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Masthead art (detail) by *Margaret Mattocks, Founder*

AN UNSCHEDULED  
NEWSLETTER, AUGUST 2020  
STAYING MOTIVATED AND “AM I DONE YET”?

WOW

HAPPY BIRTHDAY  
COLETTE LAICO (100) June 23  
§  
CLIFFORD BURKEY (97) Aug 7

A SPACE FILLING NOTE FROM THE EDITOR

I have had fun with these last two issues of the highjacked Co-Arts Newsletter. Since you paid your annual dues just prior to the COVID 19 restrictions, you have gotten little in return. I have tried to give you a little food for thought, ideas to keep you doing what you know you want (need) to do — create — but seem to have lost the key to that door. And, in this issue, an attempt to answer an age old question of, “Am I done with this painting, or did my last 30 brush strokes make it useable only for wrapping fish”?

I want to thank those who answered my call for articles on how they have managed to stay or get creative when the whole world is in an emotional slump. From comments I’ve received, you have given many the kick in the Nickel Azo they needed to have another go at the creative process. Again, thank you!

Until we meet again, and I don’t mean in pixel form — just create. Keith, Editor and Thief

# A MESSAGE FROM THE PRESIDENT

By *Wendy Thompson Shearer*



I will be serving as your president this academic year. I want to thank Joan O'Byrne for her exemplary leadership during this very unusual year with the COVID 19 restrictions.

I joined this organization because it is a tightly run, friendly group with clear goals and committed members. I will do what I can to perpetuate the positive momentum. While serving as Vice President this past year, I was amazed at the dedication and precision with which each of the board members and others proved their reliability. I am equally as blown away by the wonderful and varied artworks that are produced by our members.

As a quick introduction for those who don't know me, my main medium is currently watercolor. For a few years, I focused on portraits. Presently, I'm learning about light. I am a retired primary school teacher from the Seattle Public Schools, but have taught in Germany, American Samoa, Thailand, and Whidbey Island. I grew up in Orinda, California, and got my BA at the UW and MA at Seattle U. Now that I am retired I am able to paint during my free time. I am fortunate that my mother and grandmother were both artists ahead of me. I live in Ballard with my husband Fred DeHaven and have two grown children and two young grandsons nearby.

I anticipate stretching myself this coming year as your president. I consider this position an honor, and I am truly grateful to have your trust. I like the quote from Twyla Tharp's book Keep it Moving, "So often we refer to people who have recovered from disaster as "fighters", but I think this is the wrong tack. Fighting is acknowledging that you might lose or might not perform to someone else's standards. I prefer to think of life as a pursuit, constantly chasing, never quite reaching your ideal, and learning to get over it."

Keep painting, drawing, and creating. When you occupy your hands, your mind is calmed, and your heart is open to all good things. I look forward to zeeing (seeing via zooming, my coined word) you all on the September 22 Zoom General Meeting.

Be well and keep painting,

*Wendy Thompson Shearer*

## BUMMER, AGAIN No September Samish Paint-Out

**Paula Parks**, Chair Fall Paint Out, reports that the administrators of Samish Camp have decided that they will be closed for the rest of the year due to the COVID19 regulations. Basically, they don't have the staff to do all that is needed as often as is required to remain open. Hopefully, things will change sufficiently for the June Workshop.

## INTRODUCING NEW MEMBERS

### GRACE MOUNCE

Hi, I'm Grace!

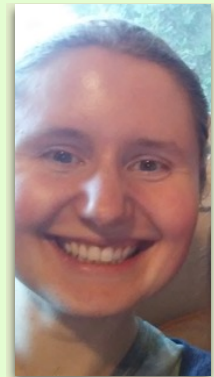
I'm an artist who creates realistic work with colored pencils and oil paint. I have always loved telling stories and creating characters, so my current goal is to pursue a career in book illustration.

I draw inspiration from Golden Age illustrators such as Tom Lovell and Andrew Loomis, as well as James Gurney, a contemporary illustrator who introduced me to them both.



In addition to illustration, I am also drawn to still-life painting—I love studying reflections in metal and the way things look through glass. Figure drawing and portraiture are other favorites; I love drawing fabric folds and faces.

When I am not making art, I am at work. Or I might be lucky enough to be spending time with my family, exploring Goodwill and Walmart, reading movie trivia on the internet, or making up goofy stories with my sister, or sipping tea.



### ANNA CHOI LEE



I was born in London UK, raised in South Korea, Vietnam, Japan, Uruguay and Switzerland as a diplomat's daughter. I came to Southern California as a young adult for higher education as a software engineer. After 30+ years of my life in California I have moved to the Pacific Northwest to be near my family in 2018.

