

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
December 2020/January 2021



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members,

We are living in times of uncertainty and I have decided to embrace the “unknown.” This has shown me I can find excitement in doing something unplanned. Last year’s calendar was so full that the days of the week were obscured. Now, for the most part, the days of the week stand out. Instead of planning, we can discover. We can decide to do something: paint, write a letter, an essay or a poem, create something in the kitchen, walk in a new place, begin a Netflix series. In the past we never really knew what tomorrow would bring. We planned and expected. Now that we really don’t know, we can be in charge of our moments in the day. Sometimes, not knowing can encourage creativity and expand our horizons.

Your board continues to keep our event calendar viable and diverse. This month we will hear from one of our own members who will share her creative expertise. Look for the Zoom invitation on Page 3 and join us for a warm and friendly couple of hours.

Dayle Herstik
Co-President

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

Winter Solstice

On the shortest day and the longest night, keep your inner light shining bright - Nell Regan

This is such a beautiful time of year with so many religious ceremonies, holiday parties, family gatherings, special meals, and festive celebrations. The music of the season heightens our senses. The poems and prayers and familiar stories bring peace to our hearts.

This is known as a season of light symbolized by the colored lights on the Christmas tree and on the buildings and houses and the lighting of candles in our homes and in the churches and chapels and synagogues.

We each carry an inner light and when we are in harmony with life, that light burns brightly and miraculously. Where there is discord, things turn around, where there is misunderstanding, help comes forth, where there are hurt feelings, peace returns, where there is confusion, solutions surface. As we share our light, we bring justice and wisdom, compassion, and kindness to each day. The intangible gifts of love, patience, consideration, and honesty are all within our power to give freely and generously to all whom we contact.

This is a time to celebrate our oneness. We are all one family, related somewhere in the unfoldment of life on earth. We are connected spiritually because we are all of one Source, one Power, one God.

I believe in the power of prayer and I believe that we can join forces in knowing, feeling, and experiencing peace. It's been a challenging time; with the pandemic and all the heartbreak it has caused. The best thing we can do now is to recognize and appreciate all the good in our lives. As we live each day fully, honoring ourselves and each other, we bring peace to every part of our lives and feel the reality of peace on earth, goodwill to all.

Our December 2020 Zoom Event

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 will share the method with Pen Women.

Please email Sheila Firestone to register: sheilasong@me.com

Phyllis Elrich

Learn how to give back to your community through art.

December 17, 2020 Thursday at 1:00 p.m. via Zoom. The link will be emailed to you on Wednesday, December 16, 2020.



Phyllis has served as the Artist in Residence for her temple for the past 14 years. Every year, she designed a High Holiday card and raised about \$40,000 over several years.

Phyllis learned the art of giving back from her parents who always helped people and gave back to their community.

She is interested in a variety of artistic expressions. Phyllis uses pen and ink, acrylics on canvas, and multi-media art that utilizes “trash” to make treasures. Since retirement from teaching in a New York City elementary school, Phyllis focuses on fiber art and designing quilts as artwork.

Phyllis is currently a patron who is working on becoming a full member of the Boca Raton Branch National League of American Pen Women.

Zoom Exchange Holiday Party– from the Milagro Teen Center

December 18, 2020 4:00 – 5:30 p.m.

You must request a link if you wish to enjoy the presentation and student talent/fashion show. (See below for instructions.)

Boca Raton NLAPW Presenters:

Sheila Firestone:	Outreach Chair
Fran Goodman:	Representing Art - Fran will be teaching students a technique for their acrylic paintings
Vera Hirschhorn:	Representing Letters – Vera will be providing journals to help students create affirmations
Dr. Joan Cartwright	Representing Music – Joan will share some Jazzy thoughts with the students

For the past five years we have sponsored this holiday exchange. Students receive gift cards, a pizza party, and other goodies from the Boca Raton NLAPW. Come be part of the audience for this holiday exchange. This heartwarming event is sure to put you in the holiday spirit. Join your sisters as we encourage these teens to gain self-confidence and share their talents.

E-mail sheilasong@mac.com with your full name and email address to be put on the guest list. You will receive the link from the Milagro Center for December 18th. Please let me know if you would like to join us.

