

## Different Strokes

by Kris Melby

The contrast of the crisp black fall night with the bright lighting and colorful display seen through the windows of the Arts Center created a memorable impression and heightened the anticipation as we crowded into the tent for the awards ceremony and juror's comments at the Awards Ceremony for our 2005 Fall Open Exhibition "Different Strokes". The Banfill-Locke Center for the Arts in Fridley bustled with excitement as members filed from the gallery into the nearby tent for the awards ceremony on September 29th.



▲The dramatic outdoor tent setting for our Fall 2005 Open Exhibition Awards Ceremony.

Our president, Andy Evansen, opened the evening with thanks to all for their help with the show. Special thanks were extended to Ceile Hartlieb and Terry Kayser, Co-Chairs, for doing the lion's share of the work.

Thanks also went to Lynne Baur, Debra Chapin, Terrie Christian, Lana Grow, Mary Hanson, John Hick, Donna Lewis, Ruth Hoglund, Beverly Peterson, Kathleen Sovell, Deanna Stuhrk, and many others who gave their time and talents. Thanks also were extended to Lia Rivamonte and the staff the the Banfill-Locke Center for the Arts.

Ceile shared her enlistment strategies in getting Terry to Co-Chair the event and also thanked everyone for pulling together to make it a great show. She then introduced the Juror for the event, Thomas A. Kayser. Kayser has worked on many major exhibitions, as well as having held positions as Executive Director of the Kalamazoo Institute of Art and Assistant Director of the Flint Institute of Art, both in Michigan.

He commented on the wonderful array of works, saying it took the better part of an afternoon to make his choices. His comments on all the winning works were concise and well received. In the Best of Show winner, "Mia Cameriera Parma", by Anthony Hedrick, Mr. Kayser was intrigued by the mystery of who the subject was, as suggested by her position in the composition, and impressed with the excellent rendering of such details as the folds in the skirt, blouse, and boots. He noted that



▲Fall Show Co-Chair Terry Kayser presents Kathy Braud with her Honorable Mention Award for "I've Got a Secret".

the artist had taken care not to massage the dark areas too far.

He liked "Good 'n' Plenty" by Leslie Gerstman for its large spread of bold brushstrokes, ranging in texture from fine to casual. He was impressed with the intense and wonderful array of colors that were kept fresh throughout the painting. (See pp. 4-5 for photos of all the award-winning paintings.)

The ceremony was well attended and the casual and relaxed atmosphere and wonderful display inside the Art Center really seemed to get people to mingle and have fun! It was a great evening—isn't that what it's all about? ■

## From the Heart

by Anne Graves

Have you ever thumbed through files of pictures that once excited you as possible painting material, but found nothing that appealed? Or searched earnestly through your photos for something that would spark an idea for a painting to no avail, or felt so stressed by your life that you've lost contact with your inner creativity? If so, then heart rhythm meditation might be for you.

The September 8th program was a presentation by Dr. Katherine Warrick on "Unleashing Creativity Through Heart Rhythm Meditation." Katherine's lecture included the physiology of the brain, giving us an understanding of what might be

going on cognitively when we experience those creative blocks.

She reminded us that meditation has long been accepted as a practice that unleashes a deeper, more profound aspect of our selves, and moves us to a different portion of the brain, accessing energy and creativity that is not available to us when we are in a more traditional thinking place. Heart rhythm meditation is a specific practice that coordinates the heart beat with our breathing. When they focus on this practice as a discipline, folks report a clearer sense of direction, a deepening sense of purpose, a greater confidence in their talent and ability, and more creativity. We were only able to experience the practice for a *-cont. on p. 3*

**Don't forget to pick up your paintings!**

Sat., Oct 22, 12:30–3:30 p.m.

at Banfill-Locke Center for the Arts  
BLCA will be open 10:30 am–12:30 pm on Oct. 22 for one last chance to view the show before picking up your work. **No early pickups!**

There will also be a **paint-out** on the Banfill-Locke grounds from 9 am–noon on the morning of the pickup. Meet in the parking lot.



## MESSAGE *from the President*

Normally in this space I ramble on about something that's happening in my life that may have artistic relevance to the group. This month, however, I felt the need to address some general information about the society in order to keep our members updated. We have approximately 400 members, but only around 50-80 get to the monthly meetings on a regular basis to receive news from the Board.

