FOOTHILLS ART ASSOCIATION

FOOTNOTES

May 2026

UPCOMING EVENTS

June Board Meeting
Monday, June 1
10 – 11:30 AM

June Show Take In / Pick Up
Thursday, June 4
2 – 5 PM

June Gallery Monthly Meeting and Demo with Cindy Cotner ~ Calligraphy ~
Thursday, June 4
5:30 – 7 PM

June Workshop Introduction to Calligraphy with Cindy Cotner
Saturday, June 6
12:30 – 3:30 PM / $30

June Foothills Friday, Show & Featured Artist Reception
Friday, June 12
4 – 6 PM

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

MESSAGE FROM THE PRESIDENT

Members,

A big welcome to all our new members and volunteers. Because of your support, FAA continues to grow and expand opportunities for our artists and the community. Through our monthly exhibitions, FAA provides a free admission gallery for the La Mesa and greater San Diego community to enjoy the work of our talented artists. We also offer an online Digital Gallery that can be viewed 24/7.

Recently, the board approved a Good Samaritan Policy, Code of Ethics, and Code of Conduct. These policies help provide direction for our membership and support FAA's continued growth and future development.

Along with creating policies and programs, keeping the gallery open for the public remains one of our highest priorities. Volunteering to sit at the gallery not only helps FAA, but also provides an opportunity to meet other artists and connect with visitors from the community.

Being part of a nonprofit art gallery is a special way to give back to the community through the arts. Thank you again for your continued support and participation.

Best,
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
~Volunteer Needed~

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!

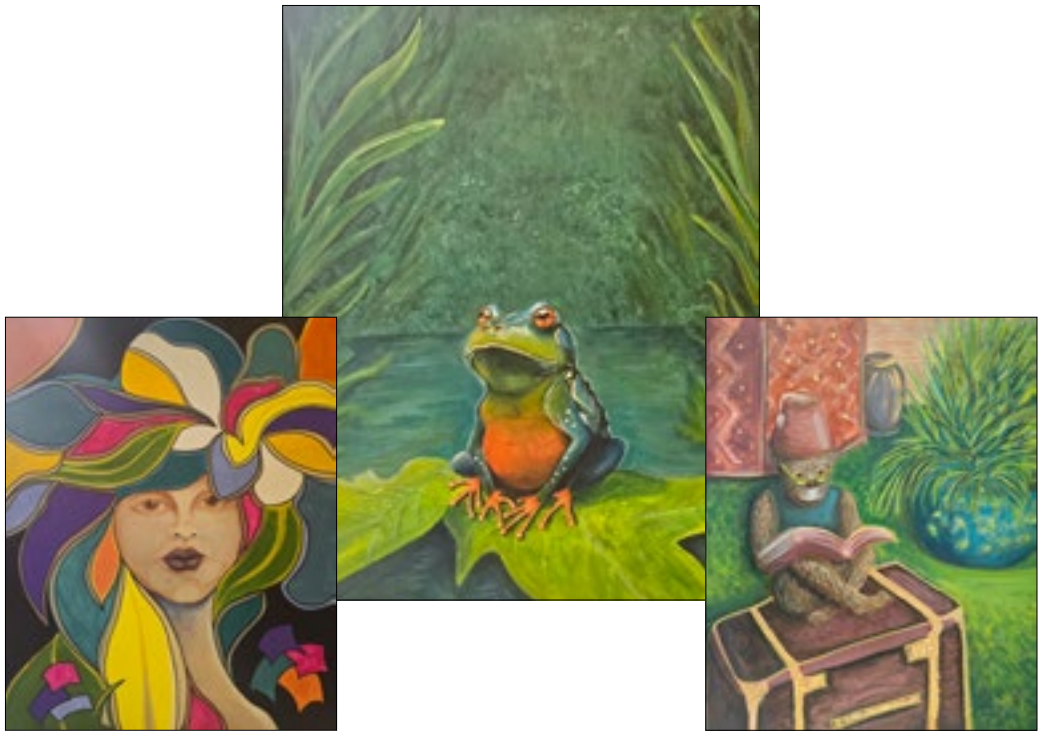
Foothills Art Association welcomes new members:
Lynn Faust, Donavan Muir, Cydne Palmer, Anne Woods

We are delighted to have artists and art enthusiasts join our community and we look forward to your contributions to our artistic community. Join us at our Gallery Monthly Meeting on Thursday, June 4th, 5 – 7 pm.

JUNE FEATURED ARTIST
ESTHER BEISH

RECEPTION, JUNE 12TH, 4 – 6 PM

Hello, my name is Esther Beish. I'm an award-winning photographer and acrylic painter. I grew up in La Mesa and now live in El Cajon, from where I used to own an art gallery named Main Street 5 back in 2008. It was then that I won multiple awards in photography, a skill I acquired in college. While I have dabbled in painting before, only recently, as of last year, 2025, I developed proficiency in acrylic painting through persistence and a lifelong appreciation for art. Jumping in with both feet, I quickly became fascinated with learning this new craft, with the encouragement, critiques, and advice of friends who supported me along the way. Having joined the East County Arts Association, after only a few months of experimenting with texture, color theory, composition, and appeal, I submitted my first acrylic painting for public exhibition, and it was awarded first place unanimously by a jury. In all honesty, I had no idea I would get this far in such a short amount of time from what was initially just a passing hobby. In inspiration from myself and others, I want to continue this journey and spread the love of my artwork to as many people as I can!



