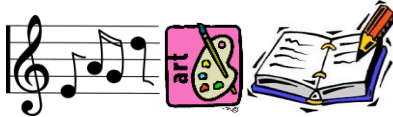


**Pen and Palette**  
Boca Raton NLAPW  
[www.bocapenwomen.org](http://www.bocapenwomen.org)  
November/December 2020



**MUSIC...ART...LETTERS**



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

***In the Loop: Your Board at Work***

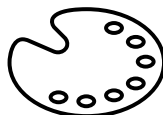
Dear Members,

If you are in the North, the autumn leaves are about gone, and one can take an invigorating walk during the best part of the shortened day. If you are in sunny Florida, the summer heat has passed and it's great to spend more time out of doors.

Last month we held our first event via Zoom. It was well attended and received rave reviews. Current board members were introduced, and new members had an opportunity to speak about their accomplishments. By the time you read this the Board will have convened continuing to plan for future events. We welcome Fran Goodman, an Arts member, who, along with Phyllis Elrich will co-chair our art events. (See formal announcement below from Membership Chair, Sheila Firestone.)

I hope you will continue to join our virtual meetings which promise to be interesting, exciting, informative or all the above.

Dayle Herstik  
Co-President



We are delighted to announce and welcome Fran Mann Goodman to our Branch as an Associate Member. She has assumed the role of Art Co-Chair with Phyllis Elrich.

Sheila Firestone  
Membership Chair

## SPECIAL ZOOM EVENTS (1)

**11/19/ 2020 at 1:00 pm: Sharon Plotkin from CSI (Crime Scene Investigation) The Real CSI**  
This program will introduce you to the realities of crime scene investigations and how writing to keep it real is so important in the world of crime scene and forensics. See flyer below:

Boca Raton National League of American Pen Women presents Sharon L. Plotkin M.S.  
Certified Crime Scene Investigator/ faculty in Miami, Florida.

**November 19, 2020, Thursday at 1:00PM**

The Zoom link will be emailed to you before the event.

Sharon L. Plotkin, M.S., a native Floridian was certificated in crime scene investigations in 2006. Ms. Plotkin has been conducting crime scene work for almost 21 years. She has handled thousands of cases ranging from burglaries to homicides and suspicious death cases. Ms. Plotkin has received specialized training in various fields of crime scene investigations, including bloodstain reconstruction, photography, crime scene reconstruction, fingerprinting, shoe wear casting, and other topics.

She has been employed full time in law enforcement as a crime scene investigator for almost 12 years for one of the larger police departments in Dade County, and is an adjunct professor who teaches in her field at several local colleges. She taught courses on crime scene throughout Florida, the United States, in the Cayman Islands and China. She has been a lecturer at several mystery writers' conferences all over the country assisting them "to keep it real."

Sharon obtained her Master of Science degree in Criminal Justice with a minor in Psychology. Her Bachelor of Science degree is in Social Work. She is currently seeking a doctoral degree in education.

Ms. Plotkin is a member of several forensic organizations including American Academy of Forensic Science, International Association for Identification and Goldcoast Forensics. She published a crime scene reconstruction textbook with author Robert Ogle Jr. Ms. Plotkin has co-authored a second textbook in Fingerprint Processing that will be in print in March 2021.



**DECEMBER ZOOM EVENT (2)**

**December 17, 2020 at 1:00 pm:**

**Phyllis Elrich: Bringing Art Back to the Community**

Phyllis, the Artist in Residence for her temple in New York, drew a High Holiday card and raised over \$40,000 during 14 years. She will share the method with Pen Women.

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Here's a link to a new blog article on our Pen website.

<http://www.bocapenwomen.org/composer-sheila-firestone-presents-the-forest-primeval-music-program/>

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**Board Meetings and Events  
November/December 2020  
Via Zoom**

11/12/20	1p.m.	Board Meeting
11/19/20	1p.m.	Sharon Plotkin from crime scene investigation (CSI)
12/10/20	1p.m.	Board Meeting
12/17/20	1p.m.	Phyllis Elrich: "Bringing Art Back to the Community"

Sheila Firestone, Zoom Coordinator  
Sheila will send reminders with links for each event  
Please contact Sheila if you need more information

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

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

*"Feeling gratitude and not expressing it is like wrapping a present and not giving it."* William Arthur Ward

*"We often take for granted the very things that most deserve our gratitude."* Cynthia Ozick

*"Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties."* Sara Ban Breathnach

When we stop for a moment and realize how many good things are happening around us, and how many wonderful people there are in the world, and how amazing it is to be alive, having a national holiday of Thanksgiving makes a lot of sense.

Gratitude is more than a social grace. It's a creative force which acts like a magnet in your life. As Oprah Winfrey says, "Be thankful for what you have and you'll end up having more. If you concentrate on what you don't have, you'll never have enough."

Once we recognize that feeling grateful improves our health, heightens our creativity, increases our prosperity and deepens our relationships, it takes on a more important role in our everyday life. Being grateful is a human skill that becomes more polished the more we use it.

The world is in a constant state of change. Sometimes things do get worse before they get better. But the ebb and flow of life always ends up moving forward over the long run. We just have to be patient. We must not lose sight of the beauty and goodness of life simply because things get confused every now and again. Things will get back on track, they always do. The sun will come out and shine again, it always does. Thanksgiving is really a state of mind. Being able to focus your attention on the good, and to not be distracted by the "not-so-good," takes awareness and practice.

