FOOTHILLS ART ASSOCIATION

FOOTNOTES

April 2026

UPCOMING EVENTS

May Board Meeting
Monday, May 4
10 – 11:30 am

May Show Take In / Pick Up
Thursday, May 7
2 – 5 pm

May Gallery Monthly Meeting and Demo with Duke Windsor ~Gold Leaf~
Thursday, May 7
5:30 – 7 pm

May Foothills Friday and Show & Featured Artist Reception
Friday, May 8
4 – 6 pm

May Workshop Introduction to Gold Leaf in Acrylic Painting with artist Duke Windsor
Saturday, May 9
12:30 – 3:30 pm / $30

https://foothillsartassociation.com/calendar-page/

MESSAGE FROM THE PRESIDENT

I'm excited to share several positive developments happening at Foothills Art Association. First, a special welcome and thank you to our newest volunteers, Cindy and Sandi, who have taken the lead on creating a fresh new newsletter. Sandi, serving as graphic designer/co-editor, and Cindy, as co-editor, have brought a renewed vision and professional look that will be emailed to all current members.

We are also expanding opportunities within FAA. Featured Artists may now choose their preferred medium, including photography and digital artwork. In addition, groups—defined as two or more members—are now eligible to be Featured Artists.

As well, workshops have been made more accessible, requiring only four participants to move forward.

Foothills Friday is back, so if you have time, please stop by the gallery and say hello.

We've also launched a new Facebook page—be sure to check it out: Foothills Art Association Gallery (www.facebook.com/profile.phy?id=61575335946912). Our previous Facebook page is inaccessible, so please follow the new one only. And, continue supporting us on Instagram (@foothillsartassoc).

Our Digital Gallery continues to grow, including welcoming a new artist from Japan, and will soon have its own dedicated website.

Thank you to our members and especially our volunteers—FAA thrives because of you.

John Engen
President, Foothills Art Association

FOOTHILLS ART ASSOCIATION

FAA BOARD

President – John Engen
Vice President – Sharon Meng
Treasurer – Anne Johnston
Secretary – Sarah George

MEMBERS AT LARGE:
Barbara Drews
Rosalind Oserin
Judy Sawyer
Judi Zander

COMMITTEE CHAIRS:
Art Take-In
Bob Pinner

Class Coordinator
Stephanie Henry

Demo/Workshop
~Coordinator Needed~
Jenny Chau, *Hostess*

Exhibition
Barbara Drews

Featured Artist
Rosalind Oserin

Foothills Fridays
John Engen

Gallery Sitting
Michele Barbour

Gallery Supplies
Joan Merrick

Juried Shows
Patti Palenschat

Membership
Michelle Regan

Newsletter
Cindy Cotner, co-editor &
Sandi Whitaker,
graphic designer/co-editor

Social Media
John Engen

Gallery Website
Sharon Meng

Digital Gallery & Website
John Engen

Wildlife In Art
Sharon Meng

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

FAA WELCOMES NEW MEMBERS!

Foothills Art Association welcomes new members:
Barbara Ziebarth, Gulia Harvie, Donavan Muir.

We are delighted to have artists and art enthusiasts join our community and we look forward to your contributions to our family of artists. Join us at our Gallery Monthly Meeting on Thursday, May 7th, 5 – 7 pm.

MAY FEATURED ARTIST
CINDY COTNER
RECEPTION, MAY 8, 4 – 6 PM

Artist Statement: *Making art, for me, is the quest to discover mysterious questions and answers in paint, words, and abstraction. I follow Einstein's advice: "The most beautiful thing we can experience is the mysterious. It is the source of all true art and science." Even though I hold the paintbrush, the art reveals secret messages not only for me, but also for others to decipher through its narrative of color, form, and repetition.*

Cynthia Cotner, a resident of La Mesa, California, integrates abstract forms, original poetry, and intuitive mark-making to explore repetition, deconstruction, and assemblage. Through a combination of painting, calligraphy, and collage techniques, her work examines spiritual and visionary questions regarding the meaning of life.

