

**Pen and Palette**  
Boca Raton NLAPW  
[www.bocapenwomen.org](http://www.bocapenwomen.org)  
August/September 2023



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



Don't forget to like our Facebook Page: <http://tinyurl.com/hen8b4o>

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

**Chaplain's Corner by Dr. Barbara Lunde**

Life is a picnic. A picnic is about having fun! It's important to have fun in your life. It's long been realized you don't have to wait until you retire to have fun and it's not just for children. Having fun, playing, relaxing, enjoying yourself is necessary at every age. All work and no play is unhealthy. It's important to have a balanced life.

Different things can interrupt our fun at a picnic: ants, raccoons, or rain. If you're at the beach, it can be crowded and sometimes there are rip tides and jellyfish and even sharks. That's life. Most of the stress in our lives comes from taking things too seriously and worrying about it all. Samuel Butler said, "All the animals, except man, seem to know that the principle business of life is to enjoy it." Just watch your kitten, or dog, at play. I had an art teacher who would ask of her students, "Are you having fun? If not, you're not doing it right." I think it's a good question to ask ourselves at any time, wherever we are, whatever we're doing.

Every challenge we have is a catalyst that sends us on the quest to greater understanding of who we are and where we're going. We are in this life to have a good time, to enjoy the great adventure of self-discovery. Let some delight shine through you even if you are cleaning up after the puppy or standing in a long line. You can shift gears from frustration to humor or irritation to serenity. You can choose to be up, to feel good, to be happy, to do what you enjoy or enjoy whatever you happen to be doing.

A picnic brings friends and families together. How fortunate we are to have even one. To be a friend to ourselves and others makes life a celebration. We are here to become intoxicated with life. It's time to let our hair down and enthusiastically have some fun, not just today but every day!

Our Fiction Writers Workshop was held at the Hagen Ranch Library on July 25, 2023. Authors Lea Becker, Barbara Bixon, Lee Ravine, and Carol White guided attendees through a discussion pertaining to publishing, research, editing, dialogue, critique groups and more. Participants were given a chance to write a paragraph from a prompt that Barbara Bixon gave, which we later critiqued, and encouraged everyone to continue on as writers.

Our next workshop will be held at West Boynton Beach Library on October 24<sup>th</sup> from 2-4 p.m. This event will explore memoir and essay writing. Speakers will be Lea Becker, Marlene Klotz, Lee Ravine, and Carol White. Registration information is forthcoming.



Barbara Bixon writing as A. R. Alan



Lee Ravine

## MEMBER NEWS

**Sue Gurland's** whimsical paintings of animals will be on exhibit at the Delray Beach Public Library at 100 West Atlantic Ave from October 30 to December 9. There will be a free opening reception and artist talk at the library on Wednesday, November 8 at 6-8 pm.

This one-woman show is entitled "Wild Things" in homage to Maurice Sendak's book of the same name. For Gurland, her colorful animals convey the joy and wonder of the natural world as seen through the eyes of a child.

Gurland grew up in Woodstock, NY surrounded by nature and animals. Transformed by time and space, these childhood influences emerge in her paintings as vibrant images that reflect our connection to nature and spirituality. "Wild Things" will bring a smile to the young and the young at heart.

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### **Short Fiction:**

I hadn't seen Charlie in years. And then my luck, I ran into him at the market after I left the house without a stitch of makeup and needed a haircut like you've got to live! Although I tried to hide behind a stack of cartons, Charlie ran over to me and instantly smiled that gorgeous smile of his. Because I absolutely looked like hell, to make the way I felt even worse, the guy I had once been crazy about sauntered over to me...and in a friendly tone of voice said, "oh my God, Jenny, you haven't changed a bit. You look just the way I remember you."

### **Marlene Klotz**



Thoughts for a Lifetime – To Believe

By **Dr. Louise Parente**

“We all have the power to make wishes come true as long as we keep believing.”

Louisa May Alcott

Today’s thought for a lifetime is To Believe.

If only we could believe in the beauty of life.

If only we could believe that because life has its twists and turns, change is possible.

If only we could believe that after the hurricanes of life comes peace

If only we could scream from the highest mountain that life is good if we are grateful for what we are given.

If only we could believe that we could plant the seeds and from those seeds will grow beauty, peace, and love.

If only we could believe that weeds can be picked and discarded.

If only we could believe in the power of fun, joy, and laughter.

If only we could believe that music can sooth the soul

If only we could believe in ourselves.

Let Us Believe!

[www.drlouiseparentephd.com](http://www.drlouiseparentephd.com)



A Poem by **Mimi Paris**

Live In The Moment

Find the book you can't put down

Find the recipe that tempts you so

Find the friend with the warm ear

Find the film you'll so absorb

Find the path that moves your feet

Then find the soft pillow that brings you sleep.



# AUGUST

## HOLIDAYS

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- 1-Swiss Day
- 2-National Ice Cream Sundae Day
- 3- Campfire Day (1st Saturday)
- 3-National Watermelon Day
- 4-Sister's Day
- 4-International Forgiveness Day (1st Sunday)
- 6-Wiggle Your Toes Day
- 6-National Root Beer Float Day
- 7-National Lighthouse Day
- 9-Book Lover's Day
- 10-Lazy Day
- 10-National S'mores Day
- 12-Middle Child's Day
- 13-Left Handers Day
- 14-National Creamsicle Day
- 16-National Tell a Joke Day
- 17-National Thrift Shop Day
- 19-World Photo Day
- 21-Spumoni Day
- 22-Be an Angel Day
- 26-Dog Appreciation Day
- 31-National Eat Outside Day

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