

Newsletter of GLENROY ART GROUP Inc

Contacts:

Here are all the places that you can keep up with news and contacts:

Facebook: Glenroy Art Group

Website: glenroyartgroup.com

Enquiries: 0490 714012

President: Sue Parry

Newsletter Items:

Interim Editor, Jenny Lawther
0413722022

Opening times

- We are open for members to use the room on **Mondays and Wednesdays** between 10.30 am and 3pm
- We are open **Thursday nights** from 7.30 till 9.30 pm.
- **Our Saturday openings have changed.** We have use of the room on the first, third and fifth Saturday of the month from 10.30 until 3pm. Spinners and Weavers will use the room on the second and fourth Saturdays of the month. **Note that currently Saturday openings are on hold and will resume with Life Drawing on the first Saturday of the month only. Start date to be announced.**
- Please come along to any session that works for you and enjoy the heck out of our community of artists.
- First Monday of the month includes a general meeting.

Thanks to:

- Moreland City Council for all their support
- Art House Direct Essendon
- Ausdart for their generous framing discounts to members
- Jasons Real Estate for advertising boards for our shows

Together again



President's message



Well, we found ourselves once again for the last few months in lockdown. During that time of

lockdown for those that had zoom we were able to meet on a Monday and a Wednesday which was really fantastic, at least we were talking, at least we were seeing each other and painting, sketching, and drawing but instead of with each other in our meeting room it was in our own studios.

Only two weeks before our show was to be put on, we were released from lockdown. Do we have a show or do we not? I had faith in all our members that we all knew what we had to do to put on a good show and that we did. We weren't able to advertise as much as we would normally due to the short notice, so numbers were down a little and I think some people were a little afraid to come out while COVID-19 is still around in big numbers, but we did it! I am so proud of our members for putting on such a good show at such short notice.

THANK YOU ALL.

Glenroy Art group wishes you all a Merry Christmas and festive season. Spend time with your family and loved ones relax and enjoy.

See you all next year

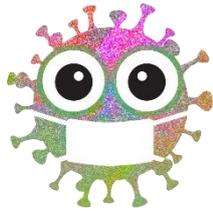
Cheers

Sue Parry



Let's create

in community 1



**Another
Bloody
Covid
Holiday**

John Whittam

Sing along with Covid Cliff

We're all going on a Covid holiday
After being locked up for a year
or two
Fun and laughter on our covid
holiday
Take a lovely little trip 5km from
you

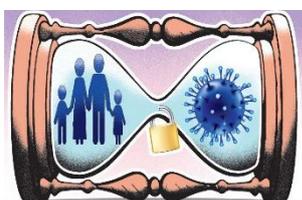
We can't go where the sun shines
brightly
We can't go where the sky is blue
Just settle for the local
Supermarket
Up and down the aisle, taking in
the view

Everybody has a Covid holiday
Restricting everything they want
to do
Just settle for a trip to Dan
Murphy's
Buy a box of beer or two

We can't go where the sun shines
brightly
The Covid Cops won't let you
through
Just settle for a picnic bubble
With a vaccinated friend or two

Everybody has a Covid holiday
Restricting everything they want
to do
Just get a jab and see it through
For another year or two

Another bloody covid holiday just
me and you



Editor's update

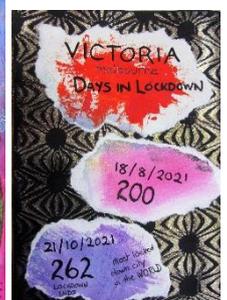
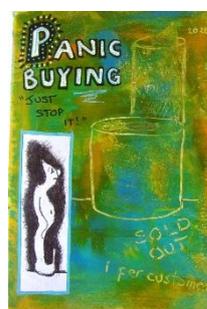
Farewell to 2021 and we breathe a collective weary, cautious, sigh of relief. In the last few months we have had earthquake tremors, scary winds, lockdown protests and unseasonably cold, wet, wintry weather. This second pandemic year closes and after a sixth lockdown, which made Melbourne the most locked down city in the world, we have, once again and a little more worse for wear, emerged from our enforced stay-at-home life. And just like that we are back, kind of shell shocked, but back in real live person contact.

