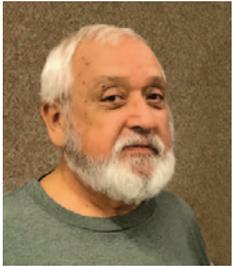


WHAT'S NEW?

WGA is here to support and inspire you!



President's Update

Hello all once again. We are reporting on a very challenging year. It has forced us to completely review the way we provide a positive and welcoming environment which promotes our creativity. and our identity as artists who want to contribute to the identity of our community.

2020 started with the usual activities, such as workshops and Tuesday meetings, which included life drawing, portrait, and different presenters. Our activities at Edithvale and Banbury were well attended until the corona virus pandemic required us to stop all in-person activities.

Initially we thought this could be a short term crisis, but since March we have been dealing with the sad news that the usual activities, as we knew them, have been postponed, and we do not have a clear idea of the future. However, a group of dedicated members have come with ideas on how to use virtual tools, and as of September we have been using Zoom to meet on a regular basis.

Thank you to Glenda Wood, Jo Baumann, Diane Hunter, Adele Steinberg, Judy Langer and many others who have come up with a comprehensive program which will allow us to continue meeting as a group on a regular basis. I am happy to report that we started tuesday night meetings, which have been well attended.

I understand that this shift has required new learning and is challenging for many of our members. Congratulations on your efforts.

We have postponed our yearly membership renewal until we have a more stable situation, and we will let you know when we can resume our meetings in person.

At this point we have more questions than answers. My message is that we need to take the challenges as an opportunity to grow and be better as people and artists.

Thanks a lot to all who keep the WGA well and alive!

Sincerely,
—Jairo Ortiz

SEE OUR
ZOOM
TUESDAY
NIGHT
PROGRAMS
ON PAGE 2!



This is YOUR newsletter. Please email me any news, articles or information you would like to contribute to future newsletters.

Sheryl
shapirosss@rogers.com

ZOOM PROGRAMMING ON TUESDAY NIGHTS!

With covid still hanging around our doorstep we must be careful at all times so the WGA program will continue on Zoom. I feel we will continue this way into 2021, interacting with each other via internet/zoom. I have already prepared a few dates for Jan 2021. While doing so I realized I will not have to go out into the cold weather, deal with crazy traffic, and lug my art stuff around with me ... so maybe being on-line via Zoom is not such a bad idea for the months of Jan and Feb? We can still connect with each other through Zoom or maybe just give a shout out to a particular WGA friend the good old fashion way—TELEPHONE!

On Oct 13, 2020 We will be having artist Andrew Hamilton give a talk about how to be creative. I really enjoy his upbeat conversations. What I suggest is that WGA members be prepared with paper and pencil to scribble down notes and ideas that will come from Andrew because he has tons of ideas and so many that you will wish you had paper and pen. SO be prepared and plan ahead to be entertained by Andrew.

On Oct 20, 2020 We will be doing Life Drawing with a live male model via zoom. Please make sure you have a private space so you can draw to your heart's content. NOTE: This life drawing = nude. Some family members may not be comfortable seeing your computer screen so be proactive and inform your family.

Oct 27, 2020 Critique Night with Jo Bauman. ***Please send Jo an e-mail with your painting attached as soon as possible.*** If the painting you wish to have critiqued is in glass frame you should take it out of the frame so there will not be glare on the subject matter and Jo will be better able to present a clear critique.

Nov 3, 2020 Portrait Night. We have already had a Portrait evening with Glenda Wood as the Star model. It was a lot of fun and we had a good time. Glenda volunteered to sit for 2 poses and afterward WGA members shared their drawings. Participants had a great time.

Nov. 10, 2020 York university student Deanna Gisborne will present her art and give a talk about her life as an art student. Deanna received the WGA grant this year.

Nov 17, 2020 Life drawing with the same model as Oct 20.

Nov. 24, 2020 Margaret Roseman, founder of the Toronto W/C Society, will not be giving us WGAers a watercolour demo but an Acrylic demo. For WGA members who are not familiar with Margaret's art, BE PREPARED to be WOWED!!

Dec. 1, 2020 Nora MacPhail will be doing a demo on painting birds using Cobra water mixable oils. Nora will explain the nuances using this product.

