

Pen and Palette

Boca Raton NLAPW

www.bocapenwomen.org

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

July/August 2024



MUSIC...ART...LETTERS



In the Loop: Your Board at Work

Your Boca Raton NLAPW board is busy planning a wonderful year of in-person events.

Save the Date: October 17th: Look for a MEMBERS ONLY INVITATION to High Tea at noon, at the home of Phyllis Elrich. You must RSVP to be among the first 24 to reply. Catered by Chefs Meredith and Madison. A formal invitation will be sent to you in August. You may RSVP to Phyllis now if you wish: phynlady2@aol.com

Thanks to Fran Goodman and Phyllis Elrich, we will dine in a beautiful venue with gourmet food at **Le Sorelle** located at 507 S.E. Mizner Blvd., Boca Raton, FL. Our season will begin on November 21st and continue until April 2025. We will no longer be at Indian Spring Co. Club.

Please download, print out, and save the Roster attachment, which is on Carol's newsletter cover letter, with a listing of all our members for the coming year. You'll be able to contact each other for the Cross-Genre, Collaborative National Competition. See the Spring 2024 issue of The Pen Woman magazine for details. NLAPW has launched a new cross-genre competition designed to encourage collaboration among Pen Women. Competition teams may be made up of Pen Women within one branch, multiple branches, or members-at-large. Each team must be made up of at least two and up to four Pen Women. **Submission deadline: May 2, 2025**

Click on these links for guidelines and submission information:

[Learn about guidelines and submission inst](https://www.nlapw.org/competitions/) <https://www.nlapw.org/competitions/>

Jo Jo Harder has won an extraordinary award for her film about Service Dogs. See Pg. 3. I look forward to seeing many of you in October at the High Tea. Meanwhile be happy, be healthy and stay creative. See photos of Le Sorelle on the next page!

Sincerely,

Sheila Firestone

President Boca Raton NLAPW

Music Chair,

Zoom Coordinator

LE SORELLE





Jo Jo Harder is elated to announce that she was presented with an International New York Film Festival Diamond Globe Award (June 28, 2024), for her documentary "Dogs Make a Difference," a retrospective of America's Top Dog Models that have made a difference and a fascinating look at the way pawrents celebrate their pups!

America's Top Dog Model ® brand mission is to "celebrate dogs that make a difference in people's lives." This heartwarming documentary consists of videos from 2007 to 2021 that follow America's Top Dog Models and their parents during the brand's contests, events, interviews, and private visits, capturing those contest winners and finalists, who have made a difference in an extraordinary way.

From the contest themes "Angel Paws" to "Helping Paws" to "Meet the Paw-liticians," this 52-minute film which Jo Jo Harder wrote, produced and directed, is a fascinating look at the lifestyles of America's Top Dog Models.

Jo Jo's documentary was screened live during the INYFF red carpet event which took place at the fabulous, historical Cappa Theater in Jamestown, New York and streamed real time worldwide.

Check out Jo Jo Harder's Instagram: <https://www.instagram.com/jojostylemaker/>

Barbara Bixon will be giving two more writing workshops (**Please note new times.**)

Writing workshops will be held at: Palm Beach County Jog Road Library 9451 Jog Road in Boynton Beach, slightly north of the Fountains Shopping Center on Jog Road.

- 1) Friday August 9th from 1:30 P.M. to 3:30 P.M. The July workshop group was given an assignment to write something that has a color in it. Bring anything or write there. The July meeting was productive and lots of fun.
- 2) Friday September 13th from 1:30 P.M. to 3:30 P. M.

“You're welcome to share your stories, poetry, essays, etc. I look forward to seeing you.”
Contact Barbara here: bbcarter2@aol.com

~~*~~

Fran Mann Goodman's solo show “Much Ado About Color” will be at the Boca Raton Downtown Library, August 26th to October 15th. The address is 400 NW 2nd Avenue, Boca Raton, FL 33432.

On Thursday, September 12th she will give a talk on Frank Sinatra, Tony Bennett and Miles Davis as artists, from 7 P.M. to 9.M., also at the library.

On September 5, she will be teaching her popular 4-week beginner class in Abstract Expressionism at the Charlotte J Burrie Civic Center in Pompano Beach. This is a great class for anyone wishing to play with mediums. Details about the class will be posted on <https://www.franmanngoodman.com>

Register at <https://parks.pompanobeachfl.gov/facilities/charlotte-burrie-center>
The address is 2669 N Federal Hwy, Pompano Beach, FL 33064.

Here are two of Fran's beautiful paintings.



