



May 2022 • Celebrating Our 57th Year! • [www.CampbellArtistsGuild.org](http://www.CampbellArtistsGuild.org)



## President's Message

*"Art is standing with one hand extended into the universe  
and one hand extended into the world,  
and letting ourselves be a conduit for passing energy." – Albert Einstein*

## Inspiration!

### How do we get it?

The word comes from the Latin word "inspirare" meaning to "breathe into." I recall the exercise we did several months ago in which we drew lines to represent our breathing and, in turn, received mental stimulation to create our artistic vision. And deep breathing before painting often helps to center our souls. But is breath a conduit for inspiration? Physically it gives us energy, continued life, relaxation, sends our blood pumping through our bodies and strengthens our heart muscles. What about our brain? Our emotions and feelings? What inspires you to create art?

My earliest inspirations came from art I saw in books, comics, animated films like Fantasia, and grade school trips to local art museums. Like most children, I started with coloring books and then drew copies of the characters I saw in comics. My first serious art was inspired by the art teacher I had in middle school. I still recall a class when she took us outside and we walked around the playground while she pointed out how colors in nature changed in relation to light, how a green leaf was not just one color but a blending of various colors throughout the spectrum. We didn't draw or paint on that day; she taught us how to **see**.

Inspiration has also come to me through watching demonstrations and in film about artists and their art. Have you ever painted in your dreams?

Have you had an idea for a painting or drawing and just imagined its step-by-step creation? Or have you daydreamed during a boring lecture, eager to get to your easel or drawing table? Have you been on a hike and come across an inspiring view that insists you paint it? Did someone's expression or experience urge you to create their portrait? What about your cat or dog sleeping in the sun, encouraging you to recreate that instance in time? Has the sunlight coming through a window called to your artistic soul? A simple inspiration for me is the canvas I'm painting on – all the lines and paths created within the weave, the ridges and colors from the paint.

In our demo this month, I hope to help you become inspired with a type of drawing/painting technique called Neurographic Art. This technique helps us access our subconscious mind by drawing free form lines while using meditation and mindfulness to relax the inner artistic soul, creating new neuropathic pathways in the brain. It's an art therapy technique devised by a psychologist. Each of us will use meditating on a specific idea or problem and transfer that through drawing and creating links (neural pathways) through the lines we have drawn. It's a fun process and can lead to some beautiful paintings. Albert Einstein's quote above is a perfect description of how this works!

Diann Klink • President

## Artist-of-the-Month

Thank you to all our talented artists who participated in the April 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.



**First Place**  
Marlene Bird  
"Swift Creek" • Oils



**First Place**  
David Eisbach  
"Community" • Acrylics



**Second Place**  
Liyuza Eisbach  
"Point Lobos" • Acrylics



**Third Place**  
Barb Overholt  
"Early Morning in Etrochey" • Oils

## Blue Ribbon Gallery



**Diann Klink**  
"Big Red" • Acrylics

# Presence • Consciousness • Self-Care

**Editor's Note:** I have admired prolific artist Emmeline Craig (photo at right) and her serene works of art for some years now. Way before the pandemic, Marlene Bird and I had the serendipitous opportunity to meet Emmeline in her home studio while visiting Bolinas one day and then would journey on separate occasions to Emmeline's enchanting studio "The Blissful Gallery" in Stinson Beach for special events. A portion of her recent email blog "Leaps and bounds, and blissful stuff ..." touched me and, with her permission, I'm passing on the inspiration to you.



**We** all get affected by the archaic insanity of bullies and warlords and the misery of their crimes. How could we not? It's easy to get so immersed in the tumultuous affairs of the world that we get completely depleted by fear, worry, and empathetic pain and sadness for those who fight to survive right now.

When that burnout happens we are not helping anyone, and we are causing our own body and mind a full lot of strain. So not only do we feel powerless but we put ourselves down as well. We need to be present and do what we can, I truly believe that.

I also believe that in times of chaos and craziness, our true power resides in our ability to remain at peace, centered, and grateful for all the good that keeps happening as well.

In view of this, it's important that we take consistently great care of ourselves, to remain centered, healthy, and positively oriented. It's all connected, so when we are well, we add to the general wellness.