Our Board has several new members this year, and a few old ones serving in a new capacity. Emmy White was our Secretary for several years, and is now our Vice President. Paul Higdon has taken over as Secretary, and Dianne Jandt is now Treasurer, relieving Gary Marquardt of those duties. Gary did a wonderful job keeping the Society in solid financial shape over the years, and he also contributes his business' printing services for our programs and newsletters, and deserves a huge "thanks" for all of that.

Sandy Muzzy has been active for quite a while now, first serving as President prior to me, then helping out with hospitality at our meetings, and is now taking over as Program Chair. She's responsible for lining up our slate of demonstrations, critiques, slide shows, etc. Ceile Hartleib and Terry Kayser are the new husband-and-wife team serving as co-Chairs of our Fall Exhibitions, taking over for Holly Landauer. They've been very busy organizing our show at Banfill-Locke and will welcome a brief reprieve before starting arrangements for next fall. Some of you may remember Ceile from her portrait demonstration last year. Her subject of that portrait, Anne Graves, is continuing to volunteer as Member-at-Large after being our Program Chair last year. If you have questions or concerns about the Society in general and don't know how to address them, she's the one to talk to. Terrie Christian served in that capacity previously and made sure the issues of matting and framing got discussed and voted on by the membership.

Deb Chapin is our new Spring Exhibition chair, replacing Mary Hanson, and her work is just beginning. Our venue for the Spring show this year is the Colonial Church in Edina, and we're excited to be back there. The Spring Exhibition chair has an added responsibility as it's a juried show, so there's the collection of slide entries to coordinate with the judge. Remember, our Fall shows are open, which means that as long as you get your entry in early and the maximum number of paintings hasn't been reached, you're in. Last but not least, as far as our stomachs are concerned, Ruth Hoglund and Kathleen Sovell have volunteered to serve together as Hospitality committee. They'll be making sure we have treats and coffee at the meetings, and also tackle the job of arranging for hors-d'oeuvres and wine at our shows. A big thank you to all of those who served and those who are stepping in to do their part.

A special thanks to MarySue Krueger, who stepped down as Vice President and left the Board after serving in some capacity for about 10 years. She continues to help in other ways, however. The Board decided it was time we invest in our own wireless microphone system. We've had problems over the past few years with members not able to hear judge's comments at shows or demonstrators remarks during our meetings, and we can't count on having one available to us at all our different locations. MarySue found a nice system we'll be testing out at the Fall Show, and we can now have karaoke at the December pot luck. MarySue will also be involved with the planning of this year's bi-annual Members' Day, along with Pat Undis and Karen Knutson. This will be a day of demonstrations and display artists with lunch at Bryant Lake park in Eden Prairie, keep your eyes peeled for more info on this in newsletters to come.

Lynne Baur continues to crank out our wonderful newsletter from her remote get-away in Baldwin, WI. She has offered to continue doing it through this year, but we'll need a member to take over starting next year. If you have experience in this area, are a little computer-savvy, and are willing to make sure we continue to receive this nice full-color newsletter for a while, please call her or myself. It's some work, but it's the only position for which you receive a monthly stipend to help offset the time put in [*and the cost of upgrading software to meet the demands of the newsletter-ed.*]. Knowing Lynne, she's got it all down to a science and will make the transition easier.

Other than that, Marian Alstad continues to serve her life-long position as Membership Chair. She takes in new members, keeps track of everyone's addresses and phone numbers, and is our welcoming committee at the general meetings. You've probably been hugged by her at



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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

1830 Dutch Heritage Ct.

Baldwin, WI 54002-5155

[lbaur@mac.com](mailto:lbaur@mac.com)

(please do not use [lbaur@att.net](mailto:lbaur@att.net)—account no longer active)

#### Advertising Placement

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▲ Sandra Muzzy's Second Place award-winner in the watercolor division of the State Fair, "Concentration in Black and Grey,"

▼ CeCeile Hartleib's State Fair painting, "Cathedral of St. Paul" (oil), was purchased by Garrison Keillor (pictured here with his 7-yr-old daughter, Maia, and the delighted artist).



## JURIED INTO THE STATE FAIR!

Julie Allen (1st Place, watercolor)—see next month's issue for a photo of Julie's painting!

