

## ART IN THE HEART

### ART IN THE HEART - February's

It's February, the month of brightly hued hearts! Have you had the time to pursue any creative projects or attempt to learn & master a bit of what your heart finds interesting? May I suggest that you look for inspiration in some of the smaller galleries or art showings in places like London's Wortley Village, Ingersoll's Creative Art Centre, or the Station Arts in Tillsonburg. Go by yourself or with a friend to discuss your thoughts & ideas uninterrupted. Save the large gallery visits as events with children for the next month's March break. In these smaller shops the art posted is usually local and if this still doesn't inspire you, stop in at the library & borrow a few art books to bring home. Is there an artist whose work stirs your artistic heart? Ask yourself what is it, the bold colourstrokes, realistic renderings, dynamic abstract movement, finely balanced lines or does the work convey a particular message? Whether the work is bold & simple or small & particular, it is the art in the creator's heart speaking. Now it's time to make marks of your own! If you don't have one yet, pick up an 8x10 inch sketch book that will also serve as an art journal. You will want this art journal no matter what your medium is. As I mentioned in December's article a few pencils HB, 2B & 4B and a white mars plastic eraser work well together. Watercolour painters, be sure to have a round #2, #7 and a larger flat brush on hand. Remember coloured pencils or markers count as adult drawing tools too. A pad of watercolour paper that is bound around all sides will save you the task of stretching paper. If you plan to work or rather 'play' with oil or acrylic you may want flat brushes instead of round and a couple of 8x10 inch canvases. Ask the clerk at the art store how to care for your brushes. Paints sets don't need to be large to start with. These supplies are only recommendations & can be altered as you see fit. Pallets can be small & simple and purchased from the dollar store for beginners. You'll want to mist the acrylic pallet with water & cover tightly with plastic wrap until you're done. Foil or plastic wrap will save your oil paint pallet. You can mix 'n make a lot of your colours. Find a colour wheel online or in a book & then create your own version in your sketch book for reference. In your journal, start with a basic pencil rendering of what you have in mind. Add descriptions with words to help you remember what you want to convey. When you have something that appeals to you, copy that image lightly onto your canvas or paper block & begin your magic! When done ask yourself, 'is this what I wanted to capture'. Are you satisfied, or maybe you did better than you imagined you would! If you're not satisfied, critique your work or ask a friend with an artistic eye to help you see what's missing or what's not right. If possible fix it & then create something new. Don't toss out the piece you've struggled with but instead date it & save it. Pull it out again after you've worked on a few more creations & you'll easily see how much you've progressed. Recognizing improvement & progress made in your creations is deeply satisfying. I believe 'heart therapy' finishes with art. My own heart's art work has been in designing colouring sheets for birthdays & other occasions this January & February.

Check the Village Voice early next month to see what March has on my drawing board and please feel free to call or email me, Bunny Warner with ideas or questions regarding the Art in Your Heart at 519-295-0054 or [bwwarner@rogers.com](mailto:bwwarner@rogers.com).

Happy New Year!

Wishing you all a year filled with creative endeavours brought forth through the inspirations of the art in your heart!

I am quite excited as I would like to share with you my New Year's resolution from the past year of 2017.

Like many other folk I was tired of the heart ache of 'failure' that develops after the best made intentions for resolutions are accidentally dropped near the end of January. The shards of plans are either totally swept up & disposed of or discreetly shoved under the rug. My resolution-solution was to do one fun thing every month. And if you know me, you know it probably had something to do with creativity. For example, I drew up a pillow colouring project for my granddaughter & then helped her complete it. In November, I was able to help present the TPLAC Gingerbread House workshop. Earlier in the year there was a hue of purple attached to my hair. There were 9 other happenings, some challenging but all were fun once completed. I would like to invite you to do something similar for this year! Feel the satisfaction of having tried something new, something different & something creative all by yourself or with others. And do this throughout the year 12 times. There's no rule that says you can't try a slightly different version of fun in another month. There are so many creative people here within our neighbourhood with so many different talents to explore & share. You may have the voice that 'draws' notes out to the limits of the scale or the ability to 'splash' a white page with unlimited colour as you key creative words onto your laptop.

There is no limit to creativity so for the year 2018 explore & find the art in your heart a month at a time!

Feel free to share any thoughts or ideas with me, Bunny Warner through my email [bwwarner@rogers.com](mailto:bwwarner@rogers.com) as I will share Art in the Heart with you this year.

November is here... and this month you may need to give your artistic heart a little boost. Attend any of the annual arts & crafts shows & sales around & your heart won't miss a beat! These shows will inspire your creative side to unlimited ideas you can design & create for the folks on your Christmas list. Or, you may just find the perfect fit for a gift there.

One of the largest events is the Lucan Craft & Christmas Sale taking place Nov 3-5. Closer to home you can enjoy the Ingersoll Creative Art Centre displaying a wide venue of artistic pieces at the "Deck the Halls" show & sale on Fri, Nov 10, 5pm-9pm and Sat, Nov 11, 10am -3pm. If you missed the event you can still enjoy a 'mini version' of the sale that continues Nov 12-Dec.11, Mon-Fri 9am-12 noon & 1pm-4pm. Thorndale's Community Centre comes alive with the 'Better than the Mall' event Sat, Nov 18, 10-2pm.

Now for folks that have been busy taking richly coloured family photos throughout the year there is still enough time to pull your images together & have a photo book printed. This is a very creative & heartfelt gift for the special folks in your life. Most of these books can be put together from online programs with templates. (You just follow the instructions.) Some of these online photo book printers are Blacks, Shutterfly, Blurb & probably your favourite photo finisher. Your completed book is shipped to you in 7-10

business days. Your first step is to pull together a file of approximately 50-80 photos on your computer. As you look them over is there a theme that you wish to capture? Number them in the order you think you would like to have them assembled. Be sure your selected photos are in focus & weed out any ones with unhappy faces. Do include the ones that make you chuckle or bring back special memories. You can crop & adjust them yourself with a Photoshop or Micro Soft style editing program that you may already have on your computer or you can shift & change the size of photos once they are loaded into the book template. There are many styles, colours & sizes to choose from. Most of the books have minimum of 30 pages that you can add onto. Your photos can be sized to cover a whole page or share the page with other photos. The pages can be dressed in your choice of; text fonts, background colours, designs & clipart. For crafty folk you may decide to assemble an album yourself in scrap book style. Use acid free materials to keep the book(s) in perfect condition. You could also have scans made of these pages & create more than one book. If this book idea seems just a little too much to take on... you can pull together a 2018 calendar with 12 fav photos or just a family/pet Christmas card that will touch the heart of your receivers. Either way, you will have created a piece of art without the pushing of a pencil or dabbing of a brush. If you have any questions or suggestions please reach me at [bwwarner@rogers.com](mailto:bwwarner@rogers.com).