



10th April 2016  
Volume 2

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# Indie Publishing News

There are a number of small charities around the world today who don't get a spotlight. This can mean they find it harder to get funding. With saying this I'd like to introduce you all to Girlie the little Blue Ladybug and her Adventure Series. Each book will relate to some kind of fable or charity. The first is about healthy eating.

Girlie and the War of the Wasps was written for the grandson of a friend. The charity of choice is 'Chasing a Cure for Type One Diabetes,' here in New Zealand. They need to raise a million dollars so they can start trials. Once the trails are over the results could very well help millions of people the world over to have a cure for Type One Diabetes. The release date for this book is 28<sup>th</sup> April 2016. It will be released I both eBook and Print. All those involved in this book have give their time free of charge. So please help us to help people with Type One Diabetes get these trails underway by buying a copy. 40% of the sales will go to the charity. The rest goes to printing costs and translations into different languages. Thanks , from us all.



The art work for the book cover was created by Claire Plaisted who drew the original line drawing. Others involved are Martyn Evans, Joseph – Maori Edition, L E Fitzpatrick. The final book cover will be revealed on publication day.

## Chasing a Cure for Type 1 Diabetes

<https://www.facebook.com/ChasingaCure4T1D>

<http://www.scsnz.org.nz/chasing-a-cure-for-type-1-diabetes/>

<https://givealittle.co.nz/cause/chasingacurephase1>

<http://www.scsnz.org.nz/>

## Julie Nicholls



### Name and contact for Business

\*Julie Nicholls / JMN ART  
[www.julienicholls.com](http://www.julienicholls.com)

### Price

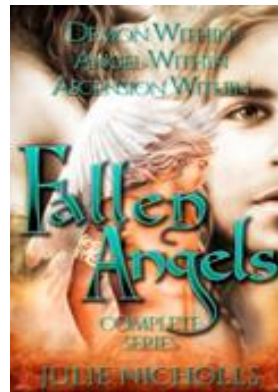
\*eBook cover \$25 Full Wrap around  
\$35 Banner/promo ad \$5 Digital  
Painting for book \$140

### Type of Business

\*Book cover designer/promo's and ads.

### Experience


\*5 years working with Photoshop  
creating digital art and typography



*"If a nation loses its storytellers, it loses its childhood."  
—Peter Handke*


## K Kantas Author Assist

It's time to take your



to the next level

BOOK TRAILERS ALLOW THE VIEWERS,  
YOU'RE POTENTIAL READERS, A  
GLIMPSE OF YOUR BOOK COMING ALIVE



Allow me to show your story  
through picture, music and words.

Contact  
me on Facebook

**From \$35**

**KKantas Author Assist**

<https://www.youtube.com/watch?v=7pEdmEoKVBU&feature=youtu.be>

<https://www.youtube.com/watch?v=VOCFZOG6h5Q&feature=youtu.be>

## Ooops Editing & Document Service

### Name and contact for Business

Sharon Houltham  
Ooops Editing and Document Service

<https://www.facebook.com/ooopsediting?ref=hl>  
[ooopseditingdocumentservice@gmail.com](mailto:ooopseditingdocumentservice@gmail.com)

### Type of Business

Copy Editing and Proofreading

### Experience

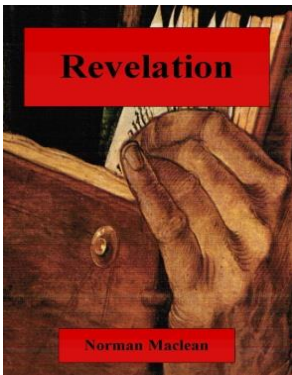
Three years experience

### Price

\$3 per A4 page

# Plaisted Publishing House Client

## Introducing Norman Maclean



I am a recently retired secondary school teacher with a passion for classical antiquity; the socio-political background to the writing of the New Testament; various mystical traditions; folk-lore and also for art, especially painting of the last five hundred years. I have taught in all of these areas, travelled widely in the near-East and the Mediterranean, led tour groups to countries in these regions and have spent much of my life absorbing everything available on the great personalities and events that emerge from studies in these fields.

What brought me to the world of writing was a love of books that began at a very early age and developed into a strong urge to be a story-teller myself. As a child I was forever writing books – ludicrous efforts when looked at retrospectively – but reflective of my enthusiasm for the realms of imagination that compelled painting pictures with words as well as with pigments.

My first book that I actually completed (most were not as I would be gripped by a new idea and would abandon the current one to pursue the next) was a completely preposterous Western entitled, “Prairie Moon.” I even attempted to compose a song to accompany it.

I have tended to write historical novels and fulfilling readers’ needs can only be assessed to a limited degree through reactions to the print versions of, “Revelation”, my first on-line publication. Over two dozen have been sold through a reputable local retailer and I have received gratifyingly positive responses from people who have read it. I should add that these are not kindly, well-meaning friends but people I only know slightly.

Naturally, this book is the one I wish to promote by any means possible. I remain convinced that there could be a market for it since the theme of my novel, “Revelation” has never been handled in fiction to the best of my knowledge.

Writing a first draft takes months rather than years. I tend to work rapidly then spend much longer periods self-editing, altering the text continually before beginning a final draft.

Plotting is both pre-planned and allowed to emerge spontaneously. I often have a general direction in which I am heading then find that characters and situations “take over” to a marked degree so that at times the book seems to write itself. I am intrigued by the very real sense in which writing so often comes to life almost independently of my own efforts: I find the entire creative process more of an indulgence than a challenge.

Although I write in both first and third person, the latter seems to offer greater scope for a deep, personal involvement although it can present problems in that the protagonist must therefore be aware only of his immediate surroundings and situation, denying him the “eye of God” over-view that third person allows.

As indicated above, the entire editing process operates during writing. I will very frequently review what was last written and immediately begin chopping and changing structure, especially paragraphing and altering sentence construction in a tightening up procedure to eliminate the unnecessary.

The book referred to here is directed at those who have a curiosity about Christianity’s origins and the ways in which it was shaped by the prevailing world view of the time. I would not expect my writing to appeal to those of conventional or conservative religious views but to readers with a desire to understand better the very complex and multi-hued inter-weaving of philosophical and religious strands that constituted the early days of this faith. A general understanding of the historical background to the book in terms of Roman imperial rule would be an advantage though not a prerequisite for appreciating it.



I have worked entirely via Plaisted Publishing in Rotorua, New Zealand.

Promotion of the book has proved difficult although I have a web-site nearing completion and it will certainly be featured there.

My favourite authors are many and varied including A.S. Byatt; Tim Winton; Mary Renault; Ian McEwan; Alan Massie; Anthony Burgess; Nick Hornby; Robert Graves; Hillary Mantell... and others.

Author & Buy Lins

[normanmaclean@ihug.co.nz](mailto:normanmaclean@ihug.co.nz)

[Amazon](#)

[Barnes & Noble](#)

[Kobo](#)

[Smashwords](#)

<http://www.elysion.co.nz/>

## STARS

If I could touch the stars at night,  
and feel their warming, radiant light,  
my soul would fly as free as wind,  
and lift my yearning heart within.

This light which shone on me when small,  
still gives the sense of the infinite all.

Each point of light I see even now,  
makes me sure of other worlds, I vow.

Those worlds of wonder that wait beyond,  
for those of us who can loose our earthly bond.

Those of us who seek an alien dawn,  
then become as destiny's pawn.

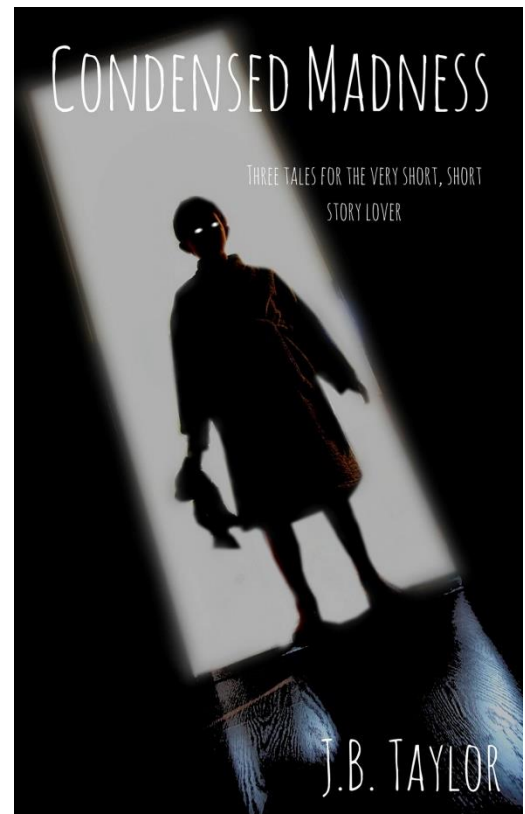
Not limited to earth am I,  
for I can seek to touch the limitless sky.

Perhaps a foolish dreamer am I,  
and better to hope for my dreams to die.

