



Highlights

www.grandvalleyartists.com

April 2018



GVA PHOTO GROUP SHINES



Photo Group is a diverse mix of unique people who have special skill sets beyond photographic capabilities. The members stepped up to help with the reception, and so many of them were there multiple times to do whatever was needed. No one grumbled or complained. Instead we laughed and performed like a smooth, motivated team. There wasn't one wrinkle!

We hope you enjoyed our work, and thanks to all who were able to attend.



See Larry's Show!

Larry Blovits will have a showing of 22 of his oils and pastels titled "A view of my artistic journey from the past to the present" during the months of April, May, and June at the Bruce and Mary Lee Art Gallery, Pine Rest Postma Center, 300 68th Street SE, Grand Rapids, MI 49548



Utahian - pastel

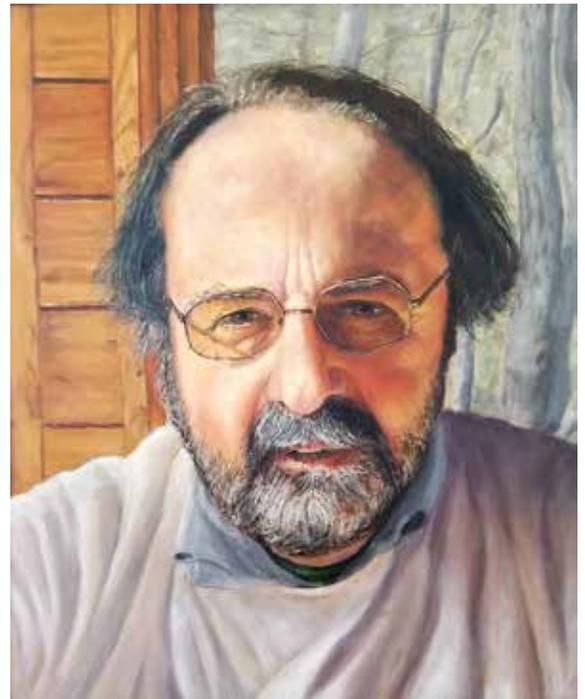


A Moment's Pause

West Michigan Art Competition Results

Submitted by Gene Sampson

In early January, 2018, a "Call to Artists" went out to artists in 25 west Michigan counties to submit photographs of their art for the 32nd Annual Lowell Arts West Michigan Art Competition. Two hundred and twenty-eight submissions were sent in. Ryan Kaltenbach of the Northville Art House in Northville, Michigan, served as the juror for this show. Before looking at the submissions, the juror paid a visit to Lowell Arts' new gallery space. After viewing the artwork in three different sessions, he chose the 121 pieces that are now on view in the show. The works included paintings, photography, steel and wood sculptures, jewelry, stoneware, and fiber works. Grand Valley Artists members with work in the show include Mark Andrews, Hannah Apps, Rose Ellis, Diane Haworth, Jon Hunter, Bill Ingraham, Kathleen Kalinowski, Bonnie Kolarik, Mary Marin, Sri McCarthy, Randall Nyhof, Susan Pragaspthy, Barbara Clayton Price, Gene Sampson, and Steve Scarborough. Hannah Apps was awarded an Honorable Mention for her outstanding oil portrait of "Gary," seen here. The show will run through April 14th at 223 W. Main St., in Lowell.



Richard Schaf at Clark

The reception for Richard Schaf's exhibit at Clark will be Sat. April 21 from 3 to 4:30 in the Donna Chase gallery. Please stop in to see his beautiful work!

Pasta-Thon!!!

WHAT: PASTA-THON!

WHEN: Thursday, April 12th at **6 p.m.**

WHY: To Welcome Our New Members

Fingers crossed, winter should be over by April 12, so let's all plan to leave the cozy confines of our homes to mingle. If you joined or rejoined GVA since 2016, bring yourself and a guest if you like. We'll answer any questions you may have about GVA's past, and we'll share exciting future plans. Some of us have already met some of you, but none of us have met all of you. It's time!

So GVA members, old and new, bring your appetite and a pasta dish to share (hot or cold), and we could use some salads, too. If you bring a hot dish, please bring a way to keep it warm. GVA will provide rolls, wine, water, coffee and cookies.

