

Art Facts Newsletter

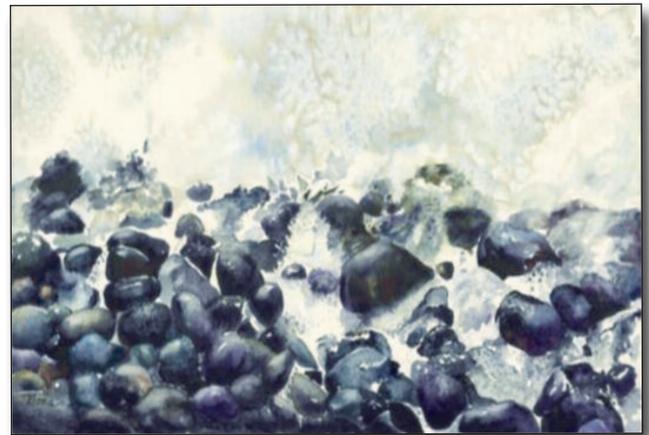
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Congratulations to our 2018 Spring Show winners



BEST OF SHOW
"Simple Joys" by M.J. LARSON



1st Place
"Water's Edge" by NONA SCHEURER

Thank you's go out to all the talented artists who entered our Spring Show. Without them there could not have been a show. And many thanks to all the volunteers who made it happen. **Tom Relth** created an interactive registration site for us, was in charge of publicity, and created the labels and show brochure. **Jean Hauge** and **Mary Benson** solicited the prizes and procured the ribbons. Jean was our contact person with the juror, Yong Hong Zhong, and she also conducted

the awards ceremony. **Susan Kipp**, **Judy Carey** and **Nona Scheurer** served as take-in crew. **Margaret Webb**, **Lorna Hamilton**, **Sandi Yorke**, **Takako Ito** and **Carol Boudreau** tackled the daunting task of hanging the show, ably assisted by **Tom Relth**. **Mary Griffin** and **Rita Bingham** organized the reception and **Ron Scheurer** poured the wine. **Corinne McWilliams** was show co-ordinator. Thank you, Corinne, for a job well done.

Cash prizes totaling \$1100 were awarded with additional gifts being provided by our many great sponsors (listed inside).

Spring Show Cash Awards

Best of Show	\$300	M.J. Larson, <i>Simple Joys</i>
First	\$200	Nona Scheurer, <i>Water's Edge</i>
Second	\$150	Margaret Webb, <i>Escaping the Hunt</i>
Third	\$100	Charlene Shelfer, <i>Five Finger Lighthouse</i>
Honorable Mention	\$ 50	Judith Howard, <i>Provision</i>
Honorable Mention	\$ 50	Denise McFadden, <i>Oyster Catching</i>
Honorable Mention	\$ 50	JoyLynn Woodard, <i>Rainy Day Flower Wagon</i>
Honorable Mention	\$ 50	Tao Zhou, <i>Cute and Curious</i>
People's Choice	\$150	(To be awarded at the May meeting after the vote tally.)

See inside for more winners and our donating sponsors.

SWWS Calendar 2018

- May 2-31** **Art in the Community Exhibit** at Latte Da Coffee House & Wine Bar, 205 E. 39th St., Vancouver
- May 12** **General SWWS Meeting**, 12 p.m., Clark County Genealogy Center, 715 Grand Blvd., Vancouver.
All SWWS members are invited to attend and enjoy a Taco Bar Lunch and share ideas for the future of SWWS.
- May 12-13** **Washougal Studio Artists Tour**, 10-5 p.m. (See article below.)
- May 29-31** . . . Three-Day **SWWS Spring Workshop** with Yong Hong Zhong (workshop full)
- Oct. 8-12** Five-Day **SWWS Fall Workshop** with Stan Miller (workshop full, wait list available)
- Nov. 3-4** Clark County Open Studios / **Deadline to apply is May 31st.**

AHA (Artists Helping Artists)

Unless otherwise noted, AHAs are held from 1-3 p.m. on the second Saturday of most months in Room 103 of the Frost Arts Center at Clark College. Free parking is available in the red lots 2 and 3 in front of the center.

- June 9** Still life set up and photo shoot with Will Ray
- August 11** Annual Picnic and Still Life Paintings Reveal, location TBA.
- September 8** . . Critique with Lee Baughman
- October 13** . . . Mary Jane Larson
- November 10** . Annual Meeting and Tamra Sheline talking about selling art.

