



# Chaparral updrafts

from the  
California Federation  
of Chaparral Poets, Inc.

serving California poets for over 60 years

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## Poetry reaches past fog of Alzheimers

by Paul Ingles, Sante Fe, New Mexico, 05 June 2005

Families and caregivers of Alzheimer's patients are always looking for ways to make meaningful moments for their loved ones who are struggling with the disease. In New Mexico, poet Gary "Mex" Glazner has found that poetry can engage some patients in a rewarding way.

At precisely 10:30 on a brilliant spring Santa Fe morning, poet Gary Glazner walks into Sierra Vista room with a book of poems in one hand and a bunch of yellow daffodils in the other, and greets everyone with a hearty "So how're you guys doing?"

Although he's been here twice before in the last 2 months, most of the 20 senior Alzheimer's patients seated in a circle don't remember him.

He offers one of the women a daffodil. She takes

### 'A Summer Showcase'

The Society of Cleo Poets is sponsoring a poetry afternoon on August 6 from 1 to 4 pm. The event will be held at Sierra Pines, Timber Creek Lodge, 7600 Whistlestop Way, in Roseville. For further directions contact Cleo Kocol at <cauthor@hotmail.com>. The facility is about 21 miles from downtown Sacramento.

On the program are:

- Gail Rudd Entrekin, Professor/poet Sierra College, editor of *Hip Pocket Press*
- Sam Pierstorff, Poet Laureate, Modesto, editor of *Quercus Review*
- Cynthia L. Bryant, Poet Laureate, Pleasanton, editor of *Poet's Lane*

Readings will be given by:

- Cleo Griffith, editor, *Song of the San Joaquin*
- Cleo Kocol
- Kathy Kieth, editor, *Rattlesnake Review*
- Joanne Osborne, editor, *Tiger's Eye*
- Pearl Selinsky
- Taylor Graham
- Elizabeth Bernstein
- Karen Baker
- Marnelle White
- Gordon Durham
- nancee maya
- Lynn Hansen

Following the program there will be an open mike

*continued on page two: 'Showcase'*

the flower with wide eyes and a smile. Mr. Glazner offers flowers to all, but one woman keeps her arms folded and refuses him. She stares deeply into his face, looking for something familiar. The poet just grins, lays a flower on her chair, takes his seat on the circle and opens up his poems.

"To celebrate spring coming on," he announces, "I'm going to read *Daffodils* by William Wordsworth," and he begins the poem. "*I wandered lonely as a cloud/ That floats on high o'er vales and hills/ When all at once I saw a crowd/ A host, of golden daffodils...*"

A moment later, he jumps up and dances around the circle, trying to make eye contact with each resident, repeating the last couplet over and over. "...*And then my heart with pleasure fills/ And dances with the daffodils/ ...*" One man in a cardigan appears startled, as if awakened from a dream. Some, though, giggle and pick up on his rhythm - bouncing their flowers up and down in time. A few keep their eyes closed and scowl.

Gary Glazner says he uses rhythm and movement  
*continued on page six: 'Alzheimers'*

## CFCP members are publishing their work

Two CFCP, Inc. members recently announced that they have published books.

Ursula T. Gibson, our retiring treasurer, published *The Blossoms of the Night-Blooming Cereus* March 28, 2005. The 108-page perfect-bound paperback from PublishAmerica contains a collection of 68 poems and features a cover photograph of one of their own night-blooming cereus blossoms, taken, Ursula says, by her astronomer husband "very early in the morning before the blossom closed up again."

The ISBN number is 1413764827. It can be ordered directly from the publisher by going to the web page <www.publishamerica.com>, going to their Po-

*continued on page two: 'Publishing'*

# Chaparral updrafts

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*Please send news and information items to the editor one month in advance of intended publication date.*

*For questions involving membership, either new or renewal, please contact the treasurer.*

*Be sure to visit our new web site:*

<http://www.ChaparralPoets.org>

## 'Showcase' poetry reading scheduled

*continued from page one*

with room for about ten single-poem readings, for which visitors can sign up at the door.