At about 7:30 p.m., Randy Nyhof will be showing a 60-minute BBC episode of The Power of Art, on Vincent van Gogh, for all who can stick around to see it.

If you're bringing a dish to share, please email Joanne Swann at joswann@sbcglobal.net or text or call and leave a message at 616-406-8648. I will also post a sign-up sheet at the studio as well so she can get an idea of the number of people participating.

Hope to see you there. **Please note the earlier start time, 6:00 p.m.**

Photo Group

**Submitted by
Randy Nyhof**

The Photo Group met for their regular meetings on March 6 with their usual critique and March 20.



At our meeting on March 20, fellow Grand Valley Artist Photo Group Member Dave Jackson demonstrated and got us involved in some long photography exposures using moving lights with colored electro luminescence wire, Christmas lights, and other lighting devices. It was great fun.

We meet again on April 3 for our regular critique. We would love for you to join us!





LTAC Competition at GRAM: Call for Artists

The LegacyTrust Award Collection is entering the ninth year of the LTAC competition and is in search of paintings, drawings, sculpture, photography, collages, and any other works of Michigan artists with disabilities. Register by April 21.

Registration: <http://ltacarts.org/registration/>



“Owashtanong,” oil on wood, by Ed Riojas



Fallasburg

Deadline to apply: April 1, 2018

LowellArts invites you to apply to the 50th annual, 2-day festival held in picturesque Fallasburg Park, located approximately 20 miles east of Grand Rapids in Lowell, MI. The event features 100 unique fine art and fine craft booths, food booths, children's craft area, craft demonstrations, and music performed on an outdoor stage. Annual attendance estimates are 25,000.

September 15 & 16, 2018

Saturday and Sunday, 10 a.m.–5 p.m.

Festival Address: Fallasburg Park, 1124 Fallasburg Park Drive, Lowell, MI, 49331.

Application to be an artist at the festival is available on-line at www.zapplication.org.

LOWELLARTS | 223 W MAIN ST | LOWELL, MI
www.lowellartsmi.org

The 44th Annual

ART in the PARK

Call for Artists

The 44th annual Art in the Park will be held on the grounds of Lake Odessa's shady and picturesque Village Park on Saturday, August 4, 2018, from 9 a.m. to 4 p.m.!

The show features 70+ unique fine art and craft booths, favorite festival food, a children's craft area, live musical entertainment and, courtesy of our sponsors, lots of door prizes! The deadline to submit Park-Prize! applications is June 15, 2018.

Learn more at their website:
<http://www.lakeodessaarts.com>

GVA Gallery in April

Submitted by Jim Johnson

NARRATIVE ART

Our theme for the month of April is art that has a story to tell. It doesn't have to be an obvious story. It can be a very subtle, implied narrative. The kind of picture that's worth a thousand words. All 2D or 3D art is eligible, including drawings, paintings, prints, sculpture, fiber art, mosaic tiles, photography, digital works, etc.

Hang: March 26 / Monday a.m.

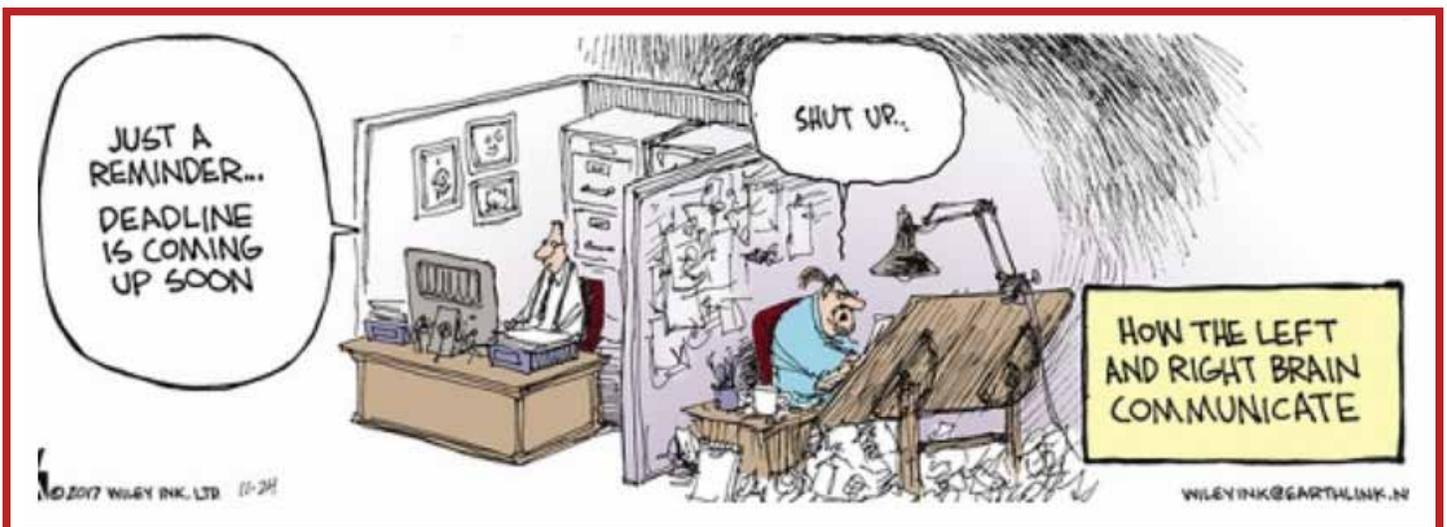
Strike: April 30 / Monday a.m.

