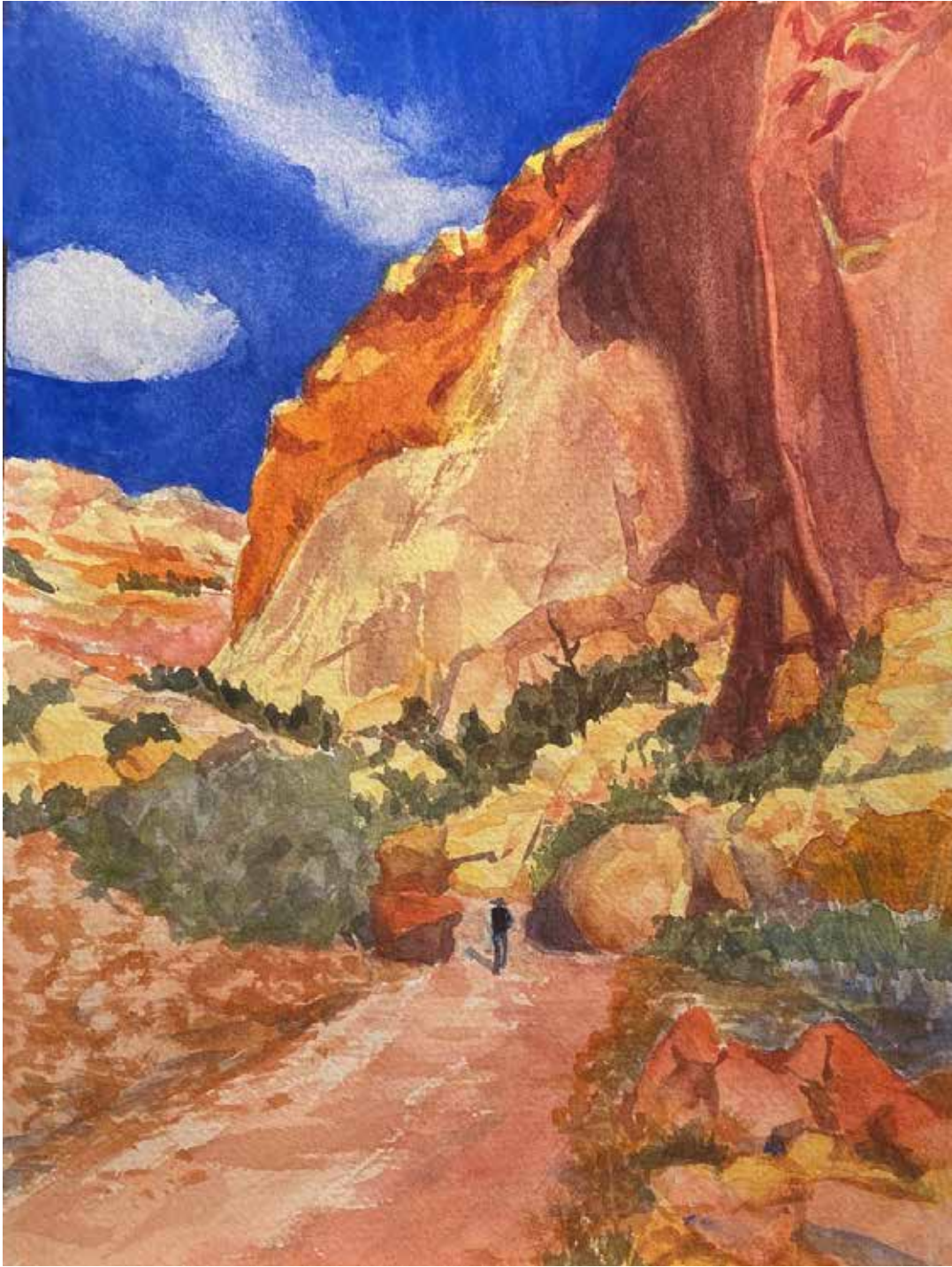


MVAL

Art & the Artist

September 2024

Newsletter for the Mid-Valley Arts League



Jane Levy

**DEMONSTRATION BY CHRIS FRAUSTO
DAVID DANIELS WORKSHOP**

MID-VALLEY ARTS LEAGUE 2024 - 2025 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
 ----- Monica Homer
 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

Welcome Back, MidValley Artists!

