

Submissions Guidelines for Kalon Women (Updated May 1, 2009)

In order to be considered a contributing author to any of our publications, you **must be a subscriber**.

Submission Deadlines: To have a greater chance that your work will be considered and included in the desired issue, it is important to submit your work ON OR BEFORE THE 15TH OF EACH MONTH FOR INCLUSION IN THE FOLLOWING MONTHS ISSUE – NO EXCEPTIONS – ARTICLES RECEIVED AFTER DEADLINE ARE SUBJECT TO REJECTION OR PLACEMENT IN ANOTHER ISSUE.

We do not publish articles of any kind that are, slanderous, racist, of a pornographic nature or we consider in poor taste.

Kalön Women™ welcomes editorial submissions from freelance writers. We are looking for new, unpublished, first-person, non-fiction material that is for or about women over forty. Essays, humor, poetry, satire, personal experience, and features on topics relating to women 40 plus are our primary editorial focus. Diversity of subjects that reflect women forty plus and a variety of writing styles are invited.

Having your work included in Kalön Women™ is a great way to gain exposure to new people and markets. It can help you sell your information, products, services or other intellectual endeavors (such as workshops, seminars, and the like). Having your submissions appear on our site can give you greater visibility, credibility and help you build your own promotional lists and maximize your exposure both online and offline.

Publishers and visitors interested in publishing submissions by the authors listed with Kalön Women **must contact the author directly**. Unless withheld, you will find contact information in the Signature File (resource box listed below the article). Authors and writers are invited to submit their articles, short stories, poetry, art to our libraries and our publications. Please read the submission guidelines listed below before submitting any content for inclusion.

Article/Short Story Title: Up to 65 characters.

Article/Short Story: 500 to 800 words (approximately – we try not to limit the creativity of our writers – however – we do not have the space for your new novel).

Poetry Title: Up to 65 characters.

Poem: As a rule, we prefer free verse. Poetic forms; sonnets, sestinas, ghazals etc. are welcome if fresh and original in content. Give us depth of imagery, beauty and truth, make us smile with recognition. Move us.

Artwork or Graphics for Articles/Short Stories/Poetry: We place a photo/artwork/graphic with each piece submitted to our magazine. If you have a

particular piece in mind that you would like to accompany your work, please send in one of the following formats: GIF or JPEG - **no smaller than 150px x 150px (2inches x 2inches) for quality purposes**

Artwork: For each issue of Kalön Women, our front page will house a piece of artwork. We are currently seeking artists of any medium who feel that their original work exemplifies women. We do not pay for cover page art. If your artwork is selected, however, we will do a short bio on you. Please add signature and copyright to graphic before submitting. When submitting artwork, please send in a GIF, JPEG or high resolution PDF.

Include with each submission: Contact information (name, address, phone, e-mail, fax) – short bio and byline

Submitting Photo for Bio: We ask that you please send your work in the following format: GIF or JPEG - **no smaller than 150px x 150px (2inches x 2inches) for quality purposes.**

Author Bio (for the Signature file/resource box): Try to keep it short – and that doesn't mean a short novel! **Maximum of 2 links back to websites**

Topic Area: Please include the topic or subject area of your submission. If the topic area is not suggested we reserve the right to post your submission to the topic area we feel most appropriate. If we cannot discern from your submission which area is most suitable, your submission stands a good chance of not being accepted.

Article/Short Story/Poetry Format: **NO CAPS ON ANY TITLES, POEMS, SHORT STORIES OR ARTICLES. Submit work in a text only form with no formatting. This can be done in word or notepad and saved as text only, or any other text only editor.** Keep in mind that anything other than plain text may take longer to review and post simply because we receive dozens of submissions weekly and priority is given to those in plain text with no formatting. Supplemental materials such as graphs and charts are encouraged as a link back to the origin (not as an attachment).

How to Submit: **Submissions should be sent via email to editor@kalonwomen.com in the BODY of the email message. Unless requested by us, we will not accept submissions as attachments to any email message. The subject line should say "Submission for _____" and refer to where you would like to see your submission appear.**

Author Contact Information: **Please include your contact information with your submission. This includes your name, company name (where applicable), your address, website URL (LIMIT OF 2 LINKS) and email address. The only contact information we publish online and in our newsletter is the information you provide for the resource box. If you do not wish to have your email address**

published, do not include it in your resource box. If you do not want to be contacted by Kalön Women™, please do not submit content to our sites.

Copyright Information: We only accept submissions written by the author or copyright holder. Kalön Women™ adheres to all local, national and international copyright laws. By submitting to one of our sites and/or publications you are granting permission for its use on the website in our resource library, in our member resources area and/or in our online magazine and newsletters. If the submission is for inclusion to a specific area or for a specific purpose, please state as much when you make your submission. Contributing Authors retain all copyrights to their individual works.

Submissions not written by submitter: If you have read an article or other resource you believe would be a good addition to our library, you may forward it or information to us along with any contact information of the author. If contact info is not available, and we are unable to verify we must decline publishing these to our sites.

Payment: At this time we are not paying for submissions of any kind.

Kalön Women Categories

A la Mode – REAL fashion and beauty tips for women over 40

Facing Conflict with Grace – Cancer – Disease – Survivors – Parents with illness – Alzheimer's – Abused Women – Aging Parents – Loss of Spouse

Female Unbound – Women in sports 50's 60's 70's (where are these women today) – present – active women

From the Gallery – Art – photos of Kalon Women – Kalon Women Events

Giggles – Humor relating to women forty plus

Kalon Woman of the Month – Women will be nominated by the Kalon Community each month – Criteria for nomination is based simply on who they feel best emulates the Kalön Woman

Life Stories - About children, teens, parents, grandchildren - grandparents – humor - anything goes

Making a Difference – Volunteers – Mentors – anyone making our world a better place to live

My Authentic Self – Discovering your authentic self.

Nostalgia – What do you remember from the 50's, 60's 70's? Toys, cars, tv shows, clothes, hair styles, anything goes

Poetic Voice – Any medium – please try to relate to women over 40 – no male bashing – no hate poetry

Precedent Setters – Professional Women – Political Leaders – Community Leaders – Authors – Poets – Artists – Entrepreneurs

Savvy Women - Technology, legal matters, real estate, automobile maintenance/info, investments

The Male Perspective – Articles/Poetry/Stories written by men about women 40 plus

Wellness and Spirit – Health & Fitness Issues for Women Forty Plus – Nutrition – The Skinny on Hormone Therapy – Natural Remedies for Menopause - Recovery for Women – ALANON – AA – Spirituality – Abused Women

Where We've Been – Women in 1950 – 1960 - 1970

Where We're Going – Where women are going, what they are doing, changing in their 40's, 50's 60's

Women in Transition – Over 40 and Divorced – New Mothers over 40 – Thrown Into the Job Market at 40, 50, 60 - Facing Life Alone – Menopause - relationships - dating again - sex over 40

Your Mom's Kitchen – Do you have a favorite recipe that your mother made for you as a child? Recipes from 50's 60's 70's

Have an idea for a new category? Send your category idea to kaye@kalonwomen.com

Please note: We cannot guarantee that we will use your submission in our publications or on our blog or web sites.

Thank you for your interest in Kalön Women™ and your willingness to submit your work. We are excited to bring your talents to our readers, and we look forward to all that you have to contribute.