

## IN THIS EDITION:

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## CONTACT US:

- Website: [parrishartscouncil.org](http://parrishartscouncil.org)
- Email: [getinvolved@parrishartscouncil.org](mailto:getinvolved@parrishartscouncil.org)
- Facebook: [Parrish Arts Council](#)
- Instagram:

## MEMBERSHIP

- \$25 per year
- Runs January - December

PARRISH  
Arts  
COUNCIL

A 501(c)3 organization

## April ART Challenge

What are your favorite OCEAN ANIMALS? After answering that, think about your favorite medium. Put the two together and create something new, or look through what you have to find some creatures that live in the sea. They could be mammals, fish, reptiles, amphibians, or invertebrates that are too numerous to include, like octopus, crabs, coral, etc. Put as many as you want into your work and then be sure to share it with us all. We'd love to see your work on our Facebook page for all of us to enjoy. And tag #parrishartscouncil on Instagram. We look forward to seeing your work. For more information, check out the Call to Artist link on our website [parrishartscouncil.org](http://parrishartscouncil.org). If you have an idea for a future challenge, contact us, [getinvolved@parrishartscouncil.org](mailto:getinvolved@parrishartscouncil.org).



**ArtConversations! - April 16, 2024 from 6pm - 8pm** at Parrish United Methodist Church, 12180 US-301, Parrish, FL 34219, USA

Member, patsy monk will be teaching us Zine which is making tiny books and adding things like Zentangle designs. You can also just watch, bring your own project, or enjoy socializing with the other artists and guests.

**Artists Trading Cards** - Possible themes -Earth Day, Total Eclipse (things in the dark), World Book Day. For more information please check our website.

[parrishartscouncil.org](http://parrishartscouncil.org)



# Exhibitions

- **Chrysti Arvanitis Exhibition - March 6, 2024 - April 27, 2024.**

This exhibit features Local Spots that have been painted or photographed. Be sure to visit and see her display. Her work can be purchased by contacting the artist at

[chrysarv@aol.com](mailto:chrysarv@aol.com)

Thank you to the Rocky Bluff Library for hosting.



- **Membership Showcase**

ComCenter at Lakewood Ranch

August 30th - November 1st

Think about what you'd like to display.

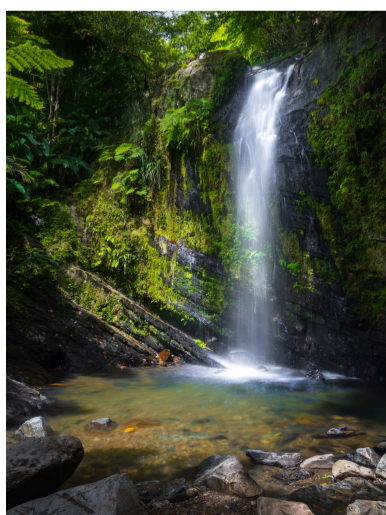


- **Photograph Competition**

August 31st - November 1st

Theme - Flora and Fauna.

Start taking those photographs!



# Artist Resource

## Art and Frame of Sarasota

This store offers many art supplies and weekly classes. Check out their website for more information at

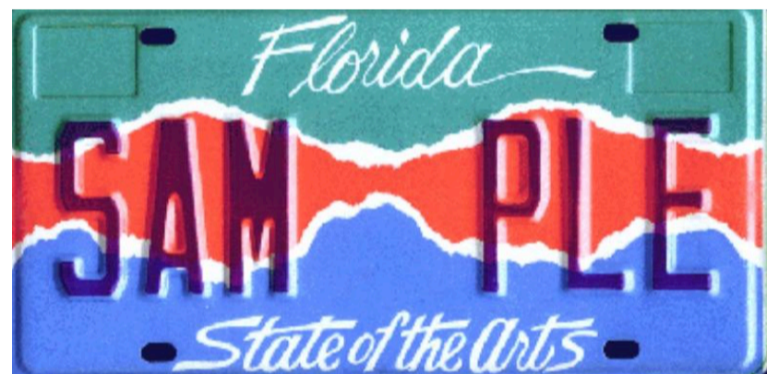
<http://www.art-supplies-sarasota.com/>

## Dick Blick Art Supplies

Online shopping. Check the link below.

