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PAL NEWSLETTER

February 2014

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Welcome New and Renewing PAL Members

Molly Moore
Mack Murphy

PAL MEMBERSHIP:

Who We Are - Placer Artists League (PAL) promotes professional camaraderie, artistic support and exhibit opportunities in partnership with PlacerArts. PAL is a group of active visual artists who meet regularly for camaraderie, artist presentations and demonstrations on a variety of media and art related topics from award winning professionals.

Meetings - Held the first Tuesday of every month at 10 AM (except July) in The Arts Building at 808 Lincoln Way in Auburn.

Existing Members - If you change your phone number, home address or email address, please contact Charlie Iveson. Email or call her at (530) 863-0698.

Membership - If you are new or renewing your PAL participation, make sure to select your tax deductible PlacerArts membership level as well as the supplementary participation fee - \$20 - Placer Artists League. Both boxes need to be selected.

SEE THE LINKS BELOW TO JOIN OR RENEW:

PAL LINKS:

[PAL Website](#)

[New/Renew PAL Membership](#)

Dear PAL members --

Another new year is upon us, and with it resolutions to paint more, travel more, take more classes, sign up for an art walk, etc. I know I'm anxious to start my watercolor class at the end of this week. I'm always challenged to stretch the boundaries of what my brain tells me I can do.

Our February meeting discusses just this subject. I hope to see you all next week on Feb. 4th at The Arts Building at 10:00 AM.

Wishing you a happy and creative 2014,

Pat Lucas

Newsletter Editor

February PAL Meeting Features Jan Nottingham, Expressive Art Facilitator

Don't miss our February 4th PAL meeting, which features expressive art facilitator Jan Nottingham. "New Year's resolutions often include "getting in shape," she says. "We begin our exercise, diet, etc. in earnest--yet again."



The latest brain science discoveries are now telling us that the "use it or lose it" concept we are familiar with also applies to our brains. And evidence is now coming to light that the best way to do that is by finding our "inner artist." Jan's presentation is based on the book *"The Vintage Years: Finding Your Inner Artist."*

Whether you are under or over age 60, this presentation will explain how we can pump up our brain-fitness routine. "We will also explore how your current artistic practice can enhance your physical, psychological, and cognitive well-being," she says.

[PAL Newsletter Archives](#)

[Download PAL Exhibit Form](#)



PLACERARTS LINKS:

[PlacerArts Website](#)

[PlacerArts Artist Directory](#)

[PlacerArts - Call to Artists](#)

Plans for PAL Open Juried Show Are Set

PAL chair, Diane Friedberg, reports that plans are set for our big yearly fund-raiser: *The PAL Open Juried Show* at the Art League of Lincoln Gallery, 580 Sixth Street in Lincoln, CA. A big "thank you" for our sister arts organization for the use of their venue!

Exhibit dates are July 2 through August 2. Art includes Oils, Acrylics, Watercolors, Pastels, Photography, Mixed Media and 3 D Sculpture. Artists' Reception on Wednesday, July 9 from 6 - 7:30 PM.

Diane will be giving us more details at our upcoming PAL meetings and you'll also see more in future newsletters. This is our most visible activity -- and biggest source of income -- for the whole year. She is divvying up activities for this big event into little pieces, so each of us will be able to be involved in one or several ways.

The show is open to the general public as well as PAL members, so start creating!

Other PAL News & Events

PAL member Charlie Iveson will be the featured artist at the Artists' Collaborative Gallery for Feb 3-March 1 in Sacramento. Address: 129 K St. Second Saurday Artist's Reception from 4:00 to 9:00 on Feb. 8.

Umpqua Bank Venue Manager spot is now open. Hank Manning is moving to Tucson for the next six months, so we need another PAL member to step into this position. The year's calendar has already been set, so the new person will only be needed to help hang a few shows this year.

March 11 PAL Membership Show at Umpqua Bank - Get your paintings framed and ready to hang for the first PAL membership show of the year at Umpqua Bank. Bring 2 or 3 two-dimensional works of art to Umpqua Bank, 571 5th Street, Lincoln, between 10:00 and 11:00 AM, and stay around for a while to help venue manager Pat Aragon with the actual hanging process. Questions? Call Pat at 530-503-5779.

PAL Artists' Flea Market/Art Exchange - We have scheduled another of these "trade/give away art supplies" tables for our April PAL meeting. Start collecting no-longer-wanted art supplies and books to share with other PAL artists.

Shows to Enter/Display Opportunities

Orientation Meeting for Auburn and Colfax Art Walks - If you have ever thought of participating in the Auburn or Colfax Art Walks, here's your opportunity to learn all about the process. PlacerArts is presenting an art walk orientation meeting for all interested artists on Feb 11 from 6:00 to 8:00 PM at The Arts Building. Important topics to be covered are 1)Art Walk night receptions, 2)Venues, 3)Publicity & Media, 4) The application process & timeline, 5) PlacerArts' Arts Directory, 6) Music. Please RSVP to PlacerArts by calling (530) 885-5670 or emailing office@placerarts.org if you plan to attend the orientation meeting.

Meadow Vista Library - Meadow Vista Library will show your paintings or photos free of charge, but they want only Applegate or Meadow Vista resident artists to apply. For more information call library manager Sue Siefert at

530-878-2647.

Art League of Lincoln (ALL) presents the America's Clayfest at the Blue Line Arts Gallery - Deadline Feb 10, 2014. For more information go to www.acf.all4art.net .