We managed to put together our November Art and Craft Show in a record two weeks, we voted on Painting of the Month entries which had been submitted in July, voted for Work of the Year, and did our best to sort out our phones for vaccination proof check in - big thanks to tech savvy Sue who helped quite a few people and encouraged me to not give up!

Some of us joined the weekly zoom meetings which Sue hosted and it was a great way to stay in touch, maybe do some art or just chat, and to feel less isolated. We all had different ways of getting through lockdown. Some of us spent lots of time and energy in nature, whether on walks or in our gardens, movies and favourite TV shows, internet and social media for those of us who could (lots of misspent hours there) and the inevitable zoom and Face Time catch ups. I found dark chocolate Kit Kats immensely helpful, and the choice between spring cleaning or art was an easy choice. The mess on my art space(s) – well everywhere really - clearly shows which was the favourite. Lots of lockdown led me to some art journaling - basically messing around in a book - and, whilst I don't generally show people this messing around, here are a few lockdown pages from 2020 and 2021 where I just felt the need to put down something to either mark an occasion, or to express a feeling. It all seems like a weird dream when you look back.

John Whittam wrote a great lockdown poem which he has kindly shared with us.

Jenny



Dates to remember:

- **First Saturdays of the month**
Monthly live Life Drawing sessions, non-tutored, bring own materials. Non-members welcome \$10. Start date to be announced, subject to Covid restrictions. Numbers will be limited. Booking required. First Saturday of the month.

2022

The rooms will be open at **11am** on:

- Monday 17th January
- Wednesday 19th January
- Monday 24th January

Normal weekly days and times will resume on Monday 7th February, Wednesday 9th February and Thursday 10th February

2022 May Art Show – please add to your diary!

- Set up Friday May 6th May
- Art Show Saturday and Sunday 7th and 8th May

2022 November Art & Craft Show - please add to your diary!

- Set Up Friday 18th November
- Show Saturday 19th and Sunday 20th November

Frames Ready Made

Located at 352 Lygon Street, East Brunswick 3057

Tel: 0400 873 846

Frames made in 50 different standard sizes.

Paintings can be easily framed on the spot, and they offer an “artist discount” to people if they are preparing a painting for sale – it is pretty easy to get the discount!

John

Painting of the month July in November

First: Jenny Lawther
Fishes Galore, Coloured Pencil



Second: Sue Parry
Terracotta Pot, Oil



Third: Maureen Zmak
Golden Sunflowers Encaustic

Congratulations everyone!

AGM

Our Annual General Meeting was held on Monday 6th November, 2021. The elected office bearers are as follows:

President:	Sue Parry	Assistant Secretary (Minutes):	Alice Lord
Vice President:	Maureen Zmak	Almoner:	Beverley Graham
Treasurer:	Wai Chun Lee	Members Registrar:	Jenny Lawther
Secretary:	Marion Latham	Librarian:	Marija Newbold
Assistant Secretary (Media):/	Marija Newbold	Newsletter: Editor	Vacant (training, support and assistance offered by Jenny Lawther to anyone taking this position)
Programme Officer:	Marija Newbold		
Assistant Secretary (POM results):	Diane Schudmack		

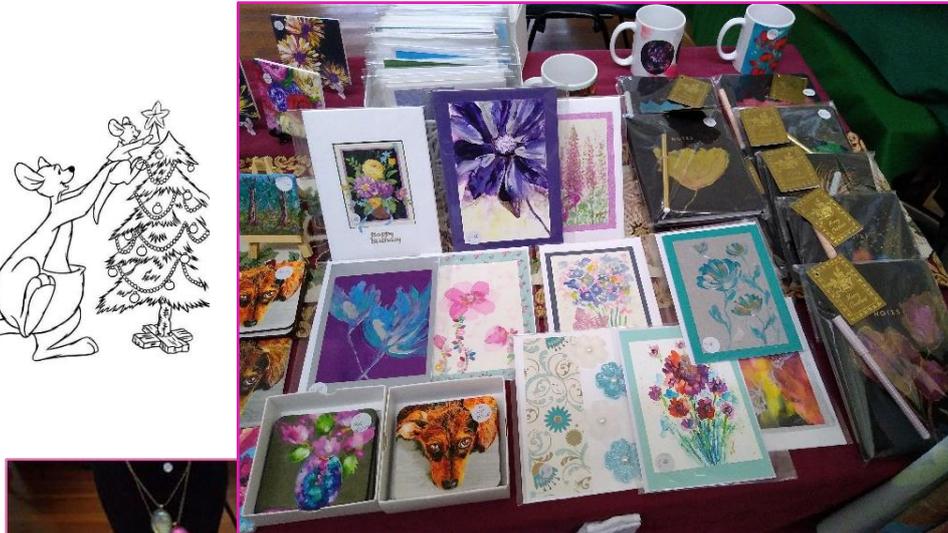
Thanks were extended to committee members and officers for their work in 2021. And a special thank you to Val Beddome for tea and coffee replenishment!

