

July 15th Zoom @ 12:30

July prompt: "Brass and Glass" (painting shiny objects)

Here are four video demonstrations to assist you in painting a still life with shiny, reflective objects. I hope you find them helpful.

Wishing you all a successful painting experience,
Jerry Fabiano

<https://youtu.be/fAMtjvxQWjE> Painting a clear mason jar (32 mins)

<https://youtu.be/3X7Qhi5170Y> Painting a silvery tea pot, etc. (12 mins)

<https://youtu.be/wLxDk2gAioo> Painting a brass bugle (16 mins)

<https://youtu.be/hbkhDX1kkwg> Painting a brass jar (27 mins)

As American as...YOGI BERRA-ISMS

"It's like deja vu all over again."

"You better cut the pizza in four pieces because I'm not hungry enough to eat six."

"The future ain't what it used to be."

"Nobody goes there anymore. It's too crowded."

"You should always go to other people's funerals; otherwise, they won't come to yours."

"When you come to a fork in the road, take it."



FROM THE PRESIDENT...

Hi everyone!

We had a nice Zoom meeting last week. Some of you were already out and about and taking advantage of the great outdoors! I suspect that people may be traveling this summer, catching up with friends and relatives. Please try to **keep August 19th open** on your calendars for our first “back in person” gathering at our Picnic at Riverfront Park! We have the whole picnic area to ourselves from 10 to 5! Bring paints, walking shoes and anything else that would be outdoor fun!! Pizza, drinks and dessert provided. We will start about noon, but people are welcome to come earlier! (See Zoom meeting notes for more.)

I will be sending out a reminder to everyone a week before and asking for a response so I will know how much food to buy.

We hope to be back in our old room at SCA for our October meeting!!

Also, please make sure that you have **October 8th and 9th (Friday and Saturday)** marked on your calendars for the Art Show at the Harvest Fair. (See Zoom meeting notes for more.)

I am in the process of writing a report to the county on how we spent our grant money (mostly for our Virtual Art Show). Applications for next year's Community Investment Fund Grant open up next month and I plan on applying for it

again. We are, of course, hoping to have our Apple Blossom Art Show in April and that will be where the money will go to help offset our costs.

A few of us are trying out a possible new venue at Hole in the Wall Restaurant in Sebastopol during the day on **Sunday, July 25th. Come by if you are in town.**



I reported at the June meeting that our friend and **V.P. Jerry** had heart surgery to replace a valve the day before our meeting, and his wife told me that evening that everything had gone well. I got an email from her later that 6 hours after his surgery, he developed a major bleeding complication and had to have

another surgery just 12 hours after his first. He lost a great deal of blood and had many units replaced. Several days later, she reported he's starting to look like his old self and came home on June 24th. He received a card from AWS members and board and we are now **sending him Happy Thoughts!!**

I am looking forward to seeing you all at our July 15th Zoom meeting.

Take care,
Enjoy the summer,
Watch out for fires,
Love,
Carol

Carol Mills - "Berries"
8x10 watercolor



**“Then join, hand in hand, brave Americans all!
By uniting we stand, by dividing we fall.”**

– John Dickinson (1732-1808)

HAPPY 4TH OF JULY!

AWS Board Minutes

June 17, 2021

Members Present: Patty Bird, Merrie Krisl, Gail Mardfin, Patricia Marina, Deni Marrone, Carol Mills, Fran Nielsen and Lorraine Stribling.

Meeting was called to order at 10:36 by President, Carol Mills.

President: Carol was happy to report that Jerry came through his heart operation well. Fran will send him a card. Carol will apply for county funds for next year and report on our use of funds this year. We have not heard whether there will be an Apple Blossom Fair next year, but we should be prepared.

Patty will send a check to Trula LaCalle for the panel storage when we have a current address. Fran thinks she may have it.

Carol received a call from Sharon Modrick, president of the Valley of the Moon Art Club, inquiring how we managed to keep our group going during the pandemic. Fran noted the newsletter is the glue holding us together. Gail emails it to other clubs and found out the WASCO president was forwarding it to their members.