But I find my fate is better still to dream and fail,  
than never have sought my Holy Grail.

**By Pamela Silva  
Award Winning Poet**

## J B Taylor's New Release



In this collection you'll find a story about a man in a black suit, a pissed off little girl who wants a frank conversation with Santa Clause, a depressed super human, and a bonus little story about saving Christmas.

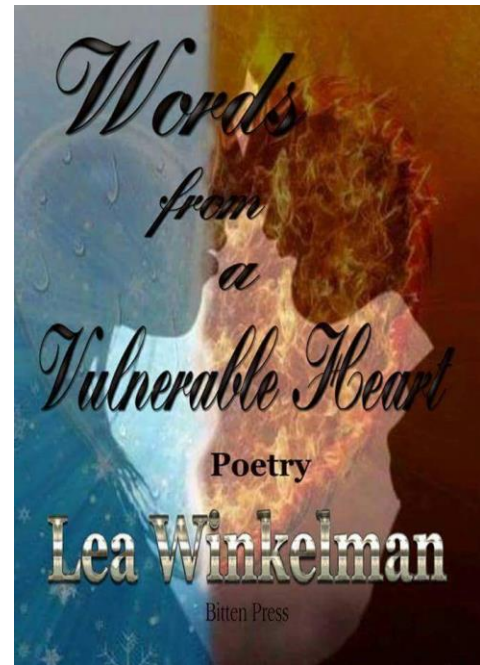
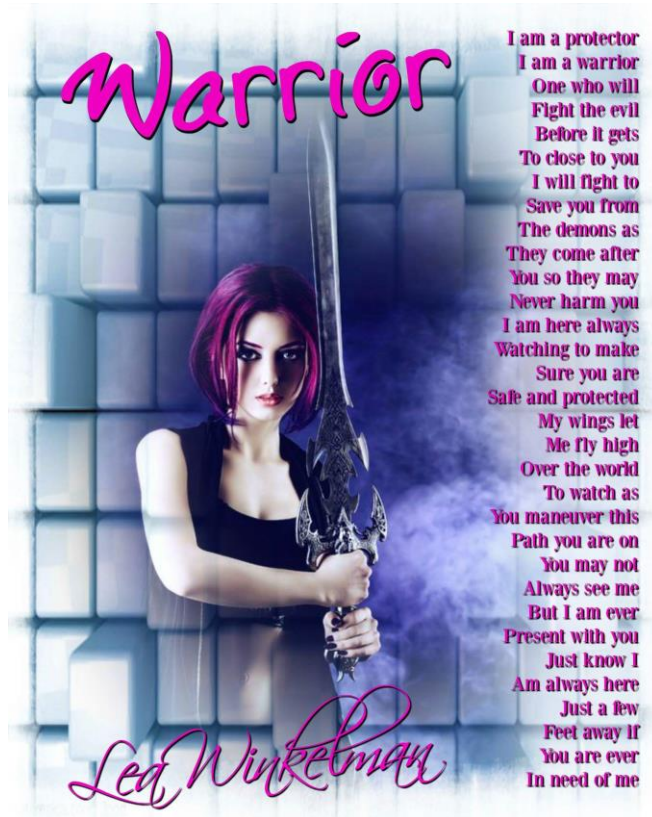
[AMAZON](#)

**"Imagination will often carry us to worlds that never were. But without it we go nowhere." - Carl Sagan**

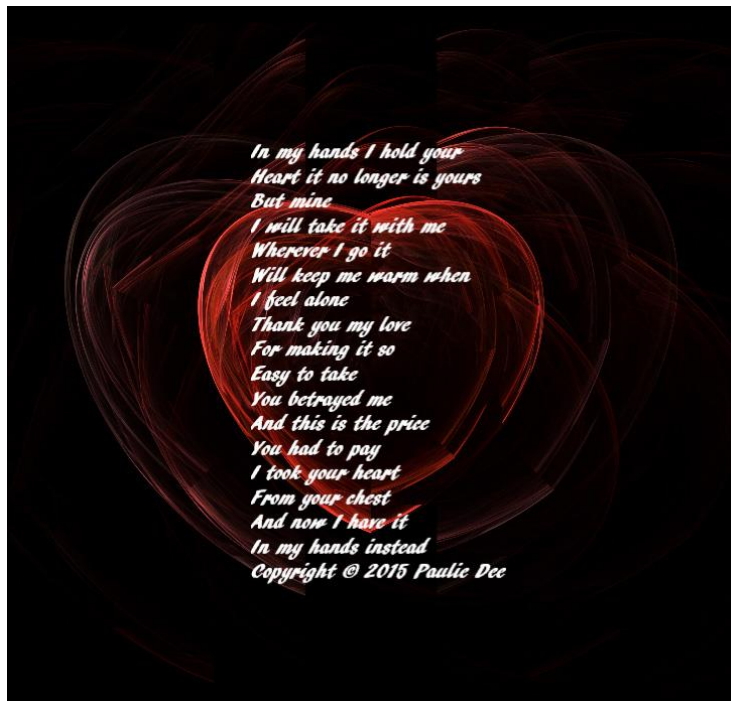


# Poets Corner

Lea Winkleman – Poet. You can find her book of poetry at this link below the book cover



<http://www.amazon.com/Words-Vulnerable-Heart-Lea-Winkleman/dp/1523499990>



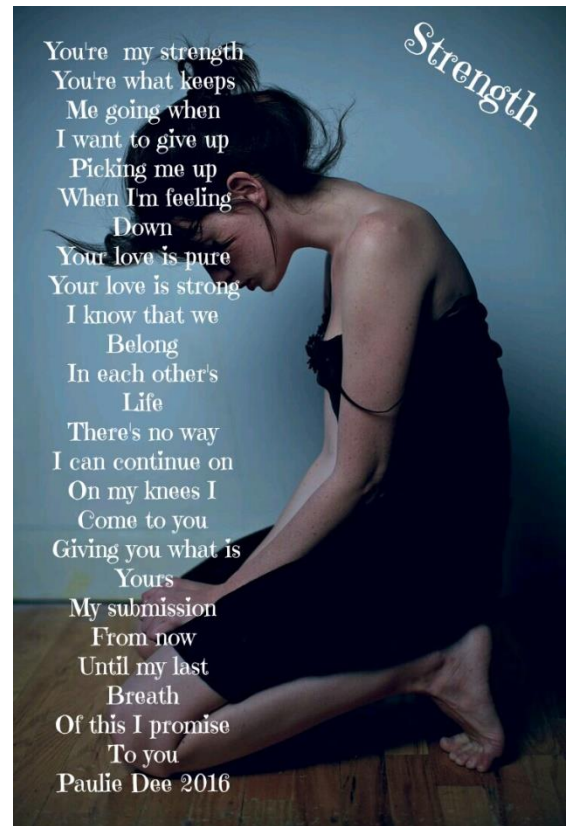
<http://amzn.to/1NcO3SU>

Amazon paperback

<http://amzn.to/21vpOmp>

Amazon Author Page

[www.amazon.com/author/pauliedee](http://www.amazon.com/author/pauliedee)



# Elizabeth Hull Indie Author



## **What bought you to the world of writing?**

Firstly, reading. I was a lonely only child and the library was my refuge from about age seven. I adored fairy stories so I suppose that is where my love of fantasy started. Writing came when I was at home with the kids and needed something intellectual, or at least grown-up to fill my downtime.

## **What is your first book and what do you think of it now?**

Everyone has a first book and that one is usually never either published, or publishable. I have one of those and yes, it is beyond redemption. I keep it as a lesson in humility. My first published book was Darkspire Reaches, a dark, romantic fantasy.

## **What type of books do you write and do they fulfil your reader's needs?**

Types? Well, Fantasy, paranormal, sci fi, and science fantasy. I have been known to write a horror story, too. Judging by the reviews, readers are happy.

## **Would you like to feature a book, if so which one? Tell us about it?**

My new release is Serpent of the Shangrove, which is the second book of my Darkspires series. Here is the official blurb from my publisher, Kristal Ink, an imprint of Grimbold Books.

*Copper is now a fully grown Drakken, but despite his magical abilities, he is shunned and shamed by his pure-blood kin.*

*Wandering despondent in the wilderness, Copper discovers a portal that reminds him of his lost crèche mate, left behind when the Drakkens fled their ancestral home. Knowing the portal will only remain open for three short days, Copper cannot resist the challenge to bring the lost maiden to safety, and prove himself worthy of his breed.*

*But the other world is not what he and his kin expected. The peoples are hostile, the Angressi emperor has not forgotten his grudge, and something is killing Samara Maidens.*

*In this eagerly anticipated sequel to her bestseller, Darkspire Reaches, CN Lesley transports us back into the world of Drakkens, of Connor and Raven, and of their son.*

*Deep in the Shangrove—a dark place that feeds on creatures of magic—a new evil is growing, waiting for the perfect mate.*

## **How long does it take you to write your first draft?**

Anywhere from ten years to thirty days. I used to belong to an online writer's workshop, which is where the ten years came in. Basically, I was learning how to write with the help of some wonderful people who became dear friends. Thirty days was recently with the last Nano push.

