

LAUREL ART GUILD NEWSLETTER



March 2022

President's Message

This month, we welcome guest columnist Angie O'Neal who writes:

ART THE GREAT STRESS-RELIEVER

By Angie O'Neal (www.artistartist.com)

When I think about Life, Traffic, Work, Home Schooling, Daycare, Caregivers, Crime, First Responders, COVID, to Mask or not to Mask, Illness, inflation, Politics, Disinformation, Unemployment, Sickness, Vaccinations, Boosters, Backaches, Headaches, Drama and Stress, I have found that Art helps to take my mind off stressful situations, helps create balance, and inadvertently takes me on a journey that is colorful and constantly changing. Like the kaleidoscope that I used to have when I was a little girl. The wonderful thing about Art, no rules, just creativity, without hindrance, pure joy!

Key Points:

- Art helps to take your mind off stressful situations
- Art can be similar to meditation
- Art is a form of self-care
- Drawing & Coloring

Art and drawing are known to be great methods to help reduce stress. When you create, you engage a different part of your brain, and you can get caught up in what you are creating. In the end, you will find joy in your creation.

"Art is not about thinking something up. It is the opposite - getting something down." -Julia Cameron, the Artist Way.

Life is very active today, and people are constantly under pressure to do more. When you add art into your life, you give your mind a chance to relax and focus its creative powers on something. Art is one of the best gifts that you can give yourself.

Reference:

www.verywellmind.com/art-therapy-relieve-stress-by-being-creative

The Artist's Way: A Spiritual Path to Higher Creativity by Julia Cameron

Angie, I couldn't have said it better. Thank you for these inspiring words.
— Mary Ellen

March Program

LAG programs are free and open to everyone. If we're meeting via Zoom, non-members can send an email to president@laurelartguild.org to request the Zoom link. Please do this **at least three days before the meeting** to allow time for a response to reach you.

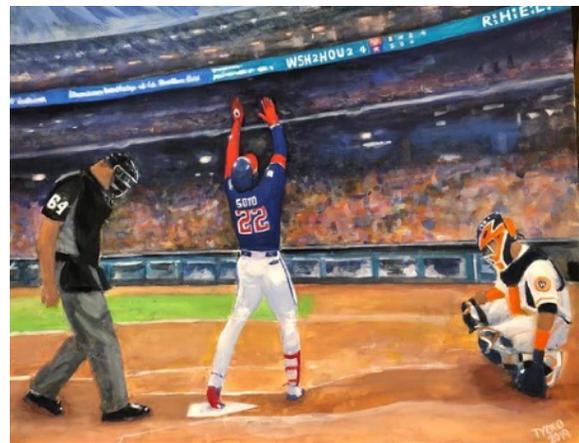
On **Monday, March 14, 2022, at 7:00 pm Joan Tycko** will give a lecture-demonstration via Zoom on painting with gouache. Ms. Tycko is an award-winning scientific illustrator whose avocations include portraiture, painting with gouache and teaching gouache painting techniques.

Her professional background includes a Master's Degree in Medical Illustration from the Johns Hopkins Medical School, an MBA in Marketing from the University of Texas, and she is board certified in medical illustration. She is a Fellow of the Association of Medical Illustrators.

Joan has taught gouache and acrylic painting techniques at the Yellow Barn. Her paintings convey a sense of immediacy and luminosity in a way I did not expect from an opaque medium.



Blue Fishing Boat



Untitled

Look for the Zoom link to this meeting in your email a few days before the meeting.

Laurel Art Guild Annual Open Juried Exhibition

The 53rd Annual LAG Open runs from April 2 through May 1, 2022. Approximately 100 artists submitted images of their entries to this exhibit. Melissa Gryder, this year's juror, is selecting entries from 60 artists for the show. These artists will be notified of

their selections on our website on March 20. The actual works of art will be exhibited at Montpelier Arts Center from April 2 to May 1.

Drop Off of accepted works is Tuesday, March 29, 2022, 12 to 4 pm at the Montpelier Arts Center. **Volunteers are needed:** two from 12 to 2 pm and two from 2 to 4 pm. Please email Ofelia at lagopen@laurelartguild.org if you can help.

There will be a reception at the Montpelier Arts Center on April 10, during which Melissa will present six awards: First, Second and Third place winners plus three merit awards.

Good luck everyone!
— Ofelia

Other Exhibits

Thank you to Carol Leo for composing an Entry Form which can be completed digitally and e-mailed back to me or can be completed by hand and mailed to me at my home address. We are getting more modern and tech savvy with each passing year!!!

Thanks Carol.
— Diane

Watkins Nature Center, Upper Marlboro

Mid-April through mid-June 2022. Art work should have a wildlife/nature theme and be no larger than 18 x 24 inches. An Entry Form will be sent to the LAG group e-mail.

IMPORTANT: If you participate, JPGs of the art work to be shown and a short paragraph bio for each artist must be sent to Diane Shipley at exhibits@laurelartguild.org prior to the exhibit. Brookside Gardens, Wheaton MD October 24 through December 5, 2022. Floral or nature scenes.