*"Interlude" • 30" x 15" • Emmeline Craig*

So how can we help ourselves stay calm and strong in the midst of madness? We need to slow down, make time to recharge, make time away from the news, and besides meditation and breathwork, which always help, we need to Create!

Art and creativity in all forms have been, is, and I believe will always be a conduit for us humans to endure, express, overcome, create anew and evolve, throughout everything, collectively and as individuals.

When times are difficult, either in our personal story or at the scale of the planet, there is nothing better than

immersing ourselves in whatever form of creativity calls our name.

So please, dear one, make time for play! You don't need to identify as an artist to do so. And you don't have to be an expert to enjoy any of it. Make time to play music, sing, draw, doodle, paint, write or dance, conceive and invent, and generally speaking plug in universal consciousness by means of unleashed creativity!

**Do it for the sheer pleasure of it**, no matter how good or skillful or unskillful you may think you are!  
Be kind to yourself. – *Emmeline Craig*

(Website) [www.EmmelineCraig.com](http://www.EmmelineCraig.com) • (Email) [emmeline@emmelinecraig.com](mailto:emmeline@emmelinecraig.com)  
Emmeline's Blissful Art • PO Box 102 • Bolinas, CA 94924 • (Studio) 415-868-9741

•  
**On Instagram** • <https://www.instagram.com/craigemmeline/>

**On Facebook** • <https://www.facebook.com/emmeline.craig>

•  
Emmeline is also a Life Coach, visit her website [www.artistryoflifecoaching.com](http://www.artistryoflifecoaching.com).

# April 23 Demonstration a Big Hit with Members!



Artist Jeff Bramschreiber

We were fortunate to secure Jeff Bramschreiber for another demonstration via Zoom. This time, he created a seascape using acrylics.

Using a limited and analogous palette of Prussian Blue, Titanium White, Olive Green, and Raw Umber on a 16x20 stretched canvas, he took the minimalist approach. Creating an abundant mixture of Prussian Blue and White for his base mix (Figure 1), he used a filbert brush in a crosshatch application for the sky (Figure 2). Continuing to crosshatch, he added more Prussian Blue and a bit of Olive Green to his original mix for the lower third. Using an even darker blue for the horizon line (1/3 from top), he transitioned from the sky to the ocean for the horizon (Figure 3). He created the first wave by adding more Olive Green and Prussian Blue to his original mix (Figure 4); with a smaller filbert brush, he created the foreground's sea foam by adding more white to the original mix (Figure 5). Next was the wave break with curl – adding Payne's Gray and Prussian Blue he created the darker ripples in front of the wave and the curl's shadow (Figure 6). He then added raw umber to the original mix for the very forefront (beach) blending into the existing shoreline.



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Jeff's seascape demo • FINAL.

# Jeff's Seascape Demonstration

## Members painted along.

Thank you to the following members for participating in Jeff's paint along demonstration.



*Sharon La Bouff*



*Elton Glover*



*Jennifer Glover*

## Special Announcements

### **Congratulations to Kris Rogers**

for completing and graduating from the recent Master Gardener Training course this past Spring! Below is a photo at her graduation with one of her instructors. Job well done, Kris!



## Happu Birthdagi!



**May**

Karen Franzenburg

Denis Wik

**June**

Smruti Kurse • Faranik Sinai

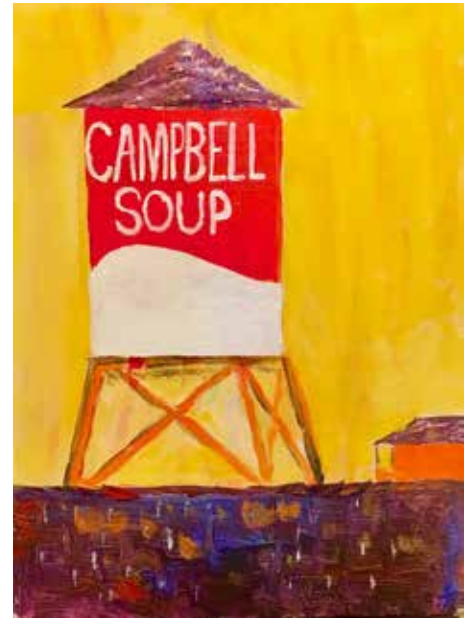
# Special Announcements

## **Congratulations to Lynn Rogers and Kris Miller**

as their art "Rockwell Rocks" and "Campbell Soup Water Tower" were accepted into the Campbell Museum's "Reflections" Art Show which opens June 30 at the Ainsley House, Campbell.



