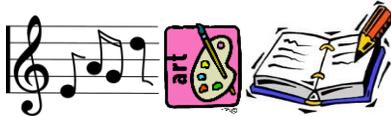


Pen and Palette
Boca Raton NLAPW
www.bocapenwomen.org
October/November 2021



MUSIC...ART...LETTERS



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

In the Loop: Your Board at Work

Dear members,

One of the wonderful phenomenons in the Northeast is the change of seasons. In May I feel the promise of summer as I drive on country roads surrounded by burgeoning cornfields and verdant trees and foliage. Now I am uplifted by the changing colors, a crimson branch here and a golden bough there knowing that in a couple of weeks I will be dazzled by nature's paint brush.

After a summer of planning, we are ready to begin our season of events. We have a roster of diverse and creative speakers scheduled. Due to Covid restrictions our October and November programs will take place on Zoom. This is as disappointing to us as it is to you but the safety and well-being of our members is the primary consideration. Please save the dates October 28 and November 18 and join the meeting with your Pen Women sisters.

I do look forward to our face-to-face luncheon in December.

Sincerely,
Dayle Herstik
President

Boca Raton National League of American Pen Women presents Anthony Francis who will perform an interactive workshop on Improv, an art form in Zoom on **October 28, 2021, Thursday at 1:00 p.m.**

Program description: Games and activities that help us get out of our heads and work on the skills of support and agreement.

The link will be emailed to you on October 27, 2021.

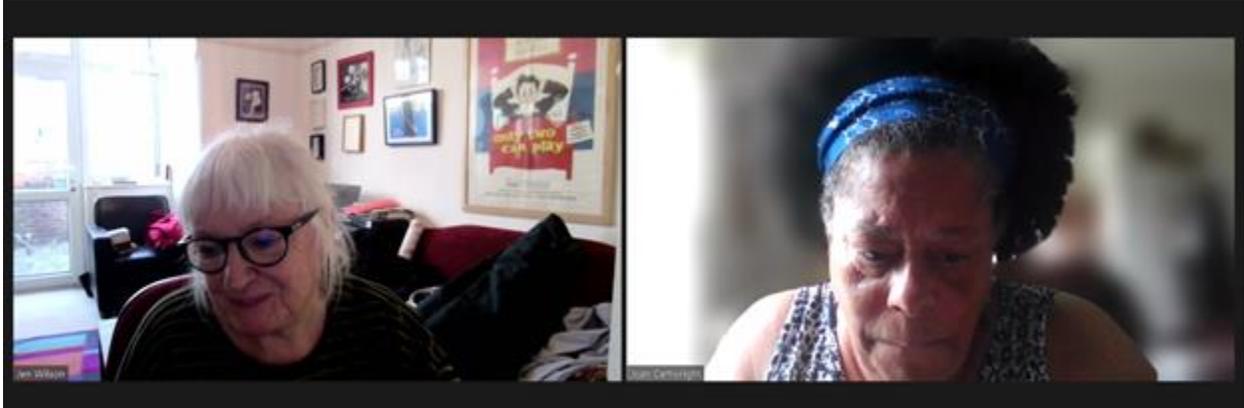


Anthony is an Artistic Director and is the founder of Improv U located in Delray Beach. His passions are to teach and entertain at the same time. Through teaching classes and workshops through Improv U, he brings people together to create something special and memorable.

From 2017 to present, Anthony produces live stream content and editing podcast audio.

MEMBER NEWS

Dr. Joan Cartwright is pleased to announce that she has been invited to be the keynote speaker at the [2022 DOCUMENTING JAZZ Conference](http://documentingjazz.com), in Wales, March 23 to 26, 2022. Professor Jen Wilson is the founder and archivist of [Jazz Heritage Wales](https://www.jazzheritage.wales) at the University of Wales Trinity St. David. It will be a hybrid conference owing to the current Covid circumstances, but Joan will travel to Swansea. The Conference theme for 2022 is *The Real Book of Diversity*. <http://documentingjazz.com> <https://www.jazzheritage.wales>



~*~

Phyllis Elrich, Art Co-Chair and one of our newest full members has entered two of her pieces in the juried competition being held at Sugar Sand Park. This new piece is titled, “I’ve got my eyes on you!”



