

Pen and Palette

Boca Raton NLAPW

www.bocapenwomen.org

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

April/May 2024



MUSIC...ART...LETTERS



In the Loop: Your Board at Work

To our Branch:

What a year it has been with enchanting speakers, sumptuous luncheon meals and most importantly, each member supporting others with our projects and efforts. It has been a joy to raise money for promising students in the arts.

Many thanks to each of you who have helped this group continue to grow by serving as either an officer, committee member, or by contributing to our fundraising efforts...and just by attending our programs. We decided that Indian Springs was ideally suited to our branch, and we are also appreciative of the kind support of their staff to help make each program a success.

By now I hope all of you have renewed your membership and will continue to help us grow in the coming year. Please share your ideas so that we can make every effort to expand, present workshops, shows, and unique opportunities as we work on projects together.

Wishing you and yours a summer of rest and growth. Please consider being part of our executive team and help us use your creativity to spotlight our talented women in the arts.

Sincerely,

Sheila Firestone, President
Music Chair

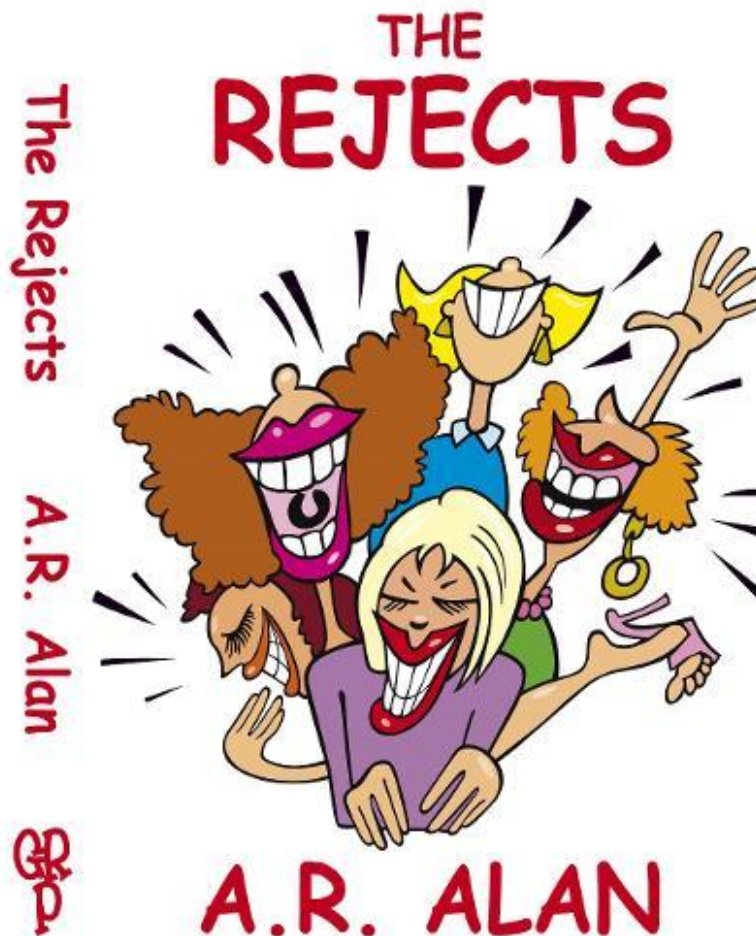
MEMBER NEWS

A new book From **Barbara Bixon**

The Rejects

“Here's my little secret. Every one of my books has been inspired by something that happened to me. Before Covid hit us, I drove to the Florida Turnpike rest stop around 11:00 P.M. for a Nathan's hot dog. The place was closed, and I wrote a short story. Months later I decided to write something funny to cheer myself up, and so *The Rejects* was written. (by aka A R Alan – which is me.) The book is a laugh-out-loud story with lovable characters. It's in large print so you won't need your reading glasses. Have fun. Barbara”