Hope you had a restful summer and were able to devote time and space to artistic endeavors that bring gratification and joy not only to the self but to others around you. "The spirit sports with time," as Emerson reminded us and we can "crowd eternity into an hour or stretch an hour to eternity." Creative hours can do both – crowd eternity or stretch time!



My transition from "Zoom monitor" to "Room monitor" may appear seamless but I have big shoes to fill. I'll be at the general meeting to greet you on Wednesday, September 18, as John, our esteemed "retired president" ensures the working of the simulcast equipment that he has so generously spent time generating and implementing. This message would be incomplete without a shout out to John for the past four years. He has taken care of us and brought us out of the pandemic with his uplifting messages and in person presence. Jeanne Windoffer has graciously accepted to monitor the Zoom component - thank you, Jeanne. I hope that we continue to create in the spirit of living well and learning from each other.

As I extend a warm welcome to our new members, I reiterate that they are in for a treat with some great monthly demonstrations, workshops, and in person events. On that note, our demonstrator this month is Christina Frausto who will lead us through a book binding demonstration. She is bringing supplies to engage us in the hands-on creation of books. Look for more information in this newsletter.

We will announce the date for the members exhibition soon. Hope you've got your masterpieces ready and framed for submission. Pam McGuern and John Byram are arduously working on finalizing the date and venue.

Additionally, we have an upcoming three-day workshop - September 24 -26 - by renowned watercolor artist David R. Daniels. Check out his vibrant work at <https://mrwatercolor.com/>. Thank you, Liza Carrillo and Elana Goldheimer, for bringing this great instruction to Mid Valley members. You can join and support your individual and collective artistic journey from the comfort of your home!

Dilmit Singh
MVAL President

MEETING DATES

SEPTEMBER GENERAL MEETING

IN PERSON and ZOOM MEETING

September 18th, 2024 - 7:30 PM
 Church of the Good Shepherd
 400 W. Duarte Rd., Arcadia, CA 91007-6819

OCTOBER BOARD MEETING

October 2nd, 2024 - 7:00 PM
 Virtual Meeting via Zoom.

SEPTEMBER DEMONSTRATION

CHRIS FRAUSTO IN PERSON AND VIA ZOOM

Chris Frausto is a mixed media artist. Chris Frausto uses found objects and other oddities found at thrifts, estate and yard sales, incorporating them into her art. Frausto finds fun in presenting objects in another form, beyond their original intended use. Frausto's work is also grounded in her relationship with books and sees her art being a reflection of our times: the demise of the book and the beauty of turning the pages. The show covers over 50 years of artistry spanning 2-D, 3-D, altered books and bookbinding techniques.

BAG BOOK DEMONSTRATION

I will be demonstrating how to make your own "Bag Book."

As a bookbinder, this paper book is very easy & fun to make, yet demonstrates the basics of Bookbinding.

Chris will be bringing some supplies to the meeting.

