



Pictures from Donn Morris' Shindig



Message from the RCA Board President

Greetings Fellow Artists and Art Lovers,
I'd say Happy Spring, but it appears that we have gone right into Summer. Our group meeting is Tuesday April 14th, 5-7pm. There will be things to eat ... please bring what you want to drink and enjoy the comradery of RCA friends before the meeting begins. Would love to see all of you there. I'll be announcing our plans for a fall show.

Saturday night, March 21st was the "The One For All" Show featuring Donn Morris. It was a lovely evening featuring wonderful art by Donn, accompanied by a Rim Country BBQ buffet. The donated dinner proceeds go to RCA. Donn is a such great man and we thank him for his generosity and his many years of commitment to RCA.

◆ Stay Cool ◆ Stay Hydrated ◆
◆ Stay Creative! ◆



Minette Hart Richardson



The Link Between **Art** and **Mental Health**

Art can be an incredibly powerful tool in helping us to manage our mental health and well-being. Studies have found that art can reduce stress, increase self-esteem, and improve our ability to cope with difficult emotions. Art provides a safe space for us to express our thoughts and feelings, allowing us to connect with ourselves on a deeper level.



One of the main ways that art benefits mental health is through its ability to help us process and make sense of our emotions. Art enables us to externalize our inner struggles, allowing us to make sense of them in a new way. By engaging in creative activities, we can gain insight into our own feelings, giving us the opportunity to recognize patterns and reflect on them in a non-judgmental manner. This can help us to gain a better understanding of our emotions and allow us to find healthier ways of managing them.

Art can also help to decrease symptoms of depression and anxiety. Studies have found that engaging in creative activities such as painting, drawing, or sculpting can reduce symptoms of both depression and anxiety. It also can increase positive moods and overall life satisfaction. In addition, engaging in art can give us a sense of control over our lives, providing us with the opportunity to express ourselves without fear of judgment.

Finally, creating art can provide a sense of purpose and accomplishment, helping us to feel connected to something larger than ourselves. Art gives us a way to channel our energy into something meaningful, allowing us to have a tangible outcome at the end of our creative journey. The act of creation itself can be incredibly empowering, giving us the confidence to take on new challenges and set goals for ourselves.

Overall, engaging in art has been proven to have a positive impact on mental health. Through its ability to help us process emotions, decrease symptoms of depression and anxiety, and provide us with a sense of purpose and accomplishment, art has the power to truly transform our lives.



No matter who you are or where you come from, art plays a vital role in helping us make sense of our lives and the world around us. Art helps us to express our emotions, to communicate our thoughts and feelings, and to explore the depths of our imaginations. By engaging with art, we can discover more about ourselves and the world around us, and cultivate empathy and understanding.

Shotwell, M (2023) How art makes us more human: Why being creative is so important in life. Found on <https://www.cultivategrandrapids.org/>



PRESENT THE
**CHRIS HIGGINS
 EARTH DAY
 CLEANUP AND FESTIVAL**

**APRIL 18TH 2026
 SATURDAY**

**THIS EARTH DAY, WE ARE PARTNERING WITH THE
 HUMANE SOCIETY TO HOST A COMMUNITY
 CLEANUP AND ON-SITE PET ADOPTION EVENT,
 WITH OUR YOUTH LEADING CLEANUP EFFORTS
 ALONGSIDE INSPIRATION MARTIAL ARTS. IN
 HONOR OF LOCAL HERO CHRIS HIGGINS.**

8AM-11AM

**FOLLOWING THE CLEANUP, WE WILL GATHER FOR A
 MUSIC AND ARTS FESTIVAL, WITH YARD GAMES
 AND VENDORS. FOOD WILL BE FREE, FIRST COME
 FIRST SERVE.**

NOON - 4PM

Contact Jesse @
 928.592.8394
hlp.full.community@gmail.com



Update: Event Moved to Green Valley Park



- April Holidays**
- 1st — April Fool's Day
 - 2nd — Passover
 - 3rd — Good Friday
 - 5th — Easter
 - 22nd — Earth Day





What is Earth Day 2026?

