

Hey y'all!

The month got away from me and I didn't get my newsletter out earlier in the month. But better late than never- unless, of course, you're sneaking into church and the only seats are in the front row... Or you're an hour late for something that lasts an hour (daylight savings, anyone?). But I digress... For the first time in years, I got sick this past week. Normal people sick, not hospital sick. I've managed to beat back bronchitis very quickly (I recommend a combination of ear oil, Umcka, echinacea, and hanging around in pajamas with a small dog on top of you). And due to this remarkably quick recovery, I am able to do this show today on Long Island which I've been looking forward to for months. I have *never* played on Long Island! Brooklyn, yes; Manhattan, yes; Staten Island, yes; (Dataw Island, yes; Fantasy Island- no, that wasn't me)... Long Island- about to fix that. Other than that, I'm preparing for the annual Christmas in South Carolina and hopefully some downtime. Tonight's show details:

Thursday, December 15th, 2011 Folk Music Society of Huntington's Hard Luck Cafe [Cinema Arts Centre](#)

Huntington, NY 11743

co-bill with Rupert Wates. Open mic at 7:30, main acts at 8:30

\$10/ less for members

And in other news....

New review of the book and giveaway contest - December 12, 2011

"Before I even begin to tell you why I loved this book, I want to take a minute to thank Carla Ulbrich for writing it!!!! My mom is staying with me while she recovers, and we spent a lot of time this last week sitting together reading Carla's book. This book is about the only thing that made her really smile or laugh all week. For that I am more grateful than you can imagine!!!!"

read the rest here: <http://tinyurl.com/7a2xrfj>

Book featured in IG Living Magazine

December 4, 2011

Alongside some other really great books, including "How To Be Sick" (a Buddhist approach), Carla's book is featured in IG Living, a magazine distributed to people living with immunoglobulin disorders, and the health professionals who care for them.

<http://www.epaperflip.com/aglaia/viewer.aspx?docid=fb0fbbab3f514c768efdbaf274b430e3>

New video from cable TV show - December 1, 2011

"Nothing to Say" from "Horses Sing None of It" local access TV show. Old song, new show- hey what do you think of my hair- bangs or no bangs? I should start a hair poll alongside these videos... FWIW, I have bangs again; cut them back in shortly after this show. We say it's about lyrics and good melodies, but really, c'mon, it's all about the hair:

<http://www.youtube.com/watch?v=p-WU5oIu-Hg>

Feature Article in the Alternative Press

November 21, 2011

"When she was in the hospital, Ulbrich wrote parodies of songs. She said laughter is important. Ulbrich's CD, "Sick Humor, The Lighter Side of Illness," was recorded five years before she wrote the book."

read more:

<http://thealternativepress.com/articles/author-shares-how-she-cope-with-illness-at-maple>

Wishing you a refreshing, healthy, and wonderful holiday season filled with friends and laughter~ Carla

Carla Ulbrich, Professional Smart Aleck and Singing Patient

www.thesingingpatient.com

www.bestpossibleme.com -health coaching with Carla

www.twitter.com/carlaulbrich

www.youtube.com/user/carlaulbrich - funny songs

where to get the book:

[Buy, review, or put on your wish list at Amazon.com](#)

[Click here to buy the book at Indie Bound](#) Search this site for an indie store near you where you can buy or order the book.

[Buy the book at Barnes and Noble](#)

[Kindle version](#) (get a free sample of the book here)

[Go here to buy from Carla directly](#) (this is best if you want an autographed copy, but it could be slow arriving when I'm traveling) <http://www.carlaulbrich.com/products.html>

<http://www.thebooksmith.com/> In stock at this indie book store in Seneca, SC.
[Books and Books](#) In stock in this South Florida chain.

[Clinton Book Shop](#) In stock at this cool indie bookstore in Central NJ.

<http://www.facebook.com/ElementsWellnessBoutique> In stock at this wellness boutique in Westfield, NJ

Carla Ulbrich, The Singing Patient

www.thesingingpatient.com

www.bestpossibleme.com - health coaching

www.youtube.com/user/carlaulbrich - funny songs

"I am reading Carla's book How Can You NOT Laugh at a Time Like This? and loving it. I LOVE Carla's songwriting, so I'm not surprised that her prose writing is as smart, funny, and insightful as her music." - Christine Lavin

get the book! <http://tinyurl.com/348hroc>