<https://www.dickblick.com/>

# Support the Arts



Support the ARTS with an Art license plate. The dollars earned from the license plate program is how the Bradenton Area Arts & Culture can support the local art groups - <https://myfloridaspecialtyplate.com/state-of-the-arts.html>





## Plein Air Events

### **Plein Air** (Painting outside)

Plein Air is about leaving the 4 walls of your studio behind and experiencing painting, drawing, photography, or any medium of your choice in the outdoors.

Please RSVP by email or through our website.

[getinvolved@parrishartscouncil.org](mailto:getinvolved@parrishartscouncil.org)  
<https://www.parrishartscouncil.org/>

- **April 9th (Tuesday) - 4000 Gulf Dr.,  
Holmes Beach, from 9:00 am -12:00 pm**

- **April 20th (Saturday) - TBD**

We are still working on a location

- **May 4th (Saturday) - Cortez Fishing  
Village**

11655 Cortez Rd, Cortez, Fl from 9:00  
am -12:00 pm

- **May 6th (Monday) - Ringling Museum -  
Plein Air and Field Trip**

5401 Bay Shore Rd, Sarasota, Fl (941)  
359-5700 10:00 - 1:00 Ringling is free on  
Mondays. Meet in the lobby to get tickets.

- **May 14th (Tuesday) - Myakka River  
State Park** at 13208 State Rd. 72,  
Sarasota, Fl

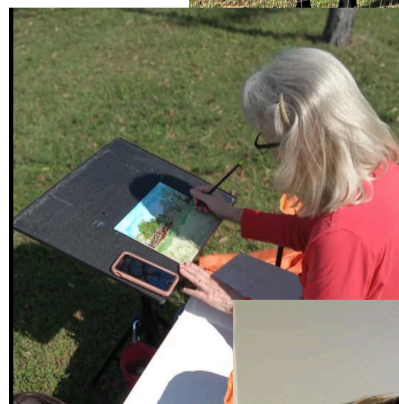
There is a \$4 charge to enter per vehicle  
with 1 person or \$6 per vehicle for 2-8  
people.

## Plein Air News

Last month, Parrish Arts Council members enjoyed painting horses and cows at Centerline Farm Equestrian Center. This experience served as a reminder of the crucial role that agriculture plays in Florida.



By: Dana Opalinski



By: Debbie Arnette  
Work in Progress





Presented by the  
Community Foundation of Sarasota County

» HAPPENING  
**APRIL 9-10**  
**NOON TO NOON**  

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**GivingChallenge.org**

**Our Goal for this Challenge is for each Member to donate \$25**

**We can do this Parrish Arts Council Members!**

We depend entirely on volunteers and donations. By donating to The Parrish Arts Council, you will be allowing us to fulfill our mission of bringing the ARTS to the Community. Our Programs and Projects are in need of funding. SEE DETAILS BELOW.

**During the Challenge, donations will be matched dollar to dollar up to \$100  
by the Patterson Foundation**

### **PROGRAMS AND PROJECTS**

**YOUTH WORKSHOP** - We supply the materials such as clay, colored pencils, paint, paper, etc.

**PAINT AROUND** - We purchase supplies and rental space. Proceeds go to a local school's Art Dept.

**ARTFULLY ANGELS** - Funding is needed for greeting card supplies. Cards are sent to a local nursing home.

**EAST2WEST ART MARKET** - Our annual event for local artists needs funding for location and supplies.

**OPERATIONS** - Funding is needed for general supplies, expenses and software.

**ART CENTER** - Having our own physical place would be a Dream Come True for classes, education, history, shopping, and a gallery.

**THANK YOU for considering TO BE THE ONE!**

The 2024 Giving Challenge is presented by the Community Foundation of Sarasota County with giving strengthened by the Patterson Foundation.







Presented by the  
Community Foundation of Sarasota County

» HAPPENING  
APRIL 9-10  
NOON TO NOON  
[GivingChallenge.org](http://GivingChallenge.org)

**Our Goal for this Challenge is for each Member to donate \$25**

**PLEASE HELP US BUILD AND ENRICH THE COMMUNITY THROUGH THE ARTS!**

### SOME PROGRAMS AND PROJECTS EXAMPLES

**YOUTH WORKSHOP** - We supply the materials such as clay, colored pencils, paint, paper, etc.



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**ARTFULLY ANGELS** - Funding is needed for greeting card supplies. Cards are sent to a local nursing home.



