

Pen and Palette

Boca Raton NLAPW

www.bocapenwomen.org

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

April/May 2026



MUSIC...ART...LETTERS

Dear Members,

At the March 19th luncheon, Dr. Ellen Kamhi, a professional member of the American Herbalist Guild, and a nationally board certified as an Advanced Holistic Nurse spoke to us about the use of natural botanicals for pain management. Our members appreciated the helpful information on the connection between inflammation and arthritis.

I look forward seeing you all at the next luncheon on Thursday, April 2026 in the Mariposa Restaurant located in Nieman Marcus, which is in the Town Center in Boca Raton. Our speaker is Jennifer Wilson, the voice teacher/administrator for the Studio program at the Palm Beach opera. Her presentation, *Card Games in Opera*, will demonstrate how Bizet, Tchaikovsky, and Puccini built dramatic tension by including on-stage card games. Jennifer will also sing for us. This will be a real treat. Several members of our branch heard her sing.

Guests are invited. Please complete the flyers that are in the Pen and Palette to register for the event.

Furthermore, our Boca Raton branch is presenting the 2026 Music Achievement Award to Mallory Goddard, a student at the Palm Beach Opera Studio Program. This award will assist Mallory in continuing her music studies.

I am also pleased to inform you about a social event and fund raiser to be held on Wednesday, May 6, 2026, at 1:00pm at Alice's Delicious Teapot, which is beautifully decorated. Register by April 12, 2026, for this fun event. It is located in the Delray Square Shopping Center at Military and W. Atlantic Ave. Please mail a check to Elaine Hutt (7666 Majestic Palm Drive, Boynton Beach, Fl 33437) for \$40 made out to Boca Raton Branch, NLAPW indicating May 6th event on it.

Warm regards,

Brenda Dressler, PhD

President of the Boca Raton Branch of NLAPW.

Boca Raton Branch National League of American Pen Women
Luncheon and Speaker Program
Meet Jennifer Wilson, Palm Beach Opera Education Manager and Studio Director
Thursday, April 16, 2026
12:00 NOON

Mariposa Restaurant - Neiman Marcus at Town Center

5860 Glades Road, Boca Raton, FL 33431

Jennifer Wilson is the voice teacher/administrator for the Studio Program at the Palm Beach Opera. This free training program provides area high school students with monthly voice lessons, masterclasses, and college prep lectures. Jennifer's presentation, *Card Games in Opera*, will demonstrate how Bizet, Tchaikovsky and Puccini built dramatic tension by including on-stage card games.

Mallory Goddard, a student at the Palm Beach Opera Studio Program, will receive the 2026 Music Achievement Award from our branch to assist her in continuing her music studies.

Parking: Parking is available in the parking lot near the entrance to Neiman Marcus. Valet parking is also available. The \$5 valet charge is waived when your ticket is stamped at the restaurant. A \$5 gratuity is suggested for the valet.

CLIP RESERVATION FORM AND RETURN WITH YOUR CHECK

\$40

Check 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: Choice of Chicken Caesar Salad, Roasted Salmon, or Trio Salad (chicken salad, tuna pecan, egg salad). Order your selection on the day of the luncheon. Popovers, beverages and dessert included.

Name (Print): _____ **Email** _____

Guest's Name: _____ **Email** _____

Guest: How did you hear about us? _____

DEADLINE FOR RECEIPT OF CHECKS: April 10, 2026

PHOTOS FROM OUR MARCH 19, 2026 LUNCHEON

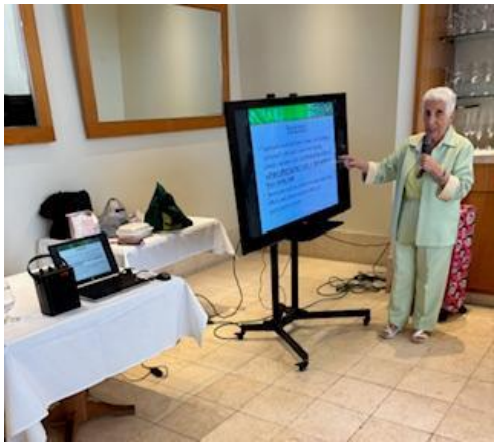
With

Meet Dr. Ellen Kamhi, Holistic Health Nurse/ Educator/ Author

Botanicals for Pain Management







Several of our Boca Branch Pen Women attended the Local Author Fest 2026 Sponsored by the Delray Beach Public Library and the South Florida chapter of Women's National Book Association (WNBA), to showcase local authors and their work, available for purchase and signing.



