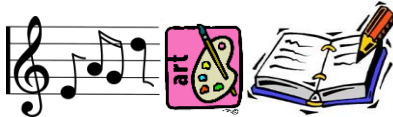


Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
November/December 2021



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear members,

As we approach the end of 2021, we look back on all that has been accomplished by the Boca Raton branch. We can be proud of the events planned by the Board, the diverse speakers and the participation of so many members. All this via Zoom during less-than-ideal circumstances.

We are coming off a challenging year. To the disappointment of all we were unable to have our opening meeting at a luncheon. We did, however, have a wonderful guest speaker, Anthony Francis, master and performer of Improv. All who attended enjoyed participating in the workshop.

Our November 18th event, via Zoom, will feature some of our own erudite members who will share and inspire us with their works of poetry and prose. Please join us, get a front row seat, so that when we do have our December luncheon, we will see familiar faces.

Sincerely,
Dayle Herstik
President

**Be sure to check Page 4 for our November 18th Zoom event featuring our Branch members!
Also, our first in-person luncheon is coming up – see Page 3**

CHAPLAIN'S CORNER
With Dr. Barbara Lunde

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

Melody Beattie

“Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life. And the more of your life that you like and appreciate the healthier you’ll be.”

Christiane Northrup, M.D.

With so many unpleasant things going on in the world today it may seem difficult to feel grateful. Everywhere we hear complaints and gripes about our country, our state, our town, our neighbors, and practically everyone we know. Our courts are overflowing with complainers, and we are in danger of losing that generous spirit and friendliness, the *joie de vivre* that in the past characterized our citizens.

Giving thanks is a very powerful activity as it focuses our energy on our good and thereby tends to increase it. It is wonderful that we have a recognized day set aside each year for the purpose of being thankful. When life is going well, and the physical world is in good shape, it is easy to be thankful. However, the real challenge is to be thankful when things are not going so well. To be thankful in the face of adversity shows our intention to find the good in all situations. There is a blessing in all things if we will just look for it. The very thought of being thankful can open us up to seek and find this truth.

As you gather with friends and family this Thanksgiving remember to give thanks for all things, especially our ability to see our world in a new light and project visions of a bright future. See peace in the world and know that abundance is open to all who can embody it. It could change the mindset prevailing in society today, from grumbling and pointing fingers to appreciation and love.

Giving thanks for the good you have already manifested in your life is the seed for the expanded good which will become your experience if you persist in the spirit and practice of thankfulness.



Boca Raton Branch National League of American Pen Women

Luncheon and Speaker Program

Author Romola Hodas Discusses her Memoir, *The Princess of 42nd Street: Surviving My Childhood as the Daughter of Times Square's King of Porn*

Wednesday, December 15, 2021

12:00 Noon

Delray Beach Golf Club – 2200 Highland Ave. – Delray Beach

561/243-7385 for Directions

Following the program, we are featuring a Chinese raffle with one-of-a-kind items to bid on.

CLIP COUPON AND RETURN WITH YOUR CHECK

Members: \$28 ~ Non-members: \$30

Checks payable to: Boca Raton Branch NLAPW

Send to: Elaine Hutt, 7666 Majestic Palm Drive, Boynton Beach FL 33437

Email Elaine Hutt for more information: elainehlasvegas@aol.com

Luncheon Menu: Please circle your choice of entrée and dessert

- (1) Poached Fillet of Salmon** – Court bouillon poached salmon with creamy lemon dill sauce on the side, served with fresh vegetables and a starch.
- (2) Chicken Saltimbocca** – Boneless chicken breast stuffed with spinach, prosciutto ham, mozzarella and parmesan cheeses, finished with a light lemon-sage glaze; served with fresh vegetables and a starch.
- (3) Large Garden Salad** – Fresh vegetables and chickpeas.

Dessert: Fruit Cup or Cookies

NAME: (Print) _____ Email _____

GUEST: _____ Email _____

GUEST'S MENU: CHOICES of entree & dessert: _____

GUESTS: How did you hear about us? _____

Deadline for Receipt of Checks: December 8, 2021

Note: We cannot accept checks after the deadline.

Boca Raton National League of American Pen Women presents a Program
on Poets and Writers of Literature on Zoom

Thursday, November 18, 2021
1:00 p.m. on Zoom

Join us on Zoom and meet Vera Hirschhorn and Mimi Paris, who will read and discuss their poems, and Dr. Louise Parente and Dr. Marlene Smith who will describe and discuss their literary works. Prepare to be amazed by the talent of our members.