Harvest Fair Show: The Harvest Fair board is happy with us doing an art show, but requested 15% of sales. Carol and Deni will look for the fair panels and then we can decide on number and sizes of pieces. Will ask for volunteers as we get closer. Will need sales helpers. Fran volunteered to be one of the people hanging the show. Lorraine will do the labels. Gail thought we should do a program listing the artists and saying something about the organization.

Meetings: Have reserved a picnic area at Riverfront Park on August 19 from 10 a.m. on. Members can come and walk or paint, draw, or photograph the many nice views in the park. Pizza, drinks, and dessert will be provided. Gail suggested this would be a great time to take monthly prompt suggestions from the group. As far as we know, we will commence our regular meetings at SCA in October.

Virtual Show: Judy Goldberg recently sold a piece. Will ask April Lynch to report on the publicity for the show, what was sent out and what was used, etc.

Venues: Talked about a one-day show at the Hole in the Wall Restaurant on Sunday, July 25th. Deni, Carol, Fran, Lorraine and Carolyn Jarvis will show this first time to see how it goes. The owner is amenable to a monthly show. Deni noted they have quite a brunch business on Sunday. A-frames can be set up in a shaded patio and can even be stored

on the premises between shows. People can handle their own sales. Gail will write something for the owner to use for publicity.

Program: Jerry's prompt for July is a still life with Glass and Brass, i.e. shiny objects. Gail will publish his video links in the newsletter..

Meeting was adjourned at 11:543.

Merrie Krisl, Recording Secretary

Sebastopol Venues

Tombe Realty - (open by appointment)
Currently: Phil Wilkinson

OTHER ARTIST INTERESTED?

Umpquah Bank - (open for business)
7/1/21 - 9/20/21**: Marilyn Sommer

Specialty Center - (open for business)
Currently: Deni Marrone

OTHER ARTIST INTERESTED?

Senior Center - (opening soon!)

WHO IS INTERESTED?

If interested in showing in any of these venues,
please contact

Deni Marrone, Venues Coordinator
(408) 202-3875 or denijomarrone@gmail.com

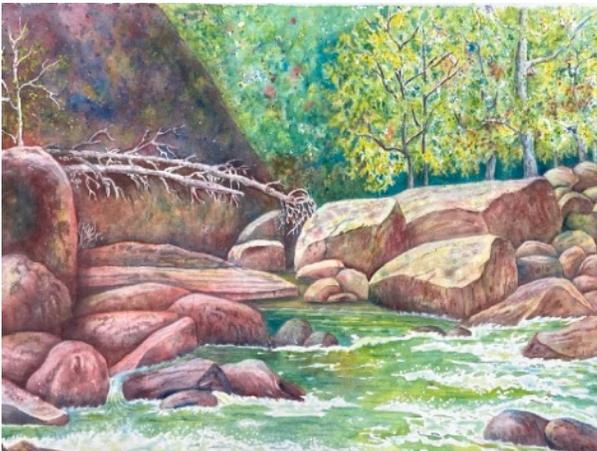
**Approximate dates: Current artist will make arrangements with next artist as to a mutually convenient day/time to change shows (sometime during the third week of the month).



Lorraine Stribling -
"Time Management"
6x9 collage



Gail Mardfin -"Summer Memories" 11x11 watercolor
My annual watercolor trade with my CPA/ex-boyfriend for doing my taxes. These are his three grandkids in a classic seaside stance.



Kathy Byrne -"Zion Park Creek" 14x22 watercolor
This is the painting I did in Lian Zhen's workshop a couple of weeks ago.



Carol Mills -
"Posing for the Camera" 11x13 watercolor



WATER WISE...

Do you have ways of DECREASING THE WATER USED while making your art?

Given our current situation, using less water is vital.

Have you changed how you do cleanup, for instance?

Please share your tips with fellow members. Send them to gail@PLPgraphicdesign.com Gail and she will share them in the newsletter.

Chris McNamara -
"In the Balance" 6x6 collage
The title derives from a scrap I used from an original 1896 bank ledger sheet.



"Inspiration exists, but it has to find you working."

