

Pen and Palette
Fort Lauderdale NLAPW
<https://lauderdalepenwomen.wixsite.com/nlapw>
November, 2023



President's Message

Dear Pen Women!

As I write this on Halloween Eve, I'm reminded that the holiday season is fast approaching. So it's a good time to order your "My Grandma' Coffee Cakes of New England". This popular Fundraiser is both delicious and makes great hostess gifts for the holidays. You can order them by emailing Tammy at tseymour53@comcast.net. See article below with more details. We Deliver at the December 14th holiday luncheon.

As some of you may know, I just came back from Anchorage, Alaska and would you believe they already have holiday trees and lights out in the downtown area.

Our new season got off to a fun and successful start last month with our first exhibit "Pen Women Plunge into the Arts" and luncheon with Rochonda Ferrelli as our speaker at the Plunge Beach Resort Hotel.

Looking forward to seeing your art at this month's exhibit at the Boca Raton Community Center and you at the November luncheon at Anthony's Clam House and Grill.

Happy November!

Phoenix

President



Fundraising Event

My Grandma's of New England

The Best Coffee Cake You've Ever Tasted

Made by hand from an old family recipe with fresh, all-natural ingredients, My Grandma's Coffee Cake is a mouth watering treat just like Grandma used to make.



Trans fat free
No artificial color
No artificial preservatives
No artificial flavor
Nut free options

PRICE: \$15.00 each

PRE-ORDER

PICKUP December luncheon

Cake Size: 8" 1.75 lbs. Serves 8-10

Shelf Life: 6 months in the freezer

14 days un-refrigerated * Cakes with fruit must be refrigerated

Cakes come in a reusable freezer bag

These revenues benefit our Student Achievement program.

Visit us at

www.lauderdalepenwomen.wixsite.com/nlapw



SAVE THE DATES
PEN WOMEN 2023-2024 SEASON
Luncheon Meetings
Thursday's at 11:30 am



November 9th

Speaker/Writer: Elaine Viets - Mystery Writer
Anthony's Clam House

2861 E Commercial Blvd, Fort Lauderdale, **954 595-2104** \$30



December 14th

Tammy Seymour's new home - NEW ADDRESS
415 NE 16th Ave, Ft Lauderdale

Bring a casserole, salad or dessert and donation for our Student
Achievement Program **954-288-7972** \$30



January 11th

Speaker: Lark Keeler - Education and The Arts
Outback Steakhouse

2725 S University Dr. Davie - **954-233-6620** \$30



February 9th - FRIDAY

Awards for Media & Fine Art Show.

Herb Skolnick Center, Pompano Beach

Catered Lunch, Anthony's Coal Fired Pizza **954-786-4590** \$30

Speaker: TBD



March 14th

Speaker: Louise Irvine, WMODA - President
Galuppi's

1103 N Federal Hwy, Pompano Beach, **954 785-0226** \$30



April 11th

Achievement Awards Final luncheon of season to celebrate our talented students in
Art, Letters and Music
Coral Ridge Yacht Club

St, 2800 Yacht Club Blvd Ft. Lauderdale **954 566-7886** \$40

Board Meetings
Every month on the First Monday @ 2 pm

Nov 6, 2023

Dec 4, 2023

Jan 8, 2024 (Note: Second Monday of Month)

Feb 5, 2024

Mar 4, 2024

Apr 1, 2024

May 6, 2024

NATIONAL LEAGUE OF AMERICAN PEN WOMEN

FORT LAUDERDALE BRANCH



The Branch holds Luncheons
11:30 am, at various
restaurants/venues

Guests are always welcome!

2023-2024 Luncheon Dates

October 12th

November 9th

December 14th

January 11th

February 9th

March 14th

April 11th



Holiday Party



Skolnick Comm Ctr



Coral Ridge Yacht Club

For Membership Information

WWW.LAUDERDALEPENWOMEN.WIXSITE.COM/NLAPW



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December

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Tammy Seymour's

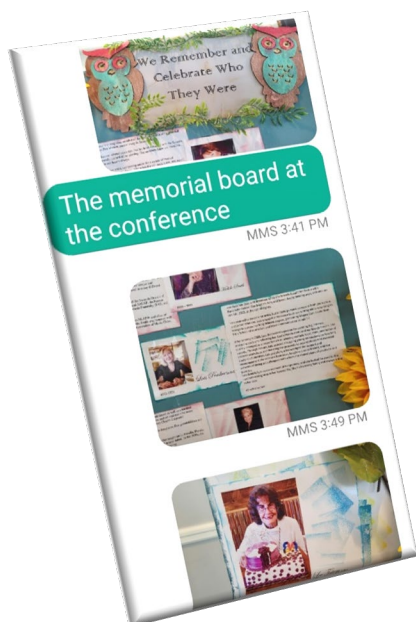
new home - NEW

ADDRESS

415 NE 16th Ave, Ft

MEMORIAL BOARD AT THE

NLPWA FLORIDA STATE CONFERENCE



Memorial board at the
NLPWA Florida State
Conference

Looking great Phoenix!!

