

September Program: Heart Rhythm Meditation with Dr. Catherine Warrick

Dr. Catherine Warrick will present our September program entitled "Connect to creativity through heart centered meditation."

Dr. Warrick is a retired academician, having been an academic dean at three different universities. The Heart Rhythm Meditation techniques which she teaches are interfaith methods, and they have been quite helpful to artists who wish to unleash more of their creativity. She has worked with artists from both the Minnesota River School of Fine Arts in Burnsville and the Minnesota Pastel Society. She intends to focus her presentation on meditation and creativity.

For those who wish to know more about HRM before the presentation, Dr. Warrick recommends you have a look at the book *Living from the Heart* by Puran Bair which gives a lot of detail about heart-focused meditation. There was also an article about it in March 2005 issue of *Body and Soul*.

Dr. Warrick teaches a beginning class in HRM at least every quarter, and the course can also be taken online, so coaching is readily available for anyone who wishes to learn the techniques for whatever purpose.

People using these practices report a clear and compelling vision, a deep sense of direction and purpose and a greater confidence in their talent and ability. Something we can all use as artists!

Join us on September 8th for an exciting opportunity to add some new tools to your emotional and creative tool box. ■

From the Editor: Mea Culpa

Toward the end of last season, your harried editor made a number of errors, one of which cause a number of people great unhappiness, for which I wish to apologize. Due to a layout error, and poor proofreading, the article titled "Is Fair and Balanced the Right Approach?" in the June issue was published without a byline, leading some readers to conclude that the author wished to make controversial remarks behind a veil of anonymity. Nothing could be further from the truth.

The author of the article, Jeanne Long, wrote in the hope of provoking thought and discussion on a difficult, but important, topic. Although her disagreement with the approach taken by our Spring Show judge was the initial impetus for the article, she had hoped to move beyond this particular instance to open a more general discussion on the subject of whether and how art can be evaluated for merit, how competitions should be judged, and what, if any,

guidelines we might wish to have for those who judge our shows. She worked hard, and revised her article many times in an effort to state her views strongly, but in a way that would invite and encourage a response from readers. She was very much hoping to hear the views of other members on the issue.

Unfortunately, the omission of her byline made that impossible, and turned the discussion from the issues she raised to concerns over poor editorial policy. I offer my sincere apologies to Jeanne, and to readers who concluded that the article was an attempt to make an anonymous attack. That was not her intent, nor mine. Jeanne was in no way responsible for the error. I hope those who dismissed the article in outrage over poor editorial practice will reconsider it in the spirit in which Jeanne offered it—as an attempt to provoke thought and discussion on the question of what makes an artwork exceptional, surely a topic worth pondering for any artist.

—Lynne Baur, *BrushStrokes* editor

—other corrections, p. 3

Also in this issue of *BrushStrokes* . . .

- ◆ Summer Paint-outs—p. 3
- ◆ Member News—p. 4
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Different Strokes

Minnesota Watercolor Society Fall Open Exhibition

Postmark deadline Sept. 6!

- ▶ Saturday, Sept. 24: drop-off 10 am – 1 pm at Banfill-Locke Center for the Arts
- ▶ Sept. 29 – Oct. 22: Exhibition is open
- ▶ **Thursday, Sept. 29th:**
Awards Reception 6 - 8 pm
(Awards Ceremony begins at 7 pm)
- ▶ Saturday, Oct. 22: Pick up art 12:30 pm–3:30 pm

All events at

Banfill-Locke Center for the Arts
6666 East River Road
Fridley, MN 55432
phone: 763.574.1850

Directions: Take I 694 to East River Road. Go North on East River Road approximately 1.5 miles. Center is on the west side between Mississippi and Osborne.

Parking at BLCA is limited, so we encourage you to carpool to the Awards Reception. Overflow parking is available on the BLCA grounds; continue north of River Road for one block to Hartman Circle (on your left). There is a path to the Center from the overflow lot.

Volunteers are still needed for hospitality and awards, including someone to coordinate bringing paintings up to the front during the awards ceremony. Contact CeCeile Hartleib at 651.647.6078 if you can help.

MESSAGE *from the President*



I just love the approach of autumn. Always have, always will. I can't stand the steam bath of July and August, but the promise of cooler air isn't the only attraction for me. September and October recall memories of Sunday afternoons spent watching my Green Bay Packers play mediocre football, then going outside with my brothers at half-time and running our own game in the piles of leaves. The colors of fall are a welcome shift from the omnipresent greens of summer, which appeals to the landscape painter in me. And for some odd reason, I didn't dread the return to school like most of my friends. (Now that I have children, there's an added bonus). It may be for the same reason I enjoy golf, despite its frustrations. An early summer morning walk on a golf course and a college campus on a crisp fall day both stir something inside me that's hard to explain, but make me glad to be alive.

