

AMWA MID-AMERICA

Winter 2018



In this issue:

St. Louis Freelance Luncheon Series	2
Nebraska Networking Group	7
From the Newsletter Editor	7
TechWriteSTL January Luncheon	7
Chapter Conference Dinner	8

President's Letter

Rebecca Bigelow, PhD

As 2018 comes to an end, we are able to look back on the year and assess how our chapter performed. I am happy to say, that despite being a very large geographic chapter, we strive to continually offer opportunities to our members to network and grow professionally. With chapter events being held regularly in St. Louis and Kansas City, and most recently in Nebraska and Iowa, we don't let our large area be a detriment to our programs.

We recently offered a webinar on "Writing Across the Media", presented by Carol Atkinson, PhD. A big thank you to Swarna Mandali for all of her hard work organizing the event. To those who missed the webinar, you can still access the content online. Dr. Atkinson will be presenting 2 more webinars during the upcoming year, so please be on the lookout for those announcements. I encourage you to regularly check our website for any additional events (<http://www.amwa-midamerica.org/>). We are always interested in hearing new ideas for programs. You can share these ideas with me at: rebecca@epionmedcom.com.

I would also like to take the opportunity to welcome Susan Sunderman to the board as our newsletter chair. Susan recently took over the position from Magdalena Berry, who graciously served as our newsletter chair for many years. Thank you to both of them for their willingness to volunteer and help our chapter.

I hope everyone had a wonderful holiday season! And may you all have a successful 2019!

Chapter Officers

President: Rebecca Bigelow, PhD

Treasurer: Leslie Neistadt, ELS

Secretary: Karry Smith, PhD, MPH

Membership chair: Heather McNeill, MA

President Elect: Natalie DeWitt, PhD

Newsletter chair: Susan Sunderman, MLS

Webmaster: Lisa M. Balbes, PhD

St. Louis Freelance Luncheon Coordinators:

Lisa M. Balbes, PhD, Joanne M. McAndrews, PhD

Nebraska Event Coordinator: Rebecca Bigelow, PhD

Kansas City Event Coordinator: Swarna Mandali, PhD, RDN, CSSD, LDN

Iowa Event Coordinator: Natalie DeWitt, PhD

St. Louis-area Freelance Luncheon Series: TechWrite STL

Leslie Niestadt, PhD
Lisa Balbes, PhD

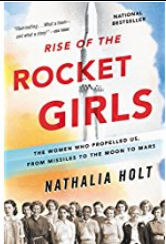

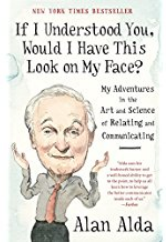


Every year, the TechWrite STL group submits suggestions for this list, which has now reached 17 pages! It's divided into categories, ranging from "Thought Provoking" to "Not Necessarily Literature to Stand the Test of Time But Fun Reads Nonetheless" Leslie Neistadt compiles the list, complete with cover art for the books, bibliographic information, and the name of the recommenders with their comments. It's an enjoyable read, in and of itself!

Here's a sample:

Best and Worst Books Read in 2018

Category: Thought provoking

Cover	Citation	Recommended By	Comments
	Holt N. <i>Rise of the Rocket Girls: The Women Who Propelled Us, From Missiles to the Moon to Mars</i> . New York, NY: Little, Brown and Co; 2016.	Lisa Balbes	
	Munroe R. <i>What If? Serious Scientific Answers to Absurd Hypothetical Questions</i> . New York, NY: Houghton Mifflin Harcourt; 2014.	Lisa Balbes	
	Alda A. <i>If I Understood You, Would I Have This Look on My Face? My Adventures in the Art and Science of Relating and Communicating</i> . New York, NY: Random House; 2017.	Lisa Balbes, Leslie Neistadt	"A fun read with lots of research to support his hypotheses"

And here's more from the list:

Buffet HG. *Forty Chances: Finding Hope in a Hungry World*. New York, NY: Simon & Schuster; 2013.

Suzanne Broussard: "Very insightful on the lessons learned and strategies to avoid in the fight to solve world hunger from a farming philanthropist's perspective"

Carreyrou J. *Bad Blood: Secrets and Lies in a Silicon Valley Startup*. New York, NY: Knopf; 2018.

Carrie Clark: "For showing how autocratic personalities/work structures can destroy a medical mission"

Hari J. *Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions*. New York, NY: Bloomsbury USA; 2018.

Carrie Clark : "For exploring the social causes of depression"

Albertine A. *Clothes, Clothes, Clothes, Music, Music, Music, Boys, Boys, Boys*.

Susan Duhig: "Witty, direct, astonishingly sincere, and I found it a great example of how to look back at youth from the perspective of middle age."

Benjamin C. *The Immortalists*. New York, NY: G.P. Putnam's Sons; 2018.

Joanne McAndrews: "If you knew when you were going to die, how would it affect your life?"

Doerr A. *All the Light We Cannot See*. New York, NY: Scribner; 2014.

