



POMONA VALLEY ART ASSOCIATION

300-A South Thomas Street, Pomona CA 91766
(909) 469 -1599 – visit us on the web at: www.pvaa.net

NEWSLETTER

MAY 2006



First place entry, "Mountain Retreat",
by Lois Keith

Welcome New President and Monthly Show Chairperson

Lucien van Oosten was voted in as PVAA's new President at April's board meeting. Lucien has been working as the coordinator of the Prog Space. Lucien has a lot of energy and new ideas that will certainly benefit PVAA. We welcome him as the new President of PVAA.

Debra Walters is the new Monthly Show Chairperson. She will be coordinating a team of volunteers that will put the shows together. Debra is presently doing the hospitality duties for the "Second Saturday" Artwalks. Debra has been stepped in to help on many occasions and we welcome her as the new Monthly Show Chairperson.

CONGRATULATIONS TO APRIL'S MONTHLY SHOW WINNERS! "ASIAN & ISLAND INFLUENCE"

- 1st – "Mountain Retreat", Lois Keith
- 2nd – "Island", Letitia Hoffman
- 3rd – "Lily Pond", Debra Walters

Best of Show –

"Small Island Night", Melissa Duffy

Honorable Mentions–

"Buddhist Temple II", Veronica Kortz

"Gata", Lois Keith

Bill Runyan, was our Judge for the "Asian & Island Influence" monthly show. Bill has a wide variety of interests that he accumulated from his travel and educational experiences. He is currently a news columnist for the [Inland Valley Daily Bulletin](#). Thank you Bill for taking the time out of your busy schedule to judge this show.



Grab Bags

"A BIG THANK YOU to JoAnn Peters and Melanie Phillips for the many great items donated for the grab bags. The bags are good sellers and bring in needed funds for operating the gallery. Every member is encouraged to contribute small, suitable items. It is one EASY way to do your part.

Thanks, Ann Stone

MONTHLY ART SHOW & SALE CALENDAR – 2006

<p>January</p> <p><i>ABSTRACT & COLLAGE</i></p> <p>Jan 12 – Feb 4 Take-in Jan 7, 11 – 4 Reception Jan 14 Pick up Feb 4</p>	<p>February</p> <p><i>RED SHOW</i></p> <p>February 9 – March 4 Take-in Feb 4, 11 – 4 Reception Feb 11 Pick Up March 4</p>	<p>March</p> <p><i>SEA AND LANDSCAPES</i></p> <p>March 9 - April 1 Take-in March 4, 11-4 Reception March 11 Pick up April 1</p>	<p>April</p> <p><i>Asian & Island Influence</i></p> <p>April 6 – May 6 Take-in April 1, 11 – 4 Reception April 8 Pick up May 6</p>
<p>May</p> <p><i>ANIMALS I Have Known</i></p> <p>May 11 – June 3 Take-in May 6, 11 – 4 Reception May 13 Pick up June 3</p>	<p>June</p> <p><i>Country Gardens</i></p> <p>June 8 – July 1 Take-in June 3, 11 – 4 Reception June 10 Pick up July 1</p>	<p>July</p> <p><i>Proud To Be An American</i></p> <p>July 6 – Aug 5 Take-in July 1, 11 – 4 Reception July 8 Pick up Aug 5</p>	<p>August</p> <p><i>THE GREAT SOUTHWEST & Mexico</i></p> <p>Aug 10– Sept 2 Take-in Aug 5, 11 – 4 Reception Aug 12 Pick up Sept 2</p>
<p>September</p> <p><i>Harvest & AUTUMN</i></p> <p>Sept 7 – Oct 7 Take-in Sept 2, 11 – 4 Reception Sept 9 Pick up Oct 7</p>	<p>October</p> <p><i>DAY OF THE DEAD</i></p> <p>October 12– Nov 4 Take-in Oct 7, 11 – 4 Reception Oct 14 Pick up Nov 4</p>	<p>November</p> <p><i>PHOTOGRAPHY & DIGITAL</i></p> <p>Nov 9 – Dec 2 Take-in Nov 4, 11 – 4 Reception Nov 11 Pick up Dec 2</p>	<p>December</p> <p><i>SPIRIT OF THE SEASON</i></p> <p>Dec 7 – Jan 6 Take-in Dec 2, 11 – 4 Reception Dec 9 Pick up Jan 6, 2007</p>

The Prog Space Shows & Events

- April** – Nogales High School
- May** – 100 Bucks and Under Show
- June** – Shameless Self-Promoters
- July** – Shameless Self-Promoters

Art Chat

By Mary Montelongo, Editor

The Therapeutic Effects of Art

The inspiration for this column came from a most interesting article in Art Business News, Dec 2005, "Art for Health's Sake", by Lindsey Walker.

