

## Plein Air Sketching in the Heart of the City

Perfect spring weather arrived just in time for 17 participants to spend a weekend plein air sketching in watercolor and ink with Tara Sweeney for a two-day MN Watercolor Society workshop May 17-18. Our materials didn't look like a typical travel set: Tombow watercolor markers, paper palettes, and Niji water brushes were new territory for most of us but we liked the portability.



Beverly Wood - Skyline

The first day began with sensory delights of the Mill City Farmer's Market as inspiration for blind contour and observational sketches. Many of us were uncomfortable about working with people around. Tara noted, "There is safety in numbers. With all these artists to admire, no one is going to bug you for long." She was right: the general public was curious but respectful.



Karen Lattery  
Guthrie Sea Change Plaza

After lunch, windows from the Guthrie's upper floors provided panoramic vistas for sketching the mighty Mississippi before we headed out across the Stone Arch Bridge. It's a delight to discover the variety of subject matter visible from this historic bridge: mills ruins coexist with a striking downtown skyline; diners, strollers, dog walkers, newlyweds, bicyclists and tourists on *Segways* share the pedestrian-only span across St. Anthony Falls.



◀ Diane Monroe  
Stone Arch Bridge

Catherine Hearing ▶  
St. Anthony Falls



Our second day began on the other side of the river, inside at the Aster Café jazz brunch, where we dined and sketched dancers and musicians. (A few of us even danced.) Then we headed back outside for an afternoon of sketching St. Anthony Main's architecture and the café culture which blossoms there with warm weather.



Clare Ritter - Inside the Aster Cafe

Each day included on-site demonstrations with plenty of sketching time and individualized feedback and tips from Tara. She shared favorite prompts for visual journaling, including a homework assignment: "Write a postcard to your inner critic. Let him/her know when you want advice." The wrap up with sketchbook exchange was a favorite part of the workshop for many. "Seeing all the different approaches to the same subject matter is informative and fun." Saturday morning we arrived with curiosity, portable gear, comfortable shoes, and a sense of humor. Sunday

evening we returned home with some surprising and delightful sketches, new friends, and plans to come back soon.



Steve Hegdal - Pracna on Main

## From The President



Hello Members and Friends!

This is my last letter as President of the Minnesota Watercolor Society. Two years ago I said, "Yes" to the position as President not really knowing what the future held. Now, those anxious thoughts, concerns and worry are distant memories. Being your President for the last two years was pure joy. I have said this so many times, but it bears repeating: it's you and the board members that make positions such as the Presidential term so much fun. I have grown in so many ways because I said "yes" to something I thought might be too challenging, too difficult and maybe not even wanting to stretch myself. It's easy to just stay put in our comfort zone. But it's in doing this stretching and going beyond what you think you can do that makes our lives so lively!

At our May meeting, members nominated and elected Wendy Westlake as President. She comes highly recommended, has been our Program Chair and Vice President, and is an amazing artist in her own right. It's been an honor and a pleasure for me to have worked alongside her while on the board. I know you all will congratulate her and support her as she begins her new term.

We are also celebrating the newly elected Sonja Hutchinson as our Treasurer and Marilyn Jacobson was selected for our Program Chair position. Please congratulate them as they begin their new terms. New positions are opening up and I know some of you would love to sign up. Check out the Board of Directors listings in this newsletter or on our website to see where you would like to help.

Speaking of helpers, I want to thank each and every Board member of these past two years for getting things done and helping this organization run so smoothly. We have shared a lot of laughter along with our work and I thoroughly enjoyed working with each one of you. Thank you from the bottom of my heart.

Also, many members helped out in various positions such as Member's Day and at our General Meetings. I want to acknowledge and thank those members who hide in the trenches volunteering their time and effort where it is needed. You are all especially appreciated.

Now, I look forward to creating some playful and explorative paintings in the next few months. I might even get something ready for the Fall Show! By the way, check out our workshops coming up. Remember what I said earlier about stretching ourselves. Try some new things. Do something different. Live life. It's good for our creative souls!

