

# Pat Teschner

PWR's March Author of the Month



## Writing

When I first moved to Rossmoor in 2015, I noticed an article in the Rossmoor News about a club called Published Writers of Rossmoor. I learned I wouldn't have to be published to attend. After taking part in a workshop about self-publishing, I was well on my way to writing my first book of poetry, "At the Edge of the Winter Woods." In 2019 I published my second book of poems, "The Sum of All Mornings." I am very indebted to Published Writers of Rossmoor, without whom my books may never have come to fruition.

"At the Edge of the Winter Woods" is a collection of poems organized into three categories: Vicissitudes, Strife, and Drifting Petals, Falling Leaves. The poems address love, aging, conflict, the beauty and sacredness of nature.

Some readers have referred to the poems in my second book, "The Sum of All Mornings," as eco-poetry. My poems emphasize the farms, wetlands and redwoods of Humboldt County, the beauty and connectedness of all life and the importance of biodiversity. Part II expands to include poems from other times, places and subjects.



*Pat Teschner*

## Bio

I attribute my love of nature to my early years spent on a subsistence farm in Missouri. I was free to wander the fields and barn, befriending the chickens, rabbits and barn cats. Hours slipped by as I spied on foxes, mice, birds, snakes and insects. The natural world has always been my source of inspiration.

I earned a California Teaching Credential and BA in psychology from the University of California, Davis, and an MA in Clinical Psychology, with a Certificate in Expressive Arts, from John F. Kennedy University. I taught in the Mt. Diablo Unified School District for thirty-six years. I believe my writing has also been influenced by my studies of the works of C.G. Jung and my belief that poetry arises from that wellspring of creativity deep in the unconscious mind.

I feel fortunate to live in Rossmoor where nature is valued and protected and always look forward to the dawn sky, a full moon rising over Mt. Diablo and the smell of wet grass on a summer evening. I enjoy writing, photography, and meditation. My family lives close by and I feel blessed to be able to spend time with my two grandchildren.

## Where to get Pat's books

"The Sum of All Mornings" and "At the Edge of the Winter Woods" are available on [amazon.com](https://www.amazon.com). I can be reached at [eastbaypjt\(at\)gmail\(dot\)com](mailto:eastbaypjt@gmail.com).