-Pablo Picasso

MAY 20, 2021 Zoom Meeting

by Gail Mardfin

Great to see those who made it to the June meeting, and many thanks to all those who let us know you couldn't make it.

August Picnic!! Reserved from 10am to 5pm, our August picnic at Riverfront Park will be great! Before or after the pizza picnic, people can paint or just enjoy the many hiking paths on hills or around the lake, which Carol described as her favorite walking spot. Thanks to **Judy Goldberg** and **Lonna Necker** for volunteering to bring ice-filled coolers with beverages, to be reimbursed. *Can anyone else volunteer to help so it doesn't all fall to Carol?* As of now, there will be one gluten free pizza on hand, so if you want/need gluten free slices, please let Carol know now! Of course, this is a plan for two months away, so "keep your fingers crossed for a safe summer!" Members are encouraged to carpool, for parking's sake – with a reminder that the fee is \$7 if you don't have a regional parks pass for your car.

Our July and September meetings will be via Zoom, and then...starting in October, you can plan on our first real, live, in-person meeting in the Little Red Hen room at Sebastopol Center for the Arts once again! Carol encouraged people to attend SCA's Grand Re-opening on Wednesday, June 23.

Gail reported that the **Virtual Show** will come down after June 30 and encouraged everyone to make one more big push to get people to the site. **Chris McNamara**, who's been studying the analytics, said the number of visitors is down (but still good), with every artist's page having been visited at least once. And congratulations to **Judy Grigg Goldberg** who made the show's fourth sale! I'm happy to say, what with vaccinations and reopenings throughout the state, it's such a different vibe from when the idea of an online show was initiated! Thank you to Publicity Coordinator **April Lynch** and to **Patricia Marina**, who was originally scheduled to be the Apple Blossom Show chair and stepped in to work with Gail on the Virtual Show. Looking ahead, a **NEW Chair for the Apple Blossom Show 2022 will be needed!** Check with Carol, who led the project for five years.

Gail announced the prompt Jerry selected for **August: "Glass and Brass" AKA Shiny Objects.** *See box on page 1 with links to helpful videos.*

We really owe it to Carol for working out the details of AWS handling the whole art show aspect at the

Harvest Fair in the pavilion on the Sonoma Country Fair grounds, Friday and Saturday, October 8th and 9th. AWS will handle all the arrangements once we know the actual number of display panels and what they can accommodate. **Fran Nielsen** and **Patricia Marina**, pros from the recent hanging of the Art @ the Source preview show at SCA, volunteered to coordinate the hanging. Although the effort will be much easier than what the Apple Blossom Show entailed, "many hands will make light work." We will be giving 15% of sales to the Harvest Fair.

ANNOUNCEMENTS

Blink! You missed it! **Lorraine Stribling** had been gifted a beautiful French easel from a friend and offered it to anyone who wanted it. **Lucky Lonna** will be in touch!

Phil Wilkinson again announced the Oakmont Arts & Craft Faire on the following Saturday. *See photos on page 8.*

Fran Nielsen, Carol Mills, Deni Marrone, Lorraine Stribling, and **Carolyn Jarvis** will have the "maiden run" show and sale in the courtyard adjoining the **Hole in the Wall Restaurant in Sebastopol on Sunday, July 25th.** If successful, this could continue on the third or fourth

weekend of summer and fall months. Everyone will figure out their own payment collections, with the

suggestion that if someone has the Square (for credit card charges), she can help out those who might otherwise lose a large sale. A-frames, etc. can be stored in a locked, enclosed area between shows, if necessary. Deni says, "The owner is happy to help!"

Deni said that the **Venues for AWS** art work in Sebastopol are on the path to reopening, if they have not already. *Please reach out to Deni if you are interested in again showing your work in person!* The owner of East West Café is very happy with our current group show on the walls there. *cont'd on next page*

If anyone knows Trula LaCalle's current address or how to contact her, please let a board member know.