The global theme for Earth Day 2026, announced by [EARTHDAY.ORG](https://www.earthday.org), is *"Our Power, Our Planet"*. This theme emphasizes the collective power of individuals and communities to drive environmental action, focusing on issues like clean energy, public health, food security, and economic resilience, and encouraging tangible actions beyond just one day.

What "Our Power, Our Planet" Means for 2026:

Community Action: It's a call for daily, sustained efforts by communities, educators, and families to protect their local environments.

Economic & Health Links: The theme connects environmental health to the cost of living, public health, and stable infrastructure, highlighting how clean air, water, and energy benefit everyone.

Historical Context: It builds on Earth Day's legacy, which has historically led to significant environmental laws and progress through civic action.

Beyond Optics: For organizations, it's about taking ownership of environmental impact in supply chains, waste, and energy use, rather than just appearances.

Key Actions & Focus Areas:

- ▶ Supporting clean air, water, and energy.
- ▶ Protecting natural resources and promoting climate stability.
- ▶ Engaging in local solutions like tree plantings, cleanups, and advocating for policy changes.



Earth Day 2026 is usually celebrated on April 22, 2026, with activities often extending throughout Earth Week (April 19-25). Earth Day was created by U.S. Senator Gaylord Nelson (D-WI) in 1970, inspired by the anti-war "teach-ins" and mounting environmental concerns like the 1969 Santa Barbara oil spill, to bring ecological issues to the national political agenda, successfully mobilizing millions and leading to the creation of the EPA. He partnered with Representative Pete McCloskey and activist Denis Hayes to organize the first nationwide event on April 22, 1970, which sparked major environmental legislation.

www.earthday.org

TV Catch Phrases Game

How many *old time* popular television programs can you identify from the catch phrase listed below?



- 1) *'An' a one . . . an' a two . . . '*
- 2) *'Just the facts ma'am'*
- 3) *'And the survey says . . . '*
- 4) *'I'm Larry. This is my brother Darryl. And this is my other brother Darryl.'*
- 5) *'I know nothing!'*
- 6) *'Marcia, Marcia, Marcia!'*
- 7) *'Good night and good luck'*
- 8) *'Kiss my grits'*
- 9) *'Remember to have your pet sprayed or neutered'*
- 10) *'The balcony is closed'*
- 11) *'Would you believe . . . '*
- 12) *'Up your nose with a rubber hose'*
- 13) *'Lets be careful out there!'*
- 14) *'I pity the fool'*
- 15) *'Danger, Will Robison!'*
- 16) *'And now for something completely different . . . '*

EVENTS

RCA Calendar of Events for April 2026

RCA Meetings & Events

Event	Location	Date & Times	Notes
RCA Board Meeting	National Bank of Arizona	Apr 7 th 3:00 – 5:30 pm	
RCA Quarterly Member Meeting	Payson Library	Apr 14 th 5:00 – 7:00 pm	

Payson Community Events

Event	Location	Dates & Times	Notes
Easter Festival Easter Egg Hunt	Rumsey Park Payson, AZ	Apr 4 9:00 am to 12:00 pm	Ages 0-3 @ 9:00 Ages 4-5 @ 9:30 Ages 6-7 @ 10:00 Ages 8-9 @ 10:30 Ages 11-12 @ 11:00 Special Needs @ 11:30
Plein Air Painting By Arizona Plein Air Painters	Tonto Natural Bridge	Apr 4 9:00 am to 5:00 pm	RCA Group Reservation under Nancy Frost's name. \$10 admission, pay the day of the event
Earth Day	Green Valley Park	Apr 18 Noon – 4:00 pm	Free event – Earth Day Festival. There will be one LONG TABLE and eat in union, breaking bread as a community. There will be other fun activities, live music, and local vendors.

