



Celebrating the Art of Making . . .

June 2019

# The Well-Crafted Word

a monthly publication of Del Ray Artisans . . . since 1992

[www.DelRayArtisans.org](http://www.DelRayArtisans.org)

## Art in Meditation – The Chakras

June 6–30, 2019

Opening Reception Friday, June 7, 7–9pm



*Art in Meditation – The Chakras* celebrates the seven energy centers of the body, or chakras, and associated meanings, moods, and colors. Meet the curators and the artists at the opening reception on Friday, June 7 from 7–9pm. *Art in Meditation – The Chakras* runs June 6–30 at Del Ray Artisans gallery in the Colasanto Center, 2704 Mt. Vernon Avenue Alexandria, Virginia 22301. Gallery hours are First Thursday 12–9pm, Thursdays 12–6pm, Fridays 12–9pm, Saturdays 12–9pm, and Sundays 12–6pm. For more information, contact curators Joyce Frank ([jafrankdesign@hotmail.com](mailto:jafrankdesign@hotmail.com)) and Kitty Russell ([kittyerussell@gmail.com](mailto:kittyerussell@gmail.com)).

## Welcome, New Members

- William Cabrera
- Catherine Eick
- Elizabeth Elliott
- Allie Groll
- Melissa Groth
- Pamela Huffman
- Miriam Messina-Gutierrez
- Laura Monroe-Duprey
- Nathan Olsson
- Heidi Vatanka
- Daniel Witmeyer

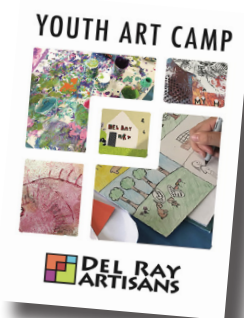
## Sign Up Now for Creative Summer Programs! June 1–August 31, 2019

Join Del Ray Artisans during our Creative Summer Programs. This series, formerly known as Grown Ups Art Camp, has been expanded to include more workshops, classes, demonstrations, and talks, for a wider audience, and a longer period—all summer long! Choose what fits you best from the many exciting and artful events offered for a fun and art filled "stay-cation." More choices will be coming throughout the summer. See the enclosed flyer for the list of classes available now for registration. You can also go to [DelRayArtisans.org/programs/creative-summer/](http://DelRayArtisans.org/programs/creative-summer/)

If you are interested in teaching a class or workshop, giving a talk or even starting an art-related club, email Stacy Rausch at [Programs@DelRayArtisans.org](mailto:Programs@DelRayArtisans.org).

## Youth Art Camp – Registration Now Open

Early bird discount until June 1. Del Ray Artisans invites young campers (ages 8–14) to spend a week creating art with professional artist instruction. All artist supplies are provided. Register for either Week One (July 15–19) or Week Two (July 22–26). Camp is from 9am–3pm daily, with an exhibit of artwork on the Saturday after camp from 1–3pm. Cost is \$300/child until June 1; \$325/child after June 1. Scholarship may be available. For more information: [DelRayArtisans.org/event/art-camp-2019](http://DelRayArtisans.org/event/art-camp-2019)



## In This Issue

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**Fresh Meat Call for Entry**  
**Aug 2–Sept 1, 2019**  
**Entries due Monday,**  
**June 17, 2019**



*Detail of "Fresh Popped Cherry"*  
*by Kurt Peterson*

If you are a new Del Ray Artisans member who joined between January 2018 and May 2019, you are invited to enter three pieces of artwork in *Fresh Meat* FREE. Any current member who recruited a new member between February–May 2019 is invited to enter one piece of artwork FREE. Call for entry: [DelRayArtisans.org/2019/04/fresh-meat-cfe/](http://DelRayArtisans.org/2019/04/fresh-meat-cfe/)

*Fresh Meat* does not have a theme and is the perfect opportunity to showcase any and all styles/mediums of your artwork. For more information, contact curators Kurt Peterson, ([kfpeterson@gmail.com](mailto:kfpeterson@gmail.com)) or Brittany Gabel, ([brittany@bgmixedmedia.com](mailto:brittany@bgmixedmedia.com)).