Joanne McAndrews: "Not just another book about the Holocaust; this is a masterpiece"

Parker P. *The Art of Gathering: How We Meet and Why It Matters*. New York, NY: Riverhead Books; 2018.

Joanne McAndrews: "An inspiring book about how to make all gatherings, from casual hangouts to work meetings and conferences memorable and valuable events for all"

Mitchell W. *Somebody I Used to Know*. New York, NY: Ballantine Books; 2018.

Leslie Neistadt: "An unflinchingly honest memoir by a woman who was diagnosed with dementia at age 58"

Richards C. *Make Trouble: Standing Up, Speaking Out, and Finding the Courage to Lead*. New York, NY: Touchstone; 2018

Leslie Neistadt: "Inspiring tales from the former head of Planned Parenthood"

Picoult J. *Small Great Things*. New York, NY: Ballantine Books; 2018.

Pranali Pathare

Vance JD. *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*. New York, NY: Harper; 2016.

Veronika Redmann: "A profound read"

Grisham J. *The King of Torts*. New York, NY: Doubleday; 2003.

Lisa Balbes: “Excellent story of how power/money corrupts”

Sobel D. *Galileo’s Daughter: A Historical Memoir of Science, Faith and Love*. New York, NY: Bloomsbury USA; 2011.

Lisa Balbes: “Story of Galileo’s life, told through letters to his daughter, the nun”

Roxburgh L. *Taller, Slimmer, Younger: 21 Days to a Foam Roller Physique*. New York, NY: Ballantine Books; 2016.

Roseann Benson: “It’s a book about foam rolling, and the author created a 21-day program that I’ve been cycling through since June. Each day has between 5 and 10 minutes of exercises. The program helped me relieve the pain from a nagging muscle injury and improve my posture. (The book is poorly edited; however, if the user knows that before beginning the program, she will be less distracted by the inconsistencies within the text.) **You will need a foam roller.**”

Dean W. *It Takes a Tribe: Building the Tough Mudder Movement*. New York, NY: Penguin/Portfolio; 2017.

Suzanne Broussard: “Documents Dean’s passion for founding Tough Mudder, a physically and mentally challenging extreme obstacle course. The course requires cooperation and is the model for many obstacle course races in our communities.”

Horowitz A. *Magpie Murders: A Novel*. New York, NY: Harper; 2017.

Suzanne Broussard: “This murder mystery cleverly turns the reader into the detection—going from a comfortable read to unpredictable.”

Goldacre B. *Bad Science: Quacks, Hacks, and Big Pharma Flacks*. New York, NY: Farrar, Straus and Giroux; 2010.

Carrie Clark: “A kind of primer on evidence-based medicine for the general public, with lots of amusing takedowns of people who hid poor methodology behind a veneer of ‘science-y-ness’”

Westover T. *Educated: A Memoir*. New York, NY: Random House; 2018.

Betsy Engle: “Highlighted the importance of education and the opportunity to learn from different viewpoints”

Li Q. *Forest Bathing: How Trees Can Help You Find Health and Happiness*. New York, NY: Viking Press; 2018.

Joanne McAndrews: “This book delves into the research-based evidence of why being in nature is relaxing. Even just reading this soothing book is relaxing!”

Awdish R. *In Shock*. New York, NY: St Martin’s Press; 2017

Leslie Neistadt: “A physician’s life-threatening illness changes the way she interacts with her patients”

Gladwell M. *What the Dog Saw and Other Adventures*. New York, NY: Little, Brown and Co; 2009.

Mayle P. *My Twenty-Five Years in Provence: Reflections on Then and Now.* New York, NY: Alfred A. Knopf; 2018.

Leslie Neistadt: "You'll want to hop the next flight to France"

Wood J. *Upstate.* New York, NY: Farrar, Straus and Giroux; 2018.

Leslie Neistadt: "During a visit to the U.S., a Brit tries to understand his grown daughters"

Sincero J. *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life.* New York, NY: Running Press Adult; 2013.

Pranali Pathare

Clear H. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones.* New York, NY: Avery; 2018.

Ginger Peschke: "I'm still reading this one, but the book seems to flesh out ideas from his newsletters/blogs, which I follow and have productively implemented."

Butler OE. *Kindred.* Boston, MA: Beacon Press; 2009.

Bob Saigh: "Written well"

Cargill CR. *Sea of Rust.* New York, NY: Harper Voyager; 2017.

Bob Saigh: "Written well"

Idle E. *Always Look on the Bright Side: A Sortabiography.* New York, NY: Crown Archetype; 2018.

Bob Saigh: "Written well"

Meacham J. *The Soul of America: The Battle for Our Better Angels.* New York, NY: Random House; 2018.

Bob Saigh: "Written well"

Pollan M. *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence.* New York, NY: Penguin Press; 2018.

Bob Saigh: "Written well"

Shaffer A. *Hope Never Dies.* Philadelphia, PA: Quirk Books; 2018.