She creates multi-dimensional paintings, assemblages, collages, and artist books. Some of her exhibits and accomplishments include:

- *Beneath the Breast*, an interactive conceptual art installation of 76 plaster castings of women's breasts, with the participants' feelings and experiences of the breast handwritten and collaged to the inside surface of the breast casting.
- *Word Weaving America*, an installation of interactive weaving of canvas strips of participants' hand-written feelings of freedom into the American Flag.
- *The Interrelationship of an Artist's Processes* through a Case Study of Hachivi Edgar Heap of Birds, a qualitative master's thesis published through the University of Oklahoma.
- *A Passion for Teaching*, an artpiece published by the English Journal in response to alternative methods of assessment in students.
- Cover Art for the magazine *Calyx*: Fine Art and Literature by Women
- *Magnificent Seven Artist Collaboration* at the International Calligraphy Conference
- Featured Artist at Epiphany Art Gallery in the Dallas area.
- Dragon Scale Artist Book exhibition at the Contemporary Arts of Tulsa

Currently, she is publishing her first novel, *Liminal Landscapes*, which includes her original art and poetry.

For more information, visit www.ahacreativityconcepts.com or follow her on Instagram @ahacreativity.

(Left to right) My One Precious Life"(assemblage); Dragon Scale Artist Book; Feminine Strength (wire form)

Join us for our Gallery Monthly Meeting Thursday, May 7th 5:00 – 7:00 pm

MAY DEMO ARTIST
DUKE WINDSOR

DEMO: THURSDAY, MAY 7, 5:30 – 7 PM

EXPLORING GOLD LEAF

A LIVE 90-MINUTE DEMONSTRATION: GOLD LEAF IN ACRYLIC PAINTING

Presented by: Duke Windsor

Gold leaf has been used for centuries to signify power, light, and meaning—yet in contemporary painting, it is often misunderstood as purely decorative. In this live demonstration, artist Duke Windsor reveals how gold leaf can function as structure, surface, and concept within acrylic painting.

Participants will witness the **complete gilding process in real time**, from surface preparation through leaf application, integration with painting, and preservation. Designed specifically for acrylic painters and mixed-media artists, this demo breaks down the technical requirements of metal leaf while emphasizing expressive and conceptual use.

Windsor will discuss the differences between **real gold and imitation leaf**, proper adhesives (sizes), surface preparation, and how underpainting colors influence the warmth and glow of metal. The demonstration also explores how to paint **over and into gold leaf**, creating both subtle transitions and bold graphic edges.

Whether used sparingly or as a dominant visual element, gold leaf becomes a powerful tool for directing attention, reflecting light, and adding conceptual depth.

This demonstration is ideal for:

- Acrylic painters and mixed-media artists
- Students and emerging artists
- Collectors and art enthusiasts interested in technique and process

Attendees are encouraged to ask questions throughout the demo and engage in an open Q&A at the conclusion.

Duration: 90 minutes

WORKSHOP
SATURDAY, MAY 9TH
12:30 – 3:30 PM / $30

BEGINNING GOLD LEAF

INTRODUCTION TO GOLD LEAF IN ACRYLIC PAINTING

Course Description:
This 3-hour beginning course introduces artists to the proper use of gold leaf within acrylic painting. Participants will learn the **technical foundations of gilding**, including surface preparation, adhesive sizing, metal leaf application, and basic integration with acrylic paint.

Designed specifically for painters, this course emphasizes gold leaf as **structure, surface, and conceptual tool** rather than decoration alone. Through live demonstrations and guided practice, students will complete at least one gilded surface and leave with the knowledge needed to safely and confidently continue gold leaf work in their own studios.

DUKE WINDSOR

Duke Windsor was born in Texarkana, Texas, and served in the U.S. Marine Corps as a radio operator, combat illustrator, and drill instructor. After his military service, he worked as a freelance illustrator and competed as an amateur rodeo cowboy. He later studied classical voice at San Diego State University and performed with the San Diego Opera Chorus. Windsor also holds a 4th Degree Black Belt in Kempo and remains active as a singer-songwriter and performer.