## **Do you plot or not, if so why?**

I tried to plot a couple of times but the story ran away from me and did its own thing. I am what is called a pantzer as I write by the seat of my pants. I sit before a screen and let the words come as they will and no, I have no idea how a story will end before it is ended.

**Do you write in 1st or 3rd person, or have you do both?**

I usually write in 3rd but I have written in 1st. The latter is a tad more restrictive with motivation for the characters I find, but that is just me.

**How do you edit your work? Do you leave your draft alone for a while or edit as you write?**

I write in Scrivener from the first draft onwards and that tends to pick up on any sillies. I always take a few passes through the whole manuscript when it is done and hope to catch anything else before it arrives at my publishers. They have good editors so if I have missed anything then they will pick it up.

**What type of people/readers do you market your books to?**

I am going for the adult market for readers who like fantasy and sci-fi with something a little different thrown in. The Shadow series is about King Arthur returned into the far future to fulfil a vow to save humanity at a time of their greatest need. It is not about what happened before, but what comes next.

**Do you self-publish or have you worked with an Agent/Publisher**

I work with a publisher for my novels although I have a couple of shorts I self-published and some other shorts do appear in various anthologies.

**How do you promote your writing?**

I live in a rural community in Canada, so bookshops are rare and independent bookstores are almost non-existent now. This means my promotions are on my website at <http://cnlesley.com/> or most of the social media sites.

**Where can we buy your books?**

Any [Amazon](#) and now they are going back on [Barnes and Noble](#), iTunes, [Smashwords](#) and [Kobo](#). At least I think they are going back on at Barnes and Noble. I am not quite sure what is happening with those guys at the moment.

**Who are your favourite authors?**

J.R.R. Tolkien, Frank Herbert, Aldous Huxley, George Orwell, H.G. Wells, Margaret Atwood, Ann McCaffrey, Marion Zimmer Bradley, Andre Norton and many, many others.

## Rainne's Reviews



Rebecca P. McCray has a fantastic imagination and her vividly detailed writing brings to life the complex world of Zolei.

The many different species living on the planet are wonderfully described and I have a clear picture of most of them, although keeping them straight was hard at first, I soon figured out who was who.

In some chapters we join the five marked teens; Eros, Tip, Kenrya, Prizene, and Azetan, as they make the dangerous journey to the Miyran training camp. Other chapters follow the family members and friends who were left behind, as they meet up while searching for news of the five. There are also chapters that show the story from the Tynotts and Graeliths (the bad guys) point of view. These different perspectives give the story and the characters a great deal of depth.

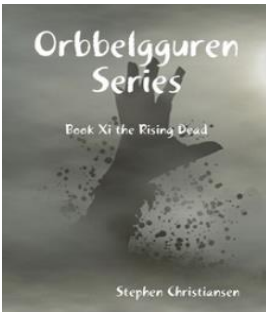
### [Amazon](#)

It's an amazing book that I did not want to reach the end of, but I have, and now I'm desperate to read the next one!



# Book Series

**DID YOU KNOW!!** Blue, electric neon blue. It's the color that happens when a setting sun hits the plankton in the ocean just right and lights up the sea to make it look like electricity is running through it.

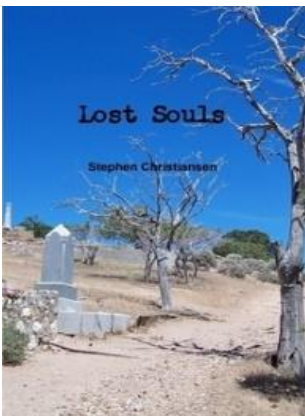


The Orbbelgguren Series will follow a group of dark elves that will need to trust each other as their world starts to fall apart. This will take the reader on an epic adventure through the underground, the frozen swamps, the blazing desert, volcanic mountains, icy caves, open oceans and various otherworldly planes. Relationships will be formed and loyalties will be tested. Battle will rage across the lands and will shake the heavens, sending even then gods to war. But is everything connected and only part of a larger scheme? Find out with the Orbbelgguren Series.

The Orbbelgguren Series is currently plotted for 17 core books and 3 offshoots. 11 core books and 1 offshoot have been published and they can be found here: <http://www.lulu.com/spotlight/Orbbelgguren>. They are also available at Amazon, Barnes and Noble, and iTunes as both paperback and e-book formats, but the paperback is cheaper through Lulu.

Other Books: These are currently published and can also be found at the above links.

These books will tie in with the Orbbelgguren Series but can be read on their own.



## Lost Souls:

This is a modern day "Stephen King" type thriller. A family goes on vacation and is haunted by ghosts but when their daughter disappears the real nightmare begins.



## Harbinger:

This is a sci-fi thriller that is planned to be a trilogy. Eight scientists are sent to terraform an alien planet. Nothing was supposed to go wrong. Everything did.

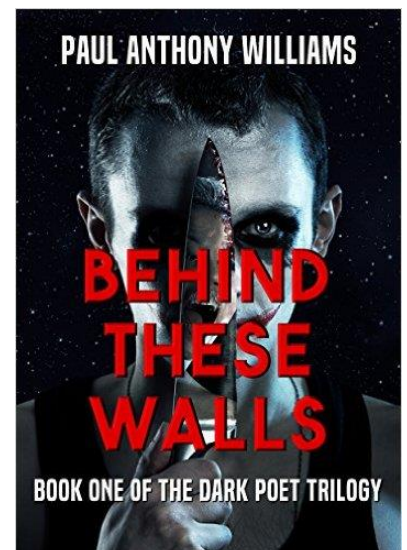
## Behind These Walls

'I have been rotting in here for so many years...I feel it is time for a change.'

Hal is known as The Dark Poet, a serial killer who has been in the Misty Eyes Asylum for ten years, after his capture for taking the lives of over sixty victims. Whilst he has been contained in the Asylum, murders have occurred that resemble his past crimes. A young female reporter visits him to find the truth, but she hides a dark secret...a secret that shall lead her to become the target of The Dark Poet himself. Meanwhile, an old foe who has been pulling the strings behind the scenes will find out it is better to keep your enemies closer than your friends, as a deadly game begins which leads to an explosive finale.

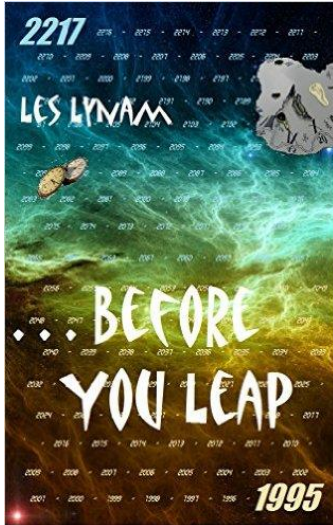
'Behind These Walls' is the first of a trilogy, with murder, horror and plenty of chills and thrills with sprinklings of dark humour on top.

Paul Anthony Williams is a fantasy/fiction writer who resides in Rugeley, Staffordshire in the United Kingdom. <http://www.amazon.com/Behind-These-Walls-Dark-Trilogy-ebook-v/dp/B01DC1B7RI>





# Free Books



Two teens from two centuries apart, one the direct descendant of the other. Einstein's Theory didn't cover THIS relativity.

Sean Kelly considered himself an average 16-year-old, living in an average neighborhood in a small University town. Nothing too exciting ever happened in Grover's Corners, Missouri; some might even label it boring. His ordinary life was disrupted when a distant relative dropped by at the beginning of his Junior year in high-school. A distant relative from the 23rd Century.

Two 16-year-olds in a time machine. What could possibly go wrong?

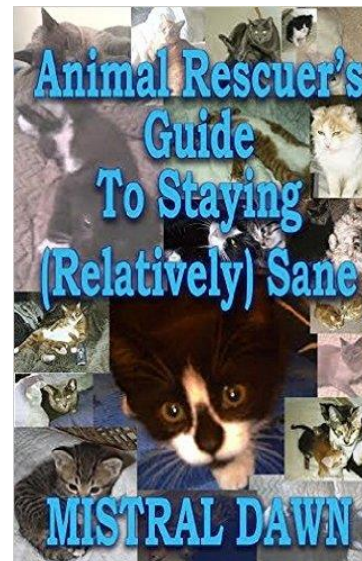
Available FREE from 1<sup>st</sup> – 15<sup>th</sup> April 2016

<http://www.amazon.com/Before-Leap-Time-Will-Tell-ebook/dp/B00OZ136YC>

A short, tongue-in-cheek "manual" on how to do animal rescue as an individual, while still retaining some of your marbles. The guide addresses some of the common challenges and missteps that the author has found over a decade and a half of doing rescue out of her home. It also includes a small collection of answers to some frequently asked questions about cats and cat behavior.