Program Night

Submitted by Randy Nyhof

On March 8 Edward Riojas shared his long career from his education in the Fine Arts through the newspaper industry and back to his roots in the Fine Arts—as a sacred artist. See photos on page 4 and 7.

On April 12 we will have a **Pasta-Thon Dinner**. See info on page 3.



Dragon Fairy Designs: Introduction To Zentangle

Zentangle is an easy-to-learn, relaxing, and fun mindful meditation that creates beautiful images by drawing structured patterns. Meditation and art have been paired together for a long time. Examples are the designs in sacred architecture, Chinese/ Japanese calligraphy, and Indian Mandalas. This is nothing new. Zentangle has just been able to translate this relationship into a simple easy method for all. Initially a Zentangle practice increases focus and creativity along with an increased sense of personal wellbeing. Then it becomes a tool to help gain greater control of the moment and moments of choice. This helps you respond intentionally rather than reactively. Finally this mindfulness is powerful, and an effective method of helping you enhance your productivity, empathy, compassion, inner peace, calm, positive emotion, and personal resilience in the face of change.

Whether you are an artist or don't think you have an artistic bone in your body, you can use the Zentangle process. Even if you don't care about making art, you can use it to increase focus and creativity, connecting to your higher self or just for relaxation and fun. For many, the art itself is simply a side effect of the method. People all over this world, with a wide variety of skills and ages, enjoy and practice Zentangle. The creators of Zentangle believe that life is an art form and that the Zentangle Method is an elegant metaphor for deliberate artistry in life.

3 Hour Workshop:

Learn the basic terms and techniques to start practicing this mindful meditation. Create three Zentangle tiles, and see how powerful they are for you and as group by creating tile mosaics. Learn how to see the tangles in everyday life. All Supplies Are Included. Open to members and non-members.

Price: \$35 per Person

Class Size Limit: 30 people

Date: April 28, 2018, 1:30 p.m.–4:30 p.m.

Place: Grand Valley Artists

Register By Sending an email to: drgnffairy@att.net

Presented By: Dani Ehlenfeldt CZT



culturedGR: An Internet Arts Magazine for Grand Rapids

Submitted by Steve Scarborough

Holly Bechiri, editor-in-chief for culturedGR, came to our studio and gallery recently and talked with Carol Lurn and myself for over an hour. She was impressed with our group and facility and how we serve our members. Talking with Carol and Holly made me think about how many ways we help promote the arts in Grand Rapids and beyond.

Holly, through her involvement with culturedGR, has many of the same goals as we do. Both our groups promote the arts, especially important in a time where the newspapers and other news organizations are no longer based locally, but part of large and often impersonal, nationally owned conglomerates who don't report on the day to day connections that keep the arts alive and moving forward. Most local art coverage is simply no longer available in the press. That's why organizations like culturedGR have sprung up—to fill in the void.

