

MVAL

Art & the Artist

January 2026

Newsletter for the Mid-Valley Arts League



Lynne Fearman

Demonstration by Carmen Daugherty
Welcome the New Year!

**MID-VALLEY ARTS LEAGUE
2025 - 2026 BOARD OFFICERS**

President ----- Dilmit Singh
 First Vice President (Programs)
 ----- Elana Goldheimer
 Second Vice President
 (Membership) ----- Mary Archibald
 Third Vice President
 (Exhibits) ----- open
 Treasurer -----
 Recording Secretary
 ----- open
 Corresponding Secretary
 ----- Pam McGuern
 Parliamentarian -----

Membership in MVAL:
 Membership is open to artists and art lovers
 of all levels.
 If you are interested in membership
 contact:
 Mary Archibald
 archibald.m@gmail.com

WEBSITE:
 Midvalleyartsleague.org
 or MVAL.org
 Website Editor: Jennifer Zapp

Art & the Artist Editor:
 Joyce Nunamaker

All articles and announcements
 to be included in the
 Art & the Artist may be sent to:
 253 Windsong Court
 Azusa, CA 91702
 626-334-1646
 E-mail: janunamaker@verizon.net

Deadline is the first Wednesday of the
 month. If you have an event that takes
 place in the first half of the month - be
 sure to get it in the month before.



PRESIDENT’S MESSAGE

Dear MVAL Members,

Happy New Year! I hope the holidays offered moments of rest, reflection, and time to reconnect with what matters most.

January brings with it the anniversary of the LA fires—a sobering reminder of how quickly life can change and how deeply such events shape our shared history. In the aftermath of loss and uncertainty, we often look for sources of hope and connection. For those of us drawn to creative expression, art becomes a powerful bridge—one that helps mend what feels torn and offers both artist and viewer a path toward healing. In times like these, routine can provide grounding, and MVAL continues to offer both rhythm and community. Our monthly meetings give us a space to come together, share our work, exchange ideas, and enjoy each other’s company. At our December meeting, demonstrator Joe Cibere reminded us of the value of experimentation by showing how gouache can be used expressively within watercolor painting. His demonstration encouraged us to step beyond convention and remain open to new approaches.

This month, we are delighted to welcome long-time member Carmen Dougherty as our January demonstrator. Many of you are familiar with her award-winning work seen in shows and galleries. Her sketchbooks and negative paintings are a delight, and she is sure to share insights and techniques that will inspire and energize our own creative practices.

I’d like to close with a short poem by Rick Rubin that feels especially fitting as we begin a new year:
 Some ideas may resonate,
 others may not.
 A few may awaken the inner knowing
 you forgot you had.
 Use what’s helpful.
 Let go of the rest.

Our General Meeting will be held on January 21st. We look forward to seeing you in person, or on Zoom if you’re unable to attend. As always, the evening will include refreshments, Art of the Month submissions, raffles, and—most importantly—camaraderie.

Warm regards, **Dilmit Singh**
MVAL President

MEETING DATES

JANUARY GENERAL MEETING

IN PERSON and ZOOM MEETING

January 21st, 2026 - 7:30 PM
 Church of the Good Shepherd
 400 W. Duarte Rd., Arcadia, CA 91007-6819

FEBRUARY BOARD MEETING

February 4th, 2026
 7:00 PM Virtual Meeting via Zoom.

JANUARY DEMONSTRATION

CARMEN DAUGHERTY via Zoom

Carmen Daugherty is an avid watercolorist and urban sketcher.

Since she retired from teaching elementary school students in 2019, she has been able to devote most of her time to her daily art practice. When she is not outside plein air sketching with friends she is in her studio painting in watercolor or sketching in her sketchbook journal.

She has studied with Urban Sketchers Stephanie Bower, Shari Blaukopf, and Suhita Shirodkar and watercolor artists Brenda Swenson, Richard Scott and Julie Crouch.