**\*\*Note:** This work was written by a layperson and is intended for entertainment, not as a substitute for expert advice from a veterinarian.

<http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.amazon.com%2FAnimal-Rescuers-Guide-Staying-Relatively-ebook%2Fdp%2FB01COOADNW%2F&h=DAQF97M1D>



## New Website with Paul White. A Must See

### About Sneak Peek.

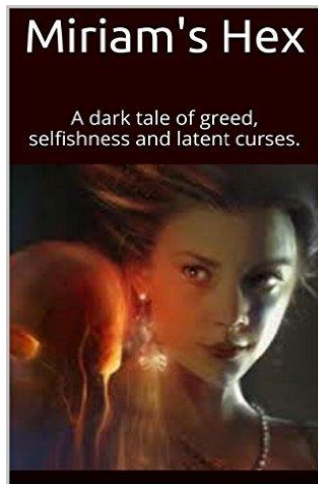
**Sneak Peek** is a site which allows Authors to showcase their books worldwide while giving Readers the opportunity to read selected excerpts from each publication.

The benefit of **Sneak Peek** is that the Reader gets a chance to taste each individual Authors style, narration and subject before choosing which books to buy. Which, to me, has to be better than relying solely on reviews, which are only someone else's opinion at the end of the day!

All **Sneak Peek's** books are currently available online, the links are shown at the end of each feature.

New Books, New Releases and New Authors are continuously being added to **Sneak Peek's** catalog, so follow **Sneak Peek** and never miss the next great book. <https://takeasneakpeek.wordpress.com/>

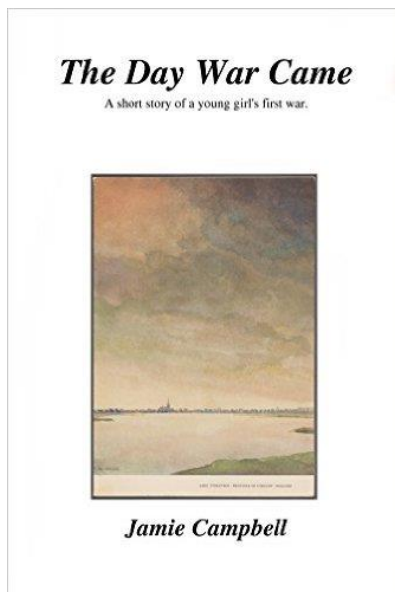
# 99c Books Specials



A dark tale of greed, selfishness and latent curses, laced with black humour, in a light hearted way!

<http://www.amazon.co.uk/Miriams-Hex-selfishness-latent-curses-ebook/dp/B00PM249TO>

<http://authl.it/3gg>



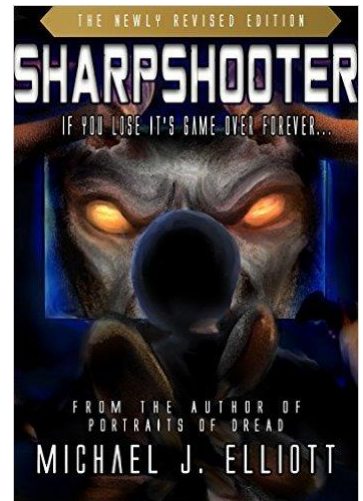
"This is my first war."

Twelve-year-old Ruth Imker had been running her whole life. From Vienna to Cologne. From Cologne to Rotterdam. Running. Always running. Rotterdam was supposed to be safe. But the Germans came. With nowhere to hide, with nowhere safe, Ruth Imker must get off the island of IJsselmonde if she is to survive. The trouble is that the German army wants the island too. Ruth's unlikely protector is an officer-cadet from Queen Wilhelmina navy. Together the two are thrown into the midst of the Netherlands' first day of war.

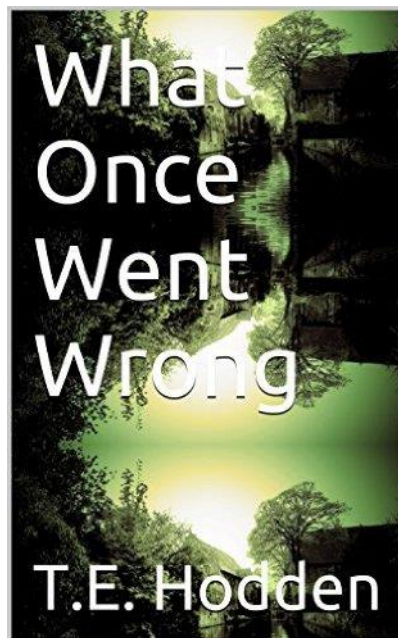
The Day When War Came is a short story of courage and survival. Of reliance and unlikely friendship. The Day When War Came is a story of one girl's first war. <http://www.amazon.com/dp/B01E142UO4>

"David's eyes widened at the sight of the head. The skin was mottled with greenish grey patches of decay, The white wispy hair was matted with dried blood.

When teenager David decided he must own the Sharpshooter game at any price he could not have known that his violent actions would transport him to a nightmarish realm of hell. He doesn't know that Sharpshooter is far more than just a simple video game and Ukami the pleasant shopkeeper is not quite what he appears to be. Join David as he fights for survival in demonic hell zone where he will come face to face with the victims of his past violent behaviour. Should David lose, it's game over...forever.



<http://www.amazon.com/Sharpshooter-supernatural-Horror-Michael-J-Elliott-ebook/dp/B00WPL2P28>



George has just six months to live, and no chance of a happy ever after. At least not for himself. When he is advised to make his time count, George makes it his mission to offer others their own Happy Ever After. Three ex girlfriends, and the best friend he has never met, are about to have their lives changed forever.

He has one hundred and eighty two days to die.

He has one life left to live.

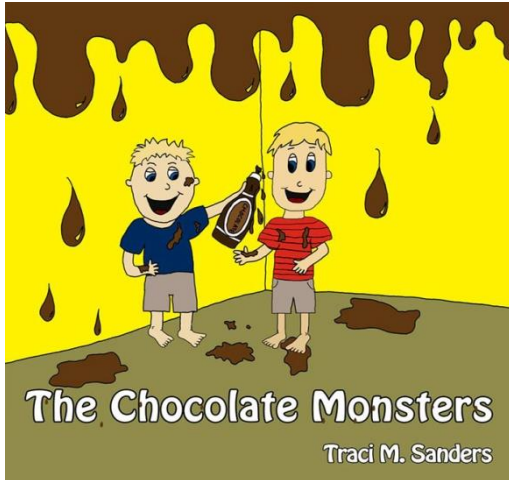
<http://www.amazon.com/What-Once-Went-Wrong-T-E-Hodden-ebook/dp/B0147IA25S>

# Children's Colouring Corner





# Children's Books



One bottle of chocolate syrup, two mischievous boys, and a busy mommy. What could go wrong?

Based on a true experience with her own two boys, Sanders brings to life a cringe-worthy parenting moment in this whimsical, lighthearted picture book.

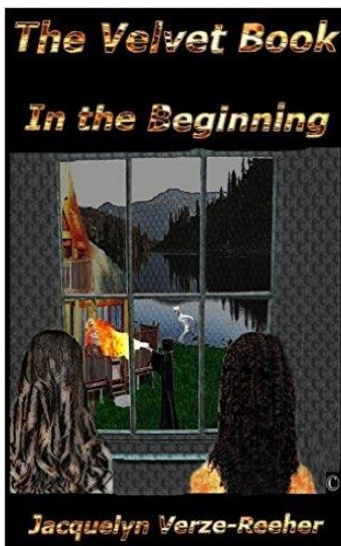
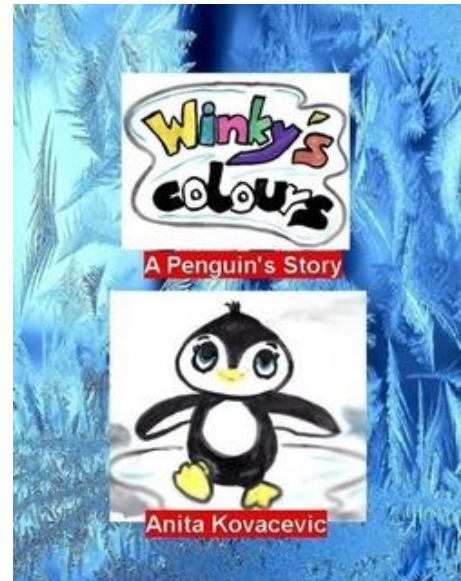
Children and parents alike will delight in the colorful illustrations and catchy lines. This is rhyming done right!

<http://www.amazon.com/Chocolate-Monsters-Traci-M-Sanders-ebook/dp/B01DJBAGGY/>

Winky is a little penguin who is unhappy living in his black-and-white world, because all he dreams of are colours. All alone, he sets off on an adventure to find colours. Along the way, he encounters new friends (polar animals and people), but also great danger. Will he realize his dream or risk his life in vain?

