



Aquarius 2024

Congratulations...

...to all award winners and many MANY thanks to those who make the annual Aquarius Exhibition such an exuberant and well-attended event.

Let's begin with **YOU, the artists**, without whom there is simply no show! Thank you to the 58 artists who entered 97 works of watermedia. More about YOU shortly.

Accolades to **Jerry Smith** and **Brian Reed** who hung the show, translating our paintings into a stunning exhibition at Art Center Morro Bay .

Dail Schroeder masterfully created the presentation certificates, the artist name badges, and the full-color tri-fold brochure.

Then, we applaud the enthusiastic **Joe Cibere**, who, in his Juror Statement, celebrated all the entries for "the exceptional talent and creativity demonstrated by each artist..., a commendable range of techniques, styles, and subject matter." Finally, and to further quote from Joe Cibere's Juror Statement, "A very special thanks to those who entered but weren't selected. It takes courage to put your skills on display and art is truly subjective so keep trying!"



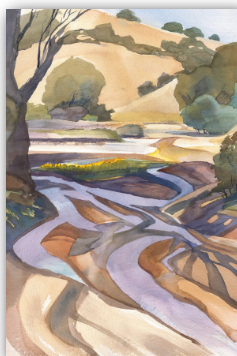
First Place Winner, "Harmony Trees"
© Kathy Miller



Second Place Winner, "Wild Wave"
© Bernadette Kurtz



Honorable Mention,
"Uncovering Family"
© Joan Brown



Honorable Mention,
"Camatta Shaded Braiding"
© Jan French



Judge's Award, "Hill Top Clouds"
© Sarah DeLong

Signature Members indicated in Red

Continued on Page 3

Central Coast Watercolor Society

PO Box 922 Nipomo, CA
93444-0922

www.ccwsart.com

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Vice-President

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Aquarius Exhibitions

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Jerry Smith

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President's Message

Why do we paint? Have you ever asked yourself that question? I obviously don't need another painting to display in my home. I don't need another painting to sit in a drawer that is already filled with finished paintings. Yet, I continue to paint, order supplies, and study what other artists have created. Why?

In the New York Times bestselling book, *Your Brain on Art*, by Susan Magsamen and Ivy Ross, they discuss the research currently being conducted on the effect the arts have on improving our well-being. They show how engaging in an art project for as little as 45 minutes a day reduces the stress hormone cortisol, no matter your skill level, and how just one art experience per month can extend your life by as much as ten years.

This growing field is called 'neuroarts'. They share stories of people who live and work in very stressful situations and how they are retraining their brains through being involved in the arts. They talk about how the act of drawing and painting is helping many veterans who suffer from PTSD. Patients who have



Linda Denton, CCWS President

been diagnosed with Parkinson's Disease are being encouraged to attend dance classes. They discovered that when PD patients started dancing, their tremors decreased. In treating patients with dementia, they have found the patients will remember the words to songs when they don't even remember their own names.

With the large amount of research currently being conducted, we are learning more and more about the human brain. The arts – be it dancing, painting, drawing, singing, or playing a musical Instrument – involve many parts of the brain. As the brain is engaged it forms new dendrites and new pathways. These new pathways create a sense of well-being and improve brain function.

Continued on Page 3

Our Mission

The Central Coast Watercolor Society was founded in 1976 with the main purpose of fostering interaction, creative activity and artistic development among watercolor artists living on the Central Coast. In addition,

we seek to further the interests, appreciation, activity and growth of watercolor and water media through educational programs and art shows for the community and our membership.

The Central Coast Watercolor Society is classified by the Internal Revenue Code as a 501(c)(3) non-profit organization.

President's Message

(Continued from Page 2)

So, next time you feel guilty about sitting down with your watercolors and painting, just relax, and enjoy the exercise you are giving your brain. Know that you are reducing the amount of cortisol in your blood stream which will lower your heart rate and blood pressure. There will always be plenty of work that needs to get done, but you won't always be around to relax and paint or go for a walk.

Linda

WELCOME NEW MEMBERS

The Central Coast Watercolor Society extends a very warm welcome to our new members. We are so glad you have joined us.

