



Floral Park Art League

NEWSLETTER

March 2010

OOOPS!! April Demo - Mary Ann Heinzen

Somehow I goofed last month. In error the last newsletter stated that Mary Ann will be on for the March demo. Bart DeCeglie was scheduled. More on his demo on the next page of this newsletter. **Sorry about that!**



Mary Ann Heinzen is a full time, Rockland County artist working primarily in watercolor for over thirty years. She will be giving a floral demonstration in watercolor.

Her work has been exhibited throughout the New York, metropolitan area, receiving awards from the Northeast Watercolor Society, the Long Island Museum, the Salmagundi Club in Manhattan, the Roslyn Museum of Art, National Association of Women Artists and the National Art League in Douglaston, New York, among others.

Ms. Heinzen works in both representational and abstract style where her use of light,

contrast and color combine to create dynamic and bold visual statements. Painting plein-aire, whenever possible, she strives to capture a sense of experiencing the landscape, rather than a photographic image. Shapes and patterns are a unifying theme of this water-media Hudson Valley artist. Ms Heinzen's work can be recognized by her strong use of color and light, and a unifying theme of the underlying patterns, geometries and designs found in the natural world.

Ms. Heinzen also teaches and demonstrates her technique for various art groups on Long Island, New Jersey and Rockland. Recently, she has joined a newly formed program "Artists in the Park",

Know of any opportunities for artists?

If you know of any opportunities for classes for artists or opportunities for sales, please pass that information on so that we can make our membership aware of them. We'd appreciate if you could call me (Eileen Stattel) at 516 352-7327 or e-mail me at e.stattel@hotmail.com so I could include that information in the newsletter..

Some of you might remember a demo by Nancy Wernersbach in March '09. She is offering classes in watercolor at her home in Garden City. Classes are on Tuesday and Wednesday evenings from 7 to 9, starting on March 23rd and 24th. The cost would be \$20 per class, pay as you go or \$95 for 5 classes (Seniors (65+) \$15 per class or 5 classes for \$70. If interested her number is 516-747-7908 or nwern@msn.com

March Demo - Bart DeCeglie

Bart is a self-employed free lance artist who has been successful doing comp illustrations, finished art and oil paintings for many years. He has had and kept many clients in both consumer and pharmaceutical agencies. He has had success selling his finished art not only in New York but also in Florida, Michigan and Italy. The mediums he uses are markers, watercolor, gouache, acrylics, pen and ink, pastels and oil.

A special announcement was made at the March 1 meeting of FPAL for a "horse-themed art exhibit" to be held in conjunction with our annual exhibit meeting. This was amazingly apropos, as our demo for the evening was indeed a horse-themed painting. Bart DeCeglie, a teacher, illustrator, and gifted artist, entertained us with his charming manner and skillful demo.



Bart was special in many ways but his teaching was superb. He constantly referred to the basics, to the importance of the drawing itself, and the role of values. He advocated keeping a swipe file to be prepared for anything.

He showed us his process in working on a new subject – best to treat it abstractly – bringing several pictures from his file, some for the horse, some for the background, and some for the accompanying figure. As he considered each one he gave the reasons for choosing one over another.

He advocated the use of thumbnails, and drawing the horse quickly but to keep checking the proportions. He discussed the possibilities of working front to back, or back to front, and the "whys" of each. His advice was not to block you in, keep yourself free to adjust, but concentrate on the main event, here, the horse. Another suggestion was the use of toned canvas.

He stressed using color temperature to strengthen the work – the horse was warm, so the surrounding area should be cool.

Throughout the session he corrected, analyzed, refigured, checking constantly. Moving all over the canvas, he sharpened the drawing, kept the close relationships of value and color temperature. His final steps were not only to checking details but seeing how it all worked together. And they did, worthy of a blue ribbon.

A raffle was held and the lucky winner was Bob Eckhoff.



Submitted by Pat Lee

Juried Competition - NYRA Art Competition

In conjunction with our Juried Art Show on May 3rd the NYRA will hold a separate painting competition "The Equestrian" where members of the Floral Park Art League will submit any artwork that features a horse or horses. If you wish you may submit two paintings for this competition. The artwork does not have to be of racing horses (although it could be). A landscape with a horse or horses would also be appropriate. On Sunday, June 6th an Official from the NYRA will award a "Certificate of Recognition" to the winner and their painting will hang at the Clubhouse of Belmont Park for the season. The Juried Art Competition will be separate from "The Equestrian" and the winner of either would not be effected by the other. Only members will be able to participate in either one or both of these competitions. If you are not a member, an application (attached) with appropriate fees must be received by April 30, 2010

We are Happy to Announce



Through the tireless efforts of both Theresa Mussolino, our president, and Robert Rouge, a member of FPAL and newly appointed Vice President, both of whom have been able to work with the NYRA (New York Racing Association) in having them sponsor the Spring Show at Memorial Park. This accomplishment has enabled us to have them work with us in providing advertising materials and promotion of our Spring Show at Memorial Park on June 5th and 6th (10 AM to 4 PM). This is the weekend of the Belmont Stakes and, hopefully, we should attract more buyers to this site. With this endorsement, the coverage will be included in the local papers and we will have the endorsement and support of the NYRA.