**Del Ray First Thursday**  
**Unmask Your Superhero!**  
**June 6, 2019**



Del Ray's First Thursday this month is on Thursday, June 6, with the theme "Unmask Your Superhero!" The monthly street festival takes place from 6pm–dusk along Mount Vernon Avenue. Free and open to all. The DRA gallery will be open until 9pm. Bring your dog and stroll Mount Vernon Avenue. At Pat Miller Neighborhood Square, enjoy live music from the Janna Audey Band, plus themed activities. Pets are welcome.

**Final Sacred Feminine Workshop**

**Exploring Flamenco & Odissi, Saturday, June 1, 10:30am–12noon**  
 Explore the beauty and nuance of Odissi (Classical Indian Dance) & Flamenco, highlighting the feminine strength and beauty in each style.

Details at [DelRayArtisans.org/event/flamenco-odissi](http://DelRayArtisans.org/event/flamenco-odissi)

**Art in Meditation–The Chakras Workshops**

**Meditation, Breath, and Sound, Saturday, June 8, 10–11:30am**  
 Using crystal and Tibetan bowls, instructor will lead a soothing asana and breathwork class to prepare the body for sound meditation.

**Chakras Revealed, Thursday, June 13, 6:30–8:30pm**  
 An overview of the primary chakras and how they help in life, especially people in creative fields; then participants will practice asanas.

**Painting the Chakra Energies, Saturday, June 15, 10am–12noon**  
 Participants will use a variety of tools for layering and taking away paint to create works in acrylic that represent the energies of the chakras.

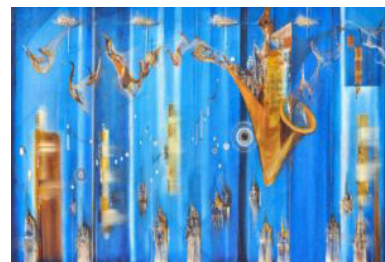
**Releasing Energy Blocks: A Gong Sound Meditation Workshop, Sunday, June 23, 9:30–11am**  
 Begin with an easy breath exercise, then meditation to energize the chakras.

**Chair Yoga and Meditation, Tuesday, June 25, 7–8:30pm**  
 Balance body and mind in a mostly seated 75-minute yoga practice.

Register at least three days in advance at [DelRayArtisans.org/event/chakras](http://DelRayArtisans.org/event/chakras)

**High Note Call for Entry**  
**September 6–29, 2019**  
**Entries due Sunday, August 11, 2019**

*High Note* will explore the connections between music and the mind. Music has a profound influence on us, shaping the way we feel and think. We often associate music with major life events. Familiar melodies can unleash powerful memories, transporting us in space and time. What does your mind "see" when you hear music that is meaningful to you? *High Note* is open to all area artists and juried by Britt Conley, a visual soundscape artist who paints and draws music, its physics, sound shapes, and concepts from her studio at the Workhouse Arts Center.



*"Into the Blue"*  
*by Britt Conley*

Call for entry: [DelRayArtisans.org/2019/05/high-note-cfe/](http://DelRayArtisans.org/2019/05/high-note-cfe/)

## CALL FOR ENTRY: 2020 EXHIBIT PROPOSALS

We are now accepting proposals for 2020 exhibits:

[DelRayArtisans.org/2019/05/proposals-2020/](http://DelRayArtisans.org/2019/05/proposals-2020/)

Deadline is July 1, 2019

### Artwork Receiving Procedure: A Few Changes

If you've had artwork in any recent exhibits, you may have noticed that we've made a few changes to the process. Here's how the improved procedure works:

- Station One (NEW): DRA representative checks hanging requirements.
- Station Two: Artists pick up and affix temporary artwork tag(s).
- Station Three: Artists check membership and pay any exhibit/Art-to-Go fees. DRA representative reviews/approves Art-to-Go entries.
- Station Four: Artists sign up for the required three-hour volunteer shift.
- Station Five (NEW): Artists fill out Art-To-Go tags, if necessary. (Artists also have the option of filling out Art-To-Go tags online and printing the tags at home. If you are accepted into an exhibit, the curator will send a link to the online form to do this step before you come to the gallery for drop-off.)

