

Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
November/December 2023



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear Members:

What a joy to see and hear about Sue Gurland's Art Exhibit "Wild Things" last night at the Delray Beach Library. My son attended the show with me, and it was wonderful to see Pen women there also: Phyllis Elrich, Dr. Brenda Dressler with her cousin and Fran Goodman. Please take every chance to support our members when appearing locally. The show will be on display until December 9th.

We are proud to have Phyllis Elrich represent us as 2nd Vice President at Florida State NLAPW. I know you will enjoy her thoughts on the experience. Phyllis will be handing out awards at the luncheon on November 16, 2023. I look forward to seeing you there.

Below is a photo of Genvieve Fortner dancing to my piece "Oh God How Will I Know You?" at Pat Black Gould's presentation of her book "The Crystal Beads."



Sincerely,
Sheila Firestone, President
Music Chair

FLORIDA STATE ASSOCIATION NLAPW
Biennial 2023 Competition

Sheila Firestone won 1st place in Music for “Prelude No. 3” and 2nd place in Music for “Pandemic.”

Linda A. Mohr won 1st placed in Nonfiction Communications in the FSA 2023 Letters Competition

Marleen Pasch's short story, "Rocks and Rivers" was awarded First Place in Short Fiction in the Florida Pen Women's recent state-wide competition. Her novella, "Cones of Uncertainty," received an honorable mention in “Short Fiction.”

Carol White's article “So Many Surveys” won 2nd place in Communications. Her story, “Lakeside” won 3rd place in Flash Literature.

Barbara M. Wolk AKA Diana Kingsley won 1st place in The Fiction Novel category.

From **Roslyn Ross-Hoffman:**

The National League of American Pen Women has confirmed Roslyn Ross-Hoffman as a new Pen member. Roslyn has been selling her paintings in galleries up north and to private collectors and has been commissioned to do paintings. Her paintings are now exhibited at the “Posh Art Gallery” at the Delray Beach Marketplace at Lyons Rd. and Atlantic Ave., Delray Beach. There will be a Grand Opening on December 2nd from 5 PM till 8 PM with refreshments. She looks forward to seeing you at the opening.

Roslyn is an Abstract Realistic Painter. Her paintings are happy, colorful and full of movement. She uses bright acrylic colors, and devised a method she calls “mark-making.” Roslyn has been painting and drawing since elementary school and is a self-taught painter. She maintains two art studios, one in Boca Raton, FL., and the other in Manhattan, NY. Roslyn has also authored a book, “Moons, Suns and Creatures” which is an autobiography and catalogue of many of her paintings. It is available on Amazon and Barnes & Nobles’ websites.

Roslyn’s website is: roslynrosshoffman.com and you can email her at: rozz@rozzart.com

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Carol White’s column, Get Smarter, will appear in the Sun Sentinel’s Palm Beach weeklies on November 15th.

NEWS FROM ART CHAIR, PHYLLIS ELRICH Florida State Convention - NLAPW

If you have never been to a Florida State Convention of NLAPW, you have missed something spectacular. Art Chair Phyllis Elrich has just returned with new inspiration and a wonderful group of new friends.

"I couldn't imagine what could be done in just two days but was I overwhelmingly surprised!"

From a memorial candle lighting ceremony to thanking all the organizers, it was obvious that NLAPW honors professional women of many backgrounds who add new light to the world.

A convention is an opportunity for everyone in the state to participate. There were writing, art, and music competitions. Proudly our group had several winners. Congratulations to Sheila Firestone, Linda A Mohr, Marlene Pasch, Carol White, and Barbara Wolk. Fran Mann Goodman and Phyllis Elrich represented us in the art competition that was on display with so many wonderful art projects. It was extremely difficult to judge, but so beautiful to view.

Phyllis marveled at the number and quality of the workshops. Instructors were NLAPW members with great experience and knowledge. Their enthusiasm was contagious. Before each meal, many of these women had tables where you could buy their books and crafts. Later there were specialized speakers such as Erin Smith, an environmentalist who created a non-profit organization in Kenya to help with cleaning the rivers, educating the local people, providing jobs and new skills for the people. Her work is called OceanSoles. Local women collect some of the millions, yes, millions, of flip flops that wash onto the shores in Nairobi. Others wash them and men carve them into animals sold across the world. In a serendipitous happening, Phyllis will be traveling to Nairobi in January and will hopefully, tour the workplace. Her purchase of a large giraffe, named Penelope Pendelton, for Pen Women, made the convention even more special.

