

**Pen and Palette**  
Boca Raton NLAPW  
[www.bocapenwomen.org](http://www.bocapenwomen.org)  
October/November 2022



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



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

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

IT'S FALL, YA'LL! My favorite season of the year!

This past week, I was fortunate to escape to the mountains of Tennessee and stay in a rugged cabin overlooking a valley surrounded by majestic mountains. I sipped my coffee and listened to birds tweeting, deer grazing, and a brisk breeze rippling through fiery red, pumpkin orange, and maroon leaves.

Nature's melodies made me realize how much I take for granted. As I sat on a rocker and watched a Hummingbird dipping into a feeder, it dawned on me how rushed, stressful, and overwhelmed the things in my life were making me. Most, of my own doing. I had forgotten how to say that word that can release me from a lot of stress. You know it. Say it with me. "NO." Too many "YES's were making me "STRESS's."

So, being in nature and all its splendor made me realize I had to stop sweating the small stuff. I had to slow down and remember to invest in moments that make me happy. Like sitting in the middle of nowhere surrounded by beauty that takes your breath away, while sipping a robust cup of coffee. Ladies, we neglect ourselves. And returning from a trip surrounding by loyal, fun-loving friends made me aware of something else that's very important and I would like to share with you all: Be with people who appreciate you. Not tolerate you. Ladies, I appreciate you all and look forward to the happiness I'll receive when I'm in your presence. Looking forward to seeing you all soon.

My best, always  
Michelle Putnik  
President

**Please see Page 3 for our new column Short Stack. November 9<sup>th</sup> Luncheon info on Page 6. Be sure to open your fall 2022 national magazine, *The Pen Woman*, to read the article about Phyllis Elrich, our Art Co-Chair, and her amazing background.**

## MEMBER NEWS

**Dr. Joan Cartwright** will be a Keynote Speaker on Thursday, November 10, 2022, at 10 a.m. EST, at the **2022 Documenting Jazz Conference** sponsored by [Jazz Heritage Wales](#) at the [University of Wales Trinity Saint David \(UWTSD\)](#). The theme is “Who gives voice to diversity in Jazz?”

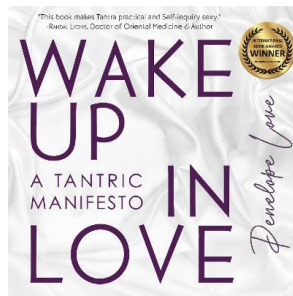
The conference will be held online. See details at <http://documentingjazz.com>



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**Sheila Firestone's** new song, “Nipped in the Bud,” has been accepted to a Protest Song Concert to be held on December 11<sup>th</sup>, hosted by Adding our Voices: Jewish feminist and Gender inclusion music collection. The song will be premiered by Hazzan Leah Frey-Rabine of Germany. Leah is a Wagnerian trained opera singer.

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**Penelope Love** has branched out...from pen and paper to mic and music stand. Her audiobook narration performance of her International Book Award-winning *Wake Up in Love: A Tantric Manifesto* is now available for your listening pleasure on Audible.

<https://www.amazon.com/Wake-Up-Love-Tantric-Manifesto/dp/B0BCH9JMGB/>



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**Louise Parente** announces that her article “The De-mystification of Feelings” has been accepted and is published in the *In Session Magazine-October*. This is created and published by the Florida Mental Health Counselors Association, (FMHCA). ISSUU. This story is based on the movie *The Sixth Sense*. It calls attention to feelings and why they may elicit diverse and intense reactions within us. The encouragement to listen to one's inner sense and face accompanying fears is the major theme.

## **SHORT STACK**



Mark Twain once said, "I didn't have time to write you a short letter, so I wrote you a long one."

### **Chance Meeting by Marlene Klotz**

Elizabeth and Bob shared good years together until he revealed in his success as a plastic surgeon. Then he developed an inflated ego that affected their marriage. When she turned fifty, Bob began a series of affairs that led to an eventual divorce. Six months later, Elizabeth saw him in Starbucks. Bob's dewy-eyed companion looked half his age. After looking her over, Elizabeth strode to their table to make the kill!

"Bob, I see you've switched your practice to pediatrics."

He was definitely not amused, but revenge is sweet. Elizabeth felt better than she had in ages.

### **Thoughts for a Lifetime – The Journey by Louise Parente**

"A log is floating down a river, on one bank is indulgence, and on the other is deprivation. As the log flows down the river, it passes both extremes. If it gets stuck on either extreme, the log sinks or rots. But when it follows the middle path, it floats down the river and reaches the ocean of freedom." The Zen of Eating, Kabatznick

The above quote can apply to many things in life. If you are focusing on disordered eating, a theme to explore is Emotional Hunger, which I often call, the "bottomless pit."

