



FOOTHILLS ART ASSOCIATION

FOOTNOTES

www.foothillsartassociation.com

AUGUST 2019

August 1

No meeting or demo
Take-in: 11 am – 4 pm

August Featured Artist

Rusty Arnesen

August 10

Featured Artist Reception
2-4 pm

September 5

Take-in: 11 am – 4 pm
Social at 6 pm
Meeting & Demo at 6:30 pm

September 8

Art + Garden in the Park
10am – 3 pm
Harry Griffin Park

Gallery at Porter Hall

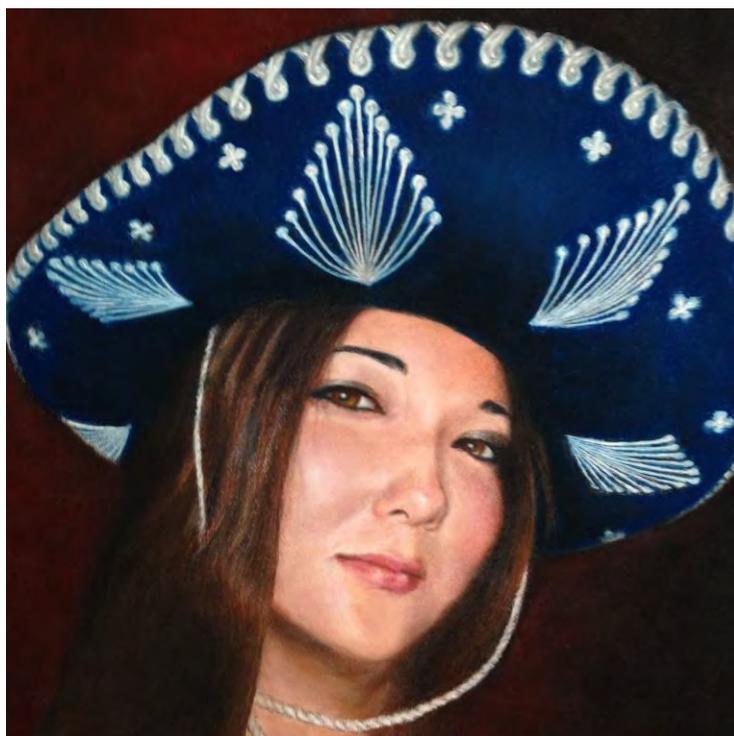
4910 Memorial Drive
University & La Mesa Blvd.
(619) 464-7167

Gallery Hours

11:00 a.m. - 4:00 p.m.
Tuesday thru Saturday
(Closed Sunday and Monday)

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August Featured Artist

Carl "Rusty" Arnesen

Rusty Arnesen, whose artwork will be featured at the Foothills Gallery during the month of July, has been interested in art and drawing since he was very young. But, during his early years in the Marine Corps, in school, and as a young attorney, he had little time for painting and drawing. Since his retirement, he has painted more than thirty pastel and acrylic pieces and has sold half a dozen. He has little artwork left from his early years, but one oil painting, done when he was a teen, will be on display along with his more recent paintings at the gallery.

Born in Brooklyn, Rusty was introduced to San Diego on his way to Vietnam while in the Marine Corps. After his last return from Vietnam, he settled in San Diego where *(continued on page 5)*

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Message from the Chair...



Where do you setup to create your artwork? Like me, few of us have a formal, dedicated studio setup. So, we may rely on desks, card tables, dining tables and collapsible tables to produce our artwork. Generally, I prefer a collapsible table giving me lots of elbow space with portability. And, having an audible book, NPR or ‘Midsummer Murders’ playing in the background works for me. One of these days, I’ll get out into the wild blue yonder and give plein air painting a go. Who knows, I may like that too. How about you?

