



# The Palette

The Irondequoit Art Club

September 2019

www.irondequoitartclub.org



## SAM's Snippets by Sheila ("S.A.M.") Shrestha



### The Act of Creating Art.

Hello artists! Welcome back from your summer respite. I hope your time away had more ups than

downs. This past summer was more hectic than I could ever have imagined and I struggled to get through its heavy demands. The crowning jewel to this already-existing stress came one afternoon when I was hand washing dishes. Mind you, this activity is usually a sort of mindless therapy, that calms my jangled nerves. Suddenly, like a bolt out of the blue, the core of my kitchen faucet shot out, zoomed past my left ear, catapulted across the room and landed on the floor under a cabinet. Thereafter the faucet ran amok so that every time I used it to wash my hands, get a drink of water, clean veggies, etc., I also got a full body shower. Such efficiency (not)! It took a few weeks for my plumber to be able to work this "non-emergency" into his schedule. So much for soothing effect. Nevertheless, it motivated me to philosophize about the situation.



How many times have ideas shot by me that for busy-ness or whatever reason, I failed to pick up, act on and expand upon them? How many good opportunities for art expression have I missed or let whiz by for lack of time to see them through? As it turns out, there is much evidence to support the important benefits of at least starting the process regardless of whether or not one can bring it to its final stage.



A written article about this says that even if one does not bring an idea to completion and produce a final product, the actual act of working on it has so many benefits. There is an excellent supporting article online entitled "The Mental Health Benefits of Art Are for Everyone" by Deane and Patrick Alban (2018)

[\[https://bebrainfit.com/benefits-art/\]](https://bebrainfit.com/benefits-art/)

In summary, here are some important aspects about the **process** of creating art:



- Provides mental health benefits – It is a therapy that relieves stress by providing a means to channel "monkey mind" into a specific focus. This concentration produces a meditative-like state that soothes jangled nerves.
- Improves motor skills – Augments dexterity.

- Sharpens thinking.
- Exercises math abilities – Planning out your work requires balance, proportions, ratios.
- Facilitates interconnections of art, math and science in the brain.
- Promotes communication skills – Making art IS a form of communication.
- Enhances creative thinking.
- Increases flexibility of the mind – Working the brain cells to keep the mind sharp is like exercising to keep your muscles fit. It keeps both sides of the brain in sync.
- Stokes one's creative drive.
- Results in a sense of accomplishment and amps one's self-esteem.
- Deflects the aging process.
- Boosts "good" emotions, such as love, tolerance, empathy.



Here are pertinent quotes from two amazing talents who recognized these benefits:

"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" (Leonardo da Vinci)

“Creativity is intelligence having fun” (Albert Einstein)

Take it from the masters, catch that idea before it flies by, go with it, shower yourself with creativity, and feel great about the result even if there is more to finish at another time. Here’s wishing you another season of many hours of bliss, creating in association with other art club folks. You are sure to make a splash together!

## IAC Notes

**Nominating Committee** IAC will be having elections in November 2019. The Club Co-Presidents, as prescribed by the by-laws, appointed Sally Steinwachs, Barbara Montione, and Jeanette Musliner to a nominating committee to find and present nominations in November for new officers. If you are interested in serving please contact one of them.

### Fall Show Dates

10/26/19 to 11/3/19  
Co-Chairs: Karen Pesch and Marlene Canavan

### Fall Show Reminder

Karen Pesch, reminds members that there is a critically important meeting in Sept for anyone participating in the Fall Show - please attend. Thank you! For Qs: 585-266-3568; email [peschster@gmail.com](mailto:peschster@gmail.com)

### 2019 Fall Show Sitter Schedule

Hello everyone. My name is Joni Hinman. I am fairly new to the Club and will be working my hardest to COMPLETE the sitter schedule this year. SOOO- I need lots of help from everyone. First of all, I will have the

paper sign up schedule at the September meeting, the Wed group and the Thurs group. Secondly, as a reminder we again need everyone to SIGN UP AND SHOW UP for a minimum of three shifts. I am asking everyone to be mindful of the morning slow hours and the busy afternoon and weekend hours as you COMMIT to your shifts. The busier it is the faster we need to write sales slips, wrap and accept the payment. With all that in mind, please feel free to contact me at 704-9954 or e-mail at [jonihin@gmail.com](mailto:jonihin@gmail.com) to lock in your choice of shifts. The hours will be the hours that the Library is open during our show Oct 26-11/3. We will need 4 people per shift to fill the following jobs: door/rover, saleslip, cashier/IPAD and wrapper.