Windsor has over 15 years of experience in museum exhibition design and installation, with roles at the San Diego Museum of Art, the San Diego Museum of Man, the San Diego Natural History Museum, the San Diego History Center, and the Mingei International Museum. He also served as the founding Director of Exhibits for the USS Midway Museum. He is currently the CAD Design Engineering Manager at Full Swing Golf Simulators in Carlsbad, California.

He is an Associate Artist of the California Art Club and has held leadership and advisory roles with organizations including A.R.T.S.—A Reason to Survive, the San Diego Museum of Art Artist Guild, and the San Diego Regional Airport Authority's Public Arts Selection Committee.

Windsor has taught at institutions such as the San Diego Museum of Art and the Athenaeum and currently teaches drawing and painting at Art on 30th. He also leads professional development workshops for artists throughout San Diego County. His award-winning work has been featured in juried exhibitions, solo shows, festivals, and corporate venues across the U.S., and is held in private and museum collections, including the University of Maryland's David C. Driskell Center. He is represented in Southern California by Sparks Gallery.

Windsor has maintained his Mt. Helix, California studio since 2015.

duke@dukewindsorstudio.com

THANK YOU FOOTHILLS FRIDAYS VOLUNTEERS!

Foothills Fridays are a cornerstone of our mission as a 501(c)(3) non-profit to educate the public and foster a vibrant local arts community. These events, held the second Friday of each month from April through September, provide vital publicity for our gallery and offer a unique way for the public to engage with local artists.

The program follows a two-pronged approach, and we need your help to make both successful:

LA MESA FARMERS MARKET BOOTH

We bring the gallery to the street! Volunteers at our Farmers Market booth talk to the public about our current exhibitions. Participating artists consistently report high levels of public engagement and strong sales at this lively location.

Volunteer Roles: Setup and cleanup of the table and cover provided by the market, greeting the public, selling your original art/cards/prints, promoting the gallery, passing our brochures and assisting the public with the "community art canvas" (supplies provided by the gallery).

Shift is 2:30 – 7 pm. Two teams of two volunteers may split the shift. ***Currently all slots are filled, thank you!***

If anyone would like to be on the alternate list for the market in case of cancellations, please let John Engen know.

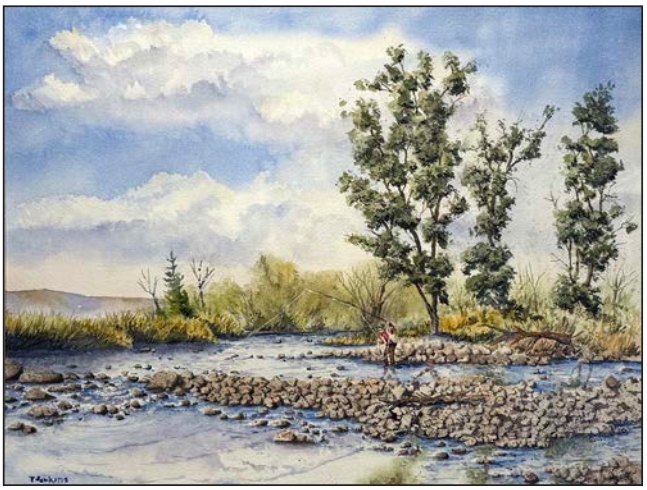
GALLERY RECEPTION

While the market is buzzing, the gallery hosts a concurrent reception from 4 – 6 pm. This open-house style event invites visitors to explore our latest show and celebrate our featured artist in a relaxed, welcoming environment.

Volunteer Roles: Gallery hosting, kitchen duties including serving light refreshments, providing information about membership and shows and events and clean up and closing of the gallery.