Meet

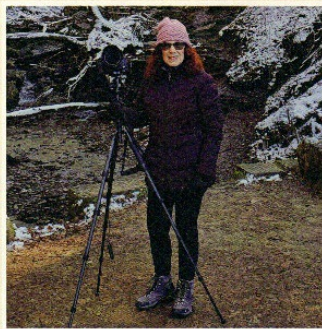
Phoenix SpiritsDiva

MAY 2023

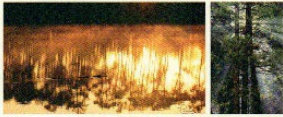
WE WERE LUCKY TO CATCH UP WITH PHOENIX SPIRITS DIVA RECENTLY
AND HAVE SHARED OUR CONVERSATION BELOW.

Hi Phoenix, so happy to have you with us today and there is so much we want to ask you about. So many of us go through similar pain points throughout our journeys and so hearing about how others developed certain skills or qualities that we are struggling with can be helpful. Along those lines, we'd love to hear from you about how you developed your ability to take risks?

For me risk taking is the not so secret ingredient that has made all the difference in achieving anything worthwhile in my life and career. Although I never really think of myself this way, I find that others do and, in fact, many of my collectors call me "intrepid". I am simply being me. Perhaps it is this essence of my being that allows me to connect with and capture the soul of animals and environments in my fine art photography. Throughout my various careers as an educator, school system administrator, business coach, radio talk show host, speaker and more and now as a professional photographer, a curious, sense of wonder and willingness to explore, perfect and master the "new" and uncharted path has always directed my actions. Not everything has always worked out as expected, as much as I have always cringed at the thought of failure, experience has taught me I have always fallen forward to a more perfect place. As Alfred Lord Tennyson said, "It's better to have tried and failed than to live life wondering what would've happened if I tried". Persistence, fortitude, inner strength, positivity along with staying centered in the middle of life's storms and creatively finding my way to the upside of uncertainty and ups and downs help define my character. A good dose of self humor helps too, although often in retrospect. Hated through adversity my inner core is guided by an unwavering belief in trusting my inner voice, intuition, God voice, spirit, Universe or whatever word works for you. Regardless of my scholarly achievements, following pure logic has often tripped me up and been costly - physically, emotionally and fiscally. Life University has taught me there is a right balance and approach to achieving accomplishments. Whenever I follow this higher voice from a place of confidence, whatever I thought was supposed to materialize, that or something better happens. This is pretty much a repeating



pattern in my photography adventures, for example, one afternoon I thought I was being prompted to go to Loxahatchee National Wildlife Refuge to capture the sunset. When I arrived and scouted the area it just wasn't a spectacular sunset that evening. Then I turned around and couldn't believe my eyes as I gazed up to a massive pink harvest supermoon. Quickly I found my location on a narrow berm between two lakes overlooking a marsh. Sunset shifted to the blue hour and I photographed as late as I could until the booming grunts of alligators told me it was time to call it a wrap. (See photograph "Moon Over the Marsh"). Another time, one night before going to bed I was guided to photograph the sunrise at Everglades National Park the next day. I awoke in on Long Pine Key. The next morning arriving before twilight with my camera gear to my hand and a flash light. In the other I walked towards the lake to set up my shot of the sun rising between two pine islands. Then the light dimmed back. I froze. Intuitively I knew I was walking straight towards an alligator. I took a few steps back and waited. When the sun's golden rays began to pass through the pine trees, I moved towards the lake's edge as the alligator slid off the shore and glided across the lake in the morning fog. (See photograph "First Light"). Most recently I spent a week in Cape Cod photographing dinghies, canoes and sail boats, high dunes, the ocean, bays and harbors, sunrise and sunsets, fanned lighthouses and more. Captivated by the light, I sought out compositions that evoke solitude, peace and simplicity. I was up early and out late every day to capture the magic of Cape Cod. Even with the best planning, sometimes things go awry. My best night resulted in being rescued by 911 Provincetown and the National Park Service. Research showed that it was a 20 minute walk from the parking sand lot to Race Point Light. For me it was about an hour on the unmarked trail through sand and marsh grass. By the time I found the lighthouse sunset was falling fast. I found my best composition and attempted to out race the sun as it was blocked by the dunes to return to the sand lot. Not able to find my foot prints or anyone else's I found a higher ground on the dunes and was guided to call 911. Miraculously the cell phone had reception and two hours later I was on the road home. (See photograph "Sunset at Race Point Light"). So yes, in short, I'd say I'm a calculated risk-taker. One who follows higher wisdom, does my best planning, shows up, stays centered in love and flows with what is. And, although, it may not always feel or look that way at first, it always ends up on the upside.



