



# SPRINGFIELD ART GUILD (SAG)

*A place for a creative experience*

**March 2021 Newsletter**

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### Meeting Schedule

Zoom Meeting Mar. 10, 2021 – all are welcome!

#### Schedule

7 pm – Business Meeting

7:10 pm – Speaker

*Times are approximate*

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

[www.facebook.com/springfieldartguild/](https://www.facebook.com/springfieldartguild/)

## Exploring Photography with Rick Reda



Rick Reda has been a photographer for over fifty years. Specializing in landscapes and wildlife, he has traveled from Alaska to Antarctica to Africa. He started with a makeshift darkroom set up in the bathroom of a two-bedroom apartment in Detroit, developing and producing color prints. This was a bit more complicated than it sounds, since he was living in this apartment with his wife and four children. Fortunately, his in-



laws lived in the next complex, so when the children began whining about needing to use the bathroom, he had someplace to send them.

Within a few short years, his photographs were on display in the Trimpe Gallery in Detroit. Over the years he has transitioned from film photography to digital photography. His works have been on exhibit at Arches Gallery at the

Workhouse in Lorton VA; Gallery Underground in Crystal City, VA; and ArtBeat Gallery in Manassas, VA. He currently has work displayed in The Loft Gallery, in Occoquan, VA; and in several private collections across the United States and in Europe. To see more, you can visit his website at [rickredaphotos.com](http://rickredaphotos.com).





## Meet SAG's 2020-2021 Board Members

Springfield Art Guild Board welcomes new Board Member *Danica Arehart*

The SAG President schedule will rotate so each board member will be Acting President for at least one month. If you have questions you can contact any board member.

SAG is looking forward to another great year with our Guest Speaker's Series, members' shows and other activities throughout the year.

Everyone is encouraged to invite friends to join us for our Guest Speakers series (on Zoom until further notice)



**Joanne Stanford**  
V. Pres. & Membership



**Sy Wengrovitz**  
Treasurer



**Kathy Udell**  
Secretary



**Danica Arehart**



**Elaine Sevy &**  
Journaling coordinator



**Heather Cronin**



**Teresa Brunson**  
Newsletter Editor & Website  
Former board member



**Lydia Jechorek**  
Membership  
Former board member



**Alice Merritt**  
Librarian  
Former Board Member



**Mary Rose Janya**



**Donnalynne  
Lefever**



**Chris Jenkins**

## SAG's Featured Speaker List for Our 2020-2021 Season

2020-21	Guest Speaker	medium
Sep 9	Julia Malakoff	Collage
Oct 14	Kathleen Gillmann	Oil, acrylic and pastel
Nov 11	Marnie Maree	Watercolor and oil
Dec 9	Marisela Rumberg	Zentangle & fiber artist
Jan 13	Liz Walker	Marbled acrylic paintings
Feb 10	Lynn Goldstein	Pastel and Oil
Mar 10	Rick Reda	Photographer
Apr 14	Sarah Suplina	Collages and Snippets
May 12	Lara Call Gastinger	Botanical Art
Jun 9	Trisha Adams	Making a Living as an Artist

**What's happening with SAG in 2021?** *The board is busy coming up with new ideas and activities for our members!!!*

*SAG does not know when Grace Church will be reopening or we will be able to have in-person meetings or events. The board is working on ideas and events to inspire all of our members to continue their art and enjoy their membership through online meetings, our newsletter, our new website, Facebook and online events as we explore ways to inspire you & help you with your art.*



**Virtual Monthly Meetings:** *SAG will be bringing our meetings to our members via Zoom. SAG's board is lining up great Guest Speakers who will bring their art into your homes until we can meet in person again. Meetings will still be **the 2<sup>nd</sup> Wed of the month.***

**Zoom:** *If you haven't participated in a Zoom meeting its really easy on your computers or IPads. If you haven't been 'Zooming' yet and need instruction we can help get you started.*

*SAG will also continue to explore new art related adventures for you.*

*We encourage members to send us your **ideas**. If we work together we're sure to have another great year.*



**Springfield**  
Civic Association  
Where we all come together

SAG appreciates the Springfield Civic Association's continued support and coverage of our activities through its newsletter and Facebook group. For news and important information about businesses, school activities and important issues relative to the Springfield community, visit SCA's website at: [springfieldcivic.org](http://springfieldcivic.org).



## Join us on Wednesdays!

We heard SAG members say they were having trouble getting motivated to paint at home and the idea of having a virtual open studio was born. Most of us are also looking for ways to increase our social activities safely these days, this is a two for one! This is a zoom session where we can get together, chat, do our art, and ask for input on our work! Those who have participated have enjoyed the companionship and added incentive to get back to their art. There is no size limit to this group, if we get too big for one chat, we can just add another "room" and have too smaller groups!