This book is written for children, but also parents and educators who believe in storytelling. Each chapter is followed with several comprehension questions to inspire critical thinking, and there are project suggestions in the end of the book.

<http://www.amazon.com/Winkys-Colours-Penguins-Anita-Kovacevic-ebook/dp/B00TE9P3TQ>



Your freedom, indeed your very soul, may soon be lost forever. The fate of the entire world rests in the hands of four teenagers. Will they succeed...

**OR WILL YOU BECOME A SLAVE TO THE PHANTOM?**

<http://www.amazon.com/The-Velvet-Book-In-Beginning-ebook/dp/B00M7F7T4G>

Entries to Competition to  
[plaistedpublishinghouse@gmail.com](mailto:plaistedpublishinghouse@gmail.com)

## Competition

(Open from 10/4/ UNTIL 20/5)

Who said?

**"Promise me you'll remember,  
you are BRAVER than you believe,  
STRONGER than you seem,  
SMARTER than you think."**

**WIN A COPY OF 'GIRLIE AND THE  
WAR OF THE WASPS.'**

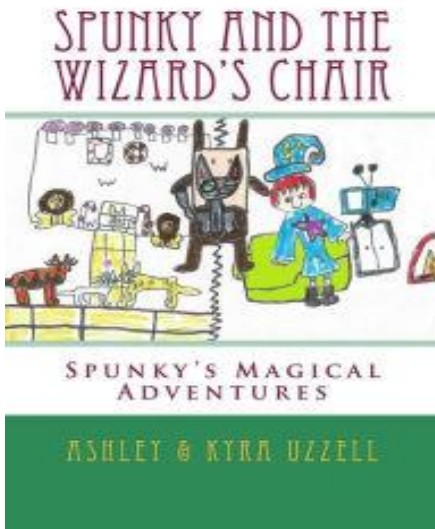
# Young Indie Authors

Kyra Uzzell wrote this fabulous book along with her mother Ashly Uzzell. Enjoy the read and don't forget to buy yourself a copy.

## Spunky and the Wizards Chair

By

Kyra and Ashley Uzzell



Spunky is a normal cat. His human is a wizard. What happens one day when the wizard brings home a magical chair? Spunky's curiosity gets him in trouble!

Join Spunky on his very first magical adventure!

Available for purchase at [Amazon](#) and [Barnes and Noble](#).

### Reviews:

"The book is a fun read for all ages..." ~Amazon Customer

"Would make a wonderful gift for any child." ~Amazon Customer

"I loved this story's illustrations." ~Goodreads Reviewer

"Am looking forward to more stories of Spunky." ~Amazon Customer

## Unrelenting Hell (Apocalyptic Book 1)

by Alana Madden,

Release date May 25, 2016

Young Adult dystopian/zombie

### Blurb:

The world is not what it used to be...

18 year old Katherine Owens is the daughter of survivalists. She knows how to take care of herself. Then, the unthinkable happens: the apocalypse. Now, she must use her skills to survive this world, one with new rules and harsher realities.

Kevin Lockheart comes from a family of military veterans. He knows what to do in a crisis. His world comes crashing down when the apocalypse takes the ground out from under him. Then, he meets Kat, and his world turns upside down once more when he falls for this stubborn woman.

Zombies roam freely; humans can't be trusted. Every choice is life or death. People die at every turn, and danger lurks. Survivors must learn no place is safe; their lives are always at stake!

### Links:

Google Books: [https://books.google.com/books/about?id=dx\\_PCwAAQBAJ](https://books.google.com/books/about?id=dx_PCwAAQBAJ)

Smashwords: <https://www.smashwords.com/books/view/624279>

Createspace: <http://wwwcreatespace.com/6154950>

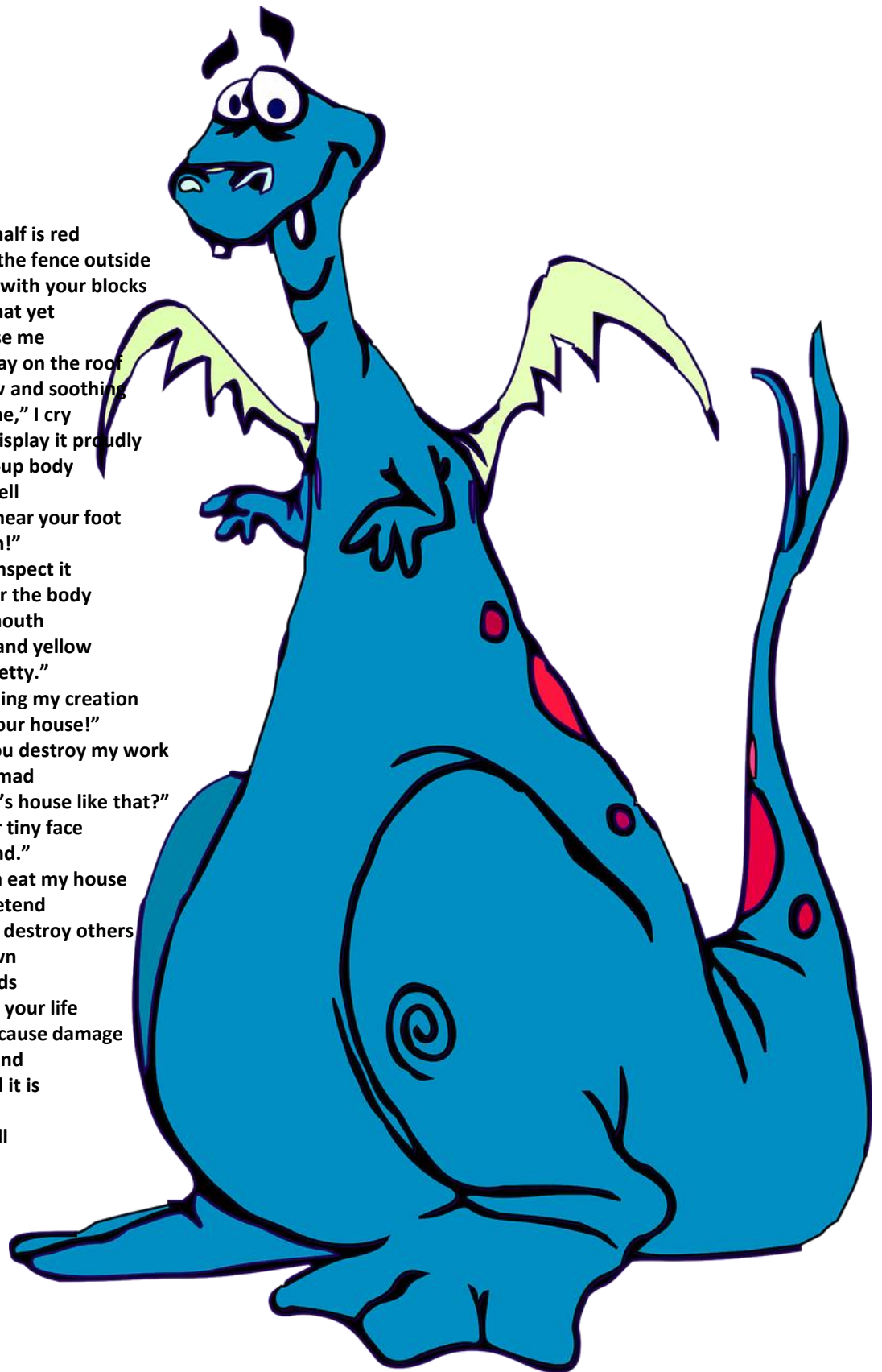
Kindle: <http://www.amazon.com/Unrelenting-Hell-Apocalyptic-Book-1-ebook/dp/B01DCQNCXU>



# Your Dragon Ate My House

My house is half blue, half is red  
We ran out of white blocks for the fence outside  
I work on my roof as you build with your blocks  
You don't tell me what yet  
You want to surprise me  
The rain outside clatters away on the roof  
The music on the radio is low and soothing  
"My Lego house is done," I cry  
I lean back on my hands and display it proudly  
Still a child in a grown-up body  
"Me too!" You yell  
Disturbing the sleeping cat near your foot  
"I made a dragon!"  
I nod in approval as I inspect it  
The shiny green Legos for the body  
The red one for a mouth  
Arms and legs are black and yellow  
"I like it. It's very pretty."  
You immediately begin smashing my creation  
"Rawr! I'm going to eat your house!"  
You make munching sounds as you destroy my work  
"Hey!" I cry, a bit mad  
"Would you tear up a real person's house like that?"  
Confused shock on your tiny face  
"No, this is pretend."  
I sit back and let your dragon eat my house  
Hoping it is only pretend  
Hoping you won't grow up to destroy others  
Tear people down  
Rip lives to shreds  
I hope you don't spend your life  
Building tools that can only cause damage  
It's okay to pretend  
As long as that's all it is

