



November OAL Monthly Meeting Presenter is LaDonna Kruger.

We are privileged to have LaDonna Kruger with us in person at our OAL monthly meeting on November 16th at 6:30 p.m. at the Lacey Community Center.

LaDonna Kruger is an Olympia, Washington artist working in soft pastels. Her work crosses the boundaries between abstract and representational. LaDonna graduated from Central Washington University in 1998 with a BA in Fine Art. Her work has been juried into regional and national exhibitions and has received many awards. She is a Signature Member of the Pastel Society of America (PSA) and Northwest Pastel Society (NPS), as well as achieving Master Circle status from the International Association of Pastel Societies (IAPS).

About her work LaDonna says:

"I read this excerpt from a book, *Get Out of Your Head* by Jennie Allen that encapsulates exactly what I strive for with my art!!

'Beauty interrupts us, it awakens us, it undoes us, it cuts us open, it restarts our hearts. Beauty is God's evidence of something far more wonderful coming, a world beyond the one we can imagine, even on the most spectacular moments here. A God better than what we hope for. A God who blows our minds.'...

'At this and a thousand other encounters with things that are excellent, that are lovely, that are true, we come away different from how we were before. We come away impacted.'

Impacted!! That's what I want! I want my viewers to be somehow different than before, better, richer, fuller, deeper, more in tune, more sensitive, and given a new, fresh start...after their encounter with my work. That is what I strive for every time I create!"

View LaDonna's artwork at:

www.ladonnakruger.com



The Lacey Community Center is located at Woodland Creek Community Park, 6729 Pacific Ave. S.E. Lacey, WA. The monthly meeting will also be broadcast via Zoom for those unable to attend at the Center.

President's Message

Our October OAL monthly meeting was well attended with over 34 members. It was wonderful to see so many in attendance.

Our new 2024-25 nominations of officers were announced to the welcoming crowd.

We proudly introduce: (right to left)
Anne-Marie Brown - President
Susan Bosse - Vice president
Deborah Cornett - Secretary
Lone Moody and Karen Bush - Treasurers



We of course are thrilled with this competent line up of volunteers and are grateful for their willingness to serve in these capacities.

Elections for these nominees will be held at our November 16th monthly meeting. Your vote is important, please come, show your support and welcome them all into office.

We have more good news to share. The Tumwater Parks and Rec invited OAL back next year for another Tumwater Falls Festival Art Show. Also the Tumwater Library was so happy with us, that they want us back for another show sometime this year. It's a wonderful venue. Let's make it happen!



Keep on painting for all of our upcoming OAL events. It's going to be another fun season.
- Heather McDougall

GETTING ACQUAINTED



Introducing- Marcia Schenkel

I moved to Olympia two years ago and have come to really appreciate the Olympia Art League. I've enjoyed connecting with other artists in support groups and look forward to continuing involvement in the future.

Presently I am having fun with acrylic and mixed media creating abstract/surrealist works.

I draw upon the intuitive, spontaneous flow of images that the subconscious holds.

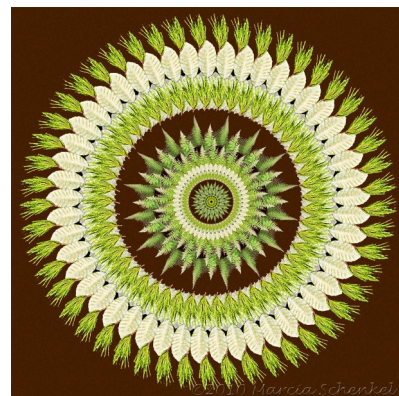


I have also worked with mystical-figurative imagery for over forty years drawing upon esoteric iconography from the Buddhists and Earth honoring spiritual traditions I have practiced.



Years ago, I had several dreams in which I was a seal and did a series of pastels and paintings of seals; you just never know what might inspire you next.

I have a series of mandalas that I computer generated which you can view on my website at marciaschenkel.com. I previously sold mounted mandala prints at Pikes Place Market and art fairs. I also print the mandalas on cloth and embellish them with embroidery, beads and trim.





