



# Brush & Palette

March 2022 • Celebrating Our 57th Year!

[www.CampbellArtistsGuild.org](http://www.CampbellArtistsGuild.org)



## President's Message

*"Creativity is a drug I cannot live without."* – Cecil B. DeMille

**Yes,** creativity is something I am addicted to. In school I was one of those who hated multiple choice questions on tests. I liked the essays where I could paint my answers in glorious sentences and terms. I always wanted to draw the lines outside the box. Is it a surprise I ended up loving abstract art? And, if too much time passes between artworks, I get depressed and cranky if I'm not creating. As a child one of my very favorite activities was playing in the sand pile – creating little towns for cars, and ranches for cowboys and Indians. I would be perfectly happy to play by myself for hours, a lot like I am with my painting now. During this pandemic, my art has kept me sane, not feeling the stress of being locked away from the rest of humanity.

Here's hoping all of you have survived the time change to Daylight Savings! Happy I don't have to go to a standard job – am pretty much ignoring the change by letting myself sleep in a little every morning. I certainly don't want to adjust my kitty's breakfast time an hour early and suffer through his cries and consternation when we go back to standard time. I hope he doesn't figure it out and realize his breakfast is at 7:00 a.m. rather than 6:00 a.m.

It's been nice to see Mother Nature's creativity at work as spring flowers are coming out as well as all the birds singing and building their nests.

Last month, Elton Glover gave us a fascinating paint along demo at the February 26 Membership Meeting. His two different acrylic pour methods gave everyone the opportunity to pour along and create some unique artwork. In our March meeting, we will welcome back Judy Gittelsohn who will demonstrate her creative expertise as well as her wonderful comments about her inspiration.

Our Abstract Art Group is going strong and had a wonderful time painting with palette knives this month (see page 9). Even though we haven't always been able to meet "live" due to inclement weather, we have still joined together on Zoom, getting the "fix" we need to have a good time, catch up with each other's creative lives and artworks, and experience the "lightness of being" through our art. If you have any interest in joining this group or need help getting your own group started, let me know.

Looking forward to seeing you all Saturday, March 26 at 1:00 p.m. on Zoom!

*Diann Klink • President*

## Artist-of-the-Month

Thank you to all our talented artists who participated in the February competitions for Artist of the Month and Blue Ribbon Gallery.

The first-place ribbon recipient in Artist of the Month is now eligible to enter into the Blue Ribbon Gallery for the remainder of the year.



### **Second Place**

*Barbara Niemann*  
"Daisies" • Watercolors



### **First Place**

*Kris Rogers*  
"Moonlight Stroll" • Acrylics



### **Second Place**

*Elton Glover*  
"Neuron" • Acrylics

## Blue Ribbon Gallery



### **Pat Smith**

"Old Salzberg" • Watercolors



### **Third Place**

*Barb Overholt*  
"Bum the Sun God" • Oils





*Artist Elton Glover*

## Let's Pour with Elton!

We welcomed back Guild member Elton Glover for another fun and in-depth demonstration on the art of acrylic liquid pouring on Saturday, February 26.

This demonstration included using a soda or water bottle's end to create a unique design. Members were provided a supply list in advance for participating along with Elton as he demonstrated this unique pouring technique.

### **Pour One**

In Elton's first pour, he sat the inverted bottle end onto the canvas; poured black paint around it (Figure 1); then slowly poured pink, turquoise, blue, yellow, and white paint in succession over the middle portion of the bottle – sending streams of color down the grooves creating the desired effect (Figure 2) at which point he gently removed the cap; placed a paper towel gently over the entire canvas (Figure 3). Taking each corner of the paper towel (Figure 4), he gently lifted the paper towel up and proceeded to tilt the canvas to distribute the paint creating a completely different effect (Figure 5) ending in his final creation (Figure 6) entitled “Global Warming.”