Washougal Studio Tour ~ May 12-13

Washougal area artists, representing a vast array of creative works and mediums, are opening their studio doors to offer a new family outing for Mother's Day weekend, May 12-13, 2018, 10-5 p.m. This first Washougal Studio Artists Tour includes 10 stops and features 18 artists.

Angela Ridgway, mixed media metal artist, is the event coordinator and was thrilled and even a bit surprised to find so many high-quality artists in and around Washougal wanting to participate. "I knew we had a hidden wealth of artists living and working in Washougal, and I'm excited that so many want to open their studio doors to the public," she said. "Studio tours are a wonderful way to see where the magic of creating art happens and learn about both the art and the artists."

Much of the tour route is along the scenic Washougal River and through the Washougal foothills. "It's no wonder this area attracts such talented artists with so much natural beauty all around us," she said. "It will also be a great way for tour visitors to discover some of that beauty in Washougal."

According to Ridgway, other regional studio tours seem to be more centrally located in the Vancouver area,

so it is more difficult for Washougal artists to be showcased. "But with a concentration of artists in Washougal, and a shorter tour route, it will be easier for these amazing artists to be accessible to tour visitors."

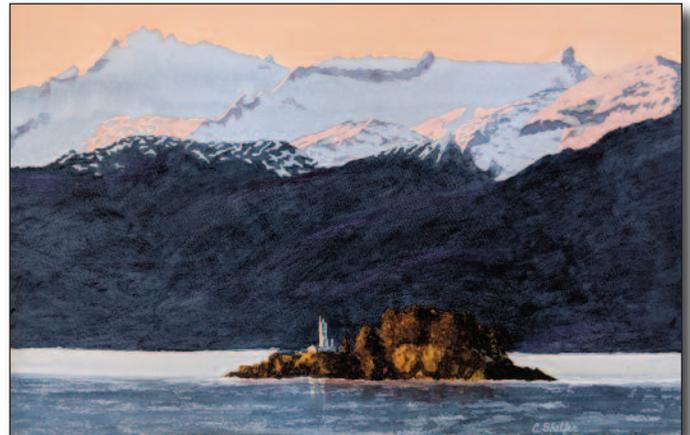
Featured Washougal artists are: Angela Ridgway, mixed media metal; Anna Wiancko-Chasman, clay and wood; Anni Becker, acrylic and watercolor; Char McHugh, ceramics; Chris Brodigan, ceramics; Charlene Hale, fused glass and ceramics; Cyndee Starr, mixed media doodles; Deborah Roberts, colored pencil and acrylic; **Jean Hauge, watercolor and pastel**; John Furniss, wood; Kathy Beckman, acrylic; Lori Horner, oil and acrylic; Ryan Boomhower, tattoo and oil painting; Sharon Ballard, acrylic; Shirley Bishop, fused glass; Suzanne Grover, pastels and mixed media; Tamara Dinius, mixed media; and Toni McCarthy, jewelry.

Preview participating artists' works and see the tour map on the Washougal Studio Artists website at www.WashougalStudioArtists.org. You may also follow them on Facebook and Instagram. Participating artists will also have copies of the map available, as will many local businesses.

More Spring Show 2018 Winners...



2nd Place
 "Escaping the Hunt" by MARGARET WEBB



Third Place
 "Five Finger Lighthouse" by CHARLENE SHELFER



Honorable Mention
 "Cute and Curious"
 by TAO ZHOU



Honorable Mention
 "Oyster Catching" by DENISE McFADDEN



Honorable Mention
 "Provision"
 by JUDITH HOWARD

Thank you to our 2018 Spring Show sponsors

Please be sure to visit these sponsors online when shopping for your art supplies.



Honorable Mention
 "Rainy Day Flower Wagon"
 by JOY LYNN WOODARD

American Frame
www.americanframe.com

Ampersand Art Supply
www.ampersandart.com

Cheap Joe's Art Stuff
www.cheapjoes.com

Creative Catalyst Productions
www.ccpvideos.com

HK Holbein, Inc.
www.holbeinhk.com

J2 Blueprint Supply Co.
www.j2b.com

Logan Graphic Products
www.logangraphic.com

Royal Brush Mfg., Inc.
www.royalbrush.com

Sakura of America
www.sakuraofamerica.com

Salis International, Inc. / Dr. PH Martins
www.docmartins.com

Pacon Corporation Strathmore Paper Co.
www.strathmoreartist.com

Winsor & Newton
www.winsornewton.com

Make More Art: The Health Benefits of Creativity

by James Clear

Complete article may be found at JamesClear.com.

