

THE JOURNAL

Modest Fly Art Studio Gallery Quarterly Newsletter



TABLE OF CONTENTS

Bring on the pumpkins! 

**THE FORGOTTEN POWER
OF BEING HUMBLE**

**HOLIDAY ACTIVITY:
DIY SNOW GLOBE**

**RESEARCH: STUDENT
CULTURAL STUDIES**

**MOBILE ART CLASSES
& PAINT NIGHTS**

EVENTS AT MODEST FLY

**KEEP OUR CLASSROOM
SAFE & CLEAN**

**HOLIDAY CARD CONTEST!
\$100 REWARD!**

HALLOWEEN FUN!



THE FORGOTTEN POWER OF BEING HUMBLE

In the modern western world, achievement is prized. Striving towards big dreams is generally encouraged and valued. And sometimes, in the space of expression and striving, the quality of humbleness is neglected. The word's roots, and the Latin *humilis*, meaning 'low', or 'having or showing a modest or low estimate of one's importance', might provide a clue as to why this is the case. Not an appealing thought, after all, but this would be to overlook the many benefits offered by the state of being humble.

Firstly, it's vital to emphasize that humbleness, or humility, is not the same as low self-esteem. In fact, it could be argued that high self-esteem enables people to feel comfortable enough not to feel the need to blow their own trumpet. Indeed, while arrogance, or seeing one's own praises might be an attempt to cover up insecurity, humility could be considered the opposite.

In their book, *The Power of Character Strengths*, psychologist, Ryan M Niemie and Robert E McGrath define the optimal meaning of humility. As someone who has a clear view of oneself, focuses attention on others, sees their own limitations and is modest. They found that **humble people tended to find it easier to make friends, were well liked and possessed qualities, such as being helpful, agreeable and generous.** From this perspective, humility, benefits relationships, and perhaps that is the key to how it affects emotional well-being. As they say in their book: 'it's like the connections are easy, because humility prevents a slide into self-serving arrogance, keeping others' interests and needs high on the priority list. If you are high in humility, you are good at putting others first, and giving them attention. In turn, this contributes to you being well liked. Humility protects you from being driven by ego needs.'

It's one thing to be humble when life is simple, of course. But as worldly achievements, compliments for good work, or positions of power begin to stack up, modesty can fade into the background. There are some, however, who managed to maintain humility, no matter how great their successes and display outwardly appearances of grandeur. One example is Mahatma Gandhi, the Indian, lawyer, politician and social activist, who helped liberate his country from British colonial rule. Throughout his writing, he makes many references to the benefits of having a humble character. In one example, found in *The Glorious Thoughts of Gandhi*, he says: 'I claimed to be a simple individual liable to err like any other fellow mortal. I own however, that I have humility enough to confess my errors, and retrace my steps.' He's also quoted as saying that 'it is unwise to be sure of one's own wisdom', a belief that he lived by as well as preached.



This philosophy was noted by some of those who met County, such as Indian politician, and Dr.TSS Rajan. In 1909, while still a medical student and living in London, Rajan was preparing for an evening event for some students at which county was scheduled to speak. Rajan wrote of his experiences: 'At about 2 PM, a small, thin, wiry man with a pleasant face, joined us in work, and was making himself very useful. He volunteered to do the washing of plates and cleaning of vegetables with such gusto and willingness that we were only too willing to give him the joy of his performance. Hours rolled on, and there was no abatement in the work turned out by this man. Only later in the afternoon... did we come to know that our unannounced worker was Mr. Gandhi, the great man of Indian South Africa, the president of our evening function.'

In the years since, some have questioned his analysis of Gandhi, as a perfect example of humility. But it's still possible for anyone and everyone to take inspiration from those rare people who are humble, no matter their recognize outwardly achievements. This might even provide some hope- and an alternative path- for those whose lives are ruled by social media, seemingly relentless drive to turn everything into a perfection project. In a space where showing off is commonplace, and only success is deemed worthy of attention, there's precious little room for the undervalued quality of humility. That's not to suggest that achievements aren't to be celebrated-and it's important that people feel comfortable with who they are and the ambitions they hold. Being humble doesn't equal lack of aspiration, or a willingness to be trampled over. But humility has value and is worthy of its place, both in real life and on social media.

