

From the President

It occurred to me after receiving an announcement of a fundraiser for *Life With Cancer House* from Marni Lawson that this was yet another instance of the good of art, both appreciating art and doing art. I have lost count of the number of my students who have confided in me that they were using my class expressly as therapy during recovery from a serious medical condition. Many of these and other students seem to seek out the comfort of just being with like-minded colleagues doing something that is creative and fun, and thereby taking their minds off of their troubles.

At a deeper level, creating art and viewing art seems also to play a positive role in healing. More and more, our medical schools are incorporating various versions of holistic medicine wherein both the mind and the body are seen to cooperate in dealing with disease in our very complex systems.

Many of us have experienced the healing effects of meditation in yoga. The results are temporary and hence are repeated on a regular basis. For the artist, our "medicine" is imbibed whenever we go to the studio, where we enjoy a comfortable and pleasing environment. We immerse ourselves in the challenge before us, picking up the tools of the trade and converting a blank piece of paper or canvas to a new creation of color, form, and insight. Even when the work is deemed to be a "failure," we have tapped into inner resources that surely have enlivened our dormant systems and contributed to a healing at some level.

As a former runner, I have experienced

the effect known as the "runner's high." Exercise physiologists have identified chemicals called endorphins that trigger this effect. But it is not all chemically based; a psychological change takes place as well. The analogue to the painting experience is clear. When we do art, we open up ourselves for the "painter's high." Isn't it great when something you love to do is also good for you? Now, if only that held true for hot fudge sundaes (sigh!).

Peter Ulrich

Done Any Good Deeds Lately?

Have you donated your time recently by doing a free demo or speaking in public? Helped a school class with an art project? Let us know so we can put a note in the newsletter - it's nice to share the news and it makes it clear that we are furthering our mission as a non-profit organization. Send any news to debconn@cox.net.

Coming Up

St. Andrews Show & Sale
November 7-8

Fall Membership Meeting
December 13

Linda Baker Workshop
March 22 - 26, 2010

Congratulations to VWS Award Winners



Congratulations to PVW members who won awards in the Virginia Watercolor Society show at the Workhouse Arts Center in Lorton!

Chica Brunsvold - Second Place

Jean Gill - Award of Excellence

Tricia DeWeese - Award of Excellence

Lynda Pitman, Honorable Mention

Betty Ganley - Honorable Mention

What's New with PVW Members

Carol Bouville will be teaching a weekend collage workshop at Plaza Artists Materials in Rockville Nov. 21 and 22.

Gwen Bragg and Kay Eghazy will have paintings on display at the horticultural center of Green Spring Gardens Nov. 27 – Dec. 27, with a reception Nov. 1 from 1 – 3 p.m.

Chica Brunsvold recently won an award from Northwest Watercolor Society and was a finalist in the Artist's Magazine annual contest, "Experimental/Abstract" category. She won 2nd Place at the VWS show at the Workhouse Arts Center. Chica is giving a program for the Gaithersburg Fine Arts Association on Nov. 12 that will include her slide show, "The Evolution of ZOOillogicals®" and a demo of watercolor on Yupo.

Deborah Conn has joined the Loft Gallery in Occoquan.

Eleanor Cox's painting, "Greve Day," is in the 89th Annual

Exhibition of the National Watercolor Society, Oct. 10 – Dec.

20, in Brea, CA. She took a group of 11 painters to Greve, Italy, in September, and a group show, "A Splash of Tuscany," will run Nov. 20 – Dec. 18 in Richmond.

Carolyn Grossé Gawarecki will be taking a watercolor workshop group to the Domaine du Haut Baran, France, April 29-May 10, 2010. Carolyn is teaching a local watercolor workshop at Green Spring Horticultural Park on Nov. 14 on painting trees.

