

# Saco Bay Artists

## December 2022 Newsletter



Our meetings are held monthly from March-December, usually on the second Monday of the month from 10:30 am -12:30 pm. The meeting location is the Saco Parks & Rec Center at 75 Franklin Street in Saco. **OUR NEXT MEETING WILL BE ON MONDAY, DECEMBER 12, 2022 - ALL WELCOME.** Please look for signs at the building entrances indicating whether masks are required based on community COVID levels. Once in the meeting room, masks are currently optional, so please do whatever makes you most comfortable.

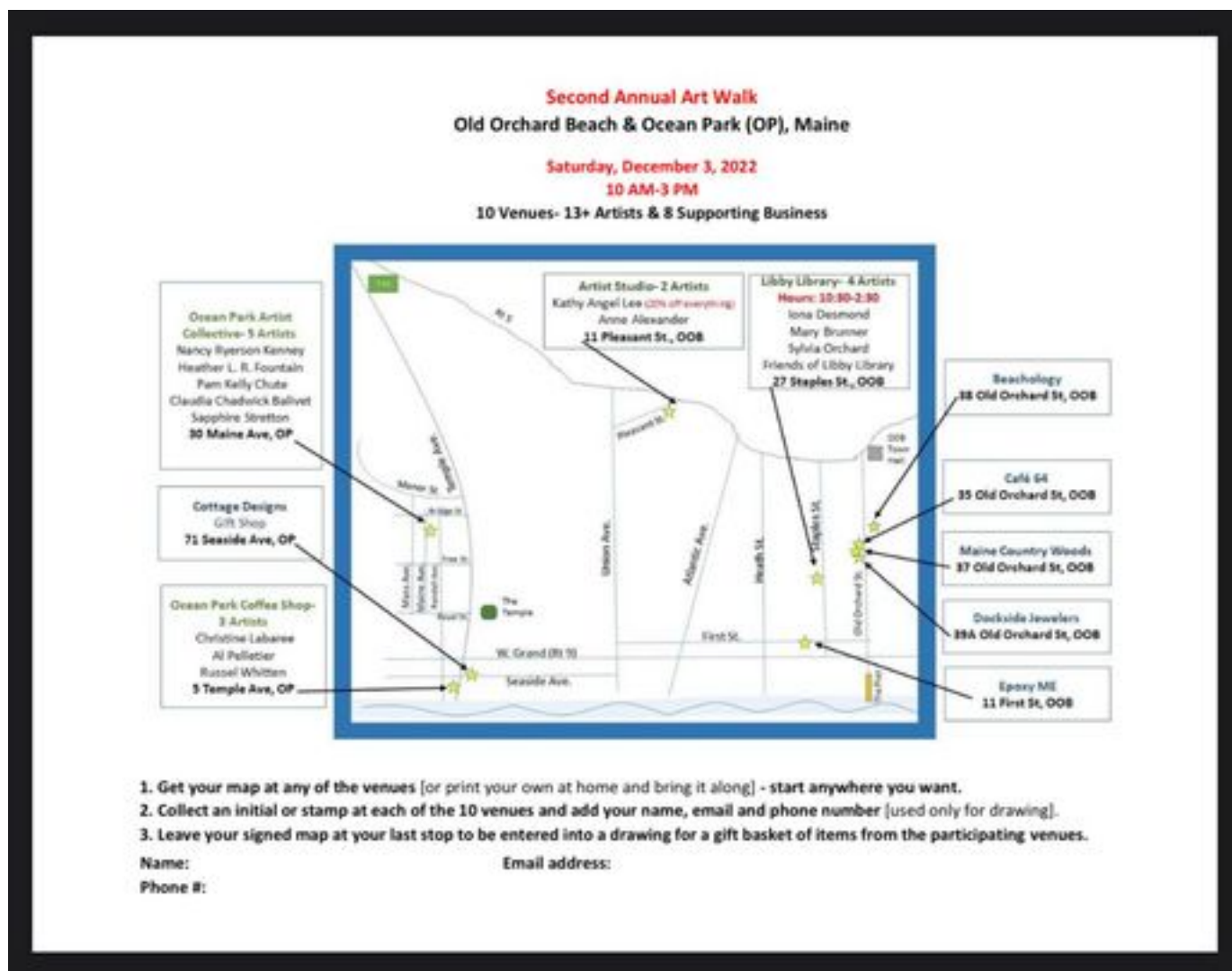
We host a “drop in” at the Rec Center on the non-meeting Mondays from 10:30 am – 12:30 pm for those who would like to get together to paint, create, chat, etc. Please let Ellen ([pastelpainter84@gmail.com](mailto:pastelpainter84@gmail.com)) know if you might like to join on those Mondays; she has been trying to email around on Sundays to if there are folks who intend to attend, which helps us all in planning.