Find it on Amazon: <https://tinyurl.com/y4xmsaek>



A new book from **Dr. Louise Parente**

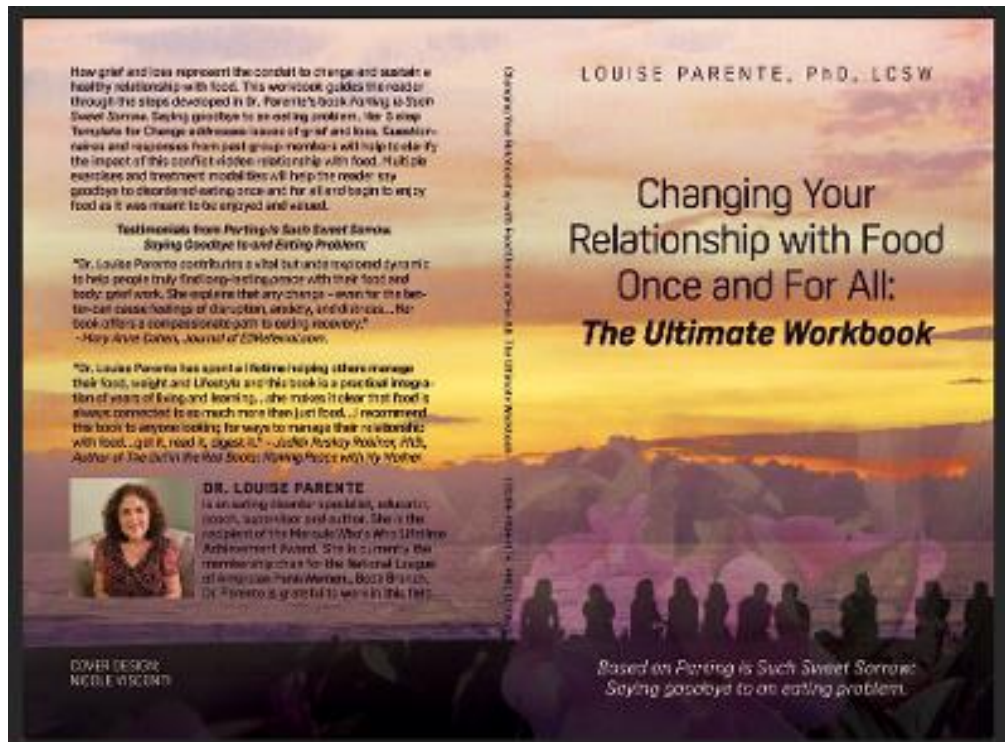
Changing Your Relationship with Food Once and For All: The Ultimate Workbook

This workbook walks you through a process to change your relationship with food and overcome an eating problem. The principles in this book are largely based on the template for change in Dr. Parente's book, *Parting is Such Sweet Sorrow Saying Goodbye to an Eating Problem*.

The idea revolves around loss and grief and how they play a major role in moving past your eating problem. It contains thought provoking exercises and asks you the questions that you need to think about to get on a path to positive change.

Thank you for all the support, and I hope this will help someone in the process.

Here is the Amazon link: <https://tinyurl.com/526922yh>



“My Garden Collage”
By **Vera Ripp Hirschhorn**

Sandpaper, grains of sand, well raked.
Pieces of brown bark randomly shaped.
Butterflies, flowers, bromeliads that are fake.
Yet, inner peace, my keepsake.

A sky of yellow, red, titanium white and cerulean blue;
Of tissue paper, paint and lots of glue.

My son’s photo of me, smiling and without maquillage.
Sweet memories, thanks to my collage.



“Mother’s Day Thoughts”
By **Marlene Klotz**

Angels can’t be everywhere
So the Lord created mothers,
And instilled in them a special
gift

That transcends the love of
others.

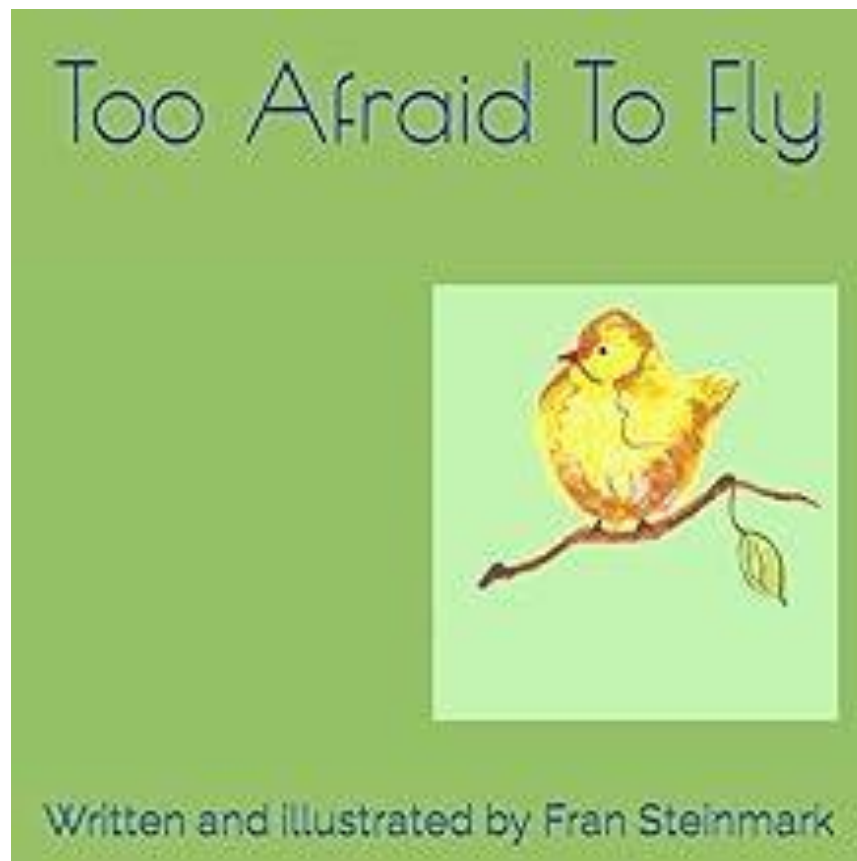
Life can turn its back on you -
You may lose your last best friend,
But a mother’s love is
steadfast
And will never ever
end.

