

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
January-February 2021



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members,

A new year has begun with hopes for a better 2021.

Among the other Boca Raton Branch activities, I especially miss our monthly luncheons, the camaraderie, having lunch and coffee with intelligent like-minded women and hearing wonderful speakers up front and personal. This letter is also to let you know you are missed and although Zoom is the venue of choice it can't replace our smiles and warm greetings for our Pen sisters.

Last month, once again, we celebrated the holiday season with the Milagro Teen Center, via Zoom. I must say, the decorations made the room very festive and as we appeared on the screen, we felt welcomed, and anticipated a party. The kids were in high spirits as their talented colleagues treated us to poetry readings, their artwork and their dance routines. Vera Hirschhorn, Sheila Firestone and Joan Cartwright presented their short programs as they did last year, and new member, Fran Goodman spoke about a new art technique. Pizza was enjoyed by all the students, thanks to the Boca Raton branch. (see page 3-4 for photos.)

Previously our monthly event presenter, Phyllis Elrich enriched us with her greeting cards and how to create and use them for fund raising.

I look forward to seeing you at our next Zoom event.

Happy, Healthful New Year.

Dayle Herstik
Co-President

Be sure to check out opportunities for writers (page 4) and artists (page 7.)

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

Look to this day,
For it is life,
The very life of life.
In its brief course lie all
The realities and verities of existence:
The bliss of growth,
The glory of action,
The splendor of beauty.
For yesterday is but a dream,
And tomorrow is only a vision.
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.
Such is the salutation of the dawn.
Sanskrit Proverb

A new year is always a good time to make a fresh start, a time to let go of that which no longer serves us, a time to embrace positive change, and reinvigorate faith in ourselves and the Power within us.

We can't change anyone else, but we can change ourselves. We can open our heart to love more than ever before. We can open our ears to be a better listener. We can choose our words to be those of harmony and understanding.

The building of our future is like the building of a bank account. What is in it tomorrow is what we deposit today. Life is open before us. We do not have to wait for some special time, place, event or circumstance. Opportunities surround us right now. The time to live our dreams is now. The time to be all that we can be is now.

Let's hold high expectations that 2021 will be the beginning of a new cycle of peace and love for all.

Milagro Holiday Party 2020



Our local branch of the National League of American Pen Women held our annual Holiday Party for the Milagro Teen Center via Zoom. Teens entertained us with a talent show of singing, dancing, poetry, etc., and we supplied pizza, drinks, dessert, gift cards, etc. Thank you to Pen Women: Sheila Firestone for coordinating the party, to Vera Hirschhorn who led a wonderful meditation and donated journals for the teens, and to Dr. Joan Cartwright, jazz musician who discussed the music business. Jill Silverstein, a good friend donated hard-cover notebooks for the kids. (Photography: Dr. Joan Cartwright)



(continued)



ONLINE WRITERS OPPORTUNITY

From Working Writers

Please consider submitting an article, feedback, helpful tips, anecdotes, and pithy comments.

Articles can be up to 1400 words on any writing topic: how-to, how-not-to, publishing, editing, marketing, promotion, humor, kid lit . . . you name it.

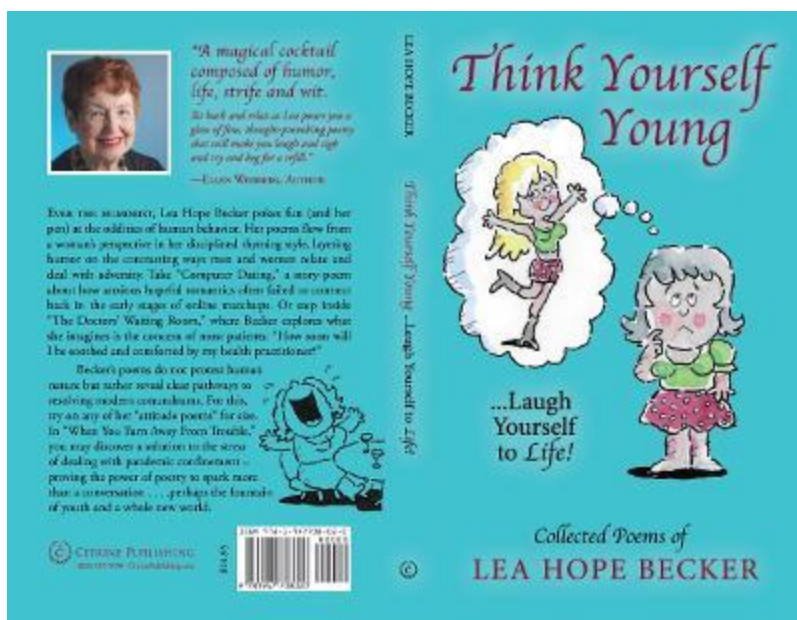
eMail to workingwriters@aol.com and you'll receive a quick response. Please include a short bio.