In addition to the "Best in Show" and honorable mention that **Jean K. Gill**, AWS, NWS, received in the PVW Green Spring Gardens Show and 35th Anniversary Show, respectively, she received the Canson, Inc. Award in the 17th Annual National of the Western Colorado Watercolor Society and an award of excellence in the VWS 35th Anniversary Show. She had paintings accepted into the BWS Mid-Atlantic Regional and the Philadelphia Watercolor Society's 109th International Exhibition of Works on Paper. Jean also won an Award of Excellence in the VWS show in Lorton. In 2010, she will be listed in

Marquis *Who's Who in American Art*, and one of her paintings will appear in a new book, *Artistic Touch 4*, by Chris Unwin. Other PVW members to be included in the book include **Chica Brunsvold**, NWS, **Tricia DeWeese**, **Chris Heyse**, and **Liz Roberts**, NWS.

Anne Hanna is having her annual show with Karl Koerner at the Darlington Art Center in Darlington, Pa. Koerner was Andrew Wyeth's next door neighbor and Wyeth was his mentor. Wyeth painted the Koerner house at least 50 times over the years.

Margaret Huddy did a painting of the White House that is incorporated into the 2009 White House ornament. She is teaching watercolor painting on



the Cunard ship Queen Victoria over Christmas and New Years.

Ardythe Jolliff was invited to be a guest artist at the Birger-Sandzen Memorial Gallery in Lindsborg, Kansas. Twenty-six of her paintings were on display until October 25. She is also participating in a group show at the Quiet Waters Park Galleries that runs Oct. 1 – Nov. 15.

Christine Lashley's work has appeared in several juried shows: "Poetic Art," at the Workhouse Art Center in Lorton, Oct. 21 - Nov. 20; Expressions Portrait Competition, at Artspace Herndon, VA, Sept. 29 – Oct. 25; and the American Women Artists National Juried Competition at the South Street Art Gallery in Easton, MD, Oct. 10 – Nov. 8.

Marni Lawson's painting "Kissed By Fate" is the season's program cover for the Prince William Symphony Orchestra. They are also using "Wind Sheer #2" for the homepage of the organization www.pwso.org. Marni is also showing at a benefit at the Westwood Country Club

in Vienna on Nov. 11, from 6-9 p.m. and at the Unitarian Universalist Church in Fairfax Nov. 21-22.

Pauline Lorfano was elected a Signature Member of the American Society of Marine Artists. She recently sold sixteen paintings to an art patron. In October, Pauline gave an acrylic workshop for the Fairfax Art League and an acrylic demo for the Vienna Arts Society.

Betzi Robinson is an Invitational Artist in the Joint Juried Exhibition of the Sumi-e Artists of Canada and the Sumi-e Society of America's show "Sumi-e for Today," held this October at the Japanese Canadian Cultural Centre in Toronto, Canada.

Colleen Sabo received the President's Award for her painting "Market" at the Salmagundi Club's Non-Member Painting and Sculpture Exhibit in New York City in July. Her painting "Livia" has also been accepted for exhibit in the 113th Annual Exhibit of the Catharine Lorillard Wolfe Art Club in October in New York City.

Linda Sherman and **Debra Halprin** are having an exhibit of paintings at Chloe's Cafe and Gallery, Gaithersburg, Oct. 20 – Nov. 5.

Margy Stancill's painting "Rainbow Chard" was on the cover of the summer issue of Edible Chesapeake Magazine. The same painting won 1st place at Kensington's "Paint the Town" in Still Life, and she also won second place in Landscape.

Barbara Sullivan received Equal Merit Awards in June and August at the Workhouse Art Center Art Guild juried shows for two of her paintings, "Fantasy Island" and "Montauk Harbor."

SAVE THE DATE!

Fall Membership Meeting
St. Andrew's Church, Arlington
1:30, Sunday, December 13

The program will include our annual art supplies sale, a collage demonstration by Linda Maldonado, a brief business meeting, the drawing for our website's featured artist, and door prizes.