Registration fee is a mere \$5 to help cover costs. Please send to me Cleo Griffith, 4409 Diamond Ct., Salida, CA 95368 or contact her via phone at (209) 543-1776 or e-mail at <cleor36@yahoo.com> that you will attend so they can have an accurate count.

Soft drinks and snacks will be provided. There is also a lovely restaurant where lunch is available for those of you who wish to make a longer day of it. The whole lodge is lovely and inviting.

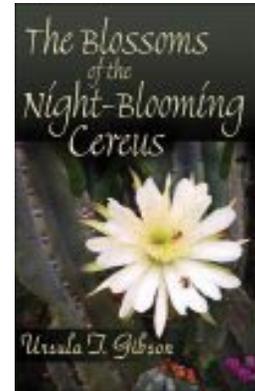
Cleo Griffith says, "What could be better than a gathering of poets? It is one of my favorite things! And after the program there are several places in the lodge to continue with conversation and poetry talk."

## Publishing by members

*continued from page one*

etry pages, finding page 9 of that set, and scrolling down page 9 until you see the cover picture. The full URL for the brave browser is [http://www.publishamerica.com/shopping/shopdisplayprod](http://www.publishamerica.com/shopping/shopdisplayproducts.asp?page=9)

ucts.asp?page=9  
You get a discount by ordering directly from the publisher, but the book is also available through Barnes & Noble and other places.



Ursula appreciates your comments. She asks that you send

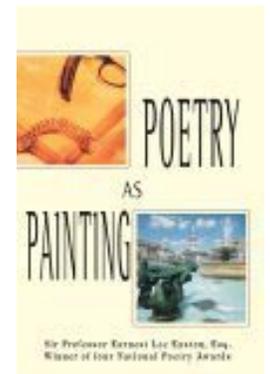
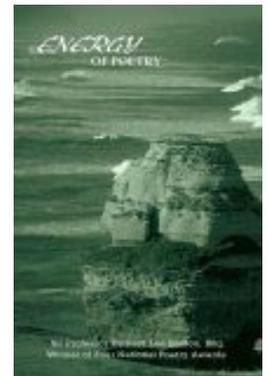
them to her at <editor@poeticvoices.com> with a subject line of Book Review!

Professor Ernest Easton, who lives in South Bend, Indiana, has had two books published through iuniverse.com, *Energy of Poetry* and *Poetry as Painting*. Both are available from Amazon.com.

The publisher's descriptions are as follows:

**Energy of Poetry:** Poetry will show you how relationship with competition in your life excites you. This book describes poetry in active living. This book describes poetry as consistent with change. This book describes poetry enticing you. This book shows poetry in poetry world of exceptionality. This book competes with the best books of poetry.

**Poetry as Painting:** will show you the relationship between poetry and painting. This book describes poetry in pictures.



## A Poetry Handbook — Mary Oliver

There are poems that are packed full of interesting and beautiful lines — metaphors on top of metaphors — details depending from details. Such poems slide this way and that way, they never say something but they say it twice, or thrice. Clearly they are very clever poems. Forsaken however in such writing is the pace — the energy between the start and the finish, the sense of flow, movement and integrity. Finally, the great weight pulls it down. How much wiser to keep a little of the metaphoric glitter in one's pocket, and let the poem maintain, without excessive interruption, its forward flow. Cutting is an important part of revision.

In truth revision is an almost endless task. But it is endlessly fascinating, too, and especially in the early years it is a process in which much is learned.

In my own work, I usually revise through forty or fifty drafts of a poem before I begin to feel content with it, other poets take longer. Have some lines come to you, a few times, nearly perfect, as easily as a dream arranges itself during sleep? That's luck. That's grace. But this is the usual way: hard work, hard work, hard work. This is the way it is done.

It is good to remember how many sweet and fine poems there are in the world — I mean, it is a help to remember out of writing, and the rewriting, beauty is born.

It is also good to remember that, now and again, it is simply best to throw a poem away. Some things are unfixable.

from: *A Poetry Handbook*  
by Mary Oliver

## Monthly Contest Winners

on the topic of *Light or Humorous Verse*

### Customer Service

I'm lost in the big phone tree jungle;  
I've swung from each branch of each tree.  
Tell me how come I manage to bungle  
Choosing button-pound one, two, or three?

