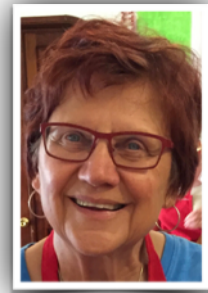


An invitation from AATH member:

Kathy Klaus

Sept. 2020



Dear Friends, Family and Colleagues,

Thank you for making time to read about and consider contributing to a project that is specifically for women.

Some of you have journeyed with me through my career in Social Work, my years in the Toy Industry and my passions for clowning, music and Laughter Yoga. I see myself as a life long learner and am an adult student, currently starting a 2nd year project as part of my studies with AATH; **Association For Applied And Therapeutic Humor.**

My project is inspired by a whimsical sculpture that was gifted to me years ago, called **“Wild Ride.”** It has become a touchstone that reminds me that as women we have many stories to tell. Our lives are made up of funny, sad and sweet ones; reflecting wins, losses, choices and “uh huh” moments. The premise of the project is that recalling good memories can fuel feelings of gratitude and increase well being. In this time of Covid and isolation, we can all use a slice of that.

I’m inviting women of all ages to share a moment from your own “Wild Ride” about any stage or event of your life. Your story might be one that is often gleefully re-told at family dinners, one of travel that became an amazing adventure, or of making lemonade from the handful of lemons that life has given you.

Would you enjoy an example from three authors and stories that have been submitted?

“In 2003, I was a wife, mother and small business owner of a rapidly growing company with international tentacles. I had inventory issues, employee concerns, impatient bankers and stress bursting from the seams. On a lark, I registered for a Women’s Salmon Fishing Derby and invited three girlfriends to join me. None of us had fishing experience but the weekend included a costume party and seemed like the perfect all-girl getaway,” etc., etc.

“ My husband and I immigrated from South Africa to Canada in the 1970’s. The first unexpected event was when we arrived in Toronto and walked out onto the airport grounds. It was the first time that our youngest had seen snow. He blurted out “ look at all the sugar.” Everyone burst out laughing”, etc., etc.

“ Given that we are mostly self isolating and not dressing up to go anywhere, I have become rather slovenly in my personal habits. Here it is June and In my spare bedroom, I still have my “Snowbird” suitcases from Puerto Vallarta that are only partially unpacked. In my bathroom, my vanity is carelessly crowded with care products; cleanser, moisturizer, rub-on hormones...you know the drill. Yesterday morning I grabbed a familiar shape, as I have been doing over these past months and applied my under arm deodorant. I put my glasses on and for the first time in months, looked at the label and discovered that I have been applying sunscreen to my under arms since April,” etc., etc.

Do you have a story from your own “Wild Ride” that you are willing to share?

Here’s a description of the **Two Part Project:**

1. **Share a story** from your life that warms your heart whenever you think of it. It could be a moment of challenge that was overcome by gratitude, friendship or hilarity. It could be a memory of a life lesson or the crazy/funniest thing that ever happened to you. Stories of all topics are welcome.
2. What **one piece of advice** would you give your younger self or a young friend who is trying to live a good life? What is most important to you?

Here's how you can participate online:

1. Provide your story. (any length up to about 500 words)
2. Provide your "one piece of advice" for the second part of the project.
3. Provide a favourite photo/photos of yourself or a scene/activity that you love.
4. Complete the short contact information form.
5. Email all materials back to me at kathy.klaus@me.com

Do you have a Mom or elder who is incapacitated (or has passed) who has a memory that she repeatedly shared with you? Did she have some words of wisdom that she was often pressing on you? If you feel able to respond on her behalf, please share her story. All women's stories are welcome. These stories will be held in a separate chapter named "Love, Remembered."

As women, our perceptions and solutions are unique. I hope that as you review your stories, you are heartened by memories of your journey. I'm looking forward to collecting stories from a community of women who are not only surviving, but determined to thrive....joyfully.

I hope that you will join me in this exciting project. Please reach out to me with any questions by email or by calling 780-709-1616. If you prefer to share your memory by telephone, I would love to hear from you.

If you intend to participate but need some time, please reply to this email with a single word, " YES. "

I am ready to receive your story now but the deadline to accept submissions is December 15, 2020. **All participants will receive an online link that will provide access to the full colour, coffee-table type book.**

Warm Regards,
Kathy Klaus

"Wild Ride" A sculpture by Shelley Tincher Buonaiuto



A note from the artist:

".....seeing she was so exuberant, she needed to be lifted to correspond with her spirits, so I put her on a flying carpet....."