*"Rockwell Rocks" • Lynn Rogers*



*"Campbell Soup Water Tower"  
Kris Miller*

## **Congratulations to Denis Wik**

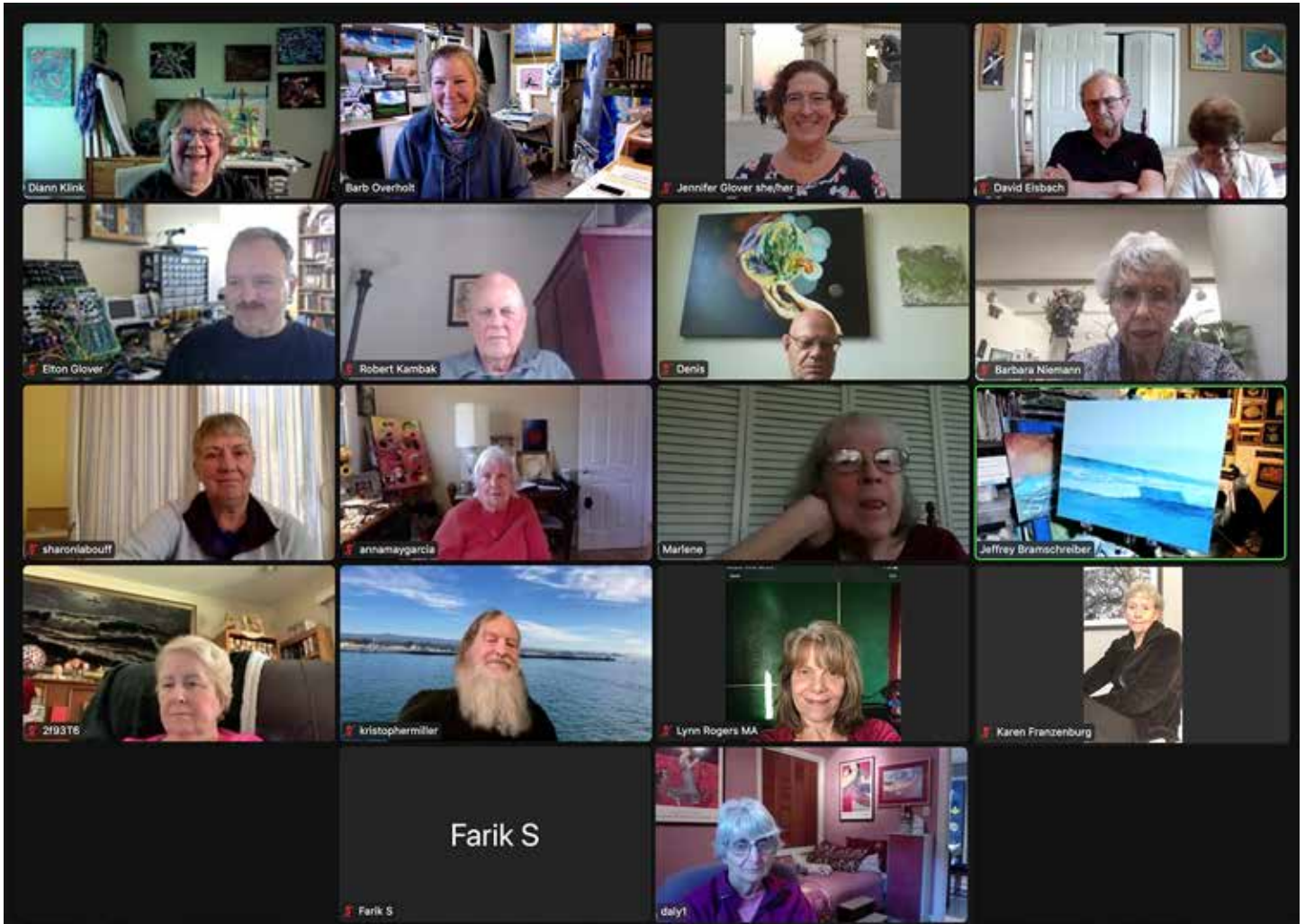
for receiving a mural commission by his grandson's martial arts instructor. The mural is placed going up the stairwell to the business. The lettering is two feet high reducing to 15" and 7" up the stairwell. Denis hand-measured, taped off, and used two coats of acrylic paint. Job well done, Denis!



