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PACIFIC NORTHWEST STORIES

SEPTEMBER 2025 NEWSLETTER

It's been a minute! Somewhere between long summer evenings with friends and early mornings chasing fish, July simply slipped away. By the time I realized I'd missed sending out my August newsletter, it was already well into the month. It stung a little to break my thirty-four-month streak. But maybe losing track of time (and dates!) is a sign of a wonderful summer, not a failure to be consistent.

I'm also thrilled to share a link to the summer edition of the Federation of BC Writers magazine, *Word Works*. My article, *Two Things Can Be True*, is part of their "writing for change" collection. It feels truly legit to see my work in print, in an actual magazine! Be sure to check out the link below.

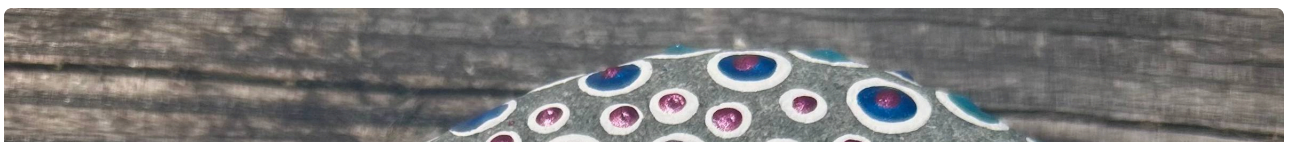
For me, September always signals a reset. I love the summer bustle, but I'm looking forward to a quieter time. So this month, I'm sharing some thoughts on how shifting focus has energized me, along with a recipe for my favourite one-pot, twenty-minute meal: **GARLIC LEMON BROCCOLI PASTA**.

Don't forget to grab your copy of my recipe collection below!

“

It takes courage to say yes to rest and play in a culture where exhaustion is seen as a status symbol.”

— Brené Brown





INSIDE NEWS

Finding My Spark Again

I didn't plan to take a break from writing—consistency has always been my secret weapon—but somewhere along the way, I gave myself permission to step back. At first, I felt guilty about it. Writers write, right? But as the summer stretched on, I realized that resting wasn't losing momentum; it was refueling it.

Now, as I sit on my deck with my coffee and reread a few chapters of my current draft, I feel that familiar spark again. I'm still in love with these characters—their quirks, their courage, their stubbornness—which is always a good sign. The story is waiting for me, and I'm ready to meet it again with fresh energy.

Part of that energy has come from trying new things. This summer, I found myself craving the joy of learning—painting intricate mandalas on smooth river rocks, where each careful dot became a small act of meditation, and tackling the elegant, adrenaline-inducing sport of wing foiling (I can even gybe now—video proof below!). Both taught me something valuable: there's beauty in being a beginner, in surrendering to curiosity and imperfection, and in simply enjoying the season you're in.

Whether you're in a season of growth, rest, or discovery, there's a quiet contentment in embracing it fully. For me, this summer reminded me that stepping away doesn't mean giving up—it means gathering what you need to return stronger, braver, and more inspired.

And so, here I am: rested, grateful, and eager to dive back into the words.

Until next time,

Sylvia



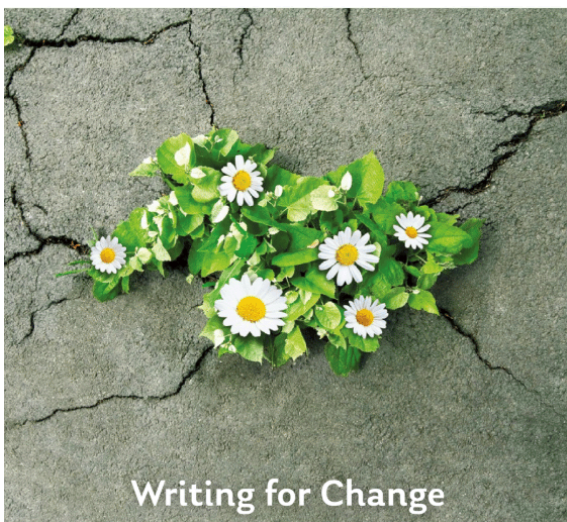
FREEBIE

GARLIC LEMON BROCCOLI PASTA

One pot and twenty minutes is all it takes. Yum!

[Download ALL MY RECIPES](#)

WORD*works* **fBCW**
FEDERATION
of BC WRITERS
BRITISH COLUMBIA'S MAGAZINE FOR WRITERS 2025 Volume 2



FEDERATION OF BC WRITERS

TWO THINGS CAN BE TRUE

Read my article on page 18, with a mention on page 3!

[READ THE MAGAZINE](#)



YOUTUBE

MANDALA ROCK PAINTING



Here's the tutorial that got me hooked on this painting!

[YOUTUBE](#)



VIDEO PROOF

A (WOBBLY) WING FOIL GYBE

Thanks to Brad and Frances for this footage!

[WATCH THE VIDEO](#)



EMAIL ME!

CAN TWO THINGS BE TRUE?

Did you read the WordWorks article? I'd love to hear your thoughts.

Send me a note - I read them all!

[EMAIL ME!](#)

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