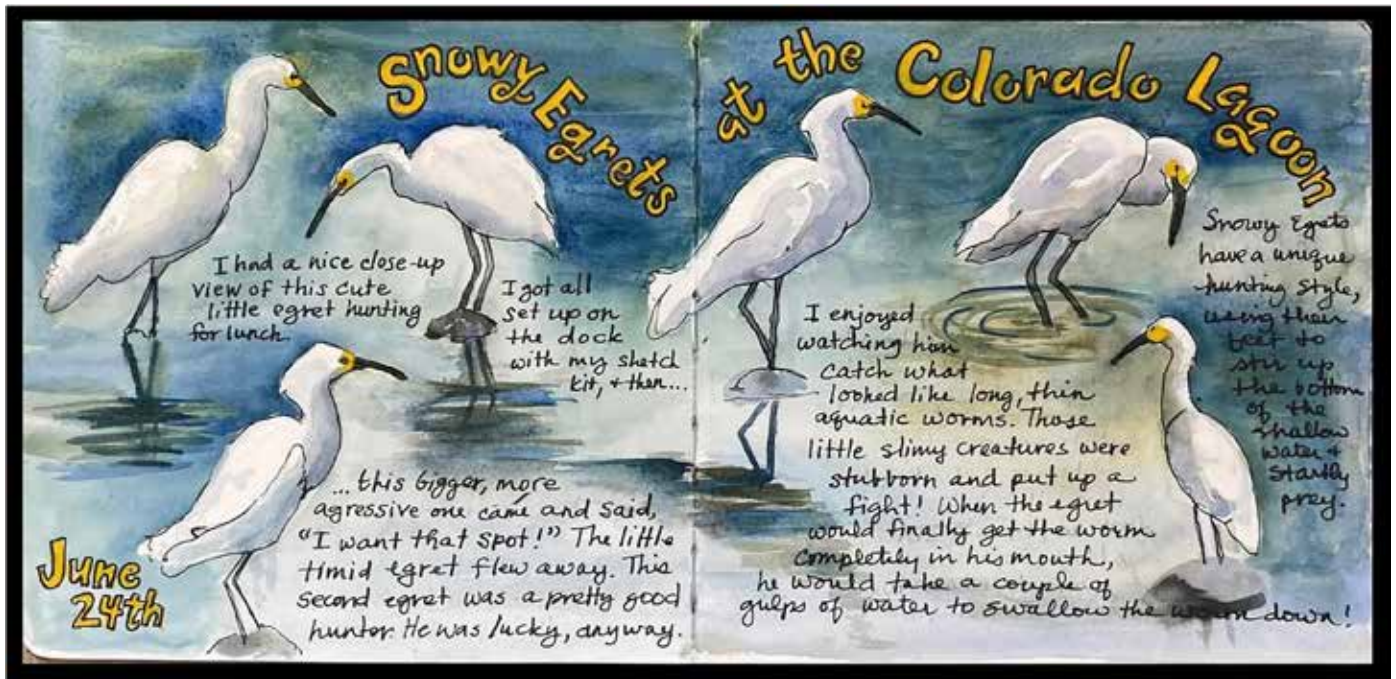
Carmen's plein air paintings have been juried into the Laguna Plein Air Painters association and her watercolor florals have won awards at Mid Valley Arts League and South Bay Watercolor Society.

She enjoys walking, Pilates, studying Italian and Spanish and traveling. Carmen lives in Seal Beach, California with her husband Jerry.

Carmen's artwork can be viewed on Instagram at www.instagram.com/carmenldaugherty

Carmen is excited to share her sketchbooks with you all! She will be presenting a slide show of the different ways she uses sketchbooks.

She will demonstrate a quick sketching technique and she will share her outdoor sketching kit.



