

PEN & PALETTE

Boca Raton Branch, National League of American Pen Women (NLAPW), Inc.

Michelle Putnik, Editor-in-Chief

Website: www.bocapenwomen.org

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PHOTO OPS: MILAGRO'S AWESOME!



REMINDERS

If you keep your **name tag** in the car, you'll always have it with you for luncheons. Our next luncheon is **Thursday, January, 21, 2016, at 12:00 noon.**

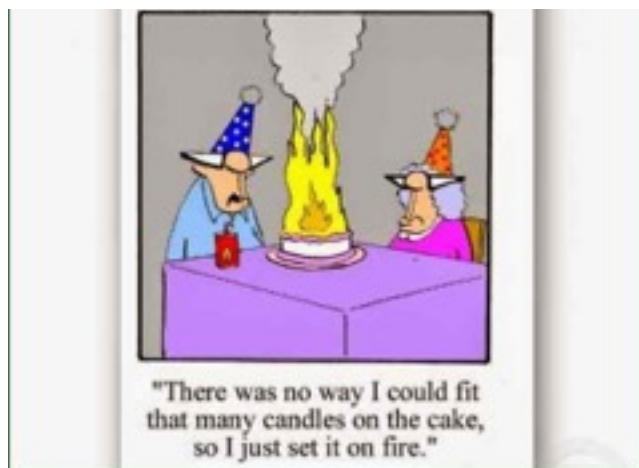
Dear Divas, I have enjoyed being your Letters Chair and Newsletter Editor, however, I am now the President of WNBA, South Florida Chapter, which is a full-time job. Therefore, I am asking that a talented Pen Woman step up and take my Editor position. If you are interested, please contact our President, Sheila Firestone #561-391-3610



JANUARY BIRTHDAYS

- 1 Marta Luzim
- 2 Deborah Shlian
- 8 Diane Brenda Bryan
- 9 Bunny Shulman
- 12 Michelle Boyar
- 18 Linda Mohr

BIRTHDAY FUNNY



FROM THE OWL'S NEST



Dear Boca Pen Women,

We thoroughly enjoyed our December holiday afternoon with Gail Smith. Everyone was asking for more programs by Gail. Hopefully, we can encourage her to return next season when she can feature a program on Amy Beach whom she has researched for thirty years.

We also had great fun with our 50/50 raffle. One of the highlights was Dr. Barbara Lunde winning the hand painted hat graciously donated by Lidia Tohar. Marlene Klotz went home with a huge gift basket of goodies. Helen Regenstrief won a \$100.00 gift certificate from a lovely hairdresser. So party we did, with fabulous music by Gail, and gifts thanks to our generous donors, and to Etta Schaeffer, our Fundraising Chair.

Our holiday party at the Milagro Teen Center was filled with high school teens as we created, "A Party of the Arts." Elaine Bossik, Sheila Firestone, JoJo Harder, Vera Hirschhorn, Justine Kuntz, and Lidia Tohar, helped the students design a Coat of Arms and Mottos for

their shields, using markers, pens, and other supplies, as well as a holiday journal book from gift bags that we provided. We played a musical guessing game based on Musical Memoirs written by Sheila. Participants did very well as they learned to identify form and themes while earning Sharpie pens and highlighters for prizes. The Pizza Party, with cookies, beverages and fruit salad from Whole Foods, was a huge success with not a single slice left. We drove away watching the students excitedly taking pictures of each other with the camera gifts donated by the Tohars.

I hope that the young adults will continue to create their memoirs in the journal books created by Justine Kuntz.

We look forward to hearing Dr. Kahmi on January 21, 2016, this month, and I hope you will be there to learn ways to stay healthy and happy in 2016.

Please mark your calendar and plan to be at the following events:

Art Exhibits

Sugar Sand Park, 300 S. Military Trail, Boca Raton: January 8 – 25, 2016. Please join us for the reception January 8, 2016 at 5:30 p.m.

Milagro Center, 694 Auburn Avenue, Delray Beach: February 12 to April 1, 2016.

Poetry Workshop Marlene Klotz is putting together a book of our creations from the last poetry workshop. The next session will be February 10, 2016. Become part of this unusual project.

Be sure to enjoy highlights from the lives of seven of our own Pen Women Authors and

Artists:

February 29, 2016, "Portraits of our Sages"

2:00 p.m. at the Center for Spiritual Living, 2 SW 12 Ave, Boca Raton, FL.

Dr. Barbara Lunde, Hostess.

This event features the lives of:

Diane Brenda Bryan turns 93 in January; actor, author, and regional theater director.

Connie Lefkowitz, age 98; retired guidance counselor who began to study sculpting at age 62.

Myra Levick, age 91: Art Psychotherapist, artist, author retired professor, and director of three graduate training programs in art, dance/movement, and music therapy.

Bea Doone-Merena, age 88; Clothing Designer, Renaissance Style Artist, mother of ten.

Helen Regenstreif, age 80+ Porcelain on Enamel and Watercolor artist.