I can't press my authorized number,  
For that's what I'm trying to find.  
I had one that I can't remember;  
Twelve digits slipped out of my mind.

The voice says my call is important.  
They'll check it for quality control.  
I must have done something I oughtn't;  
It asks if I want Español.

They've switched my call to Bangalore,  
Where things get worse instead of better.  
I've been through this routine before;  
This time I'll stop and write a letter.

—Katharine Wilson, San Jose, CA  
*First Prize, May*

### Riddle

Morning tropical friend  
at times hard, green  
at times ripe, gently firm  
And later soft, brown  
too cloying for my taste.

Half milk-hidden  
you bedeck my crunchy flakes  
or smother my surface-crisp muffin  
filling my sweet desire.

What a pity that I guillotine you  
functionally, mathematically  
instead of gently peeling back your soft yellow leather  
to reveal food for nose as well as mouth  
that soothes me back to childhood days.

You remind me of myself  
We both speckle with age.

—Albert J. Rothman, Livermore, CA  
*Second Prize, May*

### Ballroom

If you're feeling weary or restless or blue  
and if you should ask me and I say, "Me too,"  
I have a suggestion. Now here's what we'll do:  
we'll go to the ballroom tonight

where waltzes and tangos and rhumbas abound;  
where men are tuxedoed and women begowned;  
where pleasure is measured in movement and sound.  
There's even a beat to the light.

We'll leave the mundane and its strains and alarms  
at bay for the moment and intertwine arms,  
and spend a fine evening entranced by the charms  
of dancing, romancing tonight.

—William Preston, Walworth, NY  
*Third Prize, May*

## Applications still being accepted for Youth Contest Chair

As reported last month, Norma King Green, chair of the Junior-Senior Contest, submitted her resignation at the close of the convention in April. Norma served as a dedicated member of the CFCP board for three years, and her experience and loyalty will be missed. We wish her well in her other pursuits, including spending time with her family, and doing more personal writing.

Thus, a volunteer for this position is needed. The job does not require a lot of attention except during the contest season itself. Norma was able to manage it with some assistance from other chapter members in her area. It is an excellent opportunity to get to meet teachers and students from throughout the state, and the appreciation expressed by parents and teachers, as well as the students, is heart-warming.

Norma has promised to work closely with whoever assumes that role for the 2006 Contest, and intends to provide physical assistance whenever possible. She has lists and templates computerized, which should make it fairly easy for another person to step in and manage things. Anyone interested in helping CFCP in this capacity should apply to President James Shuman as soon as possible.

## Attend Board Meeting in Fresno July 23

All chapter presidents (or their designated representatives) are urged to attend the next CFCP, Inc. Board Meeting, scheduled for July 23 at the Piccadilly Inn, 2305 West Shaw Avenue, Fresno, 93711. The telephone number is 1 559-226-3850.

Chapter presidents, along with state officers and committee chairs, are voting members at Board meetings, and their input is needed in planning events for the future. In addition, all other CFCP members are welcome to attend, especially members of local area chapters.

The meeting will begin at 11 am, with a break at noon for lunch.

Located in the northwest part of Fresno, the Piccadilly Inn will be the site of the next two conventions. It is also under consideration as a possible central site for all future meetings. Featuring 194 guest rooms, it is a full service motor hotel offering elegant

## POV cancels Annual Contest, Anthology

Poets of the Vineyard was forced to cancel this year's contest for lack of entries, after many successful years. And, without the contest, half the entries for their Anthology are lost, which has forced them to cancel publication of the Anthology, as well. Whether it will be resurrected for another year seems unlikely at this point.

All who participated in past contests, and who are interested in seeing that the POV work continues, should contact chapter president Judy H. Cheung and let her know how you would be willing to help in supporting these worthy efforts. She can be reached by e-mail at <jhcheung@aol.com>, by telephone at 707-528-0912, or by regular mail at 704 Brigham Avenue, Santa Rosa, CA 95404.

