

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
March/April 2021



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members,

If we lived in the North, we would be elated to see signs of spring; crocus peeking through snow, swelling branches signaling buds, maybe even a bird on the wing. For us, it's longer days and sunnier skies.

My son came to visit and during our most pleasant activities of cooking, eating, talking, and attending to fixing things, we realized how the time passed so quickly and how much we didn't do. Yet, mindful and meaningful things occurred and that's how I, and hopefully you, view the end of the day. Did you write or revise that chapter, put your thoughts in rhyme, experiment with a palette knife or write the first notes of a symphony? Did you remember a friend who needed cheering up? You probably did, which meant something to someone.

Our February event featuring Dr. Rose Feinberg brought us an informative talk on Martha Stewart and Oprah Winfrey, two highly accomplished celebrities. Mark your calendar for March 18th when our own Dr. Joan Cartwright will be our speaker. Until then, stay well, stay safe, stay connected.

Dayle Herstik
Co-President

[Be sure to see Page 5 for our Spotlight on Dr. Joan Cartwright](#)

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

“When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.” *Henri Nouwen*

“A friend is someone who knows all about you and still loves you.” *Elbert Hubbard*

“Friendship is the hardest thing in the world to explain. It’s not something you learn in school. But if you haven’t learned the meaning of friendship, you really haven’t learned anything.”
Muhammad Ali

Friendship is an important part of our lives. We cannot have true wholeness, inner and outer peace, or experience well-being until we establish harmonious relationships with the world and the people with whom we live and work.

Being in isolation in this Pandemic for a year, we’re like a plant trying to survive without sunlight and water. We long for more physical contact. At this time, we’ve found the importance of a call, a text, an email, a zoom visit. People young and old, here, and everywhere are hungry for connection. It is an extraordinary honor to become close to another human being, to glimpse their inner reality, vulnerability, and tenderness. Taking this honor seriously you experience the wonder of it.

A smile is a friendly thing that connects us. So many people walk the world in pain and self-doubt. Your simple gift of a smile can make all the difference in someone’s day. Life is made up of little things, so it is the little kindnesses which give our friends evidence of our thoughtfulness on their behalf. Consideration, true praise, and appreciation are vital to friendships. Friendship is feeling real pride in the accomplishments of our friend and feeling as happy for their good fortune as our own. True friends respond to each other without thinking about what it will cost them. They don’t run for cover or leave when the going gets rough. They are able to remain close through all sorts of misunderstanding.

The world once considered so vast has shrunk in size since we looked at the pictures of earth sent back from the moon. Prejudice and intolerance are still commonplace, but the world can be reunited through friendship. We can resolve the confusion that sets us apart and find new ways to communicate. Encouragement and confidence are priceless gifts we can all share.

Are you a friend in your own home? Does your family know how much they matter to you? Is your connection at home loving, respectful, encouraging? Are you friendly on the highway, in the grocery store, in the long line at the bank? How do you handle rudeness, shoving and pushing? Can you be friendly and helpful in those situations? When you are hurt or things don't work out as you planned, can you be friendly, forgive and move on? No relationship is so messed up that it can't be restored to kindness and dignity through sincerity, caring and love.

To be a friend is to reach out, to help out, and to share. It solves our problems, eases our conflicts, cures our ills, and brings about peace. Don't underestimate the power of friendliness for it has a ripple effect that can and will change the world.