October's OAL Meeting Speaker Review— Ron Snowden



The guest speaker for the October OAL meeting was Ron Snowden, a watercolorist who has won many awards, and is a signature member of the Pacific Northwest Watercolor Society. He discussed his work while demonstrating his skills as a watercolorist. The painting he chose was illustrative of his techniques and approach to watercolor and was a beautiful demonstration.

Technically, he uses 300 lb. 100% cotton paper, usually 22x30 inches. He stressed using the best materials and paints that you can. Primarily he uses M. Graham watercolor paints, and some Daniel Smith paints. He also uses several different brushes. He has both sable and squirrel brushes and has never used the former and rarely the second one. Personally, he doesn't want to harm animals, and likes synthetic brushes better anyway. His main brush is an Escoda Perla which is one of the finest quality synthetic fibers available for watercolor artists. He prefers synthetic brushes because they have lots of spring to them which allows him a more expressive style. A rigger brush, by Fabio Brunelli, is used for small details. He likes to use the biggest brush possible for the design as he paints. Using a hair dryer speeds up the drying time.

Primarily, he used yellow ochre, opera pink, and ultramarine blue plus nickel azo yellow for the demonstration. Working light to dark, and right to left, he emphasized leaving white spaces. Some corrections can be made if you don't agitate the surface by rubbing too hard, but once the white is gone, it's lost. He also likes to paint intuitively and expressively as he works. He emphasized the importance of hard and soft edges for contrast and interest.

Once the paper was taped down, he misted it with water. This provided about 4-5 minutes before it was too dry to continue before re-misting. For our demonstration he chose a floral design of flowers in a Delft pot. First, he applied the background color as a wash, in this case yellow ochre. He began to add opera pink as splashes of color. Then he outlined the area for the pot using ultramarine. When the basic concept for the design was established, he then began to build up the flowers by adding the colors in a combination of hard and soft edges, allowing the colors to mix, and using different tonal values. He used a big brush for this step. To create texture, he used a spray bottle with large droplets. This was followed by an application of alcohol both as a spray and by using the end of the brush to dot alcohol onto the surface. He also tapped the brush to create a splatter effect and turned the painting to let the paint run. As he worked, adding colors for form and shape, the image began to appear until the pot was painted using white space and ultramarine blue, and the flowers spread across the page in a diffusion of color and shape.



His advice was to practice, practice, and practice.

Contributed by Deborah Cornett



October's OAL Meeting Pictures



Living a More Vibrant Life

Many recent health studies have added some new ideas to living a life that is longer and healthier. Healthy habits may slow aging at the cellular level. The standard recommendations are still here (no smoking, alcohol in moderation, maintaining a lower body mass, a Mediterranean style diet, keep moving, get 8 hours of sleep, manage stress and taking naps (my favorite). Studies also show that hobbies and activities that have meaning for you may lengthen your life. So, we are blessed to have our love of art, but art is often a solitary activity.

New to the Surgeon Generals list is making friends. Dozens of studies show a clear link between strong social ties and a longer life. But how do we build meaningful social connections in an increasingly lonely world? A strong social network among people who gather together may boost your health. In a 12-year study of people over age 65, those who went more than once a week to group activities had higher levels of a key immune system protein than their peers who didn't.

Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in shared activities.