In related news, POV will be holding its 5<sup>th</sup> Annual Multi-cultural Poetry Reading and Pot Luck on Saturday, August 13, from 1 to 4 at the Redwood Empire Multicultural Center at 3455 Sebastapol Road, Santa Rosa.

## McGroarty anthology ready

The McGroarty chapter has recently published **Verdugo Verses 2005**, an anthology of its members' poetry, in chapbook form. It is available from Ursula T. Gibson, P.O. Box 806, Tujunga CA 91043-0806, for \$5.00 a copy.

meeting facilities and a private garden courtyard all nestled in single level bungalows.

The July meeting is especially important, since that is when the Board reviews and approves many details for the coming convention. Among these are the Theme of the Convention, the various categories for the annual contest, and the overall budget. Additional volunteers for the Convention Committee are still needed, to help implement the ideas and plans that will be proposed. Further, since this is the second year in which the convention has been developed without a local host committee, the Board now recognizes the need for an adequate team of helpers.

In addition to work on the 2006 convention, we will discuss plans for the 2007 convention, among several major pieces of business. If you have any items you would like to see discussed, please contact president James Shuman ASAP so they can be included on the agenda. The meeting is expect to conclude by 4:30.

The luncheon menu has been pre-selected to provide salad, potatoes or rice pilaf, vegetables, rolls and butter, coffee and tea, and dessert. Choose one of the following entrées:

**Chicken Marsala:** sautéed chicken breast with shallots, garlic and mushrooms in a Marsala wine sauce.

**Grilled Chicken Caesar Salad:** grilled chicken breast, romaine lettuce, parmesan cheese, tomato, avocado, croutons and classic Caesar style dressing.

All options are the same price, which is \$16 per person, including service charge and sales tax.

**NOTE:** Please contact host David Lapierre at <Dalapcrepes@aol.com> or 530-527-0244 or president James Shuman at 209-523-6954 **ASAP** so that reservations will be made for you.

To reach the Piccadilly Inn, those coming from the north and west, take Highway 99 to the Shaw Avenue exit. Turn right (east) on West Shaw Avenue and travel 3 miles to the hotel on the right, at 2305 W. Shaw Avenue.

Those coming from the south, take Highway 99 to the Ashlan Avenue exit. Turn right on West Ashlan Avenue and travel 1 mile. Turn left on North Marks Avenue and travel 1 mile. Turn right on West Shaw Avenue and travel .6 mile to the hotel on the right, at 2305 W. Shaw Avenue.

## Transitions

### New officers at McGroarty

After 30 years as president of McGroarty Chapter, David Leek has resigned. Despite members' protests, he explained that the doctor had told him he was suffering from a condition called "O-L-D". He will continue attending meetings as long as he is able, but must reduce the work load he has been carrying. David Leek has had a long career as Professor of English at Glendale Community College. He and his wife live in Glendale, California.

Just as the protests, regrets and thanks to David for his long service were over, the secretary, John Craven, announced that he, too, was resigning, because of vision and health problems. He had instituted the practice of writing notes to all the members about what had happened at the last meeting, and what was upcoming and mailed to everyone in the Chapter.

After the dust settled from those changes, James Gibson, the vice president, was elevated to the office of President. Discussion about the secretary job ensued. Since Ursula T. Gibson was the only person who had a computer, she will assume the tasks of secretary at the next meeting.

Remy Smith continues as treasurer of the chapter.

### Frances M. Church passes

A long-time member of the Tumbleweed chapter, 94-year-old Frances Mason Church passed away June 9, 2005 in Arcadia. An English teacher in a private school for many years, she later worked for Los Angeles County, first in the Assessor's Office and later as a Supervising Court Clerk.

She was predeceased by her husband, Glen, and two sons, Donald and David. She is survived by a granddaughter, Diane Coscarelli, great granddaughter, Amanda Coscarelli, and grandson, David. She is also survived by her sisters Elaine Lazzeroni and Marjorie Voigt, both members of Tumbleweed, and brother John A. (Jack) Mason.

A Memorial Service was held in Covina on July 9th at Jack Fulbeck's Community Room.

