



FOOTNOTES

FOOTHILLSARTASSOCIATION.COM

JANUARY 2024

FOOTHILLS ART ASSOCIATION UPCOMING EVENTS

JANUARY 2024

Take-Down/Take-In

Thursday, January 4
11:00am – 2:00pm

Members' Social/Meeting/Demo

Thursday, January 4
2:00pm – 2:30pm (Social)
2:30pm – 4:00pm (Meeting/Demo)

FAA Board Meeting (January)

Monday, January 8
10:00am – 11:30am

Featured Artists Reception –

Grossmont Union High School District

Monday, January 22
5:30pm – 7:00pm

FAA Board Meeting (February)

Monday, January 29
10:00am – 11:30am

FEBRUARY 2024

Take-Down/Take-In

Thursday, February 1
11:00am – 2:00pm

Members' Social/Meeting/Demo

Thursday, February 1
2:00pm – 2:30pm (Social)
2:30pm – 4:00pm (Meeting/Demo)

MARCH 2024

FAA Board Meeting (March)

Monday, March 4
10:00am – 11:30am

Take-Down/Take-In

Thursday, March 7
2:00pm – 5:00pm

Members' Social/Meeting/Demo

Thursday, March 7
5:00pm – 5:30pm (Social)
5:30pm – 7:00pm (Meeting/Demo)

FAA Fine Art Gallery at Porter Hall
4910 Memorial Drive, La Mesa

(619) 464-7167 • FoothillsArtAssociation.com
Mailing Address: P.O. Box 794, La Mesa, CA 91944



FEATURED ARTISTS

Grossmont Union High School District



Grossmont Union High School District (GUHSD)

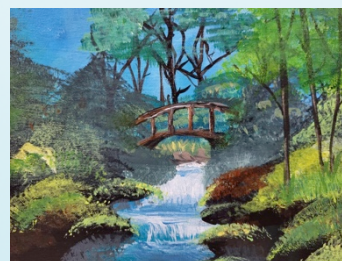
consists of twelve schools in the East County: Helix Charter, Steele Canyon, West Hills, IDEA, Monte Vista, Santana, Grossmont, Valhalla, Granite Hills, Mount Miguel, El Capitan and El Cajon Valley. All schools are participating in the 2nd Annual Foothills Art Association Art Show.

GUHSD has been serving east San Diego County for more than 100 years. The twelve schools in the district represent the communities of: La Mesa, Rancho San Diego, Santee, Lakeside, Spring Valley, and El Cajon.

Four years ago Helix Charter High School was honored to partner with the Foothills Art Association (FAA) for the first time and had almost a hundred pieces of art displayed in their gallery. FAA has been a huge supporter of our art programs - and Helix High (as a National Blue Ribbon Award winner) in particular. I am so happy that our partnership has grown because students from more communities are now involved. This is a great opportunity for students to showcase their work and see what it is like to have public feedback. Last year and this year as well, a public choice award was offered and Foothills generously donated a prize and Junior memberships to winners. This partnership is so appreciated by our district art classes and is more important this year as our larger District Show in Parkway Plaza has shifted to a smaller venue at the Lakeside Library. I truly hope that we will continue this symbiotic relationship for many years to come and that it will bring this amazing gallery and members more public exposure and potential members. I would like to formally express our thanks on behalf of the GUHSD's Art Council and from me personally as a teacher and proud member of the Foothills Art Association. We invite all members and the general public to come out to support this show. It will be up in the month of January with a reception on **Monday, January 22, 2024 from 5:30-7:00pm.** We hope you will come out and meet & greet these wonderful students and their families on that day.

