



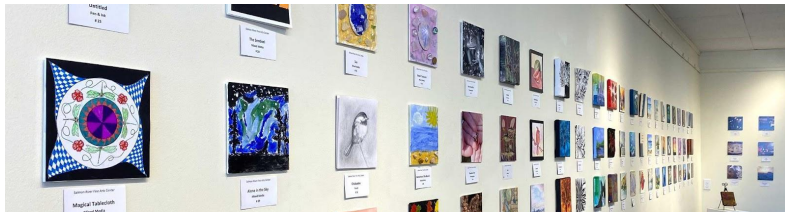
Happy New Year!

11 Ways to Add Art in Your life.
Date change for Watercolor Workshop

Happy New Year friends, we hope that you make art a part of your new year's resolution. Did you know that making art and viewing art can be therapeutic and healing? There are many articles and scientific research that backs that statement up. If you have time to explore and read, there is a great article called the [Healing Power of Art](#) on the MOMA website that is worth a read.

Keeping it local and keeping it real, here are our 11 ways for you to bring art into your life at the Salmon River Fine Arts Center this January!

1. **Stretch the body and mind with FREE chair yoga!** Sunday, January 8th, 11:30 am - 12:30 pm We are setting up chairs in the gallery for you to participate in chair yoga where you can be inspired by the art that surrounds you while you move. Join us as Ann Buchau, a certified yoga instructor, guides you through a gentle yoga flow with the assistance and support of a chair- making yoga accessible to all bodies and levels! If you can breathe you can do yoga! No other props needed. Wear comfortable clothing.
2. **Attend our FREE weekly drawing class!** Every Thursday 6 pm - 8 pm We offer this class free to anyone living in our community (as well as members who live afar). All ages welcome; children, teens and adults may attend. Your drawing instructor will guide you step by step through a specific drawing or technique, no experience necessary. This class is offered both virtually and in person. If you prefer to stay home and follow along in the comfort of your home you can log in through zoom. If you or the kids need to get out of the house, you can come into the art center and follow along there with friends and other like minded folks - and we will supply the materials! [Email](#) us if you want to join.
3. **Participate in our upcoming 6 x 6 show!**



This is our fourth year for this FUNdraiser and it really is so much fun. There are two ways to participate: Make Art and Buy Art. First, we are trying to get everyone in the community to participate- You don't have to be a member or an artist to participate. So please tell your friends and neighbors.

It's free to participate, you simply create art in any medium of your choice on paper, canvas, wood or whatever inspires you- the only requirement is that it measures exactly 6 inches x 6 inches. All art submitted is donated to the center and will be available for sale for only \$15. In fact, that is what makes it fun because all entries are hung anonymously. No one knows who made the art until it is purchased! Buying art is where we need your help too! Remember this is a fundraiser - all money goes to support the art center!! Note: We will have various materials cut in 6 x 6 formats and available for free if you want to stop in and pick something up to create your art. (limited supplies are available)

4. **Sign up for a guided Watercolor Class with Bob Jones!** Friday morning, January 6th 10 am - Noon. Whether you are new to painting or you have some experience, Bob has a way of engaging both the novice as well as the more experienced artist. In this class you will focus on making small landscape paintings (perfect for the 6 x 6 show). There will be a variety of examples for you to draw inspiration from such as moonlit landscapes, sunsets, starry or snow filled skies, or the amazing aurora borealis. Bob will guide you through various creative techniques and demonstrations throughout the class. You will complete one to two small paintings. Register online at our square site at [here](#) or visit us at the gallery.
5. **Learn how to make monoprints with Bill DeMott!** Sunday afternoon, January 15, 1 pm to 3 pm. Learn how to create unique monotypes using a small press. No experience is necessary! Monotype printing is a fun process which allows you to transfer an image onto paper that you draw or paint with printer's ink on a special plate. You will explore several techniques using an additive and a subtractive process. Create a landscape, or do something abstract! Students will be able to create at least three different prints using a small printing press. Your finished prints could be suitable to keep and frame or donate one to our upcoming 6 x 6 community art show and fundraiser. All materials and tools will be supplied. Register online at our square site [here](#) or visit us at the gallery.
6. **Sign up for a Mixed Media Class with Beth Sotherden!** Saturday morning, January 21 10 am to Noon. If you haven't tried mixed media before, this is a perfect class to experiment and have fun. In this class you will create four 6 x 6 inch abstract mixed media paintings using a 12 x 12 inch piece of paper as your base collage before dividing it into four paintings. You will receive everything you need to create your art including a variety of photocopied graphics and stencils to work with. But feel free to bring any pictures or small additions of your own to personalize your paintings. We hope that you will donate one of your masterpieces to our upcoming 6 x 6 Community Art Show! Register online at our square site [here](#) or visit us at the gallery.
7. **Learn how to throw pottery using a wheel with Ann Buchau!** Saturday Mornings, Jan 14, 21, 28, Feb 4 and Feb 11 9:30 am to NOON. Learn how to create functional art and throw basic forms using the potter's wheel. Your instructor will guide you step by step as you learn how to wedge, center and create simple vessels. You will also learn trimming techniques and how to successfully glaze your pots. It's fun making pottery you and your family can use. All studio glazes are food safe and we use stoneware clay that will be fired to cone 6 making it microwave and dishwasher safe! All tools and materials are provided. Register online at our square site [here](#) or visit us at the gallery.