Why Volunteer? A significant amount of work happens behind the scenes to keep our doors open and our programs running. Volunteers are the backbone of Foothills Art Association, and your time directly contributes to the cultural health of La Mesa. ***Currently all slots are filled, thank you!***

APRIL SHOW PEOPLE'S CHOICE



Watercolorist Tom Jenkins, who created "Big Sky Drifting" is our people's choice award winner this month. Congratulations Tom!

APRIL SHOW JUROR RISË R. PARBERRY

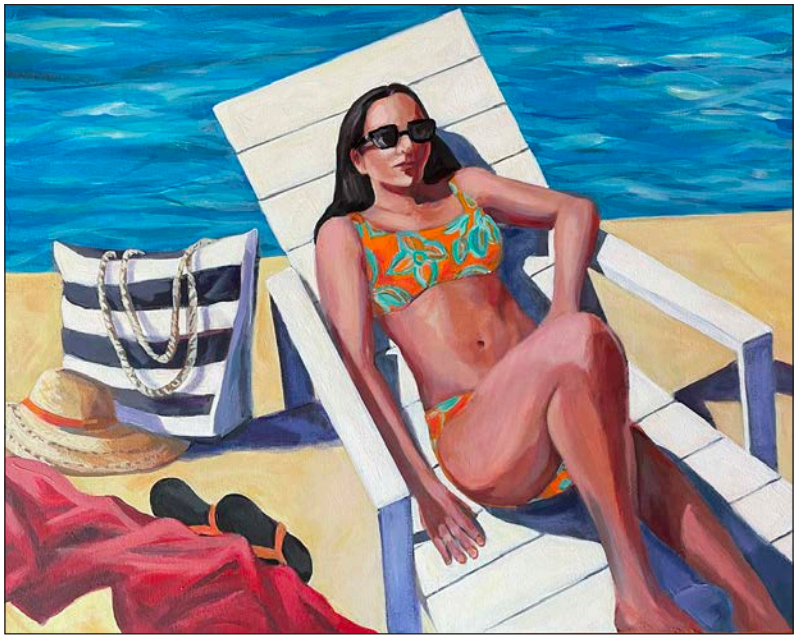
ARTIST, JUROR, AND INSTRUCTOR
SDWS, NWWS, IWS

https://riseparberryart.com/about/

APRIL SHOW WINNERS

1ST PLACE: SUSAN CALLAHAN
"PORTRAIT OF A CROW"

(continued on next page)



2ND PLACE: JO BRAY
"NOTHING URGENT"

3RD PLACE: JUDY MCCLAIN
"TOURMALINE IN FEBRUARY"

HONORABLE MENTION: TOM JENKINS
"KALJU'S KABIN"

HONORABLE MENTION:
ROZ OSERIN
"GLITZY GAJA ANCIENT ONE"

HONORABLE MENTION:
PAUL WHITE
"ALPHABET SERIES 'A' "

JUROR'S CHOICE: JAMI WRIGHT
"COUNTRY COLD WINTER WHITE"