By Ashley Uzzell





# Recipe of the Months

## No Tomato Lasagna

### Ingredients:

- 3 (8.25 ounce) cans sliced carrots, drained or fresh
- 1 (15 ounce) can sliced beets, drained or fresh
- 1 tablespoon olive oil
- 2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon basil
- 2 tablespoons Italian seasoning
- 2 pinches of salt
- 3 tablespoons red wine vinegar or grape juice
- 1 cup of Daiya cheddar shredded cheese
- 1 tablespoon parsley
- 2 cups Daiya mozzarella shredded cheese



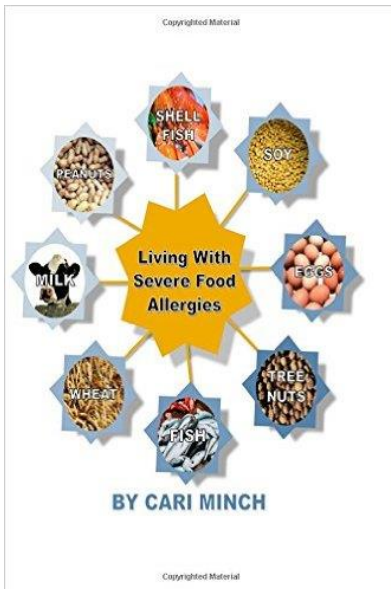
(gluten, egg, dairy, and nightshade free)

### Directions:

1. Turn on the oven to 400 degrees.
2. First, we are going to make the sauce. Start blending each can of vegetables until smooth.
3. In a medium pan, heat up the olive oil over medium heat.
4. Add the blended vegetables into the pot, and add all the seasoning including the red wine vinegar or grape juice (I've never made it with grape juice but that would be the substitute for the red wine vinegar).
5. Stirring occasional, for about five minutes until heated up, and then set it aside.
6. Take the cheddar cheese and mix it with parsley until blended.
7. Now take your baking dish and put a scoop of sauce at the bottom.
8. Then add a layer of lasagna noodles, then place more sauce on top, and then add another layer of noodles.
9. This time add your cheddar cheese parsley mix and spread it out on top of the noodles.
10. Add another layer of noodles, and then more sauce. Make as many layers as you want.
11. Once you reach the top spread the mozzarella cheese on top, and cover with tin foil.
12. Stick it in the oven for 35 minutes.
13. Take off the tin foil and continue to cook for an additional 10 minutes.
14. If you would like some garlic bread now is the time to get it ready.
15. What you need is some brown rice bread or what ever bread you would like.
16. Take coconut butter and on each side of the bread spread it around.
17. Then sprinkle garlic seasoning on each side.
18. Place in the oven for about 15 minutes or until desired toasting. We like ours extra crunchy.

**Serve when done, enjoy!**

# Food Allergies



<http://www.amazon.com/Living-Severe-Food-Allergies-Minch/dp/1519419783>

Do you have an issue trying to get rid of a food group from your diet or can't quite figure out what is wrong with you medically? Let me stop you right now, and tell you about my painful story about food allergies and my personal quest to find answers. It all started when I was little, when I was first diagnosed with some food allergies, but as I reached my 20's, real problems started showing up. I was in so much pain but every test my doctors ordered would come back normal. I started to get angry! I was in severe pain on and off and started falling apart emotionally.

For the first five years the pain would come and go. It wasn't until I was in my late 20's before the pain decided to stay, and I was living in severe constant pain daily. My doctors figured out that I had a bad case of endometriosis, and I went through four surgeries to get rid of most of it, but somehow, when they were done taking care of that issue the pain found its way back.

Again, all of my tests came back normal. I started jumping from one doctor to the next until one day I lost my mind with a few different doctors, and started getting angry and yelling at them because all of them sounded like a broken record. Every doctor said the same thing! When I started showing them how mad I was at their lame excuses and started challenging them, I found some great doctors who stepped up to the plate to help me find out what was wrong, and stopped masking my pain with drugs that only worked on my brain but never touched the pain. I had a long list of testing ordered by my new team. Some of the testing was really inhumane but I sucked it up in hopes to find answers.

Finally, white blood cells were found in my small intestines during an EGD (is where they take a camera and stick it down your throat, and it extends all the way down to your small intestines) test that was added as an afterthought. At the time of the test, everything looked normal but white blood cells showed up in a biopsy that was sent to the lab. I didn't hear from that doctor for weeks so I thought everything was normal. I actually forgot about it because I'd had so many tests.

One day I received a phone call from my gastroenterologist. He said, "Cari, you are going to live forever but I want to make this clear... this is not an emergency but you need to drop what you are doing RIGHT NOW and come to my office". He kept repeating himself over and over again while my mind was spinning from his words, and I have to admit, I was freaked out! When I arrived at his office he was waiting for me. He took me to his office and he immediately spat out that I was allergic to food, and I have EoE (Eosinophilic Esophagitis), which means the esophagus constricts when I eat. He suggested I figure it out on my own by doing an elimination diet and if I have a reaction when adding a food group back in, avoid it for the rest of my life. The one thing I was not prepared for was all the food groups that I had issues with, and now I have to learn how to live without them, and the many different ingredient names I would have to learn.

I am allergic and intolerant to wheat, soy, dairy, tomato, eggs, and walnuts. It took me 17 years of pain and suffering in order for me to find the right team of doctors who cared enough to get me the right diagnosis. The only way to describe how it felt to get a diagnosis would be the same feeling as winning the lottery! Once diagnosed, how was I supposed to survive by avoiding all these delicious food groups? Let me tell you it is not easy, and I had to learn some hard lessons along the way. This is my painful story about food, I hope if you're anything like me, I can save you from a bad relationship with food and guide you to a healthier pain-free life.

This book was written to help anyone with mild to severe food issues, or is in search of finding out what is wrong but just can't seem to figure it out. Use this book as a helping hand for you and your family. Inside you'll find a reference guide for all the information you may need to make it easier to detect the scientific names of food and families of foods so you'll be better equipped when you do your shopping. I've also included 30 recipes that I have personally tested so you can still enjoy the food you love. The information in this book will hopefully put you on a path for you and your doctor to get the right diagnosis.

Cari Minch

# Book Teaser

Defying Darkness

By

Thanna A Setlieff

He held her repaired coat while she slipped into it. As she pulled on gloves and he donned his own coat and gloves, he suggested, "Let's make tracks and feed yer habit."

Desire run through her veins like wildfire from images and memories accompanying his proposal. She erected thick mental shields and put her hand in his outstretched one. Taing a Dia me gloves hide how sweaty it is. He squeezed it reassuringly, but she wasn't soothed. She was looking forward to the rush of passion and intimacy taking Dorian's blood gave even more than she feared Sergei contacting her. I must leave next time indigo eyes sleeps, even if I've nae learned everything I need tae.

Dorian respected her privacy and didn't dig past her shields. He tugged his Irish spitfire to the desk where the woman who'd all but made her hiss was seated. "Miss..." he glanced at the name tag and saw only one, "...Gigi; change of plans. Leave the keys in the car. I have another set."

"Of course," Gigi smiled, vainly trying to catch his eye.

He guided Máire to the door, aware Gigi was speaking, but at a pitch too low for a normal human to hear. He didn't care to listen. Until Irish stiffened and came to an abrupt halt.

Máire whirled, fixing the tart with a hard stare. "It's Mr. MacGregor--I dinnae recall my husband asking ye tae call him by his first name. He does nae need your phone number or care that ye specialize in 'sugar daddies.'"

Dorian's heart gave a funny lurch when she not only called him her husband, she stressed it. It stopped altogether when he realized how much he liked the title and the possessive way she said it. Shell shocked and bemused by Máire's overt jealousy, it took up a pounding, erratic rhythm as her biting cold tone whipped twin red streaks across Gigi's cheeks.

"I never..."

"Damn right ye'll niver. Slut! Find a husband o' your own and leave married men alone." She wasn't aware she'd made it a compulsion until the woman's--had she really called her a slut?!--face went slack as she mumbled the order. How'd I dae that wi'out taking her blood?! She'd pushed Nancy without a link, but she'd been confused from a head injury and dizzy with blood loss. Máire reeled with the realization she'd called Dorian her husband, I just called indigo eyes mo chèile. She jerked as a steadying arm immediately wrapped tightly about her waist. Hot breath tickled her ear.

"Sheathe your claws spitfire," he whispered. "Yer power burst'll have hunger floorin' ye in about three minutes. It'll nae be enough tae take from me wrist like we planned; ye need chemicals." He didn't add her jealous display had him needing a cold shower or that anticipating feeding her was sweet torture. He kept his discovery carefully locked behind heavy shields, Me skeptical baby girl would niver believe I've fallen in love wi' her at this early a date; she'll think I'm just trying tae get in her pants. He wasn't going to share the depth of his feelings for her until she'd believe they were bona fide. "Mind ye, just enough tae stabilize ye--I'll be needing tae replenish me own from seeing tae ye." As he guided her out the door, he teased, "Who would've ken ye had swearing in ye, spitfire?"



