

ART IN THE HEART - Contact bwwarner@rogers.com if you have any questions.

April 2017

Happy spring! We are now in the wonder-filled season of the earth awaking slowly to the stronger warmth & longer hours. Enjoy this season of colours greening with growth as the days lengthen until the 21st of June. After that the days still increase in warmth but not in light. One of the best ways for your artistic heart to capture this perennial cycle is to record an image or scene throughout the different the seasons as well as the different hours of day light. I'm suggesting small images, or perhaps you could photo these scenes. And then do what with these images? Tape or attach them directly in your artist's journal or sketch book! Be sure to date them or note the different times. If you have a sketch book or journal that's great! If you don't, well you need one, now! This book or journal is a treasure you will refer back to many times. Make notes & compare the colours of sunlit spots & shadows as they change in the day. Show the bend of grasses in a summer breeze or the snarl of angry waves in an approaching storm. (Stay on land though & keep your journal dry!) Or, you may wish to just capture the mood of a sunset. What else can a journal do for you? It will give practise drawing when you have a few moments sitting in your car while waiting for someone to arrive. It's a place to have your hand record that new inspiration before it leaves your mind. Here are some of my suggestions of what to look for in a sketch book that will cost less than \$20. 1. Get a hardcover, it stays together better & a large elastic snugged around it will keep your 2B pencil handy, making it all easy to grab as you leave the house. Put a plastic caps from a pen onto your pencil to keep the point intact. With coil bound books the pages often start to wear apart and the coil catches your clothing. 2. If you are past primary school age, get an 8x11 inch size. You'll fill it. The 5x7 inch size is less intimidating for a younger artist. 3. A book with white pages & acid free paper is best & most are acid-free these days. 4. If you draw with pencil choose a book with just a little tooth or texture on the pages as it will accept pencil drawings without much pressure especially since you will not always be working on a desk or table. However, if you render your drawings with ink pens or fine tipped markers pick out a book with smooth pages. This way your lines will flow smoothly across the page without snagging. Be sure to check your ink(s) for bleed-through. And here are a few suggestions for using your sketch book. Leave the first 1 or 2 pages blank. You'll be glad you did for extra notes or a quick index later. Don't over organize your journal; use each page as you come to it. Draw on one side only, to stop transfer of marks from one drawing to the other. If you create a master piece worth framing, spray it with fixative & carefully cut the page out with an exacto knife. If your heart has you painting with water colours, be sure to find a book with thicker & heavier paper. Or you can cut a few sheets of water colour paper to keep in your book for just that purpose. If you don't have a portable pallet with water colours make one of your own with plastic containers that chewing gum or scented wax is sold in. Squeeze some of your fav colours into the cleaned out compartments, let dry & there you have a portable filled pallet. Be sure to carry a small refillable container of water for painting only. Don't forget to add comments on your pages. I have been inspired many times by looking through old sketch books of mine. In book form they are so easy to store & lay hands on. When you have a great idea, re-sketch it a few times using different coloured pencils or markers. My current book has a dozen pages of zentangle type drawings often 6 to a page. Don't tear out or cross out your blunders because you need to remember what works & what doesn't and sometimes a little distance of time can yield a beautiful resurrection from what you thought was a 'dead' drawing. I will often work out an idea on a sheet of graph paper that I then tuck into my sketch book & keep until I'm ready to work it. You can also insert any image that you find on line or in

a catalogue that inspires you. You won't get marks for the book but it will certainly help you to make your mark – straight from your artistic heart.

If you have any comments or suggestions for Art in the Heart contact me Bunny Warner at bwwarner@rogers.com.

February 2017

February, the month that holds the day with the crimson heart can be a dreary month for some, especially when the weather isn't quite so cheerful.

We all feel a little dreary & dragged out as we navigate these long days of winter. Note though, you have friends, neighbours & relatives that may be feeling even less cheery that you are.