Sheila Firestone, Outreach Chair

ART OF THE MONTH
WORKS IN PROGRESS
LATEST MUSIC NEWS.

MUSIC:

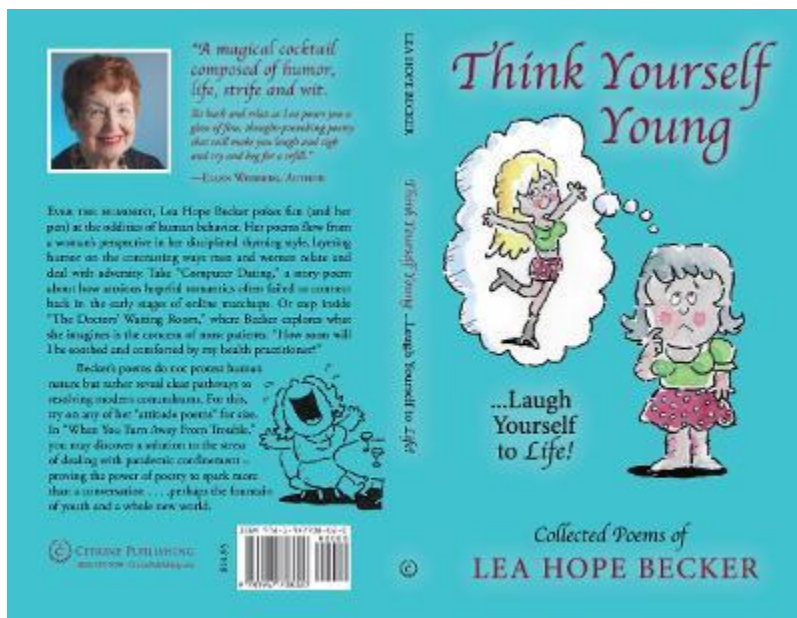
Sheila Firestone:

Octatonic Octopus was written by Sheila Firestone. It is the piece that won first place in the past state conference in the experimental category. It traverses all the possible keys of an octatonic scale. That is an eight-note scale which is built by alternative half and whole steps. It's been around in classic music literature for a long time, but I use it differently in that each melodic section in this piece changes to the next octatonic key. The performance is newly engineered in Logic, a program which I have recently begun to once again study.

LETTERS:

Lea Hope Becker

Lea Hope Becker has published a new book titled *Think Yourself Young*, which is due to be available for purchase through orders online, including Amazon, within a week or two. The book is a collection of humorous poems about women's issues with a smattering of conversations between two senior ladies. The book will be marketed as Adult Humor, as a gift book, and as contemporary poetry.



Vera Ripp Hirschhorn

Vera wrote this poem to encourage and engage each of us to heal; beginning in the month of gratitude, continuing in the month of lights and through our celebration of the New Year; a year of hope, harmony, the gradual release of hate and the renewal of oneness. Currently she is completing her Poetic Memoir while sharing her blogs with educators and receiving positive feedback. Please visit her blog: www.creatingcurriculum.com

A Time for Healing

I want to return to a place
where love reigns
and hate evaporates into clouds.

I want to return to a place
where showers of rainbows
cleanse and paint us as
ONE.

I want to return to a place
where the kaleidoscope of butterflies fly freely
and birds sing in my garden of gardenias,
IN HARMONY.

I want to return to a place
where we share each other's stories,
feel each other's pain
and celebrate each other's joy,
TOGETHER!

Marlene Klotz

Marlene writes that she has just finished a one-act play, "An Almost Perfect Murder." According to Marlene, the story begins when Vivian Howard is ushered into the waiting room at the woman's state prison to be interviewed by a journalist who was in the courtroom when she was charged with poisoning her husband, Doctor Charles Howard. Even in prison garb, Vivian projects the kind of sweet and wholesome appearance she conveyed on the witness stand, and which made her a sympathetic figure to most everyone who attended her trial. What follows: snappy dialogue laced with humor and understanding between the freelance writer, Doug Lewis, and a woman desperate to tell her side of the story.