Thank you for you attention to this vital piece of the show, Joni Hinman

### Important Dates Schedule of Events/Shows

▪ *Women by the Bay* at The Artist’s Cave, 4639 Culver Rd, Sept 2019, Contact Lucy Luo, [lucyluoxin@163.com](mailto:lucyluoxin@163.com) .

▪ *Imaginarium Show*, Tues, Sep 24- Sat, Oct 26, “Floral Show – Flamboyant Flowers”, at the IMAGINARIUM. Show is currently full; thank you for your participation.

▪ *IAC Fall Show* at the Irondequoit Public Library, Sat 10/26- Sun 11/3, contact Karen Pesch.

▪ *Thursday Breakfast Group* at the Terry Gallery at St. John’s Home, Jan 2 – 31, 2020, contact Jane Adams.

### IAC Thursday Morning Artist Breakfast Meeting

Every Thursday, artists meet at Bill Gray’s Seabreeze location at 10:30AM to talk about any or all aspects of art. These informal meetings last about 1 to 1 ½ hr. It’s a great venue to show art, get feedback, and meet new and prospective members. No food purchase is necessary. All are welcome. If Qs, contact Terry Patti, 342-2279.

### Wednesday Meeting Info

**Pinegrove Center** - Meet at noon with your own lunch if desired. Hot beverage provided. Program is from 12:30 to 1:30.

SEPT	4	Gentle Critique*
SEPT	11	Sally Steinwachs: <i>Lesson – Watercolor on Yupo</i> . One sheet provided. Larger opaque yupo paper available that could be cut; also available are some 5 x 7 transparent sheets. Bring your tube watercolor paint (not cake type); brushes; containers for water; rags.
	18	Bring your own project
OCT	2	Gentle Critique*
	9	<i>Gel Pad Mono Printing</i> . Bring Gelli pad, rubber brayer, acrylic paint, paper. We will share equipment. Inexpensive liquid acrylic paint works best.
	16	Bring your own project

\*Gentle Critique - During these sessions, you may bring completed work, or work in progress, for a

gentle group review &/or critique; limited to 2 works per artist per session. Each artist would describe what he/she is attempting and seek feedback. If you have any Qs, please contact Gwen E. Ostrom at 585-467-0991, [gwenostrom@gmail.com](mailto:gwenostrom@gmail.com)

## Link to IAC Membership List

The Musliners have provided this resource - To access right click and then "Open Hyperlink"

[wmusliner@gmail.com](mailto:wmusliner@gmail.com) has invited you to **view** the following document:



## IRONDEQUOIT ART CLUB \* MEMBERSHIP -- 2019



Here is link to updated list.

Please advise me of errors. J

[Open in Docs](#)



## Sunshine

Continued healing to Barb Montione, Barb Petro, Patrick McCaffery and Lydia Boddie-Rice who have all had surgery. Best wishes also to Ellie Pelcher who broke her wrist and Fran Mascari who continues to recuperate.

## In Sympathy.

IAC offers sincere condolences to: Vi Witzel, whose sister passed away; Mary Pallone whose nephew died; Marlene Canavan whose brother-in-law passed and Jeanette Ferreti-Wojtas whose sister-in-law died.

## Call for IAC Artists

## Irondequoit Town Hall Art

**Walk** Barbara Montione organizes the art display at the Irondequoit Town Hall and changes the exhibit every 3 months. New members are more than welcome to submit work for future shows! To enter work in future exhibits, contact Barb by phone (585-338-1184) or email ([bmontione@aol.com](mailto:bmontione@aol.com)) with your painting title, medium, price and size (small, medium or large). Also put this info on the back of the piece. She will prepare the labels.

