

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



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members,

August is upon us and your Board has been communicating regularly to share ideas to create an interesting and exciting year for our branch. It was a rewarding and most enjoyable experience to meet, albeit in separate locations. During these challenging times, virtual gatherings are a gift of modern technology. Zoom is the magic word for today.

Barring any necessary changes, we have monthly events, of which you will be informed in the Pen and Palette. We will have a meeting in September when new members and new Board members will be introduced.

The Board hopes that you will avail yourself of Zoom so we can join forces and participate in the events we have planned. Thank you for your continued membership in this “brave new world” where almost anything is possible.

Alexandra Goodwin
Dayle Herstik
Co-Presidents

SPECIAL NOTICE

Due to the epidemic, many people are out of work and unable to properly feed their families a nutritious meal. There are several organizations such as food wholesalers and farms that supply meals to families at no or little cost. Boca Helping Hands has four locations throughout Palm Beach County and supplies bags of food at no cost to Palm Beach County residents. We have donated \$250.00 to their organization in support of their program.

We are unable to host our annual Holiday Party this year at the Milagro Center, but are donating \$250.00 to assist them in providing food for the children and teens who regularly attend the center.

Schedule of Events 2020-2021
from Alexandra Goodwin

Our first event of the season has been moved from October to September 24, 2020. At this virtual meeting we will be introducing the new board members and welcoming new members into our community of writers, artists, and musicians. We are eager for you to learn more about who we are and hope you will participate. The event will take place via Zoom; instructions and Zoom invitations will be forthcoming in the next few weeks. Stay tuned!

Here are some of the events we hope will take place in 2020-2021. All are subject to change and we will update you whenever possible.

Diversity Program

September 24, 2020: Getting to know you.

November 2020: Jewish National Book Month

October 2020: Expressing music through art and letters

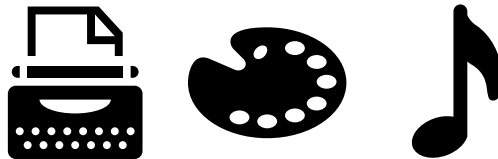
December 2020: TBA

January 2021: Talia Carner will be our guest speaker. Talia will discuss sex-trafficking because January is Sex Trafficking Awareness Month

February 2021: Black History Month

March 2021: Women's History Month

April 2021: National Poetry Month



NEWS FROM OUR MEMBERS

After 13 years of managing a non-profit organization that promotes women musicians, globally, building a membership of 370 and growing, producing six compilation CDs of women's music, and publishing *Musicwoman Magazine* and *Musicman Magazine*, Women in Jazz South Florida, Inc. has a staff, including Founder and Executive Director **Dr. Joan Cartwright**, Administrator Gwendolyn Tucker, Marketing Consultant Brian Allan Harris, Graphic Designer Jodylynn Talevi, and Recording Artist Edlene Hart, who created audio files of the articles in our new magazine. Visit us at <http://wijsf.com/staff.htm>

~

Sheila Firestone recommends this online event:

Tim Crouch's beautiful and stunning piece *I, Cinna (The Poet)* is streaming on YouTube here in its 2012 version. If you don't know his work as a writer, you are in for a treat. If you do, enjoy this very inspiring program.

[I, Cinna \(The Poet\) full-length film | 2012 | Royal Shakespeare Company](#)

<https://www.youtube.com/watch?reload=9&v=6xQAr5le0UU>

~

Alexandra Goodwin will be participating in the “Women in Translation” program sponsored by the Delray Beach Library. On August 26, 2020 at 6:00 p.m., she will be speaking about the book *Malambo* by Lucia Charun Illescas, which is one of the selections illustrating translations from other languages into English.

~

Helen Regenstreif sent an email wishing all her Pen friends a healthy year.

~

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

“Imagination is more important than knowledge.”

Albert Einstein

“The world is but a canvas to our imagination.”

Henry David Thoreau

Fear of the unknown and that which we don't understand, like the Corona Virus, seems to be everywhere right now. But we can rise up out of fear with imagination. Discipline, knowledge, and imagination work together beautifully to move us forward in life.

As Pen Women we know the power of imagination. It is at the very heart of our artistic creativity. Just look at all the creative ideas in this newsletter for coping during the pandemic.

The focus of my attention has not been on what's wrong but what's right. There are so many examples of people using their imagination to transform their businesses so they can not only survive but also thrive during this time.

No matter what our experiences have been, no matter how frustrating or disappointing, we have the ability to create an entirely different set of circumstances for ourselves. New experiences start with imagination and a change in our thinking. This means no matter what the conditions of the moment may be, no matter how remote the possibility of improvement might appear, no matter how locked in to whatever our present state seems to be, by using our imagination we can start a new exciting, happier, more productive way of life right now.

The beautiful thing is that with our imagination we can lift our minds out of pain, fear, worry and any troubling situation. How you experience life depends on what you feel is possible. And expanding what you think is possible is a product of your imagination. We are all working with love, intelligence, and curiosity. We can use our imagination to improve the quality of our lives in ways that free us, enlighten us and make our paths ever easier to travel.

There is something within us which is constantly pushing us forward into continual progress. To create a more expansive experience of good, don't let the pride of what you know keep you from opening your mind to new possibilities. Human progress has developed in direct proportion to the collective imagination. When things in the world looked hopeless, the prophets of doom and gloom were always wrong. When things looked the bleakest along came individuals with creative imagination who led us to greater achievements and contributions to human progress.

All progress is applied imagination. Can you imagine a world of love and harmony where all people are honored and respected? As we imagine the best, the best will come to pass. There is work to be done. What are we waiting for? The time is now.