If anyone has idea or suggestion for a particular demo or an artist please contact me. I truly appreciate all your suggestions and I will try to present artists and demos that interest our membership but you have to let me know what sparks your interest! **Check the WGA web site in case of changes to the program.**

Always willing to try new and adventurous artistic ideas!!! Thank you.

—Dianne Hunter 905 886 2055

Drawing on-line

On Tuesday, October 6, 2020, WGA held its first online Portrait night. According to all participants, the evening was a great success.

Picture this: you DO NOT have to pack and lug a heavy sac full of art supplies (likely forgetting the most important item), nor put on your warm coat and gloves, get into your car, or drive anywhere. From the comfort of your home, with all the art supplies your heart could desire at your side, with the simple click of a button on your computer, you have a front row centre seat in front of a beautiful portrait model. What could be better than that?

On Tuesday, Glenda Wood generously offered to sit for us for the entire session. Not only that, but she surprised us all with a new look for the evening when she donned a sassy wig. With two different poses, participants used the opportunity to try different media and different viewpoints.

Next Tuesday will be a demo by Andrew Hamilton on "How to Come up With Creative Ideas" (like portrait drawing online!) and then October 20, join us for our first online life-drawing evening.

November 3rd offers another chance to try your hand at portrait drawing if you did not attend this week.

Take a look at some of your colleagues' work from Tuesday night.

—Judy Langer

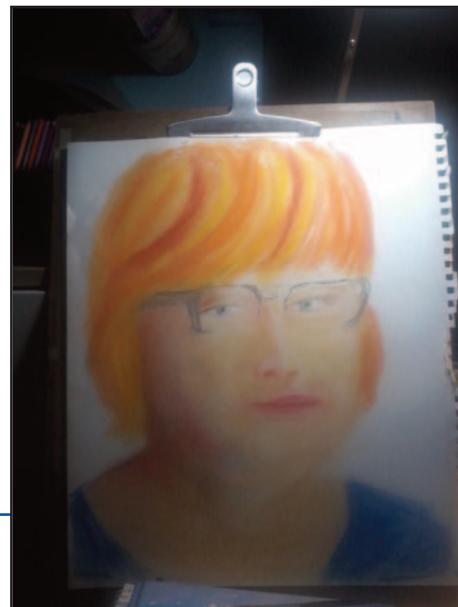


Portrait by Judy



Portrait by Judy

Portrait by Dianne



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Willowdale Group of Artists

NEWSLETTER OCTOBER 2020

Continued from previous page



Portraits by Adele

Portraits have always been more than just a record. They have been used to show the power, importance, virtue, beauty, wealth, taste, learning or other qualities of the sitter.

<https://www.tate.org.uk/art/art-terms/p/portrait>



Portraits by Jo



Portraits by Jairo



Meet Deanna Gisborne, Willowdale Group of Artists' Current Scholarship Winner.

Deanna Gisborne, WGA's Scholarship Winner

Every Year Willowdale Group of Artists awards a scholarship to a talented young artist selected by the Art Teachers at York University.

Jairo and I attended the Awards Ceremony at York University's Keele Street Campus and met Deanna in person. We also went to the Arts Department, walked through it and saw some of Deanna's current work. We enjoyed seeing it all.

Normally, we offer our scholarship winner the opportunity to exhibit a few paintings in our Annual Fall Show; but this year is very different; the pandemic has changed everything. Instead we have posted her paintings on our website.

And in addition to that, Deanna has agreed to come and tell us about herself and her paintings on our Zoom meeting of November 10 2020. You are all invited to attend.

—Margie Wagner WGA Publicity

To learn more about her:

<http://www.willowdaleartists.com/bursary-student-2020/>

Here is a sample of what you will see



Have you
looked at
our new,
updated,
web
site?



MEMBERS' ART—Elaine Sugar

How long, more or less, have you been part of WGA?

I can't remember how long I have been a member, my guess would be 15 years.

What were you hoping to get from joining a club?

Meeting other artists, exposure to different ideas and techniques and participating in shows.

Are you creating anything right now, and if you are, tell us briefly what inspired you and how / where / when you work at it.