**Reminder, there are no business meetings during January and February but we still plan to offer “drop in” painting/sketching on those Mondays as weather allows.**

### November Meeting Notes:

- We began the meeting with introductions since a new attendee, Cathy Turpin, was joining us.
- Kathy Angel Lee ran the meeting since Ellen was arriving later. She presented the Treasurer’s Report provided by Lettie, who could not attend.
- The group voted to make year-end donations of \$250 each to Saco Parks & Rec, the Dyer Library and the Libby Library since they all help support SBA’s activities.
- Heather reported that there were no new members added over the past month. As a reminder, 2023 dues are now due: \$45 if paid before Feb 15 and \$55 thereafter. See further details at the end of the newsletter.
- At the December meeting, the slate of officers for 2023 will be presented and voted on.
- Also at the December 12 SBA meeting, the group will have an informal holiday celebration. Ellen suggested that everyone bring a small hand-made gift for a gift swap. Please conceal it in a brown bag (or another way) so that no one can tell what it is or who brought it. Snacks/treats are also welcome!
- Kathy provided an update on SBA’s upcoming Art Walk in OOB, Saturday December 3 from 10-3. Participating artists/businesses have donated items for gift baskets that will be given away in a drawing to attendees who visit all 10 locations. Heather made the map below, which details the participants and locations, so please share on social media or with anyone you think might be interested. And please come by and support your fellow artists on December 3!

- Richard duFosse shared an interesting photography exhibit on display at the UNE Campus Center in Biddeford until December 1: <https://www.une.edu/news/2022/une-campus-center-displays-mother-son-exhibit-collaboration-connection>. The collection of works is called "Collaboration + Connection" and features photographs by Nathaniel Kaye and accompanying paintings by his mother Wendy Kaye.
- Drop in painting at Saco Parks & Rec will continue for the rest of the year—including Mon Dec 26-- and into Jan/Feb from 10:30-12:30 on non-meeting Mondays. As mentioned at the top of the newsletter, please let Ellen ([pastelpainter84@gmail.com](mailto:pastelpainter84@gmail.com)) know if you'd like to be on the email list for that.



### Carry Over Items from Prior Meetings

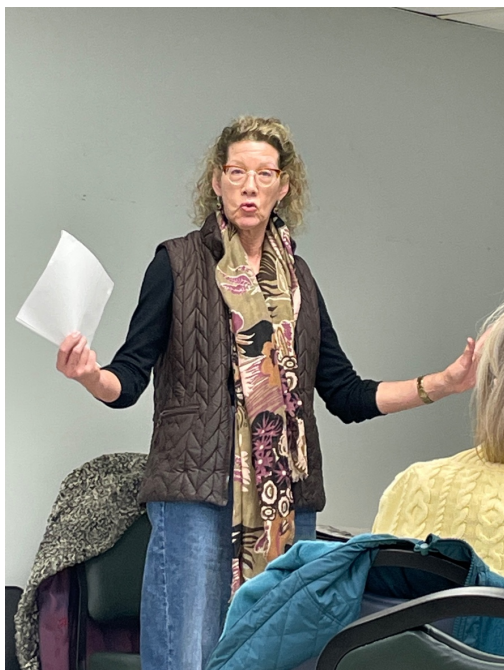
- With several new members on board, the question has been raised about the SBA website (<https://www.sacobayartists.org/>) and how artists can have their website listed under the artists tab. Stephen Beckett ([mayaway@maine.rr.com](mailto:mayaway@maine.rr.com)) is our SBA webmaster, so to get your website added to the SBA website, please email him the name you would like to use (like: my\_name or my\_gallery) and the URL/web address of your website (or Facebook page or blog or what have you). One link per artist.
- **Painting Display at OOB Town Hall:** SBA members have paintings on display at the OOB Town Hall, which get changed over every month or two. Please contact Sylvia if you are interested in showing there ([sgorch6648@gmail.com](mailto:sgorch6648@gmail.com)).

- **Show coordinator:** Kathy has asked if anyone might be interested in learning about our shows and how to put them together. She is looking to the future when there will be a time when she can no longer do this for SBA. Kathy will be preparing a month by month checklist of tasks that need to be completed. If you have any questions or might be interested, contact Kathy at 207-937-2125 or [kathyangellee@gmail.com](mailto:kathyangellee@gmail.com)
- **SBA financial role:** David Steed is stepping back from his finance role due to other commitments. There is a need for someone to oversee the budget and work with the treasurer to develop the budget. Please let Ellen know if you are interested in helping: [pastelpainter84@gmail.com](mailto:pastelpainter84@gmail.com).