In 2010, the *American Journal of Public Health* published a review titled, “The Connection Between Art, Healing, and Public Health.” You can find it [here](#).

In that article, researchers analyzed more than 100 studies about the impact of art on your health and your ability to heal yourself. The studies included everything from music and writing to dance and the visual arts.

As an example, here are the findings from five visual arts studies mentioned in that review (visual arts includes things like painting, drawing, photography, pottery, and textiles). Each study examined 30+ patients who were battling chronic illness and cancer . . .

Here’s how the researchers described the impact that visual art activities had on the patients . . .

“Art filled occupational voids, distracted thoughts of illness.”

“Improved well-being by decreasing negative emotions and increasing positive ones.”

“Improved medical outcomes, trends toward reduced depression.”

“Reductions in stress and anxiety; increases in positive emotions.”

“Reductions in distress and negative emotions.”

“Improvements in flow and spontaneity, expression of grief, positive identity, and social networks.”

The impact of art, music, and writing can be seen in your physical body as well. In fact, [a study](#) published in the *Journal of Psychosomatic Medicine* used writing as a treatment for HIV patients and found that it resulted in “improvements of CD4+ lymphocyte counts.”

That’s the fancy way of saying: the act of writing actually impacted the cells inside the patient’s body and improved their immune system.

In other words, the process of creating art doesn’t just make you feel better, it also creates real, physical changes inside your body.

Create More Than You Consume

The moral of this story is that the process of making art—whether that be writing, painting, singing, dancing, or anything in between—is good for you.

There are both physical and mental benefits from creating art, expressing yourself in a tangible way, and sharing something with the world. I’m trying to do more of it each week, and I’d encourage you to do the same.

In our always-on, always-connected world of

television, social media, and on-demand everything, it can be stupidly easy to spend your entire day consuming information and simply responding to all of the inputs that bombard your life.

Art offers an outlet and a release from all of that. Take a minute to ignore all of the incoming signals and create an outgoing one instead. Produce something. Express yourself in some way. As long as you contribute rather than consume, anything you do can be a work of art.

Open a blank document and start typing. Put pen to paper and sketch a drawing. Grab your camera and take a picture. Turn up the music and dance. Start a conversation and make it a good one.

Build something. Share something. Craft something. Make more art. Your health and happiness will improve and we’ll all be better off for it.

Calls for Artists

NATIONAL WATERCOLOR SOCIETY

“98th International Open Exhibition”

Prospectus: [Click here](#).

Online Entry Deadline: May 18, 2018, 12 Noon, PST.

Exhibit Dates: October 4 - December 16, 2018

OREGON SOCIETY OF ARTISTS, Portland

“36th Annual Rose Festival Show”

Entry is open to members and non-members who may submit up to two paintings for jury, in any combination of the following categories: “Roses;” “Play Happy;” “Portland Scenes” or “Rose Festival Scenes.”

For application and entry instructions, [click here](#).

Submission Dates: May 29-30, 2018

Exhibit Dates: June 3-26, 2018

GRESHAM ART COMMITTEE, Gresham, Oregon

Open to local and regional artists, shows take place in the Gresham Visual Arts Gallery at 1331 N.W. Eastman Parkway in Gresham, Oregon. For more information and prospectuses, [click here](#).

“The OPEN Show (No Theme)”

Entry Deadline: June 22, 2018, Midnight

Exhibit Dates: August 6 - November 1, 2018

“The Agony & Ecstasy”

Entry Deadline: Sept. 21, 2018

Show Dates: November 5, 2018 - February 7, 2019

Welcome New Members

Janine Forehand #632A
3708 Clark Avenue
Vancouver, WA 98661
weednpaint@gmail.com
360-750-1072

Pratima Misra #633A
2412 N.W. 41st Avenue
Camas, WA 98607
pratima.s.misra@gmail.com
408-646-1525

Hilarie Couture #634A
3411 N.E. 102nd Street
Vancouver, WA 98686
hilariecouture@gmail.com
360-836-2307

Lihua Sun #635A
6222 N.W. El Rey Drive
Camas, WA 98607
lihua918@gmail.com
360-571-5617

Welcome Back Members

Larry Bolton #601A
19805 S.E. 4th Way
Camas, WA 98607
notlob@comcast.net
360-954-5038