Phyllis has recently returned from Iceland. The variety of topography made for magnificent photos which will now be a major inspiration for future paintings. Volcanoes, glaciers, magnificent skies, all will become opportunities for acrylic and multimedia subjects. "The beauty and grandeur of Iceland was only matched by the graciousness of the people. Get me to my easel!"



~*~

Jo Jo Harder's story "Celebrate National Dog Week" was published in the September issue of *Atlantic Ave Magazine* page 34:

<https://atlanticavemagazine.com/september-2021/>



Atlanta Latinos Magazine features the current America's Top Dog Model 2021 Contest

Winner and mentions information about Jo Jo's company:

<https://atlantalatinos.com/americas-top-dog-model-national-contest/>

~*~

Marlene Klotz writes: “As November grows near, I've enclosed this poem from my book, *Poetically Yours...*”

Thanksgiving with Love

Fame can't bring you happiness
Money can't buy you health,
But those with loving families
Possess the greatest wealth.
As we gather for Thanksgiving
At this special time of year,
Our bounty seems much greater
When the ones we love are near.

~*~

Marleen Pasch's short fiction, *Rocks and River*, appears in the October 15 issue of *Intima--The Journal of Narrative Medicine*

~*~

Marlene Smith (Marlene Wolf, MD) announces the release on October 4, 2021, of “*Teach Public Health with a Sense of Humor*” in which she is the author of Chapter 12, “What is your own sense of humor? Can you translate this sense of humor to engage your audience? How to “keep it simply simple”?”

This book has hundreds of insights and funny examples of how you can create humor, deliver humor, and be a likable teacher. You need to engage your students. You need to know how to make 'em laugh. Whether you're a new Public Health teacher/faculty just starting out or a professor looking to use humor for your next “serious” lecture, this book is for you. You will learn about practical humor techniques and teaching strategies to improve your sense of humor and have healthy laughs along the way.

Amazon listing at this link.

<https://bit.ly/public-health-humor>

Poem Acrostic entry:

Title: Friendship

Freely Focused
Remarkably Resilient
Impressive Integrity
Energetically Encouraging
Naturally Nurturing
Delightfully Diligent
Serenely Special
Honestly Hope
Instinctively Inspirational
Powerfully Positive

~*~

Sandi Schwartz's new book, *Finding Ecohappiness: Fun Nature Activities to Help Your Kids Feel Happier and Calmer*, will be released by Quill Driver Books, an imprint of Linden Publishing, on March 22, 2022. It offers a comprehensive toolkit of nature-based stress reduction tools for families with school-aged children. Topics addressed include awe and gratitude, mindfulness, creative arts, outdoor play, travel and adventure, volunteering, food, and animals. The book has already gotten rave reviews. Golden Globe and Emmy Award winning actor/director and environmentalist Kyra Sedgwick said, "*Finding Ecohappiness* is a beautiful and informative guide to calming our mind and replenishing our souls in nature for ourselves as well as our children." Richard Louv, author of *Last Child in the Woods*, *Vitamin N*, and *Our Wild Calling* explained, "In a time when children are under unprecedented environmental and social stress, Sandi Schwartz makes an impassioned and practical case for focusing on nature connection as a way to build their mental health, resilience and happiness. *Finding Ecohappiness* is, in short, a prescription for reducing the loneliness of our species." You can pre-order the book now on Amazon, Barnes and Noble, and anywhere books are sold. Learn more at www.ecohappinessproject.com



OCTOBER



- 🚩 October 10 Cake Decorating Day
- 🚩 October 12 Gumbo Day
- 🚩 October 14 World Sight Day
- 🚩 October 26 Pumpkin Day
- 🚩 October 31 Halloween

Carol White
Letters Chair
Editor-in-Chief
Pen and Palette

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