Additionally, a banner will be produced to acknowledge this endorsement. We would add the NYRA Logo to a Banner or any Flyers or advertising we do for the event. Robert will arrange for photos to be taken with the NYRA. If anyone would like to work on the Publicity, your help would be greatly appreciated.

A web site will be forthcoming in the next few weeks so that current news and opportunities for sales and competitions can be more current.

Only members will be able to participate in the Spring Show, and NYRA competition. If you are not a member, an application with appropriate fees must be received by April 30, 2010. The application is attached for your convenience.



Accessing the Default Mode Process

When you paint you are using two distinct areas of your brain. One is the up front, active brain known to neurologists as "task positive." This is where you try to paint well, get the anatomy right, master color, achieve a decent design, as well as, other practicalities of the moment.

The second area is farther back in the cortex and is more the resting brain--what is known as "task negative." Neurologists also call this the "default mode network." This is where attention wanders when the task-positive brain is not being fully used. Here are daydreams, memories, fantasies, fictitious conversations and even thoughts about things that have nothing to do with the job at hand. To their surprise, neurologists found that this wandering mind uses almost as much energy as the one that gives the appearance of getting things done.

Average people are in their task-negative brains more than a third of their waking hours. Apparently, artistic and inventive folk are even more into it. As such, the default mode network is thought to be the buzzing beehive of creativity.

I'm not a neurologist, but I've knocked about in a few artists' brains. Beginners tend to favor the task positive--fairly obvious because they are figuring out how to do things. Mature artists, on the other hand, can often slip into task negative for entire works. Having mastered the nuts and bolts, they now trust the felicitous takeover of default mode. Their paintings paint themselves. The Chinese philosopher Lao Tzu figured it out 2400 years ago. He called it "Doing without trying to do."

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Detailed directions to the American Legion Hall from the Cross Island Parkway

From Cross Island Parkway - Exit Jamaica Ave., Jericho Tpke., East. Make a right on 25 (Jericho Tpke).

Go approximately 1 mile to **S Tyson Ave.** Make a right and go 2 blocks to **Elizabeth Ave.**, make a left. The American Legion Hall is a white building, #15, directly across from the John Lewis Childs Elementary School's main entrance. Remember, we will gather for refreshments at 7:30 followed by the demo.

Happenings of the FPAL - April 2010- June 2010

Not a Member?

April 5 th	Meeting & Demo - Mary Ann Heinzen - Floral Watercolor American Legion Hall, 15 Elizabeth St., Floral Park – 7:30
May 3 rd	Juried Competition American Legion Hall, 15 Elizabeth St., Floral Park – 7:30
June 5 th & 6 th	Annual Spring Show & Sale – 10 AM – 4 PM Centennial Park, Corner of Tulip & Plainfield Ave., Floral Park

If you know of someone who is not presently a member of the FPAL and might wish to become one, please ask them to come with you to the March demo

Welcome to New Members

We'd like to welcome Barbara Lohman of East Meadow who has recently rejoined the Flora Park Art League. We are looking forward to her coming to our April meeting.

Accessing the Default Mode Process (continued from page 3)

Here's the rub: Some artists stay permanently stuck in task positive. "Without wandering minds," says psychologist Jonathan Schooler, "they stay shackled to what they're doing at the time." On the other hand, there are artists who are all wandering mind and show little evidence of practical technique or self-managed application.

Left on its own, neither mode works properly. Working together, they are like a couple of characters in an old silent movie--they can't help but make interesting things happen.

If there is a secret, it may lie in achieving a balance and teaching yourself to switch back and forth. Constant stopping just to think won't fix a work that is already over-thought. Over-thinking leads to one of our most vexing goof-ups--overworking. Conversely, a persistent state of wandering mind can turn fine work into a fine mess. You need 'em both.

PS: "What a fine mess you've got us in now, Ollie." (Stan Laurel to Oliver Hardy)

Esoterica: Now here's the interesting part: Apparently, boredom is a significant springboard to creativity. Neuroscientists have also found boredom to be a source of feelings of well being and a strong sense of self. In boredom, the brain continues to fire away in those regions that conjure hypothetical events and new possibilities. The wandering mind, the dream world, can be a better world than the real nuts-and-bolts world and for the artist, with the addition of task-positive skills, it can transform into the joyful business of making it happen.

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