MNWS is an amazing group of artists and friends. Thank you again. I'll see you in September. Happy Painting!

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www.minnesotawatercolors.com

#### BrushStrokes Newsletter

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## Watercolor Reflections

Column by Vera Kovacovic, MNWS Member

### MUSES, ESCAPE ARTISTS AND SENTINELS

Spring is the time of life bursting forth, of new growth, the end of gestation. It is a manifestation of an archetypal cycle of birth-death-rebirth, germane to the process of artistic creation. The dynamics are masterfully described in the book "The Call to Create: Listening to the Muse in Art and Everyday Life," by Linda Schierse Leonard.

The author presents us with the cast of characters or archetypes that are playing out the drama of artistic creation on the psychological stage of our souls. Her cast includes the MUSES who tend to our inspiration. For many artists, inspiration resides in Nature.

Equally, she describes in depth the dangers and reasons why we sometimes find it so difficult to keep creating. In her chapter on Consciousness, she skillfully juxtaposes several characters who interfere with the creative process. She states:

"Because the struggle and toil to create can be so difficult and exhausting, the temptation to flee from the task can induce THE ESCAPE ARTIST, an inner figure who uses many different masks and costumes to disguise its habits of avoidance. One of the Escape Artist's ploys is to remain asleep, choosing complacency in order to avoid pain, anguish and tension and to lure in THE SLUGGARD who avoids work and useful activity. Another way to escape is to become THE COMPULSIVE DOER who occupies him/herself with busy work, worrying and working so hard that s/he has no time for reflection and immersion into empty space that creativity requires.

The helper here is THE SENTINEL who prods us into wakefulness and prevents retreat into unconsciousness and regression. The Sentinel is the attentive character in us who keeps us on target, reminds us of our quest, and alerts us to the risk and effort it takes to make a creative journey."

Wishing you a great spring and summer to soak up what's beautiful, confront with courage what's challenging, and above all have fun painting!

### Northstar Activities

- Artist demo on June 19 by Grace Haverty, NWS, TWS. 7 pm at the Roseville Skating Center, 2661 Civic Center Drive, Roseville, MN.
- July workshop and demo with Nels Femrite. Details forthcoming.

For more information about the Northstar Watermedia Society and their activities, visit the website: [www.northstarwatermedia.com](http://www.northstarwatermedia.com).

### MNWS NEW MEMBERS

Cosette Hobday

Susan Neff

John Ondov

### Welcome New Members!

We have 324 current paid members.

### Membership Renewal Reminder

Please send your membership renewal to Carol Wingard as soon as possible! Membership rates and Carol's address are listed on the back of the newsletter.



# Inspired Images | 2014 MNWS Fall Exhibition

The Ames Center | 12600 Nicollet Avenue, Burnsville, MN

## Exhibition Schedule

**Fri | 9/19** Postmark/payment deadline, or when the first 65 entries are received, whichever comes first.

**M | 10/20** Drop off at Gallery 11am-2pm

**Th | 10/23** Exhibition opens

**Th | 10/23** Reception 6-8pm (Awards 7pm)

**Su | 11/30** Exhibition ends

**M | 12/1** Pick up at Gallery 11am-2pm

## Artist Eligibility

This non-juried show is open to all MNWS members in good standing who have paid their dues through May 31, 2015. You may join MNWS or renew your membership by sending a separate check for membership dues with your entry fee, or you may pay online at [www.minnesotawatercolors.com](http://www.minnesotawatercolors.com).



**Free At Last | Diane Posselt Monroe**  
Honorable Mention, 2014 MNWS Spring Exhibition

## Submission Requirements

All paintings must be original, two-dimensional works in water-based media on a paper surface (including YUPO), that may or may not be altered (e.g., gesso, gel medium), or on canvas or board that has been treated to accept water media, applied in a transparent or opaque manner (no impasto). Collage (no found materials), if used, must be treated with water media only and subordinate to the overall painting. Drawing elements (e.g., ink, pastel, crayons, pencil) are acceptable. **Copies of other artists' work will not be accepted, nor will copies of published photos or work from photos not taken by the artist.** Paintings must have been completed within the last two years, and not done in a workshop or under the supervision of an instructor. Works previously shown in a MNWS exhibition are not eligible.