**EAST2WEST ART MARKET** - Our annual event for local artists needs funding for location and supplies.





# Spring Paint Around



**May 18, 2024**  
**2pm - 4pm**  
**@ Palmetto Historical Park**  
515 10th Ave W.  
Palmetto, FL. 34221

**Watch 5 talented artists collaborate and create unique works of art.**  
**Most proceeds from the event will go to *Buffalo Creek Middle School* to enhance their *ART* program!**

## ***Participating Local Artists***

*Sally Wooldridge*  
*Karalee Hammes*  
*Gwen Kodad*  
*Sue Lynn Cotton*  
*Wendell Graham*

**Chance to win 1 of the 5 pieces  
of artwork or a gift basket**

Winners must be present to win

**FREE Admission**

**Bake Sale**

**Raffles**

Hosted by

**PARRISH**  
*Arts*  
**COUNCIL**



In addition to watching the painters, you will also be able to participate. There will be 2 community projects for everyone to contribute to using acrylic paint.

The 2 community projects will also be raffled off. See you there!

# More Upcoming Events!

## PAC MEMBERS SOCIAL

Sunday, April 7th 3 - 5 pm

Get to know your fellow Parrish Arts Council Members in an informal setting at a member's home. Enjoy appetizers and beverages. If you would like you can bring a piece of artwork or other object to jump start conversations. Please RSVP for address.



**What is the East2West Art Market?**  
Parrish Arts Council sponsors the East2West Art Market. It is a juried show where local artists will be selling original artwork. We host the Art Market annually to support local artists and to bring art to the community.

This year, Parrish Arts Council will include "Try Art!" where attendees are invited to create their own artwork. Attendees will be able to explore new art forms which they can integrate into their lives.

Net proceeds from the booth fees, raffle ticket sales, and sponsorships benefit the surrounding communities through outreach programs.

**What is Parrish Arts Council?**

- A 501(c)3 non-profit organization started in 2012 in Parrish, FL
- We are dedicated to building and enriching the community through the arts. Members are community minded artists and art supporters from Manatee and Sarasota counties.
- We support art in youth by funding college scholarships and youth art programs.

**PARRISH Arts COUNCIL**

**How to contact us**  
Email: [Getinvolved@ParrishArtsCouncil.org](mailto:Getinvolved@ParrishArtsCouncil.org)  
Phone: 941-254-1774

More Info on East2West Art Market:  


Visit our website  
<https://www.parrishartscouncil.org>

  
Member since 2019

Parrish Arts Council presents  
**East2West Art Market**



Artist: Polly Tetrauit

*We invite you to immerse yourself in art!*

Pencil, ink, pastel drawing  
Oil, watercolor, acrylic painting  
Pottery, Sculpture  
Photography  
Jewelry, Mixed media  
Try Art!  
And so much more!



Artist: Stephen White

### Art Benefits Communities!

When communities invest in arts & culture there is a direct correlation to growth in businesses and jobs.

Labor studies show that arts & culture adds five times more value to the US economy than some other major sectors.

Our local artists tell stories of our culture and preserve the richness of the Gulf Coast of Florida.

### East2West Art Market Sponsorship

Sponsorship offers a variety of options to support our community while advertising your business



Proud Event Host Sponsor

Company logo and promotional items must be received by October 1, 2024, to be featured in event marketing. For questions and to send jpeg or png files, please email: [Getinvolved@ParrishArtsCouncil.org](mailto:Getinvolved@ParrishArtsCouncil.org)

	Cassatt	DaVinci	Michelangelo	O'Keeffe
Sponsorship Contribution	\$1000	\$500	\$250 Cash or in-kind gift	Up to \$100 Cash or in-kind gift
¼ page ad in the Parrish Village News	X	X		
Logo on event signage	X	X	X	X
Logo in event social media marketing	X	X	X	X
Booth Space * (includes a 6 ft table)	X*	*	*	

\* Optional: Sponsor an artist of your choice or ours, in their booth with your advertising

Please help us support the East2West Art Market in November. You can do this by talking to potential sponsors about donating. Here is the link. <https://www.parrishartscouncil.org/2024-east2west-art-market>



# An Interview with patsy monk about, "Overcoming Adversity Through Art"

## **This is patsy's story.**

My art really began with pain management for fibromyalgia. I couldn't tolerate the medicine so I was looking for alternatives. In 2009, I attended a Zentangle session in Rhode Island . Zentangle is a mindful meditation, prayerfulness and breathing which helps you focus away from the pain. When you do it, you don't realize what else is going on in your life. The time just goes by. Your drawings are not necessarily representational of the real world and there is no expectation for what you complete. It is an exercise in focusing. If its not moving too fast, you can Tangle it. It can be incorporated into any medium. For example, I do it in jewelry glass, origami, pen & ink even cooking. When people were getting into adult coloring books, I said let's Zentangle instead. These days, most libraries provide classes in Zentangle for free.