Morningside House, Laurel

We have hung our first exhibit at Morningside House of Laurel. Exhibits will change every 2 month and are limited to approximately 15 paintings, depending on size. An Entry Form will be e-mailed to the LAG group prior to each new show, starting with April.



Laurel/Beltsville Senior Center, Laurel

July 18 through September 16, 2022.

Sips at C Street, Laurel

The venue remains closed at this time so we will probably not be showing there in May.

Brookside Gardens, Wheaton

October 24 – December 5. Floral or nature scenes.

Other Activities

Live Model Session

Mark Schermerhorn hosted a live model painting-drawing session at his house on February 5. He provided lovely snacks for all. We wore our masks, in deference to the model, except while eating. Barbara created large multi-media sketches with beautiful lines and composition. Marsha had to arrive late but managed to get in some large sketches for the longer poses. Pam challenged herself by sticking with water color but limited to 3 colors. Mark performed host duties, acted as the chronographer (timing the poses) and still managed to get some sketches done with Conte crayons.



Pam's Watercolor Sketches: 2-5 minute poses

ZOOM Model Session (February Program)

The LAG program for February was ZOOM session with a model. I was skeptical and did not expect to enjoy it. I was wrong! This model, Sarah (indigoafterall@gmail.com) was very experienced in her posing and had all the lighting and backdrops needed to create good images for artwork. I hope we do this again. Here are some of the drawings and paintings made during the quick poses (gesture drawings by Carol Leo) and the 40 minute pose (paintings by Diane Shipley and Pam Bozzi). — Pam



Carol gesture



Carol gesture



Carol gesture



Diane watercolor pencil



Pam watercolor

Member News

Diane Shipley: I have two paintings at the Slayton House in Columbia as part of the Baltimore Watercolor Society's Associate Member Exhibit, February 10 – March 14. I will also have one painting in the MAA Brookside Gardens show from March 14-25

Carol Leo: Carol Leo will have one painting "Full Flounce" in the MAA Brookside Garden show from March 14-April 25.

Here are Carol's ducks, before and after implementing the suggestions from the January program (see definition in greenery added to bottom left-hand corner).



Before - Carol Leo



After - Carol Leo

Melodye Mitchel: I have a solo exhibit at Laurel-Beltsville Senior Center through March 18, 2022.

Suzanne St.Onge: I have a show with another artist for the next two months. We are having an opening on March 15 from 3-5 pm. Suzanne St.Onge, that is me, showing with Julie Deitrich-Eisler. I have 10 acrylic paintings in the show.

Evergreen Cafe <https://evergreencafedeli.com/>

501 West Cold Spring Lane

Baltimore, MD 21210

I have landscapes and abstracts in the show.

We expect it to be up for 8 weeks.

Keri Anne Fuller:

Morningside House of Laurel - temporary Spring 2022 display

"Fields in the East" & "Fields in the West "

Morning side House of Laurel - permanent donation of 4 painting (\$2000)

https://www.lucidartgallery.co/store/p270/Sweet_Smiles_of_Hard_Candy_.html

https://www.lucidartgallery.co/store/p34/A_Warm_December_Day_in_Maryland_.html

https://www.lucidartgallery.co/store/p37/A_Gift_of_the_Cherry_Blossoms_.html

https://www.lucidartgallery.co/store/p259/Little_Red_Boat_.html

Council and Guild

Working with Council on:

Artist Spotlights

Exhibit locations

Gallery

Call for artist

Public arts

2022 EXECUTIVE BOARD:

President:

Mary Ellen Simon

president@laurelartguild.org

Vice President:

Ofelia Moore

lagopen@laurelartguild.org

Secretary:

Barbara Bennett

secretary@laurelartguild.org

Treasurer:

Eva Zang Tkatch

treasurer@laurelartguild.org

Membership:

Eva Zang Tkatch

membership@laurelartguild.org

Webmaster:

John Cholod

webmaster@laurelartguild.org

Exhibits:

Diane Shipley

exhibits@laurelartguild.org

Plein Air:

Carol Leo

paintoutdoors@laurelartguild.org

LAG Open:

Ofelia Moore

lagopen@laurelartguild.org

MAC Liaison:

Marleen Cunningham

tedmarl@msn.com

Laurel Arts Council Liaison:

Keri Anne Fuller

lucid@lucidartgallery.co

Newsletter Editor:

Pam Bozzi

newsletter@laurelartguild.org

Programs: OPEN

Workshops: OPEN

Historian: OPEN

Publicity: OPEN

Festival Activities: OPEN

PLEASE consider volunteering for an open position: we need your help!

**Laurel Art Guild Newsletter
Montpelier Arts Center
9652 Muirkirk Rd.
Laurel, MD 20708**

<https://www.laurelartguild.org>

**Newsletter Input Due the 15th of
the Month**