If you are focusing on writing something, or painting a picture, a theme to explore is the inconsistencies in pursuing it. Look at your mental attitude in order to see if and what the struggle is and identify your reactions.

Stay the course, follow the middle path, and see how you think and feel. Good Luck on the Journey!

Continued on pages 4 and 5

### **Dark and Silent by Marleen Pasch**

Around five each morning I'd walk, Orion high in the sky, awaiting inspiration in dark but starry stillness. A few neighbors did the same. We passed each other, knowing enough to chat a minute, then move on in respectful, restorative silence.

One man, a lanky Irishman with wild white hair, walked and walked and walked, from four-thirty to as late as nine. When I asked how far he went, his answer, "ten miles," humbled me. I thought I was doing great at four. As years passed, and his limbs started failing, the former marathoner's walks slowed and shortened. He began stopping frequently, stretching arms and legs while holding onto street signs or mailboxes. Still chipper, he greeted with his warming smile and, oh, that delicious accent.

Until for a week, a month, three months, I didn't see him on our circuit. Curious and concerned, I Googled him. He (an experienced pilot) had flown his airplane out to sea weeks earlier. Recovery attempts failed. He and his plane went undiscovered. What were his thoughts, I wondered, when he entered that different dark silence below, wild white hair flying, no hint of Orion awaiting morning?

### **Two Haiku by Vera Ripp Hirschhorn**

Morning Dew

Dancing in the dew  
In purple, white and gold haze;  
Happy days begin

Windswept

Azures, crimsons, greens.  
Autumn leaves are falling now.  
Mother Nature Sings

### **A Poem by Vera Ripp Hirschhorn**

The Dance of the Bonsai

The foamy water rushing down the moss-covered rocks,  
Cooling the sun-drenched pine trees behind them.  
The clear waters of the lake bathe the red, orange, and yellow dancing poi.

The bonsai nearby dance their unique story;  
Mini ficus, serapes, elms, tamarinds and wiandes  
*pliant* to the left and *etendent* to the right.

Soon a grey and white feathered egret sweeps by;  
glides onto a coral boulder and then darts into the sky once again,  
dancing its own story.

Chimes in the breeze swing, sway and sing their story;  
each one a different note!

## Tongue Twister Toast by Marlene Wolf Smith

A cheerful toast  
Presto in time  
Something to boast  
Said poetically fine

As the dinner host  
Words that rhyme  
No days to coast  
Stanzas to refine

A funny, personal roast  
Dare you sign  
Laughing the most  
That funny bone of mine

A writer that is ghost  
A Tongue twister line  
A social media post  
Without costing a dime

Post, ghost, most, roast  
Coast, host, boast, toast  
On the dime, time to refine  
And sign mine fine line rhyme



**Boca Raton Branch National League of American Pen Women**  
**Playwright Marlene Klotz & Acting Troupe Present a Light Comedy**

**Wednesday, November 9, 2022**  
**12:00 NOON**



**Indian Spring Country Club – 11501 EL Clair Ranch Rd – Boynton Beach, FL 33437**  
**For Directions: 561-737-5544**

Three talented actors will perform a play reading for Marlene Klotz’s award-winning play, *It’s All About Friendship*. Playwright Marlene Klotz directs this delightful light comedy.

Enjoy a lavish buffet luncheon, including salad, grilled salmon, turkey tips, mashed potatoes, fresh vegetables, rolls, fresh fruit and pastry, and beverages. Bid on fabulous items at our Chinese raffle.

*Cash or check only for raffle tickets.*

**Parking:** Our luncheons are held in the **downstairs Men's Card Room**. Drive into the main entrance and make a left turn toward the tennis courts, where you’ll find regular and handicapped parking. A short walk leads to the **lower clubhouse entrance**. The **Card Room** is on the left.

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COPY RESERVATION FORM AND RETURN WITH YOUR CHECK

\$35

**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](mailto:elainehlasvegas@aol.com)

NAME (Print): \_\_\_\_\_ Email \_\_\_\_\_

GUEST Name: \_\_\_\_\_ Email \_\_\_\_\_

GUEST: How did you hear about us? \_\_\_\_\_

**DEADLINE FOR RECEIPT OF CHECKS: October 29, 2022**

2022-23 Luncheon Dates - All on Wednesdays at the Indian Spring Country Club

October 12, 2022  
November 9, 2022  
December 14, 2022

January 11, 2023  
February 8, 2023  
March 8, 2023  
April 12, 2023

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Carol White  
Editor-in-Chief  
Pen and Palette  
Co-Treasurer  
Social Media  
<http://www.bocapenwomen.org>