It has been said that with clear intention a new habit can be formed in three or four weeks. What better habit could we have than to live daily, naturally focusing on what is good about our lives? In other words with a little effort, an attitude of gratitude can become a conscious practice every day of the year. And you can't be grateful and unhappy at the same time.

Perhaps Meister Eckhart put it most simply when he wrote, "*If the only prayer you said in your whole life was 'thank you,' that would suffice.*"

## MEMBER NEWS

**Dr. Joan Cartwright** announces: The WIJSF 6-CD Box Set is here! This is a beautiful and lasting holiday gift.

10% off two or more. 15% off ten or more. [www.wijsf.com/compcds.htm](http://www.wijsf.com/compcds.htm)



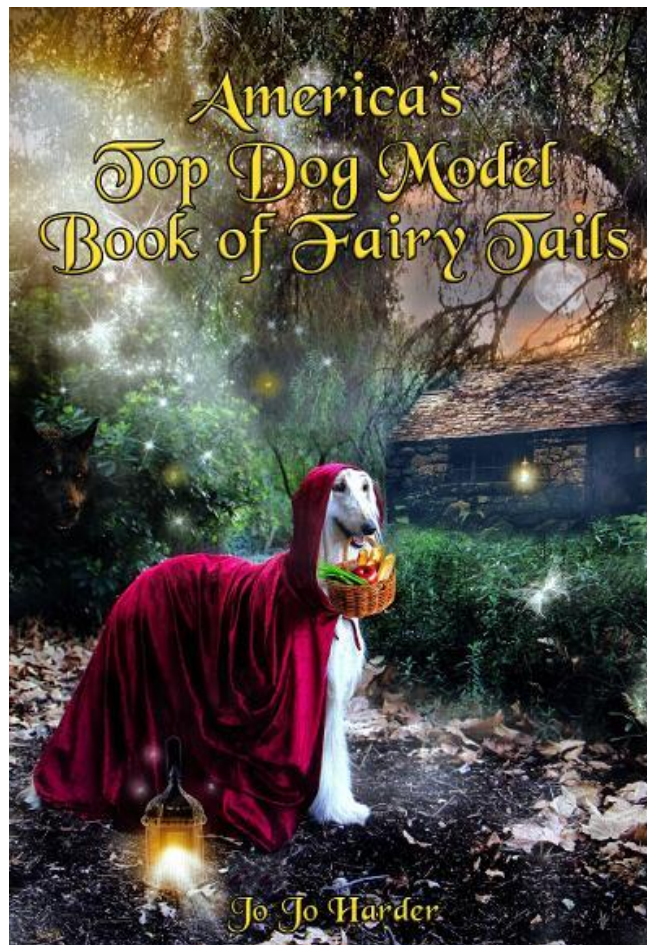
For the new moon of CHESHVAN, **Sheila Firestone** was the Rosh Chodesh presenter for The Institute of Jewish Knowledge and Learning. Saturday, October 17, 2020 at the 7:00-8:30 PM meeting. She shared music and movement to help channel the energy of the month.

**Fran Goodman** has a painting on [thenawa.org](http://thenawa.org) site. Fran is part of a beautiful online show to commemorate the 131<sup>st</sup> Annual Members' Exhibition of The National Association of Women Artists. The painting, Garden of Happiness, is 36" x 36" and is acrylic with pastes and gels. It also won a quarter page ad in *Art Guide Magazine*. There is a second painting on the same site under New Members Exhibition. Beginning, 23" x 37" is made with acrylic and acrylic skins. Fran will be presenting a talk, Painting a Picture of Abstract Expressionism, for the Boca Chapter that will illustrate her style and techniques on November 18<sup>th</sup>.



## MEMBER NEWS

**Jo Jo Harder** welcomes all members to the second season of her reality series "How to Get to the Top," Wednesdays on America's Top Dog Model YouTube Channel. If you missed exciting Episode 1-Pup-Pourri on November 4<sup>th</sup>, You can watch it now, by clicking this link: <https://youtu.be/oOQ1NDI4CbU>. Each week features America's Top Dog Model 2020 Contest "Fairy Tail" winner and finalists along with their people, reveal their journey to the top. This year's contest winners will have their stories published in *America's Top Dog Model Book of Fairy Tails*, coming out in early 2021.





## Poetry Contest 2020



Here are the contest results. Thank you very much to all for your participation!

First Place:	Vera Ripp Hirschhorn	My Dream Vacation
Second Place:	Dayle Herstik	Little Utopia
Third Place:	Marlene Klotz	Memories
Honorable Mention:	Lea Hope Becker	

The Disciplined Telling of a Vacation in Utah in Haiku

### **HOW ARE YOU COPING?\***



### **Feeling a little stressed?**

Try meditating – here are a few easy steps

- ✓ Get comfortable
- ✓ Close your eyes
- ✓ Inhale and exhale in a natural rhythm
- ✓ Focus on your heart
- ✓ Sit in stillness and soak in the calm
- ✓ Reawaken – slowly open your eyes, take a big full breath in and out
- ✓ Smile and place both hands over your heart in gratitude

## NOVEMBER



### **Thanksgiving, November 26, 2020**

- |                             |                    |
|-----------------------------|--------------------|
| ✚ November 11 <sup>th</sup> | Veterans Day       |
| ✚ November 13 <sup>th</sup> | World Kindness Day |
| ✚ November 17 <sup>th</sup> | Homemade Bread Day |
| ✚ November 28 <sup>th</sup> | French Toast Day   |

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