[Buy Links](#)

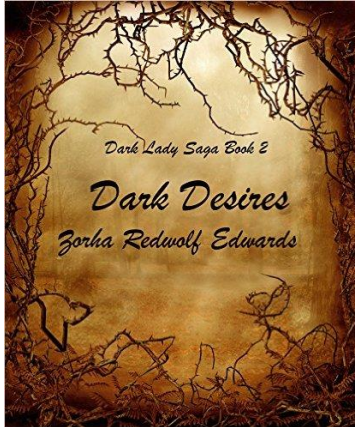
[Amazon](#)  
[Smashwords](#)

**"The greater the mind,  
the greater the need for  
the simplicity of play."**

**- James T. Kirk, Shore  
Leave episode of Star  
Trek**

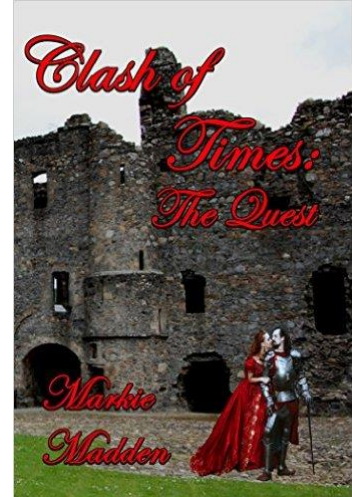


# Recently Released Books



I am a traveler, in the darkest part of my own  
mind...  
I can see that which travels along.  
The Madness that haunts  
this is a record of my Journey  
This is where Common Human's  
Dare not to tread....  
THIS IS MY MADNESS.....Welcome!

<http://www.amazon.com/gp/product/B01D6OUQ3Y>



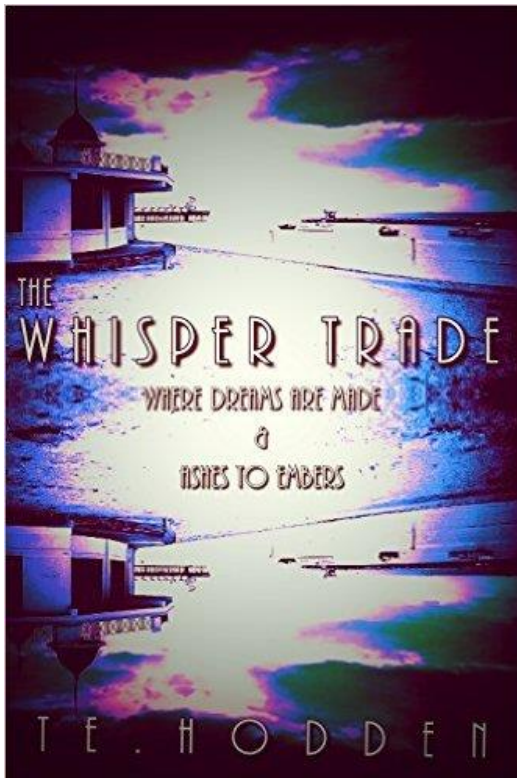
## Clash of Times

Young Susan finds herself moved far away from her childhood home, and betrothed to the prince of a neighboring kingdom. She vows to hate her new husband, but when they are young adults, an unstoppable force destroys their homes and families, and he is the only one she can turn to.

Prince Joseph fell in love with her the moment their eyes met. But her prickly attitude tells him that he will have to work hard to win her affections. And when circumstances out of his control throws them together, he would give his own blood to keep her safe.

Together, are they strong enough to defeat the most unlikely of foes, and free the people of the Western Empire from slavery? Or will they simply vanish into the hourglass of time, two small grains of sand lost forever in history?

## The Whisper Trade



The Whisper Trade, is a term for private investigators. Those who deal in the secrets of others. It is the daily grind for Teddy Dexter, and for Bailey, a solicitor with a hundred meter scowl. This book follows two of their adventures.

In "Where Dreams Are Made" Teddy's own past and lost love comes back to haunt him, as he discovers a mystery in a land of fantasy and delight. Dreamanvil is a titan of the entertainment industry, with cartoons, television networks, and movie studios around the world. But at their British theme park, full of fibreglass castles and fairy tale villages, a strange secret lies in wait. When Teddy's first love is brought home by a family tragedy, he is drawn into the mystery, with his steely eyed, waspish client... or date...or... he will have to work out what exactly Bailey is to him.

In "Ashes to Embers", Bailey's father draws her into a quest for buried treasure and long lost secrets. Once upon a time, a mysterious casket was dug out of the Sussex countryside, and left three men dead. In the casket were three stone tablets with an unbreakable code engraved in them. Now Bailey's father has found another of the caskets, and asks Bailey (and Teddy) to uncover the dark secrets that should have been left buried. <http://www.amazon.co.uk/The-Whisper-Trade-Dreams-Embers-ebook/dp/B01DT8ZA7M>

# Author & Book Events

Spring Fling Book Sharing Event - 9<sup>th</sup> – 11<sup>th</sup> April

<https://www.facebook.com/events/1861137320779949/>

#Romance Comedy A War Novel - 13<sup>th</sup> April 16:30 – 18:30 EDT

<https://www.facebook.com/events/700871710016072/>

Double Life Release Party and Author Takeover - 15<sup>th</sup> April 10 :00 – 18:00 EDT

<https://www.facebook.com/events/1534343780193913/>

C R Lemons 2000 Likes Celebrations - 16<sup>th</sup> April 17:00 hrs – 18<sup>th</sup> April 7:00 hrs

<https://www.facebook.com/events/583764535108412/>

Author Takeover by Samantha Marie – 19<sup>th</sup> – 21<sup>st</sup> April 1:00hrs – 15:00 hrs

<https://www.facebook.com/events/981835318519258/>

Teague (The Dark Shadows 3) Cover Reveal – 23 April 13:00 – 23:00 EDT

Cover Reveal for Something Very Unexpected and Something Very Interesting - 26<sup>th</sup> April 22:00 hrs – 27<sup>th</sup> April 12:00 hrs

<https://www.facebook.com/events/205840233120936/>

Release Day: The Dark Equilibrium V – 26<sup>th</sup> April 18:00 – 22:00 CDT

<https://www.facebook.com/events/1712251679053879/>

Support Autism Awareness - 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> April 2016 28<sup>th</sup> at 14:00hrs – 30<sup>th</sup> 23:00 hrs CDT

<https://www.facebook.com/events/1687541641501562/>

Book Charity Event – 1<sup>st</sup> May 0:01 EDT

<https://www.facebook.com/events/1691503427758936/>

APC PA/Promotor Appreciation Day – 7<sup>th</sup> May 0:00 EDT (Authors Professional Group)

<https://www.facebook.com/events/954058671317910/>

Author Takeover by Samantha Marie – 16<sup>th</sup> May 9:00 hrs – 20<sup>th</sup> May 2016, 23:00 hrs

<https://www.facebook.com/events/218800725154625/>

Gems of Strength Release Party - 20 – 31<sup>st</sup> May 2016

<https://www.facebook.com/events/597591217073840/>

Release Event for 'Five Days.' – 21 – 22 May 2016 09:00 – 23:00 CDT

<https://www.facebook.com/events/1708023602759567/>

Unrelenting Hell Release party – 21<sup>st</sup> May – 25<sup>th</sup> May 2016 . 8:00 hrs – 11:00 hrs CDT

<https://www.facebook.com/events/771925449605679/>



WELCOME TO SNEAK PEEK  
THE PLACE TO BROWSE & READ BOOKS  
BEFORE YOU BUY.  
FEEL FREE TO SCROLL DOWN AND  
READ THE EXTRACTS FROM ALL OUR  
AUTHORS LATEST BOOKS,  
ENJOY.

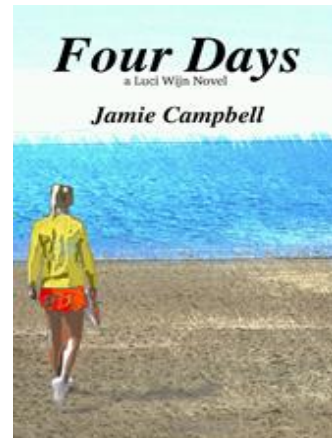
DON'T FORGET  
TO CHECK IN AT  
SNEAK PEEK TO  
FIND A GREAT  
NEW BOOK TO  
READ

# Home Grown – New Zealand

Jamie Campbell lives in Geraldine, New Zealand. He is an Indie author who writes books about LOVE and WAR (not necessarily in the same book).

Jamie's first novel "Four Days," has its key moments unfold either side of a Cook's Strait ferry crossing - including a scene set in the vehicle queue at the Picton terminal. I regard the dry hills of Marlborough and North Canterbury as characters.

