

**Pen and Palette**  
Boca Raton NLAPW  
[www.bocapenwomen.org](http://www.bocapenwomen.org)  
May/June 2021



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



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

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

Dear Members:

It's hard to believe that a full year has passed since the onset of the COVID-19 pandemic. We have all navigated the difficulties of social distancing, changes in routine, and have suffered personal losses. It's been a difficult year, but here we are once again, making a full accounting of what we may have learned from it.

The last two programs of the year were exceptional. On April 14, Carol White, Marlene Pasch and Penelope Love, enlightened us with an informative panel discussion of what is behind writing a novel. The topics and questions provoked a lively conversation between panelists and attendees and finding a common thread in the creative process made us all feel as part of the same tribe. The April 29 program with former poet laureate Elline Lipkin delighted us with a mini workshop in which we had an opportunity to write our own poems, followed by an audiovisual screening of Elline's poem "Made of Glass" with music composed by our very own and talented award-winning Sheila Firestone. What a nice way to wrap up the year.

So, as we turn our view toward the future, we can begin to think what our contributions will be for the coming year. We might consider attending more of the programs offered by our branch, while participating in the upcoming contests, exhibits, and workshops planned ahead.

As always, we welcome your suggestions, and we look forward to sharing all our talents in inspiring and uplifting sisterhood.

Alexandra Goodwin  
Dayle Herstik  
Co-Presidents

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

Youth is not a term of years; it is a state of mind. To be young is to possess spontaneity and a liveliness of imagination. Youth means that we know a rich life is still ahead of us.

You will not grow old by living long but by the loss of interests, the lowering of ideals and the waning of enthusiasm. Time wrinkles the skin, but cynicism wrinkles the soul. If you have an increasing appreciation of the beauty of the world, a curiosity about all living things and a deep gratitude for the gift of life, you are ageless. You are as young as your faith, as old as your fears, as young as your inspiration, and as old as your doubts. A person is not old until regrets take the place of dreams. We're growing younger when we're doing what we love and loving what we do. An appetite for adventure over a love of ease keeps us young.

So, whatever your age, see yourself as happy and successful. Be open to new ideas. As long as you are inspired and interested in the new, you are living vibrantly. An unwrinkled skin and slim agile body are wonderful in later years but that's not the important thing. It never was. It's important to remember that many years of living gives us experience, vision, power and wisdom.

Age isn't our business, life is. We are here to enjoy living and celebrate life with each birthday. You can turn your life around at 20, 60, even 90 because age is an attitude. Love the age you are!

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**Delray Beach Library Zip Code Poetry**

**Mimi Paris** was another Pen Woman whose poem was one of the fifteen selected on the [DelrayLibrary.org](http://DelrayLibrary.org) website. It was part of the Celebration of National Library Week in April 2021. Here's her "Zip Ode Poem" accepted in the contest:

- (3) Always remembered my
- (3) first library card
- (4) yellow with black lines
- (6) I wrote my name on it
- (7) Looked around--all those books for me?

**Mimi** said, "That was quite a growing-up: moment for me. I've never lost my love for books – just added writing them."

The Delray Beach Library and the National League of American Pen Women presented a FREE ZOOM on April 29, 2021 at 1:00 p.m. Elline Lipkin, award-winning poet, author, scholar and former Poet Laureate of Altadena, California, presented readings and a mini-poetry writing workshop to reveal the poet in you. This was followed by an audiovisual screening of her poem, "Made of Glass," with music composed by award-winning composer, Sheila Firestone.

Here are some of the poems written by our members who attended the event:

Subject To The World by **Dr. Joan Cartwright**

Cigarette butts and empty packs  
Strew across the lakefront lawn  
I stay in side, avoid the masses  
People without consciousness on

As time goes by, I live my life  
Away from maddening crowds  
Of herds of cows who don't know now  
Is the time they have to live

I'm a recluse that runs from folks  
From humans without mind  
Robotic and drugged, they breed  
Like bugs, mosquitoes every kind

*I am the scepter of life's loving power  
I am the master, each moment, each hour  
I am the spheres, every song that they sing  
I am the heart of creation, it's swing*

Centered and focused, I weave my web  
I spin my tight cocoon  
I sit and wait to release my wings  
And fly away real soon

*I am the spheres, every song that they sing  
I am the heart of creation, it's swing  
I am the scepter of life's loving power  
I am the master, each moment, each hour*

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Lifting by **Phyllis Elrich**

My pencil was purple.  
A thin pencil, as tall as a dollar bill is wide.  
Cuddled, cradled, in my hand,  
Cuddled in the wrinkled grasp of thumb and pointer finger.