Many thanks to Janie Owens, President of National and all the organizers, servers, planners, judges who worked tirelessly behind the scenes to make it all happen. Highlights of them will be in future Pen and Palette issues.

National is part of us. Let's make that a priority!

Phyllis with Penelope



Art Display



Phyllis's workshop



Kindness Holiday Wish By Dr. Marlene Wolf Smith

We were all gathered for the holidays and his special birthday. A December to Remember. Family and friends from the west coast to the east coast were present. As the cake with the candles arrived, we started to sing Happy Birthday. The birthday guy stopped us. He said that he wanted to tell everyone about his birthday wish. We shouted to him to keep his birthday wish to himself or else it would not come true.

In his unique way, he took the microphone. There was no stopping him as the candles burnt down. He said that his wish is that every person would do a random act of kindness every day for the rest of their lives! The room got silent. This soft-spoken gentleman continued to talk. He said that this is how he had patterned his life, the legacy he wished to leave.

The silence was broken by our voices, singing Happy Birthday.

Thank you for reminding us that kindness is the best gift anyone can both give and receive. Happy 90th Birthday, Happy Holidays, and a Prosperous New Year.

DO YOU EVER FEEL LIKE LIFE'S A JOKE AND YOU'RE THE PUNCHLINE? THEN DON'T MISS THE BAD DAY BOOK

The Bad Day Book is an anti-motivational, motivational collection of personal experiences shared by eighty individuals from nations around the world. These anecdotes share unfortunate, yet humorous, experiences. The Bad Day Book was released on September 29th, 2023. It is now sold through various book retailers, in both paperback and eBook format.

Known for her storytelling and poetry, Dr. Marlene MD, aka Dr. Marlene Smith, DTM, brings a wealth of knowledge and creativity to this initiative with her true story, *My Fear of Snakes* (p. 267). Her unique storytelling style and deep understanding of the funny side of life undoubtedly enrich The Bad Day Book. For more information, visit DrMarleneMD.com

"As the saying goes, 'misery loves company,' which is good because one thing we all have in common is having bad days. We are never alone. We can be miserable together. Only through my own experiences I have learned that, in many cases, we are making life more miserable than it needs to be. Many of the challenges we face don't have to be as bad as we make them out to be. Life is hard enough; we don't need to make it any harder than it already is. Join us as we take back control and look at our challenges through a different lens – a humorous lens. It is time to realize it is okay to laugh, and just maybe, life isn't so bad after all." -Amilee Weaver Selfridge, Creator

The Bad Day Group, LLC is a publisher of family-friendly books. Their flagship series, The Bad Day Book, is focused on providing funny and inspiring stories relatable to any reader. The mission is a reminder that we all face challenges, but with laughter and resilience we can make it through.

Publisher Name: The Bad Day Group, LLC

Contact Name: Amilee Selfridge

Email: publisher@thebaddaygroup.com

Location: Riverton, UT, USA (840961) Website Link: thebaddaybook.com

Social Media: Facebook and Instagram @thebaddaybook

Free book copies available to the press- must request via email

ALL ABOUT ART

Fran Mann Goodman, former Art Co-Chair, thanks **Phyllis Elrich** for facilitating the acrylic skins workshop at the Florida State Conference on October 27th. Due to a sudden problem with her hands, Fran was unable to run the workshop. Phyllis's talent and art acumen made the event a roaring success.

Fran is participating in the Art Collaborative with our Fort Lauderdale Chapter, on exhibit at the Boca Raton Community Center from Nov 1st - Nov 30th. The address is: Boca Raton Community Center 150 Crawford Blvd, Boca Raton, 33432.

Fran has been invited to speak on Nov 15th from 1:00 -2:15 p.m. to the members of the Institute for Learning in Retirement (ILIR) at the same location. The title is: Sinatra, Bennett and Davis, Men and their ART! Fran invites our members, free of charge. ILIR is a nonprofit, so donations are accepted. Two of Fran's acrylic paintings are below.