WW is part of The Despicable Non-Paying Market but you will receive clips for your file, good exposure, and major gratitude!

Editor's note: I have submitted several articles over the years and have added clips to my resume. Even though it is an online publication, they send you a hard copy of your article if published. You can email above for further info. I believe they want the article in the body of your email. If you would like to see their latest newsletter, please email me polowhite@aol.com and I'll forward a PDF. Carol White

MEMBER NEWS

Lea Hope Becker's latest book, *Think Yourself Young*, has been finalized for sale and will be available as a paperback and an e-book on Amazon and other major booksellers as of January 15th. It has been crafted as a gift book in appearance and contains humorous poems, chatter, and illustrative cartoons. Books can also be ordered directly by visiting Lea's website which will have a link to Amazon after the publication date. www.leahopebecker.com



A Poem by Vera Ripp Hirschhorn

The daggers of harsh words
struck my heart like a sword.

The clawing lion's shrieking roar and
snarling threats were blown away by the sudden whirlwind
that crushed and buried them away.

The curse had transmuted into a blessing
Truth became his teacher.

On Happiness
by
Dayle Herstik

Some people say, “I want to be happy.” Others say, “do what makes you happy.” The Dalai Lama said, “happiness is not ready made. It comes from your own actions.” There is a path to happiness. It’s not without potholes, barriers, or unexpected obstacles. Sometimes those obstacles are yourself. You alone decide upon this path and you must decide to change to a different direction until you learn how to avoid the potholes and get passed the barriers. The only way to do this is to take a different path. It takes courage to go toward the unknown but think of all you will learn and experience on this journey.

Happiness is a state of mind. You can’t touch it, see it or smell it. It’s intangible. But you can feel it when it happens. Abraham Lincoln said, “folks are usually about as happy as they make up their minds up to be.” Yes, it’s a choice. Others can’t tell you what to do, because they will tell you what they think is right, and perhaps it is right for them. You might say happiness is a science, because you must experiment with a variety of combinations of experience, learning and relationships. (Everyone with whom you spend time, if you share or learn something, becomes a relationship). Some last for day, some for years, and if you are lucky, for a lifetime. Happiness is a relationship, with yourself.

In order to grow and move to a new phase in your life you must give up something. According to Judith Viorst in her book, *Necessary Losses*, we give up something in every decade of our life to move on and achieve what is necessary to be age appropriate and productive. This includes what made you happy at one time in your life is not the same as it will be as you grow and change. Ernest Hemingway said, “happiness in intelligent people is the rarest thing I know.” I think it’s because intelligent minds continue to morph. This doesn’t mean they are unhappy; it’s that there are so many things that create happiness and sometimes people don’t pay attention to them long enough to allow it to set in. If we acknowledge unhappy moments, we will realize that we are usually in a happy state of mind. Think of how happy you are when pain goes away.

In order to build a good house, a strong foundation is required. In this case, a strong foundation consists of a good dose of gratitude, mindfulness, taking responsibility, kindness to others and an open mind to changing direction if it’s not working out.

Only you can find your own happiness. If you expect too much you won’t succeed because you may feel there’s always more. Rely on yourself to decide and recognize when you have reached your goal.

ART OPPORTUNITY

The Fort Lauderdale Branch of National League of American Pen Women shares a Call for Women Artists for a juried exhibition of all media. The Exhibit takes place online at www.cloudfolios.com. The Rickie Report shares the details and urges the artists to apply! We urge art patrons to visit the exhibit, which runs February 11 through March 31, 2021.

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Also on The Rickie Report: <https://www.therickiereport.com/2021/01/08/fort-lauderdale-pen-women-announce-call-for-women-artists-for-juried-exhibit-of-all-media/>

Call for Member Bios and Updates





If you do not have your bio listed on our Pen website, please write a short bio (75 - 100 words) and email it to me at elainebossik@yahoo.com

Include your photo as a jpg file attachment if you have one, your email and website addresses. If you wish to update your bio to include recent accomplishments (new books, art awards, music etc.), email the new information to me.

Please read the current bios on our website <http://www.bocapenwomen.org/members/> and follow the style. Edit your work and count words. Send your bio or update to me pasted into an email (no bold, caps or fancy type).

Elaine Bossik
Website Manager

JANUARY

-  January 1 New Year's Day
-  January 14 Dress Up Your Dog Day
-  January 18 Martin Luther King Jr. Day
-  January 21 Hugging Day

Carol White
Letters Chair
Editor-in-Chief
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