

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



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

April 2021

Dear members,

Spring break, Passover and Easter have come and gone. The days are longer, the sun is higher, plants need more water. Snowbirds are beginning to depart and soon everything will be more accessible due to lighter traffic and diminished crowds. The question is, what is accessible?

It's been my experience that so much is available, thanks to Zoom. We have been enriched by technology, after learning which key to press. We have connected with new friends and reconnected with those we thought were too far. There are art classes, book discussions, lectures, yoga and cooking demos. We keep in the loop with a click. I, myself, have enrolled in an art class, taken a Master Class with Margaret Atwood and played Bridge, besides tuning in on family. It's true there's no substitute for person-to-person connections and events, but we have the second best thing.

Dr. Joan Cartwright's presentation on Women in Jazz, our March event, was wonderful. Each month the comment is "this is the best one so far." I hope you will join us for our April 14th event presented by our Pen colleagues, Penelope Love, Marleen Pasch, Carol White and Linda Rosen from WNBA. Look for the flyer and the link on page 7.

Until then, make the most of your resources and stay safe.

Dayle Herstik
Alexandra Goodwin
Co-Presidents

Page 2 and 3 focus on our music members. See self-editing notes on Page 6



Sheila Firestone presented clips from *Miriam and the Women of the Desert* at Miriam's equinox Seder on Saturday March 20th at 8:00 p.m. EST.

April 18th at 2:30 p.m.:

Sheila Firestone will be interviewed by son Wayne L. Firestone, International Host and Executive Director of the American Israel Friendship League, regarding her newest work "Restoring Balance," which will be premiered with vocals by Choral Tracks- Matthew Curtis and Sara Brailey. Sheila will also share scenes and stories about the creation of *Miriam and the Women of the Desert*.

A link to the IJKL (Institute of Jewish Knowledge and Learning) SHARE ROOM will be made available. There is no fee for the event.

Aleph the Jewish Renewal Movement program, "*Miriam's Equinox Seder*" presented aspects of Sheila Firestone's work: "*Miriam and the Women of the Desert*" on March 2nd, 2021.

Sheila Firestone's most recent work, "Restoring Balance," is a choral setting for the Counting of the Omer. "Restoring Balance" will be premiered during an interview with son Wayne L. Firestone, executive director and international talk show host, of the American Israel Friendship League. During the program titled *A Musical Journey from Passover to Shavuot*, Sheila will also revisit moments from the concert performance of her musical "*Miriam and the Women of the Desert*" as she shares inspirations and ideas regarding various melodies written in the hills of Israel, born while visiting with Wayne and family. Our members are invited to view the Zoom program. Go to IJKL.org April 18th for the 2:30 p.m. program and click on the SHARE room to enter.

From: **Dr. Joan Cartwright**

April 1, 2021, Boynton Beach, FL] This month, Women in Jazz South Florida, Inc. publishes the third issue of *Musicwoman Magazine* coupled with the second issue of *Musicman Magazine* to be two mags in one!

Simultaneously, the Women in Jazz South Florida Music Collection Volume 8 will release featuring the music of three Pen women: Sheila Firestone, Grace Joy Reid, and Joan Cartwright, along with music from ten other members of WIJSF.

On Saturday, April 24, 2021, at 3:00 p.m. the Palm Beach International Jazz Festival will feature the Amazing Musicwomen Ensemble at the Rinker Playhouse, at the Kravis Center in West Palm Beach. For tickets: <https://palmbeachinternationaljazzfestival.org/tickets>



			
Susan Merritt Bass	Roberta DeMuro Keyboard	Julie Jacobs Drums	Libra Sene
AMAZING MUSICWOMEN ENSEMBLE			
Palm Beach International Jazz Festival			
Kravis Center 701 Okeechobee Blvd West Palm Beach, FL 33401			Saturday, April 24, 2021 @ 2:55 p.m.