THE PEN WOMAN MAGAZINE

Don't forget to send your own news to this column in *The Pen Woman* magazine:

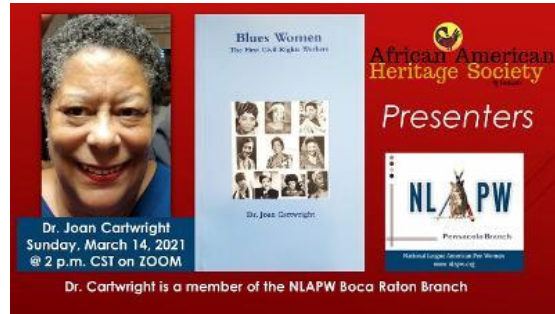
"Pen Women in the Spotlight"

If you've won an art contest, had a speaking engagement, published a book, composed a symphony, etc., you can send the information to our national magazine, *The Pen Woman*. I take care of our Branch news, but members are responsible for submitting their own information. This is a great opportunity to share your accomplishments with the entire national membership! All guidelines and deadlines are usually found on the page that follows "From the President." It is very important to read the published entries in this column to have an idea of what they are looking for.

You may send your posts to Rodika Tollefson here: penwomanmag@nlapw.org

MEMBER NEWS

Dr. Joan Cartwright's speaking engagements:



Lea Hope Becker will be the featured "Book of the Month" author in the April issue of *Boomer Times & Senior Life*, a magazine distributed in three South Florida counties. Her newest published book *Think Yourself Young* will appear on the cover and will be reviewed by publisher Anita Finley.

Marlene Klotz followed up her poem, "Ode to Pre-Pandemic Dining" with an article about what many of us now think of as the good old days. Marlene's article, including her poem, first appeared in Gateway-Gazette on March 3rd, and will appear in the Sun-Sentinel Palm Beach papers on March 10th. The editor was very receptive and decided to print her submission as soon as possible.

SPOTLIGHT








Boca Raton National League of American Pen Women presents
Dr. Joan Cartwright

Learn about black singers who emerged from spirituals and blues to develop jazz. Their free-spirited songs delivered messages of liberation, signaling to Africans in America that they could be free.



On March 18, 2021, Thursday at 1:00 noon in Zoom, Dr. Joan Cartwright will speak about Blues Women: The First Civil Rights Workers. The link will be emailed to you on March 17, 2021. Dr. Cartwright is an internationally- known vocalist, composer, and author of 14 books. She was inducted into the Sunshine Jazz Organization's Jazz Hall of Fame in 2018, and in 2019, Dr. Cartwright received the Jazz Journalists Association (JJA) Jazz Hero Award. She holds a BA in Music/Communications from LaSalle U, in Philadelphia, PA; an MA in Communications from FAU, in Boca Raton, FL; and DBA in Business Marketing from Northcentral University in AZ. Since 1997, Joan has been the CEO of FYI Communications, Inc. and, since 2007, her non-profit, Women in Jazz South Florida, Inc. with 341 members promotes women musicians, globally. In 2016, WIJSF released its 6th CD of the music of women composers. Since 2008, Joan hosted over 300 podcasts on *MUSICWOMAN Radio*, featuring women composers, instrumentalists, and vocalists at www.blogtalkradio.com/musicwoman. Her personal CDs are *Feelin' Good* (1995) and *In Pursuit of a Melody* (2005). In June 2019, she launched the first physical edition of *Musicwoman Magazine*®™. Joan owns MJTV Network with her daughter Mimi Johnson and she is actor in the sitcoms *Last Man* and *Women@Work* produced at www.mjtvnetwork.com. In 2014, Joan was honored in Atlanta, GA, as the first *Lady Jazz Master*. In 2016, she was honored as one of the Top 25 Women of Color in Business and Leadership by *Legacy Magazine*. Currently, Joan is a professor of Speech Communications at Palm Beach State College, in Lake Worth, FL. Joan has two children, Michael and Mimi, five grandchildren, and four great grandchildren. She resides in Boynton Beach, Florida. Visit her sites: www.fyicomminc.com, www.joancartwright.com, www.drdivajc.com, and www.wijsf.org

MARCH
Women's History Month

-  8th International Women's Day
-  9th Meatball Day
-  13th Good Samaritan Day
-  14th Daylight Savings Time Begins
-  17th St Patrick's Day
-  20th First Day of Spring
-  31st Crayon Day

Carol White
Letters Chair
Editor-in-Chief
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