## Mat and Frame Requirements

1. White, off-white, and light, neutral mats only. No color mats.
2. Frames must be neutral, simple, and sturdy and have wire and hooks mounted as specified in the diagram on the following page. No color frames.
3. Maximum exterior frame size is 32" W x 40" H.

## Juror for Awards: Fred Dingler

*Fred graduated from The American Academy of Arts in Chicago. He studied with the famous watercolor painter Irving Shapiro. He had a 40 year illustration career with both local and national clients. In 1981 Fred became a part time instructor at the College of Visual Arts in St. Paul, teaching advanced figure drawing, illustration, and watercolor. In 1991 he began doing sports illustration for Kelley – Russell Studios and in 1995 was hired to organize the art department and develop new talent. Fred has taught at the Minnesota River School and Bloomington Art Center. In March he taught at the Fort Myers Beach Art Association, Florida. In 2000 Fred began his career in Fine Art. His mediums are watercolor, acrylic, oil, pencil. Fred has weekly classes in his studio and, once a month, an all day class on Saturday. He is available to give workshops. Fred has been a member of the Minnesota Watercolor Society and the American Society of Marine Artists. His works have been award winners in various shows.*

## Awards

Awards will be given in the following categories: Best of Show, Emrich/Stordahl Founder's Award, First, Second and Third Honors, Honorable Mention, Awards of Merit, and People's Choice.

Please note that award winners will not be notified prior to the reception and awards ceremony on Oct. 23.

## Fees and How to Enter

The entry fee is \$20. All fees are non-refundable and support MNWS exhibitions. Artists may enter one piece.

Entries postmarked after 9/19, or after the first 65 are received, will not be in the show and the entry fee will be returned.

Register online at [www.minnesotawatercolors.com](http://www.minnesotawatercolors.com).

Pay entry fee via PayPal when you register OR mail a check to: MNWS Fall Show 2014, c/o Victor Perlbachs, 7805 Victoria Circle, St. Louis Park, MN 55426. Make checks payable to Minnesota Watercolor Society. Enclose a separate check for membership dues (\$30 single, \$40 couple/family, \$25 senior (65+), \$15 college student).

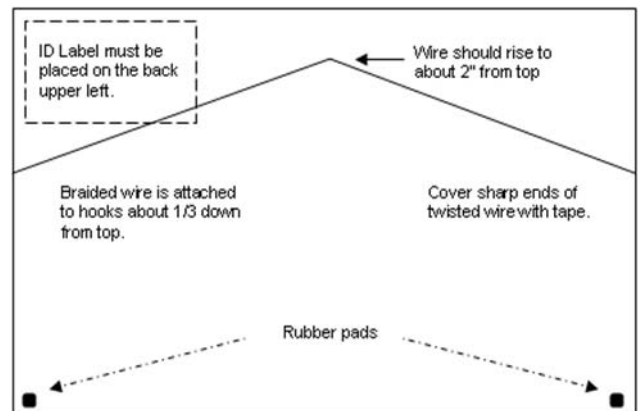
Email digital images to Victor at [fallshow@minnesotawatercolors.com](mailto:fallshow@minnesotawatercolors.com). Max 1 MB. Please use your artwork title when saving your images (e.g., Diane's submission would have been "Freeatlast.jpg").

Please volunteer! We need help with drop off, installation, hospitality, and pick up. Volunteering is a lot of fun and a great way to meet new friends! You can volunteer online when you register or by emailing Victor.

**All artists will be required to sign an Exhibition Agreement with The Ames Center.** If you would like to preview the agreement, please visit [www.minnesotawatercolors.com](http://www.minnesotawatercolors.com).