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Quite a few links pop up about them, from their Facebook page to articles about their impact on Grand Rapids. Go to their website to read articles about local art events. They cover our Civic Theater, Meijer Gardens, the marvelous Children's Museum downtown, and the small venues, too. culturedGR is a web-only publication and can be accessed at <https://cultured.gr>.

In April, Holly will do an article for culturedGR about Grand Valley Artists, so be sure to go to their website next month (if not before) to read what they have to say about our wonderful organization.

“But even art that is pure beauty, pure color and form, that artist is putting more good, more beauty, more room to breathe in the world. That alone is a way to fight against all the evil in the world—by filling it up with beauty.” —Holly Bechiri

culturedGR



Ed Riojas presented at March's Program Night.

Not Getting an Email About the Newsletter?

If you are not receiving a link to our newsletter via email, please check your “SPAM” folder. If you find emails from GVA in there, please mark them “Not Spam.” You should be receiving a reminder that the newsletter is available online every month. Also, you can always pick up a hard copy at GVA. We invite members to take several newsletters to place them at your neighborhood coffee shop, etc., too.

Donate Your Extra Art Stuff...

The **Refugee Education Center** is an established, worthy cause. They are looking for these art supplies:

- Oil pastels and watercolor paints
- Larger construction paper and/or sketch paper
- Acrylic paints
- Cheap paintbrushes or sponge brushes
- Small canvases



Learn more at <https://refugeeducationcenter.org/donate/>



Loving Vincent is a 2017 animated biographical drama film about Vincent van Gogh, and in particular, the circumstances of his death. It is the first fully painted animated feature film. Each of the film's 65,000 frames is an oil painting on canvas, using the same technique as Van Gogh, created by a team of 125 painters. The story explores the circumstances surrounding Vincent's death, leaving us wondering how did he really die. You can get the video at Kent District Library.

Learning From Failure: Not As Painful As It Sounds

With the permission of Quinn McDonald

The email was neutral, but final: my art did not get accepted into a juried show. It's an experience every writer and artist knows as rejection. It's not a question of if, it's a question of when.

Over the years, I've let rejections destroy my confidence while cooking up bitter excuses: entries that have been digitally altered have an unfair advantage. Those judges hate (my medium, my color or substrate choice.) Yes, I've let the inner critic out of the cage to gnaw on my soul, leaving it half-eaten in the driving rain of self-doubt.

This time, having worked on a skill that separates creative self-expression from outside judgment, I was disappointed--for 10 minutes. It was disappointment, not crushing self-defeat. I can talk about it without shame. I'm writing about it to see if what I learned (over time) might help other artists who put their work on display to be judged by strangers.

Every artist (in any medium) takes carefully created work, and while hoping for engagement, success, and maybe a sale, sends it off to risk judgment, ridicule, and rejection.

The skill that I learned, the one that helped me survive rejection, is called non-attachment. Like every other skill, non-attachment takes practice to get comfortable with, and then good at. First, non-attachment does not mean not caring, not investing yourself, or ignoring your emotions.

Non-attachment is rooted in a simple idea: creators create for the satisfaction of self-expression and to make meaning in life. In my creativity coaching practice, I'll ask "Why are you writing this book?" (Or engaging in any expressive act of creation.) Most often, the answer is, "I want to get it published and make money." That's where the problem festers.

Yes, artists have to sell their work to pay the groceries and mortgage. If that is the primary reason, all creative decisions will be made through the marketing plan and all success will be measured in sales. That place is a dry, lifeless land of relentless competition and incremental failure.

The reason to create, to practice, to struggle with your creative urge is to express creativity and to make meaning in your life. That's the prime directive of the creative soul—make meaning. It is the process of creating that lifts the soul, not the price tag.

When you create work that requires your concentration, full attention, joy, fear, satisfaction--that is your reward.

What others think of your art is their opinion. You might grow from another opinion, but if you let random opinions steer your creative expression, you will forever be chasing approval. Your creative expression will no longer be tethered to your idea, it will be tied to someone else's preferences. That's an impossible space in which to create.

Here are 10 clear steps to get to non-attachment:

1. Work regularly. Creative work builds endurance and creative muscle.

2. Work relentlessly. Self-doubt? Keep working. Not sure the piece is good? Keep working. Tired? Get some rest, then keep working.

(This stage includes re-writing, editing, ripping out stitches, noodling with color, anything that improves the work.)

