

## Newsletter Submission Guidelines

Thank you in advance for ideas, suggestions and submissions! Here are a few guidelines for submissions:

- 1) Ensure that the topic is noteworthy and/or informational.
- 2) Please make sure your piece is at most 500 words. 250 is better. You can use the Word Count tool in the Tools menu of Word, or go to <https://wordcounter.net> if you don't use Word.
- 3) Check your grammar and spelling: you can use Grammarly (<https://www.grammarly.com>). It's free and the editor thanks you.
- 4) If possible include a picture or an illustration or two.
- 5) Send me a small portrait picture of yourself and a 2-3 line bio.
- 6) Submission deadline is on the 15th of the month.

You can email me directly at [muriellesails@gmail.com](mailto:muriellesails@gmail.com). Thank you!

Murielle Hamilton  
FYC Newsletter Editor