Athena Co-op Art Gallery in Colfax is looking for 3 or 4 artists to decorate the Gallery walls, floor space & tables. We also have space on the historic brick walls of the Colfax Greek Bistro. We are looking for all forms of art whether sculptures, paintings or jewelry. Each artist would have their own day from Thur. through Sun. to volunteer & assist in the gallery's info & sales. Contact vitkoff@hotmail.com

52 artists on 52 acres - Oakwilde Ranch 7th Annual Spring Sculpture Show in Valley Springs, CA. Event April 5 to May 3; \$40 up to 5 pieces; deadline March 1, 2014. Go to: http://www.oakwilderanchsculpture.com/2014_Call_to_Artists.html for more information and to enter.

FOR ADDITIONAL CALL-TO-ARTIST OPPORTUNITIES, GO TO: www.placerarts.org/arts-calendar/call-to-artists/.

Shows to See/Art Opportunities/Classes

Sacramento Fine Arts Center -"Animal House, the Exhibit, It's A Zoo Out There!" Animal House, the Exhibit, It's A Zoo Out There! Entry dates January 31 and February 1, 2014. Entry form: <http://www.sacfinearts.org/pdf/AnimalHouse2014.pdf> and also "Painting Where the Wild Things Are" a juried art show to benefit the Effie Yew Nature Center, May 13-30. Entries April 25 & 26. Entry form: http://www.sacfinearts.org/pdf/WildProspectus_2014.pdf

Winter 2014 ArtSpace Workshops at The Arts Building are set for February and March. Lots of exciting classes. Contact [Linda Green](#) to receive a workshop flyer.

Pastel Society of the West Coast Membership Show - Feb 27-April 5 at Blue Line Gallery, 405 Vernon St. Suite 100, Roseville.

Blue Line Gallery Professional Artist Series Classes - First in the six-month series is "Crafting Your Artist Statement and Biography" on Feb. 22. To register: <http://bluelinearts.org/education/adult-workshop-series.html>.

Gallery 48 at Natoma in Folsom presents "Abstracts in Fibre and Paint" running through March. Artists: Joan Dyer and Joe Strickland.
http://www.folsom.ca.us/depts/parks_n_recreation/gallery_at_48/gallery_at_48_Natoma/default.asp

Placer School for Adults - Has many fine and reasonably-priced art classes for 2014. Many PAL members already take classes here. Go to: <http://placeronline.org/> to download a class schedule and register online.

Crocker Art Museum Fall Studio Art Classes - From quilt and jewelry making to photography and animation, the Crocker's studio art classes offer unique learning experiences for everyone. For more information, go to: <https://crockerartmuseum.org/learn-do/programs/classes-camps-parties>

The Art League of Lincoln is proud to present internationally acclaimed watercolor artist and author Lian Quan Zhen as a featured instructor at the Art Center of Lincoln on August 13 and 14, 2014. Combining traditional western watercolor techniques with Chinese brush painting, Mr. Zhen has written four instructional books and teaches his techniques at sites throughout the world. Cost \$200 for two-day class. To register: http://www.all4art.net/workshop.html?utm_source=Lian+Quan+Zhen+Watercolor+Class&utm_campaign=Workshop&utm_medium=email.

FOR ADDITIONAL SHOWS & CLASSES, GO TO: www.placerarts.org.

PAL Steering Committee

Here's a list of the 2014 PAL Steering Committee members, and their respective positions. We welcome PAL members to attend our meetings for their input. Please note that we're still looking for people to fill a few remaining positions:

Diane Friedberg - Steering Committee Chair, (530) 268-1383, [email](#)
Charlie Iveson - Membership Co-Chair, (530) 863-0698, [email](#)
Sandra Rea - Membership Co-Chair, (530) 878-7561, [email](#)
Diane Friedberg - PAL Open Juried Show Chair, ((530) 268-1383, [email](#)
Pat Lucas - Newsletter Editor, (530) 888-1440, [email](#)
Open - Umpqua Bank Venue Manager, (541) 270-9981, [email](#)
Pat Stoddard Aragon -- Assistant Umpqua Bank Venue Manager (PAL exhibits) [email](#)
Open - Program Chair
Pat Lucas - Publicity Chair [email](#)
Matt Konar - Setup/Cleanup Coordinator

PAL Activity Calendar

Feb 4 PAL Meeting - 10:00 AM, Jan Nottingham, Expressive Art Facilitator
Feb 10 PAL Committee Meeting, 2:00 PM Newcastle Packing Shed
Mar 4 PAL Meeting - 10:00 AM, Member "Show & Tell" with critique by Kit Night
Mar 10 PAL Committee Meeting, 2:00 PM Newcastle Packing Shed
Mar 11 Hang PAL membership show at Umpqua Bank in Lincoln, 10-11 AM
Apr 1 PAL Meeting - 10:00 AM, Photographer's Session - Foster, Johnson and Michanie
Apr 14 PAL Committee Meeting, 2:00 PM Newcastle Packing Shed
Apr 17 Paint-out at Maple Rock
May 6 PAL Meeting - 10:00 AM, Laurie Barrows, book illustrator
May 12 PAL Committee Meeting, 2:00 PM Newcastle Packing Shed
Jul 1 NO PAL MEETING THIS MONTH
Jul 2 PAL Open Juried Show opens
July 14 PAL Committee Meeting, 2 PM Newcastle Packing Shed
Jul 9 Artists' Reception for PAL Open Juried Show, 6-7:30 PM.
Aug 2 PAL Open Juried Show closes
Aug 5 PAL Meeting - 10:00 AM - Program TBD
Aug 11 PAL Committee Meeting, 2 PM Newcastle Packing Shed
Sep 2 PAL Meeting - 10:00 AM - Program TBD
Sep 11 PAL Committee Meeting, 2 PM Newcastle Packing Shed
Oct 7 PAL Meeting - 10:00 AM - Member "Show and Tell"
Oct 13 PAL Committee Meeting, 2 PM Newcastle Packing Shed

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