*Figure 1*



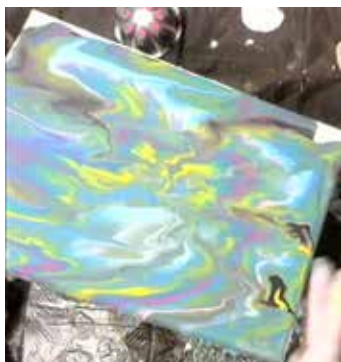
*Figure 2*



*Figure 3*



*Figure 4*



*Figure 5*



*Figure 6 • “Global Warming”*

*(Continued next page)*

## Let's Pour with Elton! (cont.)

### Pour Two

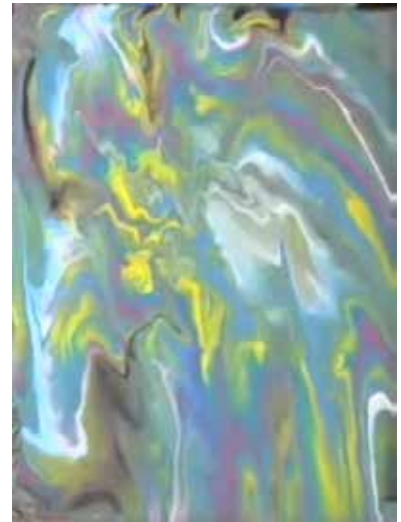
With Elton's second pour, he used the remainder of the paint prepared from the first pour. Once all the colors were slowly poured in their respective layers, he then removed the cap (Figure 1) and proceeded to use the end of a thin brush to move paint around in angles (Figure 2) which created a mesmerizing kaleidoscope effect. But, hey, he didn't stop there! The paint still left over was dabbled around the perimeter of the canvas; tilted the canvas to distribute the paint (Figure 3). He then took the end of a thin paint brush and had fun swirling paint around for yet another design effect (Figures 4). Figure 5 is his final creation entitled "Wyld Flowers."



*Figure 1*



*Figure 2*



*Figure 3*



*Figure 4*



*Figure 5 • "Wyld Flowers"*

Thank you, Elton, for a fun demo!



## Paint Along with Elton! (cont.)

*Thank you to those members who participated and for sharing their creations!*



*Pours by Lynn Rogers*



*The above pours by Sharon La Bouff*



*Pours by Faranik Sinai*



## Members "Zoom In" for Our February 26 Membership Meeting.



# The Art of Gratitude for Artists

Practicing the art of gratitude is an extremely powerful tool. After the past couple of years, it finally feels like we can see the end of the tunnel and I'm sure we are all ready for something to be grateful for.



There is an amazing power in gratitude that helps with your mental well-being and emotional health. Gratitude for a situation, an event or a person in your life sets the stage and opens the door for more good to come to you. It is very easy in difficult and trying times to concentrate on the negative, rather than

taking stock of the other good and positive things that are going on in your life.

However, the practice of gratitude can be learned. Below are six affirmations artists can say to themselves every day to reinforce their gratitude for all the great and wonderful things that they have in their life and art career:

1. *I am grateful for being able to be an artist, even with all of the ups and downs that the profession provides.*
2. *I am grateful for the ability to express myself through my art as there are many jobs or professions that do not allow you to be creative.*
3. *I am grateful for today's technology which has brought our world much closer together and has expanded all artists' ability to create, refine and share their art.*
4. *I am grateful for my friends and family who support my work.*



5. *I am grateful for my art as it is ever changing and there is always something more that I can learn to do that will help me to improve my art.*
6. *I am grateful for my followers, fans, collectors and buyers as their support encourages me to continue creating my art.*

In these unsettling times it is extremely easy to get swept up in the media's constant negative bombardment to our senses. When this is happening to you, turn off your television or computer, turn off your phone, go outside and take several deep breaths to clear your head.

Make a mental list of all the great things and wonderful people in your life that you should be grateful for. To cement this list in your subconscious, commit this list to paper and when something comes up in your life that's good, add it to your list.

Over time, your list will grow and when you're down, in a negative place or feeling uninspired, go to your Gratitude List and review all of the things that you are grateful and thankful for.

No matter how bad things may look or feel, there is always something that we can find in our lives for which to be grateful. Remember, the practice of gratitude is the magnet for more good things to come into our lives.



*"The essence of all beautiful art,  
all great art, is gratitude."*

Friedrich Nietzsche  
German philosopher

*Art attribution: Nick Fewings on Unsplash.*

# News from the Abstract Universe . . .

## A Six-Week Workshop Presented by Jeff Braunschreiber via Zoom

Guild member Jennifer Glover continued to enjoy Jeff Braunschreiber's online Zoom workshop "Abstract Acrylic Painting" which began January 29.

I think you'll agree that her first creations which were shared in February's newsletter, "Figure in the Flames," and "Itla-Okla," are perfect examples of how our imaginations are sparked when we're exposed to new ways in producing art.

In Week Three, the theme was "Caves" in which the thought of deep and dark caverns brought Jennifer to aptly title her work "Chamber of Secrets" (right).



*"Chamber of Secrets"*



*"Jellyfish Ascension"*

The theme for Week Four was "Deep Sea" in which the colorful and magical world of Jellyfish brought Jennifer to create "Jellyfish Ascension" (left).

For those of you who have not taken the opportunity to participate in Jeff Braunschreiber's workshops, I encourage you to subscribe to Triton's online newsletter to receive up-to-date information on workshops and exhibits at [www.TritonMuseum.org](http://www.TritonMuseum.org).

### Need to Contact a Board Member or Officer?

Look to the last page of every newsletter for phone or email information.



### Upcoming General Meeting Demonstrations via Zoom at 1:00 p.m.!

#### March 26

- Artist of the Month and Blue Ribbon Competitions
- **Demonstrator: Judy Gittelsohn • Paint Along Using Acrylics**

#### April 23

- Artist of the Month and Blue Ribbon Competitions
- **Demonstrator: Jeff Braunschreiber**

#### May 28

- Artist of the Month and Blue Ribbon Competitions
- **Demonstrator: Diann Klink • Part III Abstract Artist Soul**



# Abstract Art Group

with Diann Klink



Although we welcomed the addition of much needed rain on Friday, March 4, it put a damper on the Abstract Art Group meeting in person so the members happily gathered on Zoom. The group had a great time creating abstracts using only palette knives and I think you will agree, the finished results are fabulous!