Ron Anderson

Meg Bussey (2nd Place, printmaking)

Barbara Claussen

John Fleming

Dick Green (Honorable Mention, watercolor)

CeCeile Hartleib

Catherine Hearing

Peter Herzog (Honorable Mention, watercolor)

Karen Knutson

Jeanne Kosfeld

MarySue Krueger

Barbara Lanzo

Judy Lieber

Sandra Muzzy (2nd Place, watercolor)

Ann Pitman

Carol Stott

Jan Wallake

Wendy Westlake

Emily White

June Young (Honorable Mention, watercolor)

(hope we haven't missed anyone—if your name should be on this list, and we didn't spot it at the Fair, please let us know so we can list it in the November issue!)

### Message From the President

(cont. from p. 2)

some point. Her husband Dick also volunteers to print out the mailing labels for the newsletters every month, which I wasn't even aware of until our last Board meeting, so thanks, Dick.

Beverly Peterson and Joanne Bauch get the 400 newsletters mailed out. Good thing the labels aren't lick and stick. Jeanne Long keeps our Board informed of the happenings with Northstar Watercolor Society, so we can make sure our events aren't coinciding with theirs as we have many members involved in both groups. Ruth Valgema continues to coordinate our collection of books and videos for our library, which is a wonderful service for our members. I see many members checking out materials at the meetings, and the collection keeps growing. Kris Melby serves as Publicity chair and makes sure our shows are on the

radar of the local media outlets.

In addition to the newsletter, another position that will need filling after next fall is that of Workshop Chair. Bonnie Crouch has been contacting and setting up artists to come teach, John O'Leary promotes them and Dianne Jandt has been taking in registrations. If you'd feel comfortable calling or writing to artists to get them to come to the Twin Cities, it could be an exciting position. I believe we're set until winter/spring of 2007, but it would be nice if we could get someone soon so the transition can begin. Volunteering is a commitment, but I've gotten a lot out of my participation. I consider all of the above-mentioned people friends, which probably wouldn't be the case if I wasn't involved in the Society. Believe me, it's worth it.

### From the Heart

(cont. from p. 1)

few minutes that night, but the change in the group's climate was palpable at the end of her lecture, when she led us in an experience of how to coordinate our breath and heartbeat, move out of our "thinking" brain, and center our awareness on our heart and breath.

Katherine has led groups on this subject for the MN School of Fine Arts and the MN Pastel Society and is a coach for performance enhancement and unlocking creative blocks. In her former life she was the executive director of Chrysalis, a leadership consultant for the Kellogg Foundation, and the Equal Opportunity Director for the State of Minnesota.

If you are interested in starting a Heart Rhythm Meditation group for the MWCS, Katherine can be reached at 652-699-5017, or email her at WARRICK@ISD.NET.