Arizona Events

Event	Location	Dates & Times	Notes
Wickenburg Craft Fair	Stone Park 164 E Apache St Wickenburg, AZ	Apr 11 th 10:00-4:00	Wide variety of handcrafted goods, unique gifts, art, jewelry, home décor, & more
Woman's Day Out Expo	Santa Fe Station Hotel & Casino 4949 N Rancho Dr Las Vegas, NV (a little outside of AZ)	April 18 th 10:00-3:00	Selling handbags, clothing, jewelry, sunglasses, lingerie, hair accessories, cookware and culinary.
Cottonwood Springs Artists Village	Old town Activity Park 187 E Pima St Cottonwood, AZ	Apr 24 th – 26 th 10:00 – 5:00	Ceramics, clothing, painting, fiber, furniture, glass, jewelry, leather, metal work and more.

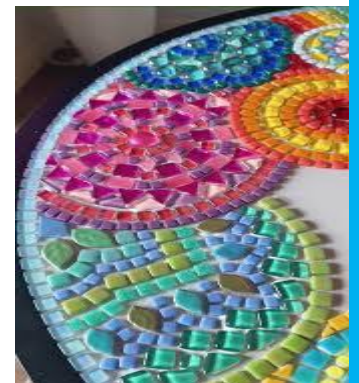
RCA Class Schedule as of April 2026

Pay for classes at www.rimcountryartists.org in the 'Current Classes' tab. We accept Google Pay, MasterCard, Visa, Discover, and American Express.

No refunds and no checks or cash for classes in 2026.

Questions or Concerns? Contact Dorothy Perry at (719) 480-9981 ~ ~ or ~ ~ 500dperry@gmail.com

#	Instructor, Class & Fee	Date and Time	Location	Description of the Class
1	Elizabeth Fowler 'Spring' \$48	Saturday 4/11/2026 1:00 – 4:00 pm	PYCS 800 W Main St Building B	You will create your own Acrylic Painting with a Spring theme. There's an artist in all of us, come learn some new skills!
2	Dorothy Perry 'Multimedia Mosaics' \$60 Class is Full	Saturday, 4/25/26 10:00 – 2:00	Perry's Place	Design a multimedia mosaic with polished gemstones, copper wire shards, dried flowers, twigs, & accents
3	Dorothy Perry 'Mosaic Wall Hanging' \$68	Saturday 5/2/2026 10:00 – 2:00	Perry's Place	Create a 24 in. round mosaic wall hanging that you can hang in your home. Materials include ceramics, glass, buttons, cabochons, and more
4	Peggy Donathan-1 Stained Glass Wind Chime \$66	Saturday, 5/30/26 12:00 – 3:00	Church of the Nazarene	Create your own stained glass wind chime. All tools and materials provided.
5	Peggy Donathan-2 Mosaic Stained Glass on Glass \$72 New Class Offering	Saturday, 6/27/26 11:00 – 3:00	Church of the Nazarene	Pre-cut glass on glass Gnome Mosaic on an 8"x8" framed glass panel (no grout).





Spring Acrylic Painting Class with Elizabeth Fowler



Please join us to learn and create your own attractive acrylic painting with Elizabeth Fowler, a talented professional artist who teaches at Eastern Arizona College. Food and drinks will be available. Class size limited to 12.

Date: Saturday, April 11, 2026
Time: 1:00 p.m. to 4:00 p.m.
Payson Youth Creative School (PYSC)
800 W Main Street, Building B

Cost: \$48.00 – includes all supplies
There are no refunds for paid classes due to instructors expenses in preparing for the class.

Pay for classes at www.rimcountryartists.org in the 'Current Classes' tab.
We accept Google Pay, MasterCard, Visa, Discover, and American Express.
No checks or cash accepted for classes in 2026.