Maybe now is the time for it to be rediscovered and cultivated.

Western society often teaches people that they need gifts, skills, and outward signs of success to be valuable, but this can leave many feelings, they aren't good enough. Recognizing the quality of humility is a vital reminder that, ultimately, what matters in life is relationships with people. And showing humility is the fertile soil for planting seeds for relationships to grow.

Written by: Kate Orson in Breathe and Make Time For Yourself magazine



Project Calm by Dariana Moreira

Here's a Fun Activity to try at home this Holiday Season!

DIY Mason Jar Snow Globes

You will need:

- a mason jar
- baby oil
- holiday decorations of your choice (they must be small enough to fit in the jar)
- super glue or a hot glue gun
- glitter, mini foam balls, or small white beads



Step 1:

Pick out or create your own holiday decorations (Christmas tree, Snowman, etc.)



Step 2:

Hot glue your decorations to the bottom of your Mason Jar or the inner side of the lid. This way, you can flip it over so that the glass shows better!



Step 3:

Add in your snowflakes! You can use glitter, foam balls, or both.



Step 4:

Pour your baby oil into the jar and close it tightly! And that's it, your own custom snow globe!

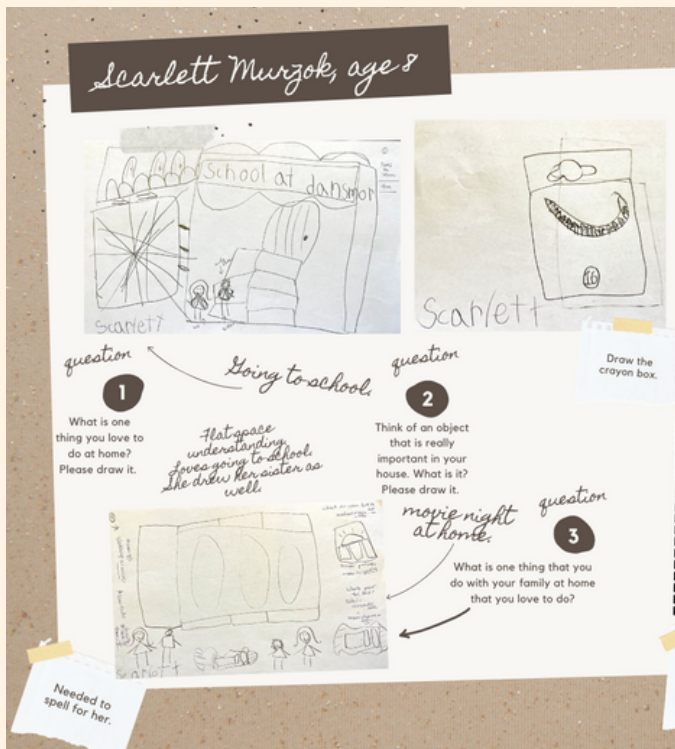


Research:

STUDENT CULTURAL STUDIES

Four students were chosen for a cultural research study. The reason for the study was to begin collecting data and understanding how specific cultures might be an optimal factor in learning arts education.

The first participant was Scarlett Murzok, age 8. Scarlett comes from an Arab-Armenian background. Her father from Egypt, mother from Armenia, but born in the United States. She attends school in La Crescenta, California. She has a younger sister, with curly hair, whom she always includes in her drawings. Scarlett's demeanor is usually very quiet and quite shy. Working through the study with her helped her come out of her shell a bit and speak about herself, while sharing with her classroom peers. Scarlett spoke of her family, her nationality, her school, and friends. She was very kind about sharing her story and shared stories of movie nights with her family at home.

