

MAILING ADDRESS: Warren County ARTS, PO Box 420, Washington, NJ 07882

~ The Artist's Palette ~

Volume 24, Issue 5

May 2020



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Special points of interest:

Monthly program and May Day Trip are both CANCELLED.

Annual Membership renewal due date extended to May 2nd.

From the President's Pen

Hello Everyone!

I hope you are all well and not too traumatized by the quarantine lock down. I have to admit that I'm actually enjoying it. Nothing but time to read, watch YouTube tutorials and practice drawing and painting. Coco has been thrilled to have both Paul & I here for constant attention. In fact, most days, I have a hard time remembering what day it is.

Our May Oil Painting lecture with William Hobbs is cancelled and, if possible, will be rescheduled to the fall. We'll see about June's meeting.

Annual Membership renewal due date extended to May 2nd. Please continue to support WCARTS and send in your membership check to the PO Box.

The Exhibit schedule is also on hold until the quarantine is lifted. If you'd like to share artwork that you are doing during lock down, go ahead and post it on our Facebook page and/or email an image to me to post into a special "Lockdown" gallery on our Website.

Daily Fare

The meeting this month **Thursday May 14th IS CANCELLED.**

The 2020 membership year & dues collection starts in March (extended to May 2nd this year). Please note new fee structure below:

\$30/yr for single membership, \$55/yr for family memberships, \$25/yr for Seniors 75+, \$20/yr for students 18+ with school ID.

Donations or Sponsorships are easily accepted via our website (www.wcarts.org). Payments for annual memberships or sponsorship can be made electronically via PayPal or by check made payable to WCARTS and sent to Warren County ARTS, PO Box 420, Washington, NJ 07882.

If you have information to share with the membership, please contact Pam at 908-581-5185 or via email pjeden@yahoo.com.

The Acrylic April tutorials by The Art Sherpa are a fabulous way to spend a couple hours each day. Her 1 hour step-by-step tutorials are free on FaceBook and on her website (theartsherpa.com). Some of mine are above.



Your Prez - Pamela Dulaff.



WCARTS Monthly Program Schedule 2020

Warren County ARTS Corporation- 2020 Monthly Program Schedule

Month / Date	Confirmed	Topic	Speaker	web	Participant fee
3/14/2020 (Sat, 1-3pm)	Yes	Lecture & Workshop "Women of Flowers"	Jean Perry		Member - Free, Non-member - \$10
4/9/2020 (Thu, 7-9pm)	CANCELLED				
5/14/2020 (Thu, 7-9pm)	CANCELLED				
6/11/2020 (Thu, 7-9pm)	?	Art Journaling Workshop	Samantha Matthews (Art Across Borders)	artacrossborders.com	Member - Free, Non-member - \$10
7/11/2020	Date TBC	Picnic	Peggy Niece House- Oxford NJ		N/A
Aug		Summer Break			N/A
9/10/2020 (Thu, 7-9pm)	TBC	Eagle Photography- Lecture	Bob Behrent		Free
10/10/2020 (Sat, 1-3pm)	Yes	Sculpture with Sculpy Workshop	Hillary Hill		\$10/person for sculpy
11/14/2020 (Sat, 1-3pm)	Yes	India Ink & Watercolor workshop	Toni Chaplin		Member- \$10, Non-member- \$25
12/12/2020 (Sat, 1-3pm)		Holiday Lunch/Dinner			Members & Family only

Held at Oxford Municipal Bldg unless otherwise noted.



Treasurer's Report

March 2020

Balance: \$3061.12

Membership renewal due date extended to May 2nd.

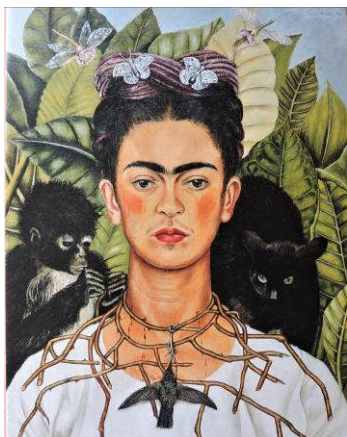
2020 Warren County ARTS Exhibition Schedule

Start	End	Exhibitor	Reception	Title/Theme	Entry Fee
18-Jan-20	14-Mar-20			& Silhouettes	Members - Free, nonmembers- \$15
14-Mar-20	2-May-20				
TBD	18-Jul-20			Open Art Exhibit	Members- \$15, non-members- \$25
18-Jul-20	5-Sep-20				
5-Sep-20	24-Oct-20				
24-Oct-20	5-Dec-20				
5-Dec-20	30-Jan-21			Winter Art Exhibit	

Shop at [smile.amazon.com](https://www.amazon.com/smile) and AmazonSmile donates to Warren County Arts Corporation at no cost to you!