Christine Colera

Art Dept. Chair, Helix Charter High School
GUHSD Art Council Member
Foothills Art Association Member



FAA BOARD

EXECUTIVE BOARD

PRESIDENT

Peggy Connolly

1st VICE PRESIDENT

Lorna Farmer

2ND VICE PRESIDENT

Celeste Schwartz

3rd VICE PRESIDENT

Judy Sawyer

TREASURER

Roz Oserin

SECRETARY/HISTORIAN

Dawn Ivy

COMMITTEE CHAIRS

MEMBERSHIP

Sharon Meng

VOLUNTEER COORDINATOR

Celeste Schwartz

HANGING COMMITTEE

Barbara Drews

SOCIAL MEDIA

Lorna Farmer

WEBSITE

R.J. Pinner

NEWSLETTER

Dawn Ivy

GALLERY SITTING

Michele Barbour

ARTIST DEMOS

Linda Morton

ART TAKE-IN

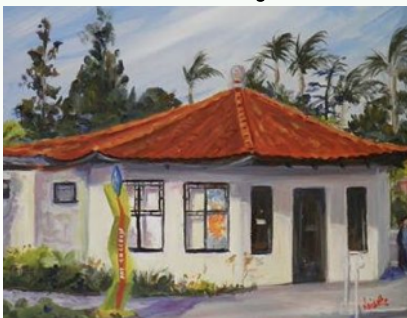
Jo Ann Bray

GALLERY SUPPLIES

Lloyd Smith

To contact a Board Member, please call the Gallery during open hours at (619) 464-7167 or email: foothillsartassoc@gmail.com

If you would like to share your creative news in Footnotes, please email Dawn Ivy at Footnotes@gmail.com



MESSAGE FROM THE PRESIDENT



Hello All,

I want to wish everyone a great Holiday Season and a happy and healthy New Year.

It never ceases to amaze me how quickly a year goes by. I would like to reflect a bit on what we have accomplished over the past year. Firstly, I want to thank our board members, both old and new, who have brought so many new ideas and great energy to the gallery. We are developing a strategic direction, creating an operational budget, and continuing to develop our plan to work on a community outreach program. We are also diving into generating sponsorship and grant writing to continue to create opportunities for the association. In addition, we developed new themes for our 2024 art shows and are kicking off the New Year with the theme of PEACE!

The Wildlife in Art Show was the most successful of any other in recent history. Seeing that our gallery is totally volunteer-powered, everyone brought their A-game and created a lively show...and more than \$4,000 worth of artwork was purchased! Congratulations to all. We also continue to get new members, at the Holiday Celebration alone we added three new members.

I would like to say a huge thank you to all of our volunteers throughout the year, there are so many behind the scenes jobs that many people don't realize need to get done, so thank you to all who do them so well. I encourage everyone to volunteer and enjoy being part of a great group of people. There are so many new and interesting things to come for Foothills Art Association, so please be a part of it. Wishing you all a safe, happy, and healthy New Year!

Sincerely,

Peggy Connolly
FAA President



DEMO &
WORKSHOP ARTIST
Andrea Priske Cowan

Andrea's background combines a formal education in fine art and a master degree in art and art therapy. In her work, she combines technical art skills alongside art therapy methods to explore identity and wellbeing.

She defines art therapy as using art materials to form images that can be reflective of how an individual thinks, feels, and acts in life. Art therapy activities give information about strengths and challenges and offer a starting point for exploring feelings and goals for personal growth. Creative projects are integrated with psychological theory and can have a positive impact on self worth and confidence.

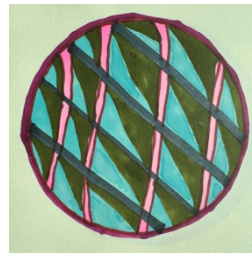
MANDALA DEMO

Thursday, January 4, (after the members' meeting),
Foothills Fine Art Gallery

Andrea will invite participants to create mandalas as an exercise to bring about discovery, focus, awareness and peace of mind.

Psychoanalysis, Carl Jung, a mandala-making pioneer, drew them for his own personal growth and also encouraged his clients to make them to assist with moving towards wholeness in mind and body.

As an art therapist, she uses mandalas to help clients contain difficult emotions. The process incorporates symmetry and flow alongside structure and flexibility. Members of a group can work on individual mandalas and then come together to discuss insights. The circle shape of a mandala offers a safe container to examine emotion, reactions and resiliency.