**Congratulations to Barb Overholt** – her landscape "After a Spring Rain" was purchased at Triton's 2022 Gala "A Night in Venice" silent auction by a longtime donor to Triton and placed in Triton's Permanent Collection! Who-hoo!

*"After a Spring Rain" • Barb Overholt*

# Members Enjoy the April 23 Membership Meeting



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

**May 28**

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

## Executive Board Meeting Minutes May 4

The Board held a hybrid meeting via Zoom and called to order at 2:25 p.m. In attendance were: President Diann Klink (remotely via Zoom), Vice-President Marlene Bird, Treasurer Sharon La Bouff, Secretary Kris Rogers, Membership Chair Barb Overholt, Programs Chair Jennifer Glover.



*Your Board members met in person at Barb's home with President Diann Klink via Zoom.*

**Website Update (Barb liaison to Lynna)** – Our former webmaster, Yelena Shabrova, instructed Lynna Jirpongopas on how to repair issues associated with receiving inquiries submitted from our website which go to our email account on Dreamhost. Lynna inquired if the Board desired the inquiries be sent to the Guild's Gmail account. After much discussion, it was unanimous that inquiries be sent and responded through the Guild's Gmail account only. Kris suggested that the Board members rotate responsibility for responding to the inquiries quarterly which met with favorable response. Barb will send the Board the Gmail address and password.

**Website Artists Gallery** – Lynna will perform a test on the amount of time it takes her to upload Sharon's five images in the next week. Once completed, Lynna will report to the Board and a deadline for updating the Artists' Gallery along with the number of images that can be submitted will be announced to membership. Jennifer suggested that we divide the membership alphabetically for image submission so as not overwhelm Lynna.

**Art in the Park** - June was decided by the Board as the target month to hold a Membership Meeting and possible plein air event. A listing of local parks was provided and Jennifer and Kris will make inquiries with these local parks that take reservations. The parks listed include rest rooms, reserved and non-reserved (first come first served) picnic sites. Sanborn Park in Saratoga was discussed as a possible venue in early fall for a plein air/Membership Meeting. Barb offered her home's gardens as a possible meeting venue with limited capacity this summer and will explore whether this is feasible. Diann suggested Martial Cottle Park (Branham at Snell Avenue) for a contour drawing class as a fun way to potentially increase our membership from walkers passing by. The Board will definitely consider this possibility.

**Art Exhibit & Sale at Santa Teresa Hills Presbyterian Church** – This event is in the early discussion phase. Elton has four art racks and a couple fold-up tables that could be used.

**24th Annual Art Show** – Diann provided a Project Plan that was reviewed in detail by the Board. With all facts in place, advertising will start in the June Newsletter. See page 9 for preliminary info.

**Juror Candidates** – Virginia Causton-Keene, Jeff Bramschreiber, Preston Metcalf. Following discussion, the Board agreed to ask Jeff Bramschreiber to juror this year. Diann will contact him and if he's unavailable, final plans will take place.

*Meeting Minutes continues next page*



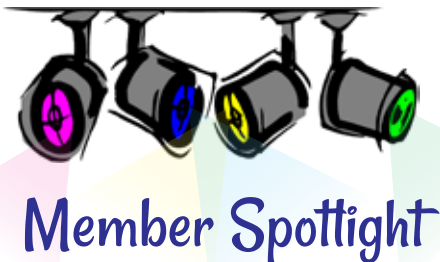
## Board Meeting Minutes (cont.)

**Demonstrator Updates** – Diann will demonstrate in May. Once the Board knows the status of the local parks regarding reservations, Jennifer will fill in the demonstrators as needed for the remaining months this year.