Lynn Evey

Morro Bay

Susan Mathieson

Santa Margarita

Karen Olsen

Pinecrest

Steve Roller

Santa Barbara

Ron Schlothauer

Blue Lake

Debbie Valentine

San Luis Obispo

Stacy Weed

Atascadero

Priscilla White

Templeton

Rayleen Wight

Santa Margarita

Our **Aquarius** 2024 Sponsors...we couldn't do it without you!

 Jack Richeson
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CHEAP JOE'S
ART STUFF
Make More Art, Spend Less Money™

 **PRINCETON**
ARTIST BRUSH CO.™

We Would Love Your Help!

Hospitality Chair

Responsible for food at our workshops and meetings. Since there are not very many restaurants close to our workshop venue, luckily we are able to serve food for workshop attendees. You don't have to cook the food, just make arrangements to pick it up or have it delivered, and make arrangements for plates, utensils, etc.

Historian

Someone who is detail oriented and has room to store some binders which contain the history of our organization. *This is a Board of Directors position.* Our history as a 501(c)(3) non-profit would come into play if we were audited. It also reflects the role we have played in the Central Coast art community for nearly half a century. It's also really fun to look through.

Aquarius Exhibition Chair

Even though Aquarius 2024 is still in our review mirror, we are already planning for Aquarius 2025. The ideal person for this position is one who plans ahead. Please be assured that someone will be available to guide and mentor you!

The artist community as well as the community at large will be enriched because you volunteered! If you will consider stepping out and stepping up, please contact President Linda Denton: ldenton1011@gmail.com

Aquarius (Continued from Page 1)

In addition to the Ida B. Schneider Memorial Award, new this year is the Jerry Smith Award, funded by the CCWS membership to honor Jerry who, after ten years, has stepped down as President of CCWS.



Jerry Smith Award
"Waiting on the Dock"
 © Jan Godachy



Ida Schneider Memorial Award
"California Girl" © Robert Norwood

Because of the diligent and year-long effort of **Sarah DeLong**, the Merchandise Awards extend recognition to several fine paintings beyond those which garner the top awards.



1. *Sunny Disposition*



2. *Pt. San Luis Lighthouse*



Merchandise Award Winners, left to right: Shirley Horacek, Stacy Weed, Holly Branch, Blaire Kilbey, Mary Gilman, Edie Schneider, Karen Olsen Bender, Diann Johnston. Not pictured, Leslie Parsons.



3. *Can't You Smell That Smell*



4. *Tobacco Road*



7. *Persimmon Tree in Autumn*



8. *Rusty Rambler*



9. *Bruges Canal*



5. *Between Worlds*



6. *I Wanna Iguana*

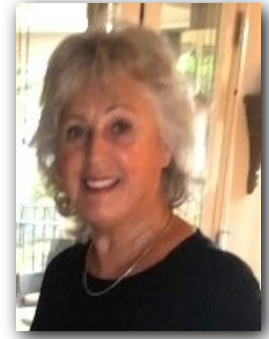
- 1. **Cheap Joe's Art Stuff:** Gift Certificate to Shirley Horacek.
- 2. **Golden Artist Colors:** QOR Watercolor Set to Stacy Weed
- 3. **Ampersand Art Supply & Art Central:** Gift Certificates to Diann Johnston
- 4. **Princeton Brush:** Art Supplies to Holly Branch
- 5. **Frame Works:** Gift Certificate to Blaire Kilbey
- 6. **Jack Richeson:** Watemedia Brush Set to Leslie Parsons
- 7. **Holbein:** Watercolor Set to Mary Gilman
- 8. **Holbein:** Pastel Color Set to Edie Schneider
- 9. **Jack Richeson:** Water Media Brush Set to Karen Olsen Bender

Congratulations to our new Signature Members!

So...what is the big deal about Signature status? I asked myself that question. Perhaps you have asked as well. More than just awarding you bragging rights, the purpose is to recognize the evolution of your artistic skill as a watermedia artist. The process to Signature status may be quite rigorous, as with the National Watercolor Society. In the CCWS, you must be juried into three Aquarius shows within a 10-year period. To retain Signature status for any given year, you must be current with your dues. The designation also allows artists to include CCWS as part of their signature on their art.



Holly Branch



Myra McBeth

Aquarius
2024

"It's only a mistake if you don't learn from it!"