If you would like to make your own book along with her during the demonstration here are the supplies you will need:

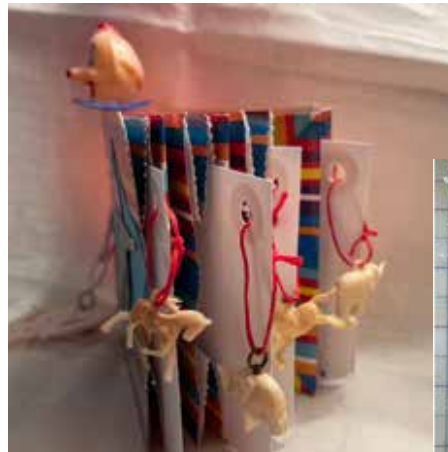
- 2 paper lunch bags
- 2 pieces of cardboard, 4 1/2" x 4 1/2"
(Please hole punch the top of the cardboard)
- Strong needle
- Strong thread, cord or twine (must be able to go through your sewing needle)
- Ribbon, about 2" long

IN PERSON MEETING

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

ZOOM MEETING

For those preferring to stay home. You will receive an email before the meeting telling you how to log on ZOOM to attend. The meeting will be open for log-in starting around 7pm.



Project similar to the one that will be demonstrated.



Other projects by Chris Frausto. .



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.

There will be no themes. Bring whatever you would like to share.

Nikki Thomas
Artist of the month Chairman

DAVID DANIELS WORKSHOP

There are still plenty of openings for the David Daniels workshop, September 24-26.

Don't miss the opportunity to learn from this dynamic painter.

This workshop will be held on-line. See attached flyer.

ON THE COVER

Cover art is *In Grand Wash, Capitol Reef* by **Jane Levy**.

ART AND THE ARTIST COVERS

I need cover art!

Art does not need to be full paintings, sketches, plein aire studies and workshop work is welcome.

You can get a pretty good shot of your work just using your phone. Make them as square as you can, but don't stress, I can clean up crop your photo.

Send your images to janunamaker@verizon.net and help me collect a folder full of images to use!

Thank you,

Joyce Nunamaker
Editor, Art and the Artist

NEW MEMBERS

Jeannie Brown
Monrovia, CA
watercolor

Lisa Fragiaco
San Marino, CA
watercolor

Rodica Ionasescu
La Canada, CA
watercolor

Sally Kendall Stokes
Altadena, CA
watercolor

Valeska Frueholz
Alhambra, CA
watercolor, oil, mixed media

Peggy Trindle
Upland, CA
watercolor

Diane Stokes
Pasadena, CA
oils, watercolor

Lily Young
Arcadia, CA

Dora Hsu
Temple City, CA
watercolor

Fran Papa
Monrovia, CA
watercolor

Linda Alleman
Pasadena, CA
water mixable oils

Kendyl Young
La Canada Flintridge, CA
watercolor, pen, ink

Chris Frausto
Ontario, CA
Assemblage, book art

THURSDAYS IN PLEIN AIR

To confirm or ask questions Call Lynne Fearman (626) 355-7562 cell: (626) 487-6566
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!

Meet at the designated location at 9:00am and paint till 12:00.

At noon we gather for lunch and sharing of sketches and paintings. After lunch is the critique/share.

The critiques are informative and instructional. In the event of rain the paint-out will be canceled.

We have done our best to give accurate directions. Since we are based in San Gabriel, our directions stem from there.

It is each person's responsibility to carry a map, GPS, or double check direction.

Bring a folding chair, hat, bug spray, and umbrella if you have one.

We will cancel in case of rain or very high heat.

SEP 5th - PASADENA COURT OF APPEALS

125 South Grand Ave.

SEP 12th - MONROVIA PUBLIC LIBRARY

321 S. Myrtle Ave.

SEP 26th - VICTORY PARK, PASADENA

At Altadena Dr. and Paloma.

OCT 3rd - THE GAMBLE HOUSE, PASADENA

4 WESTMORELAND PLACE. OFF ORANGE GROVE.

OCT 10th - FRANK BONELLI PARK, SAN DIMAS

Take the 210 Freeway to the 57 Freeway south. Take the Ragging Waters Dr. Exit. Meet at the boat launch. Bring lunch.

OCT 17th - THE HOME OF MOLLY MUNGER

450 So San Rafael Ave. Pasadena.

OCT 24th - CHURCHES AND OLD GAS STATION, MONROVIA

On Shamrock at Walnut Ave. just north of Huntington.