How many of you have gone to a doctor/dentist office and have viewed a painting that has transported your anxiety, pain etc., to another place; a place of calm or comfort?

Valerie Hopkins, owner of Hopkins Fine Art and Paul Gleason, physical therapist, deal in art for its therapeutic benefits. "The artwork distracts the patients forcing them to think of something else" says Hopkins. Gleason stated, "Art provides an interesting topic for conversation and gets patients minds off their injuries for a few minutes". He also remarked, "I believe art opens the mind to new possibilities, creates energy and optimism and provides comfort to the soul". Bernice K. Leader the principal of Leader Associates and art consulting firm to corporations and health care facilities agrees. The art she chooses first passes her criteria for excellence and then she chooses art that have ideals that are life affirming, organic, serene or even stimulating depending on décor, departments function and goals of the principals. "Art is a thing of beauty that is beneficial to patients because it can provide stimulation or an escape from a frightening situation, all of which can be therapeutic." Leader believes that abstracts or organic pieces with cheerful colors are more beneficial than soothing colors.

Lyric Artist, Jeff Montaigne creates commissioned artworks that spell out the lyrics of songs that "speak" to the buyer. He suggests that most art can be soothing because it impacts the viewer in different ways, depending on how it stimulates personal memories or how it creates connections in a person's life.

Art can be just as therapeutic for the creator as the viewer according to the Mundelien, Illinois based American Art Therapy Association Inc. The creative process involved in the making of art is healing and life-enhancing. Through creating art and talking about the creative process with an art therapist, one can increase self-awareness, cope with symptoms, stress and traumatic experiences while enhancing cognitive abilities and enjoying the life-affirming pleasures of artistic creativity.

I was personally interested in this article because I suffer from a long chronic illness. At one point I was bedridden for three months. In order to restore much needed activity in my daily routine I found that painting especially with watercolors improved my ability to move and function. Playing in puddles of water and pigment and watching them dissolve as I brushed them onto watercolor paper was mesmerizing a caused me to forget my symptoms for a time. Now I look forward even crave to visit my studio daily where I can escape from my ills.

If you have any thoughts or experiences you would like to share on this subject or if you have any topic regarding art you would like discussed in Art Chat, just e-mail the editor: artsi1@verizon.net. Remember the deadline is the 15th of each month.

“Eklektikos” group show to be featured in Progress Space Gallery during June and July

Outstanding works by a dynamic group of local artists will be showcased at Progress Space Gallery during June and July, when sixteen Shameless Self Promoters (SSPs) will come together for a show that’s sure to wow everyone who attends.

Lucien van Oosten, the show’s coordinator, says “most popular media will be represented – oil, acrylic, pen and ink, pencil, ceramics, stained glass, jewelry, photography, mixed media – it will be an eclectic and exciting show.”

The SSPs themselves are a very mixed bag. They include engineers, chefs, art professors and students, “corporate” artists, and even a few who are lucky enough to be able to indulge their creative passion on a full-time basis.



by Carly Wouters

At press time, artists expected to participate in the show were:

by Alex Garcia



John Arenas

Regina Cardenas

Carolyn Cunningham

Alex Garcia

Skyler Gonzalez

Nancy Gorman

Susan Hoskinson

Richy Manual

Marty Michaelson

Rita Poorman

Tracy Pritchard

Maryann Rachford

Melissa Reed

Jodi Schneider

Lucien van Oosten

Carly Wouters

“Shameless Self Promoters” was chosen as a name for the group because these artists feel that there’s nothing wrong with tooting their collective horn in an effort to put their best work before the general public. They are thrilled that Progress Space Gallery has the room they need to mount a show of this size and complexity, and hope that all of the members of PVAA will be able to view the show.

“Eklektikos” will open on Saturday, June 3 and run through Sunday, July 30. Normal gallery hours will be 11am-4pm, Thursday through Sunday. The gallery will be manned by participating artists during the show’s run. The **Artists’ Reception** will be on Saturday, June 10, from 6-10pm. Come meet the SSPs at the reception and enjoy an evening as eclectic as the show itself, with great munchies, refreshing libations, and live music. For further information, email Lucien van Oosten, vogaruda@earthlink.net.