These words from Joe Cibere, self-proclaimed "Master of the Universe." For 3 days in January, 29 watercolor artists assembled to watch, listen, and do from one of the best. We used big brushes and



small paper because we had a lot to cover. Three paintings every day, interspersed with occasional Joe statements, like, "I'm not a painter; I am a designer" and

"Fill in the big shapes and let the watercolor paint itself."

Day 1 was about simplifying an image into large graphic shapes defined by values. Day 2 was about the effective use of backlight to create contrast. Joe credited artist Nita Engle for his brilliant "bulls-



eye" approach. Finally, Day 3 was all about water – crashing, sparkling, moving or still and reflective. We loved the vibrancy of what we were creating – nothing washed out about our paintings. And here, Joe instructed, "Remember, this is watercolor, NOT colored water!" So much joie de vivre! Personally, I enjoyed leafing through what Joe calls his "10-minute sketchbooks":

spiral-bound watercolor journals, approximately 5x8, with spaces taped off for 4 tiny paintings/sketches to a page.

Over the 3 days, I heard comments like "Wow!"

"Fun!" "Inspiring!" Or, in Joe's words, "FUN-STRATION": fun with a lot of frustration!

By the end of Day 3, Joe had convinced us that we are all, indeed...

...Masters of the Universe!



Joe Cibere, self-proclaimed "Master of the Universe."



In our Virtual Online Gallery

Jun 9 - 14 Entries accepted til midnight
Jun 16 - 21 Membership voting til midnight
Jun 23rd Winners Announced on Website

All members are encouraged to enter!
Voting will be by the CCWS Membership.

This Summer show will be our second of four on-line Members Only Shows this year. These shows are highly recommended as a chance to practice entering an art show. The procedure is almost the same as entering a show like Aquarius except it is free to enter, and you don't have to frame your painting. Also, our online shows are not juried. Every member is welcome to enter. It's a chance to practice taking a great photo of your work and emailing it at the proper resolution to enter the show.



Winner, Spring Members Only Show

"Hummer"
© Edie Schneider

Basic Procedures for Members Entering the Virtual Show

1. One (1) original work per member.
2. No size requirements.
3. Members will vote for the winners.
4. Email a jpeg (at least 200 dpi), include your name and the name of your painting.
5. Your image should be cropped to show only the painting; no matting, background or frame in the photo.
6. No computer modifications.

Email jpeg entries to: ccws@ccwsart.com starting June 9th

Don Andrews



Landscape Color and Design

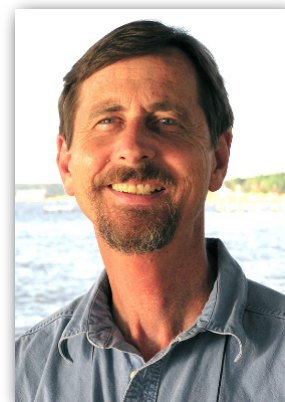
DATE: Mon, Tues and Wed, June 3, 4 & 5 2024

LOCATION (CHANGE OF VENUE): Dana Adobe Cultural Center, 671 S. Oakglen Ave., Nipomo, CA
Exit the 101 freeway at Tefft Ave and travel East (about one block) to Oakglen Avenue; turn right (or south) to the end of the road.

HOURS: 9:00 am to 4:00 pm. Doors open at 8:30 for set-up.

FOOD: Morning snacks and lunch will be provided each day along with coffee, tea, and water. Feel free to bring your own food if you have special dietary needs. A fridge is available.

There are still a few open spots. Register [HERE](#).





It's been an interesting Spring. Winners of our Members Only Virtual Online Show are shown below. The Pop-Up Gallery (with

attached Potluck) scheduled for April 30 was a non-event due to an unforeseen "bump-in-the-road"! Here's how these two shows went down.



3rd Place Tie - "Sunflowers" Jan Godachy



1st Place - "Hummer" Edie Schneider



2nd Place - "Butterfly Landing" Dolores Gonzales

VIRTUAL ONLINE SHOW



3rd Place Tie - "MK's Birds" Kathy Miller



Honorable Mention - Ikeda Cabbage Katherine Vause



Honorable Mention - Big Red Beth Ostapiuk

(Signature Members indicated in RED).



A few words about the Spring Potluck and Pop-Up Gallery

The Spring Potluck and Pop-Up Gallery was waylaid by water issues at our Nipomo venue. BUT, remember, there is still the Fall Potluck and Pop-Up Gallery later this year, as well as our **Members Only Virtual Online Show** coming in June. Catch the details on Page 6!