Fran Steinmark, Artist/Author has a new book. (www.fransteinmark.com)

Too Afraid to Fly, a children's book, is about Goldie, who is too afraid to fly. Goldie feels safer in the family's nest, built on a branch high up in a tree, but then finds herself cold and all alone.

Will she ever find the courage to overcome her fears and join her family? This wonderful book teaches children how fear of failure can keep you from moving on in life.

On sale at Amazon <https://tinyurl.com/54uyyswn>



At the end of April, **Phyllis Elrich** will be attending the National Biennial in Ohio. She met some wonderful, talented women at the Florida State Conference held in Daytona Beach and they plan to meet again. As of May 1st, Phyllis will be the new Second Vice President of Florida State. Who knows what new contacts she will bring to us?

Two of **Carol White's** limericks won second place and honorable mention in the Santa Clara County Branch Limerick Contest. "The Chef" won second and "The Hunt" won the honorable mention.

Phyllis Elrich, Art Chair, reports on March 30, 2024, All People's Day

Phyllis Elrich and Letters Member Dayle Herstik "wo-manned" our table at All People's Day on March 30th. There was entertainment, food, and about 700 people passing through! It's the fifteenth year of this event and it was a roaring success. Phyllis's granddaughter, Madison, helped with the carting, set-up, and entertainment for the children.

Each year, our Boca Raton Branch plans an activity for the children and is available to talk to women about our organization.

Last year, we featured South African Teabag Art. This year it was a rainbow painting with a "recycle and reuse" theme. The children chose a recycled item, matched it to the colors, and pasted it on the painting. It will be available to see at our April 18th luncheon.

Many thanks to Dayle and Madison for their hard work and support.

Dayle and Phyllis



Jennifer helping the kids!

Boca Raton Branch National League of American Pen Women

Meet Bryce Seliger, Palm Beach Symphony Program Educator

Thursday, April 18, 2024

12:00 NOON



Indian Spring Country Club – 11501 EL Clair Ranch Rd – Boynton Beach, FL 33437

For Directions: 561-737-554

Dr. Bryce Seliger is the education and programming associate for South Florida's premier orchestra, the Palm Beach Symphony. She is also a talented flutist, conductor, and guest speaker on classical radio stations, including NPR.

Two talented high school seniors pursuing a career in art will receive an achievement award of \$1,250.00 each from our Boca Raton Branch. Supporters of our monthly raffle – contributors to the raffle and purchasers – made this award possible.

Enjoy a lavish buffet luncheon, including salad, grilled salmon, chicken tarragon, wild rice pilaf, roasted vegetables, rolls, fresh fruit, pastry, and beverages.

Parking: The luncheon is held in the **downstairs Men's Card Room**. Drive into the main entrance and turn left toward the tennis courts, where you can park. 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: April 13, 2024

PHOTOS FROM OUR MARCH 21ST LUNCHEON
WITH ARTIST AND ANIMAL ACTIVIST
SUSAN SALADINO







Daily Holidays & Observances Calendar



2024	SUN	MON	TUES	WED	THURS	FRI	SAT
APRIL	31	1 April Fool's Day National Fun Day	2 International Children's Book Day World Autism Awareness Day	3 Find A Rainbow Day World Party Day National Walking Day	4 National Vitamin C Day	5 National Body Care Day	6 National Student Athlete Day National DIY Day
	7	8 World Health Day National Zoo Lovers Day Draw a Picture of A Bird Day	9 National Name Yourself Day National Unicorn Day	10 Golfer's Day National Farm Animals Day Encourage A Young Writer Day	11 National Pet Day	12 National Big Wind Day Drop Everything And Read Day	13 Scrabble Day International Plant Appreciation Day
	14	15 National Dolphin Day International Moment of Laughter Day National Reach As High As You Can Day	16 Rubber Eraser Day World Art Day Universal Day of Culture	17 National Librarian Day Save The Elephant Day	18 National Kickball Day International Haiku Poetry Day National Banana Day	19 International Juggler's Day National Exercise Day	20 Bicycle Day National Look Alike Day
	21	22 National Kindergarten Day Earth Day	23 World Laboratory Day National Picnic Day World Table Tennis Day	24 National Skipping Day Stop Food Waste Day	25 World Penguin Day National Telephone Day	26 Get Organized Day National Kids & Pets Day National Pretzel Day Arbor Day	27 Tell A Story Day National Teach Children To Save Day National Sense of Smell Day
	28	29 National Superhero Day International Dance Day World Wish Day	30 National Honesty Day National Tie Dye Day	1	2	3	4
	5	6	April 2024 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.swww.com/daily-holidays-april				



Carol White
 Editor-in-Chief
 Pen and Palette
 Co-Treasurer
 Letters Chair
 Social Media
 Raffles

<http://www.bocapenwomen.org>