Its' ink matched its' outside, a clue to its' soul.  
It glided. Smoothly, it covered my paper, my parchment, my inner being.  
The color, the message, felt lighter.  
No dark, dreary black or deep blue.

As it lifted, lifted off, peeling itself,  
Flying into the sky above  
It took my heartbreak  
From me to freedom.



The Shabbat Candlesticks by **Sheila Firestone**

Silver, ornate candlesticks replicas of ancient museum artifacts.  
The melting wax flows down the protective foil cups,  
like a semi-clear paint over the pristine sides.  
Placed in the oven, to remelt the wax a rim shrinks and  
breaks off in the heat to lay at its side.  
The historic candlesticks that whispers my stories.  
The memory of a gift given with love and friendship glimmers with delight.  
The heat delivered a blow to one candlestick  
and lies deprived of its delicately woven silver crown.  
Yet, the new fallen object forever remains upright in my mind,  
polished by the love of my dear friend.

Marlene Klotz joined several others with writing a poem that was inspired by Elline Lipkin's Zoom meeting. Marlene says that the program was both enjoyable and a fine learning experience.

### Two People in One

I have an oil painting of my mother on the wall opposite my desk that I absolutely treasure. As a parent, her creative streak and permissive attitude served as the mold for me to become a free spirit. And so, each time I look at the expression in my mother's eyes, I feel connected in a way that only I alone can feel or understand. There's no question that having followed in her footsteps...I am my mother's daughter!



Art by Marlene Klotz

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After Elline Lipkin's stimulating presentation and Sheila Firestone's audiovisual screening of "Made of Glass," music composed by Sheila, we were asked by Elline to create an "Ode." This would be an unusual Ode. We were to write five or so lines dedicated to an inanimate object that helps us every day. It could be a favorite pen, a mug, a pocket mirror – our choice. After a few minutes, some of us read ours. And here is mine:

### My Best Friend by **Mimi Paris**

My morning strong, black coffee  
Brewed before anything else  
And then the fresh, fragrant, rich,  
Coffee-bean aroma makes itself known  
Alas, my sense of smell almost gone now  
How sad to be losing another love  
I think as I savor my last delicious sip.

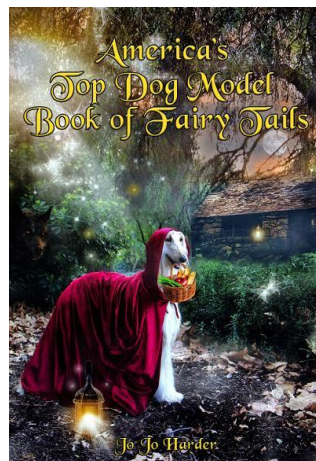
## MEMBER NEWS

**Dr. Joan Cartwright:**









**Jo Jo Harder** announces the May release of *America's Top Dog Model Book of Fairy Tails!* The delightful stories in this book by America's Top Dog Model 2020 contest winners, takes readers on an adventurous romp through beautiful gardens, scary forests, and enchanted castles, with twelve amazing dogs as trusted guides.

The "happily ever after" stories in this beautiful hard cover book published by TriMark Press, not only capture each winning dog's view of their adventure in photographs, but also reveal their important connection. The book has received rave reviews. Here is the cover:



*Atlantic Avenue Magazine* featured The Jo Jo Companies annual competition, America's Top Dog Model Contest, in their May issue. [Atlantic Ave Mag\\_May\\_2021.pdf](#) ([americastopdogmodel.com](http://americastopdogmodel.com))

## MAY

-  **May 4<sup>th</sup>** National Teachers Day.
-  **May 6<sup>th</sup>** National Nurses Day.
-  **May 9<sup>th</sup>** Mother's Day
-  **May 15<sup>th</sup>** Armed Forces Day
-  **May 21<sup>st</sup>** Pizza Party Day
-  **May 30<sup>th</sup>** Creativity Day

Carol White  
Letters Chair  
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