sacramento Suburban Writers Club (SSWC)

[sactowriters.org](http://sactowriters.org)

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**Join us on Monday, March 9, at our monthly meeting for a rousing discussion led by Britt Lord.**

**We meet in a wonderful community room at a local church at 5501 Dewey Drive, near the intersection of Dewey and Madison**

## **What do you want to know?**

Britt Lord will be guiding the discussion



## Sometimes People Only Believe What They Read

Tony

I was living in San Francisco and sharing a home with my friend, John. At the time I was studying basic psychology and happened to be reading from one of those "Band-Aid Psychology" books, as I termed them. These bestsellers were quite the rage of several publishing houses of the day, each touting home-style remedies for whatever ailed you, emotionally.

This particular volume proclaimed that there was simply nothing wrong with you or I that could not be fixed or adjusted by a simple knowledge of the problem, if a problem existed in the first place. Of course, in order to justify the text and information within, and thus the prospective purchase of the thing, a problem had to be shown to exist. The author of this paperback went to great lengths to demonstrate that such problems did indeed exist, which in my mind, seemed to contradict the premise of the book, i.e., you, me, we're actually okay, except for this ... problem. Confusing, isn't it?

Then came the day I was studying a certain chapter, and concluded that the conscious mind could not do more than one thing at a time, though it seemed it could, due to the speed with which it accomplished individual tasks. Bear in mind, the subconscious part of our minds do exactly that; more than one thing at a time, and in fact, routinely perform several things simultaneously. It has to keep your respiratory system, circulatory system, conscious, and subconscious operations, body temperature, muscle responses, and a host of other things, all functioning and regulated at the same time to keep you alive.

So I mentioned to John that, in my opinion, the conscious mind could not do two things at the same time. He vehemently disagreed and a debate followed in which he claimed I spent too much time thinking I "knew it all," and that I "... could not possibly know anything about psychology anyway." Thoroughly, and unnecessarily insulted, I pocketed my injured feelings and dropped the matter.

A few weeks later, opportunity knocked when I visited a small rehabbed, circa 1800, Nevada mining town for tourists. At the foot of the small hill on which it was located, the first establishment on the left consisted of a shop that offered photographs of you and yours, dressed in the western fashions of the past, along with outlaw wanted posters featuring your personal photograph, and newspaper articles about you, dating back to the years of the old west. It was all so much fun and business was understandably booming.

Upon entering the place, I was greeted by an old friend, Eddie from Brooklyn. We spoke of times past in the faraway Big Apple and toured memories of our childhoods. I met his wife, Elaine, his little boy, Junior, and we all shared a pizza from the store next door. Eddie and I begrudgingly agreed it did not quite equal the magic taste of a New York pizza, but nonetheless, we devoured every inch of it. After hours of reminiscing, I mentioned my recent unsophisticated erudition in psychology. He applauded my efforts, explaining how he also took

every opportunity to learn everything he could, no matter the subject.

When I detailed my concept of the conscious mind being unable to complete two things at the same time, regardless of how quickly it seemed to do so, he emphatically agreed. I felt somewhat vindicated and unable to contain my frustration with my roommate John's former affront to my character regarding the issue; I brought my subsequent frustration into our conversation.

Eddie suddenly got this brilliant idea. He searched through his collection of newspaper front pages that he used for constructing the various news articles bearing customer's names and photographs. Eventually, he produced a copy of the San Francisco Examiner-Chronicle. At that point, he and I set my rendition of the brain's capabilities into a multiple paragraph typeset, gave it the title, "Your Brain and Its Dual Performance Capabilities," and assigned it to an imaginary Professor of Psychology named Edwin Milton. Eddie then dated the page forward two days and printed me a copy. It looked genuine enough for our purpose. I bid farewell to my friend and headed back to San Francisco.

The next day, I grabbed John's home-delivered copy of the newspaper before he did, replaced the front page with Eddie's print, and then brought it inside and placed it on the table. A bit later, as John was reading, I borrowed the paper from him and while faking a perusal, pretended to discover the article by Edwin Milton on the second page.

John read it, and as was his wont, agreed with the premise of the printed article. His resentful reaction, to me was, "Well, I guess you're right. How do you like that?"