Virginia Snyder, age 94, winner of the Lifetime Achievement Award, Greater Delray Beach Chamber of Commerce. Private Investigator, Investigative Reporter, and Author, women's rights activist.

Mary F. Twitty turns 90 in April. Mary F. Twitty was a special assistant to two members of Congress. Now retired, she has recently published her seventh novel.

Fedora Horowitz, concert pianist, will perform a piece for each of the honorees, joined by Sheila Firestone, composer, for several of the selections. Selected piano pieces

include works of J.S. Bach, Bizet, Brahms, Firestone, Hirsch, Mussorgsky, and Wilensky.

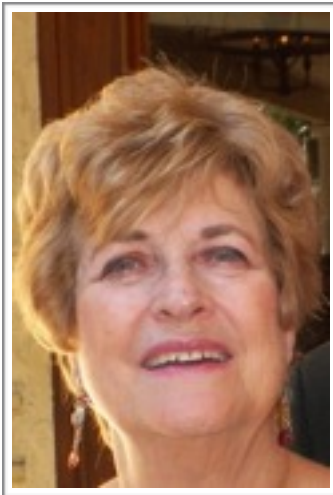
Presentation followed by a reception and display of work to honor these remarkable Boca Pen Women.

For Reservations: Contact Reception Chair, Prue Carrico at rtistsee@aol.com

Suggested donation \$5.00.

We hope that members from near and far will join us.

Wishing you a healthy, joyous, happy new year,

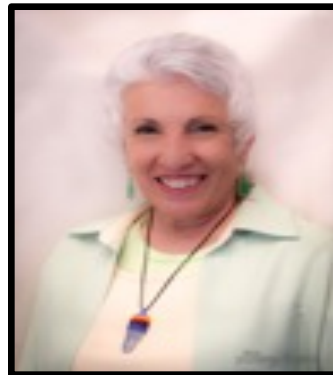


Sheila Firestone, President

Learn Strategies That Maximize Your Health and Vitality

Dr. Ellen Kamhi – The Natural Nurse®
Thursday, January 21, 2016
12:00 Noon

Creative juices flow when you feel healthy and energetic. Dr. Ellen Kamhi, The Natural Nurse®, will share her vast knowledge and strategies for increasing wellness, flexibility and energy for years to come. Learn how natural medicine and herbs can promote your health and well-being.



Dr. Kamhi's extensive experience in natural medicine and herbology is combined with a doctorate in public health and degrees in nursing and education. She is a member of the American Herbalist Guild (AHG) and a board certified Advanced Holistic Nurse (AHN-BC).

As a medical school instructor, Dr. Kamhi teaches Botanical Pharmacology. She sat on the Panel of Traditional Medicine at Columbia Presbyterian Medical School.

Through radio and television programs, numerous published books and journal articles, Dr. Kamhi has brought her message of alternative, holistic medicine to millions of people. She travels around the world giving lectures and workshops. Now she will share her message with Boca Raton Pen Women.

Join the Boca Raton Pen Women for a delicious luncheon and an educational program.

Delray Beach Golf Club – 2200 Highland Ave. – Delray Beach

COUPON ON FOLLOWING PAGE

Boca Raton Branch National League of American Pen Women

Luncheon and Speaker Program

www.bocapenwomen.org

Learn Strategies That Maximize Your Health and Vitality

Dr. Ellen Kamhi – The Natural Nurse®

Thursday, January 21, 2016

12:00 Noon

Delray Beach Golf Club – 2200 Highland Ave. – Delray Beach

561/243-7385 for Directions

Dr. Ellen Kamhi, The Natural Nurse®, will share her vast knowledge and strategies for increasing wellness, flexibility and energy for years to come. Learn how natural medicine and herbs can promote your health and well-being.

CLIP COUPON AND RETURN WITH YOUR CHECK

Members: \$25 – Non-members: \$30

Gluten Free: Members \$28 – Non-Members: \$33

Checks payable to: Boca Raton Branch NLAPW

Send to: Barbara Bixon, 9674 Harbour Lake Circle, Boynton Beach FL 33437

Email Elaine Bossik for more information: elainebossik@yahoo.com

Luncheon Menu: Please circle your choice of entrée and dessert

NAME: (Print) _____ Email _____

GUEST: _____ Email _____

GUEST'S MENU: CHOICES of entree & dessert: _____

GUESTS: How did you hear about us? _____

- 1) **(1) Poached Fillet of Salmon** – Court bouillon poached salmon with creamy lemon dill sauce on the side, rice pilaf and a vegetable medley.
- 2) **(2) Chicken Francaise** – Parmesan egg battered chicken breast sauteed and finished with a lemon butter sauce, served with rice pilaf and a vegetable medley.
- 3) **(3) Chef Salad** – Fresh garden mixed greens topped with julienned turkey, ham, salami, provolone cheese, pepperoncini, black olives and grape tomatoes with homemade Italian dressing.

Dessert Choice: (4) Key Lime Pie or (5) Fruit Cup

DEADLINE FOR RECEIPT OF CHECKS: January 8, 2016

Note: We cannot accept checks after the deadline.