3. Work until you are satisfied. Don't know if you are done? How satisfied are you? Not sure? Not done. Don't ask Facebook, Instagram, your mom or best friend if you are done. They are related to your inner critic, not your creative expression.

4. When you have worked hard and made meaning for yourself, you will feel satisfied. Even happy, if you give yourself permission.

5. Give your piece a name or title. It's an ancient tradition that naming something gives you power over it and distance from it.

6. Send it out into the world. Enter a juried compe-

tion, put it up for sale, go to a gallery. Because your creative work brought you joy in creation, what someone else says is an opinion, not absolute Truth with a capital T.

7. If you are turned down (easier to take than “rejected”), you will still have your hard work, your idea, and your satisfaction. The rest is someone else’s opinion.

8. You cannot live in the judge’s head. They might not like your kind of art. (That’s their opinion.) They may know what price-point sells in their gallery and choose that kind of work. (Their marketing decision.) They may choose a piece that fits a certain space, one that reminds them of the curtains in their childhood home, or something that their dog wagged his tail at--all decisions that have nothing to do with you.

9. If you are turned down, you still have made meaning in your life. You may feel disappointed that all the uncontrollable decisions didn’t line up right for you. The ones you do control were ones that you were satisfied with. That’s the core of creative self-expression. Once you are satisfied with the quality of your effort and your result, no one can take it from you.

10. Go to the show that didn’t accept you. Enjoy the work, congratulate the artists. Feeling happy for others is a skill that stretches your soul to make it fit more easily.

--Quinn McDonald is a certified creativity coach, writer, and artist. She helps artists learn non-attachment. © Quinn McDonald, 2018. All rights reserved



Politics, Religion, Sexual Orientation...

By DeLaine Klar

GVA recently launched the WHY campaign. WHY did you join? WHY do you remain? WHY is GVA such a special place? For me there are many answers to these questions, but mostly it’s because painting and drawing with fellow artists is so much fun. It’s wonderful to have an inviting and comfortable place to share our artistic talents.

In the last few months on a number of occasions the comfort level was gone. Some days, it felt toxic. I wondered if I still wanted to attend.

I heard comments like, “There are some of them here.” A reference to political party affiliation. I heard derogatory comments about people’s religions and sexual preferences.

I’ve heard jokes, snickering and jibes about things that at the very core, have nothing to do with art or the reason I joined GVA. Most of this chatter has had to do with political affiliation.

I tend not to participate in any of these discussions even when I agree with the rants that are going on.

At one GVA session, political bumper stickers were handed out.

We have many new members joining GVA everyday. I would imagine that they joined to attend an art group, not a group that looks like it is affiliated with one political party or another. I would never want anyone to think that they were not welcomed at GVA.

Unfortunately, two subjects that tend to divide people are politics and religion. And it’s wonderful that people are comfortable sharing their thoughts, but at times, I and others have honestly felt uncomfortable, or hurt by the things that have been said. It makes us feel unwelcome.

The one thing we all have in common is our love of art.

My hope is that GVA members will think before speaking. That they will respect others regardless of their race, their religion, their political views, or their sexual preferences.

GVA should not be the platform for people’s political agendas. Please leave it outside the building, so those who come to enjoy GVA for the “WHY” reasons, can enjoy coming to a comfortable and inviting place to enjoy their art.

That’s WHY I joined.

Area Art News

Lowell Arts

West Michigan Art Competition through April 14, 2018. April 21–May 26, LowellArts hosts two exhibitions simultaneously featuring two different art groups: the Mayfield Fiber Arts Group and the Mosaic Artists of Michigan. Both artist groups exist to draw attention to and educate people on their specific, time-honored art forms. Steeped in tradition, yet full of innovation, this exhibition highlights the work of contemporary mosaic artists and fiber/textile artists. Gallery Hours: Tues–Fri 10 a.m.–6 p.m. and Sat 10–5 p.m. www.lowellartsmi.org.

Forest Hills Fine Arts Center

April's exhibit is the Forest Hills Public Schools Student Art Exhibit. This exhibit features a wide range of mediums and is a large exhibit covering every hallway of the facility. The artists are students randomly chosen from the entire FHPS district kindergarten-high school. It's colorful and fun!! It runs from April 12–May 11, 2018. The reception is on April 17th from 6:00–7:30 p.m.