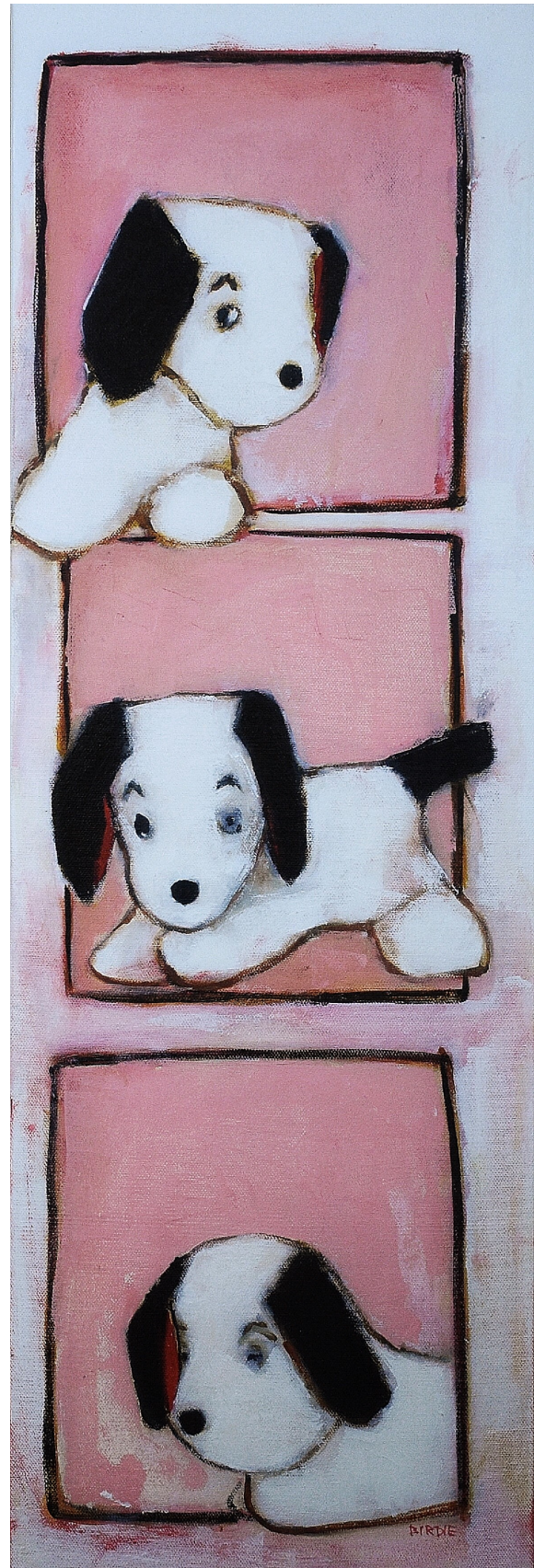
So we at Olympia Art League are here to assist you in living longer and healthier. We have lots of organization jobs that are already covered by one volunteer, but we need one or two backup helpers for each job. You can have a shared activity, exercise your brain by learning new stuff and create a sense of belonging and ownership for OAL. It's a win-win! On the last page of our current OAL Newsletter look for the column titled OAL Board and Activity Leaders. We need helpers if there is just one name listed. Contact our wonderful president Heather McDougall (360) 742-4667 or 2stannheather@gmail.com and let her know how you would like to volunteer.

To view the latest newsletter go to olyMPIaartleague.com, touch the two lines on the right and select Newsletters.

Contributed by Roxana Caples

Art Sharing

Soft Fluffy Stuffie puppy by Birdie O'Neill



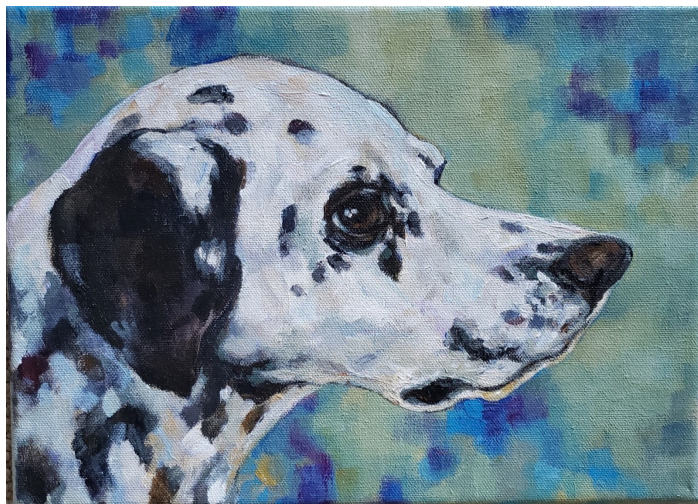
Kudos

Mia Schulte is exhibiting her work in Mercer Island at Ajoya Mercer from October through February 10th. the exhibit is titled "Coalescent of Art" and represents artists from both Woman Painters of Washington and Puget Sound Group of Northwest Artists. Kudos to Mia.



Coalescent of Art
ART OPENING AND RECEPTION

Peggy Wilson was one of five winners in the Dick Blick pet portrait challenge with her painting "Cloe." Kudos to Peggy.



