

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
April/May 2020



MUSIC...ART...LETTERS



Facebook Page: <http://tinyurl.com/hen8b4o>

In the Loop: Your Board at Work

Dear Members, We could not have imagined the events of the last few months. We looked forward to enjoying each other's company at the March and April luncheons. We anticipated leading writing workshops and other programs, installing a new executive board and meeting our music scholarship recipient. But all of these events have been displaced by the daily tragedies consuming our country and the world. The unimaginable has become a reality.

How can we find the inner strength to confront such a shock to our lives? As Pen women, we know how to do this. Friendship is powerful—capable of changing fear and despair to hope and courage.

As resilient, creative and innovative women, we're finding new ways to move ahead. In March, we elected a new Executive Board online. Congratulations to members of the 2020 – 2022 Executive Board: Co-Presidents: Alexandra Goodwin and Dayle Herstik; Treasurer: Lea Hope Becker; 1st Vice President, Programs: Dr. Brenda Dressler; 2nd Vice President, Membership: Sheila Firestone; Corresponding Secretary: Dr. Barbara Lunde. On May 1, 2020, the new Executive Board will begin its term. The position of Recording Secretary remains to be filled.

We are delighted to welcome two new Letters members, Marleen Pasch and Patricia Ann Williams.

Though everything may seem precarious now, we will all meet again as Pen sisters. We're planning for a new season with delicious luncheons, exciting programs and events you won't want to miss. Please see Page 3 for "How are you Coping."

Wishing everyone a safe, happy and creative summer.

Sincerely,
Elaine Bossik & Prue Carrico
Co-Presidents

MEMBER NEWS

Dr. Joan Cartwright reports that the second issue of *Musicwoman Magazine* is out and features Sheila Firestone's story told by Elaine Bossik.

See <http://www.musicwomanmagazine.com>



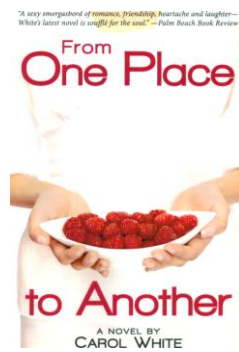
Alexandra Goodwin was interviewed by the Women's National Book Association in honor of National Poetry Month. Her interview will appear in the WNBA April Newsletter.



Our recent Letters member **Marleen Pasch's** newest novel, *At the End of the Storm*, was published this month by Penmore Press. Check it out here: <https://tinyurl.com/v2cztu4>



Carol White's novel, "From One Place to Another," (TriMark Press, Inc.) won first place in a country-wide fiction competition sponsored by the National League of American Pen Women. Boca Raton Pen Woman **Penelope Love** designed and edited the book.



HOW ARE YOU COPING?



How are you managing with social distancing, self-isolating, grocery shopping and home projects during the Covid-19 virus pandemic? Write a short paragraph telling us how you're spending your time – Writing? Painting? Composing? Or, cooking, gardening, sewing, etc. Send it directly to me, Carol White polowhite@aol.com and I will publish entries in ongoing newsletters. This isn't a contest; just a way of keeping your creativity alive. Keep it to one paragraph of 200 words max and entries must be in the body of your email –attachments not accepted.

Our first submission is from Barbara Bixon -To my Pen Women Sisters:

Many of us have lived through difficult times and the loss of loved ones due to wars and illness. Today we are faced with the Corona Virus, an invisible enemy that threatens our lives and our economy. Since we're asked to stay at home we are unable to physically help others. I found this very frustrating and after some thought I found a small way that I could help other shut-ins in my community. Every morning I place a stack of my 15 published novels at the end of my driveway with a sign that says: "Help yourself and add a book if you can." It gives me great joy to see walkers and bike riders stop, pick a book, and then smile and wave to me as I sit in my garage. Stay well and see all of you soon.



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### Bagels and More by Elaine Bossik

The highlight of my day was a trip to the bagel store. I was a crazy person when I returned, wiping down everything I touched with alcohol (car steering wheel, door handles, ignition, car key). Also, I saw everyone out and about as "the infected enemy." Was it worth it for bagels?



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Elisa Eisenman: Thank you, my Pen Women sisters, for all the support you gave me to get through this most difficult time of my life. Your care and concern filled me with strength and hope for a better tomorrow.



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**CORONA by Alexandra Goodwin:** It's hard to believe that a microscopic, seemingly insignificant entity as a virus can have such an impact on the world. Heeding the advice of experts, we gave up social togetherness and sulked. Soon our home vocalized feelings of neglect. Suddenly, I noticed the dust behind the furniture, the tiny stains on the floor, the unending leaves carried into our patio by the wind. With nothing better to do, early bird spring cleaning began. And while putting away the fresh laundry in the closet, six skirts stared at me in the face. I could sense their anger at having hung for months since I purchased them. They were too long and needed to be shortened. As I pulled my sewing machine from the garage, the upholstery fabric I had acquired a few weeks before leaped with joy. The dining room chairs got a well-deserved facelift, and the outdated end tables got dressed up with coordinating homemade covers. Speaking of which, homemade bread made its regal entrance into my family's stomachs, creating a new routine that will surely last beyond the memory of the corona virus scare.



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**Marleen Pasch: Five a.m. walk.** (Yes, five!) Moonlit meditation. Think Thich Nhat Hanh. Email. Managing expectations. (You didn't buy my book? You didn't like my book?) Peanut butter. Working on the next. Why won't that character tell me what she wants? Almond butter. Afternoon walk. This one to soak up Vitamin D. Calls to friends. Yes, I tell them, I get scared too. More email. More writing. Ahhhh, now I know what that woman has to say.



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Vera Ripp Hirschhorn Musings during Covid-19 Upon awakening, my daily rituals include practicing yoga, walking around my neighborhood, having a smoothie and almond-laced oatmeal for breakfast. I brighten my days by reading inspirational passages, strumming my guitar, corresponding with family, friends and colleagues and playing Scrabble or ping-pong with Marty. During this new trial and tribulation, I lift my spirits by meditating and writing in my Gratitude Journal in Spanish. I'm grateful for my Spanish conversational group with whom I Zoom weekly. It transports me to my junior year abroad in Granada, Spain with joyful, empowering experiences such as learning flamenco. And then reality awakens me to washing toilets and floors; I've tried to transform these inconveniences into enjoyable exercise routines while dancing to my Solid Gold Oldies. Truthfully, I can hardly wait for my cleaning lady's return. When not engaged in mundane responsibilities, I complete some of my collages such as the one entitled, *Thankful*; and begin the challenging creation of my YouTube video for the Delray Beach Library. Other times, I sit in my patio and enjoy the visit of egrets, fleeting monarchs, blue jays, red cardinals and the families of ducks waddling by with their precious little treasures.

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**Carol White**: During this frightening time of the Corona Virus, anxiety and frustration can set in. It's a totally different way of life for us. With all the information and misinformation out there, we need an occasional break from the news. I like to post humorous anecdotes on Facebook, and when this photo op appeared in front of Publix, I captioned it:

**Toilet Paper Delivery at Publix**



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Feel free to continue sending me your thoughts on how you're coping. Remember: one paragraph only and 200 words max. Stay safe and be well.

Carol White
Editor-in-Chief