Zoom, cont'd

Linda Loveland Reid had two announcements: first, she will be doing a fascinating presentation via Zoom on July 20. The topic: **The Barnes Collection**, a private collection of hundreds of post-Impressionists (180 Renoirs!) and its controversial setting near Philadelphia. [See box at right.](#)

And second, “if you like poetry...” Linda leads the monthly poetry group via SCA’s Zoom. On July 8, this month’s art-related topic is “**Ekphrastic Poetry.**” [See box at right.](#)

We were sorry that **Highlighted Member Linda Grainger** could not be present herself because of a medical appointment, but Gail showed an 8-minute video she had made with Linda sharing her life story: born in mainland China during WWII, growing up in Taiwan, and coming to this country as a young woman where she was educated in computer science at UCLA. Linda’s family has always valued creativity and she had an uncle who was a famed artist in China. We saw an array of Linda’s work (florals, still lifes, and landscapes) now hanging at the Specialty Center in Sebastopol and several she had displayed in her house. She is very proud of the many awards she has won over the years for her watercolors, and said that though her favorite subject matter is humans, “they don’t sell very well.” We wish Linda all the best with any upcoming medical procedures!

The screen-sharing continued with a variety of art that members had created in the past month, as well

as a variety of *plein airs*. Several artists admitted it had been their first real try at this art – and would probably be their last! All work viewed at the meeting appears in this newsletter, except Patty Bird’s two pieces, shown “the old fashioned way” (holding them up to the camera). Patty then said she was eager to get back downstairs where it was cooler!



Patty Bird zoomin' in

If you have since missed the June 30th deadline for ch-ch-ch-changes on your artist’s page on our awsomeart.org website, the next opportunity will be in December.

Next month’s Zoom meeting on July 15th will be coming to you from my place in the hills of northeast Pennsylvania. See you then!

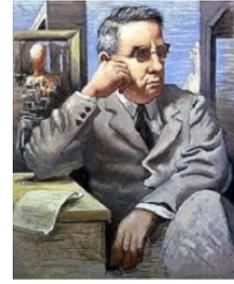
If you want to submit artwork to be screen-shared, as always, please send it to Gail@PLPgraphicdesign.com no later than the day before the meeting.



Scenes from the video. Linda Grainger with a self-portrait (top) and a watercolor of her mother as a young woman. Here’s the 8-minute video: <https://drive.google.com/file/d/1CPqTGdOIP99SJphV1R0mymvkOTzY7PIg/view?usp=sharing>

The Barnes Collection

In the ‘20s Dr. Albert C. Barnes began collecting art that no one else wanted, amassing one of the world’s largest groupings of early modernist painters, including Renoir, Cezanne, Monet, Gauguin, Picasso, and Matisse. At Barnes’ death in 1951, he placed restrictions in his will to limit access to the collection, sparking a decades-long legal battle, one of art history’s most fascinating stories. Presented by author, artist, and entertaining art historian **Linda Loveland Reid**.



Dr. Albert C. Barnes, 1928
Georgio de Chirico

Dr. Albert C. Barnes, 1928
Georgio de Chirico

A Zoom presentation for OLLI/SSU*
July 20, 10 am
Registration is \$25
at <http://olli.sonoma.edu>

*Osher Lifelong Learning Institutes through Sonoma State University

SEBASTOPOL
CENTERARTS
FOR THE

Ekphrastic Poetry: Writing a poem to a work of art

As part of SCA’s *Poetry Project*, 7 guest poets will be sharing their poems from an art exhibit titled “Reverberations” featuring works by famous artists curated from personal collections in Sonoma County. You may remember this wonderful exhibit from 2018.

Thursday July 8, 7-8:30 pm
A Zoom presentation free or by donation, your choice

<https://www.sebarts.org>

July Prompt: Painting *en Plein Air*



Jerry Fabiano - 20x16 pastel *I did this a couple of months ago when everything was still green. I was even treated to the spectacle of a distant, very brief shower. The location is west of Petaluma.*



Chris McNamara- "Blue Barn" & "Spring Hill" 9x12 & 8x13 watercolors *I'm pleased to report these both recently sold Artisans' Co-*