You will learn:

1. What inspires/inspired them to write this piece?
2. The writing process, from inspiration to final draft
3. Review/editing process
4. How do your ideas start?
5. Who are the authors who influenced you?

You won't want to miss this special free program. Guests of our members are invited to join us.

Look for a Zoom link in your Email on November 16th. Your guests will need to Email Sheila Firestone at sheilasong@mac.com for a link.



~*~

Special Notice from Sheila Firestone

Your board has decided that it would not be possible for us to do an in-person event at the Milagro Center for Teens this year. Instead, we have made a contribution of \$200.00 toward their holiday event. The director of the Center, Barbara Stark, thanked us for our generous gift.

A painting was created and presented to us at the Zoom holiday event that we sponsored in 2020. It was lovingly created by one of their teen girls after interviewing Sheila Firestone, Outreach Chairperson showing the traditions of NLAPW and young women. It is a salute to “What we as women can accomplish together” now in the present day. It is signed by Valorie J. It is cleverly illustrated, showing symbols of Pen women and the growth for young women in the Milagro Center’s young women’s group. I look forward to sharing it with you at our December 15th Luncheon.



Here's something easy and fun to do – check which famous writer you write like with this statistical analysis tool: <https://iwl.me>

Click the site and insert a paragraph of your writing...very simple directions.



ART NEWS

Our two Art Co-Chairs have been quite busy recently. Fran Mann Goodman entered her beautiful abstract expressionist painting, *Windswept*, in not only the Florida State Conference competition, but also in the current display at the Boca Raton Community Center. Also entered at BRCC are Phyllis Elrich's two pieces, *Other Worlds* and *In The Sea*, both multi-media pieces new to competition.

If you haven't been to Sugar Sand Park, you unfortunately missed Fran's *Red*, and Phyllis' *Under The Sea* and *I've Got My Eyes on You*, two other multi-media pieces. Look for more competitions they will enter.

At the Boca Raton Community Center, a collaborative between Boca Raton and the Ft. Lauderdale branch, Bea Doone-Merena and Michelle Putnick, have delighted us by showing their beautiful artwork. Bea entered, *Watch Out!* and *Where's Angel?* while Michelle entered *Faces of the Moon* and *Cold Faces of the Moon Pink*.

Since Fran and Phyllis have dual membership in our Boca Raton branch as well as the Ft. Lauderdale branch, they have given new life to our Artists. Thank you to Tammy Seymour, President of Ft. Lauderdale, and Phoenix, Past President who is now Art Chair amongst other positions. We have a new and brighter path.



FSA 2021 NLAPW CONFERENCE

If you missed the conference you can click on these YouTube links to watch the sessions:

<https://youtu.be/KLzobYYV9ZY> 2021 FSA Biennial Conference Rec. #1

<https://youtu.be/6YTVIMRG0sM> 2021 FSA Biennial Conference Rec. #2

<https://youtu.be/blxe6A1UnYM> 2021 FSA Biennial Conference Rec. #3

<https://youtu.be/-VhwYxSuJIs> 2021 FSA Biennial Conference Rec. #4

#4 contains our keynote speaker's address by author Lisa Unger and competition results.

Congratulations to our Boca Raton Branch winners!

Sheila Firestone:

"I'm delighted to share that a musical setting of the prelude to the epic poem Evangeline, "The Forest Primeval" was presented as part of the 2021 FLNLAPW conference. I am also pleased to share receiving the second-place award in music for "Restoring Balance." A small portion from "Chesed," (Loving Kindness) the first of this seven movement twelve tone choral work was played at the Music award presentations."

Vera Ripp Hirschhorn received FSA's Certificate of Award/\$ and Honorable Mention in the Letters Competition for "In Storms" in the Free Verse Poetry category.

Carol White: Won Third place in Adult Fiction for her book *Metamorphosis*

NOVEMBER



- 🚩 November 2nd – Election Day
- 🚩 November 6th – Book Lovers Day (first Saturday of the month)
- 🚩 November 9th – Young Readers Day (second Tuesday of the month)
- 🚩 November 11th – Veterans Day
- 🚩 November 25th – Thanksgiving!
- 🚩 November 26th – Black Friday!
- 🚩 November 28th – Hanukkah begins

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

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