It's time to set the art in your heart into creative action! Bring together some white paper, red paper or construction paper, fine-tipped markers, glue sticks, coloured pencils, scissors etc. You know the routine of forming cards; fold the white paper in half & in half again. If working with card stock you may get 2 cards from one sheet if you cut the paper in half. Cut a square shape from the red paper, fold it in half, draw half a heart onto the fold, then cut & you have your heart. Can't draw a heart? Use a template from google 'Images of heart shapes to cut out'. Use this heart template to make more versions & glue them down. From here let your own artistic heart start to inspire you to create, decorative –doodles onto the paper, cut the hearts with manicure scissors or other embellishments. Practise your calligraphy on the inside to write a message of cheer. If you decide to mail these cards you will need some invitation envelopes or larger envelopes (from the dollar store).

If you really don't have the time to do this, consider helping a child to take this project on, on a week-end day afternoon. (Valentine's Day is on a Tuesday.) With a little guidance & scissors supervision from you they can enjoy this creative endeavour. Just be sure to supply some stickers (that would interest girls & boys both.)

Create a small painting, catch it with your I phone & send it out on Facebook. If you create with flour, sprinkles & cookie cutters get rolling on the weekend & bundle your creations in baggies for giving. Enjoy this heart therapy!

If you have any more suggestions for art in the heart or questions; please contact me Bunny Warner at bwwarner@rogers.com.

January 2017

Hopefully Christmas has brought you some joy & inspiration for this New Year of 2017.

Were you able to give some creative gifts to your loved ones? And even if they were only cookies or your best Christmas cake, they too are gifts of the art & creativity in your heart. Have you ever watched the face of a child or a young at heart person as you unwrap their created gift? That beaming proud smile is priceless!

Winter is actually a season filled with natural artistic creations. Can you remember the swirls of frosty artwork on storm windows when windows weren't quite as tight fitting as they are today? As a child, I would hold my thumb against the pane to imprint my own patterns. This frosty artwork may not be so endearing when it builds up on the inside of your car while you wait for the heat to come on, but they are truly amazing & all so different too. When was the last time you introduced a child to the endless design of snowflakes as they land on the dark fabric of a coat you are wearing? When Mother Nature dresses everything from fences to pine needles in a mantel of her frost, have a close look at how one crystalized piece is attached to the next – or do what I do and get the camera to help you remember. Isn't it amazing? Does it inspire you?

Another way of remembering creations you don't want to forget is to keep a creativity journal. You don't have to string eloquent lines of words together. In fact, it's the perfect spot to tape those nature photos into. Include some hand drawings of snowflake patterns & any other creative designs or images you have come across. Do a few drawings of trees with their bare branches holding on to globs of snow that the 3pm sunshine is sidelight- bouncing it's rays onto. These are sights you won't see till winter comes again.

Use your creativity journal to write down ideas for crafts that you would like to create for next year's season of giving. Note what materials or ingredients are needed & get an early start on it next fall. Your journal can be a simple note book or an inexpensive sketch book. (Perhaps you received one in your Christmas stocking?) For sure, your journal will inspire the art in your heart when the well of creativity is running a little dry. Have a creative New Year!

If you have any questions or comments about the art in your heart, contact me at bwwarner@rogers.com.

December

Welcome to the month of December, a busy & sometimes crazy month. The year is 'drawing' to its end & yet there is still so much to do & expectations are high. You probably still have a gift shopping list to finish. May I suggest that you take some time just to relax & re-energize your artistic heart?

Attend one or more of the many crafty & creative events happening before Christmas.

The TPLAC (Thamesford Public Library Advisory Committee) is hosting another Christmas Floral Decor demonstration by Mandy of the Mystical Rose. This year's date is Fri, Dec 16, 7-9pm. And a toonie gets you in the door! Mandy is able to work her magic & shares with us how simple it really is... you'll see. Just remember to ask her how those fancy looking bows are made! It's a fun night that finishes off with a draw for the created arrangements. Come with a friend or relative & make it a memory.