Beverly Bird - "Majestic Madrone" 12x9 watercolor



Kim Winter - "Wheelbarrow" 13x18 acrylic & pastel *I painted it outside in front of grape vines....but I had no idea how to even begin to paint the grapevines...yikes.*



Gail Mardfin - "Dillon Beach" 8x8 watercolor *Painting at the beach with my granddaughter was a success, though my watercolor not so much!*



Carol Mills - "Freestone" 7x10 watercolor *Gary and I went out to Freestone and parked in front of the bakery last weekend and sat in our car and drew the scene across the street. He does travel sketches so his was good. Mine is why I don't do plein air. But I drew it by hand and painted it. I did my assignment!*



Nancy Sanchiotti - "Applesseed Way" & "Portuguese Beach" both 11x14 oils *I've enjoyed painting out with Susan, Carolyn and Georgia. These were both done in the past two weeks.*



Deni Marrone - "Majestic Madrone" 11x14 pen & ink *On Barnett Valley by my last home. No, it's not new, but it's not that old either.*



Linda Grainger - "Noon by the Sea" 10x14 watercolor *I went to Redwood City to visit my daughter. We had a picnic by the beach, a beautiful place by the Pacific, full of these lavender plants. I hope this painting captured some of its beauty*

Oakmont Art & Craft Faire

by Gail Mardfin

It was a very hot day but a quite comfortable time I spent at the much-awaited outdoor event in the Berger Center parking lot at Oakmont on Saturday, June 20th. Besides seeing **Kathy Byrne** and **Phil Wilkinson's** set-ups, which I expected, **Gary Caldwell** had a nice art display and so did **Kathy Hainke**, one of AWS' newest members (all pictured counterclockwise from top). Kathy and I had chatted via email several times as she was in the Virtual Show, so it was fun to meet her IN PERSON (and buy some of her pressed flower notecards)! Then, for spice, I ran into Gary and **Carol Mills** and **Sunny DuPuis**.



A full AWS house!

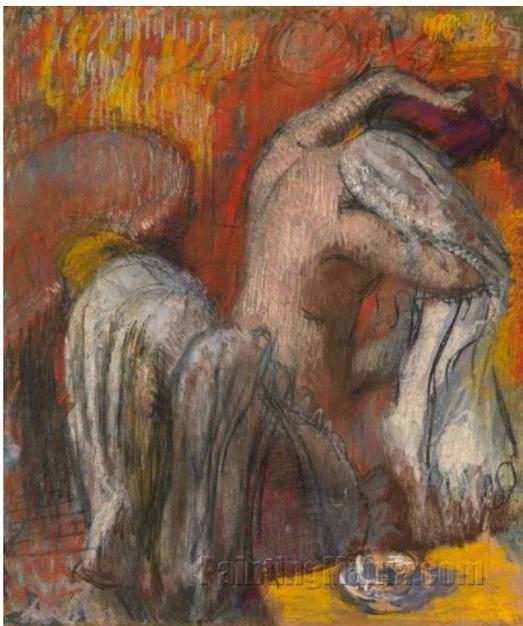
Legion of Honor, Special Exhibition Opening Oct 9

Color into Line:

Pastels from the Renaissance to the Present

Featuring about 90 pieces by many famous artists who worked with pastel, "one of the most versatile and adaptable media in art history. Highlighting women artists, who have historically worked in the pastel form, the exhibit includes selected loans from local collections and private institutions."

For the many AWS artists who work in this media, two words: **Field Trip!!**



"Femme s'essuyant" (Seated Bather Drying Her Neck) by Edgar Degas

Art 101: What was ART NOUVEAU?

Art Nouveau dominated much of the Western art and design worlds from the 1880s up to the start of World War I. The style was inspired by nature, spurred on by the Arts and Crafts movement, and served as a fundamental reaction against Industrialization.

<https://www.artandobject.com/news/art-101-what-was-art-nouveau>



An illustration by Alphonse Mucha, master of Art Nouveau

Art 101: What was SURREALISM?

Though “surreal” is often used as a descriptor of, among many things, art—true Surrealist work adheres to the movement’s manifestos.