<http://www.amazon.com/dp/B00VWAPNE0>

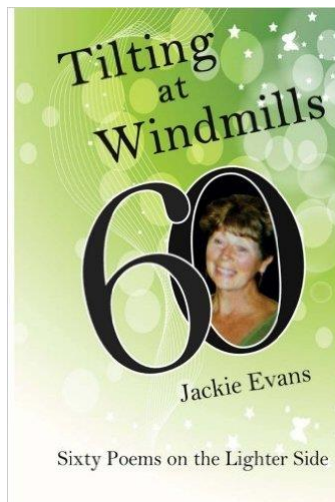


<http://www.bedandbreakfastrotorua.nz/>

I'd like you to meet Anna Radley from Bed and Breakfast Rotorua also known as Abundance. Ms Radley has written a book which as yet is waiting to be typed up, formatted and published. The book is called "I can Sir."

Anna wrote this life memoir to prove a teacher wrong. Never tell anyone they can't, because they will prove you wrong. I know Robbie Williams did when one of his teachers gave him a hopeless future.

Anna's book will help to EMPOWER women to go places and succeed in what they wish to do. Meanwhile, back at the bed and breakfast...Anna welcomes you to a home from home, with a touch of British.

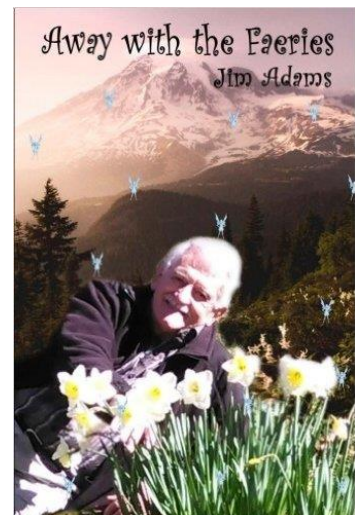


Sixty Poems on the Lighter side is a delightful collection of poems by Jackie Evans.

<http://www.amazon.com/Tilting-Windmills-Sixty-Poems-Lighter/dp/1505580854>

Away with the Faeries is a description used by the Irish to say when someone is on another planet, or not in. This book is funny, muddled and a great read going through life, remembering and forgetting and sometimes changing a theme.

<http://www.amazon.com/Away-Faeries-Jim-Adams/dp/1503116565>



Double Crossed is the fifth book in the Garrett Investigations. We take a journey through history with Jones, a Security Guard for GIB. He tries not to fall in love. He is far more than people think – If you like a bit of Paranormal, then you may just enjoy this story as Jones and GIB fight for humanity

<http://www.amazon.com/Double-Crossed-Garrett-Investigation-Bureau-ebook/dp/B0192JFBP8>





# Where We Live

Hi all. My name is Virginia McKevitt and this edition of Where We Live is about my hometown, New Orleans in the southern state of Louisiana, USA.

New Orleans is not just the French Quarter or Mardi Gras. New Orleans is a way of life, a culture, a belief and there is more to this wonderful city than debauchery and decadence. There is love of family and friends, strength and perseverance, beauty and even a bit of fantasy.

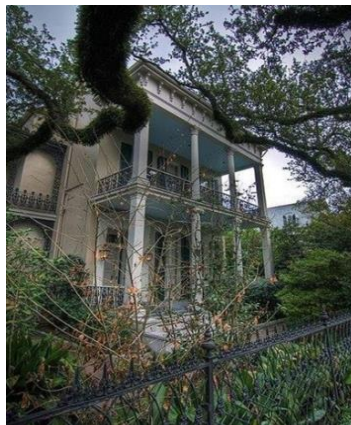
~Welcome to my New Orleans~



The St. Louis Cathedral shrouded in fog behind Jackson Square



One of the many local Bars



Mansions



A French Quarter Balcony



Twisted ancient Oaks and Cypress trees along the Tchefuncte River (pronounced Cha-func-ta)



Plantations



Less than an hour away, life is surreal

# Authors Supporting Charities

## Mental Health



My name is Michelle Diana Lowe. I am a fiction author from London. I specialise in fiction books on the theme of trauma and recovery. My distinct novels give a voice to the unheard and underrepresented groups in society, such as teenagers with mental health. My debut novel *UnShatter Me*, that depicts the momentous journey of nineteen-year-old Alena Pavlis, was published by UrbanEdge Publishing in August 2015. I am the first, and only, UK author to be published by this American publisher.

To talk further on my novel, *UnShatter Me* tells the riveting story of Alena Pavlis, a 19 year old university student who is trying to overcome her trauma after experiencing a troubled childhood. The book delves deep into Alena's psyche and mental health issues. It explores her struggles with depression and anxiety throughout university, the difficulties she faces in her relationship with Phillip Gregson and how she heals, overcomes the past and her deep-rooted fears.

[www.michelledianalowe.com](http://www.michelledianalowe.com)

Books of this kind are rare in contemporary literature. I feel it is very important that we, as a society, talk about mental health, especially through the written word, to break stereotypes, raise awareness, and give those with mental health a platform to share their stories and experiences.

I draw on my own memories and experiences of childhood in my novels. During my pre-teen and teenage years, I experienced depression. For parts of my childhood I also lived in fear, suffering emotional abuse and the threat of violence. Now, as an adult, I have empowered myself and I write books to break that silence. Breaking free from the glass box is the slogan I use which typifies my books and my cause. This slogan alludes to personal demons that can trap people and also refers to societal constraints and stereotypes that can be put upon those with mental health and gender violence survivors. With determination and strength, people can break free from all that entraps them, burdens them and keeps them unseen and unheard.

By bringing light to both gender violence and mental health issues that affect young people, I aim to improve people's understanding of these subject matters, help others to heal and empower people. Furthermore, I support my cause by donating to charity. The charity I support is **Young Minds**, which is a **mental health charity** close to my heart. Experiencing depression and anxiety from the age of nine, I understand how vital it is that young people with mental health have the support they need. By making donations to such a worthy cause, I can hopefully help to save lives, and help to improve young people's quality of life.

In the **UK**, there are **850,000 young people** who have been diagnosed with a mental health condition. These young people deserve to be reassured, guided and supported, and so do their families.

**Young Minds**, who I support, are a **UK mental health charity** who help with this process by: empowering young people, providing a helpline for parents, offering training to professionals and producing leaflets, newsletters and essential information on mental health.

If you are worried about a young person or would like to find out more about Young Minds, please visit their website – [www.youngminds.org.uk](http://www.youngminds.org.uk) Parent Helpline for UK **0808 802 5544** **PHOTO COURTESY OF YOUNG MINDS CHARITY UK**

# YOUNG MINDS

The voice for young people's **mental health and wellbeing**

## UPCOMING BOOK RELEASES

Darkness Shinning  
A Novella by  
Thanna A Setliff  
April/May 2016



Girlie and the War of the  
Wasps will be Published  
on  
28<sup>th</sup> April 2016

**Plaisted Publishing House Ltd  
New Zealand**

**Robertson Street  
ROTORUA  
3010  
New Zealand**

**Phone: 027 3199 017**

**E-mail:  
plaistedpublishinghouse@gmail.com**

**Website:  
www.plaistedpublishinghouse.w  
press.com**

**Facebook:  
https://www.facebook.com/Plai  
d-Publishing-House-  
249186435274458/?ref=hl**

## Reunion Books 4 U

Plaisted Publishing House has an offshoot business called which deals with Genealogy and social history. The business is called "Reunion Books 4 U." This business was established in 2011 during a big research session for a Family Reunion books for the Alfuth's of New Zealand. It seemed my husband is part of this family which came from Poland in 1874. It also turned out, that out of all the relatives and cousins, I had most of the research. This being so I offered to do the Reunion book. What a journey it was too. You can read all about it on my blog link below.

<http://reunionbooks4u.blogspot.co.nz/2012/03/reunion-books-4-u.html>  
<http://alfuthridleybondtaylorfamilyresearch.blogspot.co.nz/2011/10/how-it-all-started.html>

This book is now available at from the National Library of New Zealand.  
[http://ndhadeliver.natlib.govt.nz/delivery/DeliveryManagerServlet?dps\\_pid=IE11754445&dps\\_custom\\_att\\_1=ilsdb](http://ndhadeliver.natlib.govt.nz/delivery/DeliveryManagerServlet?dps_pid=IE11754445&dps_custom_att_1=ilsdb)

Due to formatting this book of over 200 pages of research and three family lines, from the daughters of the Alfuth Family I decided to offer out my formatting expertise as a business. Since then I have research and made a book for an 80th birthday, another family history book and at this present time I am re-formatting an old Family History book for the Plaisted Family worldwide. My other project is a Memoir for a local Rotorua family about the 75 Squadron, based in the UK they were a New Zealand bombing division.

History is very diverse, it even helps with people who are writing historical novels.

Our specialty is New Zealand research. Experience is fifteen years and counting.

Don't hesitate to contact us:

Facebook: <https://www.facebook.com/Reunionbooks4u/?fref=ts>

Email: [reunionbooks4u@gmail.com](mailto:reunionbooks4u@gmail.com)