From **Dr. Louise Parente**

Thoughts for a Lifetime – Imagery

The ability to visualize and imagine what you want is a positive and effective tool toward change. It helps one to focus and it becomes a road map and guide to attainment. It is the ability to view your goal in your mind's eye and helps to keep you on track as you journey toward it. It has been stated that imagery refers to “language that stimulates the reader’s senses.” It evokes the senses through taste, sound, smell, sight, and touch. Today, I ask you to be aware of what you want to see for yourself in the future. Do you see yourself:

Attaining a college degree.

Eating sensibly.

Securing that special job.

Learning to play an instrument or learning a new language.

Writing a book. Etc.

This list is endless, it is personal to you. Some people use a vision board to keep the image fresh. Some write daily inspirations to keep it close to the surface. Whatever or however you proceed, I urge you to imagine and visualize the steps to follow and rejoice in its attainment.



Are you sure you’re registered to vote by mail?

Significant changes to Florida's vote-by-mail laws could impact how you cast your ballot in upcoming elections. Please read this information carefully and take the necessary steps to stay eligible to vote by mail.

To vote by mail in the 2024 Florida primary on August 20th, 2024, or in the general election, we encourage you to renew your vote-by-mail request as soon as possible. For more information and assistance, visit the Palm Beach County Supervisor of Elections at [VotePalmBeach.gov](https://www.votepalmbeach.gov). This link will also confirm your registration status.

Member **Vera Ripp-Hirschhorn** is inviting you to submit poetry for the BRAHM ARS/POETICA II exhibition. They are accepting submissions through their online form until July 26, 2024.

Here is the link to our online submission form for poetry:

https://docs.google.com/forms/d/e/1FAIpQLSe0AuMpZrqlDPbGgnZE-HNAqtBSwc1fhKu5SEPvd9AurT9c5w/viewform?usp=sf_link

You can find instructions and information about the exhibition at the top of the submission form, but I'm also including them below:

Exhibition Information

The Blowing Rock Art and History Museum (BRAHM) is thrilled to announce the second installment of the ARS POETICA juried exhibition, bringing together the work of poets and artists in the museum's Alexander Community Gallery. A committee of jurors will review submitted poems and artworks and then develop pairings that expand, highlight, and augment meaning, each enriching the experience of the other.

Poetry Submission Guidelines

Send up to two (2) poems in a single document (.doc or .docx)

Use only Montserrat* 14 pt. font –

*If you do not have the MONTSERRAT font
Use Avinir Next LT Pro

Maximum length is 40 lines for each poem

Original poetry must be written after 1/1/2020.

Please label files with your name, poem title, and date: i.e. John Doe_River Poem_2022

We accept previously published work. Add citation/credit at end of poem.

Simultaneous submissions are accepted, but please let us know immediately if your work has been accepted elsewhere by sending us a note with your name and title of the work to pettyre@blowingrockmuseum.org

BRAHM assumes First Electronic/Online Rights including the right to archive.

Please adhere to all guidelines. Submissions not adhering to BRAHM guidelines will not be considered.

Please contact Vera if you have any questions. vera@creatingcurriculum.com

Daily Holidays & Observances Calendar



2024	SUN	MON	TUES	WED	THURS	FRI	SAT
JULY	30	1 Creative Ice Cream Flavors Day	2 World UFO Day	3 Stay Out of the Sun Day National Compliment Your Mirror Day	4 Independence Day National Country Music Day	5 National Hawaii Day	6 Umbrella Cover Day Hop-A-Park Day
	7 National Macaroni Day	8 Math 2.0 Day National Video Game Day	9 Fashion Day	10 National Kitten Day	11 National Swimming Pool Day	12 Different Colored Eyes Day National Simplicity Day	13 International Rock Day Barn Day
	14 Shark Awareness Day	15 National Give Something Away Day	16 World Snake Day	17 World Emoji Day	18 World Listening Day	19 National Words With Friends Day	20 National Moon Day International Chess Day World Jump Day
	21 National Tug of War Tournament Day Craft for a Local Shelter Day National Ice Cream Day	22 Summer Leisure Day	23 Hot Enough For Ya Day National Vanilla Ice Cream Day	24 International Self Care Day	25 Thread the Needle Day	26 One Voice Day	27 Walk on Stilts Day National Day of the Cowboy
	28 World Nature Conservation Day National Waterpark Day National Parent's Day	29 International Tiger Day National Rain Day	30 International Day of Friendship	31 National Cotton Candy Day	1	2	3
	4	5	July 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.ssw.com/daily-holidays-july							

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