Time to smile:

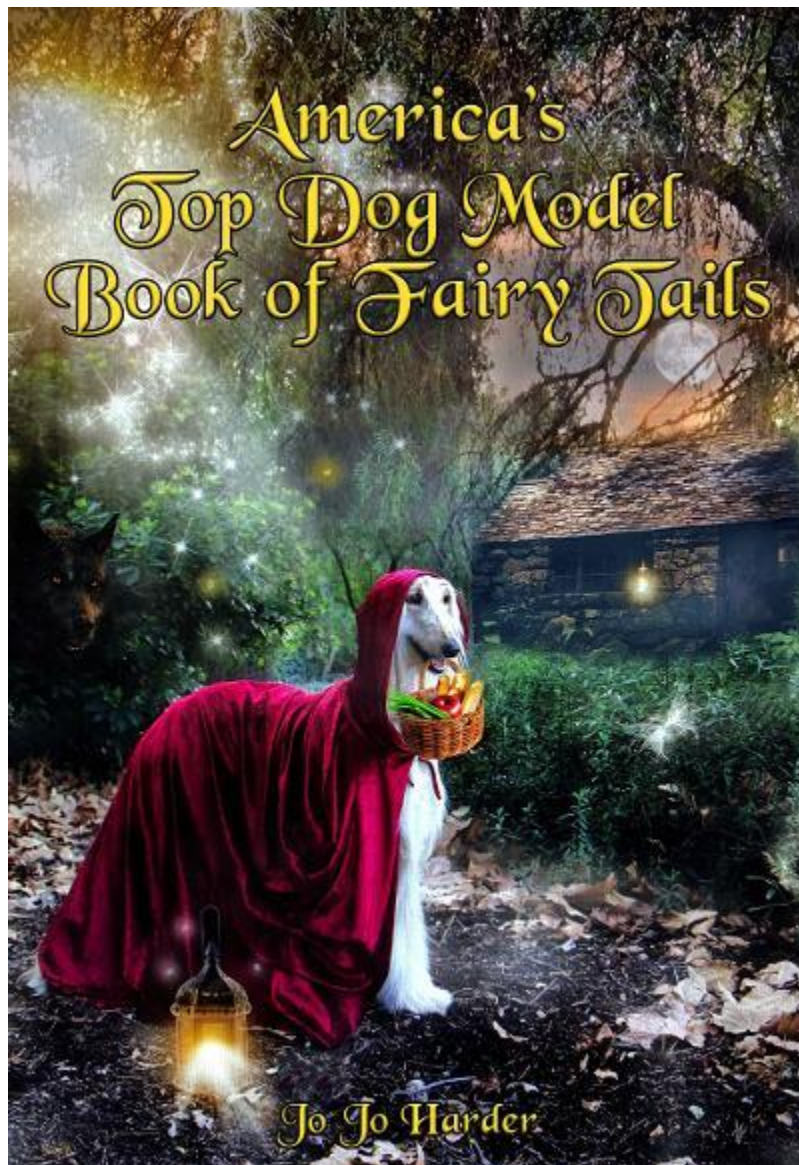
As might be expected, choosing the poison Vivian would use was crucial to the storyline, Then as luck would have it, I came across a newspaper article about a 54-year-old woman who killed her husband by injecting Visine eye drops in his drinking water. And so the answer to my question was that simple. . . I'd found a way for art to imitate life!

ART/LETTERS

Jo Jo Harder's new book, *America's Top Dog Model Book of Fairy Tails*, will be unleashed in February 2021. This magical and captivating compilation of stories are written by the loving moms of America's Top Dog Model 2020 contest winners. The entire family will enjoy this amazing book which brings forward a remarkable combination of people's love of dogs and the ways dogs bring families together.

America's Top Dog Model 2021 Calendar received a Paw-some write-up in Intouch Magazine's *Animal Overload*. Click here to read the story:

https://www.americastopdogmodel.com/In-Touch_with%20Moto_Girl.pdf



DECEMBER



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|-----------------------------|----------------------------|
| ✚ December 10 th | First Night of Hanukkah |
| ✚ December 12 th | Poinsettia Day |
| ✚ December 18 th | Ugly Christmas Sweater Day |
| ✚ December 25 th | Christmas |
| ✚ December 31 st | Champagne Day |

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