## Digital Images

By entering the show you permit us to make digital images of your exhibited artwork for MNWS archives. These images may be used in an exhibition catalog and/or for publicity. They will not be high-resolution images from which illegal copies of your artwork could be created.



## Some Thoughts and Information about the 2014 Fall Show

This year's Fall Members Show will be at The Ames Center, in Burnsville. That's the new name for the Burnsville Performing Arts Center.

The theme for the Fall Show is "Inspired Images." Think about what inspired you to create your painting. It may have been your emotional connection to the subject, or the way light or color influenced the setting. You may have been inspired to create an abstract vision of the subject, or to accurately depict what you saw.

Whatever your inspiration, have fun and let it shine through, and enter the show. The Ames Center Gallery is a wonderful space to display!

The first 65 entries are accepted into the show, and as usual, will be juried for awards. Enter early to guarantee that you are included. Entries will be digital, as with the spring show, so read the prospectus carefully.

And...don't forget to volunteer to help with the production.

-Vic Perlbachs, Fall Show Chair

## Goodbyes, Congratulations, and Opportunities

We've had a flurry of changes on the **MNWS Board of Directors**. We bid a fond farewell to Cathy Timmers who did a fantastic job as Treasurer. She is moving away and had to relinquish her position. We also say goodbye to Deb Magelssen, our marvelous President for the past two years. But thank goodness we will not lose her because she will stick around as Past-President.

Congratulations go to Wendy Westlake, our new President, Sonja Hutchinson, our new Treasurer, and Marilyn Jacobson, our new Program chair.

Alas, the Board is not complete. We have a number of open positions and urge you to seriously consider volunteering to take over one of these: Vice President, Secretary, Northstar Liaison, Fall Show Chair.

## Begin Anywhere...Just Begin

The above is a quote used with an illustration by one of my favorite illustrators – Mary Engelbreit. Along with the quote she has a drawing of a woman with paint brushes in hand standing in front of a blank canvas. What does this have to do with watercolor painting? If you are like me, I love to draw and paint. However, sometimes it is just difficult to get started. A number of reasons come to mind...my need for perfectionism, or I don't know what to paint, or I have a limited amount of time so I delay until I have more time. My goal is to overcome these challenges that I let get in the way of my painting process. If you have the same challenges, maybe my thoughts will help you, too.

I keep a reference file from magazines and some of my own photos of things that interest me as subject matter for a painting. My first steps in planning a painting are to diligently go through the files to decide what I want to paint, select a subject, complete the drawing and transfer it to the watercolor paper. Then I get stuck with thoughts of perfectionism. What if I can't mix the right colors I want to use? What if the painting doesn't turn out like what I see in my head? What if the end result is just not very good?

Going forward, my answer to this will be that good things can happen when things don't go according to plan. We all have had wonderful "accidents" happen with watercolor that makes it more interesting. In fact, that is one of the things I love about watercolor, some of the "unpredictableness." If the painting doesn't turn out like what I see in my head, it might turn out better. If not, I enjoyed the process and learned something from it.

There have been times I am just not inspired by any of my subject matter material, similar to writer's block when they don't know what to write. I don't know what to paint. My plan when this happens is to randomly pick something and use it as my subject. Starting with a random selection can grow into something different and exciting and inspiring during the process. This would never happen without randomly picking a subject...and it gets me started which is most important.

Lastly, I have learned now from different artists that they make even small amounts of time work for them. If I don't have an hour or two, or four hours, my thought is I can't accomplish enough in that amount of time so I don't paint. I purchased a book called "The One-Hour Watercolorist" by Patrick Seslar. One of his statements is "the problem isn't lack of time; it is lack of faith that any meaningful painting can be accomplished" in a short period of time. This quote rang true for me. I need to remind myself that periods of short painting time are so much better than no painting time because the longer hours never come. And I can accomplish good things in a short amount of time. Ultimately, the short painting times will add up to a finished painting!