### June 20 Spirit Night at McDonald's

On Thursday, June 20, from 4–7pm, celebrate Spirit Night at the MCD Mateos McDonald's, located at 1000 North Henry St. in Alexandria. Have a bite to eat and participate in Del Ray Artisans' collaboration with the Mateos family McDonald's to bring art to the community and introduce McDonald's patrons to Del Ray Artisans. There will be small pieces of affordable art for sale.



For any questions, contact Mila Mateu ([Volunteers@DelRayArtisans.org](mailto:Volunteers@DelRayArtisans.org)).

### Urban Sketchbooking, Sunday, June 9, 2–4pm

Meet at Nectar Cafe (106 Hume Ave, Alexandria) on June 9 at 2pm for the final Urban Sketchbooking meetup. This event operates on a drop-in basis, so there is no need to register in advance. Bring your supplies and join us to produce still life, figure, or architecture subjects in your sketchbook. Participants will put their skills into practice, then reconvene for a review of finished works. The fee is \$8 for members/\$10 for non-members. For more information: [DelRayArtisans.org/event/urban-sketchbooking-8](http://DelRayArtisans.org/event/urban-sketchbooking-8)



## Interview with Joyce Frank, Curator of *Art in Meditation*

### What exactly are the chakras?

“Chakra” means “wheel” in Sanskrit and you can think of the chakras as seven wheels of energy in the body. Each chakra has a symbol associated with it, and a color, and each has a different spiritual focus. There is a chart explaining the chakras posted on the DRA website, and we will have it available as a handout during the show. Our own Nancy Ramsey will present a workshop on painting the chakra energies and David Kosar of the yoga community also plans a workshop.

### What made you think of doing a show about the chakras?

I know how active both the arts and yoga communities are in Del Ray and I thought it would be nice to have an exhibit that would bring them together. I love the idea of doing a meditation surrounded by art of the chakras.

There are several workshops planned to do that – a gong sound meditation with Monique Durfuss, a chair yoga meditation with Kay Sidahmed and a breath and sound meditation with Dante Baker.

### Tell us about the other events you have planned for the show.

We will have an opening reception on June 7 and another reception on June 21 to celebrate the summer solstice and the Well Ray event the next day.

We plan to have booths at First Thursday and Well Ray with chakra-themed art for sale, and we will also have an “art-to-go” market in the gallery for the run of the show.

We’re looking forward to an exciting month and hope you can join us!





Nicholas A. Colasanto Center  
2704 Mount Vernon Avenue  
Alexandria, VA 22301-1124  
703.838.4827 DelRayArtisans.org

#### Gallery Hours:

Thursday: noon-6 pm  
First Thursday:  
(April-Sept.) noon-9 pm  
Friday: noon-9 pm  
Saturday: noon-9 pm  
Sunday: noon-6 pm

**Submission Deadline:** 15th of the month  
Editor: Newsletter@DelRayArtisans.org

Del Ray Artisans, founded in 1992, is a nonprofit organization whose mission is to promote art for the benefit of artists and the community.

## 2019 Board of Directors

- **Drew Cariaso, President**  
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- **Kim Joy, Past President (Advisory)**  
PastPresident@DelRayArtisans.org

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- **Marlin Lord, Community**  
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- **Brittany Gabel, Curating**  
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- **Kurt Peterson, Facilities**  
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- **Dale Spivey, Technology**  
Technology@DelRayArtisans.org
- **Milagros Mateu, Volunteers**  
Volunteers@DelRayArtisans.org
- **Suzan T. Ok, Youth Programs**  
Youth@DelRayArtisans.org

## Calendar

More information at: [DelRayArtisans.org/calendar/](http://DelRayArtisans.org/calendar/)

