

Adventures in Ink



SO LONG, SUMMER!



the road the land

*we good, we bad,
the everything!*

Hey First name / friend ,

Now that Labor Day has come and gone, it's time to pack away the white sandals and haul the fall pumpkins from the attic.

All summer I've been trying to find the right metaphor for the past few months of UP and DOWN: rollercoaster?

Umm, no. Because I don't even like rollercoasters!

Alligator eating an ice cream cone? Maybe, but still not quite right.

How 'bout I just abandon the metaphor hunt (for now) and tell you some of the highlights? I mean what life's tides (sorry! another metaphor! hazard of being a poet...) give us is an opportunity to develop resilience. *Yes, we can get through this! Yes things WILL get better!*

Still, let's start with an UP...



Bucket-list cruise to Alaska! Yes, we saw glaciers and whales and eagles and art. We ate too much and took naps and explored nature and culture: totem poles! gardens! alder salt! fireweed tea!

ca.

If you're going to Alaska, here are some books to get you in the spirit of things:

The Call of the Last Frontier by Melissa L. Cook

A Wolf Called Romeo by Nick Jans

Milk Black Carbon by Joan Naviyuk Kane

Travels in Alaska by John Muir

Winterdance by Gary Paulsen

Two Old Women by Velma Wallis

If you have another "Alaska" reading favorite, please let me know!

READ AN ALASKA HAIKU

AND THEN...



...on the airplane ride home, I got sick. Covid. Followed by

several (terrible) weeks of hives. On the heels of that—really in the midst of it!— I experienced MORE travel trauma, which prevented me from getting to Highlight Foundation Retreat Center in person...and then it was too wet. Too hot. Too dry. Too *whatever*. I spent several days looking longingly out my studio window (pictured above)...

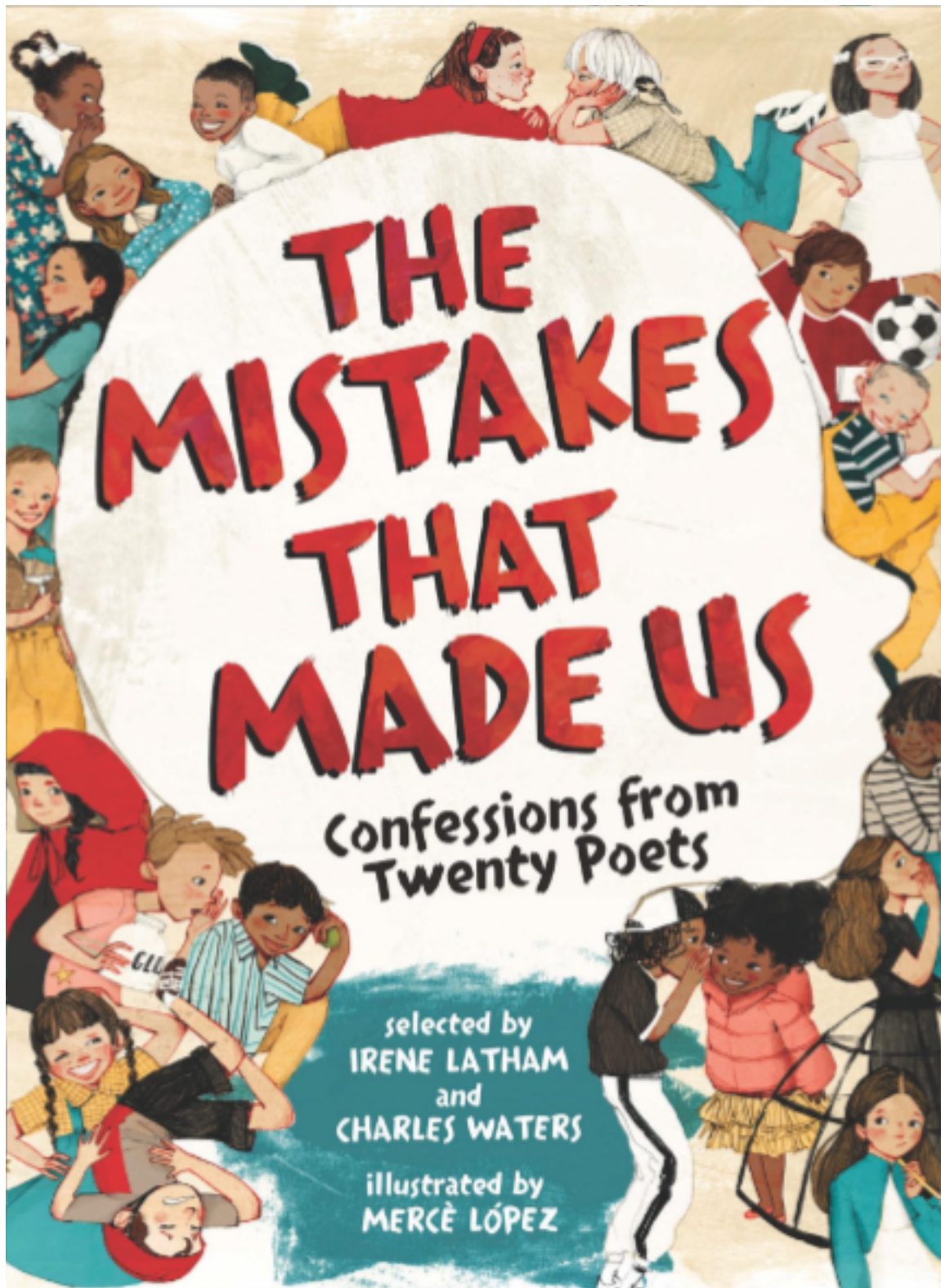
I knew my body was telling me it was time to recalibrate my life. My 2024 thus far had been *Too much! Too much!*

So we stayed at home. We took two dips a day in the lake. We walked with Rosie. I baked. Gardened. Quilted. Dug into a basket of unfinished projects and finished a few. I cello-ed. And I wrote. Every day.

MY POETRY PRACTICE SAVED MY LIFE.
AGAIN.

*Having a hard time sticking with your writing or other spiritual practice?
Hit "reply" and let's chat!*

COMING IN OCTOBER!



NEW BOOK! Charles Waters and I are excited to share with

you our first adventure as co-anthologists! There's something for everyone in this special, autobiographical collection of poems in which some of our favorite poets share their real-life mistakes!

Big thanks to *Publisher's Weekly* for giving it a STARRED review! And to Junior Library Guild for selecting it as one of their titles. More on this book...and mistakes I've made... when the book releases October 1.

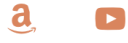
OH. And the cover art by Mercè López features all the poets included! That's wee me at the top, just right of center: tow-headed kid with a chickadee on her shoulder. Cool, huh?

PREORDER YOUR COPY TODAY!

Thank you for
sharing the journey,

with love

Irene



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