At Foothills, summer break in July and August gives us the opportunity to view and engage in the multitude of fun and exciting art venues, demonstrations and events all around the San Diego area. In addition to our monthly members shows, we have/had the San Diego County Fair Fine Arts Hall Show, the Masters of the Moment Show by the East County Art Association, the monthly San Diego Watercolor Society shows, the San Diego Museum of Art, the Mingei International Museum, the Timken Museum of Art. I could go on and on, but you’ve got the idea. We are so fortunate to live here, surrounded by opportunities to view and create artwork almost anywhere, and hopefully, you’ve been able to take advantage of one or more of these.

During these summer months, your Board has not been sitting idle. With the help of our City of La Mesa’s maintenance department, there’s been a bit of painting and repairs to our building. And, now the restroom door no longer announces, with a loud squeak, that someone is heading into or out of that facility. By September, in time for our next Members Meeting, we will have solved our pesky chair/table problem with a roll-around rack (holding 42 chairs and 8 to 10 tables) providing safe and easy access:

For the month of July, Midge Hyde is providing us with a wonderful display of visual pleasures as our Featured Artist. Her works reflect her expressive, incredibly creative and color bound views of the subjects and world around her. I hope you had the chance to view and enjoy her work. Also, our many thanks go to the San Diego Drawing Guild, led by Gary Dyak, for being our Foothills Featured Artists at the gallery in June.

Our next member’s meeting is not be until September 5th. However, we will continue to have our monthly members’ shows at the gallery in July and August. So, keep your creative juices flowing and show your work at the gallery during the summer months. *(continued on page 3)*

CALL FOR ARTISTS



ART + GARDEN *in the PARK*

Sunday, September 8

10 am -3 pm

Harry Griffin Park in La Mesa

9550 Mildred Street, La Mesa, 91942

The Foothills Art Association and La Mesa Beautiful are sponsoring this unique event featuring local artists and neighborhood gardeners offering a collection of both art and plants for show and sale.

For more information:

Scott Trimlett (619) 203-4098 or ffht13@gmail.com

Message from the Chair *(continued from page 2)*

At the September meeting, I'm anticipating with excitement an art demonstration by Connie Grace. She creates amazing, award winning artworks, so I'm looking forward to seeing her demonstration and what will be covered in her follow-up workshop. The demo and the workshop will both be "not to miss" events. Then, in October, look out! - I'm going to be our Guest Demonstrating Artist, sharing a few insights about the vibrant and luminous Dr. Ph. Martin Hydrus watercolor paints that I enjoy using in creating my works. Be ready for this... ..it's going to have some audience participation too.

Our Art + Garden in the Park- Show & Sale has been rescheduled for Sunday, September 8th at Harry Griffin Park in La Mesa (*see above*). It should be perfect weather (without rain) and many shade trees at the park will let us get out of the sun when needed. Our garden friends at La Mesa Beautiful are planning to participate in our September show and sale, too. Yay! Watch for more details about the event during the months of July and August.

Scott Trimlett, President

Member News, Activities, Events, and Programs

Reminder: There is no members meeting in August, but the gallery will be open. So, plan to display your work in the August show. Take-in will be Thursday, August 1st (11am – 4pm). And, gallery-sitters are needed in the summer months, so please call the gallery at (619) 464-7167 to sign-up.

Have you renewed your Foothills' membership for the 2019-20 fiscal year? If you haven't yet, you can find a renewal form in this issue of Footnotes. Mail it in today with your renewal dues.

Art + Garden: Show & Sale is scheduled for Sunday, September 8th (see page 2 for information). Join us for this outdoor event at Harry Griffin Park to show and sell your artwork.

The Wildlife in Art Show takes place in November, but the entry deadline is in October. So, start planning your work now. This year's show will be special because it is our 30th and our juror will be Lee Kromschroeder. Find a prospectus for the show on our website at www.foohillsartassociation.com.

Lisa Bebi is the new curator of art at the Rancho San Diego Library. She invites any artist (or group of artists) interested in showing their work at the library to contact her by text or email at: lisabebiart@aol.com or (619) 916-9040.

Phebe Burnham had her artwork on display at the town hall for the Descanso Days Parade and Fair on July 6th. Her son-in-law Paul Nicholas and her daughter Cindy, both musicians, performed for the event.