FOOTHILLS FRIDAY AND SHOW & FEATURED ARTISTS RECEPTION

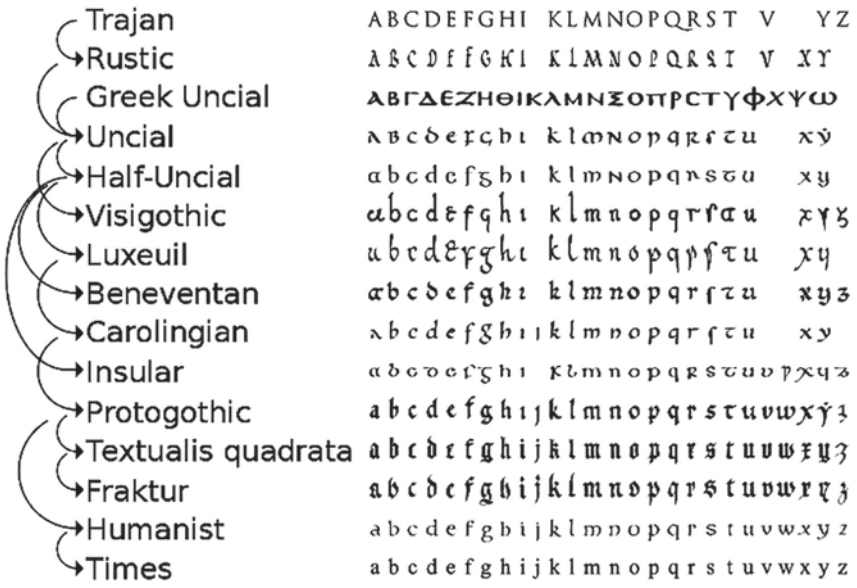
DEAR FOOTHILLERS

Gwen Small had a couple of great suggestions for the newsletter.

The first is titled **DEAR FOOTHILLERS**. *It is a question from our group on technique or even where to purchase certain art supplies, etc. For example:* ***What is Calligraphy?*** *Questions can be submitted either to me via email or at the group meeting. Cindy will be calling on others to "give the answers." Email Cindy Cotner your questions.*

What is Calligraphy?

Technically, calligraphy means "beautiful writing." However, calligraphy is the fine art of lettering historical scripts as well as more modern ones. The calligraphy hands or scripts are usually studied and practiced in historical sequence: Roman Capitals (1st Century AD), Roman Rustic Capitals (1st-6th Century AD), Uncial Script (2nd-8th Century AD), Carolingian Minuscule (8th-12th Century AD), Gothic/Blackletter (12-15 Century AD), Humanist Minuscule (15 Century AD), Italic (16 Century AD), Roundhand (18th Century AD), Spencerian (19th Century AD), and Modern Revival (20th Century-Present). As with any art, practice, precision, and form are the prerequisites for "beautiful calligraphy." People often think that it's the pen that makes the beautiful letters. While the pen or quill is instrumental, much like the proper paintbrush, it's the dedicated hours and practice that, in the end, produce the beautiful flourish from the calligrapher's hand.



FREEBIES

The second is **FREEBIES**. *This is anything (art supplies, etc.) that someone from the group no longer uses and wants to give away. For example, "I have too many calligraphy pens," so that would be listed. It would be up to the interested person to contact and set up an exchange. You can email Cindy Cotner your items up for grabs.*

FOOTHILLS ART ASSOCIATION

SOCIAL MEET UPS

Bring your works-in-progress, exchange ideas, and enjoy the company of fellow artists while building creative momentum and community.

LIFE DRAWING

3RD MONDAY
10:30AM-12:30PM

Drawing from life is a skill that enriches all artists, regardless of their chosen medium. This group is open to nonmembers. A $10 fee for members and $15 fee for nonmembers covers the cost of live models with an additional $5 if you wish to take photos for future reference. For further information please call the gallery at (619) 464-7167

WORDELL CRITIQUE GROUP

2ND MONDAY, 10AM -12AM

The Wordell group encourages growth and development, providing valuable insights and encouragement in a supportive environment to artists at all stages of their creative journey. In addition to the collaborative critique sessions, participants have the option to take on monthly challenges designed to inspire creativity and expand artistic horizons. Attendance is open to all members.

SAN DIEGO DRAWING GUILD

WEDNESDAY, 10AM – 2:00 PM The San Diego Drawing Guild is dedicated to exploring the rich possibilities of colored pencil, pastel and graphite art. This group consists of beginners to experienced artists in a supportive group where creativity flourishes and friendships form around a shared love for drawing. This group is currently at capacity.