### Passing of AIP member

Word was recently received that Roger Reeve, a long time member of Alameda Island Poets and affiliate of the Robert Frost Chapter, passed shortly after the Convention.

# Save this page!

There's no contest this month, but coming up for August is any *Short Poem, 12 lines or fewer*.

With different categories ten months of the year, there are 30 chances a year to win recognition. But, of course, it *is* necessary to actually send your poems in to the Contest Chair! By now you should have discarded any copies of previous years' contests rules, and be thinking only of entries for 2005. Pin a copy of this page to your bulletin board for quick reference.

The topics and rules did change a bit for 2005, following the Board's approval last October. Most notable is the fee per entry, which is now \$2 per poem, or 3 poems for \$5.

Also, several of the topics have changed, providing a bit more variety and challenge to your creative juices! Several other topics were also suggested, so there are more than enough for ten contests. Watch for the possibility of a new panel of topics again next year!

Keep copies of this page handy to share when people ask how to join CFCP. Also, think in terms of carrying copies to give to interested friends or acquaintances. And maybe leave a few at your library or on the bulletin board at the local college or university. Remember that August begins our new membership year—a good time for recruitment!

## 2005 CFCP, Inc. Monthly Contests

*Except where otherwise indicated, poems are limited to 28 lines. All forms accepted for all categories.*

- JANUARY** — Changes
- FEBRUARY** — Portraits
- MARCH** — Off-the-Wall!
- APRIL** — Historical
- MAY** — Light or Humorous Verse
- JUNE** — Exploration, Nature & Science
- JULY** — *no contest*
- AUGUST** — Short Poem 12 lines or fewer
- SEPTEMBER** — Fun with Numbers
- OCTOBER** — California
- NOVEMBER** — Family
- DECEMBER** — *no contest*

### RULES

Contests are open to all poets in the United States and Canada. Each submission must be typewritten on standard size paper with the contest month in the upper right-hand corner. Send ONE COPY of each poem with author's name and address in the upper left corner of the reverse side. Address labels are acceptable. Multiple entries are welcome.

Only UNPUBLISHED POEMS and poems not previously awarded a money prize are eligible. A fee of \$2.00 must accompany each poem submitted (3 for \$5.00). Send cash or make checks to CFCP, Inc. DEADLINE is the last day of the contest month. Envelope must be postmarked no later than 12 midnight of that day. *Print contest month on outside of mailing envelope.*

**NOTE:** *In any month wherein insufficient entries are received, those poems which were submitted will be held over and judged with the entries for the following month.*

**1st prize: \$25.00    2nd prize: \$15.00    3rd prize: \$10.00**

*Poems will be returned only if a stamped, self-addressed envelope is enclosed. Allow one month after closing date of contest before sending poems elsewhere. Winning poems will be printed in the **Chaparral Updrafts** newsletter.*

**CALIFORNIA  
FEDERATION  
OF CHAPARRAL  
POETS, INC.**

➔ Cleo Griffith  
mail contest Monthly Contest Chair, CFCP, Inc.  
entries to 4409 Diamond Court  
Salida, CA 95368-9632  
<cleor36@yahoo.com>



# YES!

I definitely want to be a member of the  
**California Federation of Chaparral Poets, Inc.** for the year 2005.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_

E-MAIL \_\_\_\_\_

I PREFER TO RECEIVE MY UPDRAFTS NEWSLETTER BY: \_\_\_\_\_ E-MAIL \_\_\_\_\_ US MAIL

*Your membership includes all issues of the newsletter; Updrafts, free entry in the Annual Contest, Monthly Contest information, and Membership Roster every 2 years during the membership period. All memberships renew between 8/1 and 12/31 yearly. Persons joining between February 1 and July 31 will use the pro-rated formula. New memberships received between August 1 and December 31 will be extended for the following full year.*

**\* Those who desire to continue membership with a chapter, please remit dues to your local chapter treasurer.**

### How to Become a Member

check the appropriate item:

- \_\_\_\_\_ Membership Annual/Renewal ..... \$15<sup>00</sup>
- \_\_\_\_\_ New Member (February 1 to April 30) ..... \$12<sup>00</sup>
- \_\_\_\_\_ New Member (May 1 to July 31) ..... \$7<sup>50</sup>
- \_\_\_\_\_ Spouse (1/2 regular member) ..... \$7<sup>50</sup>, \$6<sup>00</sup>, or \$3<sup>75</sup>
- \_\_\_\_\_ Junior (under 21; show proof of age) ..... \$3<sup>00</sup>
- \_\_\_\_\_ Donation (specify amount) .....

