



Masthead art by [Sally Rawlings](#)

AN UNSCHEDULED NEWSLETTER, JULY 2020 **STAYING MOTIVATED**

THE JULY MEETING IS IN YOUR OWN STUDIO

In an effort to keep you motivated in the creative process of making art, this unscheduled Newsletter is devoted to ways to keep those creative juices going. COVID19 seems to have cast a spell on many of us in more ways than one, creatively, socially and emotionally.

To give you ideas on how to keep moving forward, I have asked a few new members to submit short write-ups on their methods of staying motivated and the images that have resulted. Thanks to them we have a Newsletter this month. *The Editor*

DEMONSTRATION

By Valerie Collermore

<valeriecollermore.com>

Submitted by *Janci Mannington*

Valerie started her presentation with a history of her art journey, which began in the south of France during her childhood. She returned to the U.S. at the age of 18 to study for a medical career. Her present-day second career is making art and teaching classes in Washington State. Valerie talked of how teaching art forces you to master the fundamentals of your discipline. Marketing yourself as an artist makes you answer the questions of what you are doing and why. Valerie displayed a painting on which she is currently working and explained her approach to a new painting: look for the light and dark pattern, map it in, and then go for color. As did the French Masters, her objective is to paint the light.

Valerie's palette is a clear polycarbonate, which she purchased at TAP Plastic located in Seattle, Bellevue, and Lynnwood. She puts large quantities of premixed paint colors on her palette, and when finished for the day, Valerie places her palette in the freezer to keep them from drying out. Sennelier and M. Graham oil paints are her paint brands of choice. For thinners she prefers walnut oil, Sennelier #Green for oil medium, and Gamblin solvent-free gel medium. To clean her Rosemary brushes between strokes, she uses a hand-held baby wipe.

She demonstrated a "nail the scale" technique video that deals with rendering an initial monotone painting sketch. Valerie paints with a "lay it down and leave it stroke" that is about a half inch long using a thin brush. With many thickly painted strokes, it creates a texture on the canvas. Directional brush strokes define form and give an object volume. Valerie pays particular attention to edges, using the back end point of her paintbrush to "mess it up" and then "fixing it" so that the edges are distressed and softened.

Valerie gave a virtual tour of her studio, which included several easels and large poster prints of famous artists, allowing her students to see up-close the masters' brush strokes and layering of paint. She then shared several images of her French impressionist style of painting.



Eric Gave Me Flowers
in Nice, France



On the Water in the Calanques of Cassis

REASONS FOR NOT PAINTING

- * “A neighbour was using some sort of Weed Eater or Leaf Blower.”
- * “I ran out of yellow ochre.”
- * “I saw ants in the studio.”
- * “I was too hot.” “
- * “I was too cold.”
- * “Somebody broke into our house and stole the TV.”
- * “Our Jack Russell, ‘Jack Russell’ had to go to the vet.”
- * “Next week my sister-in-law is coming.”
- * “I can’t think of anything to paint.”
- * “My brother is moving out, and I’m tired from sleeping on the floor.”
- * “I had to help Dad with his walk-in bath.”
- * “I couldn’t find my sketches from last year.”
- * “My brushes are in too poor shape.”
- * “My art teacher died.”
- * “My Pontiac worries me; it needs replacing.”
- * “I was looking for an art search engine and it used up all my time,”

REASONS WHY THESE REASONS ARE INVALID

- * “An inconvenience is an unrecognized opportunity.” (Confucius)
- * Impediments shouldn’t bother folks with internal drive. Internal drive is the forge of productivity.
- * In all self-starting activities where end results are dependent on you and you alone, procrastination is the default mode.
- * There’s practically always a solution if you want something badly enough.
- * Think of those who have real interference — like militia knocking on the door.
- * “The most pernicious aspect of procrastination, is that it can become a habit. We don’t just put off our lives today; we put them off till our deathbed.” (Steven Pressfield)
- * None are so old as those who have outlived enthusiasm. (Henry David Thoreau)

HOW WE'VE STAYED CREATIVE.....

MARSHA MILLER

Whimsy is my answer to Covid19. During this time of isolation, I have put serious art pursuits aside in favor of assemblage. I make something new out of the discarded. Family and friends give me their assorted junk, broken flower pots, abandoned childhood stamp collections and torn up books, and I have fun for hours. Items once useful now need a new life: incomplete decks of cards, single earrings, wine bottles, old stained lace, keys to forgotten doors.