Barb thanks the following artists who will have their art work at the Town Hall for the next 3 months: Jeanette Ferretti-Wojtas, Carol Guttman, John Lenhard, Barb Montione, Jeanette Musliner, Terry Patti, S.A.M. Shrestha, Sally Steinwachs and Betty Zarcone.

**Rochester Art Supply**, 150 W. Main St, Rochester, NY 14614, (585) 546-6509 will provide credits back to the club if you make a purchase there. The procedure is that you would ask for a form on which to record your purchase info. When the total sales for IAC reach \$1000, the club receives 5% back.

## The Irondequoit Farm Market

continues on Thursdays 4 p.m. to dusk until October 16.

## New Members

Lyn Bianchi  
2467 St Paul Blvd, BLDG 2  
14617  
585-242-8689  
[Lbianchi645@yahoo.com](mailto:Lbianchi645@yahoo.com)

Patty Jachim-Moore  
509 Culver Parkway  
14617  
585-752-8017  
[Petuney@gmail.com](mailto:Petuney@gmail.com)

Francine Bonair  
3565 Culver Rd 14622  
347-840-0289  
[Queen345@optonline.net](mailto:Queen345@optonline.net)

## Irondequoit Art Stroll 2020

A group of Irondequoit artists will be planning the 2020 Art Stroll event, with meetings scheduled for the 3rd Wednesday of each month at 7pm at The Artists Cave, 4639 Culver Rd. All artists affiliated with Irondequoit are welcome to participate.

If you know of other artists who may be interested in participating in the Art Stroll next year, or with the planning sessions, please direct them to our Facebook

Page, <https://www.facebook.com/groups/2055741064722804/>, or have them come to a meeting. Contact John Lenhard if you have any questions. 585-370-3234

## Flamboyant Flower Art Show at I-Square

This show will be held Sept 24-Oct 26. Participating artists are:

Terri Patti, Leslie Werlin, Phyllis Rodi, June Caldwell, Mary June Fox, Francine Bonair, Ellie Pelcher, Jackie Moll, Gwen E. Ostrom, Gary Knapp, Betty Zarcone, Karen Chamberlin, Lucy Luo, Michele Barnard, Arlene Miller, Linda Hanss, S.A.M. Shrestha, Carolyn Steinkirchner, Judy Travis, Barbara Montione, Karen Pesch, Patrick McCaffery, Geri Cardwell, Andrea Warren, Mary Emmi Pallone, Cheryl Coleman.

## TUESDAY EVENING MEETING/SEPTEMBER



Art instructor, painter and creative sculptor, **ROBERT L. GEROUX**, will give an art presentation entitled “Life-Long Learning in the Sculptural Arts” at the September 24, 2019 meeting of the Irondequoit Art Club to be held 7:30 PM at Chapel Oaks, St. Ann’s Community, 1550 Portland Ave., Rochester, NY 14621, after the club’s 7 PM business meeting. (Enter St. Ann’s Campus and bear left following signs to the main entrance of Chapel Oaks.) There is no charge for this event and the site is accessible to all.

Geroux has a lifetime of experience in college and university programs, secondary and elementary schools, as well as public and private community venues, where he has passionately facilitated understanding and learning in the arts.

He has an AAS degree in Advertising Design, Mohawk Valley Community College-1966; a BS degree in Art Education, SUNY at New Paltz-1969; and a Master’s degree in Art Education, Rochester Institute of Technology-1977. Geroux has studied with Maurice Brown, Manny Bromberg, Bob Schuler and Henry Raleigh, Rudy Wedow and Fred Meyers.

