

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
September/October 2021



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear members,

As an educator, and after a summer of renewal, I always thought the new year began in September. So, I, in my own tradition, am ready for new ideas, new creative endeavors and control of covid.

It has been a year and a half without our monthly luncheons and events. These are vital to our well-being and the way we relate to each other. We've been doing so much remote activity, including our own personal connections, that it can be easy to forget how powerful in-person groups can be for the pleasure of routine, human contact and cementing or creating friendships.

During the past season our presentations and events have been replaced by well attended virtual programs. We welcomed new members and our Branch continues to grow. At present we are the largest Branch in Florida. Our Board has worked tirelessly to secure a full complement of interesting and informative speakers for the coming year. I hope you will continue to participate albeit in person or virtually.

Sincerely,

Dayle Herstik
President

Check out Page 3 for information from the Women's National Book Association. They're planning a Zoom evening on September 22nd 6:30-7:30p.m. It sounds like fun and they have extended the invitation to our Branch.

**Info will be emailed to you by Florida State Association
For the October 2021 Conference.
The Business meeting will be held October 16, 2021
Please advise if you don't have the PDF originally sent out by FSA**

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

The greatest discovery of our generation is that we can alter our life simply by altering our attitude of mind.

William James

Wherever you go, whatever you do, your attitude is showing. Our attitudes determine our every experience. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. A negative attitude has the opposite effect. A positive attitude propels us forward. A negative attitude holds us back.

Do you ever stop and ask yourself, "Is it in my best interest to agonize over this, or worry and fret over that, or be all stressed out over something?" It's good to be aware of what we do to ourselves.

We all have challenges to meet and solve. That's life. The important thing is our attitude about them. When you're late for work, stuck in traffic or have a bad hair day, a negative attitude just seems natural. But it's a choice we make. Frustration is a choice; happiness is a choice. We don't have to be miserable because we have a challenge. As the saying goes, "Pain is inevitable, but misery is optional." Rather than being preoccupied with what we're against, we can be enthused about what we are for. We can focus our energy into constructive ideas and stop using it up in annoyance and frustration. Did you ever notice it takes more energy to be negative than it does to be positive? It takes more muscles to frown than to smile.

Your attitude can help or hinder in times of crisis, and you can choose to be the master or victim. It seems inevitable that not every one of our ventures will turn out successfully, but our attitude determines whether our failures make or break us.

Every change that you would like to make in your life starts with a change of attitude and if you're looking for a positive change you need a positive attitude. You can start your day with an attitude of enthusiasm and an expectation of an enjoyable day. To live without tension and to operate without pressure enables you to do your best work.



The National Women's Book Association (NWBA) is planning an interesting and fun alternative to their canceled in-person meeting, and the program will be available via Zoom on Wednesday, Sept. 22nd at 6:30 – 7:30. pm. It's their **Networking Night**, where you can meet and learn more about their members. Everyone is welcome, so bring any friends who are interested too.

We'll hear about some of the newest publishing projects of our members. **If you have a book, story or other published project that came out in the last 6 months, send us a JPEG file of the book cover to display at the program, along with a very short description. Send to: southflorida@wnba-books.org**

We'll also play an ice-breaker game called **"Two Truths and a Lie."** If you choose to participate, you make three statements about yourself that will help us get to know one another – two true and one not. They can be about your work, your life, and as personal as you wish. See how many you get right. Some of the examples we came up with (not telling which are true):

- *I wrote my first novel wearing pajamas with feet.*
- *My first job was slicing bologna.*
- *I speak five languages including Hungarian.*
- *I can touch my nose with my tongue.*
- *I own a pair of Spanx.*
- The link for the Zoom is:

<https://us02web.zoom.us/j/89753133234?pwd=RTdXVHdheXRNTFZ5N1VXbFd2WWFOQT09> Meeting ID: 897 5313 3234 Passcode: 839281

(From 48 Hour Press) Writer's block can hit you when you least expect it.

Here are a few tips to keep the creative juices flowing and get back on track:

- **Take a break.** Sometimes, you just need a break from anything writing-related. Go on a walk, listen to some music or a podcast, or do anything that might help relax you, while also sparking creativity.
- **Read something else.** When you're sick of your own writing, read someone else's. Reading something completely different from your own project helps re-route your mind, giving it a break.
- **Get organized.** Create a writing schedule (even if you don't follow it closely). This will help prioritize your schedule for writing and give you accountability for staying on top of your book.

