



Beaver Valley Artists

Official Newsletter of the Beaver Valley Artists

May 2015

Figure Workshop with Patrick Lee - Thursday, May 21st 6 – 9 pm

Refreshments for the May meeting compliments of
Marge Gardner and Irene Ackerman



Our guest teacher for the May meeting will be Patrick Lee. Patrick will be guiding us in a dry media figure drawing workshop from 6:00 pm. to 9:00 pm. We will have a professional model. There will be no business meeting in May. Next business meeting will be in September. This is a BVA members only meeting.

Patrick holds a Bachelor of Fine Arts from Edinboro University of Pennsylvania. He is a member of the Oil Painters of America. He teaches at the Community College of Allegheny County, Pittsburgh, PA, the Touchstone Center for Crafts, Farmington, PA, and the Academy of the South Side, Pittsburgh, PA.

His exhibit record includes the Plein Air Easton 2013 juried exhibition and competition, and Plein Air Mt. Lebanon (1st place award winner). In 2012 exhibited in the Art of the State, The State Museum of Pennsylvania. He was the second place award winner in 2012 at Plein Air Mt. Lebanon. In 2011, he was at the 2 X 20 Invitational Exhibition, St. Vincent Archabbey and College, and he had a one person show at the Hoyt Institute of Fine Arts: *Patrick Lee: In the Landscape* He also had a one person show that year at the Panza Gallery: *Patrick Lee: Into the Light*.

See your April newsletter for Patrick's suggestions for those using charcoal. You do not HAVE to use charcoal.

Membership Dues: Individual: \$25 Family: \$30

Make checks payable to: Beaver Valley Artists.

Mail to: Mary Jane Hadley
124 Crossing Ridge Trail
Cranberry TWP, PA 16066

Send newsletter submissions to:

Jocelyn Guidry 724-899-3136
146 Century Farm Rd
Clinton, PA 15026
jgg899@yahoo.com

Send website submissions to: Linda Headland
724-775-1787 lheadland@beavervalleyartists.org

Monthly BVA meetings will resume in September!

Member News:

Sue Giles Ireton has a display of her work at the new Dewdrop Tea and Gift Shop in Monaca. If you are interested in displaying your work call 878-201-3120. They are located at 1309 Pennsylvania Avenue, Monaca.

Mary Mason is the featured jewelry artist at the Appalachian Rock Shop in Harmony Pa. Congratulations to these members.

News from **Betty Douglas**:

- 1) "First Impressions" exhibition by members of Group A, one of the artist guilds affiliated with the Pittsburgh Center for the Arts, showing at the Artists Image Resource Gallery, 518 Foreland St., Pittsburgh (Northside). I have two monotypes "Markings" and "Primary Mashup" in the show that will be on view until 27 May.
- 2) "Scripture and the Arts" exhibition at Wallace Memorial Presbyterian Church, 1146 Green Tree Rd, Pittsburgh 15220. "Yea, Tho' I Walk," a pen and ink drawing from my "Drawn to Music" series on view until 3 May.
- 3) Annual Invitational Small Works Salon at the New Arts Program Gallery, Kutztown, PA. "Goldy Locks," a mixed media assemblage, on display 22 May - 12 July.
- 4) Annual Westmoreland Arts & Heritage National, Westmoreland Community College, Greensburg, PA. My mixed media/mixed technique "New Granada: Past/Present" will be on display 30 May - 10 June.
- 5) On 19 June, Betty Douglas & Co. will be presented in concert in the Warhol Sound Series: <http://www.warhol.org/responsive/event.aspx?id=25383>

It was decided at the BVA meeting that we would have a field trip again this summer to the Butler Institute of American Art. Dates for this trip have not been decided yet. We will try to see the National Show again. Information will be emailed when dates are arranged.

The Midland Arts Council Summer Gallery

Drop off Sun. 6/14 @ Midland Borough building noon-2pm. ----- Opening Reception Thurs. 6/25 7-9pm
Exhibition 6/26 – 7/4 ----- Artwork pick-up Mon. noon-2pm at Lincoln park atrium.
For Entry Form and information, go to www.midland-arts-council-pa.com

CRANBERRY ARTISTS NETWORK'S FIRST MEMBERS SHOW!!! June 3 – 25, 2015, Cranberry Township Municipal Center. All members of C.A.N. are welcome to exhibit 2 pieces of their art! Professional Juror will choose 1st, 2nd and 3rd place and 3 HM Awards! Register your artwork by May 22 at 5:00 p.m. at cranberryartistsnetwork.com/registration. Also, if you want to become a member: Spring screening will be April 30 from 4 – 6p.m. at the Administration Offices of the Municipal Building.



"Must be some of his early work."

10 Ways Drawing (or Painting) can relieve stress and inspire Wonder

by Danny Gregory March 25, 2015 :

Looking for ways to be calmer, happier and more centered? The answer could lie in the pages of a sketchbook. As someone who knows the positive effects drawing can bring to anyone's life, I'd like to share some reasons drawing is a great activity to promote relaxation and help you lead a happier life.

1. You'll reconnect with your playful spirit.

Many people drew and painted as kids, without worrying about talent or the quality of the final product. Reconnecting with that playful creative spirit is relaxing and liberating. Even if you haven't drawn since you were six, a few minutes a day drawing simple things around you can unleash a playful energy that can fill your whole day.

2. You'll amaze yourself.

Drawing isn't a mysterious matter of God-given talent. It just takes a few minutes of practice each day to make new connections in your brain and your body. I've discovered that keeping an illustrated journal helps me develop a creative habit that jump starts my drawing skills. And as your sketchbook fills with beautiful drawings, you become proud and eager to keep going.

3. You'll be able to control time.

Making art stops time. When you draw or paint what's around you, you focus and see it for what it is. Instead of living in a virtual world, you'll be present. Instead of all the things whirring in your head, you will be able to stop, to clear your mind, to take a deep breath and just be. You don't need a mantra or a guru. Or an app. Just a pen.

4. You'll tell your story.

Life is just a long succession of small epiphanies. You need to stop and seize them. By drawing the everyday things you encounter, you'll be making a record of what you're living through and what you are learning. A drawing and a sentence or two in a sketchbook turns those everyday moments into something significant. Over time, you'll build up a book of memories — a true record of what's important in your life.

5. You'll fight perfectionism.

Many people are tempted to avoid doing things they can't do well. But creativity is all about taking risks and doing new things — things that may not turn out exactly as we'd planned. Drawing can help you avoid the limitations of perfectionism and learn to roll with the punches. You learn to see "mistakes" as lessons and opportunities for improvisation. Often a wonky line or a splatter of ink can turn a sketch into an expressive work of art. Learn to let go, play and discover.

6. You'll reconnect with your inner child.

Draw with a child, and draw with crayons, tempera, pastels and finger paints. Interact with your drawing partner. Take requests. Tell a story and illustrate it as you go. Ask your kid to draw a crazy line and you add to it to make an elephant or a choo-choo or a ham sandwich. Scribble. Splatter. Play. For a few minutes, let it go and be a child.