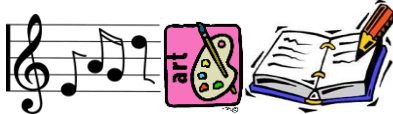


Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
May/June 2020



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members:

It gives me great pleasure to write to you as Co-President of our branch. Dayle Herstik and I are excited at the opportunity to be of service to all our members. Despite the efforts of COVID-19 to disrupt our lives and well-being, we are turning a negative situation into an opportunity to be more creative than ever and defeat the obstacles we are facing during this time.

The Executive Board has been conducting our board meetings online and we will continue to do so to ensure the continuation of our activities during the upcoming season.

Our opening luncheon usually takes place in October. Due to the current situation, we will be monitoring the news closely and will keep you updated of all developments. Depending on how the virus diminishes its impact on our health, we will decide in the next few weeks whether our luncheon will take place in October or at a later date.

In the meantime, we have a list of interesting speakers lined up for our luncheons, and we are seeking a Letters Chair, Poetry Chair as well as an Art Chair to head up literary and art events during the year. At the same time, we encourage you to bring your ideas to our attention and we will do our best to incorporate them for the enjoyment of our membership.

Thank you for your continued support of our branch with your membership, ideas, and participation. Enjoy the summer and please stay healthy!

Sincerely,

Alexandra Goodwin
Dayle Herstik
Co-Chairs Presidents

SPOTLIGHT

*Adopt the pace of nature.
Her secret is patience.* Ralph Waldo Emerson

This has been a difficult time, but I think we've been given a "time out" during this pandemic. I see this as an opportunity to get better acquainted with ourselves and observe a little more closely how life works.

We are so accustomed to quick answers. We want to know immediately what is going to happen next, so we turn to the news, the polls, and the public opinion. But the answers aren't out there. The future is being created today and we are all part of the creative process.

It is important that we pay attention to what's on our minds. We don't have control over what is happening but we do have control over what we think, and the way we think has consequences. No matter what is happening and how helpless we feel, our ability to impact life in a positive way never stops. When we take the time to be still and listen, we always find the place within where there is no fear, no confusion, and no anxiety. Here is where we find peace, understanding, courage and strength. In this place we can ask ourselves what our vision is for the new world. The spiritual truth is that anything is possible. We are seeing more clearly than ever before that we are all connected and when we work together - all citizens of Planet Earth, we can accomplish amazing things. Look at the people giving their all, feeding the hungry, caring for the sick, working for the good of everyone – so much kindness, financial support, appreciation and gratitude being expressed.

We all have gifts to share, big and little. They make a difference. I see a new world where there is no hunger or poverty and we share love and laughter, where we care for each other and for our earth, where kindness and compassion reign. What do you see?

Dr. Barbara Lunde

HOW ARE YOU COPING?



What Will I Accomplish - Written on the fly by **Lea Hope Becker**

What will I accomplish
This day that's so fair
The sky is bright blue
With the virus out there

I could write a sonnet
About how I feel
With good wishes on it
But bad vibes are real

I'm on this great planet
But so is this virus
My friends are all wailing
Nobody will hire us!

So who do we blame?
The Chinese or Trump?
Or governments all
On whom shall we dump?

We're just being tested
By the powers that be
Please, unseen marauder,
Just let me be me!



Prue Carrico shares this: Something Very Good happened about 3 weeks ago – A mockingbird moved into our immediate neighborhood! The singing is energetic and sounds totally joyful! There are very few songbirds just here, so this bird provides a wonderful treat!





I began the online doctoral program at Northcentral University in 2010. My goal was to be a professor and teach online. I completed my doctorate in Business Administration/Marketing in 2017. I planned to teach business and marketing online. But that never happened. In 2016, I became an adjunct professor of Speech Communication. From 2016 to 2020, I taught Speech at Southeastern College, Keiser University, Key College, Broward College (in China), and Palm Beach State College. I taught online only for Key College, but I did not like it. However, I learned the platform. Due to the pandemic, I miss interacting with my students in the classroom. I love it. I was born to teach. One student wrote, *“Dr. Cartwright, you are an amazing human being and in my top 5 of the most interesting people I have had the pleasure to meet. It has been a joy learning in your class, and I wish the best for you in your life.”* The shutdown enabled me to teach online, fulfilling my goal. I appreciate that I am not in the shoes of my musical colleagues who are finding it impossible to earn a living. ~ **Dr. Joan Cartwright**



We've seen the ad for the great car that can go from zero to sixty in one minute. Well, **Dayle Herstik** went from sixty to zero in one day. We all did.

What amazed her was how much one can do without leaving home. Cleaning and straightening was not going to be the main focus of the day. Yes, the bed would be made, the house would be cleaned by devoting one half hour a day to some form of domesticity.

Creativity is the key. Cooking her own food was always a priority but the real challenge was no recipe. The pantry and fridge have some magic on the shelves.

Painting the black sailboat against a yellow/orange/red sunset painting, and the basketball player reaching for a slam dunk surrounded by sunlit palms, turned out to be pretty good, as well a great way to spend a few hours. The telephone is THE connection to people we care about and some whom we should. Dayle is compiling her autobiography, written over the years, as a legacy to her family so they can see who she really is...besides Mom.

She is still intact and knows that even isolation can have a productive and satisfying outcome.



Vera Ripp Hirschhorn appeared on WLRN's the Public Storyteller. Her story, The Free Dinner Jacket can be heard on <https://www.wlrn.org/programs/public-storyteller> (page 4). Also, her new YouTube video titled, Coping skills for Teachers, Parents, Youngsters and Community during Covid-19 can be viewed on <https://www.youtube.com/watch?v=e7oZSDZAWDI>
Previous videos by students can be viewed by clicking on America's Young Heroes on that page.