*Al Hansen*

# Different Strokes

Minnesota Watercolor Society Fall Open Exhibition

*Banfill-Locke  
Center for the Arts  
Sep. 29 - Oct. 22, 2005*

**First Honors ▶**

“Wake Up in the Fog”, Andy Evansen



**◀ Second Honors**

“Cathedral Hill”, Jeanne Long



**Third Honors ▶**

“Catch the Rhythm, Join the Fun”, Lana Grow



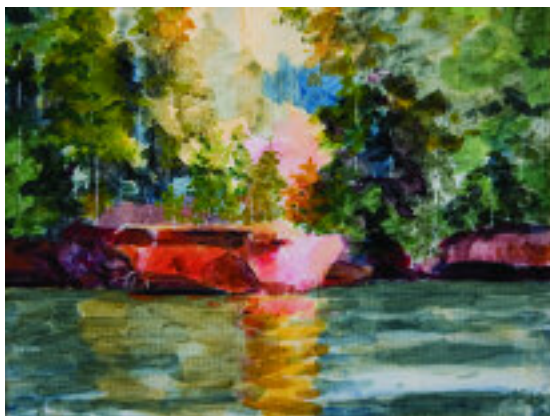
**▲ Honorable Mention**

“I’ve Got a Secret”, Kathy Braud



**◀ Honorable Mention**

“Castle Rock”, Jim Hillis

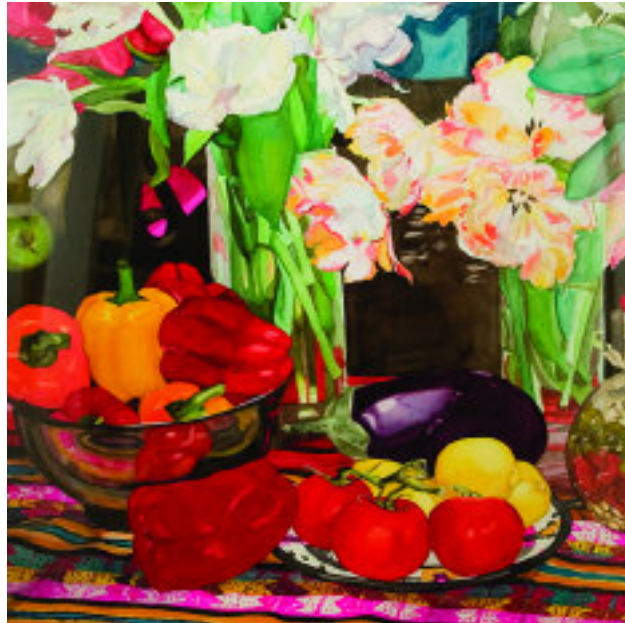


**Honorable Mention ▶**

“Venice Afternoon”, Linda Nelson



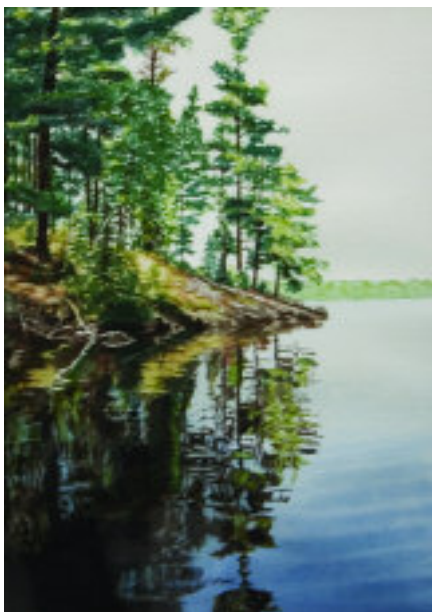
▼ **Stordahl-Emrich Founders Award**  
“Good ‘N’ Plenty”, Leslie Gerstman



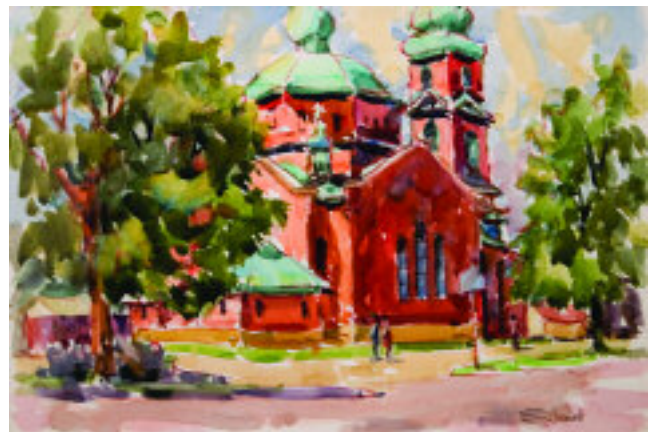
**Honorable  
Mention** ▶  
“Preparing the  
Steed”,  
Doug Meythaler



▲ **BEST OF SHOW**  
“Mia Cameriera Parma”, Anthony Hedrick



◀ **Honorable  
Mention**  
“Black Bay  
Reflections”,  
Connie LaMere



▲ **Honorable Mention**  
“St. Mary’s”, Ed Shimek

## MEMBER *happenings*

Send member news to: *BrushStrokes*, 1830 Dutch Heritage Ct., Baldwin, WI 54002-5155, or email to [lbaur@mac.com](mailto:lbaur@mac.com).

**Terry Genesen-Becker's** watercolor "La Calavera" was selected to be part of a special invitational exhibition that is being put together to coincide with a city-wide study of WW I this coming January and February 2006. This invitational exhibition will be at the Cornucopia Art Center in Lanesboro, MN.

**Nancy Carney** will be the featured artist for Art On The Town at Artistic Indulgence Gallery, 302 E. Hennepin Avenue, Minneapolis. The show "Seen In The Cities" will feature imaginatively stylized paintings of urban landscapes and the variety of people who live there. The opening reception is October 15, 7 -10 p.m., and the show runs until November 2nd. Call 612-746-4508 for information.