ROAD DRAWING WORKSHOP

Saturday, January 6, 10am-1pm, Foothills Fine Art Gallery

Andrea will lead the group in a road drawing activity, an ideal project for shaping personal and creative goals for 2024.

The road drawing is an art therapy method that can help people reflect on the metaphoric "roads" in their life and the drawings that develop often entail spontaneous imagery representative of a person's potential for change while emphasizing areas of conflict or importance over the course of their life.

Because roads are familiar to us, even people anxious about art making feel comfortable drawing them. Like a life map, road drawings offer clues about how experiences have impacted personal choices and decisions. Andrea will guide and narrate the exercise and lead the group on a road drawing journey. Participants will be asked to quietly visualize their own road and then begin to draw what comes to mind.

If you have questions, please contact Linda at 619-405-6311 or email lm@cwsl.edu

SAVE-THE-DATES FOR UPCOMING DEMOS:

Thursday, February 1 - Renowned painter/teacher, Stuart Burton (San Diego Art Academy)

Thursday, March 7 - Well-known teacher, Shirin Nikoukari (Art on 30th)

Friends OF FAA

Thank you to the following friends for contributing to the Foothills Art Association, above and beyond the cost of membership and entry fees. With your help, the arts will continue to thrive in our local community.

Peggy Connolly, President
Lois Adler
Rhonda Anderson
Debbie Atkinson
Lee Atkinson
Michele Barbour
Christi Boukas
Jo Ann Bray
Lauren Cooper
Barbara Drews
Gary Dyak
Lorna Farmer
John Gannon
Marilyn Grame
Dawn Ivy
Carol McClure
Sharon Meng
Linda Morton
Roz Oserin
R.J. Pinner
Judy Sawyer
Celeste Schwartz
Lloyd Smith
Becky Zoni-McMakin

**MAKE A DONATION
AND GET YOUR NAME
ADDED TO THE LIST AND
HELP KEEP FAA THRIVING!**

To make your TAX-DEDUCTIBLE contribution, please go to the donation page on our website at foothillsartassociation.com

You can also fill out and submit the Membership/Donation form on the last page of *Footnotes* and mail to Foothills Art Association, P.O. Box 794, La Mesa, CA 91944.

If you have any questions, please email foothillsartassoc@gmail.com or foothills.footnotes@gmail.com.

If you already made a donation and your name is not on the list, please email Dawn Ivy at foothills.footnotes@gmail.com

NEW YEAR, NEW OPPORTUNITIES!

It will be an exciting year ahead! Building on our enormously successful Wildlife in Art Show, as well as new additions to our Board, a series of themed shows, and a new annual budget, one of our major goals for 2024 will focus on enhancing our **Community Outreach**.

There are many ideas as to how this goal might take shape. One that we'd like to get started on is the idea of **a monthly public reception at Foothills on Friday evenings (on a First Friday?)**, perhaps coordinated with the La Mesa Farmer's Market (where we hope to have a monthly booth).

Linda Morton has volunteered to work with a committee on this reception idea and is looking for a few collaborators. As this project is only in the planning stage, time commitment is both short and minimal. The goal for now is simply to develop a proposal to submit to the Board this winter. If you are a new member, helping to develop this proposal is an ideal way to engage in a brief and fun project and meet other FAA members while promoting your own art.

Our **first of two meetings will be at Mario's** (2 blocks from Foothills) Happy Hour in early January.

If you have an idea, concern or suggestion or would like to help in any way, please contact Linda at 619-405-6311 or email lm@cwsl.edu.

Thank you!

HOLIDAY CHEER & a happy new year!



Thanks to everyone that attended the FAA Holiday Celebration!

Our annual Holiday Celebration held on December 7 was a blast!

Yummy food, festive beverages, great company, fun elf names, and a bountiful **Holiday Gift Shop** opportunity drawing & **Art Store!**

Members enjoyed "shopping" for the prizes they wanted to win at the Holiday Gift Shop and for bargains on amazing art supplies at the Art Store...all to raise funds to further the mission of the Foothills Art Association!