MEMBER NEWS AND POEMS

A New Reality
by
Marlene Klotz

Now that I've grown older
Nothing is the same.
The only thing that hasn't changed
Is the spelling of my name.
But each morning when I
Wake up and see the sun
Still shining...my attitude turns
To gratitude, which leaves no
Room for whining!

Springtime
by
Vera Ripp Hirschhorn

It's the rebirth of nature
Of fruit
Of vegetables
Of flowers.

It's the rebirth
Of narcissus
Of perfumed lilacs
Of hyacinths.

It's the rebirth
Of the spirit
Of friendships
Of hope!

How lucky to have renewal,
In order to correct the past.
How lucky for our soul to experience growth
And move forward from spring to summer.

Carol White won Second Prize for her Limerick, "Twins," in the 2026 NLAPW Santa Clara Branch Limerick Contest.

FROM THE ART WORLD

For a unique and fun experience, join Fran Mann Goodman's Sculpted Acrylic Painting 2-day Workshops. Whether you are a beginner or professional painter, you'll create a painting so rich and dynamic, you will want to showcase your masterpiece on your own walls! All you need is molding paste and acrylic paint and a few other supplies to get your imagination to soar!

April 14th & 15th 2:00 – 4:00 pm OR April 24th & 25th 10:00 am to 12:00 pm.

The easiest way to register is to call the office at 561-243-7209. For more information, email Fran at franspaintbox@yahoo.com.

CREATIVE ARTS SCHOOL –51 N SWINTON AVE, DELRAY BEACH, FL 33435

FRAN MANN GOODMAN

Abstract Artist/Art Instructor

<http://www.franmanngoodman.com>

<https://www.facebook.com/franspaintbox>

ARTIST STATEMENT FROM PHYLLIS ELRICH:

“The four pieces on the next page represent learning not only new techniques but a metamorphosis for me. They venture through memories, realities, emotional crises and rebirth. The darkest piece is actually the healthiest for me.

I eliminated many of the confusing, disjointed pieces and achieved an open, balanced, enlightened composition. My difficult times have taught me a great deal. I have survived and am so grateful.”

Phyllis Elrich



(This photo is from a former exhibit.)

PHOTOS BY PHYLLIS ELRICH FROM OUR "REFLECTIONS" SHOW



Please see next page for more photos from "Reflections."

We opened our Art and Literature show, “Reflections” on April 7th. It was a big success! Members’ art was displayed on the second floor of the Delray Beach Library, and at five o’clock we reconvened downstairs where artists explained their techniques, and Letters member read passages from their books, memoirs, and poetry. Our members always enjoy getting together. Many thanks go to Dr. Brenda Dressler, Elaine Bossik, and Roslyn Ross-Hoffman for organizing an amazing program! Here are some photos.





Daily Holidays & Observances Calendar



2026	SUN	MON	TUES	WED	THURS	FRI	SAT
APRIL	29	30	31	1 April Fool's Day National Fun Day National One Cent Day	2 International Children's Book Day World Autism Awareness Day National Walking Day National DIY Day	3 Find A Rainbow Day World Party Day Weed Out Hate Day World Aquatic Animal Day	4 National Vitamin C Day
	5 National Body Care Day Easter	6 National Student Athlete Day Jump Over Things Day	7 World Health Day	8 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 International Kids Yoga Day	11 National Pet Day
	12 Drop Everything And Read Day (D.E.A.R. Day) National Big Wind Day	13 Scrabble Day International Plant Appreciation Day	14 National Dolphin Day International Moment of Laughter Day National Reach As High As You Can Day National Gardening Day	15 Rubber Eraser Day World Art Day Universal Day of Culture National Banana Day	16 National Librarian Day Save The Elephant Day	17 National Kickball Day International Haiku Poetry Day	18 International Juggler's Day National Exercise Day Healthy Kids Day
	19 Bicycle Day Go Fly a Kite Day	20 National Look Alike Day	21 National Kindergarten Day	22 Earth Day National Jelly Bean Day	23 World Laboratory Day National Picnic Day World Table Tennis Day World Book Night Teach Children To Save Day	24 National Skipping Day Arbor Day	25 World Penguin Day Red Hat Society Day National Sense of Smell Day
	26 Get Organized Day National Kids & Pets Day	27 Tell A Story Day	28 National Superhero Day	29 International Dance Day World Wish Day Stop Food Waste Day	30 National Honesty Day National Tie Dye Day	1	2
	3	4	April 2026 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.				

Carol White
 FSA 2nd VP
 Editor-in-Chief
 Pen and Palette
 Letters Chair
 Social Media
<http://www.bocapenwomen.org>