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

HOW ARE YOU COPING?*



Poem One:

Folks, social distancing's now the thing
I don't need to visit or think what to bring
But phone conversation, I can do it for hours
I can talk someone numb 'til their zest for me sours

You can watch me on Face Time by dialing my phone
You can handle my looks with that pallid skin tone
If I need entertainment, I corner my spouse
He's amusing to watch while he's stuck in this house

There's soon to be days when we'll venture outside
Get inside a car and prepare for a ride
But with face masks and hand washing dampening our zest
If one of us wheezes, well, you know the rest!

Poem Two:

WAITING FOR SUPERWOMAN

As we chafe behind our masks
And we bravely handle our tasks
Watching pools where no one basks
There's a question no one asks:

Who will guide us through this mess?
Is it some woman out there, I guess?
Who will restore our happiness?
(Men have screwed up, more or less)

I'm no guide – I'm much too old
Is it you? You're brave and bold!
Just which female fits the mold?
Hope she comes before it's cold

We can't wait for winter, dears,
Too much stress from all our fears
Maybe Wonder Woman hears
With her powers dries our tears!

Poetry by Lea Hope Becker

After her two-week quarantine, from Florida to New Jersey, **Dayle Herstik** made the six-hour drive to her family cabin in the Adirondack mountains to spend time with her sister. The rest stops along the way were empty and pristine, compared to past years when throngs of vacationers clogged the spaces and the highway.

Being at the cabin is a transformational experience. The river continues to ramble on, each morning the mist rises over the mountain, birds and butterflies are on the wing, the day lilies open. Some things are still as they should be. The only reminders of the turmoil we are going through is when she goes to the village for food, where masks are mandated; country restaurants are closed, and traffic is light.

Reading, walking, attending to inside and outside chores pass the day into evening, the time for news reports and Netflix, a gift from modern times. Soon it will be time to leave the mountains and return to a “brave new world” with hope that we can resume life as we knew it...slowly...slowly.



~*~

WON'T IT HAVE ROOM? By **Alexandra Goodwin**

A breeze caresses the skin of your cheeks,
it carries the secrets of your soul, sometimes it whispers
and when it doesn't get a response,
it swells into a full-blown wind.

The wind, being stronger and grand,
will take it upon itself to carry seeds.
In weeks new flowers will bloom,
and new fruit will grow on the trees.

But dread when the wind gets mad
and turns into a hurricane. Isaias looming
in the sea, tosses homes and cars into the waves.
Won't it have room to take COVID-19 too?



NOW FOR SOMETHING NEW!
GUILTY PLEASURES



Because we are living in unsure times and sheltering at home more than usual, what is your guilty pleasure? Are you talking back to the television? Are you eating the junk food that you were saving for our hurricane season? Let's hear your innermost thoughts – good or bad – but keep in mind, Pen sisters support each other! Please email me, and I'll include it in the Pen & Palette.

~*~

Elaine Bossik

Chocolate is my pleasure. Always has been, ever since I can remember. Not just any chocolate—dark chocolate containing at least 70% cocoa. Just thinking about eating a small morsel of chocolate makes my mouth water. Do I feel guilty about indulging in this pleasure every day? Not any longer. Since science declared that dark chocolate benefits overall health, it has become my number one guilt-free pleasure. It reduces cholesterol and protects against heart disease, increases blood flow to the brain, is rich in antioxidants, fiber, iron, magnesium, and other minerals. With all these benefits, dark chocolate should be declared a stand-alone food group. I discovered that dark chocolate pairs well with wine. And I confess that I sometimes pour a glass of wine to accompany my daily chocolate fix. Perhaps I should feel guilty about the occasional wine. What do you think?



~~~~~



GUILTY PLEASURES, by **Alexandra Goodwin**

After getting up early,  
making the bed,  
working at my home office,  
doing laundry,  
cooking from scratch,  
and cleaning the house,  
I reward myself by  
putting on records—  
    yes, the old kind,  
    the ones you don't see anymore,  
    those rare collector's pieces,  
    museum relics, dinosaurs from  
    the music world  
    (the possibilities are endless, call them what you will!)  
and standing in front of the mirror,  
I dance.  
I dance to the music that brings me memories  
    of better times,  
    of childhood games,  
    of growing up  
    in a nicer world.  
I dance,  
like nobody is watching.



**Dayle Herstik** writes: Each evening at eight I end the day and begin the night, anticipating what has become my ongoing rendezvous. After a rather productive, albeit solitary day, I have washed away the stresses of Covid and shut down the negative news. I am now prepared for time for me and my steady date. As usual, the experience will be varied...excitement, love, mysterious moments, good dialogue, and reminders of how life was before we got to where we are today.

Perhaps a special dessert to mark the occasion, or pedestrian milk and cookies (homemade chocolate chip, of course), depending on the mood. After a couple of self-indulging hours, it's time to say good night, but not good bye. Tomorrow is another night and we will meet again. Maybe dinner at eight?

Bonsoir my loyal companion...Netflix.



I watch “Married at First Sight – Australia” on Lifetime TV. Four or five couples meet for the first time at the altar. They’ve been matched by “experts” and the show follows them from pre-wedding events such as dress shopping, parties, etc., through the honeymoon and moving in together stages. I have a fixation with Australia and enjoy reading and listening to novels from Australian authors, (Liane Moriarty’s *Big Little Lies* for example.) A side benefit is developing an Australian accent! **Carol White**



### **DID YOU KNOW?**

- ✚ August 2<sup>nd</sup> is Friendship Day
- ✚ August 13<sup>th</sup> is Prosecco Day
- ✚ August 15<sup>th</sup> is Lemon Meringue Day
- ✚ August 16<sup>th</sup> is Tell a Joke Day
- ✚ August 26<sup>th</sup> is Dog Day

Carol White  
Editor-in-Chief  
Letters Chair  
[polowhite@aol.com](mailto:polowhite@aol.com)