BOLD JOURNEY

Great, so let's take a few minutes and cover your story. What should folks know about you and what you do?

It has been said that the camera reflects both ways. As an artist, every vision I capture through my camera's lens reflects my heart being touched by the soul of wild places and their inhabitants. Every time I go out to photograph nature I really find myself going within. I love the sacred opportunity to commune with the divine, transcendent essence of nature. For me the extraordinary beauty of nature and wilderness are a wonder. Attempting to fit them in time is no passion; photography is my art. Though my subjects differ widely - from owls, egrets and flamingos in sacred trees and forests to the moon over marshes and the Milky Way over national parks to dramatic sunrises and sunsets to delicate flowers - my photographs all carry my signature style that inspires peace and serenity featuring subjects that are either endangered or threatened. Known for my peaceful approach to photography, my great sense of oneness with the natural world and understanding of composition, light and timing comes through. More than a beautiful piece of fine art photography, with each of my pieces it's always my intent to raise awareness of endangered and threatened species and habitats that we stand to lose in the natural world if we are not careful. I'm honored that so many collectors tell me they feel as if they are right there with me while I'm taking the photograph when viewing my art work. My approach to photography and life is grounded in my philosophical belief that we are all one; we are all interconnected. In protecting the world's nature and wildlife, the environment, we are really protecting the family of humanity. For me the importance of nature is more than a scientific necessity for creating quality air, clean water and producing food. It is a sacred necessity for healing and bringing peace to the human soul. And, I, for one, am a beneficiary every time I step out into nature. In addition to 50+ collectors world wide, I am honored to be the recipient of a number of prestigious awards, including: two month long Artist-In-Residence programs - Great Smoky Mountain National Park and the Ulster Back Gallery in Ireland; the Virtual Artist in Residence for the Center for Great Apes ArtApes Exhibition; the featured artist for the first Endangered Exhibit - United Kingdom; two public art grants, nine public art awards and many other prestigious awards, including the Julia Cameron International Women's Photography Contest, winning Best Landscape and Seascape Series. My fine art photographs have been exhibited nationally and internationally in numerous juried and group exhibits as well as 23 museums, public and private solo exhibits. They have graced national magazine covers and I am regularly featured in newspapers, magazines, blog posts and video interviews worldwide. I was invited to be the first photographer to "takeover" the Instagram page for the Friends of Loxahatchee National Wildlife Refuge. Most recently, the Cleveland Clinic Hospital in Weston, Florida acquired 22 large works for their permanent collection in the Women's Center.

Looking back, what do you think were the three qualities, skills, or areas of knowledge that were most impactful in your journey? What advice do you have for folks who are early in their journey in terms of how they can best develop or improve on these?

Having been an inspirational speaker I've always been curious to learn from people from humble backgrounds overcame broke through rise above circumstances and obstacles in their life to achieve success, their dream, and live their best lives bigger, better and brighter than others

could image possible. Over the years I've collected hundreds of meaningful pithy quotes that have shaped my thoughts and actions to do just that. Here are a few:

Be Bold - A quote attributed to Goethe (poet, playwright, diplomat and more) reminds us that "Whatever you can do or dream, you can begin it. BOLDNESS HAS GENIUS, POWER AND MAGIC IN IT." As Nike's tag line says "Just do it!"

Be Brave - as Dele and Releese who or what no longer works, or is new to be in your life. As the late American writer Joseph Campbell said: "We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us."

Be Noble - Let go of judgement for yourself and others. As the Hindu quote says "There is no nobility to being superior to another man. There is nobility to being superior to our previous self." Mikhail Baryshnikov, Soviet born, American actor and preeminent dancer said it this way, "I do not try to dance better than anyone else. I only try to dance better than myself."

Be Whole - John Muir known as the father of the National Parks said "Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul." I couldn't agree more. Becoming one with nature healed me from the inside out and inspired my photographic path.

