

Good Things Come in Three's

by Fred Day

During the month of December three local authors were at the Kozlov Shopping Centre. People had a chance to meet with the authors, discuss their books and have them sign their copies.

All three of the authors were promoting the release of their first books being published.

Karen Melnick, author of "Your Child's Health and Wellness Record" is overjoyed at the reception her book is getting. She not only is receiving wonderful feedback from the public, but the book has also garnered three awards.

The idea seemed a simple one, but no one had put it together before. Karen, an RN, realized the importance of parents taking an active role in their children's health care. Karen felt that: "With the shortage of doctors and people having to go to walk in clinics, parents needed to do something to be able to access their child's health history. What better way than to design a book to do just that." The hope is that once the children grow up and move on in their lives, they will have a comprehensive record of their health history.

Karen has lived in the Midhurst/Barrie area her entire life. The mother of three children has been a photographer, an RN and now counts herself as a "Parent Educator" (as opposed to just a writer).

Karen is available for speaking engagements and plans on continuing writing, with an adult version of her book next.

Jackie Jones, author of "G-Bugs" (gratitude bugs) was also on hand to sign, discuss and explain the idea of her book.

Jackie says: "The message is simple but

important to remember. 'No matter the troubles you encounter, you always have things to be grateful for'. Children as well as adults are always dealing with these feelings. This is my way of helping kids, by bringing it to their attention."

Jackie is also very pleased with the reception her book has received. She feels very lucky and blessed to be able to work with Mike Muslow, publisher, and George Thornton, graphic artist, both of whom are local talents. Jackie is also donating all proceeds from the book sales to sick and abused children. For Jackie the writing process is ongoing as this is the first book of a ten book series.

Sandra Nascimento joined the other two authors promoting her book, "My Thoughts". Sandra describes it, "Not so much a book but an inspirational journal. A place to keep track of your intimate thoughts, dreams or desires. With thousands of thoughts going through your mind on a daily basis, and most only lasting seconds, this is a private place to record them for yourself."

The age groups who have purchased the journal have been "all over the map." Sandra is very happy to announce sales over 900 since November and the public feedback has been extremely positive.

A common theme arises from these three women... a way to help or give back. The three authors have completely different books but all, in some way, are designed to aid people. We look forward to seeing more from these three exceptional writers.

<http://healthandwellnessrecord.com/>
<http://www.g-bugs.com>
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Clockwise from Top:
 The authors, Karen Melnick, Sandra Nascimento and Jackie Jones; Jackie with editor, Mike Muslow and son; Helen Williams discussing book with Sandra; Kasia and Her grandmother, Marie, get their "G-Bugs" signed; Colleen St. Louis makes it to the front to have her copy signed

