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The Turkey Trot

Back in the day, the Turkey Trot was a frenetic dance to ragtime music. And this Thanksgiving season we did our own version of frenzied dancing.

In late September, three days post-mastectomy, I was thrilled when Rose Rouse emailed me that her organization, [Advantages of Age](#), shortlisted my book for an award. [Rock On: Power, Sex and Money after Sixty](#) was nominated as the best Nonfiction Book with a Pro-Aging Theme for 2025. This honor was especially welcome because *Rock On* had just published in August when breast cancer curtailed my publicity plans. So I had this crazy idea to travel to London for the November awards ceremony; surely I'd be ready seven weeks after surgery? Right?

Turns out my partner, to whom I'm so grateful for terrific travel planning, bought nonrefundable airline tickets. Yikes! What better motivation for healing?

We arrived in the UK not long before the ceremony at Hoxton Hall, a historic music venue. I had a blast despite a nasty combo of jet lag and lingering post-surgical fatigue. The event was organized by Suzanne Noble (of [Sex Advice for Seniors](#) fame) and the fabulous [Rose Rouse](#). Their care was evident in every detail, from the theme song composed for the occasion to the thoughtful introduction to each category. Even the categories were inspiring, with entries like Best Pro-Aging Social Club and Grooviest End of Life Organization. Rose and Suzanne made the evening fun, with vivid costumes and live entertainment. I've long admired the English anti-ageist community, and to meet many of these folks in person was fabulous. One woman walked right up and asked how my recovery was going. She's Justine Gaubert, a big fan of all things Stella; and I'm a huge fan of [Tits to the Wind](#), her Substack column. I got to swap books with Eleanor Mills, founder of [Noon](#), whose new book [Much More to Come](#) is a super read and was nominated in the same category as mine. I sat with a fabulously decked out winner of the Style Queen category. And I met one of my Substack sheroes, Jane Duncan Rogers, who won the Pro-Aging Substack Writer award for her great column, [Embracing Aging](#).

Graham and I stayed at the revered [St. Ermin's Hotel](#), so close to Parliament that a Division Bell in the lobby summons members to stop drinking and go vote. The day after the awards the hotel manager asked how it went.

"I didn't win, but what a terrific night, and I'm honored that I was nominated."

"That means you won," he said, and sent a celebratory bottle of champagne to our room. Indeed, I did win. I won invitations to write essays for *Advantages of Age* and for *Tits to the Wind*. I won a copy of Eleanor Mills' terrific book. I won new international connections in the anti-ageism space. And to top it off, we enjoyed several more days in London visiting places like Trafalgar Square and the [National Gallery](#).

Seeing how beautifully Rose and Suzanne's hard work paid off got me wondering: Why don't we hold a similar event in the United States? There is plenty to celebrate about older life here, from books to podcasts to advocacy groups. Granted that England is about the size of California, and hosting a live event makes more sense there than here; but why couldn't we host a hybrid event in the States with some folks live and others online? I'll see if I can rustle up some interest with anti-ageism organizations in the US. If imitation is the sincerest form of flattery, I'm all set to flatter the folks at *Advantages of Age*.

I'm writing this newsletter on the plane home to Oregon, where we will have exactly one day to wash laundry before we drive south to California for Thanksgiving with family. While in the Bay Area we'll also celebrate my partner Graham's 74th birthday. Then we'll drive home to Oregon and get some rest. Maybe. Or maybe this Turkey Trot pace will continue through the holidays.

What I'm Reading this Month:

- Eleanor Mill's book, [Much More to Come](#), shares her wisdom on topics like Bodies, Work, Love and Family for women over fifty. Mills sees resilience as the key to life in that transformative decade. She shares her own story and the stories of other women in this thoughtful and inspiring book.
- Jane Friedman's book, [The Business of Being a Writer](#), now has a second edition updated with new information on publishing and marketing. I so enjoy Jane's columns, and this accessible book shares her valuable and well informed perspectives. An embarrassment of riches for those of us who want to be read.