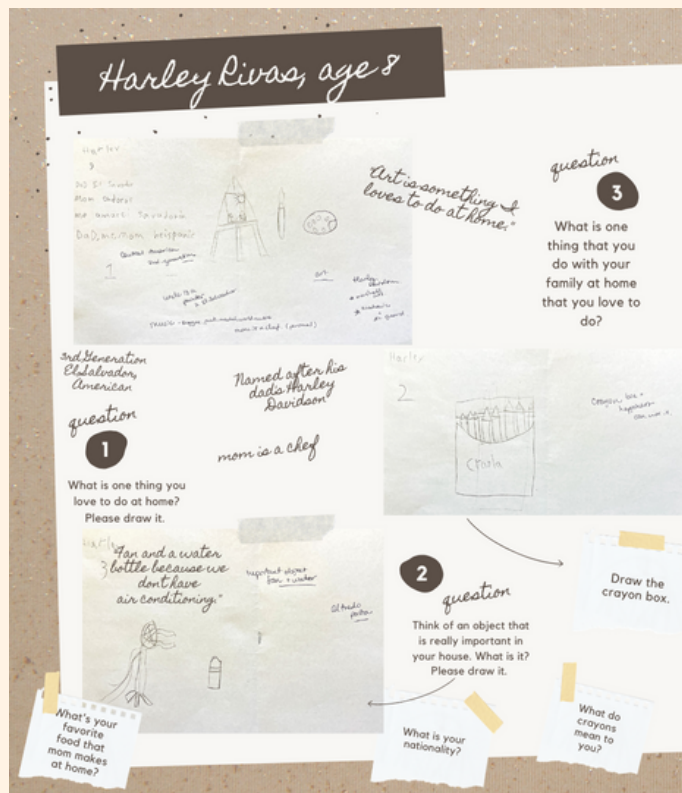


The second participant is Lillian Katrandzhyan, age 8. Lillian is Olivia's twin sister. Though, slightly different, Lillian always puts her hair up and never likes to wear dresses. She is very honest about her likes and dislikes and doesn't like to be a 'girly-girl'. Lillian has a very good understanding of the difference between 2D and 3D images and can draw quite Matisse-like in her sketches.

Continued...

She loves to play on her iPad at home and drew herself in her room on her 'apple' laptop. Lillian seems to be slightly obsessed with iPhone and Apple products as she is more interested in technology than playing with toys. She drew a family portrait as she drew her sister sitting down on a chair because she explains that Olivia is always "sitting like a princess." It seems as though their difference are what help them understand how to navigate through everyday tasks and decisions. The differences are apparent and noticeable.

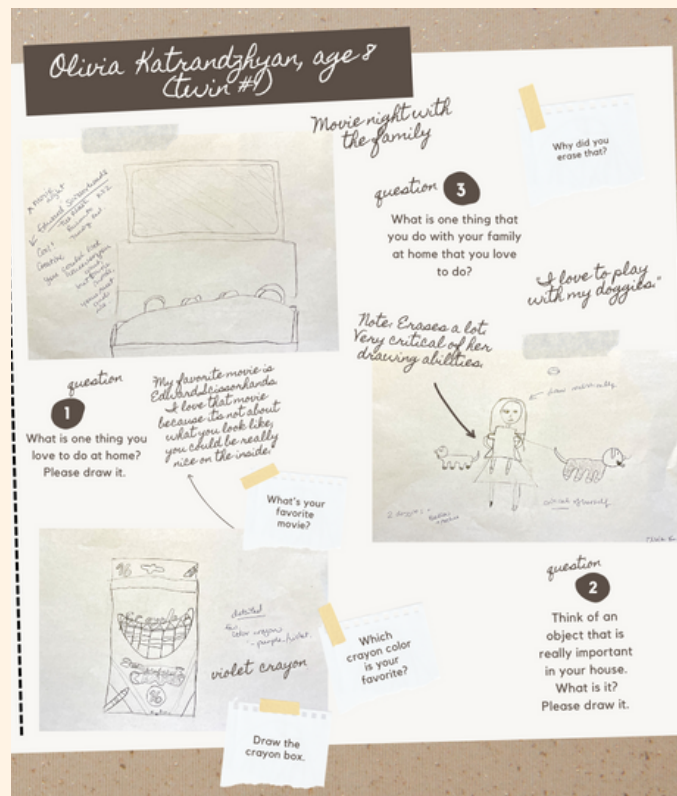
The third participant is Harley Rivas, age 8. Harley is an American born, third generation Hispanic. His parents are from Honduras and El Salvador. His mother is a chef and his father a mechanic. His father being a Harley Davidson motorcycle rider, named Harley himself. Harley's favorite food is Fettuccine Alfredo and he mentioned that he can be 'picky' with his food. He mentioned that he loves to draw and paint at home and the one object he loves at home is his fan because it can get pretty hot without air conditioning. Harley is a very quiet child and it is very obvious he enjoys art as an everyday pastime.