MEMBER NEWS

Poems by **Lea Hope Becker**

Celebrating This Morning

I woke up and blinked my eyes
I tried the floor out for size
If walking was easy and able
Soon breakfast would be on the table.

A Cousin from the Past

She phoned me from out of the blue
"Well, do you recall me?" "I do!"
"On my phone list your name still appears"
(Why hasn't she called me for years?)

Cleaning the Refrigerator

I hate cleaning stuff that is cold
But shelves should be wiped, I was told
When I got to the onions
Couldn't stand with my my bunions
Or enjoy cleaning stuff full of mold!

Losing a Tooth

I bit into that hard nectarine
But my teeth had some spaces between
Soon I learned the sad truth
I had dislodged a tooth
No more smiles where a hole could be seen!



Sheila Firestone's "Forest Primeval" composition for piano and strings, which won 1st place prize in the last NLAPW National Competition, is being presented during the October 2021 Florida State Conference. Please look for it.



From **Vera Ripp Hirschhorn**: President Barack Obama’s Inaugural Poet, Richard Blanco has invited Vera Ripp Hirschhorn to share her presentation on his poetry during National Hispanic Heritage Month (September 15-October 15). It can be viewed on Richard Blanco’s social media platforms via [Link.tree webpage](#) or my blog page <https://creatingcurriculum.com/celebrating-richard-blancos-poetry-for-national-hispanic-heritage-month-2/>

“It’s hard to be an aging glamour girl, but I actually bought a cane to help me feel steady when I’m walking. All of which inspired me to write this poem”

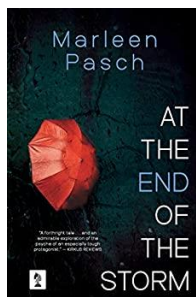
Marlene Klotz

From Candy to Canes

Oh to be young again-
so young that
there are no thoughts
or concerns about tomorrow.
All our needs are taken care of
and one day spills over to the next.
Whatever lies ahead is dormant
like a dream on hold,
while the word future is still
waiting to enter our vocabulary.
So very young is a safe place
filled
with the security of the
unknown.



Marleen Pasch’s novel, *At the End of the Storm*, is a finalist in the 2021 Global Book Awards contest.



Carol White was recently interviewed for the *Art & Culture Magazine*, published by the Palm Beach Media Group, focusing on her twenty years in the South Florida theatre community.



Escape

A Villanelle by **Pat Williams**
In memory of Zaki Anwari

He clings to its underbelly as it takes flight
With dreams of freedom, a smile on his face.
He soars high as a hawk, ignoring his plight.

Far from the chaos below, a fight
To escape, a new life to create.
He clings to its underbelly as it takes flight.

Clouds float by fleecy and white.
Memories of beatings and gunshots to erase.
He soars high as a hawk, ignoring his plight.

Mother and father no longer in sight.
Home, school, friends no longer a trace.
He clings to its underbelly as it takes flight.

His hands are cold, fingers frozen at this height.
He closes his eyes in a final embrace.
He soars high as a hawk, aware of his plight.

Does he travel unbound toward a brilliant, bright light?
Among the martyrs of war will he take his place?
He once clung to its underbelly as it took flight.
Now he dives like a hawk, accepting his plight.



Working Writer Newsletter

This is an excellent and informative newsletter for writers. They have published several of my columns, and it's a wonderful opportunity for Pen authors to have their name/posts published. Although it's an online newsletter, they will send you clips if they use your entry. Here are their guidelines:

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!

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"Amateurs sit and wait for inspiration, the rest of us just get up and go to work." – Stephen King

SEPTEMBER

- Chicken Month
- Better Breakfast Month
- Classical Music Month
- Fall Hat Month
- Happy Cat Month
- Hispanic Heritage Month
- Honey Month
- International Square-Dancing Month
- National Blueberry Popsicle Month
- National Courtesy Month
- National Mushroom Month
- National Piano Month
- Self- Improvement Month

Carol White
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