Be Present - Stay in the now. Stop second-guessing yourself. Follow your intuition. Go for it, now. Called the greatest hockey player ever by many sports writers, Wayne Gretzky said "You miss 100 percent of the shots you never take." I say "Show Up!"

How can folks who want to work with you connect?

In the words of the curator at the Cleveland Clinic Hospital in Weston, they acquired my 22 large fine art photographs because they "transport viewers from the outside in to a deep

meditative place of peace and healing." It would be my greatest pleasure to partner with decision-makers in health, healing and wellness organizations who want to do the same. Ideal collaborators include development and donations officers, curators and interior designers for healthcare, retirement and hospitality facilities. These collaborators value the intersection of art and healing and are ready to transform their walls and spaces to become environments of peace and wonder. In addition to large-sized wall art pieces, artworks may be customized for various substrates, including wallpaper. For those who may be interested in knowing more, please contact me via my website, www.PhotographyByPhoenix.com, or email me at info@photographybyphoenix.com. If you include your name and phone number I will be pleased to call you direct.

WEBSITE: PHOTOGRAPHYBYPHOENIX.COM
INSTAGRAM: [PHOENIXSPIRITSDIVA](https://www.instagram.com/PHOENIXSPIRITSDIVA)
TWITTER: [PHOENIXSPIRITSDIVA](https://twitter.com/PHOENIXSPIRITSDIVA)
YOUTUBE: [PHOENIXSPIRITSDIVAS210](https://www.youtube.com/PHOENIXSPIRITSDIVAS210)

MAY 2023

The Plunge



Ro Ferelli's Magnetic Geodes October's Workshop



October Speaker- Ro Ferelli presented her mentorship on Magnetic Geodes and her workshop for October. Ellen Cohen and Tammy Seymour took the last 2 spaces in the class and had an intensive 4 days of classes.

Beautiful work was created by the 4 students and 5 rewarding days were enjoyed by all.

Her next Magnetic Geodes Mentorship will be from February 28th thru March 3rd, 2024. If interested, you can reach Ro Ferelli at 786-587-7608 or apply using this link: <https://magneticgeodes.com/mentorship>

Our dual member Phyllis Elrich has just returned from the NLAPW Florida State Conference in Daytona Beach.

She was inducted as Second Vice President and is looking forward to reaching out to all branches in this capacity.

Wait! There is more, her painting Golden Dreams was Juried into the finals!

Congratulations Phyllis!!

Congratulations are due to Fran Mann Goodman, her painting Windswept was juried into the finals at the NLPWA Florida State Conference.

We celebrate with you Fran!

We encourage you to visit the Featured Art section of the NLPWA National Website and enjoy our Pen Women work shown there.

We will see Phoenix's and Phyllis' art showcased for 2023 and Tammy's for 2022

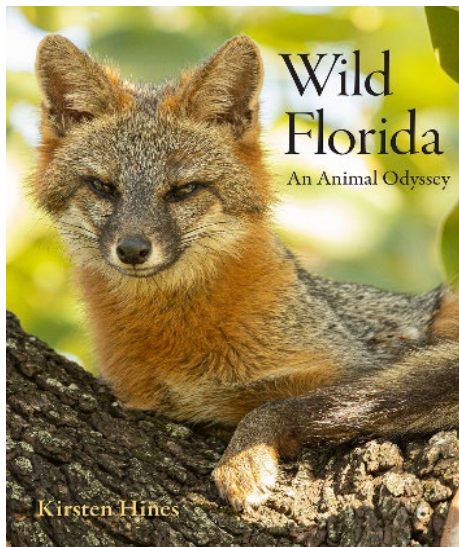
Congratulations Pen Women, you deserve it!!

An Evening with the Sculptor at the Hilton Aventura Miami
December 7, 2023 @ 7pm

Come and Join the conversation with our own Pen Woman Artist Anabel Rub Peicher while admiring her artwork on display.

Extend your artistic journey by joining a group dinner following the Artist' event.

Talk-Only Ticket | \$10 per person
Three-Course Dinner & Talk | \$65 per person
For more information contact Anabel at anabel.peicher@gmail.com





Book Tour 2023

11/14 | Palm Beach Book Store
Palm Beach, FL | 5:30 p.m. EST
11/17 | Barnes & Noble Waterside Shops
Naples, FL | 11:00 a.m. EST
12/6 | Books & Books
Coral Gables, FL | 7:00 p.m. EST
12/16 | Dancing Elephant
Lake Worth, FL | 5:00 p.m. EST
12/17 | Oxford Exchange
Tampa, FL | 3:30 p.m. EST

upress.ufl.edu/calendar.asp

Congratulations to Kirsten Hines for her book Wild Florida - An Animal Odyssey

The book's official release will be on November 14th

Kirsten will be at the Miami Book Fair on Saturday, November 18 at 1pm in room 8202.
For other events, please refer to the Book Tour capture above.