## Demos

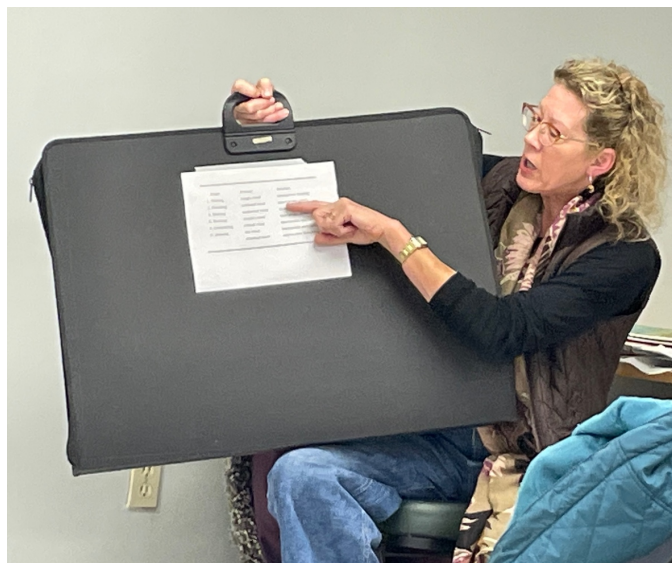
The November meeting demo was hosted by artist Pam Edwards. Pam is also Chairperson of Maine Women in the Arts and works with the Ogunquit Arts Collaborative and the Barn Gallery. She facilitated a presentation and discussion on "Methods for Getting Un-Stuck in Your Art," particularly when we find it difficult to make regular progress toward starting or finishing our works or to be consistent about the time we commit to it.

Pam took us through some of the many options she has explored over the years—often to inspire creativity or rekindle interest, like taking classes, trying different media, reading books, etc. However, she discovered she had a few “ah ha!” moments that made a real difference for her. One was upon reading Eric Maisel’s book, *Fearless Creating* (<https://ericmaisel.com/fearless-creating/>), in which he talks about 6 stages of artistic work and the related “anxieties” that can plague the artist’s mind. The photo below illustrates these points and as Pam discovered, she was actually solving for the wrong problem with all the well-meaning solutions she was trying. She also found sketch artist, Alphonso Dunn (<https://alphonsodunn.com/home/>), very instructive, including his free YouTube videos. She learned to keep a sketch book with her because it encouraged her to use smaller bits of time throughout the day to lay groundwork for her art and larger works. She also appreciated the suggestion that she pretend she was back in art school, where the time she’d spend on her art each day might be different – sometimes it might be photography or sketching, not painting? It’s all forward progress!



Stage	Anxiety	Solution
1. Wishing	hungry mind	appropriate feeding
2. Choosing	confused mind	appropriate clarity
3. Starting	weakened mind	appropriate strength
4. Working	chaotic mind	appropriate order
5. Completing	critical mind	appropriate appraising
6. Showing	shy mind	appropriate performing
	attached mind	appropriate detaching





At the end, Pam was also asked to say a few words about Maine Women in the Arts:

<http://mainewomenarts.com/>. This non-juried organization was started in 1977 to give more opportunity for women to show their work, but it's open to men as well. The group meets at the Wells Public Library on the first Wednesday of each month, alternating mornings and evenings. They host 3 shows each year at the Masonic Hall in Kennebunkport. The July show is both art & craft, the fall show (Sept/Oct) is all fine art, and the Prelude holiday show is art & craft. In fact, the [2022 Prelude show](#) is upcoming, December 1-4, and several SBA artists will be taking part!

Ellen is seeking volunteers to host demos during our monthly SBA meetings. And you get paid for it too! You are encouraged to show us how you make your art, but if you prefer not to "perform," a demo related to your art/technique, tips of the trade, history/influencers, etc. would be just as valuable. So feel free to get creative!

#### **DUES REMINDER:**

The group voted at the April meeting to approve raising member dues beginning in 2023 to \$45/year if paid before February 15. If paid afterward it will be \$10 more (\$55). To pay your 2023 dues and take advantage of the "early bird" pricing, either bring a check made out to Saco Bay Artists to the November or December meetings or mail it to Heather Fountain at 2 Pavia Ave, Old Orchard Beach, ME 04064.

#### **Show Fee Benefit**

For members who participate in the summer shows, a reminder that if you attend 3 business/program meetings during the year, your show fee will be \$25 instead of \$55/show. This is a nice benefit for attending meetings. Plus you get to meet other artists and enjoy excellent demonstrations.

## **SBA Chairs/Committees**

### Co-chairs

Ellen Pelletier – Prepare agendas, run meetings, demos

OPEN – Facility, Finance

### Committee chairs

Lettie Lemay – Treasurer

Christine Labaree – Meeting Scribe & Newsletter Editor

Kathy Angel Lee – Summer Show Coordinator

Heather Fountain - Membership Coordinator

Sylvia Orchard - Events

Stephen Beckett – Webmaster

Susan Hanna – Facebook Coordinator