Our annual **Art Store** fundraiser is on display through the end of December; so visit the Foothills Fine Art Gallery to get some great deals on a variety of art supplies!

Also, it's not too late to bring in your donations of new or gently used art supplies, frames, and books. The table will be displayed until the end of December and donations are accepted all month.



NEW 2024 ART SHOW THEMES!

Drumroll please...introducing our Art Show Themes for 2024!

Please see the brief descriptions below and know that themes are suggested and not mandatory for most shows. We hope you are excited about the inspiration these new themes might provide. The artwork that is voted to best represent the theme of each show will be awarded a certificate and the artwork will be featured as the show image for marketing/social media. The peoples' choice winner will also have the option to keep their winning artwork hanging in the Gallery for the next month!

JANUARY 2024 – PEACE *Members' show with no entry fee*

Peace is freedom from violence. Peace is compassion for others. Peace is being able to thrive...and be who you are. When do you feel peaceful? What does peace mean to you?

FEBRUARY 2024 – RED *Members' show with no entry fee*

Let's celebrate this fiery hue during the month of love! Red is considered the warmest and most contradictory of the colors and it can evoke both positive and negative emotions. Some may find it bold, exciting, and dominating, while others feel it is passionate, fun and playful. How do you see red?

MARCH 2024 – INSPIRED *Members' show with no entry fee*

This show will feature artwork that is inspired or inspires others. Are you inspired by the old masters, the classics, fond memories, the beauty found in nature, or the simple things in life? Show us what inspires you...or helps you inspire others.

APRIL 2024 – COLOR MY WORLD! *Juried & judged members' show with entry fees & awards*

Colors play an exceptionally prominent role in our lives. They influence our thinking, inspire our decision-making, and impact our moods. Bright, warm colors (red, oranges, yellows) can stimulate energy and happiness while cool, subdued colors (blues, greens, purples) can be soothing and calming. How do you see color in the world?

MAY 2024 – EXPANDED MEDIA *Members' show with no entry fee*

Now is the time to expand your horizons! This show broadens the imagination and features art media that we don't usually get to see at the Foothills Fine Art Gallery. Try something new or showcase your expanded media.

JUNE 2024 – SUMMER SOL *Juried, judged, open show with entry fees and awards (TBD)*

The summer solstice occurs at the moment the sun is at a maximum, so this show will feature artwork that evokes sunshine, light, summer vibes, play, vacations, water fun, and memories of summer.

JULY 2024 – FAVORITE THINGS *Members' show with no entry fee*

What are your favorite things?...things to have, things to do, things to create, things to eat or drink, things to say, things to see...all the things!

AUGUST 2024 – OCTOGENARIAN *Members' show, honoring Octogenarians (80+), no entry fee*

This show features artwork created by FAA members that are 80 years old+.

SEPTEMBER - OCTOBER 2024 – SMALL IMAGE *Juried, judged, members' show with entry fees & awards*

The Small Image Show is a wonderful exhibit that features intricate and inspiring artwork with a maximum image size of 7 inches x 7 inches, excluding the frame.

NOVEMBER 2024 – WILDLIFE IN ART *Juried, judged, open show with entry fees and awards*

This wild and inspiring show will celebrate its 35th consecutive year in 2024. Artwork of all types of wildlife is accepted. The Show awards more than \$2,500 in cash and merchandise at an amazing Awards Reception. See full prospectus for guidelines and requirements.

DECEMBER 2024 – WINTER MOMENTS *Members' show with no entry fee*

Winter is the coldest season and many changes can be observed in nature. Animals hibernate to stay warm and survive the cold. Winter is also a wonderful season to enjoy special moments with family and friends and enjoy a period of rest to celebrate special holidays. What are your favorite winter moments?

MEMBER HIGHLIGHTS

"The world is but a canvas to our imagination."

Henry David Thoreau



Connie posing with the "Mama Lisa" by Leonardo Da Vinci!

Connie Grace recently celebrated her 95th birthday party with the Wednesday Drawing Group at the Foothills Fine Art Gallery. Connie is one of our oldest members who is still producing art and showing at the gallery. **Cheers to 95 years!**



Pictured below are some of the amazing artists from the 2023 Octo Show.



