

Pen and Palette

Boca Raton NLAPW

www.bocapenwomen.org

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

December 2024-January 2025



MUSIC...ART...LETTERS



In the Loop: Your Board at Work

Dear Members,

We are looking forward to an exciting 2024-2025 season with fabulous lunches, interesting speakers, and a great opportunity to talk and relax with friends.

As of October 16, 2024, I became the Acting President of our branch. The next day, on October 17, the Pen Women attended the High Tea at High Noon hosted by Phyllis Elrich. It was a wonderful event. Not only did we have fun, but we were treated to a delicious variety of food, and some members shared memorabilia and family stories from their past. Everyone contributed \$20 to our scholarship fund.

Our first luncheon was held on November 21st at Le Sorelle, an Italian restaurant, located in downtown Boca Raton. Thirty participants heard a fabulous speaker who wore a medieval costume. Glen Rovinelli, is an accomplished musician, composer and arranger. He talked about how woodwind instruments evolved from the Renaissance through the modern orchestra. These instruments were on display. The audience were so focused on Glen Rovinelli's fascinating speech and performance that one could hear a pin drop.

Our monthly raffle will resume on December 19th in a private room at another Le Sorelle restaurant, located at 6020 Federal Highway in Boca Raton. Parking is available in the lot in front of the restaurant and in an adjacent area. Our speaker, Suzanne St George, will talk about how the art of risk-taking transforms one's life. Her talk is based on her second book, "Stress and the City." As a British stress management expert, holistic therapist, and life coach, Suzanne travels internationally to give healing therapies, teach workshops, and coach her clients in stress management skills. She has worked in Europe, Africa, North and Central America, India, the Caribbean, and the Middle East. Suzanne is affectionately known as "Magic Hands" by her clients all around the world.

There will be many opportunities for members to participate in upcoming events and join committees that help plan our programs. These events are occurring in the next few months.

Sincerely,
Brenda Dressler, PhD
Acting President, Boca Raton NLAPW
Program Chair

May 2, 2025: Collaborative Competition Deadline

Go to nlapw.org/cross-genre-competition to download the competition form and submission instructions. Two first prizes to two teams is an award of \$300 each.

Please consider helping out on our Raffle Committee and our Art Committee.

Barbara Bixon's Writing Workshop:

December 11, 2024:

West Boynton Branch Library
9451 Jog Road, Boynton Beach, Fl. 1:30-3:30p.m.

Other Events:

January 11, 2025: Fiction Writing Workshop with three Pen Women Authors

Hagen Ranch Road Library,
14350 Hagen Ranch Road, Delray Beach, FL. 2:00 – 4:00 p.m.

March 18, 2025: Pen Women Art Show & Opening Reception

Delray Beach Library, 100 W Atlantic Ave, Delray Beach, Fl, 5:00 – 7:00 p.m.

Our official opening luncheon for the Boca Raton Branch National League of American Pen Women was held on November 21, 2024, and featured Glen Rovinelli, Musician, Composer, and Arranger. He discussed how woodwind instruments evolved from the Renaissance through the modern orchestra. Many replicas of woodwind instruments from the past were on display and Glen gave examples of the different sounds by playing short tunes. It was fascinating and everyone enjoyed it. We met at the lovely Le Sorelle Restaurant at 507 S.E. Mizner Blvd, in Boca Raton. The food and service were impeccable, and for dessert, Jody Linskya, daughter of Marlene Klotz, arranged for a beautiful birthday cake (baked and decorated by Sorelle) which was presented to celebrate long-time member, Marlene Klotz.



See photos on the next two pages



**Our next luncheon will be held on Thursday, December 19, 2024
12:00 NOON
Le Sorelle – 6020 Federal Highway – Boca Raton, FL 33487
For Directions: 561-235-5301**





Boca Raton Branch National League of American Pen Women

Luncheon and Speaker Program

Learn About the Power of Risk Taking from Suzanne Arnaud St. George

Thursday, December 19, 2024

12:00 NOON

Le Sorelle – 6020 Federal Highway – Boca Raton, FL 33487

For Directions: 561-235-5301

Non-fiction author Suzanne Arnaud St. George presents her second published book, focusing on the power of risk taking and how it can transform your life.

Parking: Parking is available in the parking lot of the restaurant and the adjoining parking lot.