Gallery G and the Nancy Carney Studio has opened in the Northrup King Building, 1500 Jackson Street NE, Studio 256, Minneapolis, MN. A grand opening reception will be held on Thursday, November 3 5-9 p.m. The gallery and studio will also be open for ART ATTACK, November 4, from 5:30-9:30pm, November 5 from 12 to 5 pm, and November 6 from 12 to 4 pm. Stop by any of these days to say hello and see all the other artists studios in the building. See [www.northrupkingbuilding.com](http://www.northrupkingbuilding.com) for directions. Nancy's number at the studio is 612-961-7075.

The Four Corners and the Cathedral Plein Air Project has reached completion. As announced in last month's Member Happenings, **Jeanne Long** was one of the artists selected to participate in this event. There will be an opening reception for public viewing of the works from the ten selected artists in connection with the Art on the Town Celebration in St. Paul. It will be held at the

Local Color Gallery, Selby at Western in St. Paul, from 6-9 p.m., October 8. Jeanne submitted a series of works and some of them will be on display and for sale that evening.

As the October issue of *BrushStrokes* was delayed to include the announcement of our Fall Show award winners, this may reach you after the opening reception, but there is still time to see the show, which runs until November 26 at Local Color Gallery, 165 Western Avenue, in the lower level of Blair Arcade. Phone 651.227.7701; their website is [www.lcolor.com](http://www.lcolor.com). There's much information there, including some video clips, press clips, and the entire prospectus and bios of participants.

Awarded artwork ("A Best of Show" and "Honorable Mention") will be announced at the opening of the exhibition on October 8th.



▲ "Evening Reflections", by Jeanne Long, was one of her submissions for the Four Corners and the Cathedral project.

**Andy Evansen** was selected at one of the top 10 (!) artists in a *Watercolor Magazine* international competition aimed at uncovering new talent and discovering fresh, vibrant, and innovative uses of watermedia. The top 10 works are to be published in the magazine in the Spring 2006 issue. Wow!

Congratulations Everyone! ■

## Welcome!!

### NEW MEMBERS

*We have 353 paid members to date.*

**Liz Williams**

## Where Did All the Members Go?

How did it happen that we had over 400 members in June and now there are only 353? Every year some of us forget that our memberships are due for renewal in May.

If that's you, don't miss out on future shows, programs and workshops—take a moment and renew today!

Plan Ahead!  
The  
Share-a-Painting  
Theme for the  
November meeting is  
Still Life

▼ "The Tire Swing", by Andy Evansen, scheduled to be featured in the Spring 2006 issue of *Watercolor Magazine*.



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## the WORKshopper

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

## MnWS

### Weekend Workshop with Andy Evansen



MnWS President Andy Evansen will present a weekend workshop at the Hopkins Center for the Arts on Saturday, Jan. 7, 9 a.m. – 4 p.m and Sunday, Jan. 8, noon – 5 p.m. Enrollment is limited to 20 students. Fee for the 2-day work-



### Upcoming MnWS Workshops

Oct 11-14, 2005—Ken Hosmer

Upcoming Weekend Workshops

January 7-8, 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)

shop is \$120. An initial payment of \$60 will hold a space, with the balance due by Dec. 15.

Andy's genial teaching style and effectiveness (plus the enthusiastic recommendations of past participants in his workshops) will generate high demand for this workshop, so register early! Registration forms will soon be available on our website or from Dianne Jandt, 13379 Huntington Cir., Apple Valley MN. Phone: (952) 891-2375,

or email: [artistjandt@aol.com](mailto:artistjandt@aol.com).

## Northstar News

### Meetings

**October 20. TBA**

We have received word that, due to illness, the Jerry Seagle workshop (and, presumably the demo) was cancelled; at press time, we did not have info yet on a replacement. Contact Northstar at the number below or visit their website for more information as it becomes available.

**Nov 4. Northstar Fall Show Opening Reception at Century College**

**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.

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# MNWScalendar

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

**October** .....

No regular meeting in October.

Oct 11-14: Ken Hosmer workshop

Oct 22: 9 am - 12 noon Paint-out at Banfill-Locke Center for theArts; Center open 10 am - 12:30 pm for last-minute viewing; pick up art 12:30 pm - 3:30 pm (NO EARLY PICKUPS!)

**November** .....

Nov 10: Jon Arfstrom demo-figures

**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](http://www.minnesotawatercolors.com)

## MEMBERSHIP APPLICATION

### MnWS Membership Dues:

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

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