I have used Zentangle in many situations to help people, for example I had a classroom of students who were emotionally challenged and tended to be very loud and unruly. By teaching them Zentangle, they were all focused and quiet during my class session.

## **This is what patsy found on the web.**

What is Zentangle art therapy?



Zentangle is a **self-help art therapy practice to enhance relaxation and focus.**

Posted March 31, 2014 Reviewed by Jessica Schrader. Source: C. Malchiodi.

Zentangle® is known to many artists and craftivists as a way to create structured designs through drawing various patterns



## PAC Members Who Teach Classes

### **Watercolor Classes by Sue Lynn Cotton**

6503 67th St E, Palmetto, FL 34221

Her studio is in Heather Glen on 69th Street.

Sue Lynn has regular watercolor classes on Mondays from 10-2:30.  
You can bring lunch. New project every week.

If you are interested, contact Sue Lynn at [suelynncotton@gmail.com](mailto:suelynncotton@gmail.com)

### **Colored Pencils & Water Color Pencils with Nancy White**

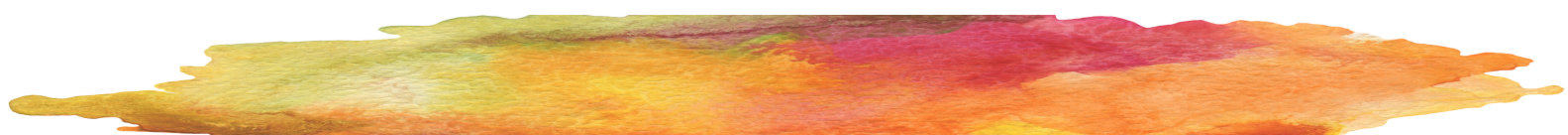
Nancy is teaching watercolor pencils, colored pencils and alcohol & ink mediums. If you are interested in taking classes, contact Nancy at [blue\\_mms@verizon.net](mailto:blue_mms@verizon.net)

### **Art with Karalee Hammes**

Karalee teaches in multiple mediums from her home. If you are interested in taking classes, contact her at [karalee@graphicalreflections.com](mailto:karalee@graphicalreflections.com)

### **Oils & Acrylics with Polly Tetrault**

Polly is teaching weekly, If you are interested in taking classes, contact her at 941-345-7884





## Artist Tip of the Day

To paint an underwater scene, begin by painting the background with different shades that represent the depth. Then decide where your light source is for the sun above that filters through the water. Next, paint the sea creatures, seaweed, and any rocks you want to add. Remember to layer your elements starting with the furthest back and moving forward. The objects in the back should also be less defined just as you would do with a landscape. Don't forget to use shadows and highlights and step back from time to time to check your progress.

## Call to Members!

### **We are in need of your beautiful artwork!**

Please send us photos of your artwork using the link below so we can promote and use it in our publications. Also, if you'd like to teach a small class at one of our ArtConversations, please contact us at [getinvolved@parrishartscouncil.org](mailto:getinvolved@parrishartscouncil.org).

Don't forget that our Facebook page and Instagram are there to share information and your artwork. People love to see the progress that artists make or the progress in a piece of artwork. With so many talented members, we'd love to have you share what you love to do.

Feel free to post to our Facebook Page and Instagram.

We are always looking for artists, volunteers, and sponsors that want to participate, learn, share, and network with other artists and art enthusiasts.

## Benefits

- Opportunities to exhibit
- ArtConversations!
- Sharing knowledge
- Meeting other artists
- Supporting the community with the ARTS
- Learning and sharing skills
- A link to your artwork
- Discounted fees for certain activities/events
- And keeping art in the community are just a few to mention

Support the ARTS with an Art license plate. The dollars earned from the license plate program is how the Bradenton Area Arts & Culture can support local art groups - <https://myfloridaspecialtyplate.com/state-of-the-arts.html>

## Membership

- Single Adult - \$25
- Family - \$50
- Single Youth - \$15
- Single College Student - \$15

Runs annually from January - December. If you join in November, your membership is good for the following year.

The Parrish Arts Council is a 501©3 non-profit serving Manatee County and the surrounding region since 2013.

“PAC will support local artists and cultivate an artistically inspired community.” PAC is dedicated to building and enriching the community through the ARTS.