MEMBER NEWS

Vera Ripp Hirschhorn

What I learned from my adult children! (an excerpt from my Poetic Memoir)

“I’ll always be a student,” I remember thinking during my senior year in college. And now, many years later, I realize how true that’s been throughout my personal, social, professional and During the “self-help movement,” I was digesting the books of Louise Hay, Deepak Chopra, Eckhart Tolle, Wayne Dyer, Anthony Robbins and other motivational gurus. I was sticking memos with affirmations on my walls, my mirrors, everywhere to remind myself of their teachings.

Today, I realize that my greatest teachers have been my adult children. During the hills and valleys of our times together, in order to seek harmony from my heart, I’ve learned to validate their truth empathetically, without offering unsolicited solutions nor defending myself nor interrupting them; that is, actively listening with both ears and zipping my mouth.

Yes, as all parents, I’ve made mistakes. However, what has been important for me is to have released and learned from them rather than have clinged to the past and live with regret and guilt. Growing from them is what helped create positive change within me and with me for my well-being and the well-being of my relationship with them and others in all aspects of my life.

Vera’s “Zip Ode Poem” was one of the fifteen selected on the DelrayLibrary.org website as part of the Celebration of National Library Week in April 2021.

(3) My second home

(3) soothes my soul.

(4) Visiting my family’s birthplaces;

(3) reviewing el espanol,

(4) never, ever feeling alone.

Marlene Klotz said the “Zip Ode Poetry” contest inspired her to express these feelings after both vaccine shots made it possible to once again resume the pleasure of restaurant dining.

Having been housebound
Wrapped in solitude
And then suddenly free
I found joy
To finally be me

Boca Raton 33434

Website information from **Elaine Bossik**:

Call For Member Bios and Updates: Art, letters, music members and patrons are invited to post bios and photos on our Boca Pen Women website on the "Member" page. <http://www.bocapenwomen.org/members/>. If you have a current bio posted, please review it and let me know if you want to update any information with new publications, exhibits, awards, etc. If you do not have a bio on the site, please write one using the style on the site, 75 - 100 words. Include your website and email address. Paste your bio into an e-mail and send it to me at elainebossik@yahoo.com. If you have a photo, you can attach it as a jpg file. If you do not have a photo, I can still post your bio and we can add your photo later.

The Delray Beach Library and Boca Raton National League of American Pen Women present

Dr. Elline Lipkin on April 29, 2021, Thursday at 1:00PM in Zoom.

Register here:

<https://www.delraylibrary.org/virtual-classes/woman-poet-readings-and-revelations-with-elline-lipkin/>

The link will be emailed to you on April 28, 2021.

Learn more about poetry and how it is set to music

Dr. Elline Lipkin will present a few selections of her poetry and lead a writing exercise. She will be joined by Sheila Firestone, composer, retired educator and NLAPW member. One of Elline's poems from her prizewinning book of poetry, "The Errant Thread" will be applied to music.



Elline Lipkin is a poet, academic, and nonfiction writer from Altadena, California. Her first book, *The Errant Thread*, was chosen by Eavan Boland for the Kore Press First Book Award. Her second book, *Girls' Studies*, was published by Seal Press and explores contemporary girlhood in America. Her poetry has been published in a range of contemporary journals and she has been a resident at Yaddo, the Virginia Center for the Creative Arts, and the Dorland Mountain Arts Colony. She is currently a Research Scholar with UCLA's Center for the Study of Women and teaches poetry for Writing Workshops Los Angeles. From 2016-2018, Elline served as Poet Laureate of Altadena and co-edited the *Altadena Poetry Review*.

Here is some info from 48 Hour Press. Of course, you should always have your books edited by a professional. These notes are just to help you submit a “clean” copy.

Editing is a crucial step in publishing a book. A lot of new writers and self-publishers make the mistake of getting their books printed without having their work professionally edited. This ends up hurting you in the long run, because as much as we want to take pride in our writing abilities, another set of eyes can catch mistakes that we overlook. Having someone review your work can make the difference between a flawless file and one with mistakes you'll wish you had caught.

Do you know the tricks to proofing your work thoroughly?

Nothing replaces a professional editor, and the benefit of another set of eyes on your book cannot be underestimated. Often, others see things you simply won't, especially when you've been close to the work for a long time.

