

# Poulsbo Artist League Newsletter

Poulsbo Artist League  
P.O. Box 764  
Poulsbo, WA 98370

<http://poulsboartist.com>



**WEDNESDAYS      APRIL 1, 8, 15, 22, 29      12:30 – 3:00**

***“YOU DON'T TAKE A PHOTOGRAPH, YOU MAKE IT.” ANSEL ADAMS***



## **Birthdays**

**April**

Anneliese Games, Jan Lytle,  
Carol Martin, Anita Puzon

### **2014-2015 Officers:**

**President –**  
Maggie Huft

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**Secretary -**  
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### **Prose from the PAL President:**



First, I'd like to thank Judy again for the very informative demonstration on yupo. It's always interesting trying new media and techniques - and I noticed many of you working with this at our last meeting. This is one of the things I enjoy about our Art League - we learn so much from each other.

Keep an eye on the newsletter, as we have new opportunities to show our work this month. Information on those are further down in the newsletter. Also keep in mind that the organizers of these venues can always use the extra help collecting, hanging and returning your art. It's a lot of work and they shouldn't have to do it alone.

We've been having some beautiful weather lately. Hope it inspires you as it does me; for artist opportunities and for gardening opportunities (ha). Also looking very forward to the lighthouse plein-air session that Libby is organizing.

Maggie

# PAL Ponderings, Spring/Summer Classes

## **PAL Ponderings:**

by Bill Futon, Vice President

### Getting in the zone

One of the things I find most exciting about doing art is the feeling of being "in the zone" when I'm doing my art. There's something about immersing myself in a painting or a sketch that makes time go away. When I'm caught up in a painting, I don't seem to notice time. My usual "inner clock" gets turned off. You know, the one that tells me that I'm wasting time or I have something else I really should be doing.

When I'm absorbed in art work, that's all that I'm aware of. I'm in the moment, fully present. The challenges of composition, color, line, and value crowd everything else out. It's not something I intentionally try to create, but something that just happens once I get started.

It's sort of like meditation in the sense that it's very calming and restorative. When I shut out all the distractions of my life, I can be fully present and I feel whole. I think that must be why art is therapeutic.

The problem is, how do I get "in the zone?" When I'm uninspired and at loose ends, everything is a distraction, and I can't seem to focus on anything. I need a way to home in on the work at hand and get started.

I've heard a couple of techniques. One is "relaxed pressure scheduling." This artist stays relaxed but creates a positive pressure to paint, on a schedule that works for them. Another artist, a little more laidback, says "relax, enjoy, and show up." In other words, get rid of pressure to create and just be open to the moment.

I think I need a little pressure...but not too much! I need the desire to paint and produce something in order to get started. But it's important for me to take a risk and be willing to throw the results out. After all, "it's only paper." If I put so much pressure on myself to produce a great work of art, I get too tense and the painting is tight and fussy and it's not my best work.

When I have my tools at hand, a subject in mind, and the willingness to just experiment and play, then I can be creative and enjoy the process.

To find the right combination of pressure and looseness, that's my goal. I'm sure you must have a combination that works for you and I hope you find the best way to get "in the zone" this month.

## **Poulsbo Parks and Recreation Classes:**

PAL members Nancy Sefton and Laura Dicus are teaching classes for the Poulsbo Parks and Recreation this spring and summer. Nancy's is a 5 week "Watercolor Painting: Beginning/Intermediate" class. Laura is offering a wide range of classes: some 1 class session and others are six weeks. A few of her offerings are: "Plan Your Painting Series" 4 weeks; "Watercolor Materials Workshop" 1 class; "The Whys and Wherefores of Watercolor" 6 weeks; "Shadows and Light" 4 weeks; "Color Basics Workshop" 1 class; "It's Not Just About Color!" 1 class; "Mixing Greens Workshop" 1 class; "Watercolor Pencils Workshop" 2 classes; "Floral Watercolor Weekend Workshop" 2 classes, and "Fibonacci Simplified Workshop" 2 classes. For more information, activity guides are available at the Parks and Recreation Department. Their website is [www.cityofpoulsbo.com](http://www.cityofpoulsbo.com)

# Current Exhibits and Sales

**Poulsbo City Hall** ~ Various members Contact: Nancy Sefton

**Central Market in Poulsbo** ~ various members Contact: Richard Daugherty

Lisa Stowers sold her painting "Beets" at the above venue.

**Hospice in Silverdale** ~ various members Contact: Marge Keeton

\*\*You may wish to use paintings returning from Central Market for the Hospice showing.

**Edward Jones Building**~ various members

**Laura Dicus** has her art at Bluewater Artworks gallery on an ongoing basis.

**Liz Haney** has her art at Savage Plant Nursery gift shop, Highway 104, Kingston. She is also showing at Mercantile (used to be Shabby Chic) on 11<sup>th</sup> Street, Bremerton. Liz reports that it is a really fun shop.

\*\*If you are exhibiting anywhere and would like to have it listed here, you need to let the secretary know at least by the last week of the month. Also – if you have a show that closes, please let me know so I can remove it from the newsletter.

<b>Venue</b>	<b>Collect Art</b>	<b>Hang Art</b>	<b>Return Art</b>
Central Market	April 8	April 11	April 15
Hospice	April 15	April TBA	April 22
Edward Jones	TBA	TBA	TBA

# Announcements and Art Cartoon

**May 27 Point No Point Lighthouse Plein-Air:** Plan ahead for an afternoon at Point No Point Lighthouse. There will first be a potluck lunch with the PAL board providing tableware and beverages. Members are to bring a main dish, salad or dessert. PAL secretary Libby Anderson is docent coordinator for the Friends of PNP Lighthouse and has rented the vacation rental portion of the two story keeper's quarters. She will also provide tours of the lighthouse, if desired.

**Bremerton Art Walks:** Bremerton is having Art Walks the first Friday, June through August.

**Framing Needs:** Laura Zetterberg recommends "Frame Station" 18539 Augusta Avenue, Suquamish (phone 360-697-6030) for your framing needs. She has been extremely happy with their work and says that you will get a discount when you show your PAL membership card.

