

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



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



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

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

Dear Members:

Now that Covid restrictions are being lifted, there are increased opportunities for socialization and getting out and about in a more meaningful way.

We are happy to inform you that we have secured a date for our first in-person luncheon which, in keeping with our tradition, will take place on **Thursday, October 28<sup>th</sup> 2021** at the Indian Spring Country Club. We are collecting donations for our raffle, and also calling for volunteers to handle and assemble the array of items. Please email Carol White [polowhite@aol.com](mailto:polowhite@aol.com) if you have a raffle item.

This year, due to the Covid disruption, we have been given specific dates at the Delray Country Club, which are listed on **Page 2** of this Pen and Palette. Please make note that except for the opening luncheon on October 28<sup>th</sup>, all other luncheons will be held on a **Wednesday**. Luncheon programs will follow.

There is no such thing as an ordinary day; there is always something beautiful to see. So, prepare yourselves for a year of creative recovery during which we will share our talents in the harmony of friendship.

Alexandra Goodwin  
Dayle Herstik  
Co-Presidents

Indian Spring Country Club  
11501 El Clair Ranch Rd, Boynton Beach, FL 33437  
561/737-5544

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

Imagine a world where there is only cooperation...a world free of pollution, free of want, free of disease, free of disaster. Imagine a world populated with smiling, laughing, happy, joyous people all radiantly healthy, all abundantly supplied, all loved and loving. Get the *feel* of such a world – and put yourself right in the middle of it. Think of yourself as filled with life and energy and vitality, with a body that is strong and vibrant. See yourself surrounded with abundance and enjoying true prosperity. See yourself doing what you love and loving what you do – unbound and free. See yourself with the capacity to embrace love and serve every single man and woman on this planet, regardless of who they are or what they have done – and feel that unconditional love radiating from you to all and returning from all to you.

This is what true freedom is really all about and it is a choice that we make daily. We choose to live freely, love freely and express our gifts and talents or we choose not to. At this time of year, we think of freedom and what it means to us but it is not a once-a-year idea. Live the life you dream of – the freedom is yours – now and always!



**Monthly Luncheon Meetings**

Delray Golf Club

2200 Highland Ave unit a, Delray Beach, FL 33445

For Directions: (561) 243-7380

October 28	Thursday	2021	Opening Luncheon
December 15	Wednesday	2021	
January 19	Wednesday	2022	
February 16	Wednesday	2022	
March 30	Wednesday	2022	
April 27	Wednesday	2022	

(Program Details to follow)

## JUMPSTART YOUR CREATIVITY

### With a 6-Sentence Story - Fiction

Open to all Members, Associate Members and Patrons

Follow guide below or use your imagination to create a (fiction) story in six sentences.

**Word Count: 150.** This process can be helpful when writing a novel, play or a short story. The outline below (if you choose to use it) works well with a mystery or a romance, or whatever other genre you choose. No poetry.

### **DEADLINE FOR ENTRIES: SEPTEMBER 1, 2021**

Optional Sentence 1-6 Guide:

TITLE:

Introduce your Character(s)

Reveal their Desire

Have the character take Action

Present a Conflict

Bring to a Climax

Offer a Resolution

There is no fee to enter this contest but there will be prize money. One entry per person. All entries will be posted in the Pen and Palette.

First Prize: \$20.00

Second Prize: \$15.00

Third Prize: \$10.00

One Honorable Mention: Certificate of Award

Send your typewritten entry (150 Max Word Count) to me by regular mail as follows:

First Page: Your 6-sentence story with title on one page without any I.D.

Second Page: Your name, address and email, and the title of your entry

Mail to: Carol White - 15038 Via Porta - Delray Beach Fl 33446

Any questions, email me at [polowhite@aol.com](mailto:polowhite@aol.com)

Example: Title: Mistaken Identity (79 words)

My neighbor, Marcy and I don't get along.

I think she steals the newspaper that is delivered to my driveway every day.

I've spoken to her about this, but she denies the theft.

Marcy told me that she saw the new across-the-street neighbor take my paper.

I visited the new neighbor but found a note saying that the vacated house was for sale.

I had cameras installed that focused on my driveway, which proved that Marcy is the thief.

## MEMBER NEWS

**Fran Mann Goodman**, Art Education Fund Chair of the Delray Art League invites our members to attend "Summer in the City," a two-day indoor show and sale of art works, from 2D art to sculpture to handmade jewelry in celebration of the league's 55th year. The event, which is getting much press, promises to be a cool way to enjoy an indoor art show, It will take place at The Big Apple Shopping Bazaar, 5283 W. Atlantic Avenue, Delray Beach. **Phyllis Elrich**, co-chair of the art program will have a booth to showcase her wonderful talents. The admission is free and there will be food and fun galore, so please stop by and be sure to see Phyllis. "Summer in the City" will run one weekend a month and invites artists of all genres to apply. The Delray Art League is a 501 C3 and has donated over \$120, 000 to organizations in Palm Beach County that cater to the emotionally and physically challenged.

The hours are July 17th from 10:00 AM to 5:00 PM and July 18th from 11:00 AM to 4:00 PM. For more information, visit [delrayartleague.com](http://delrayartleague.com)

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**Penelope Love** celebrated the 2021 awards season with the authors of her company, Citrine Publishing. Her memoir, *Wake Up in Love*, was named the 2021 International Book Awards Winner in Self-Help/Relationships and was honored in Best New Nonfiction. Six additional Citrine titles were also named winners and finalists in the International Book Awards: *Unfunc Your Gut* (Winner, Health/Diet and Exercise), *Feel More Alive!* (Best Cover & Interior Design), *Detours* (Visionary Fiction), *Confessions of a Middle-Aged Hippie*, (Narrative), *Spirit Guidance* (Alternative Health) and *The Magic of Special Children* (New Age Nonfiction). In the 2021 Independent Publisher Book Awards (IPPYs), *Tribal Abundance* received the Gold Medal for Audiobooks.

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**Jo Jo Harder** has been invited to serve as guest Editor-in-Chief of *Bronze Magazine* August wellness issue: <https://www.bronzemaonline.com/>. This digital issue will include Jo Jo's cover story/interview with Tonya Lewis Lee, producer, author, filmmaker, and entrepreneur who is the wife of film director, producer and screenwriter Spike Lee. Also included in this issue, Jo Jo's story "Sowing Seeds of Change: America's Female Horticulturists."

The Pen Woman summer 2021 magazine spotlights Jo Jo's released "America's Top Dog Model Book of Fairy Tails," a book of stories by America's Top Dog Model 2020 Contest winners that takes readers on an adventurous romp through beautiful gardens, scary forests, and enchanted castles. The book is published by TriMark Press. [America's Top Dog Model Book of Fairy Tails - Americas Top Dog Model \(R\)](#)

## AUGUST

 August 1 <sup>st</sup>	National Girlfriend Day
 August 4 <sup>th</sup>	National Chocolate Chip Day
 August 8 <sup>th</sup>	International National Cat Day
 August 15 <sup>th</sup>	Relaxation Day
 August 26 <sup>th</sup>	National Dog Day
 August 26 <sup>th</sup>	Women's Equality Day

Carol White  
Letters Chair  
Editor-in-Chief  
Pen and Palette

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