He has taught in Rochester City Schools, 1973-1986; West Irondequoit High School, 1986-2002; Elmira College, 2002-2003; Mansfield University of Pennsylvania, 2004-2010; Finger Lakes Community College, 2016-2017. Among the art subjects he has taught are: Drawing,

Painting, 2-D design, 3-D design, Art Seminar, Introduction to Art Education and Art Curriculum and Teaching in the Secondary Schools. He can be contacted at 76 Fairmeadow Drive, Rochester, New York 14618, phone: 585-978-4800, mobile: 585-245-2992, email: robertogerocks@gmail.com

### Refreshments:

Sept – Karen Chamberlin,  
Marlene Canavan

### Future Refreshments:

Oct – Michele Barnard, Linda Hanss  
Nov – Diane Bosco, S.A.M. Shrestha

### Future IAC Presenters

Provided by Nancy Jo Gambacurta and Ken Kassel:

**Oct. 22** – Valerie O’Hara of Pike Stained Glass Studios will speak of the making and restoring of stained glass windows as the 3<sup>rd</sup> generation head of this 110-yr-old firm.

Mark your calendars!

## Shows/Classes/Demos

MAG
Check website or phone for program info.
MAG Hours: Weds–Sun, 11am–5pm Thursday, 11 am–9 pm CLOSED Monday, Tuesday, and major holidays (4th of July)
Call 585-276-8959
Mag.rochester.edu

<b>Women by the Bay</b>
The Artists Cave 4639 Culver Rd Rochester, NY 14622
Now through September 2019
Lucy at lucyluoxin@163.com
<b>Art Travel</b> through MAG

ART LOVERS’ tours are organized and sponsored by the Gallery Council to benefit and **open to all** interested travelers.

Get outside your comfort zone & take a Mystery Tour! Or take a trip to Spain where the program blends contemporary with historical and new art, architecture and Spanish cuisine are inextricably linked. Register today

**New Adventures in Spain |**  
September 14-22, 2019

Call 585-276-8959  
Mag.rochester.edu

### MAG 2019 M&T Bank Clothesline Festival

Clothesline showcases original work by 400+ artists from across the country, and regularly attracts 20,000+ people from Rochester and the surrounding regions. Plan for \$5 (cash) at the Gate, \$4 for members with coupons. No other exclusions apply. September 7 - 8, 2019  
Memorial Art Gallery Grounds  
Rochester, NY 14607

### MAG Creative Workshop Fall Brochure

Classes planned for children and adults to learn to make meaningful art and finely crafted art objects. All classes are described in the Fall 2019 brochure. [Click here for the fall class brochure \(PDF\)](#)  
Registration is now open with first fall classes beginning on 9/23/19. [Register Online](#)

Learn more about the CW Open House & art play area at Clothesline! Saturday & Sunday from 10:30 AM to 4:30 pm. Enjoy family art activities, including free, supervised activities for ages 4–12. Watch drawing, painting, clay & jewelry demos and see our latest faculty show! Get \$5 off any new class registration (during Clothesline only).

## Artist Opportunities:

### Imaginarium Art Show

Located at I-Square 400 Bakers Park, Rochester, NY 14617. Artist must provide enough pieces to fill space. Exhibits may be individual or group. Any number of artists per group. Exhibits last 4-6 weeks. Gallery hours Tues-Sat 9-4. Exhibits must be appropriate for children viewing. For more info, contact Aran Kilcoyne at [AKilcoyne@I-Square.us](mailto:AKilcoyne@I-Square.us), phone 585-266-1068.

### The Artist Breakfast Group

(ABG) (<http://abundance.coop>) has a new meeting place - the Community Room at Abundance Food Co-op, 571 South Ave, Rochester, 14620. If you drive there please park in the back of the lot. If you get coffee or any food, pay at the desk on your way to the Community Room. New meeting time is 8:15 am.

**The Terry Gallery** in St. John's Home, 150 Highland Ave, Rochester, 14620. Art display and sale opportunity at The Terry Gallery, at St. John's Home, 150 Highland Avenue, 14620.

If you are interested in displaying your work as an individual, or as a group of artists, please contact Sandy Ferguson at St. John's. You can sign-up for a one month exhibit, she will tell you what months are available. Contact Sandy at 585-760-1293, or email [sferguson@stjohnsliving.org](mailto:sferguson@stjohnsliving.org)

**The Artists Cave** If interested in exhibiting art at The Artists Cave, contact Lori Lenhard at 467-2333 or email [theartistscave@frontier.com](mailto:theartistscave@frontier.com). 10% commission (sales tax applies).