Yet it wasn't just the scenery, or the girls, that appealed to me. I was one of those oddballs that actually looked forward to attending classes again. My parents insisted on us getting good grades, yet I suspect I would have anyway because I wasn't bored. I'm sure I was a bit of a "teacher's pet", but I enjoyed listening to them and I respected them, which goes a long way. As artists, we've chosen a path that demands a love of learning. Either that, or we're in for a long haul. The more we paint, the more we realize how far we've got to go. I love the conclusion in Skip Lawrence's book *Painting Light and Shadow*, where he says "I wish I had written this book ten years ago. It most certainly would have been better. Ten years ago I knew a heck of a lot more than I do today."

I try to take a workshop at least every other year to make sure I don't get too comfortable, and it's always stimulating. I'm enrolled in Ken Hosmer's workshop that we're offering in October, as I hope many of you are. I wrote back in the June newsletter about a new book I purchased, which can get the juices flowing as well. Visiting galleries and art openings of friends can provide a peek at new methods you may want to try. Our summer paintouts were an opportunity to get out into the greatest "classroom," nature, with some of you, and I enjoyed them tremendously. And to top it off, we've got a wonderful slate of programs scheduled again, starting with something a little different, a meditative approach to creativity.

So here's hoping that your summer was relaxing, and you took full advantage of the break. If you didn't get much chance to paint, dust off those brushes and plan on attending our meetings. It's time to go "back to school"!

September's Painting Theme is

"What I did on my summer vacation"

Did you attend a paint-out?
Take your paints or sketchbook to the woods,
the beach, a quaint little town, the big city?
Spend the summer experimenting with
a new technique or subject?

Bring a painting or sketch related to your summer activities to share at the September meeting.



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BrushStrokes Newsletter

BrushStrokes is published monthly, September through June. Deadlines are the 15th of the month. Send letters to the editor and art related stories that help inform or educate members to:

MnWS BrushStrokes Editor

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(please do not use l.baur@att.net--account no longer active)

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Mary Hanson 952-476-6896

The Great Studio Outside

by Andy Evansen



▲Andy Evansen
Paint-out participants in the "Great Studio Outside."

▼Roz Stendahl Tom Nelson▶



ing," trying to capture everything I see. Nothing makes me crazier than when I catch myself nitpicking away at a watercolor, slowly squeezing the life out of it. Aargh!

Joseph Zbukvic claims in his stunning book *Mastering Atmosphere & Mood in Watercolor*, "If I had to name one single factor that lifted my work away from the ordinary, it would be my journeys into the Great Studio Outside." In my continuing attempts to loosen up my paintings, and possibly make an aesthetic "jump," I've been trying to get out and paint plein-air more often. Every landscape painting book stresses the importance of painting outdoors, and yet I spent much of my time in the studio. (I have a feeling I'm not the only one.) Then came the workshop with Alvaro Castagnet, when each day began by watching him create a stunning painting in about an hour on-site. I was amazed not only by his obvious mastery of the medium, but by the fact that his choice of subject matter was often just a backyard, alley, or porch. I was hooked.

Most of you are aware of my fondness for the work of John Yardley and Trevor Chamberlain, and the clean simplicity of their paintings is a testament to the fact that both paint almost exclusively from life. You're only afforded a short window while painting plein-air. Decisions need to be made quickly, and the paint applied confidently. When I paint from a photo, I often find myself "render-



▲Kay Cowan (left) and Mary Brainard at the Hastings paint-out.

If you find yourself in a similar bind, I highly recommend putting aside any inhibitions you might have and giving it a try. There's not a better way to spend a nice day—or a rainy day, for that matter. Our scheduled paint-outs give you the chance to paint with a group of peers, which, beyond providing extra motivation, also gives the "gawkers" more than one target. If you've painted outdoors before, you know what I'm talking about. Although the turnout was generally slim this summer, the members who showed up had a good time and were treated to wonderful weather on all four occasions. I'd like to continue it next summer and beyond, so if any of you have a favorite spot we're open to suggestions. Oh, and if anyone spots a white cap floating down the Mississippi, contact Kay Cowan. ■

"Uncharted Water"

by John O'Leary

With a joyous fanfare of color that signaled summer's beginning, five of our members opened a group show, "Uncharted Water" at the Robbin Gallery in Robbinsdale, MN on the 1st of June, 2005.



▲"Uncharted Water" artists (left to right) Emmy White, Virginia Olsen, Lynn Middleton-Koller, Mary Hanson, Calvin deRuyter

◀Mary Hanson proudly displays one of her paintings from the show.