No, I haven't been creating anything. I moved a year ago and haven't set up my studio. Now that the cooler weather is coming I'm planning to set up my room and start painting.

The four images I'm sending are all pieces I have done at home over many years.

I don't like working from photographs and rarely use them. I like to start with the real thing. In the case of these four pieces I started with a detailed drawing and colour samples of the orchids growing in a pot. Using tracings of my drawings I then put together the compositions.



Gainst Phantom Stars
watercolour and gouache



Orchids
watercolour

Continued on next page



Continued from previous page

In the painting "Those Were the Days" I combined the orchid drawings with another drawing. I have done a number of other pieces using these orchids. This is my favourite way of creating a painting.

—Elaine Sugar

Those Were the Days
watercolour and silver ink



Orchids
coloured pencil

MEMBERS' ART — Margie Wagner

How long, more or less, have you been part of WGA?

Since 2008; after I quit work to take care of my sick husband.

What were you hoping to get from joining a club?

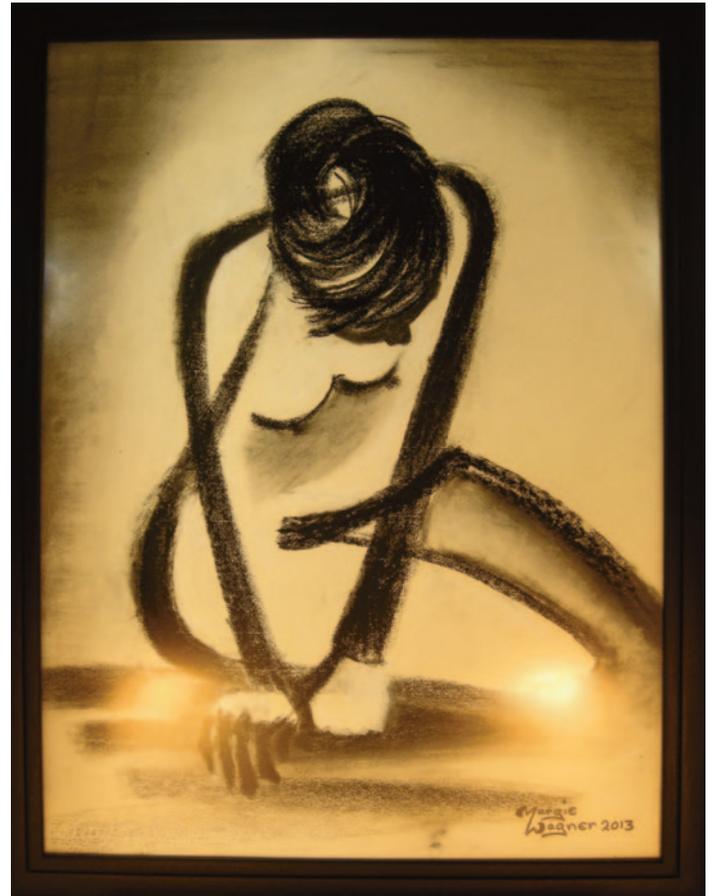
Interacting with other artists, drawing from the model, demos of new techniques.

Are you creating anything right now, and if you are, tell us briefly what inspired you and how / where / when you work at it.

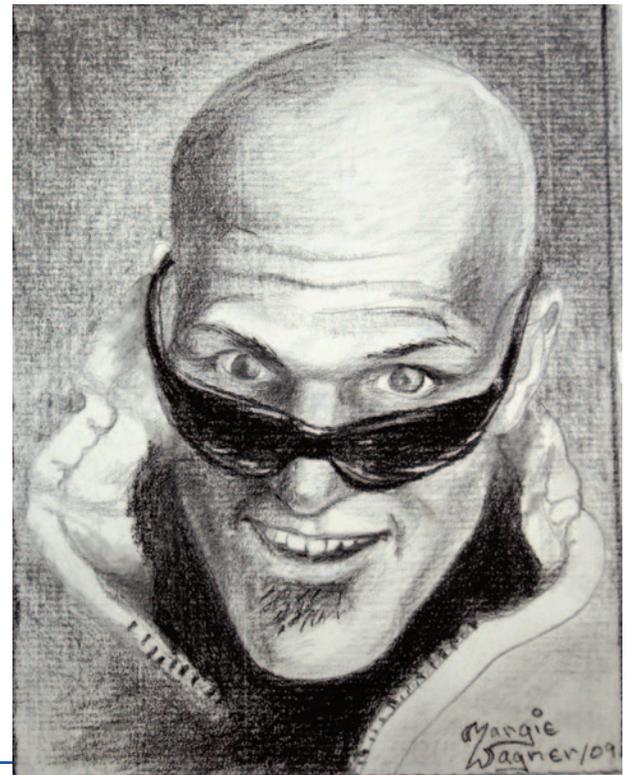
This year has been occupied with family illnesses, legal problems, pandemic limitations etc., I am just emerging from all the complications, and have started with some greeting cards and developing sketches I have at home.