Generally speaking, surrealists were concerned with the uncensored function of the brain. Many creatives in the group practiced automatic writing, the process of writing all one is thinking without any filtering or editing. Many artists approached their visual work in a similar way, laying down whatever came to mind at the moment. [https://](https://www.artandobject.com/news/art-101-what-was-surrealism)

www.artandobject.com/news/art-101-what-was-surrealism



“The Lovers” (Seated Bather Drying Her Neck)
by René Magritte 1928



Carol Mills’ recent 8x10 acrylic “Window Light” has a bit of a surreal quality to it.

Perhaps SURREALISM would be an interesting PROMPT to try some month...

PATTERNS by Robert Genn

6/22 The Painter’s Keys (www.painterskeys.com)

After days of working *en plein air*, I’m realizing once more the **compositional problems inherent in the real world**. Vacillating, as most of us do, between the truth of reality and the compositional needs of the painting, in the field one tends to go for the truth.

That’s where a few days back in the studio can really pay off. The images developed on location are still fresh in the mind, but something else begins to happen. Composition improves. [Some things to consider...]

It’s best to plan your pattern first, not after the fact.

Don’t be afraid to use thumbnail value plans as starters.

Think of the pattern as a structure that moves the eye.

cont’d on next page

PATTERNS *cont'd*

The eye moves first to the simpler, larger shapes.

The overall pattern is best when it's irregular and varied.

Avoid predictable shapes — blocks, circles, rectangles.

Avoid equality, kissing shapes, and homeostatic effects.

Patterns should move beyond the periphery of the work.

The focal area can be more active, with smaller, sharper shapes.

Viewers' eyes ask to be entertained — pattern is the opening act.

Patterns thrive in lights, darks, and plenty of middle tones.

Add mystery — shapes can be muzzy and obscure.

Yin and yang your pattern — alternate dark and light activity.

Squint at your work, invert it, or look at it in a mirror.

Your work should “read” from across the room.

If, in the early stages, your work is not turning out to have enough pattern, face it against the wall, or bury it and come back later. Very often the simple passage of time will give fresh keys to pattern improvement. As Don Quixote said to Sancho Panza after a particularly vexing passage: “Tomorrow will be another day.”

“An artist is not paid for his labor but for his vision.”

- James McNeill Whistler

Art at the Source Open Studios June 5-6 & 12-13, 2021

by Gail Mardfin

Between the two Art at the Source weekends, I visited about 15 of the 90 artists on the tour. It is always inspiring to see so many creative people working in such a variety of media, and the energy it takes to participate in the event does not go unappreciated by me! Not to mention it is fun for a relative newcomer like me to explore parts of Sebastopol and Santa Rosa, the only areas I ventured into this year.

On the first Saturday, I stopped by to visit all four of our AWS artists. Their energy was up and everyone had made some sales...and by the second weekend, LOTS of sales.



By event's end, Beverly Bird (left) had sold the painting behind her, “Daylight at Bodega Bay.” Below, Fran Nielsen is surrounded by her paintings, cards and character figures, as well as her granddaughter-helper, Talitha. “It was my best sales ever!” says Fran.



Visitors enjoyed seeing and buying art by Susan Bradford (left) and Patricia Marina (right), as well as hearing two different bands that Susan's musical son-in-law Jeff Phy performs with.



Member Profile: Kim Winter

by Paula Pearce

P: So Kim, where were you born and raised?

K: I was born in Georgia. It was there my dad was just finishing up his military work. When I was about 6 months old, my family moved to Laguna Beach, California. I grew up there until I was 8. Then we moved to Spain for three years and then returned to California.

P: Did you grow up with siblings?

K: Yes, I have a younger sister, Kristin. She is three years younger than me.

P: Did you have relatives who were artists or anyone else in your life that inspired you as a young person?

K: Yes, my father was a cartoonist, painter, and did graphic art professionally. When I was young, I recall my dad sketching out some Christmas cards for us to fill in with color. He would dab a small touch of color in the different areas so we could fill in the rest. That started a tradition for our family making cards for every occasion and giving them to our relatives and friends. I still do it. I've never bought an occasion card to this day!