**Treasurer Report** – The bank signature card was signed. There was minimal balance change from last month.

**Compose Survey to Membership** – The Board reviewed its questionnaire composed a few months back regarding resuming in-person meetings. The survey questions were edited for overall clarity. Barb will send out to membership. Meeting was adjourned at 4:30 p.m.

*Respectfully submitted, Kris Rogers • Secretary*



While we continue to wait with great anticipation to meet in person, Guild members are invited and encouraged to submit a brief write-up about themselves and their art journey! Submitting an image of you and an art piece would be icing on the cake. I hope you will consider this “Member Spotlight” a prelude to better times ahead.

### **Membership Chair and Newsletter Editor Barb Overholt**

As with many artists, Barb’s interest in art started when she was around 12 years old and continued throughout her teen years with the help of her Great Aunt Lola who paid for private art lessons from Linda Collier, a Sunnyvale artist who also became Barb’s mentor and treasured friend. She signed up for as many art classes as she could in school and couldn’t stop creating when she got home. When it was time to go out into the world on her own, her art took back stage but was brought back to the forefront when working at Ford Aerospace where she met a cartoonist in the art department who taught her to look at life a bit differently. She was back in the groove!



While creating cartoon work for Marlene and Dennis Bird for the San José Chevy Club, Marlene introduced Barb to the Campbell Artists’ Guild in 2011



when on the day she joined that year was also the day she became Membership Chair. What better way to get to know the members by putting a name to a face! Thanks to the support of the Guild membership, Barb has happily volunteered to take on a variety of tasks over the years. When John Rubbo resigned as editor, she stepped up and gave “Brush and Palette” a face lift as the Newsletter Editor in April of 2013 and continues to enjoy serving membership in this capacity.

Barb enjoys creating landscapes, skyscapes, and animal portraiture in oils, and feels blessed with the friendships she’s made in the Guild.

Her favorite YouTube artists include extremely talented Chris Fornataro “Paint Coach” for his insightful, laid back, and entertaining persona.

# Get Ready for the 24th Annual Art Show!

***We will once again hold our annual art show virtually via a slideshow this year.***  
**Juror – TBA**

## ENTRY RULES via the BYLAWS

- Active members must attend a minimum of three meetings the year of the art show for eligibility to participate.
- Art entered shall represent the best original works of its members.
- Art entered should be original in content, execution, and created in the last five years – not a copy, giclée print or reproduction of another artist's work. (Article IX • Copyright Liability)
- There must be a minimum of two artists competing in any given category in order for an award to be issued.
- A ten percent (10%) commission of the sale price of any art (including prints) sold at a Guild-sponsored event will be donated to the Guild, payable to Campbell Artists' Guild and sent to the Treasurer.
- When the show is judged, three ribbons (first, second, third) will be awarded in the following seven categories when appropriate:
  1. Oil
  2. Acrylic, Monoprints
  3. Watercolor
  4. Mixed Media (any art involving more than one medium)
  5. Charcoal, Ink, Graphite, Pastels, Colored Pencils
  6. Alternate Mediums (sculpture, linocuts, 3D assemblage, mosaic)
  7. Photography

## KEY DATES and INFORMATION

- **Entry Fee – \$20**  
(fee includes up to three art images per artist)
- **Entry Fee Deadline – September 11**
- **Image Deadline – September 11**
- **Submitting Art Image(s)**  
A separate email will be sent to membership with instructions on how to submit images.
- **Friday, October 14**  
Slideshow goes Live on YouTube.com
- **Saturday, October 15, 1:00 p.m.**  
Reception & Ribbons Awarded via Zoom

## Online Instruction • Workshops • Competitions

### Competitions

- **www.LightSpaceTime.art** – Monthly online competitions.
- **CaFÉ • <https://www.califoreentry.org>** – Signing up required to enter and participate in a variety of “Call to Artists.”
- **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.
- **www.ArtistsNetwork.com** – Free tutorials and lessons. Become a member and receive access to a variety of content – videos, newsletter, discounts, magazines, ebooks, and instruction.
- **YouTube.com** – has a wealth of how-to videos.
- **www.WinsorNewton.com** – An abundance of information including the origins of color, its history, and application.