Odd things speak to me, and I give them a new life: a place in the spotlight where it can be admired or questioned, or perhaps bring a smile to an unsuspecting face. I make collage post cards for the amusement of my mail carrier, family and friends. Setting mosaic old flower pots or rocks in the garden to sparkle and shine, might not get tomatoes, but I will enjoy the sight. Being creative is easy and doesn't cost much, like sending postcards, can help to stay connected, even when there isn't much to say.



LINDA MURRAY

I'm new to colored pencil, which I often use with ink. In this time of isolation, I find my drawing to be sporadic, so I sorted through a lot of photos trying to find a few that excited me...nothing. Then I went through old drawings I'd started but didn't finish due to an unsolved problem, or just being tired of it. That was the trick. I found several to which I was drawn, in particular, one's of my granddaughter and the Nisqually Delta.

I've cleared everything off my work table except the current work and the pencils associated with it. This keeps me focused. So far I've completed seven drawings. The days I'm excited I will work two to three hours, other times, not at all.

During this epidemic, I miss my regular drawing group for the comradery, ideas, techniques and the feedback. When we can gather again, I will have several drawings ready for critique. I can't wait.



SHARON GRADER

It has taken me a bit of time to adjust to making art in the middle of a pandemic. I have been taking online Zoom workshops and discovering new techniques while trying different types of media. I'm looking for online classes that sound interesting, which is pretty much everything.



Experimentation is my new word for the pandemic. I recently took an "Experimental Drawing" class from Jeff Hirst in Chicago. This was an opportunity to learn from someone whose work I admire.

Zoom has opened many opportunities because I would never travel to Chicago to take one of Jeff's classes, so what better way to learn.



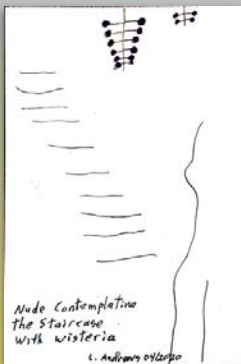
I've also, taken an "Adventures in Ink" workshop series from Erika Bass through Port Townsend Art School. Winslow Art Center offers a free Art Chat Online on Thursdays from 10 am to 11:30 am, showcasing artists from all over the country.

The big project that has my focus during this time-out is working with another encaustic painter to develop zoom classes in mark-making. Hopefully we will have something ready to go by November of this year. Fingers crossed.

LARRY ANDREWS

After we had been locked down for a while, the suggestion was made to send postcards to a friend. I liked the idea. So far, I've done two, but there might be more to come.

The first one was a parody of Marcel Duchamp's famous (infamous at the time) painting "Nude Descending a Staircase". In my rendering, the nude is just contemplating the staircase. The wisteria blossom just "completes" the design.



My second postcard was "Egyptian Girl with the Cheshire Cat Earring". Of course, it's parody of Vermeer's famous "[Dutch] Girl with a Pearl Earring". I needed to choose a recognizable image for the earring. I chose to give her a cloisonne earring with the smile of the Cheshire Cat. The pyramids confirm that she is indeed Egyptian. The blue poppy? I just like Tibetan poppies.



OMG, Larry, you have too much time on your hands. The Editor

NEW JURIED MEMBER
JENNY KINBERG

Jenny Kinberg joined and then became a Juried Member of Seattle Co-Arts in 2019. Her love of the outdoors shows in her work. Her youth and energy is an asset to Co-Arts, and she has already volunteered to be Assistant to our Programs Chair!



"I paint mostly in Oils and Acrylics, and sometimes Watercolor. I come from a family of artists. I learned to paint from my mother, who has been a professional wildlife artist for about 30 years. I also paint animals, landscapes, sometimes still life. I particularly enjoy painting in plein air. I have lived by the ocean most of my life, so I enjoy seascapes, they are one of my favorite subjects.

My husband and I are from Oregon and moved to Washington in 2014 to learn Mandarin Chinese. We do a lot of hiking, bicycling, gardening, and birdwatching. We have a dog and I raise beautiful miniature show chickens called Sebright.

We live in Renton, where we have our own business doing carpet cleaning and window washing, in addition to other cleaning services"

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I do a lot of Zoom meetings every week. It has helped me keep in touch with many artist and not-artist friends. I feel more in tune with myself if I do a few things regularly, such as: exercise, even if just a little; call, message, or email a new single or elderly person everyday; limit my time watching the news; and listen to upbeat or peaceful music in the morning, it helps set the mood for the whole day.



Recently, I did a virtual paint-out. There are many from which to choose. They usually use Google Map street view photos, but since I had been at the chosen location, I used my own images. I manage to complete two paintings. It was nice to have a short term art goal with a deadline, as well as the Zoom show-and-tell afterward. I enjoyed seeing all who participated and talking about each of the paintings.