P: Can you recall, as a child, what you wanted to be when you grew up and what did you actually end up doing for a living?

K: Yes, in early childhood I always dreamt of being a vet because I have always enjoyed caring for a lot of kinds of species like snakes, lizards, birds, rodents, rabbits and the usual cats and dogs as well.

Construction has always been an interest for me. I worked in roofing for many years and have put this experience to use on present day home projects. Recently I have retired from a career as a substitute teacher in Windsor.

P: When did you first become interested in art?

K: It was when I attended college at Humboldt State University. I majored in art. My most favorite subject was lithography/printmaking.

P: What actually inspired you to begin to take your art interest seriously?

K: It was the magical process of working on limestone for my lithography projects. I became very focused and inspired by this field of art more than any other art subject.

P: What happened after that?

K: After I earned my B.A. in Art from Humboldt State, I transferred to U.C. Santa Barbara grad school to earn my Masters in Fine Arts. But the real turn-on for me was I got to be a teaching assistant in lithography at U.C.S.B. That was an ultimate joy of mine, to teach this magical process and watch my students bloom.

P: Can you describe what medium you first explored?

K: Mostly pen and colored pencil. I've always been an obsessive doodler my whole life.



P: Did that evolve into other art mediums?

K: No, because I've always worked tiny and tight in any artwork I had pursued. In the past, I was not interested in painting because it was too loose and scary and unable to control.

P: Kim, do you have any new art projects of yours you want to tell us about?

K: Yes, I am excited to say I am now studying and practicing to paint for really the first time in my art career. I am determined to put my fears behind me and actually learn how to paint a variety of subjects.

P: Do you have any other goals you have imagined for yourself?

K: My fantasy goal for lithography was to go to the Tamarind Institute in Albuquerque, New Mexico to train to be a master printer to teach this magical process to other artists.

P: How long have you lived in Sonoma County and what brought you here in the first place?

K: It was in 1983 when I was on my way to New Mexico from Arcata. I stopped here to visit friends and I never left.

P: How did you find out about AWS?

K: An artist friend told me about it at the beginning of the Pandemic! I've never actually attended a real meeting, only on Zoom. I can't wait to experience AWS in the flesh!

Conclusion by Paula

It was my joy to be able to go to Kim's home and studio in person after all this time. The first thing I said to Kim on my arrival is that I wanted her to choose a piece of her artwork for me to photograph for this interview article. She chose a very beautiful painting of hers in their living room by their pool table. At that time, I was clueless on the magnitude of importance of Kim's recent painterly accomplishment in this example. Congratulations Kim! I enjoyed sharing time with you in your studio and interviewing you for this issue. I am sure our members will gain a unique perspective on meeting you in this way. Welcome to our art club and hopefully we will all come together once again soon.

WHAT EMOTIONS DO ARTISTS FEEL WHEN WORKING?

#1 FRUSTRATION!

Ivcevic Pringle, director of the Creativity and Emotions lab at the Yale Center for Emotional Intelligence, recently surveyed artists to learn what emotions they feel when working. While love, happiness, sadness and nostalgia were heavy hitters, the top and most consistent answer, she discovered, was frustration. Adding to this, when Dr. Pringle expanded her survey to the general population, frustration fell down the list behind things like boredom and anger from people in non-creative fields while it remained, alongside happiness, at the top for people who were highly creative in their jobs. It seems when it comes to creativity, "frustration," as author Elizabeth Gilbert wrote, "is not an interruption of your process; frustration is the process."

Some suggestions to get past this frustration, from Painter's Keys' artist Sara Genn:
Find yourself a welcoming chair. Stop the work at hand and sit across the room.

Or

Switch to another work. (You'd better have something else going on...)

Or

Clean, tighten or swap out the tool you're working with. I like a fresh flat brush, springy and straight from its packaging.

Or

Declutter your work area and decrease the visual and audible noise in your space. Just clean up your space.

Or

Take a 10-minute walk, drive or ride. Breathe while doing it.

Or

Drink a glass of water. "When things are shaky and nothing is working," wrote Pema Chodron, "we might realize that we are on the verge of something."



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