Welcome New PVAA Members - April Hobby, Jennifer Norin & Family, Mark & Jennifer Gutmann, Tony Barber & Family, Joanne Beckman and Mary Ann L. Bourke

Welcome New Gallery Members – Mark Gutmann and Tony Barber

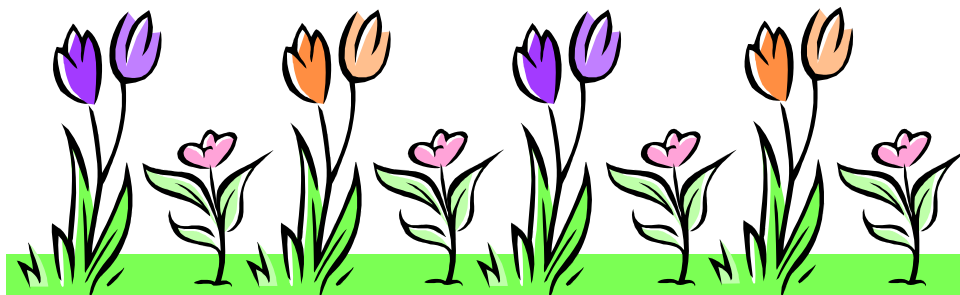
**Lynda Pasztor will be giving a 2-day workshop on Monotypes
(without the use of a press)**

Place: ARTBOX Studio, Upland **Dates:** September 1-2, 2006

Cost: \$120

For more information: call Lynda @ (909) 981-6254 or Sylvia @ (909) 981-4508.

Los Angeles County Museum of Art is exhibiting five of Gustav Klimt's paintings from April 4th through June 30, 2006.



From the Editor: Send informational items that you would like to see in print to artsi1@verizon.net. If you don't do email, just put your items in my folder at Gallery SoHo or send via US Mail to PVAA, attn: Mary, or feel free to call me at (909) 591-6503. **Next Deadline: May 15th.** ☺

-Mary Montelongo

SHOWS & EXHIBITIONS

Associated Artists of the Inland Empire: May's demonstrator, Susan Sprigg will demonstrate oils. There is a monthly art competition every month, "Artwork of the Month", April is "Florals". Monthly meetings are at 9:30 am, the 2nd Wednesday of each month, Central Park Community Center, Rancho Cucamonga. Call (909) 463-6259 for more info.

Joslyn Senior Center: Offers demonstrations, gallery show, music, poetry reading, dance workshops. Located at 660 North Mountain, Claremont CA, (909) 399-5488.

Fine Arts Academy: Various Fine Arts Classes available. For information: (626) 335-2240.

East Valley Open Juried Show: June 10th-11th, Silent Auction & Wine Tasting June 9th.

Watercolor West XXXVIII Annual Exhibition October 14 - December 10, 2006. Entry deadline is July 18, 2006. For questions: email @ Joann@Joannformia.com.

CLASSES

Bess Reide: Enameling and cloisonné at the Armstrong Center, 1265 S. Palmetto, Ontario. Info: (909) 593-4337

Sylvia Megerdichian: Sylvia teaches classes every Monday from 9:30 a.m. to 2:00 pm. June 24 is a Watercolor Workshop w/ Don O'Neill, July 24-28 is Figure Painting Workshop w/ Don Andrews, Oct 16-20 is Sparkling Watercolor Workshop w/Judi Betts and Nov 10-11 is Right Brain Drawing Workshop w/ Sylvia Megerdichian. Art Box Studio info. (909) 981-4508. Location: 1302 Monte Vista #9 Upland, CA.

Anne Williams: teaches free art classes through Mt. SAC. Watercolor on Mondays: 9 am – noon at Joslyn Park, Covina, and 1 – 4 pm, Heritage Park, Diamond Bar. Thursdays 1- 4 pm Diamond Bar Community Center. Drawing classes on Tuesdays: 1- 4 pm, Diamond Bar Community Center. Call Ann for Info: (909) 595-8182.

Anne Seltzer: Artwork Studio offers private art lessons in drawing and painting. Info. (909) 624-8424

Melanie Phillips: teaches watercolor at Rancho Cucamonga Senior Center, Mondays, 12:30 to 3:30 pm, no fee, 18 years old and up. Call Melanie for info at (909) 980-0918.

