

Telling Your Story: A Gift to Those You Love

Study Leader: Joan Katz

Wednesdays, 9:30 - 11:30 a.m.

4 weeks beginning July 10

AIL Classroom, Lethbridge Lodge, Colby-Sawyer College

Maximum number of participants: 10

Telling Your Story is a memoir writing course. Writing a memoir is like a detective story, as you delve into your memories with the help of family, friends and various resources. The process is learning about how you became the person you are today.

We will discuss why we put together a memoir and explore the rewards and challenges with the project and resources available. We will talk about communicating and connecting with family and friends. Suggestions will also be provided about how to organize your memoir.

A number of exercises during the course will help you jump start your story. There is no right or wrong way to do these activities. Your memoir and how you organize it should reflect who you are.

A photographer might like to tell their story primarily through photos and a short narrative. A quilter might like to make a quilt that reflects their life. Someone may have many family recipes and would like to write a book of recipes with a narrative of the memories these recipes bring to mind. This is not an English class. Any work you might share with us is not critiqued for writing skills. Suggestions are made to help explore your memories and options for sharing them with others.



Joan Katz

Joan first moved to New London in 1962 from a New York suburb. Upon graduation from New London High in 1966, she headed to Boston for college. Finding that she wasn't much of a city girl, she transferred to UNH, where she received a BA in psychology. After teaching special education for a year, Joan pursued an MEd in guidance and counseling in Chapel Hill, NC. Later, she moved to Maine where she worked, volunteered, completed additional graduate work and raised a family.

A move to the Maryland Eastern Shore led Joan to get involved with a lifelong learning program where she taught her first memoir workshop. Since then, she has offered workshops from Maryland to Maine, and she finds each workshop to be truly rewarding.

About five years ago, Joan returned to the New London area. Besides offering the memoir workshops, she enjoys making nontraditional quilts and reading. She also serves as a Granite State Ambassador.