**When:** Wednesdays from 1- 2:30pm

**Where:** On Zoom - SAG members meet on Weds to work on any art project of their choosing. The zoom link is always the same and is sent weekly to all members by email

**What's is all about??**

It's a virtual get-together giving everyone a chance to work on their personal art in a group setting for inspiration, encouragement and to just have fun chatting, and painting or drawing again.

**Come join us you'll be glad you did!**



# Art with Heart

March 8 - May 10, 2021



**Check out all the beautiful artwork  
in our online show!**

<http://www.springfieldartguild.org/exhibitions/>

## Springfield Art Guild 2021 Spring Art Show and Fundraiser

Art with Heart is the theme for our virtual art show exhibited on the Springfield Art Guild's website <http://www.springfieldartguild.org/exhibitions/>.

This virtual art show is a fundraiser which raises money for the Lorton Workhouse Art Center's scholarship program which allows students in need to take art classes with only the cost of supplies. Currently the Workhouse Art Center has a scholarship fund to cover 75% of the cost of class. Funds raised by SAG will cover the other 25% of the class fee. Submission/Donations fees from the artists will be donated to the Workhouse Arts Foundation scholarship program. This show is promoted on the Facebook pages of the Workhouse Art Center and the Springfield Art Guild and in SAG's newsletter.

There will be a virtual reception in a Zoom meeting in which the SAG membership will vote on non-monetary People's Choice Awards. Details for voting will be given at a later date.

### **Schedule**

**Monday, March 8 – Monday, May 10 - Virtual exhibit on SAG's website**

**Sunday, March 21 - Zoom Reception and Award Announcements 1:00 – 3:00 pm**





Welcome Spring!

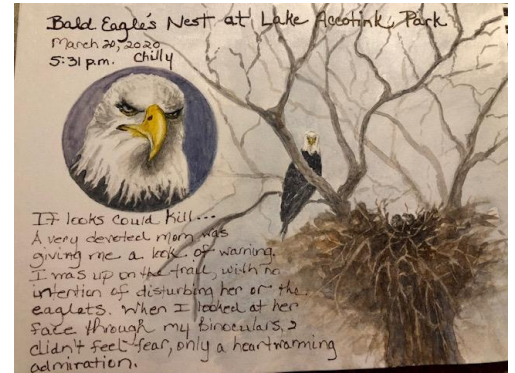
## This March with The NOVA Nature Journal Club

The NOVA Nature Journal Club, a Facebook group administered by SAG Member Elaine Sevy, offers information and links to register for a variety of online and in-person classes.

Visit Lake Accotink Park's Bald Eagles' nest to see the parents feed and protect their new baby. Attend an Amphibian Disco Sketch Hike and

learn how to draw Birds at Huntley Meadows Park. Draw Reptiles and Amphibians at Hidden Oaks Nature Center.

Enjoy nature journaling about the Spring equinox at [The Clifton Institute](#) nature preserve. Or join John Muir Laws online for "How to Build a Bigger Bird Brain."



You also can explore and be inspired by lovely illustrations and journal pages, nature photographs and videos, tips on journaling techniques and tools, and much more.

Our group is a diverse community of artists and naturalists, of all levels, who meet together to learn about and connect with nature through art.

Though centered in Northern Virginia, it is open to anyone with a passion for exploring nature with a journal.



**LIKE "The NOVA Nature Journal Club," on Facebook!**

It is managed by SAG Member Elaine Sevy, on Facebook

at: <https://www.facebook.com/groups544583139673338/>. Our group is a diverse community of artists and naturalists, of all levels, who meet together to connect to nature through art.

Though centered in Northern Virginia, it is open to anyone with a passion for exploring nature with a journal.

# ART Opportunities

This section of the newsletter is for SAG members to let us know about art opportunities in our area. Tell us about any art classes, workshops, exhibits, upcoming art shows to enter, and any other art opportunity you can think of. Please send any art opportunities to [teresatindlebrunson@gmail.com](mailto:teresatindlebrunson@gmail.com) by the 20<sup>th</sup> of each month.

## Spring Session

March 11-April 15, 2021

## Oriental Brush Painting lessons

Online via ZOOM



[www.darlenekaplan.com](http://www.darlenekaplan.com) to register

*Classes fill quickly!*

- All classes thought by Darlene Kaplan
- Oriental brush painting classes are for all skill levels
- Each person works at his or her level
- Homework will be sent to each person that registers for the session.
- I follow the season therefore I teach whatever is blooming, or maybe snow scenes.
- You will love the classes.
- Go to the Online Classes page <https://www.darlenekaplan.com/online-classes-2021-via-zoom/> . Register at the bottom of the page link.