Stellar Acrylic painting



Plaid Dressing Acrylic painting

Boca Raton Branch National League of American Pen Women

Meet Author, Editor and TV Producer, Meredith Berlin

Thursday, December 21, 2023

12:00 NOON



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

Meredith Berlin was Editor-in-Chief of *Seventeen*, *Opera Digest* and other publications, as well as a TV producer and contributing writer to numerous magazines and newspapers.

Enjoy a lavish buffet luncheon, including salad, grilled salmon, tortellini Florentine, roasted potatoes and 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.

CLIP RESERVATION FORM AND RETURN WITH YOUR CHECK

Members \$40 Non-members \$42

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

NAME (Print): _____ Email _____

GUEST Name: _____ Email _____

GUEST: How did you hear about us? _____

DEADLINE FOR RECEIPT OF CHECKS: December 11, 2023

OCTOBER 19, 2023 OPENING LUNCHEON

Jewelry artist and Pen woman Linda Bodie (R) honed her art skills in pottery before turning to fashioning art jewelry from metal clay.





OCTOBER 24, 2023, MEMOIR/ESSAY WORKSHOP
West Boynton Beach Library

Lea Becker, Marlene Klotz, Lee Ravine, and Carol White spoke at this workshop. It was well attended, and participants learned much about what goes into writing a memoir and received publishing advice. Here are some photos taken at the West Boynton Beach Library:



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We will hold this workshop again at the Hagen Ranch Library on November 30, 2023, from 2-4 p.m. FREE but you must register. Great for beginners and intermediates. Q & A and printed handouts. Location: 14350 Hagen Ranch Rd, Delray Beach, FL 33446 [\(561\) 894-7500](tel:5618947500) for directions. Speakers include Lea Becker, Vera Ripp-Hirschhorn, Lee Ravine, and Carol White.

Register here on or after November 16, 2023.

[Palm Beach County Library System | BiblioCommons](#)

“A Pocket Size Version of Thanksgiving”

By **Marlene Klotz**

Be thankful for the first cup of coffee in the morning
 Happiness is finding a ten-dollar bill in an old raincoat
 No one at your party spilled wine on the new tablecloth
 A special photo you thought was lost suddenly popped up
 Important eyeglasses that went missing were finally located
 For the calorie counters: The bathroom scale is broken
 An honest soul returned the wallet you dropped at the market
 The puppy you love has decided not to pee on the carpet anymore
 Someone said that you look too young to be a grandmother
 You finished your last dental appointment for the year
 You need not be British to enjoy afternoon tea and cookies
 Bloomingdales ran a wonderful sale on designer jeans
 You had the best cry watching the classic movie, “Casablanca.”
 And last but not least, the joy of having loving friends or family
 to share both the good times and the bad.

Daily Holidays & Observances Calendar



2023	SUN	MON	TUES	WED	THURS	FRI	SAT
NOVEMBER	29	30	31	1 National Author's Day National Family Literacy Day Day of the Dead	2 Look for Circles Day National Stress Awareness Day	3 National Sandwich Day National Jersey Friday	4 National Candy Day
	5 American Football Day	6 National Basketball Day	7 National Hug a Bear Day	8 National STEM/STEAM Day National Parents As Teachers Day	9 Go To An Art Museum Day	10 Sesame Street Day	11 Veterans Day Origami Day
	12 Chicken Soup for the Soul Day	13 World Kindness Day	14 National Young Readers Day National Pickle Day	15 America Recycles Day I Love To Write Day	16 National Button Day National Fast Food Day International Day for Tolerance	17 National Take A Hike Day	18 Mickey Mouse Day National Princess Day Family Volunteer Day
	19 National Play Monopoly Day National Camp Day	20 Future Teachers of America Day Universal Children's Day	21 World Hello Day World Television Day	22 Go For A Ride Day National Jukebox Day	23 Thanksgiving Day National Espresso Day	24 Black Friday National Day of Listening Celebrate Your Unique Talent Day	25 Small Business Saturday
	26 National Cake Day	27 Turtle Adoption Day	28 Red Planet Day	29 Square Dance Day	30 National Mason Jar Day	1	2
	3	4	November 2023 Daily Holidays & Observances Calendar Refer to this calendar for inspiration and themed activity ideas for your program! Find ideas below and click the Daily Holidays link to find related items to support your activities. www.ssw.com/daily-holidays-november				

Carol White
 Editor-in-Chief, Pen and Palette
 Letters Chair
 Social Media
 Fundraising