Laura Wentz and her daughter Kathy Casanova have 32 “pour” paintings on exhibit at the San Carlos Library through July 31st. They invite you to a reception on Saturday, July 20th (noon -2:00 pm).

Duke Windsor received an award from the East County Art Association for “Majestic Splendor” and a third place award at the Del Mar Fair for “Golden Skies No. 1”. His "Golden Skies No. 34" was accepted in the 28th Annual Athenaeum Juried Exhibition. He is offering a Joy of Gold Leaf Workshop at the Escondido Arts Partnership on July 20th (11:30 am - 3:30 pm) and a 3-hour lecture/workshop on The Art of Inventory Control on August 17th (11:30 am - 2:30 pm). Call (760) 480-4101 to register for either workshop. If anyone would like to participate in a monthly, local, plein air paint-out, please send an email of interest to Duke at duke@dukewindsorstudio.com or call (619) 206-5099 for more information.

Call for Artists

Wildlife in Art Show – 2019

Find the prospectus at:

www.foohillsartassociation.com-Wildlife in Art Show-2019

Rusty Arensen (continued from page 1)

he reentered college and attended law school. In college, he took a few art courses, but due to his work and school schedule, he was unable to indulge his desire to paint and draw. After law school, Rusty went into private practice. Later, he became a felony attorney for the San Diego County Public Defenders' Office. His career as an attorney spanned thirty years. The last twenty years of his career, he served as Assistant Public Defender and Chief Deputy Public Defender.

Now able to pursue his interest in art, Rusty enjoys painting portraits, especially portraits on request as gifts for friends. He is an ongoing member of the Foothills Art Association and displays regularly in the gallery. He has entered a number of art competitions, winning four 1st Place, two 2nd Place, and a 3rd Place for acrylic and pastel paintings in Veterans Art Competitions in La Jolla. He won a 2nd Place in the Drew Bandish Art Competition in El Cajon and an Honorable Mention from the Foothills Art Association. He now lives in Spring Valley, California.

***Rusty Arensen's artwork will be featured at the Foothills Gallery August 2 – September 3
Artist's Reception - Saturday, August 10 (2-4 pm). Everyone is welcome!***

SAN DIEGO DRAWING GUILD

Wednesdays (10 am - 2 pm) at the gallery
\$2.00 fee and participants are encouraged to bring their lunch
For information: Gary Dyak at ggd2@cox.net

LIFE DRAWING GROUP

First & Third Mondays (2-4 pm) at the gallery
For information: Carol Kubie at 619-303-0821

FRIDAY PAINTERS

Fridays (1:30 - 3:30 pm) at the gallery
For information: Skip Mills at sundeanxv@att.net

Foothills' Entry Form

MEMBERS SHOW – AUGUST 2019

Title _____

Name _____

Medium _____

Phone _____ Cost _____ +Tax

Foothills' Entry Form

MEMBERS SHOW –AUGUST 2019

Title _____

Name _____

Medium _____

Phone _____ Cost _____ +Tax

Let's Discuss Painting

Health Benefits of Making Art

by Fadi Jak

(Reprinted from the newsletter of the Art Academy of San Diego)



There are a lot of misconceptions floating around about art. Some think you have to be creating paintings or sculptures to be considered a real artist. Others believe that you are either born with talent - or not. Many who don't consider themselves to be artistic feel that there is no point in creating art since they won't be satisfied with the results. But we are all born with an innate desire to express ourselves and art encompasses a wider range of activities than you might imagine. Here are some of the best ways in which creative expression can benefit mental health - making you a happier, healthier person.

Creating Art Relieves Stress

Activities like painting, sculpting, and drawing are relaxing and rewarding hobbies that can lower your stress level and leave you feeling mentally clear and calm. Creating art provides a distraction, giving your brain a break from your usual thoughts. The average person has 60,000 thoughts per day and 95% of them are exactly the same day in, day out! When you get totally immersed in a creative endeavor, you may find yourself in what's known as "the zone" or a state of "flow." This meditative-like state focuses your mind and temporarily pushes aside all your worries. Leonardo da Vinci proclaimed that *"Painting embraces all the ten functions of the eye; that is to say, darkness, light, body and color, shape and location, distance and closeness, motion and rest."* Creating art trains you to concentrate on details and pay more attention to your environment. In this way, it acts like meditation.