I have also been watching Streamline Art Videos, free one or two hour long painting demonstrations, as well as artist interviews. They are streamed every day at noon on Facebook, and YouTube. To top it all off, I've been watching art videos and live demos from various local artists, and others from around the world. There is no end to the possibilities.

For more information about virtual paint-outs, just click here.

<https://pleinairwashingtonartists.com/pawa-virtual-paintout/>

SAGE MILLER

To cope with Covid19 in the last few months, I find I crave structure in pursuit of my art. Otherwise, I swirl around and not much is accomplished. In mid-March, I had a couple of online exhibitions to enter. Then, suddenly classes and workshops were cancelled. I turned 72 in March, so volunteer opportunities were cancelled. Isolation crowded in. I do take walks, lots of walks, mask and social distancing in place. Zoom, however, provides the contact with the groups to which I belong, and I've taken some online art classes through Gage. I have to say, Zoom is a poor substitute for face-to-face contact. It is however, better than no contact at all.



I started delving more and more into watercolor in preparation for the June Samish retreat, but I got hooked ahead of that, and tried my hand at the 30 watercolors in 30 days online event. I didn't meet the 30 in 30 days goal, but hey, a goal is just a goal. Another way I structure my time is to sketch or photograph subjects of interest on my many walks. Seattle Urban Sketchers are currently only on Facebook. Once they reconvene in real life, I plan to rejoin.

I highly recommend the Co-Arts' Facebook group. It's a wonderful way to connect with other Co-Artists and get critiques on your art. Finally, art is a hands-on exercise. There is only so much to learn from YouTube and books. The best way to improve is applying paint to paper.

STATUS OF CAMP SAMISH PAINT-OUT

Dear Seattle Co-Arts

Thank you for checking in with us. I have a degree in microbiology and chemistry and have in place policies and procedures that I feel exceed CDC requirements for COVID transmission prevention. That being said, at this time, I cannot confirm that we will be able to hold events in September. Everything is so fluid, I can't even tell you when I'll know. If you have not heard from me prior to the end of July, please contact me again. I can't imagine I wouldn't know what we are going to be able to do by then. I wish things were different. Take care and stay safe.

*Warm Regards,
Chris Steinel, Manager
Samish Island Camp and Retreat Center*

LIBRARY NEWS

By Alice Shiau

MEMBERS WITH OVERDUE ITEMS

BOOKS

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

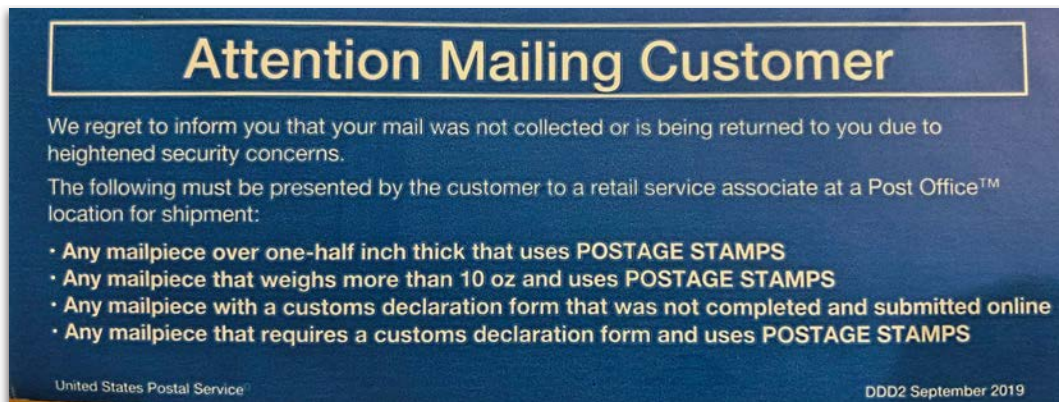
DVDs

Eve Ingraham (2) #35
Ireta Graibe (1) #38
Sherry Willis (1) #25

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) 743-9928. Alice is also willing to meet somewhere more convient, if necessary. All books and DVDs should be returned by August 3, 2020. 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.

~The Editor tried sending a DVD with stamps and the package was returned with the following notice.



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>

(Online ordering and pickup only)

An Artful Touch <admin@artfultouch.com> (425) 823-2336

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

Artist & Craftsman Supply, <artistcraftsman.com>

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

Dick Blick Art Materials <dickblick.com>

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

Gamblin, <gambllincolors.com>

(No outlet stores_ sold only at other art stores and online)

Kirsten Gallery, <kirstengallery.com>

(Online only)

Museum Quality Framing, < pnwframing.com>

(Open Tue-Sat 10-6)

Tsuga Fine Art & Framing, tsugafineart.com>

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

All classes are online only)

GALLERY NORTH

Now Accepting New Members!