So here's to painting this summer, and applying the plan above to those challenges that keep me from painting. Nothing can be accomplished without taking the first step. The mantra in my head will be "**Begin Anywhere... Just Begin**" and with that, I know I will move forward.

-Carol Wingard

## How to stay in touch over the summer

By Therésa Weseman, publicity chair

Minnesota Watercolor Society member meetings are over until September. However, that doesn't mean you can't stay in touch with other watercolor enthusiasts. While nothing can replace the value of face-to-face networking, using social media can be a great way to make connections with other artists.

### MNWS online networking channels

- Facebook
- LinkedIn
- Twitter
- YouTube
- Flickr
- Google+

Links to these social media sites are available on the MNWS website at [www.minnesotawatercolors.com](http://www.minnesotawatercolors.com). Scroll to the bottom of the home page and click the social site you'd like to see. For example, click on the Facebook icon. This will bring you to Facebook. Search "Minnesota Watercolor Society's Fan Page." Once there click to join. We are a closed group to keep solicitors out of the group. So it may take a day or two for you to be accepted.

### What artists are posting

- Art events happening in Minnesota
- Photos of paintings and events
- Classes
- MNWS meeting notices
- And other art related interests

I look forward to seeing your posts. Or, if you are uncomfortable posting to Facebook feel free to email me at [tweseman@earthlink.net](mailto:tweseman@earthlink.net) and I will post for you. However, I highly recommend using Facebook as a tool to promote yourself as an artist. We have over 300 members on our fan page. I wish you a great summer with plenty of time to paint.

**Facebook tip:** In Facebook you can manage your notifications from your personal settings. Here's how.

1. In the top right of a Facebook page, click the down arrow
2. Click **Notifications** in the left menu
3. Click **Group activity**. **Select Minnesota Watercolor Society's Fan Page**
4. Click **All Posts** for any post to the MNWS Fan Page or **Friends' Posts** if you only want to see postings of members of the fan page who are also friends on your page
5. Click **Close**



## UPCOMING MNWS WORKSHOPS

ALVARO CASTAGNET: Both October 2014 workshops are full. There are waiting lists for both.

LISA FERTIG: 2-day, Jan. 17th-18th, 2015. Registration details will be in the September/October MNWS Newsletter.

Questions? Call or email Sandy Koeger: 952-891-2345, [zzandyy@aol.com](mailto:zzandyy@aol.com).

## MNWS MEMBER happenings

### Send member news to:

Brush Strokes, 1455 Jefferson Ave., St. Paul, MN 55105 or email  
v-dudl@umn.edu. Images are welcome and used as space permits.

**Tara Sweeney** had 4 paintings in the Minnetonka Center for the Arts figure show. She has a painting in the Red River Watercolor Society's Annual Juried National exhibition. Her solo exhibition, "Close to Home: A Visual Journal" will be on view at the Gage Family Gallery, Augsburg College, 8/25-10/23 with opening reception Friday, 9/5, 5:30-7:30 and demos 9/9, 8-10 am and 9/11 12-2 pm.

## Opportunities for Artists

Check out **Artists del Norte**, a group based in the northern suburbs of the Twin Cities. At their website ([artistsdelnorte.squarespace.com/](http://artistsdelnorte.squarespace.com/)) you can find out about meetings, membership, shows and workshops.

Also check out **mnartists.org** where you can always find opportunities for artists, under News/Opportunities.

## Fall Show Prospectus Inside!

## MEMBERSHIP APPLICATION

**Mail your application and check payable to Minnesota Watercolor Society to:**

Carol Wingard, Membership Chair  
10427 Fawns Way  
Eden Prairie, MN 55347

### MNWS Membership Dues:

- o College Student \$15
- o Single \$30
- o Couple/Family \$40
- o Seniors (65+) \$25

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

*o Check here to have your name removed from the list sent to our exhibition award donors who mail product information to our members.*

--MNWS Mission Statement

“To further the 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.”

10427 Fawns Way, Eden Prairie, MN 55347-5117