Art Encourages Creative Thinking

Dr. Lawrence Katz is an internationally recognized pioneer in neuron regeneration research and author of *Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness*. He found that mental decline was due mainly to the loss of communication between brain cells, not from the death of brain cells themselves. Dr. Katz coined the phrase "neurobics" to describe brain exercises that use your senses in new and novel ways, and creating art certainly fits this definition. Art enhances problem-solving skills. Unlike math, there is no one correct answer in art. Art encourages creative thinking and lets you come up with your own unique solutions. Out-of-the-box thinking also stimulates your brain to grow new neurons.

Contrary to popular belief, creative thinking does not mean using the right side of your brain. Creativity involves getting both hemispheres of your brain to communicate with each other. The concept of left-brain right-brain dominance never had a strong foundation in science in the first place, and now this theory has been totally debunked. It also promotes the stereotype that you can't be both analytical (*continued on page 7*)

Shown above: "Woman with yellow hair" by Pablo Picasso

Health Benefits *(continued from page 6)*

and creative, which is obviously not true. Some of the greatest minds of all time, including Leonardo da Vinci and Albert Einstein, were simultaneously analytical and creative. The most complicated functions that humans perform, such as thinking creatively, learning a language, or playing or listening to music, all require whole-brain thinking.

Art Boosts Self-Esteem, Provides a Sense of Accomplishment

You may stick your kids' artwork on the refrigerator door to boost their self-esteem. Hanging your latest work of art on the wall can instill the same feeling in you. Creating art increases the feel-good neurotransmitter dopamine. Dopamine has been called the "motivation molecule." It boosts drive, focus, and concentration. It enables you to plan ahead and resist impulses so that you can achieve your goals. It gives you that "I did it!" lift when you accomplish what you set out to do. Dopamine stimulates the creation of new neurons and prepares your brain for learning.

"Art washes from the soul the dust of everyday life." - Pablo Picasso

The Foothills Art Association invites you to...

Renew Your Membership

(Fiscal Year July 2019- June 2020)



We hope that you have found your membership in the Foothills Art Association rewarding and that you will continue to be a member of the organization. It is now time to renew your membership for the coming fiscal year. (Exception: If you joined after April 1, 2019, your membership is current until June 2020.)

To renew, print and complete the form on page 8. Mail it with your renewal dues by June 30th.

*To learn more about the activities and benefits offered by Foothills,
contact Roberta Labastida at (619) 460-5418 or rudylabastida@cox.net.*



FOOTHILLS ART ASSOCIATION
P.O. Box 794
La Mesa, CA 91944-0794

Annual Membership Form

*The Foothills Art Association welcomes your membership.
We strive to provide local artists with opportunities
to expand their experience and to show their artwork.
To join or renew, print and complete this form.
Mail it with your annual dues to the address below.*

Name _____

Address _____

City _____ Zip Code _____

Telephone _____ Email _____

<u>Enhanced Membership</u> (includes hanging/selling + website gallery)	\$ 40.00
<u>Active Member</u> (includes hanging/selling privileges)	\$ 30.00
<u>Associate Member</u> (excludes hanging/selling privileges)	\$ 20.00
<u>Junior Member</u> (under 18-years old)	\$ 15.00

New Member _____ Renewal _____ Updated Info _____

Are you interested in volunteering to help with Foothills' activities? Yes ___ No ___

My signature below releases the Foothills Art Association and all persons connected with the exhibiting and handling of works of art submitted by me from any responsibility for the loss or damage by fire, theft, or other hazards connected with the exhibiting and handling of those works.

Signed _____ Date _____

Print and complete this renewal form, and mail it with your check to:
Foothills Art Association, P.O. Box 794, La Mesa, CA 91944