- I love reading online essays, and this month a piece by Dr. Denise Taylor on LinkedIn grabbed me. In "Living Well with the Body We Have," Taylor says, "Later life invites a different relationship with the body. At sixty eight, I remain in good health not by pushing myself harder, but by working with the body I have. I manage discomfort through movement, mindset, and rest. This body isn't a machine to be tuned. It's a companion I've travelled with for a long time." If you're on LinkedIn, Dr. Taylor is well worth reading.

What I'm Writing:

- Edits are progressing on the next book in the **Vampire Matriarchs** series. Vivienne, who rescued Marion from a mob of medieval witch hunters in [Vampires of a Certain Age](#), has her own tale in the upcoming novel (Working title: **The Vampire Vivienne**). Vivienne begins her career as a crossdressing swordswoman in the Hundred Years War and is given a new mission by her heroine, Joan of Arc.
- Meanwhile I've put together a rough first draft for a new book on writing with the working title **Your First Book at Any Age**. When you read it, you'll be invited to choose your own adventure, whether it's writing a revenge novel, a paranormal story, a book of essays, or so many others. In addition to writing tools, you'll be given up-to-date ideas for creative editing, publishing options, and planning a marketing campaign that builds on your strengths.
- And a longer term plan: Based on the great reception for **Rock On**, I've already started organizing more recent essays for a future book (Working title: **Lust at Seventy and Other Joys**). I expect to publish that one in eight years, when I turn eighty.

Whether you follow my fiction, nonfiction, or both, and in whatever genre you create, please keep your pen moving (or your keys clicking). Let's find magic moments to play with words, even at the holidays, and regardless of the news. Yours is a story that only you can tell!



Keep the pen moving, or the keys clicking.

All the best,

Stella,

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This Month's Blogs

**Crafting My Book of
Essays**

Stella Fosse

**Marriage: The
Business of
Romance**

Marguerite Lorenz

Let's say you have been writing essays for years. Might be blogs; might be [Substack](#) essays; might be short nonfiction in magazines. Perhaps writing essays was your primary goal, or you may have intended these pieces as publicity to lure readers to your books. But eventually these shorter works begin calling to you. Your essays want to be more than ephemera; they need to be read as a body of work.

You might resist the call. After all, where's the recipe for a book like that? In a piece on Substack, author Debbie Weil said, "Back of my mind is the thought that somehow I could turn 100+ Substack essays into a book. But I know enough about book publishing to understand that this would not be straightforward or easy." Not easy, necessarily; but it turns out there is great guidance out there on how to craft a compelling book.

My essays have tugged at my sleeve for several years. I had captured the vibrant life of our sixties in short pieces throughout that decade of my life. In addition to the many blogs on my own website, I had

You've fallen in love with someone you trust. Now you're considering the possibility of marriage. Love is great, but there are elements to explore if love is to last beyond the first crisis.

Marriage is a contractual partnership but few write, or read, the contract. Contract means a legally binding agreement made between two or more parties which creates mutual obligations. Typically, this involves an offer from one party (a proposal) and an acceptance from another, and to be valid it requires an exchange of value (consideration) in promises or vows. If a party fails to fulfill their obligations, the other party is entitled to legal recourse (divorce).

Because few couples clarify their expectations, the partnership may begin without a clear understanding. For example, just because you marry someone, they do not automatically have power of attorney over your personal business transactions. To grant someone that authority requires the legal documents in your written estate plan.

written essays for *Crunchy Tales Magazine*, for [Joan Price's](#) website, and I'd even been quoted in *New York Magazine*. I'd interviewed the characters in my first novel for *Women Writers, Women's Books*. I'd been invited to write an essay for [This Age Thing](#), a project of the Royal College of Art. It was great raw material, but material for what?

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Stella Fosse



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