celebrating
the
Art &
Craft
Show
2021



The Christmas cheer was there to welcome visitors into the show with Fay's festive table and sparkling jewellery. Santa had really come to town!

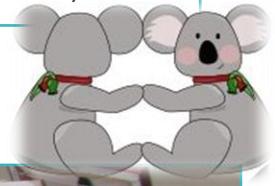




Moving further into the hall Maureen's very colourful tables with beautiful cards, scarves, aprons, fridge magnets, bags, jewellery, was such a wonderful display. Maureen is an industry! (above right: Sue is checking out Jenny's unframed paintings.)



Jenny's was the next table with handmade cards, artist cards for mixed media and collage, painted clocks, quirky bowls and pen holders with shiny metallic insides, clocks, fridge magnets, little inspiration booklets and 'art for the fridge' (small magnetic backed hand painted canvases)



Val's crafts, paintings and 'famous' bird and floral cards





Margaret's beautifully hand painted pieces, cards and bookmarks



Dawn's delightful Xmas decorations, paintings and crafts. One young girl said that she is coming back next year for the earrings when she gets her ears pierced!





Ken's stunning woodwork and leather crafts was another industry. Beautifully crafted trays, jewellery, imaginative small items and delightful trinkets, it was a treasure trove with so much to choose from.



(Above): Seriously cute miniature furniture which will, I have been informed, be furnishing some fairy gardens in the very near future.

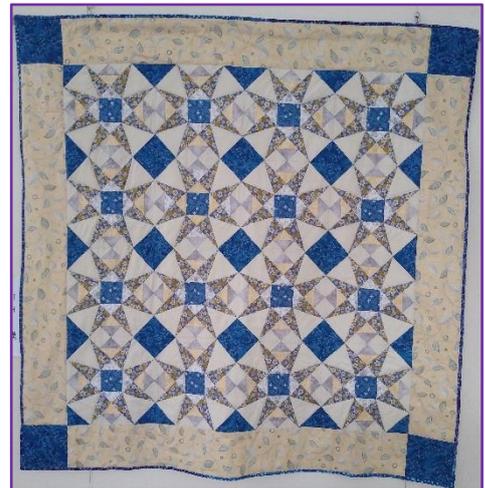


Robin's popular little mixed media pieces and her delightful eco printed gift cards



(Above): Sue's cute animal miniatures and booklets

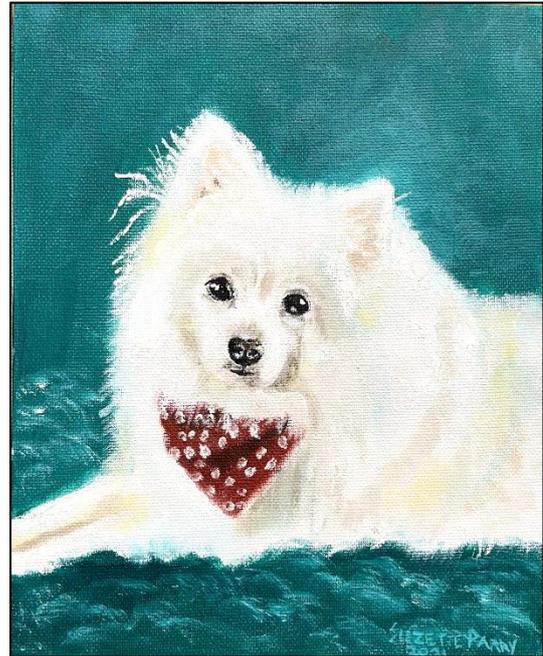
Wai Chun's amazing quilting, cute animals and much sought-after soup bowl holders



Recent works



Sue Parry: Oil



Sue Parry: Oil



Jenny Lawther: 'Cactus Flower', Coloured Pencil



Jenny Lawther: 'Cradled', Coloured Pencil

Reminders

- If you haven't paid your \$50 annual membership fee, please do so by contacting Wai Chun or Sue Parry.