Have you ever thought about showing or selling your art work in a gallery? Now is the time to act...SAVE \$100 on the initial membership fee at Gallery North during the months of July and August. The Gallery is open and customers are enthusiastic as we approach the fall holiday season.

For more information, contact Gallery North President, Lonni Flowers, at <lonniflowers@gmail.com>

Twenty percent of our membership are also Co-Arts Members.

CALL FOR ENTRIES.....

Due to COVID19 restrictions adopted by Governor Jay Inslee, nearly all Seattle area face to face art events have been canceled. We suggest double-checking with event organizers to determine whether your particular event is scrapped.

Adapted from <https://artisttrust.org>

Make.Shift Gallery 2021 Calendar

Deadline: 10/31/2020

Organization: Make.Shift Project

Location: Bellingham, WA

Fee: Free

Make.Shift Gallery is now accepting proposals from local and regional artists to submit applications for our 2021 calendar. They are open to artists from all mediums, guest curated open call ideas, group and solo shows. To submit, go to their website at <https://www.makeshiftproject.com/gallery-application>, click "Apply Here" and complete the form. Works will be selected based on quality of work, curational continuity, and availability of months. Any questions? Contact: gallery@makeshiftproject.com
<https://www.makeshiftproject.com/gallery-application>

Presence Journal

Deadline: 12/31/2020

Name: SDI - The Home of Spiritual Companionship

Location: Bellevue, WA

Fee: Free

SDI is a non-profit, member-supported community of over 6000 people from around the world. They are an inclusive, global contemplative movement that contributes to peace, justice, and living in right relationship with all creation. As part of this movement, SDI publishes a quarterly journal called *Presence*, which is mailed to 8000 subscribers and published digitally on our website: <https://www.sdiworld.org/presence-digital-access>. The artwork shared in *Presence* illuminates and enhances the articles and poetry, creating a vibrant publication that nourishes the SDI Community. Publication in *Presence* provides an opportunity for artists to have their work celebrated by a vibrant and engaged community. Artists, illustrators, and photographers may submit their work for consideration at any time, in digital format only. Please do not mail physical work or portfolios – these will not be returned. Digital files may be sent to art@sdiworld.org. Please submit UP TO THREE high-resolution images of the artwork (at least 2 MB for each file, jpeg or tiff format), and the following information

First and last name
Title of artwork(s)
Medium
Year art work was created
Short explanation (no more than 100 words)
Short bio (50 words)
Website (optional)

Artwork submitted will be placed in a general pool for *Presence* selection. The selection of art occurs for each issue, as curated and selected by the Editor, Art Editor, and Executive Director. If your work is selected for publication, you will be notified by the Art Editor. SDI pays an honorarium of \$250 for cover art, and \$50 for art placed inside the publication. By e-mailing your art to art@sdiworld.org, you accept the right for SDI to reproduce the artwork in *Presence Journal*. Artists always retain rights to their work.

<https://www.sdiworld.org/media/presence/art-submissions-presence>

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Adapted from <https://www.entrythingy.com/d=parklandgallery.org?start=list&fbclid=qjVhrMss>

Parkland Gallery Winter Show of Miniatures and Small Works

Date of show: November 1, 2020 – January 2, 2021

Deadline: October 16, 2020 (for shipped art); October 17 for local delivery

Location: Kirkland, WA

Fee: \$15 for one piece and \$5 for each additional up to a limit of seven pieces.

Parkland Gallery invites all 2D artists to enter the 2020 Winter Show of Small Works and Miniatures. This year their annual small works show will be a 2-month show, November and December. They will also include miniatures. The show will feature a wide variety of smaller pieces. Accepted artwork will be shown online and in the gallery in two collections: Miniatures, which meet international miniature standards, and Small Works.

Several awards will be given: Best of Show, Miniature, \$200, Best of Show, Small Works, \$200, and numerous specialty and subject matter awards.

Award jurying will be done in person after accepted artwork has been received. Parkland Gallery takes a 35% commission on all sold works.

These are unprecedented times and the future situation of public health and business restrictions is unpredictable. Parkland Gallery will follow any COVID-19 -related guidance for businesses and individuals that is in place in November. For this reason, a gallery presentation cannot be guaranteed and if necessary, this show may be presented online only. Complete details will be sent with acceptance letters.

THE END

Seattle Co-Arts
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Seattle, WA 98117