You'll still want to give your book a good once-over either before a professional edits, a friend reviews or you send to print. What important proofing tips should every writer know?

Proofread backwards for spelling – by reviewing word-by-word or sentence-by-sentence backwards you avoid reading what your eyes expect to see. It's easier to catch spelling errors when the words are not in context.

- Read aloud – reading the words out loud can help spot errors more clearly.
- Read through, looking for different errors separately – first read through looking at spelling, then look at commas and punctuation, etc.
- See more than each individual word – look at sentences and paragraphs as a whole. Can you condense? Are there unnecessary words or phrases? Repetition?

Remember: Everyone needs an editor for a polished work.

**Women's National Book Association and National League of American Pen Women
Present
Behind the Scenes of a Novel**

The National League of American Pen Women and Women's National Book Association team up for a FREE Zoom on April 14th, 2021 at 6:30 p.m.

Learn how novelists and a publisher explore the role of setting, research, and other topics that help develop plotlines and character development. There will be a Q & A following the discussion.

Join us with Penelope Love, Marleen Pasch and Carol White from NLAPW, and Linda Rosen, Moderator from WNBA, who will all focus on their writing craft, publishing experience, and the importance of location.

**Wednesday, April 14, 2021 at 6:30 PM EDT
Price: Free
Via ZOOM**

ZOOM LINK: <https://us02web.zoom.us/j/89017865176>

Here are brief bios of the participants:

Marleen Pasch is the author of **At the End of the Storm**, recently published by Penmore Press, and **Stars in Their Infancy**, soon to be released, also by Penmore Press. Her fiction falls into the categories of women's contemporary/literary/spiritual. She has three other novels in the works in her Earth, Sky and Spirit Series. Her nonfiction on health/healing/spirituality is published under a pen name and appears in journals such as *Breath & Shadow* and *The Phoenix Spirit* and has been anthologized in works including *My Body of Knowledge*, and *Dozen*. Marleen is a member of both organizations represented tonight, WNBA and NLAPW.

Website is <http://www.marleenpasch.com/>

Carol White is the author of five award-winning novels, a playwright and columnist. Carol has been an officer for the National League of American Pen Women for twenty years and is a member of WNBA. Her short stories have appeared in literary journals, and the East Hampton Star Newspaper. Her stage plays have been produced throughout the country including off and off-off Broadway.

Her latest book is titled: **From One Place to Another, contemporary fiction.**

Website: <https://carolwhitefiction.wordpress.com/>

Penelope Love is the author of Amazon’s recent #1 New Release in New Age Self-Help and Sacred Sexuality—titled “**Wake Up in Love: A Memoir.**” She is also the publisher of Citrine Publishing, an award-winning, multi-genre independent publisher based in North Carolina. Penelope has worked in the industry since 1997, but her career really started cooking when she edited for HCI, publisher of *Chicken Soup for the Soul*. She is a long-standing member of the National League of American Pen Women and the Independent Book Publishers Association, and a new member of the WNBA.

websites: wakeupinlove.com & citrinepublishing.com.

Book: Wake Up in Love

Email: penelope@wakeupinlove.com

Websites: wakeupinlove.com & citrinepublishing.com





Linda Rosen (WNBA)

Linda Rosen’s books are set in the “not-too-distant past” and examine how women reinvent themselves despite obstacles thrown their way. A central theme is that blood is not all that makes a family– and they always feature a piece of jewelry! Her latest book, *Sisters of the Vine*, released just a few weeks ago by Black Rose Writing. She is a member of the Women's Fiction Writers Association *and* she is the National Recording Secretary of WNBA and Selections Coordinator of the Great Group Reads committee which chooses books for National Reading Group as well as *our* chapter’s VP.

Website: www.linda-rosen.com

APRIL

National Poetry Month

 April 7 th	No Housework Day
 April 11 th	Pet Day
 April 22 nd	Earth Day
 April 30 th	Arbor Day

Carol White

Letters Chair

Editor-in-Chief

Pen and Palette

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