



www.lemontartistsguild.org

Lemont Artists Guild Newsletter

NEXT LAG MEETING:

The Power of Relaxation and Your Art

Presented by Carole Wilson

Wednesday, May 20, 2015 - 7 pm

The May 20th Lemont Artists Guild meeting, will begin at 7 PM at the Lemont Public Library, 50 E. Wend Street. The May 20th Lemont Artists Guild meeting, will begin at 7 PM at the Lemont Public Library, 50 E. Wend Street. Carole will share her time as a therapist and will offer an experience with music. Bring a yoga mat or stay in a chair. Carole will also bring prints of her watercolor paintings and talk about her style of painting.

Carole Wilson has worked as an INTEGRATIVE THERAPY ARTIST at the Cancer Center of Little Company of Mary Hospital for over 13 years. She is a certified Guided Imagery Practitioner: a cross between meditation and hypnosis with a focus on deep relaxation and vivid imagery that speaks to key issues of stress, anxiety, sleep problems and side effects from treatment. www.carolewilsonwatercolors.com

2015 Upcoming Events for LAG

May 20, The Power of Relaxation and Your Art, Carole Wilson

FALL 2015-Dates TBD-Showing for LAG MEMBERS at McCord Gallery and Cultural Center

2015-2016 LAG PROGRAMS-Will be announced once the schedule is set. **We are meeting at the Homer Glen Library Sept-2015-May 2016** with the exception of our December Holiday party. More info. to come!

Alliance of Fine Art (AFA) - The next AFA Board meeting will take place on Tues, May 5, 2015 from 7 pm until 8 pm, in the upstairs conference room of the McDonald's at 22nd Street and Spring Road in Oak Brook. www.allianceoffineart.org. The newsletter is located:

<http://www.allianceoffineart.org/Newsletters.php>.

DON'T FORGET FOR EACH MONTHLY MEETING:

*Your Artwork for the Back of the Hall Competition

*Bring donations for the Lemont Food Pantry
*Create your own Nametag!! We will keep it for you to use at each meeting

Letter from the President

Greetings LAG Members and Friends,

How are you doing? I have to say, I really am enjoying the mild temperatures and all the flowers blooming now that it is finally MAY!! I hope you are too!

Be sure to check out our May meeting, as Carole Wilson, who is a Guided Imagery Practitioner and also an amazing accomplished watercolor artist, will take us on a journey and teach us about the power of deep relaxation and art. I really think that relaxation and creativity do help each other. Even though I tend to be very busy during my normal work week, it is after I have had the weekend to recharge and relax a little, that I feel most creative and free to make art. I am not sure exactly what Carole will be touching on, but I believe that anytime we have to give our "souls" a little time to breathe, is definitely helpful for our daily lives and of course our creative spirits. So, I hope you can join us at our meeting this month on May 20th! Also that week, on Mon. May 18th, at Lemont High School, we will be awarding a Lemont High School student with a \$500 scholarship. This year, we are giving the scholarship to a student that wants to study music in college and has a financial need for the scholarship.

I hope you check your mailboxes this week for your LAG renewal forms. If you didn't attend the April meeting, we are mailing you your renewal form. You can bring it to the May meeting with your annual dues, or, mail into Jim McGloin, our Treasurer. All the information will be on the renewal form. Thank you to those that have renewed already for 2015-2016. We are invited to be at the McCord Cultural Center and Gallery in the fall, so your renewed membership will allow you to show there! Our meetings for Sept. through next May will be at the Homer Glen Library, as the Lemont Library will be undergoing renovations. Our Vice President, Lynn Rozycki is currently working on getting next year's programs and speakers scheduled. We are excited to be at this new location, and will provide all the location information and directions to the Homer Glen Library before the September meeting. We will be presenting the slate of officers at the May meeting, currently Lynn Rozycki for Vice President, Jim McGloin for Treasurer, Nancy Uznanski for Secretary, Gene Mark for Member at Large and myself for President. If you have an interest in running for one of these offices, please let me know and we can add you to the slate. We are also always looking for volunteers to help out as greeters at our meetings and other things such as planning our Holiday Party in December, helping Shirley Sobol with the hostess coordinating, ideas/help submitting things on our website, etc. We also offer each of our members a "member gallery" spot. If you are a current member, you can provide a few pictures of your artwork and we will add them to our member gallery on our website. See me for more information on this. Less than a fifth of our members are currently in our website member gallery and would love for all our members to be on it!

May all of you enjoy a wonderful spring and summer!!
Sincerely, -Liz Popp

Notes from the Editor:

Information for the LAG newsletter should be sent to Betty Kirk by the first of the month (630) 257-0565, or bbkirk@sbcglobal.net

* **Our Hostess** for the May meeting will be Liz Popp and Gina Rende will bring beverages. (Please arrive early to set up.) Thanks so much!

* **April's Back of the Hall** winner was Mary Truesdale's "Reflections", 2nd place was Jim McGloin's "Joliet Ironworks" and 3rd place was William Uznanski's "Portal to Knowledge".

*Liz Popp won the April door prize, a floral center piece by Shirley Sobol.

* **Spinning Dog Hair**, Betty Burian Kirk will be demonstrating how to spin Dog hair at the Earth Day –Arbor Day Celebration at the historic Konow Farm (16849 S. Cedar Rd, Homer Glen, IL) on Saturday, May 16, from 11 a.m. to 4 p.m. .

You want to know the difference between a master and a beginner? The master has failed more times than the beginner has tried.

"Earth" without art is just "eh".

Painting is just another way of keeping a diary.

Pablo Picasso