OIL AND ACRYLIC

2ND, 3RD AND 4TH THURSDAY
1PM – 4 PM

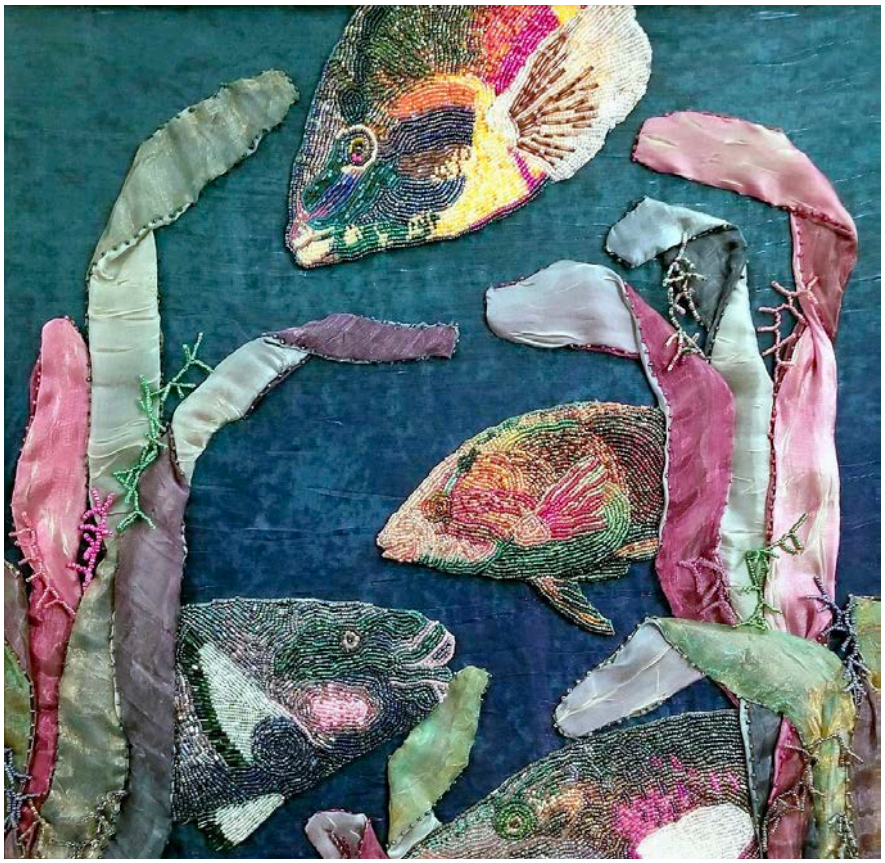
The Oil and Acrylic Painting Group at Foothills Art Association is a dedicated to the exploration and mastery of oil and acrylic painting. The group provides an opportunity for artists to refine their techniques and share insights. Join us as we blend colors, experiment with textures, and bring our artistic visions to life on the canvas.

WATERCOLOR

FRIDAY, 10AM – 1:30 PM

The watercolor group is a community of artists brought together by a shared passion for the medium of watercolor. Whether you're a seasoned painter or a beginner, our welcoming atmosphere encourages exploration, learning, and growth. Join us as we gather to paint, share techniques, and inspire one another.

https://foothillsartassociation.com/calendar-page/



Sharon Meng, Something's Fishy

ANNUAL MAY EXPANDED MEDIA SHOW

MEMBERS ONLY / NO ENTRY FEE

REGISTRATION: April 9 – May 4

Gallery membership is required.

TAKE IN: May 7th, 2 – 5 pm

SHOW DATES: May 8th – June 3rd

RECEPTION: May 8th, 4 – 6 pm

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

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. Pre-registering your artwork greatly helps the volunteers working on take-in. **PLEASE RENAME YOUR FILE TO ARTISTNAMETITLE AND SAVE AS A JPG (E.G., JOHNDOEPETUNIAS) WOULD BE JOHNDOEPETUNIAS.JPG. DO NOT USE DEFAULT CAMERA NAMES LIKE IMG_1234.**

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 – 4pm

Foothills Entry Form

Show: _____ Month: _____

Artwork Title: _____

Medium: _____ Price: _____

Name: _____

Phone: _____

Email: _____

Foothills Entry Form

Show: _____ Month: _____

Artwork Title: _____

Medium: _____ Price: _____

Name: _____

Phone: _____

Email: _____