

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



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

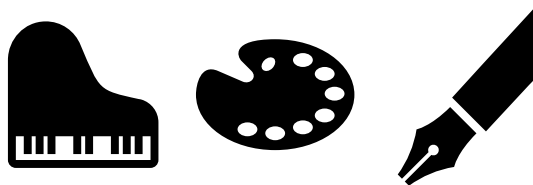
Dear Members:

Even though our calendars are not filled with concerts, lectures, luncheons, and dinner dates the time passes so quickly. I believe we have found meaningful ways to fill our days. This includes being more in touch with family and friends, old and new, and most importantly, ourselves. There is poetry to write, a painting to create and music to compose.

Your Board has been in close communication with each other and there is no shortage of creative thinking and decision making. The September 17th Zoom meeting is for those of us who are becoming part of the Zoom culture. It's an opportunity to learn how the new technology works and lose our fear of it. I look forward to the meeting since I, myself am a novice.

Until then, keep the good thoughts and create something when inspiration strikes.

Dayle Herstik
Co-President



ZOMING IN ON ZOOM

Learn how to Zoom in a fun and friendly environment. We will be practicing this new technology on Thursday, September 17, at 1 p.m. Sheila Firestone will send a link as the date gets closer with instructions on how to sign on.

Please RSVP by 9/15/20 so we know to expect you
alewrites@yahoo.com

GETTING TO KNOW YOUR BOARD AND NEW MEMBERS

Because the pandemic has left us without the ability to meet in person, we are turning to technology and taking advantage of Zoom. At this meeting, scheduled for Thursday, September 24th at 2 p.m., we will be inspired by our Chaplain, Dr. Barbara Lunde, who will gift us with a much-needed meditation, followed by an introduction to your newly elected officers. After that, we will hear from our new members, and what their creative projects are.

Sheila Firestone will be sending a link to the meeting as the date gets closer with instructions on how and when to sign on.

Please RSVP by 9/22/20 so we know to expect you
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MEMBER NEWS AND ANNOUNCEMENTS

Some of you might remember Phyllis Erlich from the wonderful discussion she led at one of our luncheons. Phyllis brought along some of her fabulous quilts and paintings. Our Program Chair, **Dr. Brenda Dressler** has asked Phyllis to be our December 17th speaker via Zoom. Her topic will be "How to use your art to give back to your community." This is perfect for the holidays!



Jo Jo Harder is producing the second season of America's Top Dog Model YouTube Reality series "How to Get to the Top." The show is produced by Jo Jo Productions and is scheduled to launch the end of October 2020. America's Top Dog Model 2020 "Fairy Tails" national contest winner is Shai an Afghan Hound from Rancho Cucamonga, California. She was recently featured on NBC Los Angeles National News, which announced Jo Jo's upcoming new book *America's Top Dog Model Book of Fairy Tails*.

https://www.americastopdogmodel.com/Shai%20NBC%20Interview%20IMG_9041.mp4

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

“You cannot prevent the birds of worry and anxiety from flying over your head but you can prevent them from making a nest in your hair.” Oriental Proverb

Worry is a language in which most of us are fluent. After 6 months of life with this pandemic there are a lot of questions, a lot of unknowns, a lot of challenges – so much to worry about. There’s the election, the virus, the economy, social unrest, the hurricane season and on and on. The most useless thing we can do with our concerns is worry about them. Worry over the past, present and future haunts millions of people. In fact, a lot of people don’t feel quite right unless they’re worrying about something. We tend to equate worry with caring.

The dictionary defines worry as – allowing no rest or peace of mind to oneself, full of uneasiness, giving way to anxiety, tormenting oneself with disturbing thoughts, letting the mind dwell on trouble, fretting. The word worry comes from an old Anglo-Saxon word meaning to strangle or choke, and that’s what it does. It shuts down our perception and saps our energy and vitality. It strangles our wisdom. The worried mind cannot think clearly, logically, or accurately.

You can take a little ache or pain or cough and worry yourself sick with thoughts of all kinds of diseases, or dangerous complications, or lengthy expensive painful treatment. Why fill your mind with worries? Worry never solves anything. Worry serves only one purpose; it makes matters worse.

Picture this, the sole inhabitant of a small island has one confined and very limited space in which to move. When you worry, you’re like that island inhabitant. You go over the same ground endlessly and come out the same place you started. Worry keeps your mind confined to one set of thoughts. It keeps your body in a constant state of tension and anxiety. Even though you may believe your worrying is helping you to work toward a solution, all you are actually doing is dwelling on the futility of the challenge. You’re like the island inhabitant who spends day and night pacing the same path and going nowhere.

Only when you’re released from worry can you see solutions clearly or begin to make changes. Since worry is simply a waste of time, focus instead on the situations, places, and things you can change. Such thoughts will be like the wind in the sails of a rescue boat that takes you off your remote island of worry and moves you toward the mainland of living in the moment.

This is a perfect time to get a more positive outlook. If you find yourself worrying, you can change your mind. Happiness is a choice, peace is a choice, joy is a choice and the choice is yours.



LAST CALL

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?*



Stressed? Take a time out with STOP:

- S – Stop what you're doing
- T – Take a few deep breaths
- O – Observe what you're feeling and thinking without judgment
- P – Proceed with your day in a way that supports you: a walk or relax with a cup of tea



GUILTY PLEASURES



From **Marlene Klotz:**

Housebound means extra time to put everything in its proper place. But the heck with orderly living! I've taken to binge watching the oldies on Turner Movie Classics instead. I absolutely love the lineup of movies each week, and I especially enjoy the film historians who explain the history of both the stars and the movie itself. Just recently, I once again watched "Casablanca." I was so mesmerized by the actors, Bergman and Bogart, that for a little while it felt as if time stood still.

From romance to comedy: "Some Like it Hot" is another fave! I've seen a lot of comedies, but nothing has ever made me laugh so much as Jack Lemmon, dressed as his female counterpart, Daphne, when he interacts with the love-struck millionaire played by Joe E. Lewis.

Watching movies from end to end is a wonderful antidote to my personal concerns about family, friends, and the world in general. And so what's so bad about feeling good, eh? Nothing...except the extra calories in the snacks I go through during each film, plus maybe a few pounds here and there. Then again, to repeat the famous line that Lewis quips at the end of the movie when he discovers that Lemmon isn't really a woman,

"Well, nobody's perfect!"



DID YOU KNOW?

- ✚ September 5: Be late for something day
- ✚ September 10: Swap ideas day
- ✚ September 17: Constitution day
- ✚ September 22: Elephant appreciation day
- ✚ September 29: International coffee and biscotti day

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