Our five artist members (Emmy White, Virginia Olsen, Lynn Middleton-Koller, Mary Hanson and Calvin deRuyter) displayed 75 watercolors in this quaint historical building. This wonderful show was open for about a month. ■

Other *BrushStrokes* Corrections:

- ▶A new member's name was incorrectly published as Sarah Gaulke; the correct name is Susan Gaulke.
- ▶The updated dues amounts were incorrectly listed as \$22 senior, \$27 individual and \$35 family. The correct amounts are \$23, \$28 and \$35. Renewals with the lesser amounts were honored, so there is no need to worry if you renewed with the incorrectly published amount.
- ▶Finally, no SASE was needed with fall show entries.

Carnival of the Arts at the Edina Art Center

The Edina Arts Center presents "Carnival of the Arts" Family Fun Day, Sunday, October 9, from 1-4 p.m. The celebration features a performance by Circus Manduhai and hands-on Art Activities for all ages—and it's free! (Donations happily accepted.)

Held in conjunction with the Twin Cities Fine Arts Organization "Art on the Town." The Edina Art Center is at 4701 W. 64th St., Edina. Phone: 612-915-6600. ■



▲Circus Manduhai performer.

MEMBER happenings

Send member news to: *BrushStrokes*, 1830 Dutch Heritage Ct., Baldwin, WI 54002-5155, or email to lbaur@mac.com. Images are welcome and will be used as space permits.

Sandy Muzzy announces her first-ever Open House and Studio show Sept. 10 and 11 at her home studio. All are welcome. Call her at 952-854-7677 or email giggles@pclink.com for hours and directions.

Jane Underhill was commissioned to do the city scenes of both Minneapolis and Chicago for



▲ Jane Underhill's 2005 Minneapolis city scene for the Courage Card catalog.

the 2005 Courage Card catalog.

Calvin deRuyter is pleased to report that a story about him and his painting was published on the FRONT page of the Osseo Maple Grove Press! You can see the full story online at:

<http://www.pressnews.com/omgp.html#anch or31377528>

Cal also had a one-person show titled "A Tasty Palate: Watercolors sans Palette," sponsored by the Evansville Arts Coalition in their Gallery in Evansville, MN (about 2.5 hours north of the Twin Cities along Interstate 94) from July 7 to August 11.

Jeanne Long was selected to participate in the First Annual Juried Plein Air Art Project, "Four Corners and the Cathedral, a Study in Light and Place." Eighty applicants vied for the opportunity to paint outdoors during August and September on the beautiful, historic corner of Selby and

Western. Ten were chosen and a curating committee will select among their 50 plein air paintings for a show on October 8, in conjunction with St. Paul's Art on the Town Celebration. KARE 11 TV, the Pioneer Press, and Midwest Living are all following the event and have conducted interviews and features.

Karen Knutson had paintings accepted into the Arizona Watercolor Association, the San Diego International 2005 Exhibition, the Montana Watercolor Society 2005 Exhibition, the Missouri Watercolor Exhibition and the Minnesota State Fair. She won a merchandise award for her painting, "Cycles", in the Red River Watercolor Society Exhibition. Her painting "Computer Age" won a \$100 merchandise award in the San



▲ "Computer Age" by Karen Knutson

Diego Watercolor Society show. She also was the judge and juror for the Northern Arizona Watercolor Society Show in May, 2005. She continues to teach watercolor workshops. To see her schedule, check out her website, www.karenknutson.com.

Ellen Stinger exhibited her work at the Richfield Community Center during the months

Welcome!!

NEW MEMBERS

We have 418 paid members to date.

Rebecca Alonso
Lois Anderson
Kate Bartlett
Vivian Benus
Betty Brownell
Zee (Zenobia) Evans
Bob Greenwald
Larry B. Johnson
Fatih Kinoglu
Donna Gay Lewis
Deb Magelssen
Jane C. Miller
Lee Anne Miller
Mary Rubbelke
Gina Sanderson
Mary L. Schneider
Marilyn Zwebber

of July and August. She is on the Richfield Arts Commission and they recently installed the hanging system in the center. Ellen will be exhibiting at the Augsburg Library in Richfield during September and October.

Jan Fabian Wallake's painting "Watching the Tide" was accepted into the Minnesota State Fair exhibition. Also, see her work in North Light Books new *The Watercolorist's Answer Book*.

John Fleming also had a painting accepted in the the Minnesota State Fair, and **Emmy White's** painting "Duck" was also accepted, as was **CeCeile Hartleib's** oil "Cathedral of St. Paul".

Forgot to let us know about your acceptance into the State Fair? No worries—we'll publish a more complete list in the October issue. Send pictures! (Especially if you won an award!)