Continued...

Harley is just like any other child in our studio and with his efforts and passion for art, we are always ready to help him gain more understanding of his artful expressions and skills.

The fourth participant was Olivia Katrandzhyan, age 8. Olivia is Lillian's twin sister. Olivia is of Armenian descent as both parents are Armenian, though she was born in the United States. She attends public school in Tujunga, California. She loves to have her hair down and enjoys wearing tutu skirts and princess outfits. She loves her puppies at home and plays with them constantly. Her favorite food is the Armenian macaroni her grandma makes and the Russian dumplings her mom cooks. Olivia loves movie nights with her parents and sister and her favorite movie is Edward Scissorhands. She explains that the reason she loves that movie is because "it's about how you look... it doesn't matter how you look. You can be sweet on the inside." Her favorite crayon is the violet crayon. She is very critical of her drawing skills and tends to erase a lot while drawing as she changes her mind about realistic perceptions and abilities.



Art Classes at HOME!

If you are having trouble scheduling another extracurricular activity into your week, you can have us come to you!

One of our instructors will drive to your home with the necessary materials and apply our curriculum to one-on-one sessions. The class is 1 hour and 30 minutes and there is only one flat monthly fee. The fee applies to one to three students that are at that same location. For any additional questions, please contact us and we will be happy to assist you!



art
classes
@HOME



Organize your own
Paint Night!



Enjoy a relaxing and fun evening spent painting with your favorite people!

We provide all painting materials and will work with you in figuring out how we can cater to your specific event's needs!



Events at Modest Fly Art

Modest Fly Art offers packages for a fun art-filled birthday party

ARTFUL FUN PACKAGE

\$875 / 8-12 persons
(\$25 additional for each additional guest)

Includes 3 hours

\$50 additional for each extra half hour

2-3 Art Projects chosen and related to the theme of the event

All Materials Included

(we do not provide food, drinks, cake, etc.)

2 Party Assistants to help during Party & clean-up.

30 min Set-up and Clean-up after allotted party time

Tablecloths, Napkins and Utensils (your color choice)

Cake ceremony (Staff help to sing, cut, & serve the cake)

PROJECTS (choose 2-3)

(ALL projects will be planned in accordance with the theme of the party)

Spin Art Fun

Cupcake Decorating

Frame/Ornament Decorating

Slime Making

Paint a Canvas Pencil Bag

Paint a Canvas Tote

Paint a Puzzle

Tile Painting

Mini Easel Painting

Clay Characters

Marble Papermaking

Canvas Panel Painting

T-Shirt Painting

Tye-Dye Fun

PARTY ADD-ONS

(\$150 - \$300 for each add-on depending on availability)

Face Painter

Party Favors (8-12 bags)

Polaroid Picture Fun

(given to party host at the end of party)

Caricature Artist

Photographer

Theme Room Decorations:

Helium balloons / Balloon Banner

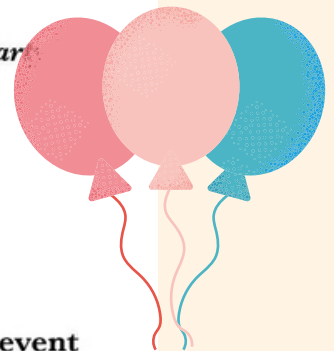
Paper goods, utensils & napkins

Tablecloths

Painted Birthday Sign

(Design & Decoration Packages range anywhere between \$800 - \$1200)

Please give at least 2 weeks notice for your party



KEEP OUR CLASSROOM *CLEAN & SAFE*

1.

Cover your mouth when you cough or sneeze using the inside of your elbow or a tissue.



2.

Wash your hands regularly throughout the day with soap and water for 30 seconds.



3.

If you feel sick, tell a teacher right away.



4.

Use hand sanitizer between washes.



5.

Don't share food and drinks.



WE ARE HAVING A HOLIDAY CARD CONTEST!

*SUBMIT your Holiday Card by
NOVEMBER 23rd through Email or In
Person!*

*The winner will have their art used
this year for our Holiday Card as
well as receive a \$100 Gift Card!*

Halloween Fun!