### June 2019

- 1 Flamenco & Odissi Workshop, 10am-12noon
- 1 Painting Flowers / Cut Paper Workshop, 2-5pm
- 2 **GWW SHOW: Re-Connecting Threads** at VCA Alexandria Animal Hospital ends
- 2-September 29 **GWW SHOW: Uncommon Alexandria** at VCA Alexandria
- 2 *Sacred Feminine* artwork pick up, 6-8pm
- 2-3 *Art in Meditation* artwork drop off
- 6 First Thursday (open until 9pm)
- 6-30 **SHOW: Art in Meditation**  
Curators: Joyce Frank & Kitty Russell
- 7 Photos in the Garden Workshop, 9am-1pm
- 7 Opening Reception, 7-9pm
- 8 Meditation, Breath, and Sound with Dante Workshop, 10-11:30am
- 8 Painting Flowers / Cut Paper Workshop, 2-5pm
- 9 Life Drawing, Gesture, 9:30-11:30am
- 9 Nature Journaling in DRA's Garden, 1-3pm
- 9 Urban Sketchbooking at Nectar Cafe, 2-4pm
- 10 Partners in Art, 2-4pm
- 11 Board Meeting, 7-9pm
- 12 Life Drawing, Short/Long Poses, 2-5pm

### June 2019 (continued)

- 12 Life Drawing, Long Poses, 6:30-9:30pm
- 13 Chakras Revealed Workshop, 6:30-8:30pm
- 15 Painting the Chakra Energies Workshop, 10am-12noon
- 15 Painting Flowers / Cut Paper Workshop, 2-5pm
- 16 SmartPhone Photo Workshop, 10am-12noon
- 16 Macro Photography Workshop, 1-4pm
- 17 *Fresh Meat* entry deadline
- 18 Partners in Art, 7-9pm
- 20 Del Ray Artisans Spirit Night at McDonald's, 4-7pm
- 21 Summer Solstice Reception, 7-9pm
- 22 Well Ray Neighborhood Festival, 9am-1pm
- 23 Releasing Energy Blocks - Gong Sound Meditation Workshop, 9:30-11am
- 23 Crystal/Gem Earrings Workshop, 5-7:30pm
- 25 Chair Yoga & Meditation Workshop, 7-8:30pm
- 26 Life Drawing, Short/Long Poses, 2-5pm
- 26 Life Drawing, Long Poses, 6:30-9:30pm
- 27 Wire-Wrapped Rings Workshop, 6:30-9pm
- 28 Mixed Media Mandalas Workshop, 7-9pm
- 30 Sketchcrawling in the Summer, 2-5pm

**Join or renew your Del Ray Artisans membership today!**

Visit [DelRayArtisans.org/membership/](http://DelRayArtisans.org/membership/) for details.

## Other Key Contacts

- **Anna Sherlock, Office Manager**  
Gallery@DelRayArtisans.org
- **Monica Hokeilen, GWW Curator**  
GWW@DelRayArtisans.org
- **Kathy Stoner, Newsletter Editor**  
Newsletter@DelRayArtisans.org
- **Dawn Wyse Hurto, Web Curator**  
WebCurator@DelRayArtisans.org

Visit [ArtsEventsAlexandria.com](http://ArtsEventsAlexandria.com) for performing and visual arts happenings in Alexandria. Del Ray Artisans is a member of Alexandria Convention & Visitors Association and Alexandria Arts Forum, who make possible this website. **Special thanks** to the City of Alexandria, Alexandria Commission for the Arts, Virginia Commission for the Arts, and National Endowment for the Arts, for their continued support of DelRay Artisans, a 501(c)(3) organization.





## CREATIVE SUMMER PROGRAMS

JUNE 1 - AUGUST 31, 2019

Register at [DelRayArtisans.org/creative-summer](http://DelRayArtisans.org/creative-summer)

Del Ray Artisans  
2704 Mt Vernon Avenue  
Alexandria, VA 22301  
703-838-4827

Join Del Ray Artisans during our Creative Summer Programs, and schedule your own "stay-cation" this summer with artful workshops! Please register at the gallery or online at least 3 days in advance of the workshop.

\*\*\*\*\*

### PAINTING FLOWERS WITH CUT-PAPER

June 1, June 8, and June 15 from 2-5pm (3-weekend class). Instructor: Tina McCoy

\$85 Del Ray Artisans member / \$95 non-member

Learn how to create a beautiful flower painting using commercial and hand-painted papers.

