



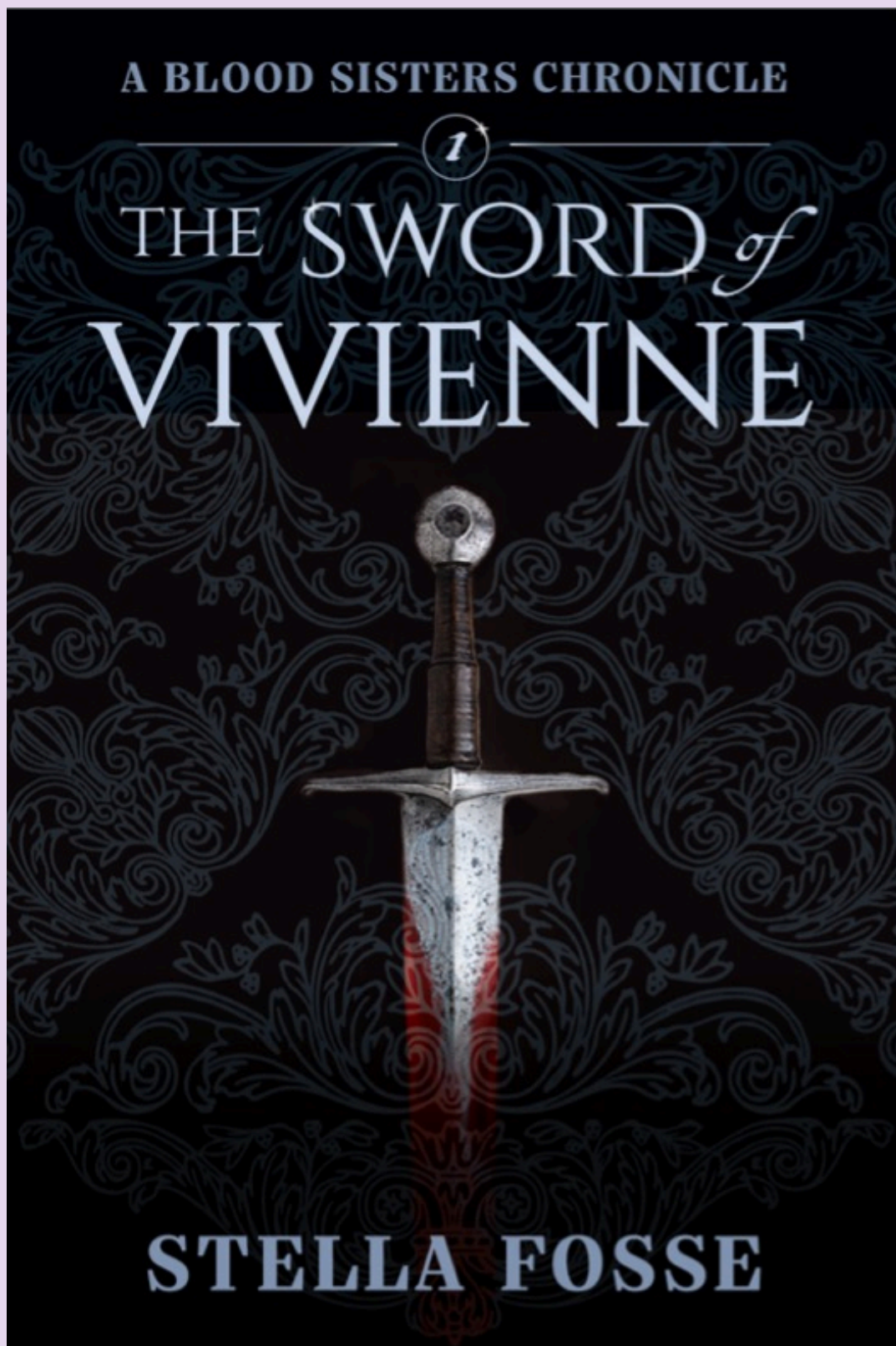
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The Sword Revealed

I'm wrapping up edits on my next novel, *The Sword of Vivienne*, the story of a medieval swordswoman who finds her true path somewhere around her sixtieth birthday (sound familiar?). [Olive Kitteridge](#) meets *Tipping the Velvet*, but with vampires. The book will launch in October, and you, Dear Newsletter Reader, are the first to see the front cover!

Designer Diana Rosinus has done it again, creating an arresting image that juxtaposes the character's femmie name with the phallic implement of her chosen profession. Check it out:



If strong female vampires are your thing, and you'd like to be part of my street team for this book, write to me at stella@stellafosse.com for your free eBook and ways to help get the word out. Thanks!

Elderotica Reunion

We headed to the Bay Area this month for a reunion with Elderotica, the writing group Lynx Canon and I started a dozen years ago, back when she invited her friends to read erotic stories before a live audience at a monthly bookstore series. Our group has spawned at least two books: the [Dirty Old Women](#) anthology, which Lynx edited; and my book, [*Aphrodite's Pen: The Power of Writing Erotica after Midlife*](#). Great to see these marvelous women and create new stories with them, including a warmup where we took turns adding a sentence to a lively story about Cinderella, a train conductor, and a billy goat.