## Palette Knife Abstracts



*Diann Klink*



*Sharon La Bouff*



*Anna Garcia*



*Smruti Kurse*



## Business Meeting Minutes • March 10

The meeting was held via Zoom and called to order at 2:05 p.m.

In attendance: President Diann Klink, Vice President Marlene Bird, Treasurer Sharon La Bouff, Secretary Kris Rogers, Programs Co-Chair Jennifer Glover, Membership Chair Barb Overholt.

### Membership Meetings

The Board shared how other groups are currently handling meetings as COVID restrictions are lifting. Some groups have continued meeting in person with masks required indoors; groups are requiring proof of vaccination or proof of a negative home test the day of the event. Regarding drinks and snacks, groups have started using pre-packaged food and condiments, and if serving coffee or tea, one person is the sole server.

Marlene had suggested that when the Guild resumes in-person meetings, that no food or drinks be served initially. The Board agreed that would be wise.

Sharon will contact Cindy at First Congregational Church of San José, our previous meeting location, inquiring if the ceiling fan was replaced with one that had a reverse mode, and if the filtration system has been updated.

### Website Update

Guild member, Lynna Jirpongopas, has stepped up and volunteered to update the website. She is working off a checklist from Barb. She has made several improvements and updates already and continues to whittle down our wish list. We are immensely grateful for her talents and service to the Guild.



### Awards/Demonstrators (Jennifer)

Judy Gittelsohn is offering a kit available for purchase to our members that would be enough for five paint along workshops that she will be scheduling over Zoom in the near future. This would allow members to practice on their own after Judy's paint along demonstration in acrylics at our March 26 Membership Meeting or take additional workshops with Judy at a later date.

Jeff Bramschreiber is scheduled to be our demonstrator at our April 26 Membership Meeting. Diann Klink will demo in May continuing with Part III of her abstract series. Marlene suggested contacting Jaya King to demo again and Barb suggested asking Guild member Linda Curtis who demonstrated for us in August of 2020.

### Social Media Exposure (Diann)

No volunteers have stepped up to help us get exposure with social media. Diann is considering giving a brief demo to help members understand what is needed.

### Treasurer (Sharon)

Sharon provided Board members with instructions on where to return the signature card information forms.

### Small Groups (Diann)

The Abstract Group has continued to meet monthly and is producing beautiful paintings. Board members will inquire regarding the status of other groups.

Meeting was adjourned at 3:25 pm.

*Respectfully submitted,  
Kris Rogers • Secretary*





# Member Spotlight

visual graphs or reporting dashboards, she gets to tap into her artistic soul. She enjoys creating art with markers, color pencils, watercolor, and digital mediums like photography and drawing when she gets the time. Besides working full time, Lynna is also bringing up her five-year old daughter; loves being a mother and making art with her.

As our members are surely aware, our website was updated two years ago but our webmaster gave us her resignation this past November when updates were required.

Please join your Board members in thanking Lynna for volunteering her precious time in updating our website. We are so grateful for Lynna's generosity and expertise, and respect and appreciate the time it takes with these updates. *Volunteering – it's how the Guild survives and thrives!*

In high school, **Lynna Jirpongopas** completed a course in Advanced Placement Art Studio; minored in Visual Arts as an under grad; graduated from UCSD majoring in Math and Economics, and also holds a MS in Information Systems Economics. She currently works as a Data Scientist where she gets to leverage her skills in statistics to solve business problems. At work when she needs to design slide decks,



## Board's Business Meeting • Thursday, March 10 @ 2:00 p.m.



## Online Instruction • Workshops • Competitions

### Competitions

- [www.LightSpaceTime.art](http://www.LightSpaceTime.art) – monthly online competitions.
- CaFÉ • <https://www.califorentury.org> – Signing up required to enter and participate in a variety of “Call to Artists.”
- <https://www.internationalartist.com> – bi-monthly magazine showcasing artists from around the world in digital or print formats; competitions, workshops, podcasts.

### Workshops • Courses • Instruction • Tutorials

- **Scottsdale Artists’ School** – <https://scotsdaleartschool.org>
- **www.OnlineArtLessons.com** – sign up for free art lessons in your email each week, free tutorials
- **The Virtual Instructor** – [www.thevirtualinstructor.com](http://www.thevirtualinstructor.com)
- **The Best Online Courses for 2022** – [www.creativeblog.com](http://www.creativeblog.com)
- **www.JerrysArtarama.com** – Free art instruction for a variety of mediums
- **<https://www.ArtistsNetwork.com>** – Free tutorials and lessons. Become a member and receive access to a variety of content – videos, newsletter, discounts, magazines, ebooks.
- **YouTube.com** – has a wealth of how-to videos.