## Irondequoit Art Club Directory

<b>President</b>	
Nancy Jo Gambacurta	544-3175
Jane Adams	544-5602
Phyllis Rodi	342-9094
<b>VP/Programs</b>	
Ken Kassel	544-3175
<b>Secretary</b>	
Ellie Pelcher	544-6268
<b>Treasurer</b>	
Karen Chamberlin	820-9027
<b>Membership-</b>	
Gary Knapp	342-6595
Jan Ferry-Axman (Asst)	544-9783
<b>Committee Chairs:</b>	
<b>Newsletter (Palette)</b>	
S.A.M. Shrestha	704-5020
Carol Riesenberger	342-6287
"mailing"	
<b>Publicity</b>	
S.A.M. Shrestha	704-5020
<b>Refreshments</b>	
<b>Website-</b> Mark Babeck	512-6524
<b>Facebook</b> –Mark Babeck	512-6524
<b>Library -</b>	
Michele Barnard	362-1318
<b>Sunshine-</b>	
Linda Hanss	671-1605
<b>History-</b>	
Jeanette Wojtas	233-9948
<b>Weds Program</b>	
Gwen E. Ostrom	467-0991
<b>Town Hall Exhibits –</b>	
Barb Montione	338-1184

**Please submit material for the October Palette by October 5, 2019 to S.A.M. Shrestha, 704-5020, [bshrestha@rochester.rr.com](mailto:bshrestha@rochester.rr.com)**

## IRONDEQUOIT ART CLUB MINUTES

May 28, 2019

Chapel Oaks Community Room

Call to Order: The meeting was called to order by Jane Adams at 7:03pm

Secretary Report: No changes to the April minutes were noted. First and second motions to approve minutes were made by Diane Bosco and Phyllis Rodi respectively. Motion carried. Sally Steinwachs stated that the April minutes noted the vote to approve the donation to the Irondequoit Library Foundation but neglected to report that the motion carried. It will be corrected. Karen also gave Spring Show finance report noting credits and debits with final of negative \$408.32

Treasurer Report: Karen Chamberlin reported Credits and debits resulting in a money market balance of \$3113.46, and a checking balance of \$3382.77. Total club balance is \$6496.33.

**The following club programs and events were reported on –**

Fall Show: Karen Pesch reminded members of earlier show dates- 10/26-11/03. She reported that she and Marlene Canavan will chair the show. A steering committee is needed to do planning over the summer, and volunteers for prepping & working the show are needed for September. A sign-up was passed.

Art Stroll: Jane reported that John Lenhard is leading the planning for this replacement of the Artwalk. It will occur 8/9-11. Planning meetings are every Wednesday evening at the Artist Cave. Entry is \$25.00. A handout was passed out with all pertinent information.

Floral Show at the Imaginarium: 9/24-10/26. Nancy Jo Gambacurta

reported that entry is full. Drop off art is 9/26, 10-noon.

IAC Picnic: Nancy Jo reported that we have the Rotary Cabin at Durand Eastman Park from 10AM – 9:30PM, and the club would like to make use of the entire time. Karen Chamberlin and Sally Steinwachs will plan. Possible inclusions are a breakfast and plein aire painting session, lunch at one, and indoor and outdoor games into the evening.

Art Center Field trip: 6/15 at 1:30 – this event still has openings. Sign up in back of room.

Weds. Program: It was also noted by Nancy Jo that the Wednesday program is finished and will resume in September, and Thursday Breakfast group at Bill Gray's will continue year-round.

Sunshine Committee Report: Ken Kassel reported for the Sunshine committee

Sympathy for: Jeanette Ferretti-Wojtas has lost her sister-in-law; Marlene Canavan has lost her brother-in-law

Get Well wishes to:

Ellie Pelcher for broken wrist; Fran Mascari is home from hospital recovering; Patrick McCaffery has colon cancer

Respectfully submitted by Karen Pesch 5/29/2019