Join us for our Gallery Monthly Meeting
Thursday, June 4th, 5:00 – 7:00 PM

JUNE DEMO ARTIST
CINDY COTNER

DEMO: THURSDAY, JUNE 4TH, 5:30 – 7 PM

EXPLORING CALLIGRAPHY
A LIVE 90-MINUTE DEMONSTRATION:

The Ancient Art of Calligraphy

Kaoru Akagawa once said, *"Calligraphy is an art form that uses ink and brush to express the very souls of words on paper."*

Calligraphy literally means to write with beauty, based on the Greek origin of the word. It requires knowledge and practice on correct form and the skill to maintain proportions as it is composed. And while the meaning of the word is "beautiful writing," calligraphy is much more than just a way to write fancy words. Calligraphy brings life to letters.

Calligraphy is a fine art, like painting, sculpture, drawing, or photography. It's a way of seeing letters emotionally. Through calligraphy, you will learn about proportion, positive and negative space, depth perception, and light, as well as elevating a message, since people respond to the qualities of a well-executed piece. That brings a special punch to the intellectual meaning of the words. A well-constructed piece has three dimensions: a fine art, a craft, and a literary art. Modern Calligraphy can be modified to express emotions of realistic text to asemic (scribbling) lettering in collage, acrylic, or a variety of media.

Cotner will introduce and demonstrate the various historical alphabets. She will show the many tools of calligraphy and their uses. Participants will join in creating letters in the modern and ancient ways of calligraphy.

WORKSHOP: SATURDAY, JUNE 6, 12:30 – 3:30 PM

A Crash Course in Italic Calligraphy

Course Description:

This 3-hour beginning course introduces the artist to Italic calligraphy. Italic calligraphy or chancery cursive is an elegant, slightly sloped Western script developed during the Renaissance in Italy. While the art of calligraphy, like any art, takes prolonged practice and skill, this course will fast-track the process.

Participants will learn the history of calligraphy and experience the various tools involved in producing the nuances of this ancient art.

Participants will use a broad-edged pen/marker under the guidance of the instructor. to create a card embellished with calligraphy. The instructor will also demonstrate how to morph the italic into one's own stylized lettering to include in a collage or painting.

APRIL SHOW PEOPLE'S CHOICE

Dotty Thompson, who created "Grumpy" is our people's choice award winner this month. Congratulations Dotty!

JUNE SHOW JUROR JAMI WRIGHT

Watercolor Artist

jwh2ocolor@gmail.com

Jami graduated with a degree in Art Education from Oregon State University and for over 25 years, she taught art in public schools across the U.S. and overseas before retiring. She now pursues her love of art full time, specifically landscape and plein air painting... and the occasional cute animal! She also has published her first ebook for Amazon Books titled, *How To Paint A Lighthouse In Watercolor*.

She has been a member of various art guilds and has won numerous watercolor awards at local and regional art shows over the years including 1st Place in the Landscape Watercolor Division at the Del Mar Fair. Jami also is often asked to judge local art exhibits and be a guest demonstration artist.

Presently, she is an active member of the San Diego Watercolor Society and Foothills Art Association. She also teaches the Beginner Basics and Beginner Landscape classes for the San Diego Watercolor Society's Beginner class series, as well as more in-depth weekend watercolor landscape painting workshops.

Foothills Fridays
Farmers Market/Reception

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

(see photo on page 6) 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 out 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!***

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
10:30 AM – 12:30 PM

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, 10 AM – 12 PM

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, 10 AM – 2 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
1 PM – 4 PM

The Oil and Acrylic Painting Group at Foothills Art Association is 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, 10 AM – 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/

ADDENDUM

Due to the newsletter editors' transition, February's People Choice was inadvertently omitted. We'd like to recognize Peggy Hinaekian, who created "Red Sands," as the People's Choice Award for February.

FEBRUARY SHOW PEOPLE'S CHOICE

Peggy Hinaekian, who created "Red Sands" was the People's Choice Award for February. Congratulations Peggy!

DEAR FOOTHILLERS

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

Questions may be submitted via email or during the group meeting. Cindy will be calling on others to "give the answers." Email Cindy Cotner your questions.

UPDATED FACEBOOK LINK:
https://www.facebook.com/profile.php?id=61575335946912&

FOOTHILLS ART ASSOCIATION

FOOTHILLS FRIDAY AND SHOW & FEATURED ARTIST RECEPTION

FOOTHILLS FRIDAY FARMERS MARKET BOOTH

A BIG thank you to the volunteers who staff the Foothills Booth at the Farmers Market. Thank you to Sharon Meng and Julie Russell. Special thanks to John Engen, who helps set up the booth and ensure it operates smoothly. Also, thank you to April's volunteers, Joann Bray and Linda Morton. We wouldn't have a presence if not for all of you. THANK YOU!!!

ANNUAL JUNE SHOW

ENTRY FEES: $30 for nonmembers and $20 for members first entry.
Each additional entry $10.
1st Prize – $250
2nd Prize – $100
3rd Prize – $75
Honorable Mention (2) – $25 each
JUROR: Jami Wright
REGISTRATION: ends June 1st, 6 PM
(watch for registration details to come)
FAA gallery membership is required.
TAKE IN: June 4th, 2 – 5 PM
SHOW DATES: June 5th – July 2nd
RECEPTION: June 12th, 4 – 6 PM

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 artwork submissions 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, 11 AM – 4 PM.

Foothills Entry Form

Show: _____ Month: _____

Artwork Title: _____

Medium: _____ Price: _____

Name: _____

Phone: _____

Email: _____

Foothills Entry Form

Show: _____ Month: _____

Artwork Title: _____

Medium: _____ Price: _____

Name: _____

Phone: _____

Email: _____