

The Mulberry Times

The Voice of Mulberry's Virtual Community

Mulberry, Georgia

Volume 1, Issue 1



A Letter From Tina

Because I began my writing career as a newspaper journalist more than 30 years ago, it is fitting that we publish The Mulberry Times, the newspaper of our website's virtual village, to keep all of you connected and informed about what's going on.

This first issue of The Mulberry Times is dear to my heart and a great vehicle for us to get news to you all in one place. The response to The Sea Island Writers Retreat has been phenomenal and lets me know that this is something we've been needing. The same is true of the Mentoring-Midwife services for writers. We all just need a little guidance and help sometimes.

Which brings me to the virtual village I mentioned earlier. We all know that it takes a village to raise a child or a business or a project or a relationship. But with all of us so spread out around the country and world now, many of us are no longer part of one village. That's where my website and this newsletter comes in. Let's use the Internet and emails and websites to get together, stay together and support each other.

I'm here and would love to hear from you about what you're doing village-wise to help others, yourself and the world. Letters to The Mulberry Times are welcomed. I look forward to hearing from you.

Be blessed...you are a blessing.

Tina McElroy Ansa

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THE SEA ISLAND WRITERS RETREAT

The first ever Sea Island Writers Retreat will be held on Sapelo Island off the coast of Georgia in the fall of 2004. The series of workshops is for writers serious about sharpening their craft and work. Authors Tina McElroy Ansa, Pearl Cleage, Cornelia Walker Bailey and author/editor Blanche Richardson will lead workshops in fiction, non-fiction, memoir and editing.

Accommodations and meals on Sapelo Island will be included in the cost of the workshop. The Georgia Sea Islands offer a unique environment of beauty, serenity and culture which is conducive to creating. Time spent on the Sea Islands is an enriching experience that I am excited to be sharing with other writers.

Find out more online at
<http://www.tinamcelroyansa.com/retreat1.html>

Good Lil' School Girl Foundation/Book Clubs



In keeping with her interest of connecting young people to the written word, author Tina McElroy Ansa has started another exciting project: Good Lil' School Girl Book Clubs around the state and country.

Good Lil' School Girl is a foundation the author started about four years ago to honor and assist women and young people in various arenas: education, personal empowerment, writing and publishing career choice and volunteerism

Any school, library or group interested in starting a Good Lil' School Girl Book Club for elementary, middle or high school youngsters, please contact us at books@tinamcelroyansa.com and we'll see how we can help.

Pearls for Girls... by Brenda Sutton

Anger! If left unmanaged keeps us (including big girls) in an unhealthy emotional and mental place. There is hope! Anger is definitely something that you can learn to effectively manage. Listed are strategies that will help you gain control of this powerful emotion.



- o Keep an anger journal---write down the triggers that make you angry.
- o Get plenty of rest
- o Eat healthy food—limit intake of sugary snacks
- o Exercise, exercise, exercise---A good walk releases "feel good" chemicals in the body
- o Pray and Meditate



Mentoring-Midwife Services

Tina McElroy Ansa is now available to help bring your writing project to life! For more information, send e-mail to mentoring@tinamcelroyansa.com or visit the website – <http://www.tinamcelroyansa.com/mentoring.html>

Books For Sale



Limited Number of Hardback Copies of *You Know Better* and *The Hand I Fan With* and Collector's Editions Available Now!

For your library, we have a limited number of paperback **BRITISH EDITIONS** of:



For order information, visit us at <http://www.tinamcelroyansa.com/booksfor-sale.html>

TidBits

Tina supports a number of charitable and social efforts. Her main interests include:

- * Girls and Young Women (teens at risk like LaShawndra in *YOU KNOW BETTER*),
- * Literacy action
- * Homelessness
- * Book Clubs
- * Health Issues (Tennis Against Breast Cancer, AIDS)

If anyone or organization would like to be in touch with Tina re: these issues please email at contact/ or books@tinamcelroyansa.com