IN PERSON MEETING

Church of the Good Shepherd
400 W. Duarte Rd., Arcadia, CA 91007-6819

ZOOM MEETING

You will receive an email before the meeting telling you how to log on ZOOM to attend.
Open for log-in starting around 7pm.

ART OF THE MONTH

Art of the Month is going back to being in person, at the meeting only.
Work may be framed or matted so that it can be displayed on an easel.
If you have an easel, floor or table style, PLEASE bring it.
WINNER RECEIVES A RIBBON!

All subjects are welcome.

Nikki Thomas
Art of the Month Chair
Artist of the month Chairman

DECEMBER WINNER

Mary Gilman
1st place



MILLARD SHEETS GALLERY JANUARY OPEN STUDIO



January 7 - 29, 2026 from
Dates: January 7, 8, 14, 15, 21, 22, 28 & 29
1 - 5 PM

A free open studio for artists and the broader Los Angeles Creative community.

Experience a dedicated space where artists can focus on their craft – ceramics, sewing, 2D/3D drawing, painting and more – free from distractions! This physical environment fosters creativity, allowing for experimentation, and the pursuit of artistic vision and practice. Stay for an hour, stay for two – it's up to you. It's a place for artists to meet, share resources, collaborate and grow.

NEW MEMBERS

Phyllis Tseng
Temple City, CA

Phyllis was born in Taiwan and now resides in the United States. She was one of our demonstrators last November. Phyllis claims no art background but has studied watercolor for 15 years and loves it!

Raul Mena
Espie Mena
Monrovia, CA

Last month we missed including Espie with Raul in a couple membership. Sorry for the mistake!

THURSDAYS IN PLEIN AIR

To confirm or ask questions CHRIS GALLISON - Questions?
Text me at: (626) 620-0807

Bring lunch or take a chance there will be a place to buy.

If you are on Facebook, join the "Thursdays in Plein Air" Facebook Page.

The Facebook page will keep you updated on any changes and connected with the other painters!

JAN 15th - MATER DELOROSA RETREAT CENTER
700 N.. Sunnyside Ave. Sierra Madrea,

JAN 22nd - AUDUBON CENTER AT DEBBS PARK
4700 Griffin Ave. Los Angeles, CA

JAN 29th - PASADENA MUSEUM OF HISTORY AREA
470 W. Walnut St. Pasadena

ON THE COVER

Cover art, Tree Detail, this month was provided by **Lynne Fearman.**

I need more cover art!
Please send images to: janunamaker@verizon.net

REFRESHMENTS

We are taking donations of small paper plates, napkins and cups that you might have left over from any event. We don't care if it is for an out of season holiday or birthday, we just want to help cut costs on our refreshment table.
There will also be a container for cash donations.



‘ZEN BRUSH PAINTING’
An In-Person Workshop on the Art of Classical Japanese
Brushwork with Artist, Susan Perry,
February 24, 2026



Since 2004 Susan has been actively showing her artwork in over 20 different exhibits as well as teaching brushwork classes and demonstrating big brush over the years. She has won awards through juried exhibits hosted by the Artists Association of the Inland Empire (AAIE) and the Pomona Valley Artists Association (PVAA) for her artwork, including a first place ribbon in 2017 at the PVAA monthly show.

In 2025 Susan became Vice President of the Pomona Valley Artists Association, a local NPO and artists' cooperative since 1952.



REGISTRATION: Please register on the website: MVAL.org

This workshop is for all levels of participants.

Location: Church of the Good Shepherd, Arcadia

MVAL Members \$80
Non Members \$95

Date of the workshop: Feb. 24, 2026
9:30 to 2:00, with a half hour lunch break

WORKSHOPS

New Payment Options for Workshops

We are streamlining the process for members and others to sign-up and pay for MVAL workshops. You can now access a registration form and pay online with a credit card via the Mid Valley Website.

Note: if you have already mailed in a paper form and check for the upcoming Liz Walker workshop on Oct. 21 & Oct 23, your registration is considered accepted.