~*~

How Are You Coping? By **Marlene Klotz**

Coping #1 I began re-reading a book I particularly liked by my favorite author, Nora Ephron, when a power outage knocked out everyone's television in our community for 24 hours. In looking back, I enjoyed it so much that the outage was a blessing in disguise.

Coping #2 Face Time has become a joy that I never expected to happen. Our children and grandchildren have adopted a daily routine using this wonderful device to keep in touch. Like parents who worry about the ones they love, seeing and speaking to our family this way makes it easier to cope with our normal concerns.

Coping #3 I wrote this poem after giving myself the world's worst manicure, and then eating a chocolate fudge brownie I would have been better off throwing in the garbage. The poem speaks for itself.

Housebound

My nails are scruffy
My hair is a mess
Which is so unlike me
But I could care less
Nobody sees me
There's nowhere to go
I've even gained weight
And know it must show
And yet I am grateful
Despite social distance
And thankful to those
Who lend their assistance

Family



Is This For Real? By Mimi Paris

March 2020

Sunshine state Florida

Boasts another beautiful day

Low humidity

Clean air

Birds chirping

Trees growing Flowers budding

Belies our tragedy.

Coronavirus pandemic stalks us

No one is safe

The entire world struck

Elderly more a target

But young people

Targeted too

Social distancing implored!

Some states rule “Shelter at home.”

Sickness increases

Tests disclose positives

Hospitalization for many

Not enough ventilators

Not enough safety gear

To protect dedicated doctors, nurses

medical staffers, first responders

E.M.S., police, firemen from death.

Schools, Colleges close

Big businesses close

Small businesses close

Restaurants close

Places of Worship close

People lose their jobs.

Numbers rising

The sick

The deaths

First in hundreds

Now in thousands

Who will be next?

Government steps in
Not prepared
But trying too little too late
Blamed for more lives lost.

In our hearts we know
America WILL beat it
When?
One day
How soon?
Not known
What we do know is
We must stay strong
It's for real.



The New Normal by **Lee Ravine**

Memories of the past consume me.
A freezer abounds with remnants of delightful repasts.
Calendar pages are barren...dreams and wishes on hold.
Life and death hover in the air.
Fear and uncertainty is everywhere.

Seize the "new normal."
Devise a plan.
I will survive, but for how long?
As long as it takes...for I am strong.



Carol White: It's taken me a couple of weeks to begin focusing on my work. I usually go for a walk, read magazines and make fun of Lifetime movies; I mean, would you turn your back on the person who's just threatened to end you and is holding a gun? A draft of one of my plays has been sitting on my desk from before the Corona virus with tons of hand-written notes on each page. It's time to do a rewrite even though theatres are closed. It's not a difficult process once I get going and I'll have a feeling of accomplishment once it's finished.

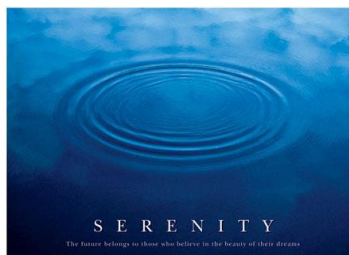
THEATER



From **Barbara Wolk**

I finally found the time to take a thorough spiritual journey inside.
With all this free time, as each day passed, I got to see who I was...inside.
And, yes, I did get to know who the real Barbara is,
So, I'm finding the time to Update my Will and my female Attorney.
And I'm digging deeper than ever to choose the right Executor...
And No, it cannot be my sister...who can I really trust?
And, finally, now, I can trust myself ...as I truly know myself...
And it is a major process of being Honest...with yourself.
And so I am...and now I choose my cousin in San Francisco.
He is kind, loyal, evolved, and thoughtful and says, "Yes!"

And now I feel liberated...and will not be abandoned.
And all of my funeral expenses, including the air flight home to Beth David Cemetery
in Elmont, NY will be paid for....ahead of time....
No worries!
No fears...
I am finally...totally...at peace.
Serenity is mine!



Special notice from Alexandra Goodwin

Last call for your video presentation to be uploaded to the Delray Beach Library's newest virtual event Live and Local. This will be the last Letters event for the year. Please email me for instructions: alewrites@yahoo.com

If you're interested in becoming Letters Chair or Poetry Chair for the upcoming season, please send an email to Carol White and Alexandra Goodwin letting them know of your intentions. polowhite@aol.com and alewrites@yahoo.com

MEMBER NEWS

Sheila Firestone will be leading an original chant at a Lag ‘B Omer Zoom Gala, “The art of the Omer Journey,” which will take place Monday, May 11th at 8 PM. Partial donations will go for Covid relief.

From **Jo Jo Harder**: Calling all storytellers! You and your friends who have dogs are invited to enter America's Top Dog Model 2020 Contest "Fairy Tails!" In response to the Coronavirus pandemic, the Contest has been extended to June 30th. Visit America’s Top Dog Model website https://www.americastopdogmodel.com/2020_contest.html. This is an opportunity to get published in *America’s Top Dog Model book of Fairy Tails*.

America’s Top Dog Model went live with pet businesses around the country, as a sponsor of Streamathon, the first ever 24-hour virtual telethon to benefit small independent pet businesses. There were educational talks, hilarious bits, training tips, talented pets and more!

Marlene Klotz has completed writing a one-act play, "An Almost Perfect Murder," she adapted from one of her short stories. **Marlene** has finished compiling the poems for her next children's book, "I See the Rainbow." She is currently in the process of selecting an artist to illustrate this book for early readers.

Carol White
Editor-in-Chief