

## **AFTER SCHOOL Submission Guidelines**

Articles from ARM members, and guest contributors, must be sent to:  
editor.afterschool@gmail.com.

We welcome your work; however, we must request that all contributors follow these guidelines:

- Articles of a general nature be limited to 1 page complete with photographs or art work, if appropriate. Without illustration, articles must be no more than 500-600 words. Depending on the article, concessions may be made here.
- Travel articles, adventures abroad, etc. be limited to 2 pages complete with photographs.
- Photographs and/or art work should be credited, and people, places, objects identified.
- Feature articles from guest contributors, Federation leaders, etc. must not exceed 2 pages.
- All submissions must be proof-read for grammar and spelling. They may be subject to editing for length and style while still respecting the author's intentions. Submissions will not be returned.

### **Here are some ideas to tickle the grey matter.**

- What did you look forward to most when you retired, and what have you been doing in "retirement?"
- Have you fulfilled any desires that you had while working, but couldn't find time or energy for?
- What gives you a sense of fulfillment in "retired" life?
- Activities and/or groups that you've joined;
- What are you doing to keep your body and mind as healthy as possible
- Recommended book(s) along with a brief review;
- Creative endeavours you are pursuing, along with samples of your work: photography, artwork, poems, short story, crafts, etc.
- What you've been doing to cope during the pandemic; what you most look forward to when we emerge out of it;
- Past travel experiences, people and places you met, with photographs;
- An expressed opinion on some issue that is of concern to you;
- More specifically, your opinion of federal and provincial responses to the COVID -19 crisis;
- How you see what may well be the long term impacts of this crisis.

Please keep the above stated guidelines for submissions in mind.