Newly Juried Members

Rita Bingham #628J
Clara Conner #624J

Roster Changes

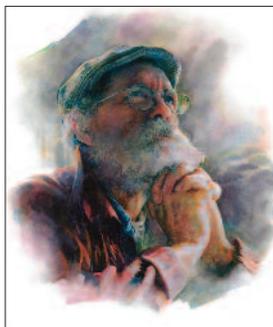
Chiara Marcy
Add email and phone:
c.marcy@students.clark.edu
425-218-7623

Krysta Brixey
Add email and phone:
k.brixey@students.clark.edu
360-607-5168

Member News

 **Tom Relth**, along with three other regionals artists, will be showing his art at the Vancouver City Hall through May 31st. The City Hall lobby is open Monday through Friday, 8-5 p.m. Artwork in the conference rooms is available for viewing by appointment when the space is not being used for City business and meetings.

 **Jean Hauge** will be opening her studio May 12-13 for the Washougal Studio Artists Tour. Be sure and stop by.



"The Prayer"

EARLY BIRD REGISTRATION NOW OPEN

STAN MILLER FALL 2018 FALL WORKSHOP

"Painting the Portrait and Landscape in Watercolor"

Five Days • Mon.–Fri. • October 8–12, 2018

Hold your seat with a \$100 deposit.

Preference will be given to SWWS members until May 1, 2018. More details will be coming at a later date. Address questions to Judith Howard, workshop coordinator, at howard.dj@gmail.com, or call 360-609-0520.

Check out Stan Miller's website at <http://stanmiller.net/> to learn more about Stan.



Stan Miller

Name _____

Address _____ State/Zip _____

Email _____ Telephone _____

**WORKSHOP FULL
WAIT LIST AVAILABLE**

Member Rate: _____ \$350 or _____ \$100 Deposit

Non-Member Rate: _____ \$450 or _____ \$100 Deposit

**Make check out to: "SWWS" and send with this Early Bird Registration form to:
Judith Howard, Attn. SWWS 2018 Fall Workshop, 4809 N.E. 50th Circle, Vancouver, WA 98661**

Art Facts Newsletter



SOUTHWEST WASHINGTON WATERCOLOR SOCIETY

P. O. Box 2876

Vancouver, WA 98668-2876

Email: swwatercolor.org@gmail.com

Website: www.swwatercolor.org



Copy deadline for the July 2018 newsletter is Friday, June 15th.

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Southwest Washington Watercolor Society 2018 BOARD OF DIRECTORS

OFFICERS

President ... OPEN

1st VP ... **Corinne McWilliams** (J) ... 360-834-2148 ... cmcw@nwlink.com

2nd VP ... **Barbara Hope** (J) ... 209-985-8685 ...

hopeartwatercolors@gmail.com

Secretary ... **Fay Kahn** (J) ... 360-576-1528 ... fay@shotei.com

Treasurer ... **Nona Scheurer** (J) ... 360-666-3681 ... nonamay47@gmail.com

BOARD MEMBERS-AT-LARGE

Jean Hauge (J) ... 509-280-4584 ... jhaug47@gmail.com

Carol Lytle (J) AIC ... 360-574-8302 ... lytlecj@comcast.net

Sue Moore (J) AHA ... 360-944-7174 ... sue.moore@comcast.net

Will Ray (J) ... 360-213-7426 ... willray2014@gmail.com

Diana Thewlis (J) Jury Process ... 360-314-2567 ... dthewlis@comcast.net

Sandra Yorke (J) ... 360-263-5780 ... ssyorke@yahoo.com

Newsletter/Roster ... **Bobbie Nelson** (J) ... 360-904-3064 ...

vistatype@gmail.com

Webmaster ... **Rob Pollock** ... lewisriverred@gmail.com

MEMBERSHIP DUES

Please print clearly. Date: _____

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Join / Renew

\$35 JURIED* Member (\$40 after Feb. 15th)

\$25 ASSOCIATE Member (\$30 after Feb. 15th**)

* JURIED membership is based on your work being evaluated and accepted by the Jury Committee.

A \$5 late fee must be added to dues paid after Feb. 15th (except newly joining members).

** NEW MEMBERS who join after June 30th need only pay \$12.50 for a half year.

SIGNED: _____

Complete this form, checking the appropriate box above, enclose a check for your dues, and mail to:

SWWS

P.O. BOX 2876, VANCOUVER, WA 98668-2876