Recent Meetings

February 20 – Linda Cunningham’s Demo – Inktense Watercolor Pencils

At our February meeting, local artist Linda Cunningham demoed Derwent Inktense Watercolor Pencils. Most of us, it seems, as we endeavor to master paint, paper, and values, give little or no thought to other watermedia such as these professional-grade Inktense pencils. As she was painting, Linda explained that these watercolor pencils are wax-based and water-activated. On the Derwent website, wax-based means that the wax core lends itself to soft, smooth, and blendable color. Water-activated



Linda demonstrates blending and palette techniques.

means that with added water, the color intensifies and becomes permanent. Linda demonstrated different ways to activate the pencil color and, once dry, how colors can then be layered. The colors ARE bold and intense, but when applied lightly and with more water, soft shadows and shapes may be created. Interestingly, the pencils work well on fabric. Following her demo, Linda invited us to a hands-on experience and to see firsthand the intricate detail she creates in her own work with these pencils.



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Interestingly, the pencils work well on fabric. Following her demo, Linda invited us to a hands-on experience and to see firsthand the intricate detail she creates in her own work with these pencils.

Be sure to look for Linda’s workshops at

artcentralslo.com



March 26 – Tricia Reichert Demo - Keeping an Artist Sketchbook

I’ve only ever met one person who NEVER took photos of his travels. Photos are what we do to record and remember. But then, what to do with the thousands of photos of a lifetime! Photobooks, photo calendars, etc. abound. But how unique and memorable are the journals an artist like YOU might keep.

Journals and sketchbooks come in many different sizes and configurations. Once you settle on one, here are a few tips to get you started.



- The first page in your journal seems to be the hardest to get by, so Tricia recommends, “paint your paints” – your palette, tubes of paint, brushes.

- If you’re outdoors, home in on what first attracts you. Everything else is clutter. That’s where photos can be our worst enemy—TMI!
- Don’t put your image in the center of the page. Rather, place it toward the side or corner so other images or details might be added to move the eye around the page.

- Tricia prefers to pencil in her sketch first, before adding ink and/or color. For ink, she prefers an easy-fill fountain pen, the kind with a plunger or piston, because she can get more line variations. When she travels, however, she prefers



Tricia’s Collection of Journals



In the Village of Arroyo Grande.

- Stabilo water soluble ink pens (both available through Jet Pens).
- Include notes about your location, what you’re hearing and observing, what makes it memorable.
 - Pack your tubes of watercolor in a Ziploc bag and always include a tube of white gouache.

Visit Tricia’s website triciareichert.com for info regarding her classes and workshops

Upcoming Meetings

May 28 – Blaire Kilbey Demo - Building Layers and Textures

Blaire was raised in New Mexico, in a fertile, creative familial environment. While throughout her life she always created art, her professional life took her down the path of academia. Blaire has



studied various forms of art in New Mexico, California, Colorado, Mexico, Spain, France, and Japan. Now retired from teaching at an art institute in San Francisco, she resides in San Luis Obispo.

Blaire is drawn into having intuitive conversations with the canvas and seeing what emerges: mostly colorful abstracts, but also hints of the figurative.

She paints mostly in acrylic, encaustic, inks, pastels, and bits of mixed media.

Brushes, twigs, and fingers are some of the tools Blaire uses to create layers upon layers, adding textures and depth to the summoning worlds.



See more of Blaire's work at pixels.com

June 25 – Woody Benton Demo – “Clouds in the Forecast”



Woody attributes his initial exposure to fine art to his mother, who ushered him through museums and galleries across post-World War II Europe. As a child, Woody included drawing among his pursuits. During his early

twenties, his creativity turned to acting, and he became a member of a Shakespearian company which traversed the United States. In between shows, Woody continued to draw, expanding his skills in fine art by turning to watercolor painting. He takes pride in the fact that he is self-taught,

looking to such masters as John Singer Sargent, Sir William Russell Flint, Joseph Turner, and John Waterhouse. As a Member of the



Signature CCWS, his expertise and a

profound deep commitment to the art form. For his program, Woody will show us the steps he uses to create dramatic clouds in land- and seascapes.