Guardian Gallery Lowell

Kathleen Mooney's exhibit "Acrylics and Abstracts" at the Guardian Gallery at Franciscan Life Process Center in Lowell featuring her signature multi-layered acrylic paintings on canvas will be on display through June 30, 2018. See more information at www.KathleenMooney.com. The Guardian Gallery Lowell is open during regular business hours. Any questions please call (616) 897-7842. Franciscan Life Process Center, 11650 Downes St., Lowell, MI 49331.

Guardian Gallery Grand Rapids

March through June hosts the work of William Alexander. After fifteen years of print and multi-media design for both ad firms and in-house publishing, he decided it was time to set up his studio to create expressive, rather than graphic or commercial art. His art has evolved from realistic to expressionistic to abstract, or non-representational, which best describes his current genre. Throughout this evolution Williams art has been featured in regional exhibitions at the Grand Rapids Art Museum, Kalamazoo Institute of Art and Muskegon Museum of Art along with various other galleries and collections. His art is represented by The Weingrad Group in NY and The Gallery in Saginaw, MI. Guardian Gallery is open regular business hours. It's located on the third floor at St. Adalberts: 654 Davis Avenue NW, Grand Rapids, 49504.

Terryberry Gallery at St. Cecilia's

The Joy of Art: A Retrospective by Barbara De Young Van Noord and Irene Bakhuyzen Wordhouse will be featured during the month of April. These two Grand Rapids artists take us through their journey of finding joy in art. There will be a reception for the public to meet the artists Friday, April 20, 5:30–7:30, at the Gallery.

Dominican Center at Marywood

Msr. Terrence Stewart's photography will be on display until the end of April. The artist reception will be Sunday, April 8, from 1:00–4:00 p.m.

Frauenthal Gallery

West Michigan Student Showcase - Visual Arts Nominees Featuring artwork from some of the most talented high school students in West Michigan. For more information, visit westmishowcase.org. This show will hang the month of April. The Center is located at 425 West Western Ave., Suite 200, Muskegon, MI 49440.

Cascade Library

Currently you can see the work of Jim Johnson, Sarabeth Carr and Dennis O'Mara at the Cascade Library.

Franciscan Life Process Center Workshops

To see the workshops that will be taking place in 2018, go to https://lifeprocesscenter.org/calendar/cat_ids~3/.

Bliss & Vinegar

Stop in to B&V to see the works of Dana Donnell currently on display. If you want to show your work at B&V, make sure to load some images to our website, as that is where the owners go to find artists whose work they would like to display. Marty Klar coordinates this opportunity for us. Please do not contact the restaurant directly. Questions? Call Marty at 616-813-7921.



Dana Donnell at B&V.



GVA Welcomes

Wesley Devries
 Randolph Capp
 Dorothy Mienko
 Tony Martolock
 Alex Myrhorodsky
 Gail Myrhorodsky
 Karen Rinke
 Kirk Bierens
 Doug McKenzie
 Diane Hasso
 Beth Kolomyjec
 Henry Droski
 Deborah Fraser

Welcome back to

Stone Peng
 Susanne DeVries

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501(c)(3) Coordinator

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Cascade Library

Position Open
 Your Name Here????

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Board Meeting April 5 at 6:00 p.m.

EVERY WEEK

Sundays Closed

Mondays 10:00 a.m. until noon

Tuesdays 1st and 3rd Tuesday of each month 7:30 p.m.
 7:00 p.m. until 9:30 p.m.

Wednesdays 2:00 until 5:00 p.m.
 (check website calendar for location)

Thursdays First Thursday of each month at 7:30 p.m.
 Second Thursday
 Every Thursday

Fridays 10:00 a.m. until 1:00 p.m.

Saturdays 10:00 a.m. until 1:00 p.m.

Model Sketch*

Photo Group
 Model Sketch*

Plein Air or Open Studio

Critique
 Program
 Either long pose or gestures
 (check calendar online)**

Still Life

Figure Sketch*

* Model fee \$5

** Model fee varies, and is split between attendees. (Usually between \$5-\$10)

Grand Valley Artists

1695 Service Road NE, Suite 106

Grand Rapids, MI 49503