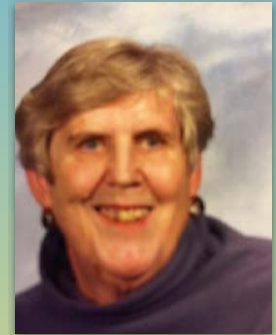


During Lockdown, I have been sketching and journaling my surroundings as well as taking a watercolor class from my instructor's front yard 6 feet apart with masks on. Currently, I am working to publish a journal book of my Falkland Islands trip from last November.



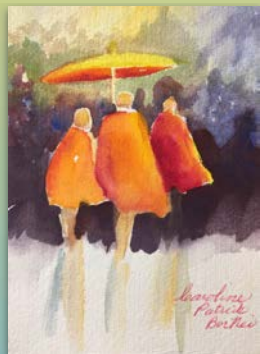
## GRETCHEN PICKENS

My daughter-in-law in California asked me to do four to six flower watercolors. She wants to group them for her guest room redecorating project. She wanted bright colors. I sent them to her, she will do the matting and framing. This began at the beginning of the Pandemic. It was good for me as it gave me focus. I have labeled the group : "Pandemic 2020 Series" .



## CAROLINE PATRICK

COVID and moving — it has been an interesting three months. Setting up a new studio is a joyful but complicated job as all of you know. By May, self quarantine was in full swing so I had plenty of time to declutter and toss and give away old stuff. Since I had a stroke a few months ago, I continue to place things where I don't have to bend over much, just walk in the door and create easily. Easy is my new motto. I am finding a new me during this gift of time, to write, paint and make herbal medicines.

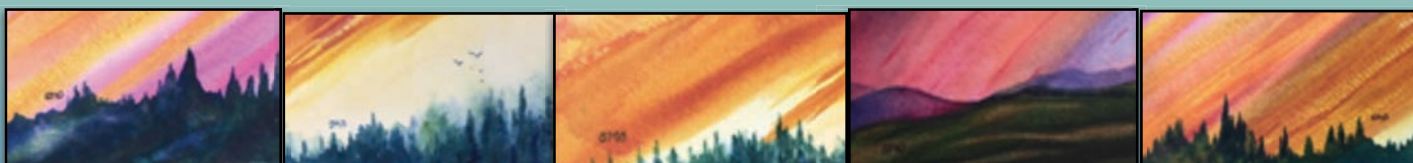


## SHARON O'BRIEN



Thank you for inspiring us, especially during these months when we cannot get together. The contributions in the last Newsletter were very helpful...so many wonderful ideas from our creative members. What a gift!

Playing with variations on a single theme, I started out by painting small watercolors to get the juices going. Then, I expanded my ideas to a large watercolor. Starting small and thinking big, with no expectations! What fun!



## LIBRARY NEWS

*By Alice Shiau*

### MEMBERS WITH OVERDUE ITEMS

#### BOOKS

Trish Murphy (1)  
Jenny Kinberg (2)  
Joan O'Byrne (1)

#### DVDs

Eve Ingraham (2) #35  
Ireta Graibe (1) #38

Some of these books and DVDs were checked out at our last meeting in February, others have been on the "where is it?" list since October 2019. Now is the time to return them with no late fees being charged. That can be done in two ways. Mailing\* to [Alice Shiau, 6224 142nd St. SW, Edmonds WA 98026](#), or delivering them to her home. Please call first, (425) 250-9928. Alice is also willing to meet somewhere more convenient, if necessary. All books and DVDs should be returned by the end August 2020. After that late fees will again be assessed. Thank you.

\*For security reasons, the US Postal Service will not allow anything thicker than 1/4" to be mailed with regular stamps. You must have metered postage, which can only be purchased at the Post Office.

# SEATTLE CO-ARTS PRESENTORS

## FOR THE 2020-2021 YEAR

By Donna Lough

SEPT 22, 2020. ZOOM

Geoff Flack: Head of Drawing Atelier at Gage Academy of Fine Arts

<https://www.geoffflack.com/info>

OCT 27, 2020. ZOOM

Suze Wolf: watercolor, mixed media environmental artist

<http://www.suzewoolf-fineart.com>

NOV 24, 2020. ZOOM

Larine Chung: teaches classical oil painting at Gage Academy of Fine Arts

<https://larinechung.com>

DEC 15, 2020. ZOOM

Scott Landry: Impressionistic landscapes in oil and watercolor

<https://scottlandryart.com>

JAN 26, 2021. ZOOM

Charles Emerson: author and teacher of color theory and painting at Gage

<http://www.charlesemerson.com>

FEB 23, 2021. ZOOM

Vikram Madan: Author, Illustrator of Children's books

<https://www.vikrammadan.com/paintings.html>

MAR 23, 2021. LIVE

Janis Graves: Pastel and Oil realist and impressionistic painter

<https://www.janisgraves.com>

APR 27, 2021. LIVE

Steven Reddy: Author, illustrator, educator, teaches illustration at Gage

<https://stevenreddy.com>

MAY 25, 2021. LIVE

Rhonda Dickson: award winning colored pencil artist and graphic designer, editor-in-chief of COLOR Magazine