Find out more about Woody at bentonstudio.com.

July 30 – Judy Ann Maynard Demo - Alcohol Inks on Yupo

“I love being involved with the art business; from owning and curating a fine arts gallery and stained design studio, to involvement in numerous fundraisers, fine art presentations, competitions, teaching and participating in International installations. Over the years I have worked in many art mediums and have been recognized with awards in fine arts as well. But nothing really compares to the creation of art. To imagine a design and then allow the process to talk to me is the most exciting



part of the work. Applying intense color and achieving maximum color saturation while staying loose with my design is the style that best suits me. Alcohol ink art is the one medium that provides all of this for me. Today I work exclusively in Alcohol Inks and love to share what I create with you.”



See more of Judy Ann's Inks at artwithjudyann.com



Come Paint with Us on Monday Mornings!

What: Paint-In Session

When: Every Monday morning

Where: Nipomo Community Presbyterian Church

Time: 9:00 am – 12:00 noon

RSVP: Please sign up when you receive the email invite each week.

Monday Morning

Monday Morning



COVID-19 Rules: The church is requiring participants to have been vaccinated and boosted at least 2 weeks prior to attending. Each person can have their own table if desired.

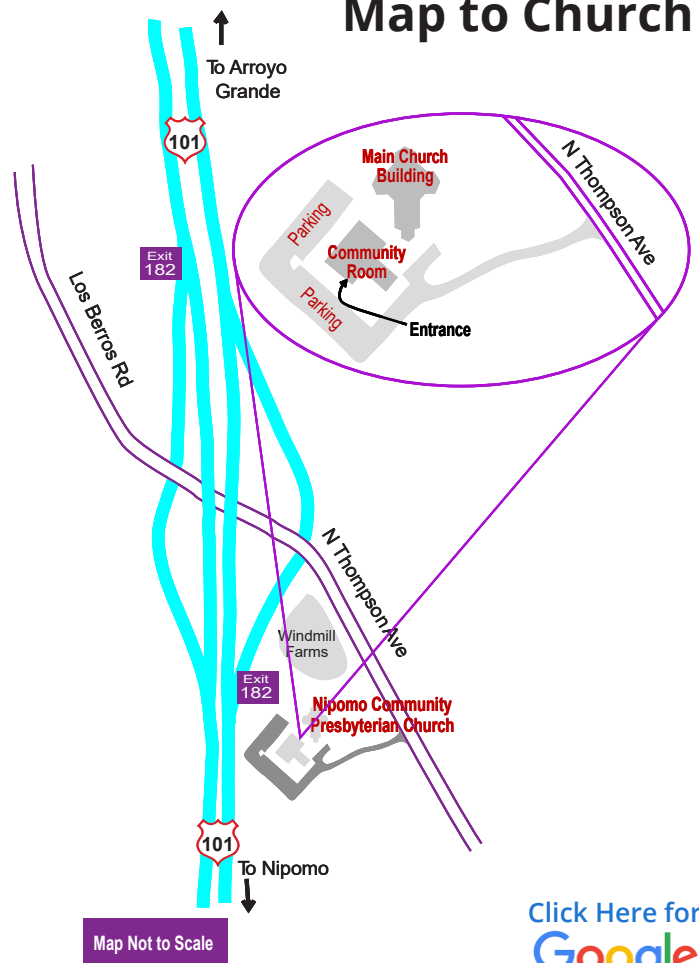
What is a "Paint-In" ? Bring whatever you are working on and spend the morning painting with other members of CCWS. Share tips and techniques and try new things. Be inspired and motivated. Make new friends. This is a **FREE** benefit of CCWS Membership.

Critique: About 10:15, we do a completely optional, very informal, peer critique. There are some very accomplished artists among the CCWS membership who will generously share their knowledge with you, make suggestions, all very positive.

Where: Nipomo Community Presbyterian Church, 1235 Thompson Avenue. See map.

Who can Attend: Active (dues paid) CCWS members are encouraged to take advantage of this great member benefit. You may invite a guest to introduce them to this CCWS event and if they want to continue they will need to join CCWS.

Map to Church



Click Here for
[Google Map](#)

Some interesting insight about...

At a recent Monday Morning Paint-in, our CCWS secretary, **Leslie Parsons**, shared some interesting facts based on numbers the CCWS routinely tracks.