### Contact

Darlene Kaplan

[chineseart@darlenekaplan.com](mailto:chineseart@darlenekaplan.com)

<https://www.darlenekaplan.com>

for online classes

**ZOOM**  
Soft Brush Studio  
has gone virtual



# Pastel Painting Nature Workshop

Sunday May 16, 2021

12:30 pm – 3:30 pm



Del Ray Artisans Gallery  
2704 Mount Vernon Ave  
Alexandria, VA 22301

**Class Size:** Only up to **8** participants (*register by May 13*)

**Cost:** \$70 for Del Ray Artisans members / \$75 Non Members  
([registration link below](#))

3 hour workshop. **All materials will be provided!**

**Instructor:** Teresa Brunson

Have fun learning pastel painting! Pastels are a fun and forgiving medium to use. Whether you are trying this medium for the first time or have experience with pastels, this workshop is for you. Through instructor demonstrations, lecture, guidance and hands-on activities you will have fun learning pastel painting techniques such as layering, blending, and mark-making to create beautiful nature scenes. You will also learn about different types of pastel sticks and pastel paper including sanded paper.

- *All materials will be provided - just bring yourself and have fun painting!*
- *Participants must wear a face mask and maintain 6' of personal space.*

**To Register:**

[https://delrayartisans.org/event/pastel/?instance\\_id=2432](https://delrayartisans.org/event/pastel/?instance_id=2432)





*Great Opportunity for SAG Members!*



## Be a Featured Artist on the SAG Website

Our updated website now has a **Featured Artist** page. We would like to have a different member each month on our featured artist page. This is a great opportunity to share your art and your art journey with your fellow members. We are looking for any SAG member who would like to be our website Featured Artist to contact Teresa Brunson [teresatindlebrunson@gmail.com](mailto:teresatindlebrunson@gmail.com) right away. You will only have to provide answers to the following questions, photos of you and your artwork. Easy!

### Questions for Featured Artist

1. What is your personal artistic motto or mission in a sentence or two?
2. What are three words that describe your style?
3. Where are you coming from and how did you start your artistic journey?
4. What inspires you to create? What holds you back?
5. What is your favorite piece you have created or favorite art experience, and why?
6. Tell us something positive that has happened to you in the last month?
7. Do you have a website and if so please give the address
8. Do you have pictures of your art in the SAG website gallery?
9. Do you have a Facebook page and if so what is your address?

# MAKE MORE ART: THE HEALTH BENEFITS OF CREATIVITY

written by [JAMES CLEAR](https://jamesclear.com/make-more-art) [HTTPS://JAMESCLEAR.COM/MAKE-MORE-ART](https://jamesclear.com/make-more-art)

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 more than 30 patients who were battling chronic illness and cancer.

## The Benefits of Art

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”

I don't know about you, but I think the benefits listed above sound like they would be great not just for patients in hospitals, but for everyone. Who wouldn't want to reduce stress and anxiety, increase positive emotions, and reduce the likelihood of depression? Furthermore, the benefits of art aren't merely “in your head.” The impact of art, music, and writing can be seen in your physical body as well. In fact, [this study](#) published in the Journal of Psychosomatic Medicine used writing as a treatment for HIV patients found that writing 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 of art and creativity, 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.



# Exciting Member News!

*This section of the newsletter is for SAG members to tell us about your art endeavors. We would love to hear what exciting things are going on with your art. Your exciting news could be about an art award, an art society you were accepted into, a new art technique you are trying out, an art fair you are in, a new art group you started, etc.. Please send any of your exciting art news to [teresatindlebrunson@gmail.com](mailto:teresatindlebrunson@gmail.com) by the 20<sup>th</sup> of each month.*

## *Exciting News!*

Judy Wengrovitz's watercolor classes from the TV show "**From the Painter's Palette**" are now available on Youtube!

Click here for Judy's show ["The Terrace" \(link\)](#)

*"From the Painter's Palette" is a watercolor tutorial series where artist Judy Wengrovitz teaches while she paints a watercolor. See a new painting come to life from sketch to finish in about 1 hr. Learn her special techniques for rocks, cliffs, bushes, reflections. She painted in a TV studio with 4 cameras so you won't miss an angle. The series has 33 episodes; watch in any order. Episode #18 Judy called "The Terrace"*



If you haven't seen any of Judy's shows you are in for a treat. The demonstrations now on YouTube were originally done live on Fairfax Cable program, "**From the Painter's Palette**" produced by Gail Ruf. SAG thanks Gail Ruf for all of her hard work and dedication editing Judy's show to ensure Judy's classes will continue to be broadcasted on the Fairfax cable station and now on YouTube to be enjoyed by artists all over the world. Gail edited and provided all of Judy's demonstrations on thumb drives for the SAG library last year. The thumb drives are available to SAG members to be checked out of SAG's library.

## Welcome New Members

If you are a new SAG member we would love to introduce you to the membership through our newsletter. Please send any information about yourself plus any pictures of your artwork to Teresa Brunson at [teresatindlebrunson@gmail.com](mailto:teresatindlebrunson@gmail.com) and we will put it in the next issue.

No submissions this month