\_\_\_\_\_ I am interested in joining a Chapter in my area (name of Chapter) \_\_\_\_\_

\_\_\_\_\_ I wish to join as a Member-at-Large.

\_\_\_\_\_ We wish to form a Chapter of our own (5 or more Regular Members are required to form a new Chapter) to be called \_\_\_\_\_

**Members-at-Large:** Clip this form and mail along with a check or money order **made payable to CFCP, Inc.** to:  
Frances Yordan, Members-at-Large Chairman, 2575 W. San Jose Avenue, Fresno, CA 93711-2733.

**All Others:** Send this form along with a check or money order **made payable to CFCP, Inc.** to:  
CFCP Treasurer, P.O. Box 806, Tujunga, CA 91043-0806.

## Alzheimers: poetry lifts spirits along with fog

*continued from page one*

in his poetry readings in coffee houses and theatres too, but it's especially useful with this audience. "You're moving closer to them, you're touching them, you're engaging with them," he explains. "You know, you have them fading in and out of consciousness so you have to work that much harder."

Mr. Glazner has been connecting with Alzheimer's patients like this since 1997, when he won a grant to do poetry readings in senior centers. He remembers the day he got hooked. "I was reading Longfellow's poem, and there was a guy in the class who was pretty much out of it. He wasn't able to participate. (His) head was down. And I said, 'I shot an arrow in the air' and he looked up and said, 'And where it lands I know not where...' And it was just a marvelous moment for me, and for the whole group."

His poetry sessions at Sierra Vista began with a phone call to Ruth Dennis, the facility's recreation director. "He called me, kind of out of the blue," she recalls. But the idea of regular poetry readings made sense to her for Alzheimer's care, for one reason.

"It makes a moment in time really enjoyable. Time kind of blurs with Alzheimer's. Time sort of becomes this really ambiguous thing. Alzheimer's treatment, if it's good treatment, is a Zen kind of experience. It's very much being really focused on just being present."

Meanwhile, Gary Glazner has moved on to a work by what he calls "that very famous poet, Anonymous." And he proceeds to read it, to scattered laughter from the residents. "*Do you carrot all for me?/ My heart beats for you/With your turnip nose/And your rad-ish face/ You're a peach!/ If we cantaloupe/ lettuce marry/ We'd make a swell pear.*"

Almost apologetically, Gary Glazner says he might be getting as much good feeling out of these encounters as the patients themselves. And the poet's work is getting more attention elsewhere. Recently, he's been invited to visit Alzheimer's centers in 5 other states. He's also about to publish a book of poems that Alzheimer's families and caregivers can use to reach this special audience of poetry fans.

VOICE OF AMERICA: <http://www.voanews.com/english/AmericanLife/2005-06-03-voa40.cfm>

## 'Leaves of Grass' 150 years old this month

The July 6 edition of US News & World Report included an interview with NEA Chairman Dana Gioia regarding Walt Whitman and his book of poetry.

"He is, to use an old phrase, first among equals," Gioia said. "We have a number of great American poets, but none is more convincingly patriotic ...."

"Much of what is great and glorious about American poetry comes from Whitman," he said. But, "so does much of what is pretentious and self-indulgent. Whitman's range, energy, and originality set a standard of ambition and invention that has inspired American literature ever since. But his influence has also been troublesome. Whitman made himself the central subject of his poetry. Who else would create an epic poem titled 'Song of Myself'? Whitman brought it off with humor, tenderness, and joyful exuberance, but his example gave permission to lesser poets to talk endlessly about themselves. Not everyone's life deserves an epic poem. That is the trouble with genius—it's so hard to imitate."

### • Inside:

*servicing California poets for over 60 years*

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