

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



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members,

If we are fortunate enough to drive on country roads, we will be surrounded by the vibrant fall colors. This kaleidoscope of crimson, gold, yellow and orange will lift our spirits during these challenging times.

We had our first Pen Women event via Zoom. Board members were introduced, and new members had an opportunity to speak about their accomplishments and what brought them to NLAPW.

In place of our luncheons where long-time friends met and new friendships formed, we will continue to have our monthly events via Zoom, until we can resume our usual luncheons and events. Your Board is working hard to make all our meetings meaningful and enjoyable with a lineup of interesting and diverse speakers.

I invite you to Zoom with us and enjoy an enriching couple of hours in one of the ways these times are the “new normal.”

Dayle Herstik
Co-President

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Our Boca Raton Branch NLAPW Board meets once a month, now via Zoom. If you wish to attend, please email Sheila Firestone and she will send you the Zoom information as it is ready.

[sheilasong@mac.com](mailto:sheilasong@mac.com)

**SPECIAL PROGRAM**

**Presented by the  
Boca Raton Branch National League of American Pen Women  
and the Delray Beach Public Library  
Oct 22, 2020 01:00 PM**



**Sheila Firestone, Music Chair**

Welcome! You are invited to join a Zoom meeting. The Forest Primeval: An Interactive Musical Happening. After registering, you will receive a confirmation email about joining the meeting. A Membership Meeting to follow this presentation.

Click on this link to register

<https://us02web.zoom.us/meeting/register/tZUkcOuvqz4sHtLhmt-WCuzhiZXtJfXsSRh0>



Join award-winning local composer, Sheila Firestone as she presents a video recording of her first-prize winning composition, The Forest Primeval, followed by time for creative artistic response.

Zoom info here:

[us02web.zoom.us](https://us02web.zoom.us)

**CHAPLAIN'S CORNER**  
**With Dr. Barbara Lunde**

**Are You Aware of What You Can Give?**

*“You cannot hope to build a better world without improving the individuals. To that end each of us must work for his own improvement and at the same time share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful.”*  
Madame Marie Curie

How many of us work for that improvement?

Do we try to improve our earth for everyone?

Do we stop daily to say a prayer, no matter what our religion, for all the good things of life and for world unity and peace?

We can make a difference!

You cannot make any sense out of life or realize the free flow of good in your experience until you begin to see yourself as a giver.

Each act of generosity is recognition of our interdependence, an expression of our true nature. Whether it is generosity with our time, our possessions, our money or our love, the principles are the same. True generosity grows in us as our heart opens. It grows along with the integrity and health of our inner life.

To give of yourself is to enjoy whatever you are doing – to give it your best. When you are doing a chore, enjoy what you are doing, instead of thinking I'd rather be somewhere else. Be there, give it your all. The same is true with recreation or relaxing. Put yourself into it. Don't be full of guilt, thinking you should be doing something else. Give yourself complete permission to enjoy what you are doing.

We can keep finding new ways to give. Give yourself to the service of a cause that is larger than you are. Give yourself to a need that commands your highest loyalty and your deepest devotion.

William Arthur Ward wrote, “Some give generously who give of their possessions. Others give substantially who share their talents. Still others give significantly who give of their knowledge, wisdom, counsel and insight. He gives MOST who give of himself unselfishly, unreservedly and creatively.”

The more we give the more excitement, energy, and pleasure we experience in our lives. When we find new ways to give, we take important steps on the road to achieving our personal potential, all the while improving the world through our actions.

If you find yourself feeling unhappy, try making someone else feel happy and see what happens. When we are giving and loving and sensitive to others, we free ourselves from the prison of our

own self-absorption. Suppose you know a joke, a funny story. You can't get the full enjoyment of it by keeping it to yourself. Only when you share it do you fully enjoy it.

Love is in you. You can't enjoy it by keeping it to yourself. You have to express it, share it and give it. You don't deprive yourself by sharing. You enrich yourself and you are living life fully.

We are all generous and we can all get better at it. We have good ideas we have not put to work. We have insights we have ignored or been afraid to trust. We have assets we haven't used, talents we haven't recognized, wisdom we haven't discovered. There is a limitless supply of good seeking to express through all of us right now.

When we know our good flows from an unlimited fountain within, we see that the more we give, the more we have to give. Those who bring happiness into the lives of others cannot keep it from themselves.



## MEMBER NEWS

**Marlene Klotz** is more than excited that the book she has worked on since the pandemic began is in the process of being published. Marlene hopes that the poems in her illustrated book, *I See the Rainbow*, will encourage early readers to enjoy the experience of writing poetry of their own.

Sample page:



**Marleen Pasch's** newest novel, *At the End of the Storm*, will be released by Penmore Press in late 2020/early 2021.

**Barbara M. Wolk** will be teaching (via Zoom) Documentary Films and Beginners Spanish for The United Federation of Teachers, Retirees in New York, and Florida. In addition, she is teaching a seminar on The Benefits of Wheatgrass.

**HOW ARE YOU COPING?\***



**Barbara Wolk**

Not able to breathe well from the heavy humidity and a new COVID normal sent me escaping to the opposite coast, Laguna Beach, Ca. I joined a fancy health club so I could attend water aerobics classes outdoors. When I returned to Boca...I still could not breathe from the humidity...and felt depressed and so very lonely.

So, I now took off again for The 3-week Transformation Program at The Hippocrates Health Institute in Palm Beach. Incredible but true, this diet of raw food and daily wheat grass juice and exercise helped me to transform my attitude and discover that "You create your own Reality!"

I decided to take the best care of me and remove all the toxic people in my life who I cannot trust. Today, I feel happy and grateful. This is what I have accomplished. How proud I am of having the courage to do this. Today I feel much healthier, physically and emotionally. I've invited a small group of lovely ladies for my birthday luncheon on October 8th to share my celebration to life with those people I call friends and who support and love me unconditionally.

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OCTOBER



HAPPY HALLOWEEN!
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