

## The Woman in Green from Cromarty: A Legend Book Club Kit

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The Woman in Green from Cromarty: The Next Moon
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### A Note from the Author

Dear Readers,

Thank you so much for choosing to spend time with Kelly, Gudrun, and the legend of the Woman in Green. This story was born from my lifelong fascination with how ancient folklore refuses to stay buried in the past, often bleeding into our modern lives when we are at our most vulnerable.

As an educator and author, I've always been drawn to the "vessel" of the legend—the way stories are passed down through generations to warn us, protect us, or explain the unexplainable. In writing this novella, I wanted to explore the intersection of a mother's very real, modern fears with the chilling, supernatural stakes of Scottish myth. The question of "who to trust" is one we all face, though rarely with a troll at our second-story window!

I hope these questions spark a lively (and perhaps slightly chilling) discussion in your group. I would love to hear which parts of the legend lingered with you long after you closed the book.

Warmly,

Christina Francine

East Aurora, NY



## Discussion Guide: The Woman in Green from Cromarty



### Theme: Folklore and the Uncanny

1. The Modern vs. The Ancient: Kelly flees a modern "dead marriage" only to find herself in an ancient nightmare. How does the juxtaposition of a modern apartment setting and a 15th-century legend heighten the "uncanny" feeling of the story?

2. The Nature of Trolls: In many legends, trolls are purely monstrous. How does the presence of two different "trolls"—one a protector and one a predator—change your perception of what a monster can be?

3. Blood as Currency: The Woman in Green seeks the blood of children to sustain herself. Why do you think folklore so often uses blood as the primary connection between the supernatural and the living?

### Theme: Maternal Instinct and Trust

4. The Impossible Choice: Kelly is forced to trust Gudrun—a woman claiming to be a 500-year-old relative—over the evidence of her own eyes. At what point in the story did you feel Kelly finally fully committed to trusting the "good" troll?

5. A Mother's Intuition: Kelly's premonition is what initially alerts her to the danger. Do you believe her "sixth sense" was a result of her past trauma in her marriage, or something more mystical?

6. The Weight of Protection: Kelly is protecting a toddler and an adolescent. How does the age difference of her daughters change the stakes of the horror for her?

### Theme: Characters and Relationships

7. The Ghost of the Marriage: Though Kelly has fled her husband, the "dead marriage" still haunts her decisions. How did her past relationship affect her ability to trust the man living downstairs?

8. The Mystery of Gudrun: Gudrun claims to be a relative from the 1400s. Based on her actions, do you view her as a "guardian angel" or simply a family member fulfilling a long-overdue debt?

9. The Man Under the Nose: The story asks: "Who is the bigger threat—the evil after their lives or the man stirring her heart?" Why is romantic attraction often framed as a "threat" in suspense stories?

### **Theme: Atmosphere and Setting**

10. The Second-Story Window: The image of a troll at a high window is particularly jarring. How did the verticality of the setting (the apartment height) add to the sense of isolation and vulnerability?

11. The Legend of the Woman in Green: After reading the story, what do you think the "Woman in Green" represents in a broader sense? Is she a symbol of grief, a warning about the past, or something else entirely?

12. The Ending and Beyond: Without spoilers, how did the resolution of the conflict with the Woman in Green leave you feeling about the family's future safety? Do you believe the "ancient evil" is truly gone?



## Behind the Story

Christina shares how the story came about

### ***The Woman in Green from Cromarty: A Legend***

“I’ve always had a big imagination, and it doesn’t always turn off when I sleep. In fact, many of my fictional pieces began as a dream or a nightmare. I have a strong intuition, which sometimes manifests as a premonition. The story of ***The Woman in Green from Cromarty: A Legend*** came from a mixture of that intuition and a truly terrifying nightmare.

I woke from it completely sweat-soaked. When my husband, at the time, tried to calm me, I shared the scenario: I believed something was after our daughters. The moment I finished speaking, we heard a knock on the door at 2 a.m., and he was shocked to find his drunk cousin standing there. This cousin had always been odd, and I had never trusted him. My husband, rattled by the coincidence, respected my intuition and drove his cousin home.

That terrifying experience became the seed for this book. I decided to write a story about my nightmare, combining it with an ancient Scottish legend about a woman who sneaks into children's bedrooms to drain their blood. Like many authors, I took that shocking real-life moment and asked myself: "What if?"

My surname is Scottish (Kennison) and is different than my pen name (Christina Francine). Doing research about Scotland and the Scottish people has always fascinated me."



## Fun Facts



### Folklore Fun Facts: The Legend of Cromarty

- ❖ The Real "Woman in Green": In Scottish Gaelic folklore, the Baobhan Sith (pronounced baa'-van shee) is a beautiful but deadly "fairy vampire" who often appears in green. Unlike the traditional vampires of Eastern Europe, she doesn't use fangs but rather sharp fingernails to open a vein.

- ❖ **The Power of Iron:** Many of the legends you see in the story are rooted in the ancient belief that supernatural beings—especially trolls and dark fairies—cannot touch iron. This is why a simple "iron nail" or a pair of scissors was often kept under a child's pillow in the 1400s to keep evil spirits away.
- ❖ **The "Second Sight":** Kelly's premonitions align with the Highland tradition of "The Second Sight" (Dà Shealladh). It was believed that certain families carried the gift (or curse) of seeing future events or supernatural entities that were invisible to others.
- ❖ **Trolls vs. Glaistigs:** While we often think of trolls as mountain dwellers from Scandinavia, Scotland has its own versions like the Glaistig—a creature that could be either a helpful "house spirit" (like Gudrun) or a dangerous predator, depending on how the family treated them.



## Message for Readers

"Thank you for opening this book and giving your time and attention to the world I created. Your engagement, curiosity, and willingness to step into these characters' lives are the highest compliments I could ever receive. I hope this story stays with you long after you turn the final page."

"Writing a book is a solitary journey, but reading it makes it a shared one. We've spent time together, you and I, within these pages. Thank you for walking alongside me. Now go, and find your own adventure."

Author/Educator: Christina Francine

<https://www.ChristinaFrancine.org>

[ChristinaFrancine@gmail.com](mailto:ChristinaFrancine@gmail.com)

Amazon, Goodreads, LinkedIn, Bookbub, Facebook

## About the Author

Christina Francine is a university professor specializing in communications and technical writing at the University at Buffalo. Writing under her pen name, she blends her professional expertise in storytelling with a lifelong passion for "country living" and imaginative world-building. She is the author of children's picture books and is currently developing a multi-book dark fantasy series alongside her Fantasy novel work.

Coming Soon in **The Woman in Green from Cromarty** is a series:

## **The Woman in Green from Cromarty: The Next Moon**

Theme: Survival & Vulnerability

Primary Characters: Ashley & Kelly

- \* Kelly's developing powers grow stronger and more controlled. She begins to actively train Gudrun and Chait to understand and harness her full "gift," which includes aspects from both troll and fairy lineages, such as changing with the moon, an affinity for water and plants, and heightened protective instincts for children.
- \* Ashley is in danger. She is still young, but as she approaches her second birthday, the deadline for Megadogick to collect her blood intensifies. Kelly, Gudrun, and Chait must strategize and train to protect Ashley, possibly leading to a confrontation with Megadogick.