Questions or concerns? Contact Dorothy Perry at 500dperry@gmail.com



Mosaic Art Wall Hanging

With Instructor Dr. Dorothy Perry



Please join us to learn and create your own amazing mosaic art using ceramics and glass tiles, as well as various filler and accent tiles, buttons, cabochons, and more. We will use a 24 inch round base. Dorothy Perry is an experienced mosaic professional artist.

Drinks and lunch will be provided.

Class size limited to 12.

Date: Saturday, May, 2, 2026

Time: 10:00 a.m. to 2:00 p.m.

Cost: \$68 – includes all supplies

Location: Payson, AZ – Address provided after registration

There are no refunds for paid classes due to instructors expenses in buying materials to prepare for the class



Pay for classes at www.rimcountryartists.org in the 'Current Classes' tab. We accept Google Pay, MasterCard, Visa, Discover, and American Express.

No checks or cash accepted for classes in 2026.



Questions or concerns? Contact Dorothy Perry at 500dperry@gmail.com -- or -- (719) 480-9981



Glass Wind Chime Workshop

Saturday, May 30, 2026 12-3 pm

**Class by: Peggy Donathan
Donathan Studio Glass**

**Location: Church of the Nazarene
200 E Tyler Parkway, Payson**

Students will be provided :

- A hanging object to create from
- glass pieces and other media (pre-drilled)
- Chime Cord, chain, beads, jump rings

All tools and materials are provided for class use

Demonstrations:

- Cutting and grinding glass pieces
- Drilling holes in glass

**Bring a snack
(something to share if desired)**



Tuition: \$66 per person

**Register and pay for class at
www.rimcountryartists.org
in the 'Current Classes' link**

**RCA only accepts PayPal, MasterCard, Visa, Discover, and American Express.
No checks or cash accepted for classes in 2026**

Class Fee is non-refundable

For more information please contact Dorothy Perry at 500dperry@gmail.com



Pre-Cut Glass on Glass Gnome Mosaic Class

Saturday, June 27, 2026 11am-3 pm

Location: Church of the Nazarene
200 E Tyler Parkway, Payson

Class by: Peggy Donathan
Donathan Studio Glass

- Students will be provided an 8"x 8" framed glass panel & pattern
- Pre-Cut glass pieces (all glass will be pre-cut and nipped)
- Learn how to apply glass on glass with glue
- All materials and tools are provided for class use.



Demonstrations:
Cutting and grinding glass pieces

This project will not be grouted

Bring a snack
(something to share if desired)

Tuition: \$72 per person

Register and pay for class at
www.rimcountryartists.org
in the 'Current Classes' link

RCA only accepts Google PAY,
MasterCard, Visa, Discover, and American
Express.

No checks or cash accepted for classes in 2026

Class Fee is non-refundable

For more information please contact Dorothy Perry at 500dperry@gmail.com



TV Catch Phrases Game Answers

How many old time popular television programs can you identify from the catch phrase list below?

17) 'An' a one . . . an' a two . . . ' *The Lawrence Welk Show*

18) 'Just the facts ma'am' *Dragnet*

19) 'And the survey says . . . ' *Family Feud*



20) 'I'm Larry. This is my brother Darryl. And this is **my other brother Darryl.**'

Newhart

21) 'I know nothing!' *Hogan's Heroes*

22) 'Marcia, Marcia, Marcia!' *The Brady Bunch*

23) 'Good night and good luck' *See It Now*

24) 'Kiss my grits' *Alice*



25) 'Remember to have your pet sprayed or neutered' *The Price is Right*

26) 'The balcony is closed' *At the Movies (Siskel and Ebert)*

27) 'Would you believe . . . ' *Get Smart*

28) 'Up your nose with a rubber hose' *Welcome Back, Kotter*

29) 'Lets be careful out there!' *Hill Street Blues*

30) 'I pity the fool' *The A Team*

31) 'Danger, Will Robisonon!' *Lost in Space*

32) 'And now for something completely different . . . ' *Monty Python's*



Flying Circus