<https://rhonadickson.com>

JUNE 22, 2021. LIVE

Tom Hoffmann: watercolorist, educator and author, teaches at Gage

<https://hoffmannwatercolors.com>

# AM I DONE YET, OR WAS I BEFORE THAT LAST BRUSH STROKE?

## Excerpts from The Painter's Keys

<[painterskeys.com](http://painterskeys.com)>

Overworking is often just an overzealous, knee-jerk response to perfectionism, pressure, guilt and self-doubt. Let me explain:

**Perfectionism:** Some people think perfection can be achieved by simply continuing. Rather, excellence is grasped by cultivating hard-won skills over time and knowing what your goals are. While exploration is key to development, what is recommended is a simple ploy of knowing how you want to end up and stopping there. For this exercise, can you summon a mental picture of your finished work? Knowing when to stop is half of mastery.

**Pressure:** While casual sketches and long, uninterrupted, deadline-free periods in the studio produce fresh and evolving work, commissions can inspire a kind of imaginary, inner critic who watches for errors and leaks skepticism about any ability to satisfy expectations. Pressure can tack on destination-less noodling, second-guessing, labored passages and turgidity. In this case, overworking is another word for over-compensating. The secret is to understand and accept that the mystery, incompleteness and the unreachable mountaintop of your creative striving are what give your work its ineffable magic.

**Guilt:** If your fresh sketches are feeling a bit too easy, you may be tempted to indulge in the impulse to go back in to try to add some struggle. Guilt is that part of human nature that has us think we need to give or do something penitent to be more worthwhile within ourselves. Unnatural sacrifice and latent guilt are the wrong reasons to do anything. Instead, hide your labour — what John Singer Sargent called his “horny hand of toil” — inside the élan of well-executed work. “Start with a whisk,” wrote Sargent, “and end with a broom.”

**Self-doubt:** Any successful outcome most often requires a plan. A lack of leadership in any organization — be it a family, a planet or the self — diminishes confidence, producing aimlessness and difficulty with decision-making. This leaves a vacuum for the impulses of our lizard-brains to take over. In art, our lizard brains want to keep pushing paint around until our strokes are destroyed — you only need to inspect the work of toddlers running out of fresh paper to know what I’m talking about — most of that stuff is at genius level after five or six strokes and totally indistinguishable from all others after 20. Self-doubt, like other learned habits, must be vigilantly deadheaded — replaced gradually with personally earned achievements, skill and productive thinking. “Not learning by doing,” wrote Toba Beta, “but learning by risking.”

(Continued on page 8)

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## AM I DONE YET?

**Esoterica:** It is better to be 10 percent underworked than 1 percent overworked. Learning how to stop takes practice. Begin by stopping way too early. Here's an idea: Build up a new set of paintings, in various states of "underworked." Lay them around your studio and study them over the course of a few weeks. You'll find your eye growing accustomed to your new, fresh strokes. Release your attachment to the old standards of what you thought was "finished." Make a gut decision about the exact location of your new sweet spot. Now, go back to an old painting you once felt was a success. Can you now see signs of overworking?

## SPONSORS 2020

Store hours or closures listed during COVID 19  
as of 7/11/2020  
Check stores directly for potential changes

### ALL OPEN STORES REQUIRE WEARING MASKS

**ADG Printing, <[ADGprinting.com](http://ADGprinting.com)>**

(Online ordering and pickup only)

**An Artful Touch <[admin@artfultouch.com](mailto:admin@artfultouch.com)> (425) 823-2336**

(Phone or email orders \_ pickup Mon-Sat 10-6, Sun 12-6)

**Artist & Craftsman Supply, <[artistcraftsman.com](http://artistcraftsman.com)>**

(Open Daily 10-6, 5 max in store)

**Dick Blick Art Materials <[dickblick.com](http://dickblick.com)>**

(Open Mon-Sat 10-7, Sun 10-5)

**Gamblin, <[gamblincolors.com](http://gamblincolors.com)>**

(No outlet stores\_sold only at other art stores and online)

**Kirsten Gallery, <[kirstengallery.com](http://kirstengallery.com)>**

(Online only)

**Museum Quality Framing, <[pnwframing.com](http://pnwframing.com)>**

(Open Tue-Sat 10-6)

**Tsuga Fine Art & Framing, <[tsugafineart.com](http://tsugafineart.com)>**

(Open Tue-Thu 10-6, Fri 10-5, Sat 10-4, Sun 10-3, Closed Mon)

All classes are online only)

That's it, Folks



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Seattle, WA 98117