8. **Dive Deeper into painting with a 4 class Watercolor Workshop with Craig Anderson!** First and Third Tuesday of the month starting Jan 17, Feb 7, Feb 21, March 7, 6:00 pm -8:00 pm Note: This workshop was pushed out a couple of weeks to allow more time for people to sign up. Regular classes allow you to build on your skills and allow the instructor the opportunity to expand on techniques without having to repeat the basics to new participants in every class. So if you have basic watercolor experience with a desire to explore more advanced imagery this is the class for you. Classes are still only \$20 (members), but we ask that you pay to reserve all four classes at once. (Please contact us if you are unable to pay the full fee at once and we will try to work something out to make it easier for you.) The first class will be all foundation, experimenting with different exercises inherent with watercolor. Prior to the next class, as “homework,” students will be expected to draw out a simple painting using a reference photo provided by the instructor. Each class will then continue to build on each other as you learn valuable techniques and advice in a fun and encouraging atmosphere. Register online at our square site [here](#) or visit us at the gallery.
9. **Sign the kids up for classes too!** Monday Afternoons Jan 23, 30 and Feb 6 and 13. Our popular pay what you can YAE (Young Artists Experience) classes fill up quickly. Although the elementary classes for January/February are sold out, there is room in the middle/high school class! In this class leather artist Anna Blachman will instruct students to use basic leather carving tools and create leather field notebooks. All materials are supplied by the Salmon River Fine Arts Center. There is an option for bus drop off after school directly at the art center too. Register online at our square site [here](#) or visit us at the gallery.
10. **Come in and participate in Open Studio!** There are two opportunities for you to work independently at the art center and visit with others while you do your art. Thursday afternoons 1 - 5 pm bring your work and hang out in the classroom. Tuesday evenings 6-8 pm is Open Studio for Pottery students. It’s free for currently enrolled students or a “pay what you can” donation for those who have taken a pottery class at the art center within the past year. Or just stop in to say hi any time the gallery is open!
11. **Volunteer at the art center!** – Volunteering just makes you feel good. You are doing something to help better the community. We would love to be open more often. We would love to do more for the community. To be honest, we struggle keeping the gallery staffed for just three days a week with our core team of volunteers. We are looking to train volunteers to be openers and closers. That means you get a key to either open the gallery, count the cash and set up to open or close the gallery, count the cash and close up the gallery. We are all trying to find balance in our lives and as much as our dedicated volunteers love the art center, they love their families and personal lives too! It became clear over the holidays that we need backup for when volunteers get sick, or have family commitments. The easiest way to see if you would like volunteering is to just come in and hang out with us and learn what is involved. Whether you commit to a regular shift or just as a back up, we would love you to be part of our volunteer team!! And if working with the gallery isn’t your thing, there are other ways to help. One other position we would love to fill is a Content Coordinator. We are looking to develop a new section on our website that features “Our Artists” and are looking for a volunteer who can assist our webmaster in

creating the content. If you enjoy writing and learning more about our artists, this may be a perfect way for you to get involved. Stop in to inquire or email us for more information.

Thank you to program sponsors for making what we do possible! Discounts for the adult classes are generously funded by the **John Ben Snow Foundation**. YAE classes are made possible due to grant funding from the **Richard S, Shineman Foundation** The drawing class is generously sponsored by **Drs. Pat and Jay Chapman, as well as many of our members and participants of the class.** *-Thank you!*

**And finally, as we make our resolutions
and begin the new year, we leave you with this...**

Life's not about expecting, hoping and wishing,
it's about doing, being and becoming. *-Mike Dooley*

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