
*To All Seniors Who Have a Story to Tell
(And Tell It They Should)*

Preface

The Writer's Cramp Group, under the able leadership of Katie Allen, came together in 1996 to share the joys and challenges of writing their memoirs. This group of 14 seniors meet biweekly to listen to excerpts from each other's emerging stories and for fellowship and mutual encouragement.

The Office of Gerontological Studies at McMaster University is proud to present these selections from their memoirs as living illustrations of the fruits of such shared work among a diverse group of people who have grown through rich life experiences.

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