Mary Montelongo: teaches collage, Artistic Journaling and beginning fused glass. For more info, call Mary at (909) 591-6503.

Phyllis Case Bennett: teaches Chinese Brush Painting at Claremont Adult School, two classes; Wed. 9 am-12 noon and 1 pm-4pm and watercolor Plein Air classes Tue. 9 am-12 noon. Phyllis will be conducting Plein Air classes in various mountain locations for info. call: (909) 593-5520.

Nancy Kasten: teaches oil painting at the Ontario Recreation Center on Tuesdays 9 am-12 pm. \$30 per month, Home#(909) 982-7929, Recreation Center (909) 395-2020.

Elizabeth Sides: teaches art classes for adults and children; for info. call Elizabeth's Art Studio: 621-1630.

Country Gardens

Monthly Art Show & Sale

June 8 - July 1, 2006



- ❖ Take-in Saturday, June 3rd, 11-4 pm
- ❖ Reception Saturday, June 10th, 6 - 10 PM
- ❖ Limit 3 entries per person. ...\$10 or 3 for \$25 for PVAA members, \$12 for non-members (\$6 students). Student division is for high school seniors and younger.
- ❖ Fees payable to PVAA, all fees non-refundable. Membership available at time of entry.
- ❖ All work must be picked up July 1st, during regular gallery hours, 11-4 pm.
- ❖ 1st, 2nd, 3rd place ribbons shall be awarded as well as cash awards. \$25 -- 1st Professional and Student Division, \$15 2nd, \$10 3rd. Honorable mention ribbons awarded at judge's discretion.
- ❖ All media welcome
- ❖ Works will be displayed for sale at price indicated by artist (or marked NFS). PVAA retains a tax deductible donation of 20% on all sales.
- ❖ Every reasonable care will be taken to assure proper handling of all entries. However, neither PVAA nor its agents will be responsible or liable for damage or loss. Submittal of entry to this show shall imply an agreement on the part of the entrant.
- ❖ All work must be clearly marked with artist's name, title, medium and price on the back or underside.
- ❖ **Entries must be ready to hang or display. NO sawtooth hangers.** PV AA reserves the right to reject any work not suitably prepared for display.

Name _____ Phone# _____

Address _____

1. Title _____ medium _____ price _____

2. Title _____ medium _____ price _____

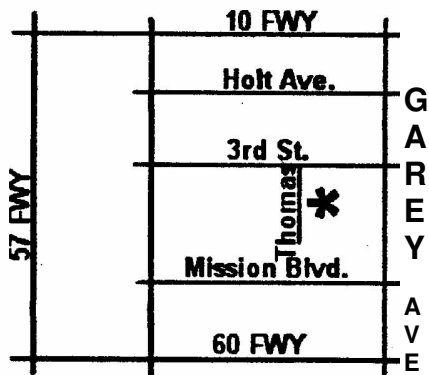
3. Title _____ medium _____ price _____

► PVAA has my permission to use photos of my art to publicize the show

Pomona Valley Art Association will hold the Show at the Gallery SoHo, 300-A South Thomas Street, Pomona, CA 91766 (one block west of Garey Avenue). Call (909)469-1599 for more information.



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* Gallery SoHo

POMONA VALLEY ART ASSOCIATION

and **Gallery SoHo**

300-A South Thomas Street
 Pomona CA 91766
 Phone: (909) 469-1599

M A Y 2 0 0 6 N E W S L E T T E R

**Pomona Valley Art Association
 Membership Application**

Please complete this form and mail with your payment to:
 PVAA 300-A South Thomas Street, Pomona, CA 91766 Attn: Linda Hauser

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ E-MAIL _____

- | | | | | | |
|--------------------------|----------|------------|--------------------------|---------|--------------------|
| <input type="checkbox"/> | \$125.00 | Lifetime | <input type="checkbox"/> | \$28.00 | Family |
| <input type="checkbox"/> | \$100.00 | Patron | <input type="checkbox"/> | \$24.00 | Couple |
| <input type="checkbox"/> | \$50.00 | Sponsor | <input type="checkbox"/> | \$20.00 | Single |
| <input type="checkbox"/> | \$35.00 | Sustaining | <input type="checkbox"/> | \$6.00 | Student (under 18) |

Please indicate your areas of interest: _____