Bob Saigh: "Lots of fun"

Fforde J. *The Eyre Affair.* New York, NY : Penguin Books; 2003.

Bob Saigh

Boyle TC. *Tooth and Claw: And Other Stories.* New York, NY: Viking; 2005.

Bob Saigh

Finnegan W. *Barbarian Days: A Surfing Life.* New York, NY: Penguin Press; 2015.

Susan Sunderman: "I have been hooked on Finnegan's writing since I read his 2-part series "Playing Doc's Games" about the surfing physician Mark Renneker in the *New Yorker*. Even if you don't like or know nothing about surfing, this autobiography (winner of the 2016 Pulitzer Prize in biography) is a good read!"

Sedaris D. *Calypso*. Boston, MA: Little, Brown and Co; 2018.

Susan Sunderman: "David Sedaris is one of my favorite authors! His beach house in North Carolina is where we go every year, and I grew up going there as well."

Category: Sob Inducing

Fincham-Gray S. *My Patients and Other Animals: A Veterinarian's Stories of Love, Loss, and Hope*. New York, NY: Spiegel & Grau; 2018.

Leslie Neistadt: "A vet describes some of her most memorable patients...and their families"

Category: Annoying or Disappointing

Atkinson K. *Life After Life*. Boston, MA: Back Bay Books; 2014.

Lisa Balbes: "Good premise, poorly executed"

Moshfegh O. *My Year of Rest and Relaxation*. New York, NY: Penguin Press; 2018.

Leslie Neistadt: "An educated, wealthy, attractive, and very bitter young woman decides she needs a year off from her oh-so-difficult life for a drug-induced sleep. This is getting all kinds of rave reviews, but it's self-indulgent to the nth degree."

Hannah S. *Closed Casket*. New York, NY: William Morrow; 2017.

Ginger Peschke: "Ostensibly a Hercule Poirot novel, this book doesn't come close (IMO) to Christie's originals"

Gaiman N. *American Gods*. New York, NY: William Morrow; 2001.

Bob Saigh: "Badly written"

Hansen J. *First Man: The Life of Neil A. Armstrong*. New York, NY: Simon & Schuster; 2005.

Bob Saigh: "Badly written"

Category: Not Necessarily Literature to Stand the Test of Time But Fun Reads Nonetheless

Kinsella S. *Surprise Me*. New York, NY: The Dial Press; 2018.

Leslie Neistadt: "If you liked the 'Shopaholic' books, you'll like this one about a long-married couple who think they know everything about each other."

Yen A. *Sophia of Silicon Valley*. New York, NY: William Morrow; 2018.

Leslie Neistadt "Fast-paced tale of a 20-something trying to navigate life in the tech world"

Nebraska Networking Group

Rebecca Bigelow PhD

We met for lunch in Omaha on November 29th at Shucks. We plan on having an upcoming meeting in Lincoln within the next couple months. Please reach out to Rebecca Bigelow at: rebecca@epionmedcom.com for more information about this group.

From the Newsletter Editor

Susan Sunderman, MLS

As incoming newsletter coordinator, I would like to thank Magdalena Berry for her years of service in editing the *AMWA Mid-America Chapter News*. Magdalena's fine editorial skills, reliability, and diligence were much appreciated, as well as her beautiful photographs! I also want to thank her for her generosity in guiding my transition for the coming year.

Although her sunny and wise presence at the annual chapter dinner will be missed, as she leaves AMWA to move toward retirement (photography, gardening, and more!) I am confident that she will find the same success and fulfillment that she experienced in her career as Senior Instructor, Professional and Technical Writing, at Missouri State University.

TechWrite STL January 2019 luncheon

Wednesday, January 2, 2019 11:30 am
McAlister's Deli 12101-A Manchester Road Des Peres, MO 63131

Life and Business Design, presented by Brian Lunt

As the self-employed and entrepreneurs, our most valuable resource is also our most finite -- time. Join Brian Lunt of Seed Level Creativity Lab as he shares and explains his system and strategies for making effective use of your professional time while still maintaining the balance you need to enjoy your business and your life.

Unable to attend a luncheon? Many of the handouts from past luncheons are available for download on the American Medical Writers Association Mid-America Chapter website: <http://www.amwa-midamerica.org>.

Mid-America Chapter Dinner at the 2018 AMWA Medical Writing & Communication Conference

By Joanne M. McAndrews, PhD and Heather McNeill, MA

For the past thirteen years, Mid-America chapter members have gathered for dinner on Thursday evenings during the AMWA Medical Writing & Communication Conference. Our 2018 dinner was held at Circa Bistro in Washington, DC on November 1st. Attendees enjoyed meeting each other and learning about members' different backgrounds and work environments while enjoying a delicious dinner.



Chapter dinner attendees (L to R): Leslie Neistadt, Suzanne Miller, Natalie DeWitt, Jennifer Barr, Joanne McAndrews, Anna Boyum, Carrie Clark, Kaci Durbin, Tom Wolf, and Heather McNeill