DEADLINE FOR THE DECEMBER/JANUARY HOLIDAY 2023 NEWSLETTER

Send your kudos, photos, announcements and ideas for the **DECEMBER/JANUARY HOLIDAY NEWSLETTER** by Saturday November 25th to Terri Johnson via email—mtjpublishers@msn.com. If you have questions give Terri a call or text at (360) 280-4617.

Kudos to April Works for her two pieces that the Bainbridge Island Museum of Art will be purchasing for their Artist's Book Permanent Collection. Both pieces were first part of the Puget Sound Book Artists Annual Members' Exhibition displayed at the Collins Library at the University of Puget Sound in Tacoma and are now on exhibit at the TESC (The Evergreen State College) Library until December 15th.

The Scroll piece below is "It's All About Texture" and is about 5 feet long (2 photos). Both pieces are made of fabric and thread with a few beads and buttons.



The title of the fabric book below is "Walk with Me" and has about 12 pages.



Unleash your creativity!

2-HOUR PAINTING WORKSHOP



Experience the Magic of Acrylics
Co-taught by professional artists
Suzana Bulatovic and Nancy Romanovsky.

Cost: **\$69**, includes all supplies.
*complimentary glass of wine

Time & Location:

Oct 30

5:00 pm - 7:00 pm

The Artists' Gallery
2505 4th Ave W #105,
Olympia, WA 98502, USA

Sign up required



CALL FOR ENTRIES

2024 Fine Art Postcard Exhibition “The Creature Within” January 2, - February 2, 2024



Image: Fran Potasnik, Viewer's Choice Award Winner 2023

The Fine Art Postcard Exhibition is an annual event that brings the local creative community together under one theme. The 2024 theme is “The Creature Within”. Postcard-sized (4”x6”) original artworks, created by artists of all ages, abilities, and backgrounds, will be sold through silent auction. All proceeds support gallery programming.

Submission Deadline: Friday, December 8, 2023

Submission Guidelines

- ❖ Artists may submit up to 3 original artworks with \$5 Entry Fee. Submissions will not be returned.
- ❖ Artwork must measure 4 by 6 inches and be on a stiff material, such as matte board, cardstock, foam core, thin wood panel or canvas board. *No glitter, no exceptions.
- ❖ Wall mounted flat work must be able to sit on a ¾” wide ledger board.
- ❖ 3-Dimensional artwork must not exceed 6 inches in any direction and must have a stable base and be free standing.
- ❖ Artwork must not be framed or matted.
- ❖ Name of artist should appear on the back of each piece.
- ❖ Title and description optional.
- ❖ Artwork, artist contact information, and \$5 Entry Fee (cash or check payable to “SPSCC Foundation”) may be mailed or hand delivered to:

c/o Sean Barnes
 The Gallery at The Kenneth J Minnaert Center for the Arts
 South Puget Sound Community College
 2011 Mottman Road SW
 Olympia, WA 98512-6292

Important Dates:

- ❖ **Friday, December 8, 2023** - Submission Deadline
- ❖ **Tuesday, January 2, 2024** - Exhibition Opens – Online Silent Auction Open, Registration & Bidding Open
- ❖ **Friday, February 2, 2024 – 6:00 – 8:30pm** – Closing Reception, Live Music, Food & Drink. Online Silent Auction Closes

<https://mcusercontent.com/f7aaaab026085c67bd46df6ef/files/6e7ded3e-45e6-5ed1-b01f-acff1d2cd996/2024PostcardShowProspectus.02.pdf>

OAL Artist Support Groups

Join one of OAL's support groups. Bring a work for gentle, constructive feedback and try your hand at the month's challenge. We also talk about classes, books, artists or teachers that have inspired us. All experience levels are welcome. All mediums are welcome in the Abstract Group. Regular meeting times are listed below. Check in with the contact person to get more information about the group you are interested in. If you are an Olympia Art League member, watch for emails for group reminders.