For more information about Kirsten's book, please visit:
<https://upf.com/book.asp?id=9780813069814>



Compliments to Pat Anderson on her Special Solo Exhibit at the Galt Ocean Mile Fort Lauderdale. Its opening reception took place on Saturday, October 21. At Broward Art Guild – 3280 NE 32nd Street, FTL 33308

She is Back with a Dream using Leaf Bar Tables for Plein Air Painting Outdoors with National Wildlife Federation in the Parks of Broward County.

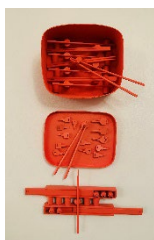
Exhibit includes Paintings framed on the walls and flat in the "Rack of Pat's art". Front window case is filled with handmade jewelry designs in Silver, Copper, Brass, vintage art from Pat's Art air conditioning vault. Dormant 6 years. Donation welcomed. Table of cheer with niblets and shrimp.

Beginning November 1st, @ 1 pm our Pen Woman Donna Aaron will be presenting book reviews at the Belmont Village Senior Living Belmont Village.

She started with "American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer" on which that blockbuster movie of the summer was based.

All are welcome to attend. The venue is located at the end of Seminole Drive, opposite the south corner of Galleria Mall just before the Intracoastal bridge. At the light on East Sunrise Blvd., take a left and you will have arrived. For more information on future events, contact her at donna49aaron@aol.com

We are proud of you Donna!!



Congratulations to Anabel Rub Peicher, participating artist in FAB Funding Arts Broward, an Art Share Event that opened on November 2nd at Art Serve in 1350 E. Sunrise Blvd., Fort Lauderdale, FL 33304

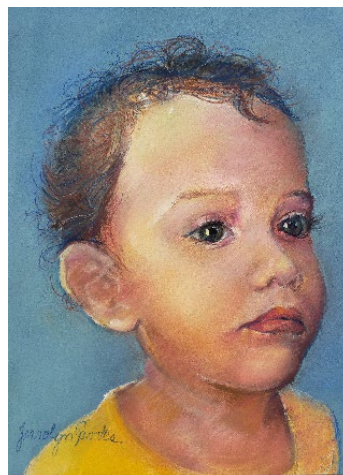
And the kudos continue for Anabel. On October 7, she was awarded an Honorable Mention by judge Andrew Martineau during the 1-Broward Art Guild's Fall Fiesta Exhibit for her "Abstract XI" Ceramic (image shown here)

She was also given 3rd place award by judge Salvatore Zagami for her piece "Enlighten" at the BAG 75th anniversary Exhibit.



We celebrate with Jerrolyn Degracia who was awarded an Honorable Mention Award by Judge Susan McLaughlin for her pastel artwork of her grandson Leo Damien during the **Beauty in Diversity Exhibit** at the Broward Art Guild.

Congratulations Jerry!!





Oh wow!!! Quadruple congratulations are due to Rosemary Fineberg whose painting, Ben Yehuda, was featured and won an award in the virtual exhibition for FAEA in October 23rd. The same painting was juried into "Artistic License" at the Museum of Contemporary Art of the America on August 23rd.

We will see her painting featured in the National League of American Pen Women's website in December 23rd.

And, she was accepted as a member of the professional organization: "Florida Artist Group.org" in September 23rd

Awesome news Rosemary!

Fran Goodman is participating in the Art Collaborative with our Fort Lauderdale Chapter on exhibit at the Boca Raton Community Center from Nov 1st to Nov 30th. The address is: Boca Raton Community Center 150 Crawford Blvd, Boca Raton, 33432.

Fran has been invited to speak on Nov 15th from 1:00 -2:15 to the members of the Institute for Learning in Retirement (ILIR) at the same location. The title is: Sinatra, Bennett and Davis, Men and their ART!

Fran invites our members, free of charge. ILIR is a nonprofit organization - donations are accepted. For more information contact her at: fran.goodman7@gmail.com

Congratulations Fran!

Narda McCarthy
Editor-in-Chief
Pen and Palette

<https://lauderdalepenwomen.wixsite.com/nlapw>
<https://www.facebook.com/nlapwftl/@nlapwftl>

"I see myself as a connector of people. My lifelong goal has been to try to bring an appreciation and knowledge of all the arts to my many students and friends,"
June B. Howard
Vero Beach