

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
July/August 2020



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members:

Summer is in full swing, and so is your Board! We are excited to let you know that we have a full array of activities planned for the coming season, some are actually around the corner.

We would like to thank Carol White for stepping up as Letters Chair. Without wasting any time, she has an exciting contest planned for our members and patrons. Just be sure to read on for the details.

We would also like to thank Phyllis Erlich for graciously offering to be our Arts Chair in conjunction with Prue Carrico acting as consultant. News of upcoming arts events will be announced in the coming few weeks.

As always, Sheila Firestone will be delighting us with her music programs throughout the year, not to mention an activity that will incorporate Art, Letters, and Music all in one, a playground for all of us.

A survey went out a few weeks ago regarding members' use of Zoom. Only a few of you have responded. For those who haven't yet tried Zoom, we strongly recommend you try it. Since COVID-19 is not showing signs of going away any time soon, we have no choice than to utilize the available technology to bring you programs, events, and yes, luncheons, all in the comfort of our homes.

Thank you for your continued membership. Let's join forces by participating in the events we have planned, and which will be announced in the coming weeks, and let's make 2020 a year to remember!

Alexandra Goodwin
Co-President

MEMBER NEWS

Dr. Joan Cartwright was featured in the July 2020 issue of *Podcast Magazine*. Joan was honored to be the podcaster, hosting Musicwoman Live! at <http://www.blogtalkradio.com/musicwoman>



On Saturday, June 20 at 8:00 p.m., "Here Comes the Sun! A Solstice Celebration to Stay in the Mystical Light of Hope," presented **Sheila Firestone's** song "Morning Dew" in a movie slide show. Sheila was featured along with an amazing lineup of performers, writers, composers and teachers: Rabbi Shefa Gold, Rabbi Jonathan Seidel, Katy Ibur, Brielle Paige Rassler, Julie Dean, Kenny Ulansky, Rabbi Myriam Klotz, Merle Feld, Rabbi Hanna, Tiferet Siegel, Deborah Katchko-Gray, Rabbi Jack Gabriel, Rabbi David Seidenburg, Cantorial soloist Laura Lenes, Etal Gal, Leahaliza Lee and Rabbi Jane Litman. The program raises funds for Aleph, COVID hunger relief and the Poor People Campaign: A National Call for Moral Revival.



Sandi Schwartz recently signed her first book contract with Linden Publishing. Her forthcoming parenting book will address how nature can help children feel happier and calmer. It will be the first book to offer a comprehensive toolkit of nature-based stress reduction tools for families by pulling together both the scientific research and examples of hands-on activities for children and parents to enjoy together. In doing so, it will highlight cutting edge topics including forest bathing, nature prescriptions, cow cuddling, negative ions, earthing, and gut health for stress reduction. To learn more about Sandi's work, visit www.happysciencemom.com.



HOW ARE YOU COPING?*



Dayle Herstik is back in N.J., in self quarantine. It's the same routine in a different environment; a different house, different paths to walk (eventually) and more people to greet behind masks. After finding where things are, the time is right to take stock of “stuff,” organize and discard. The phone remains the primary source of human contact and provides time for exercise, walking around the house while speaking with friends and family. Thanks to the kids, pantry and fridge are well stocked and “Beyond Burgers” on the grill or in a pan is a MUST try. She brought her easel in from the garage and will incorporate a painting area in the guest room. Writing is a mobile activity. She watched fabulous *Hamilton*, up close, and is practicing hosting Zoom. Breakfast and lunch on the patio (depending on the heat index) is a good way to spend time and breathe fresh air. Netflix continues to be the main evening activity, and a good book to read any time, especially at night to help bring on sleep, is essential.

***Editor's note:** Please feel free to continue sending me your thoughts on sheltering at home, masks, how you keep up with family and friends, etc.

Poetry Contest
Theme: Dream Vacation
Deadline: September 15, 2020

Guidelines:

Members and Patrons may submit up to three poems about a **Dream Vacation**. You may interpret the theme in your own fashion. The theme does not have to appear in the title or poem. **Maximum line count including stanza spaces is 32 and it must fit on one page.**

Poems may be submitted in any form: rhyming, free verse, haiku or other formal structures such as a Villanelle, Sonnet, etc. If you use a formal type, please indicate it in parentheses next to or underneath the title of your poem. Example: The Sky is Blue (a Sonnet)

Submit your poem with no identification on it. Submit a separate page with the title of the poem along with your name, address, and email. Each poem requires an I.D. page. Entries will be read "blind" by two qualified judges. When scores are ready, winners will be announced.

Prizes as follows:

First Place: \$25.00
Second Place: \$20.00
Third Place: \$15.00

Honorable Mention will receive a certificate of award.

Your entries should be snail-mailed to me with payment listed below.
Please make your check payable to: Boca Raton Branch NLAPW.

\$5.00 for one poem OR \$10.00 for three poems

Please mail everything here:

Carol White, Letters Chair
15038 Via Porta
Delray Beach FL 33446

Any questions? Email me: polowhite@aol.com

NEWS

At our recent board meeting we discussed the possibility of planning events now and in the future. We will be revisiting workshops and other activities until we can once again meet in person. All branch activities are open to members and patrons in good standing.

- ❖ If enough members participate in Zoom, we can hold writing workshops to include non-fiction, fiction and poetry. We can also put together a workshop that includes all three branches of our organization.

A few social events we discussed post-virus in addition to our luncheons:

- ❖ Foreign Film at the Delray Movie Theatre located in the Village of Oriole Shopping Plaza - 7421 W Atlantic Ave, Delray Beach
Lunch and discussion at Penelope's Diner (in the same center) with a choice of 4-5 menu items.

Price will include movie and lunch.

Parking is free.

- ❖ Fun-filled Tour of a local Chocolate Factory – a chance to mingle and socialize with members.



Carol White
Letters Chair
Editor-in-Chief
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