Octo + 80 show

Another year is upon us and we are looking forward to our annual Octogenarian (Octo) Show take-in on August 1, 2024.

If you are interested in participating, you must be eighty years of age on or before the first of August 2024.

I will be sending notices out as we go along and you may contact me at sdsailorgirl@yahoo.com if you have any questions.

Barbara Drews
Octo Show Coordinator

MEMBER HIGHLIGHTS

"A picture is a poem without words."

Horace



What To Do by **Joan Merrick**
Honorable Mention



Forgotten by **Toby Scriba**



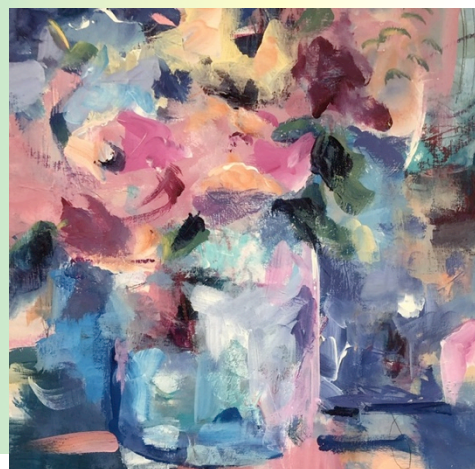
Curves & Colors by **Drew Bandish**



Lavender Hill by **Lorna Farmer**



Plenipotentiary Air Amigos by **Drew Bandish**



Pink Reflections by **Lorna Farmer**

FOOTHILLS ART ASSOCIATION December 2023 Board Meeting Minutes

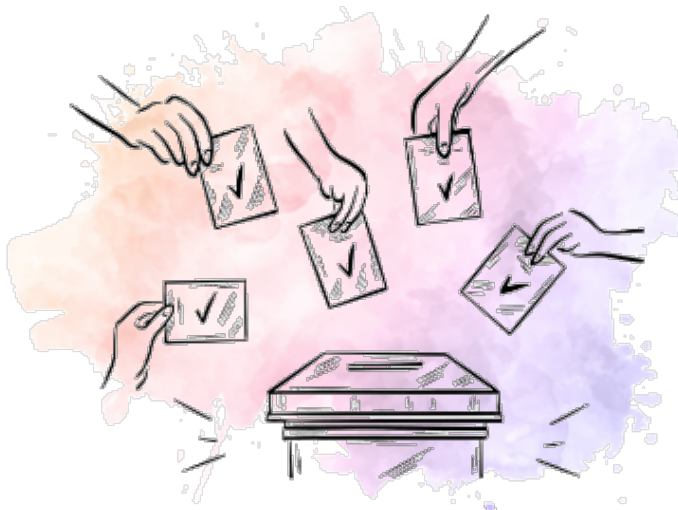
The meeting was called to order at 10:00 a.m. on Monday, December 4, 2023.

Attendees: Peggy Connolly, Celeste Schwartz, Judy Sawyer, Barbara Drews, Dawn Ivy, Lorna Farmer, and Lloyd Smith