My guess is ... he didn't.

## Next MINGLE March 21, Saturday

*Did you miss the last Mingle Meeting?*

If so, you were missed by us, but it is not too late to join us this month for an exciting and informative discussion on **How has writing changed you?**

Remember, the Mingle is held every third Saturday!

**Mingle Meeting**  
Saturday, March 21, 2026  
9:00AM to 11:00AM  
Denney's Restaurant  
122 Sunrise Ave, Roseville, CA 95661

*We welcome seasoned and novice writers alike!*



## Which Club Members Have Published?

You can find a list of members and their books on our club's website:

[Books by Our Members <sactowriters.org/books-by-our-members>](http://sactowriters.org/books-by-our-members)

If you are a member and have published material, send the information to Wes, including any links to your own website or to a site that sells your books (e.g. Amazon). His email is listed in our club roster, and he will add your info to the list.

### R U Done Yet?

Have you finished another book? Have you had an article published recently?

Are you holding a Book Launch to let the world know what you have accomplished?

Let the other members and readers know with an article in the newsletter.

Working on a book?

Where do you stand in the progress?

- Still just an idea?
- Building the plot?
- Starting writing?
- 50,000 words in?
- Almost done?
- Searching for a publisher?

Let us know!

### Members—Wanna be Published?

Submit your own short story, article, poem, or excerpt of your own book to the newsletter for publication. (Please keep it under 450 or so words...or it will have to be serialized.)

It would give you bragging rights as being published if you are going to be in contact with an agent or publisher.

Note that the article to the left is directed to *members*.

So, if you do *wanna be published* in future newsletters, make sure your dues are up to date.



### HELP!!! Volunteers Needed

Calling all members—SSWC is in need of volunteers. You do have a few extra minutes once in a while, right? Well, there is need for:

- Nominations
- Snacks/Refreshments
- Publicity
- Historian
- See last page for all the other opportunities

No individual job takes a lot of time, and you learn a lot about the club, our members, and even more about writing by helping out.

Contact the president or any other board member listed on the last page.

**(if you noticed a few blank places in the newsletter this month, it could be that *you* could help there, too!)**

### Join the Club!

We are a vibrant club with active writers, have several critique groups (with room for more), and stay wonderfully supportive of each other.

SSWC supports local writers and encourages everyone to write and publish. Attending meetings is free, but membership brings benefits, such as publication in the newsletter and anthology, use of our club's library, qualification for grants to attend conferences, and the ability to join one of our first-class critique groups.

Membership is based on the calendar year, so if joining after April, ask us about prorating your dues by the quarter.

- Individual \$40
- Couple \$55
- Full-Time Student \$30
- Platinum Senior (70+) \$30

More information is on our website on the [Membership page <sactowriters.org/about-us/members>](http://sactowriters.org/about-us/members)

**(You might want to act quickly as the idea of raising the rates was discussed at the last board meeting!)**

### OFFICERS

#### Elected Officers:

- President Ron S
- Vice President Brittany L
- Secretary
- Treasurer Jake A

#### Chairs:

- Coffee/Treats Britt L
- Conferences
- Crit Groups Britt L
- Historian
- Librarian Ron S
- Membership Cathy M
- Mingle
- Newsletter
- Nominations
- Speakers
- Publicity
- Raffle Cathy M
- Scholarship Karen S
- Sunshine Nan R
- Website Wes T
- Workshops Mary Lou A

**There's a spot in the list above for YOU!**

### WRITING PROMPT

Finish the story:

On your eighteenth birthday, you notice unexplainable things happening around you. Objects seem to move if you squint at them. Faint, golden sparks seem to shoot from your fingertips. Dreams of a handsome stranger with violet eyes plague you at night.

What happens next???



### MEETING INFORMATION

**February 9  
7:00 – 9:00PM**

**Future Meetings:  
March 9  
April 13**

We meet the second Monday of each month. Same time. Same place: 5501 Dewey Drive, Fair Oaks, CA. All writers are encouraged to attend. Membership is not mandatory but brings privileges...

**...such as publication in the newsletter!**