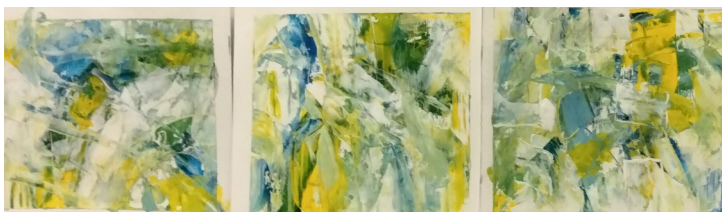
Abstract Group

The Abstract Support Group meets the third Monday of the month from 1:30 to 3:00.

The next meeting is November 20th from 1:30 – 3:00 at the Lacey Fire Station #3, 6500 Mullen Road SE.

Our challenge for the month of November is "large floral."

October's challenge was "using blues, greens and yellows." Deborah Baxter's offering is shown here.



The group won't meet in December, but we'll be back January 22nd. If you have questions or would like more information, contact Linda Selsor (360) 292-2574 or lselsor@msn.com.

Think Tank Tuesday

Think Tank is the second Tuesday at 2:00 p.m. at Haggens Grocery on the westside. All are welcome to attend. Put your thinking caps on and join us to socialize, talk art, and think up terrific ideas to make OAL a more amazing art club.

Acrylic Group

Date & Time: Meets the *fourth Friday* of each month. The next meeting is November 24th from 1:00 to 2:30 PM at the Lacey Fire Station #3, 6500 Mullen Road SE. Our Acrylic Meetings will be held at the Lacey Fire Station for the rest of this year.

Contact: Karla Fowler at nwnxart@comcast.net for questions.

The November challenge will be sent via email when it is determined.

Watercolor Group

Date & Time: Meets the *second Friday* of each month. The next meeting is November 10th from 1:00 to 2:30 PM at the Lacey Fire Station #3, 6500 Mullen Road SE.

Contact: Heather McDougall at 2stanheather@gmail.com for questions. The November challenge is "shadows."

Shown: October "Complimentary Color" challenge by Veronica Kessler.



OAL Board & Activity Leads

Acting President: Heather McDougall

Acting Vice President: Sherie Balko-Nation

Secretary: Anne-Marie Brown

Treasurer: April Works

Members at Large: Karla Fowler, Jan Hansen

Communications Chair: Roxana Caples

Graphic Designer: Jan Hansen

Membership Chair: Lindsey Ford

Newsletter Editor: Terri Johnson

Nominating Committee:

Program Chair: Nicki Weber

Refreshments: Annabel Kirschner

Zoom Masters: David Slattery

Web Master: Veronica Kessler

Juried Show Mentor: Roxana Caples

OAL Sponsored Shows:

Members Only Art Show: Amy Fisher

Arts Walk Juried Show: Collette Mason, Kathleen Guest, Roxana Caples

County Fair Art Show: Mary Lepingwell, Heather McDougall, Terri Johnson

New Venues Chair: Jennifer Livingston

OAL Local Art Show Venues:

Bonsai Wok: Anne-Marie Brown

Painting Get Togethers:

Paint-Out Day: Jean Stewart & Jane King

Paint-Out Night For Summer: Karen Bush

Paint-In Night: Karen Bush

Paint-In Day: Karen Crate

Support Groups:

Abstract: Linda Selsor

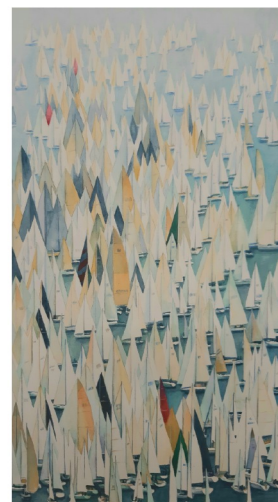
Acrylic: Karla Fowler

Pastel :

Watercolor: Heather McDougall

ARTISTS' GALLERY

LOCAL FINE ART GALLERY, OLYMPIA WASHINGTON



We are excited to have the beautiful work of our Guest Artist

Heather McDougall

October 01 - 31

OPEN Wed to Sat from 10:00pm-7:00pm Sunday from 12:00pm-5:00pm

360-357-6920 info@theartistsgallery.com www.theartistsgallery.com

Capital Mall Promenade 2505 4th Ave W, Suite 105 Olympia, WA 98502

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