Look up the Ingersoll library's list of events in the Village Voice and you'll find more events there as well. Again I suggest go with a friend & share these creative times of art & creativity. I'll leave with you a few suggestions of what to give to the younger creative folks on your list. It's best to keep things simple. Buy coloured pencils, markers or paints in smaller sets. Large packages with 60 colours are often confusing & it's not long before many pieces of the set will just end up getting lost or not properly put away. The same with 'art kits' that have drawing pencils, crayons & paints that fall out of their trays. A small set of paints with one selected brush will be taken care of & treasured. (Hmmm, makes me think of my childhood memories.) If you give a set of drawing pencils include a good eraser & an acid free pad of drawing paper 8x10 inches. If the pencils are coloured include a steel sharpener. These hand-picked items will be appreciated. Where to shop?

Enjoy a drive to St Marys & stop in at MacPherson Arts & Crafts. In London south, check out Currys Art Supplies or stop in at Bijans if you're near to the Oxford & Richmond Sts area. The best thing about these shops is that even though the supplies look overwhelming, the staff in these shops definitely have art in their hearts; they know their materials and will help you pick out what you are looking for.

Have a wonderful Christmas filled with creative memories!

Contact bwwarner@rogers.com if you have any questions.

November

You have choices! November is here, looking a little drab & your list of Christmas prepping & shopping is getting a little long. How can you keep creativity in your heart & still get names

and items off your to do list? Well, you have choices! You can go to a local Christmas art/craft show & sale and shop from the many one of a kind creations. Support the many artists and artisans handcrafting anything from cozy hand knit sweaters or fine silver crafted bracelets to framed paintings waiting to adorn a wall.

Look for the 'Enchanted Arts Show and Sale' on Sun, Nov 6 at the Elsie Perrin Williams Estate in London. The artists here represent a wide variety of skills.

The 'Lucan Christmas Craft Sale & Show' is on from Nov 4-6. With 70 vendors you are sure to find gifts for the folks on your list.

A little closer to home is the Thorndale 'Better than the Mall' event on Sat, Nov 12, 10-2pm. You will recognize some of our neighbourhood artisans here.

And even closer to home, The Ingersoll Creative Art Centre holds their 'Deck the Halls' Christmas Show & Sale on Friday evening Nov 18 & Sat 19, 10-3pm. These treasures are artistic pieces created by local artists. After shopping there you may even want to consider booking an upcoming class for someone special or yourself! Not all gifts need to be experienced at once. Speak to Heather at the Centre about class options. Perhaps after purchasing a couple of items at any of these sales the art in your heart tugs at the idea of creating some items by yourself. It's tempting, but remember that you will need the time to create the items. If you are painting or creating stitchery you still need time to have these framed. You may want to just enjoy the shopping experience this year & take note of items that you would like to handcraft in 2017.

With enough time leading to Christmas you can bring your children to the Children's Christmas Crafts in the Beaty Room, Thamesford on Sat, Nov 26. Be sure to register for it at the library.

For the adults, TPLAC is hosting another 'Floral Christmas Demonstration' by Mandy Dec 16. Enjoy an Adult Colouring Christmas Card event with Sandra Pearson on Sun, Nov 13.

Enjoy all the Art in the Heart options you have coming up this November & December!

If you would like to share some of your favourite Christmas artistic events send me an email at bwwarner@rogers.com.

October

On Sept 11, I attended the (outdoor) Hall's Creek Festival of Creativity in Ingersoll. Admission was a toonie – and it was probably the best priced investment I had made to inspire my artistic heart in years. (Actually I was a little envious of the artists & crafters there sharing their creativity with so many folk of every age.) But now I know where I would like to be next year in mid-September!

May I share with you just some of the creativity that was there flowing like water colours on wet paper with a loaded brush? Just recalling some of my memories there should be enough to inspire you to attend creative spots in this county. Oxford County is the home of many gifted creators. Shortly after walking in I was asked if I enjoy singing. (I thought, "yes as long as it's not me singing".) Ingersoll has a glorious choir of voices & they are always looking for new members. Always a pleasure is the 'scratch & sniff' of handmade soaps, creams & other balms. The sample of lemon grass hand cream came to life again as my fingers touched the sun-warmed steering wheel on my way home. Speaking of wheels, I very much enjoyed my try at a New Zealand spinning wheel. What an art that is to coax the fine hairs of wool onto the spindle while maintaining the perfect tension to hold 'things together' as they are twisted by the rhythm of your foot on the pedal. And there were food samples! I woke up my taste buds with samples of spicy cheese. Later I savoured very smooth chocolate that was a perfect blend of milk & dark. Children were participating in a splatter of coloured paints. This