Sound fun? Pick up a copy of [Aphrodite's Pen](#) for ideas on starting your own Elderotica writing group.

Crone Authors Together

Crone Authors Together (aka CAT) is a monthly online forum where women authors of a certain age share ideas on reaching our audience (aka marketing). I've been hosting these gatherings for seven months now, with great support from the [Grandmother Collective](#).

Our August meeting featured a presentation by Teri M. Brown on setting up Facebook advertising. Teri is the author of six books including her newly released novel about a woman who falls apart and comes back together better than ever at menopause ([Peg, Unhinged!](#)). Teri shared all 37 steps to set up your Facebook ads and get the word out there for your books. To see her presentation and learn about upcoming meetings, sign up [here](#).



CroneHub.org

Over at [CroneHub.org](#), our showcase for the vibrant culture of older women, we've added hundreds of resources in the past month. If you've published a book of interest to women over fifty, or run a podcast or publish a blog, head over to the [About page](#) and check the submissions criteria. There's a link to request that your resource be added. And of course you can submit others' books and podcasts too!



Stella in the Media

6Ps in AI Pods

Had a great time talking with podcast host Karen Smiley about all things AI:

- The older writer's unreproducible voice
- Why there are no correct pronouns for Claude
- Why I would rather spend an hour in line at Heathrow than have my face scanned to be identified in seconds
- Connecting my books being used by AI to that Star Trek episode where Mark Twain says most of what he knows is in his books

Check out our conversation [here](#).

Crow's Feet: Life as We Age

Jane Trombley and I had a fun conversation, and I loved reading excerpts of my books too. As Jane says in the show notes, "Stella shows us the power of the pivot and a commitment to advocating for women's creativity, often emerging in midlife and beyond. Come join the conversation."

You'll find our talk [here](#).

Coming Next...

Phyllis Haynes wrote to us over at CroneHub to request an interview, and we had a fine time talking about all things Crone (including the

reclamation of that very word). That interview will launch September 10 on [Profonde TV](#).

Meanwhile my partner Graham Bird and I recorded our first dual interview with Jannette Anderson for her Maturepreneur Podcast. More on that one soon.

August was quite a month. I'll turn 73 in September, so if there's anything I want to do while I'm still 72, time to do it now.

May your September be a fabulous mix of creativity, friendship, and love.



All the best,

Stella,

stella@stellafosse.com

This Month's Blogs



A Different Kind of Activism

Stella Fosse



Two Women on a Mission

Stephanie Shields

Who Will Guard the Guards Themselves: How About Us?

When it comes to anti-ageism, [Dr. Becca Levy](#) is a star. She and her team at the Yale School of Public Health have studied older adults for years, and one of her key findings is that having a positive attitude about aging increases life expectancy by an average of [7.5 years](#). The concept that ageism is literally toxic is now a bedrock of anti-ageist thinking.

If You Don't Measure It, It Doesn't Exist

In March of 2026 Levy and her team published a [new study](#) showing that a significant proportion of older persons improves in cognition, movement or both over time. That's not news to those of us enjoying a creative Renaissance after sixty, but it *is* news to medical science. But why didn't they know? Because science is gated by the questions scientists ask, and until the Levy study, scientists did not look at the upside of aging. As Levy says in the introduction to her 2026 publication:

We're sitting on the stone seat above The Gill. Timble Gill is the place where Satan is said to have supped with seven women from my tiny village, four hundred years ago. Their accuser is Edward Fairfax, a deranged poet of the court of King James 1st. Fairfax is determined to see them hang on the three-legged mare, the local name for the gallows. It's a triangular construction cunningly designed to hang three at once for efficiency. We're back in the days when watching women swing was such fun they charged a fee.

Women, especially older women, poor women, ugly women, disabled women, women involved in the natural health service—carers, midwives and herbalists—trouble-making women, women with dementia, lascivious women, women who talked too much and any woman beyond childbearing age would be deemed superfluous and thus, disposable—a burden on the community, and a nuisance on the land because they foraged for wool, wood, plants and other wild food. Women just like you and me.

Yes, [Stella](#) and me might have found ourselves in their number

"A widespread assumption exists among scientists, health care providers, and the public that later life is a time of inevitable and universal cognitive and physical decline. This assumption is likely due to considering older persons who improve to be exceptions, and the reliance on aging-health measures that do not allow for improvement."

[Read More.....](#)

bound together on the cart to York Castle Gaol.

This stone seat started its life as a gate post. In ancient times it was holes for poles – the old way to keep your sheep in. The stone was cast aside in World War Two to allow the big machinery in, to plough the land for 'Dig for Britain.' This was a daft initiative; boulder clay doesn't do vegetables. This is sheep country.

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