Leslie began by noting that "Monday Morning Painters is free to all CCWS members, and there is typically no instruction provided. You just bring your current project, or start a new one, and paint anything you feel like, any way you feel like doing it. There is a voluntary critique that you can participate in, or not. Some people may think that there's no value in doing something like this, but the facts say something different.

"There are currently approximately 150 CCWS members. So you, by yourself, represent less than 1% of the entire membership. But, consider this:

"92 paintings were entered into Aquarius 2024, which was open to artists living in California. Out

of those 92 paintings entered, 38 were juried into the show. Of those 38 paintings, 13 of them were painted by Monday Morning Painters*.

"In other words, Monday Morning Painters represented 34% of the Aquarius show. So if you were a regular Monday Morning Painter and were one of the chosen, you went from being one in 150, to being approximately 1 in 3. That's a huge leap!

"**There is value in painting with other like-minded artists.**" Where to find them? Studio space on Monday Mornings. Plein air opportunities Wednesday and Thursday. (See below).

"***BIG NOTE:** The submission process was anonymous; the juror did not know who painted what and did not know or care who belonged to Monday Morning Painters."



Thursday Morning Plein Air Painters

This group meets at various locations for outdoor painting. To be added to the group list for a notice of upcoming paint-out dates and sites, email thursdaywatercolor@gmail.com with your request.

Wednesday Morning

There are two plein air groups:

PACA is based in Morro Bay.
pleinaircoastalartists@gmail.com

Wednesday Irregulars is based in Cambria.
camarnold@125107922.
mailchimpapp.com

"A piece of advice: put your [plein air] kit on a diet. Choose a few brushes and carry only as much paper as you think you can reasonably use in a day. All those extra little things add up, and your back will conveniently let you know when it's time to pare down. Listen to your spine. *Leave the kitchen sink at home* [emphasis added].

I see so many people setting out as if they are on a Lewis and Clark-style expedition. This is not who you want to be!"

En Plein Air – Light and Color

By Iain Stewart

Published by Waters Foster
With permission



The Kitchen Sink © Iain Stewart, aws / nws

CALENDAR OF UPCOMING EVENTS 2024

Meeting Reminder

CCWS meets the last Tuesday of each month, unless notified of a **date change** for that month.

CCWS Monthly Meetings begin at 1:00 pm

The first 1/2 hour is a social time and demonstrations start at 1:30 pm.

SLO United Methodist Church, Wesley Room.
1515 Fredericks Street, San Luis Obispo.

Monday Morning

Paint-In

presented by  **CENTRAL COAST WATERCOLOR SOCIETY**

Nipomo Community Presbyterian Church

9:00 am – noon

Upcoming Meetings:

May 28 – 1:00 pm – Blair Kilbey Demo
Building Layers and Textures

June 25 – 1:00 pm – Woody Benton Demo
Creating dramatic clouds in land- and seascapes

July 30 – 1:00 pm – Judy Ann Maynard Demo
Alcohol inks on Yupo



In our Virtual Online Gallery

Jun 9 – 14 Entries accepted til midnight
Jun 16 – 21 Membership voting til midnight
Jun 23rd Winners Announced on Website



July 17-28, 2024

FINE ARTS

- Enter online at cmsf.fairwire.com
- By **Tuesday, June 4**
- \$7 Registration Fee per Exhibitor
- \$7 per entry, limited to 3 entries per exhibitor
- **June 14 & 15:** Physical Entries Received
- **July 16 – 7 pm:** Artists Reception
- **July 30:** Physical Entries Released

Don Andrews

Workshop **Reminder**
presented by  **CENTRAL COAST WATERCOLOR SOCIETY**

DATE: June 3-5

TIME: 9am-4pm (Doors open at 8:30)

LOCATION (CHANGE OF VENUE): **Dana Adobe Cultural Center**, 671 S. Oakglen Ave., Nipomo, CA
Exit the 101 freeway at Tefft Ave and travel East (about one block) to Oakglen Avenue; turn right (or south) to the end of the road.

Newsletter Deadline: The deadline for articles, photos, calendar events, member news and general information for the 3rd Quarter 2024 edition of this newsletter will be **July 1st**. Please send to Editor, Sandy McNeil: mcneils0911@gmail.com. The newsletter will be **published July 15, 2024**.