CLIP RESERVATION FORM AND RETURN WITH YOUR CHECK

\$40

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

Luncheon Menu: Please circle your choice of entrée and dessert

(1) Salmon

(2) Chicken

(3) Pasta Primavera

Dessert Choice: (4) Cake (5) Panna Cotta

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

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

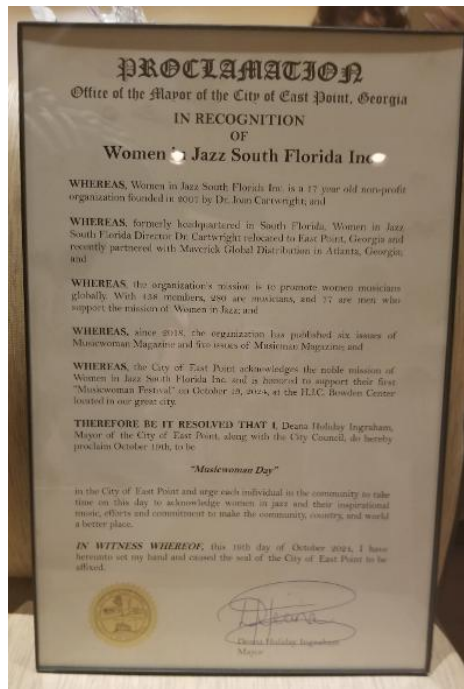
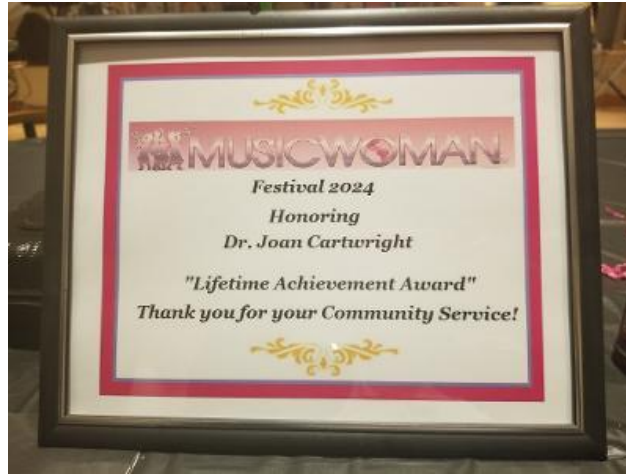
Guest: How did you hear about us? _____

DEADLINE FOR RECEIPT OF CHECKS: December 14, 2024

MEMBER NEWS

From **Dr. Joan Cartright:**

Both of these were presented at our first Musicwoman Festival 2024 in Atlanta, GA, on October 19, 2024:



Linda Susan Fisher's essay "Senior" (by Linda Susan) in *The Writers Journal, Live and Learn* was published on Amazon December 2, 2024. It is an anthology of poems, memoirs, non-fiction and fiction following the theme of Live and Learn.

Haiku by Linda Susan

Heartbreak

Waves crash overhead,
struggling to remain afloat,
thrashing, sinking, gone

Healing

Surfing on a wave,
knocked down and I rise again
determined, weary

Hope

Floating on the crest,
resilient, strong and buoyant,
peaceful and content

What is Happiness A Poem by **Vera Ripp-Hischhorn**

What is happiness?

Is it the sun trying to peek through the dark clouds
on a windy, rainy day of tornados?

What is happiness?

Is it my garden blooming with pink starbursts in the winter?
Or my pink & purple orchids drinking from the pandanus tree to which they're attached?

What is happiness?

Is it an art piece with its message,
'Welcome to my happy home'
when I'm feeling blue?

Is it painting in an art class or
dancing in a studio with others?
Is it practicing yoga without pain?

What is happiness?

It's being grateful for who and what I have in my life today.
It's learning acceptance of people, places and events;
and living as a non-judgmental spectator of life.

It's living in the present moment with my passions and purpose;
It's letting go of the past should've, could've and would've;
and letting go of future concerns and worries!

What is happiness to you?

Thoughts for a Lifetime-Memories of a Song by **Dr. Louise Parente**

Last night I found myself humming a tune that I later recalled hearing from my mother when I was a child. Pop! I remembered, it was Life Is Just a Bowl of Cherries. This phrase was common for decades, some say it began during the Great Depression. The expression that life is just a bowl of cherries represents the unpredictability of life, sometimes sweet, or sour. In fact, it was common that in many restaurants and homes bowls of cherries on the table were common; it connected family, friends, communication and hope, it had an enormous cultural impact. These words focus on positivity, appreciation and letting go of worrying and other stressors. It calls attention to the unpredictability of life, from sweet to sour and back.

As we begin to celebrate the upcoming holidays, let today’s Thought for a Lifetime remind us to believe, and sing the message that although life is unpredictable, it fosters resiliency, encouragement, hope, belief and appreciation, thus the main theme is “so live and laugh at it all.”

Happy Holiday! Louise Parente

Daily Holidays & Observances Calendar



2024	SUN	MON	TUES	WED	THURS	FRI	SAT
DECEMBER	1 Christmas Lights Day	2 Special Education Day Play Basketball Day	3 Make a Gift Day Giving Tuesday	4 National Dice Day Wildlife Conservation Day National Sock Day	5 International Ninja Day International Volunteer Day	6 Mitten Tree Day	7 National Cotton Candy Day National Letter Writing Day International Spirit of the Game Day
	8 Pretend To Be A Time Traveler Day National Christmas Tree Day World Choral Day	9 Christmas Card Day National Llama Day	10 Nobel Prize Day Human Rights Day	11 International Mountain Day National App Day	12 Gingerbread House Day Poinsettia Day	13 National Cocoa Day World Violin Day	14 National Wreaths Across America Day Monkey Day
	15 Bill of Rights Day National Cupcake Day	16 Boston Tea Party Day	17 Wright Brother's Day	18 Snowflake Appreciation Day	19 National Oatmeal Muffin Day Holly Day	20 Go Caroling Day Games Day	21 Crossword Puzzle Day National Short Story Day First Day of Winter
	22 National Cookie Exchange Day	23 National Roots Day	24 Christmas Eve	25 Christmas Day National Pumpkin Pie Day Hanukkah begins	26 National Thank You Note Day National Candy Cane Day	27 Visit the Zoo Day Make Cut Out Snowflakes Day	28 National Card Playing Day
	29 National Chocolate Candy Day	30 National Resolution Planning Day	31 New Year's Eve	1	2	3	4
	5	6	7	December 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.			

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