- As part of Covid precautions please remember to wipe your table down with sanitiser. This was the result of one table and no messy art materials were used in the session!



Art and Mental Health

And on a more serious note, before we close out this unusual year, it would be good to reflect on how we are all feeling as we emerge from our locked down life and bottled-up emotions.

I think that we are all feeling, in some way, changed by the experience of the pandemic. It has been a challenge to our mental and emotional health.

In a time when there is great fear of the unknown it challenges us mentally and emotionally, increasing anxiety and, for many, bringing up feelings of grief, hopelessness and a loss of purpose. There have been many studies and articles written about the positive effect of art of any kind in relation to mental and emotional well-being.

“It’s the process of making art, rather than the outcome, that matters.”

When we engage in creative activity it stimulates blood flow to the ‘reward’ parts of the brain, releasing the ‘feel good’ chemical dopamine. It gives

focus, brings us into a more mindful meditative kind of state, regardless of the level of skill we have.

Much has been written about how we are social beings and need connection, in fact it is critical to our well-being. Being in community is so important, even for those who are more insular. Our art group is a place where we have shared interests, can exchange ideas and experiences, enjoy the process of creating and just “hang out”.

Below is an article written by Ken, a new member of the group, who works with wood and leather. Ken mentions his struggle with mental health and how becoming a member of our Art Group has really helped him at this time and given him some positive motivations and a lighter outlook.



Glenroy Art Group - AFFECTS & EFFECTS

Kenneth Taylor

I had avoided creating anything you might call art for 7 decades until I "tripped" over the Glenroy Art Group!

In early '21 my partner and I wandered over from Brunswick to view their mid-year display of members' fine work, in the early stages of my stumbling recovery from the worst of mental ill health and 30 years of epilepsy. The very varied pieces were impressive, and the entire thing a slight surprise for this "snob" from Fawkner.

My interest was bluntly triggered when an enquiry about displaying leather & wood craft at the November show was met with the ruling that I could not show anything unless I was a member! As a person who had limited himself to bad "stick" figures, & some precise symmetrical patterns for

women's embossed & dyed shoulder bags, the idea was outrageous.

But poverty (and extending cycling independence) pressed me to go once & see. It turned out to be a rare day when no brushes were raised, only the proper business of an AGM or something. As a survivor of too many meetings that were dull or dark or simply vicious, I was engaged by the polite, thorough and sometimes humorous processing of the agenda.

At subsequent visits I wondered what was possible? What turned up was a chaotic A3 "landscape" sketch of the madness of my mind, met with polite advice to acquire a copy of the "Manual" (*Drawing on the Right Side of the Brain*), before further drafting of my crazy creation.

Soon I had the book and a genuine inclination. Then the lockdown/shutdown/dead end to life sent me into another downward spiral for the rest of '21, hovering carefully over the exit, using what I had learned from before - essentially: Ken must do just one good thing at a time, NOW!

But the 6 weeks required between vaccine whacks meant I would miss the show.

Then my most able GP decided my sorry state warranted the 2nd vaccination shifted forward 2 weeks. So, I had to shift immediately to the most emphatic workload I'd attempted for a decade.

We made the Art Show, offering a two-table alternative of umpteen things I had made, selling enough to justify the chauffeuring with her wagon. The first sale covered the shocking costs of \$5 per table (Rose St. now asks \$120 a day).

The 2-day event left us knackered. And I immediately determined to try my "Garage Craft" idea in our driveway each Saturday - now twice done with positive feedback and useful income (a bill has been paid, this time by me).

The dramatic rise in my confidence, competence, and optimism has prompted a few teaching options for this aging educator, a few political inclinations, ... and a slightly less anxious "missus".

There are also more ambitious directions like finishing my half-done book, helping the "Tattoo Man" with his, earning enough to go fishing.

Oh, and coming up with a way for that troubled and talented homeless dude in Brunswick to show & sell his fine paintings - suggestions are welcome.

Delightedly affected by the Glenroy Art Group effects is this Ken.

Back to a lighter note!



Creative people don't have a mess, they have ideas lying around everywhere!