really was a hands on activity. Under a large tent there were mini workshops with water colour & acrylic paints taking place. What a way to spend a Sunday afternoon! Besides all that, there was handcrafted jewellery, photography, canvases with wildlife or dramatic abstract designs, gourds transformed into gold embellished art & more. Does that inspire you? Check out more of what Oxford County & some of the surrounding area has to offer by looking up tourismoxford.ca or stop in at the Ingersoll Creative Art Centre on Centennial Lane, Ingersoll. And to all the folk out there that say they don't have an artistic bone in their body – just because you can't draw a straight line – it's the art in your heart that counts, you need to experience & share it! Contact me at bwwarner@rogers.com if you have any art related comments.

September is here. The apples are blushing on their trees, the sky is a deeper hue of blue & smell of coloured pencils is in the air in the homes of back to school children. I hope you have enjoyed some down time this summer colouring in your favourite adult colouring book. Maybe you have been lucky enough to colour with a grandchild. Are you at the stage of looking for more of a challenge with colouring? If you are wanting just a little more of a challenge you may be ready to work with a better quality coloured pencil. The basic colouring pencils may be lacking a bit of blending power. You've worked with 3 separate colours on a page but would like to introduce more of a variety in those colours? Have a look at the internet or browse an art store & see what products are out there. There are many artist quality sets of coloured pencils. Most of these blend easily without smudging & their colours are very light-fast. They also cost a pretty penny. If you purchase a set of 24 or less, you are then able to see if they fulfill your expectations before making a large investment. Often stores will let you do a bit of scribbling before a purchase. A set that I enjoy & use quite often for colouring is PrismaColour Scholar pencils. A package of 48 or 60 sell for under \$20. These pencils blend so smoothly! To blend colours you might like to colour one tip of a petal or design red & the other side or end in blue. Lay down your lightest colour first & then your darker colour starting from the other end until you are laying the 2nd colour over half of the first. Your blended part in the middle will become a violet (purple). Here are some more combinations to try red & brown, red & blue, red & yellow, yellow & blue or pink & red. Be sure to lay down your lighter colours first. Stay with lighters strokes at first. Pressing too hard will cause the paper to not accept any more colour. Also try blending your colours with a white pencil or a blender pencil that too can be bought at an art store. Markers come in some very dramatic colours & make excellent outliners. But they can be a little frustrating when trying to fill in large areas. They also bleed through, so be sure to take the page out of your book first & make sure you don't have an image on the back that you also plan to colour. Water colour pencils are another medium that you will want to be careful with. Again take the page out of the colouring book & tape it down (using green painters tape) to a sheet of stiff acrylic, a plastic clipboard or something similar. Colour in the areas & don't start blending until you feel you can handle it with satisfaction. Colour in the areas using your lightest colours first. Go slowly & gently adding water with a brush when you are done. Fill in the lighter colours first so as not to spoil your yellows & pinks. Let dry completely before removing tape. A suggestion to bringing a little more dimension into your colouring: let's say you are working on a tree with leaves quite near to you but some branches with leaves are further away. Use a lighter brighter colour of green for leaves up front & darker green leaves for the branches further away or in the shade. Trees in the background will want to be darkened as well. Enjoy the art in your heart with new combinations during this season.

For questions & comments contact me, Bunny Warner at bwwarner@rogers.com.

March 6th offered a beautiful day of zoning out & enjoying our 'adult colouring' at the Beauty Room. The tea was steeped to perfection as we sipped & coloured. It always amazes me how differently art presents itself in others. We may visually see the same scene but how our artistic minds & hearts translates this onto paper is intuitive & personally presented. Thank you ladies!

If you enjoyed this and would like another session similar to this, let Jessica at the Thamesford Public Library know.