—Margie Wagner

The first one is an abstraction from a drawing done "from the model" after I joined WGA.



This one is a portrait of a mildly disabled man I volunteered to ski with for a few years after I lost my husband.



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This painting is from a sketch I made on the ocean front on holiday along the B.C. coast.



This one was done during a time when I got interested in frogs of all types and colours.

THE HEALING POWER OF ART

The title of a recent documentary film, *I Remember Better When I Paint*, sums up the findings of a growing body of research into the cognitive effects of making art. The movie demonstrates how drawing and painting stimulated memories in people with dementia and enabled them to reconnect with the world. People with dementia aren't the only beneficiaries. Studies have shown that expressing themselves through art can help people with depression, anxiety, or cancer, too. And doing so has been linked to improved memory, reasoning, and resilience in healthy older people.

The beneficial effects of creating aren't dependent on a person's skill or talents. "It's the process, not the product," says Megan Carleton, an art therapist at Harvard-affiliated Massachusetts General Hospital (MGH).

Why art is good medicine

Decades of research have demonstrated that in people with dementia and other progressive neurological diseases, the ability to create art remains long after speech and language have diminished. Research has also shown that creating visual art can reduce stress and promote relaxation in people who are hospitalized or homebound due to illness.

Carleton, who like many art therapists is also a licensed mental health counselor, makes a variety of media — from acrylic paints to iPads — available to people who are undergoing cancer therapy at MGH. She has also worked with veterans and people with Alzheimer's disease in other environments. "Once people engage, they often realize they are having fun and the time passes faster," she says.

She says art also has an important role in helping people through particularly difficult times, including facing the end of life. "Working with a trained art therapist can give them a way to express themselves in a safe environment to help them get to the next stage more at peace."

She has seen people string necklaces to give to friends and relatives, make books and videos to memorialize their experiences, and even build boxes to contain their expressions of anger and frustration.

Why art is good prevention

Recent research suggests that to stave off cognitive decline, doing creative activities may be more effective than merely appreciating creative works. A 2017 report from the *Mayo Clinic Study of Aging* indicated that people over 70 who did crafts projects had a lower risk of developing mild cognitive impairment than did those who read books. In a 2014 German study, retirees who painted and sculpted had greater improvements in spatial reasoning and emotional resilience than did a similar group who attended art appreciation classes.

<https://www.health.harvard.edu/mental-health/the-healing-power-of-art>

INSPIRATION



Make time for play. Maybe you've set aside time for art on a consistent basis, but now you feel like that time must be spent doing something Important, like making the best art journal page of your life, or creating lettering so beautiful it would bring a grown man to tears. Nope. Just as spending time on actual projects is essential, so is play. Play takes away restrictions and eliminates deadlines and stretches your muscles like nothing else. In the book *Creative Strength Training* by Jane Dunnewold, contributor Sandy Kunkle describes how play makes her feel inspired to do more. She starts with a box full of fabric scraps backed with fusible adhesive and lays them on paper, ironing them down when she has a few rows. "Play really allowed me to move quickly into the zone and then I was lost in time," she says. "As a super planner and organizer, this exercise told me that working intuitively can be freeing."

<https://www.artistsnetwork.com/art-mediums/mixed-media/technique-tuesdays-10-tips-for-finding-inspiration/>

If you would like your art featured on the new WGA website please contact Glenda Wood.

woodglj@gmail.com