OCT 31st - HOME OF MICHELLE LOFTHOUSE FOR HALLOWEEN ON STEROIDS!

1145 Orange Ave. Bring lunch.

No parking on the south side on Thursdays.

NOV 7th - THE GAMBLE HOUSE, PASADENA

4 Westmoreland Place. Bring lunch or eat out nearby.

NOV 14th - EXPOSITION PARK ROSE GARDEN, LOS ANGELES.

Bring lunch.

NOV 21st - FERN DELL PARK, LOS ANGELES.

Just past the road that leads up to the observatory, take Fern Dell Dr. up to "The Trails" Café. Where we will be having lunch.

NOV 28th - HAPPY THANKSGIVING!

DEC 5th - CHINA TOWN, LOS ANGELES

DEC 12th - EAST FORK OF THE SAN GABRIEL RIVER, AZUSA.

Take the 210 to Azusa Ave. after leaving the city proper keep going up the canyon (approx.. 6.7 miles) look for the bridge on your right. Bathrooms and picnic tables. Great overlook of the river.

DEC 19th - CLAREMONT TRAIN STATION.

“Vibrant, Personality-filled Paintings”

An Online Workshop with National Artist, David Daniels

September 24 - 26, 2024

Watercolor paintings can be so much more than a checklist of watercolor techniques. David Daniels goes beyond paint application basics and shows you how to construct strong, vibrant, personality-filled paintings. David firmly believes that planning does not destroy creativity, but creates opportunity. In this workshop, the participants will be responsible for their own subject matter—it is not a paint-along. Daily one-on-one critiques and demos will be vital to helping you find your watercolor voice.

Participants will learn:

- how to find the essence of her/his subject matter
- how to construct compelling compositions
- to see shapes, not objects
- how to create a color strategy
- how to use frisket to achieve batik-like effects
- the importance of value patterns in her/his work
- how to paint loosely while staying true to the subject matter





Workshop Artist Instructor: DAVID DANIELS

David earned a Bachelor of Science Degree from Central Michigan University in Mt. Pleasant Michigan . From a young age he loved nature, and looked to it for an "inexhaustible supply of ideas." This fascination with nature led to his formal training in botany and biology. Although he knows his paintings would never be considered photorealistic, his scientific studies continue to influence his work. He makes great efforts to represent his subjects as anatomically and botanically correct.

In 1982 he earned a Master of Art degree, again from Central Michigan University. After 15 years of teaching in the Michigan public school system, he moved to Washington, D.C., to pursue an art career.

David's work has been selected numerous times for solo exhibitions in Michigan and the Washington, D.C. metro area, and his paintings are in many private and public collections around the world, including the National Institutes of Health. He has been the recipient of Best of Show awards from organizations such as the Capitol Hill Art League and the Washington Watercolor Association, and was inducted into *Who's Who in American Art* in 2005. In addition to being a full-time artist, he teaches watercolor painting at the Smithsonian Institution, Montgomery College in Rockville, Maryland.



REGISTRATION

Please use this form to register for the workshop.

This three-day workshop is for all levels, but experience with the watercolor medium is highly desirable.

**David Daniels Online Workshop,
"Vibrant, Personality-Filled Paintings"**

**SEPTEMBER 24-26 (Tue to Thur), 2024
9:00 a.m. to 3:30 p.m. (PST); includes a
half-hour noon break**

PC/iPad/Phone and Internet access will be needed.

Fee: \$275 MVAL Members /
\$310 NonMembers
No Refunds after Sept 15, 2024

Name: _____

Address: _____

City/ZIP _____ **10**

Phone: _____

EMail: _____

Enclosed is my check for: \$ _____
Check one: MVAL Member Non Member

Mail to: MVAL c/o Liza Carrillo, 418
Charleston Dr., Claremont CA 91711
Questions: lcarrillo418@gmail.com