At this point in the year my heart is looking forward to the 2016 Spring Studio Tours. The Oxford Tour will take place on the weekend of April 30 a Saturday & Sunday May 1. 17 locations will be opening their doors to welcome people looking for art to purchase, to wear & to be inspired by from 10am-5pm both days. Many of the studios & creative locations will be featuring more than one artist. Not only will there be a variety of paintings in water colour, acrylic & oil but also look for items like jewellery and the unique gourd sculptures that look as perfect as fine china. There are purses & fabric art that calls to have their fine details inspected & possibly recognized as an item that enhances your personal wardrobe. There are pen & ink works that remind you of places you may have been to & places you may have seen in your daydreams. There are ceramics - yes bowls & cups I'm sure but also slab constructed art. What's the difference between constructed clay items & thrown ceramic works you ask? (No not that kind of thrown!) Rather than explain, I urge you to go out visit these studios & let the artists tell you directly from their artistic hearts. Be sure to pick up a brochure from libraries & many other art promoting locations so that you can plan your weekend. London offers a Studio Tour of more than 20 years. And thankfully this year it runs a couple of weeks before 'our weekend'. It is a wonderful opportunity for the Oxford Artists to visit their 'neighbours' creative displays. More than 30 studios open their doors Fri, April 15, 7-9:30pm, Sat, April 16, 10am-5pm & Sunday noon to 5pm. I look forward to seeing you at my home studio here in Thamesford –Studio #12. Come & share with me some of your artistic inspirations. And as I say every year the weather will be perfect! If it's wet outside you won't be able to work in your garden so enjoy a day of "studio hopping" between the drops of rain. And if the weather is bright and sunny, I can't think of a better way to enjoy a weekend nurturing the art in our heart & home.

Thank you. artworkbybunnywarner@rogers.com.

I hope you received some creative tools this past Christmas to spark the art in your heart. Happy New Year!

It's January and time to open our eyes anew and try a few things. Make a resolution to start seeing the colours in everything around you. Try to appreciate their strength & qualities. Start looking at scenes and not just scenery. Are you familiar with the colour wheel? The colour wheel holds the 3 primary colours, red, yellow & blue. These when mixed allow you to create almost any colour. Then there also are the 3 secondary colours, orange, green & violet (often called purple). These are the result of mixing the primary pairs of colours. What you may not know is that you need 2 colours of red to make your colour wheel, colour mixing work. The cooler magenta red can be mixed with blue to make violet. Cadmium the warmer red is what you need to mix with yellow to make orange. Remember the coloured pencils when you were in school, most sets had the two reds? Scarlett red was the cooler one & poppy red was the warmer. You will want to keep this in mind when making up pallets for paint. Almost all of the

colours have a story to tell. Complementary colours sit on opposite sides of the colour wheel. The basic ones are red to green, yellow to violet and blue to orange. Once you start looking closer at the colour wheel you'll see that there is more than one green or blue or even orange. The colours red & green each have the same strength intensity. Seeing red & green in their basic tone painted beside each other causes your eyes to bounce back & forth. The reason is, with both having the same intensity they fight for your visual attention. Yellow is the lightest colour and purple is the darkest & this pair are complementary colours as well. When you lighten a colour it is called tinting (think of the paint store). For example, if you add the colour red to a container of white paint you are creating pink. If you decide that you would like to darken a colour with black you are then shading it. Be sure to remember when mixing colours of varied strengths to add a little of the darker colour to an isolated bit of the lighter colour on your pallet. Otherwise you will end up getting frustrated & wasting paint. (Can you remember ever trying to make pale blue by adding white to the glob of blue just to see it swallowing the white without a visible change?)

So now I have a challenge for you, "what colour do you get when you mix the complementary colours"? Why not give it a try.

Check in with me next month to see what my art in the heart says is the answer. Have some fun with colours everywhere. I'll confess now that when I open a box of 'Smarties' I still line them up according to the colour wheel and eat the duplicates first & then yes eat the red ones last.

If you have any comments or questions, reach me at bwwarner@rogers.com.