Congratulations Everyone! ■

Minnetonka Center for the Arts

Art After School Classes for Kids Grades 1 - 7
 Call for a Free Program Catalog

Faculty Show (free admission)
 September 8 - 30

Arts of the Holidays Juried Show and Sale
 November 10 - December 23, 2005

Deadline for entries, October 1. Call for more details.



the WORKshopper

Send **Workshop** listings to: *Workshopper*, 1830 Dutch Heritage Ct., Baldwin, WI 54002-5155, or email to lbour@mac.com.

Jan Fabian Wallake

►2006–Nov. 11-14. Brevard Watercolor Society, Cape Canaveral, FL. Contact: Linda Neal, 321-751-5520.

Jan has a once-a-month, three-hour class in Roseville. If you are interested in joining this fun and friendly group, call Jan at 651-351-1301 (no long term commitment—come when you can, pay only for the class you attend).

Andy Evansen

►"Loosen Up Your Landscapes". 2-day workshop, Saturday, Sept. 17, 9:30 a.m.–3:30 p.m. and Sunday, Sept. 18, 1:00–5:00 p.m. Cost: \$95. At Studio 61 in Hastings. Call Andy at 561-480-1742.

Lynne Baur

►Watercolor Effects for Foliage and Flowers. 9-4 p.m., Oct 1, 2005. Phipps Center for the Arts, Hudson, WI.

Lynne will also teach "Quick Start to Success with Watercolor," an introduction to watercolor for beginners, Wednesdays, 9-11 a.m. at the Phipps Center for the Arts, Sept. 28–Nov 16. Contact: Phipps Center for the Arts 715-386-2305.

Ellen Stinger

Ellen offers watercolor classes for very beginners through advanced students during the day and through the Richfield Community Center located at 70th and Nicollet and also in the evening and a couple of days through the Richfield Community Center located at 70th and Elliott. For more info on exhibits and classes please contact Ellen at estinger@mn.rr.com or check her website with Minnesota Artists Association at <http://www.mnartists.org>. ■



Upcoming MnWS Workshops

Oct 11-14, 2005—Ken Hosmer

Upcoming Weekend Workshops

January 2006—Andy Evansen

March 2006—Fred Dingler

For MnWS workshop information contact Bonnie Crouch, coordinator (952-945-0682) Dianne Jandt, registration (952-891-2375) or John O Leary, publicity (952-888-0638)

Classes of Interest at the Duluth Art Institute

►**Art Train:** Wednesday, Sept. 21, 9a.m.–3p.m., \$35 (\$45 non-members). Back by popular demand, it's the 3rd Annual "Art Train." A great way to spend the day—riding the North Shore Scenic Railroad's historic train car to the picturesque French River for a few hours of painting the amazing natural surroundings. All who attend will have the opportunity to show their work in the "Art Train Exhibit" at the Depot. Pack a bag lunch and your plein aire painting supplies. Sign up now to reserve your spot.

►**Sumi-e:** Traditional Chinese Brush Painting, Alison Goodell, Thursdays, October 6–27, 6–9p.m. \$85 (\$102 non-members). Hands-on instruction from one of the area's masters in sumi-e painting.

Northstar News

Workshops

October 17-21, 2005: **Jerry Seagle**

Contact Carol Jernigan (651) 459-5103

Meetings

September 22. **Frank Webb demo** (note: 4th Thursday of the month, rather than the usual 3rd Thursday meeting date)

October 20. **Jerry Seagle demo**

Nov 4. **Northstar Fall Show Opening Reception**

December 15. **Konstantin Berkovski demo**

For meeting info contact Judy Fawcett (651) 731-2972

Meeting location is Centennial United Methodist Church, 1524 W. County Rd. C2 at Snelling in Roseville.

www.northstarwatercolorssociety.com

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Contact: Shannon Cousino, 218-723-1310. ■

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MNWScalendar

Programs are held the second Thursday of the month at 7:00 pm.

SEPT. 29: FALL SHOW AWARDS RECEPTION, Banfill-Locke Center for the Arts (replaces October meeting)

October
No regular meeting in October.
Oct 11-14: Ken Hosmer workshop

November
Nov 10: Jon Arfstrom demo

December
Dec 8: Potluck and sharing of member paintings; critiques offered by Karen Knutson.

LOCATION: Christ Presbyterian Church, 6901 Normandale Blvd., Edina, MN (Corner of 70th St. S. and Hwy 100)

www.minnesotawatercolors.com

MEMBERSHIP APPLICATION

MnWS Membership Dues:

- Single: \$28
- Couple/Family: \$35
- Seniors (65+) \$23

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"To further development of the watercolor artist by providing a supportive environment with education and exhibition opportunities, and to promote public appreciation and greater visibility of the art."

— MnWS Mission Statement