1. Peggy welcomed the group and provided a document with comments received regarding the Wildlife in Art Show/Reception. The group reviewed all of the comments and discussed best practices, goals for 2024, and ways to fine-tune the event. Ideas discussed included adding a fundraising chair to manage the fundraising efforts and a volunteer to manage the process of selling paintings, from start to finish.
2. Roz volunteered to manage the process of selling paintings at all future shows. The group discussed that sold artwork should be highlighted on the exhibitor list and a red dot sticker added to the artwork tag.
3. Peggy shared that we were able to purchase a new computer for the gallery and it is up and running.
4. Peggy also shared that we will be updating our website to make it more functional for our needs. The website will also undergo a redesign with a goal of having a consistent look on all of our communication platforms/pieces. Peggy asked for volunteers to join the team that will work on the website project.
5. The group discussed the cost to print and mail the newsletter to the members that do not have email and the cost to print newsletters for the gallery. The group agreed it was a needed expense and will continue with the current process.
6. The group discussed the approved themes for the 2024 Art Shows. The group decided to have a ballot box for members to vote for the artwork that best represents the theme of each show. The winning artwork will also serve as the future image for that show. The winner will receive a certificate and will also have the option to hang their winning artwork in the gallery for another month, labeled as the winner of the previous show's People's Choice Award. Lorna made a motion for the Board to approve the purchase of an acrylic ballot box for the People's Choice Voting, Judy seconded, all approved.
7. The new Art Show Themes will be published in the January *Footnotes* newsletter and a separate email will go out to membership as well. The themes were published in the December *Footnotes* and are posted in the gallery on the bulletin board.
8. Peggy made a motion for the Board to approve a \$100 budget to purchase refreshments for the Holiday Party, Judy seconded, all approved.
9. The group reviewed the Featured Artist process and the Program Chair will create a document to help keep featured artists informed of the process and opportunities.
10. Peggy stated that the updated bylaws and rules and regulations are still in the final review stages and Roz is working on creating an operating budget for 2024.
11. The group discussed the Featured Artists for 2024 and a process for notifying them of necessary dates and information.
12. The group reviewed the 2024 calendar and penciled in dates and times for all upcoming shows, meetings, and events. The secretary will compile all of the information and the Board will have final review before the dates are finalized.

The meeting was adjourned at 11:45 a.m.

The next Board Meeting will be held Monday, January 8, 2024 at 10:00 a.m.



It's the People's Choice!

Visit the Gallery...and cast your vote!

Beginning in January 2024, the artwork that is voted the best to represent the theme of each show (see the 2024 Theme Descriptions on page 5) will be awarded a certificate and the winning artwork will be featured as the official show image for marketing purposes and on social media.

Each month, the Peoples' Choice winner will also have the option to keep their winning artwork hanging in the Gallery for the next month!

FOOTHILLS ART ASSOCIATION MEMBERSHIP/DONATION FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ Email _____

Select all that apply: **New Member** **Renewal** **Updated Info** **Donation**

- Enhanced Membership** (includes hanging/selling + website gallery) \$ 55.00
- Active Member** (includes hanging/selling privileges) \$ 45.00
- Associate Member** (excludes hanging/selling privileges) \$ 35.00
- Junior Member** (under 18-years old) \$ 20.00
- I would like to include a Tax Deductible Donation in the amount of \$ _____

Total Enclosed _____

Are you interested in volunteering to help with activities at FAA? 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 form and mail it with your check to:
Foothills Art Association, P.O. Box 794, La Mesa, CA 91944-0794**

WHAT YOU NEED TO KNOW BEFORE YOU SHOW...

When you are entering your work in a show at Foothills Art Association, please pre-register your piece(s) on our website. When you pre-register, your artwork is also placed in the online show on our website.

When you bring your work to the Foothills Fine Art Gallery on take-in day, all artwork must have D-ring picture hangers and picture wire for hanging. Artwork must also be labeled on the back with your name, title of the piece, price, medium, and your contact phone number. Please print and fill out the Entry Forms below or create your own. Attach one to the back of each piece, and give one (for each piece) to the volunteer accepting the work. Thank you for your cooperation.

NOTE: IF YOU HAVE NOT PICKED UP YOUR ARTWORK FROM A PREVIOUS SHOW, PLEASE COME BY THE FOOTHILLS FINE ART GALLERY AND PICK UP YOUR ARTWORK. THANK YOU!

If you have questions or need more information, please visit our website at FoothillsArtAssociation.com, email foothillsartassoc@gmail.com, or call the gallery during open business hours at 619-464-7167.

FOOTHILLS FINE ART GALLERY IS OPEN Tuesday-Saturday from 11:00am – 4:00pm

Foothills Entry Form

Show: _____ Month: _____

Artwork Title _____

Medium _____

Name _____

Phone _____

Price _____

Foothills Entry Form

Show: _____ Month: _____

Artwork Title _____

Medium _____

Name _____

Phone _____

Price _____