Artist Glimpse: Frida Kahlo



Artist Glimpse: Frida Kahlo

By Jean M. Perry

Frida Kahlo (1907-1954) was the daughter of Hungarian Jew and a Mexican Indian. Crippled in one leg by polio at age 4, Frida claimed her birth date to be 1910, the year of the Mexican Revolution. Her photographer father, would take Frida on his photographic excursions, seeing a talent in his daughter. While on a political rally, Frida was severely injured in a bus accident at 18 and almost died. Frida began to paint her portraits when her mother gave her paints and an easel while she was lying in bed recuperating. Frida took on her Mexican heritage when she married the famous muralist, Diego Rivera. She continued to portray her images as if telling her autobiography. Frida had numerous surgeries and lived in pain her entire life. She was an alcoholic and drug addict and like Diego, had many affairs, including a relationship with Trotsky during his political refuge.

Her work is considered “surrealistic”, even though she did not intend it to be. Her paintings represent pivotal events in her life, sometimes happy, often difficult or frustrating. Her last still life painting of watermelons is titled “Viva la Vida” (Long Live Life).

In her Self Portrait with Thorny Necklace” one sees a wreath of thorns with dead hummingbirds hanging on her neck. In Mexico, hummingbirds have two representations: the talisman for love and happiness or as dead bird heroes because they are reincarnated when they return to earth. Frida had many pets. As she was unable to bear children to term, she saw them as her children. In this painting, the monkey is picking at the thorns, causing more pain and the cat is eying to attack the hummingbird. She is not comforted. The lush vegetation and beautiful insects represent the Mexican “naturaleza viva” (living nature), to which we return. And, of course, one observes Frida’s identifying “unibrow” and mus-

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Website: www.wcarts.org
Facebook: @wcarts- warren county arts corporation

In 2017 Warren County ARTS (WCARTS) celebrated 25 years as an arts organization in Warren County NJ! After all this time we continue to be a close knit group dedicated to our mission to promote the advancement of the arts in Warren County and provide a venue for artists of all disciplines to learn with a variety of monthly programs. We welcome anyone who is an artist, wants to be an artist or appreciates the arts & just enjoys hanging out with artists! Our

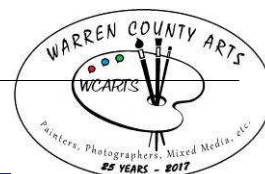
About Warren County Arts

meetings are held once a month at the Oxford Municipal Building in Oxford, NJ. Each meeting has an exciting program to stimulate and educate. We have one judged exhibition, several non-juried shows as well as solo exhibits on display throughout the year in the Oxford Municipal Building. We offer special day trips & other events to the membership which are free or low cost. WCARTS is a not for profit

**“Warren County ARTS
celebrated 25 years in
2017”**

501(c)(3) organization. Funding for our programs is made possible, in part, by a grant from Warren

County Cultural & Heritage Division of Land Preservation. We encourage everyone to share their knowledge & experience with the group in the form of a workshop or lecture.



President: Pamela Dulaff
Vice Pres: Hillary Hill
Treasurer: Peggy Niece
Secretary: Carol Zielinski
Member at Large I: Brian Daum
Member at Large II: Rosemary Barcellona
Membership: Peggy Niece
Newsletter, Social: Pam Dulaff
Programs & Day Trips: Pam Dulaff
Exhibit Chair: Brian Daum
Hospitality: Open
Publicity: Rosemary Barcellona
Historian: Pat Olds

How daily journaling can help at this time

I've heard from artist friends from all around the world and many of them have described how—as a result of the current pandemic situation—they find themselves *"unfocused and jumping from one thing to the next throughout the day"*.

If that describes your day, I know exactly how you feel. Our emotions can fluctuate between extremes of despair and hope. The outcome is that we lose focus or might feel hopeless!

But I believe that, no matter how we feel, in order to bring some structure and calm to our days, one of the

actions that can help us is to keep on being creative.

For me, creativity goes beyond the idea of producing artistic pieces of



painting, photography or food.

Keeping the creative spirit alive comes from recognizing that we, as human beings in the present moment, can use our imagination to make new connections and solve our challenges.

We can begin by reinventing the small ways in which each of

our days evolves.

The current state of the world, deeply affecting us, is an invitation and opportunity to find ways to handle ourselves resourcefully under circumstances that we couldn't have predicted.

By recognizing and practicing different aspects of our creativity we can contribute to our own physical and spiritual well-being. Taking care of ourselves in all

dimensions is taking care of those who surround us.

I have been keeping a daily written diary most of my life and have recently started a daily journal sketchbook. Nothing much, just 30 minutes or so and I've found it to be very relaxing. Using all sorts of materials, collage, markers, watercolors, crayons etc. I've shared pictures of some



of my pages here.

These days, I have made a conscious decision to keep up with my daily writing. Even if I can't bring myself to focus energy on other artistic endeavors, I make sure to use my pens and my keyboard.

If you have never tried journaling, or even if you have, I hope you draw some ideas and inspiration from this post.