\*\*\*\*\*

### PHOTOS IN THE GARDEN

June 7 from 9am-1pm. Instructor: Lori Lankford

LOCATION: Meet at River Farm Gardens at 9am, 7931 E Boulevard Dr, Alexandria, VA 22308

\$65 Del Ray Artisans member / \$75 non-member

In this class we will take a photowalk looking for patterns, textures, reflections, shadows, architectural details, plants, insects and more. Students must bring their own camera.

\*\*\*\*\*

### NATURE JOURNALING IN DEL RAY ARTISANS' GARDEN

June 9 from 1-3pm or August 17 from 10am-12noon. Instructor: Margaret Wohler

\$40 Del Ray Artisans member / \$50 non-member; Supply fee: \$20 for field art kit or bring own supplies

You will learn about and observe the plant structures and pollinators as we draw. You will also learn how to set up a field sketch page and methods to learn about natural subjects through drawing.

\*\*\*\*\*

### SMARTPHONE PHOTOGRAPHY

June 16 from 10am-12pm. Instructor: Lisa McBride

\$15 Del Ray Artisans member / \$25 non-member

Learn to use the camera that's always with you and go beyond taking a simple snapshot to creating a photograph that is an artistic expression unique to your vision.

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### MAGIC OF MACRO PHOTOGRAPHY

June 16 from 1-4pm. Instructor: Lori Lankford

\$75 Del Ray Artisans member / \$85 non-member

It doesn't take magic to get a great macro photograph. In this workshop students gain an introduction into the world of macro photography. Participants will need to bring a fully charged camera. All cameras are welcome, however some techniques are only applicable with a digital camera.

\*\*\*\*\*

### MAKE CRYSTAL AND GEMSTONE EARRINGS

June 23 from 5-7:30pm. Instructor: Kate Gibney

\$30 Del Ray Artisans member / \$40 non-member; Supply fee: \$10

Learn how to make earrings for yourself or as a gift, using a wide variety of semi precious gemstones and crystals with your choice of metal base (all hypoallergenic).

\*\*\*\*\*

### WIRE-WRAPPED RINGS

June 27 from 6:30-9pm. Instructor: Kate Gibney

\$30 Del Ray Artisans member / \$40 non-member; Supply fee: \$10

Learn to use wire cutters, chain nose and round nose pliers in combination with wire and semi-precious loose stones to make a one-of-a-kind wire wrapped ring. All materials are included. What you make in the class is yours to take home!

## CALLING ALL INSTRUCTORS

If you are interested in teaching a class or workshop, give a talk or even start an art-related club, email Stacy Rausch at [Programs@DelRayArtisans.org](mailto:Programs@DelRayArtisans.org).

Supported in part by:





## CREATIVE SUMMER PROGRAMS

JUNE 1 - AUGUST 31, 2019

Register at [DelRayArtisans.org/creative-summer](http://DelRayArtisans.org/creative-summer)

Del Ray Artisans  
2704 Mt Vernon Avenue  
Alexandria, VA 22301  
703-838-4827

### MIXED MEDIA MANDALAS

June 28 from 7-9pm. Instructor: Jackie Tury

\$45 Del Ray Artisans member / \$55 non-member; Supply fee: \$15

Take a moment to relax, center yourself and create a beautiful mixed media mandala. You will be led in a brief guided meditation and short discussion before creating your own mandala.

\*\*\*\*\*

### SKETCHCRAWLING IN THE SUMMER

June 30, July 28, **and/or** August 25 from 2-5pm. Instructor: Joan Bickelhaupt

\$12 per session Del Ray Artisans member / \$15 non-member

Sign up for one, two, or three sessions to practice quick interior or exterior drawings done in one sitting. The facilitator will suggest different compositional approaches to sketching in ink, pencil, or watercolor. Each session has a different focus: June 30 is Documentary Drawing; July 28 is People and Motion; and August 25 is Color Media.

\*\*\*\*\*

### ZINES FOR TWEENS

July 1 from 7-8:30pm. Instructor: Stephanie Morse

\$30 Del Ray Artisans member / \$40 non-member; Supply fee: \$5

This workshop is perfect for the young adult wanting to tell their story! We'll learn how to make a fast and easy zine and spend time on how to effectively use that layout to tell short stories or, even better, jokes. For ages 9-15.

\*\*\*\*\*

### THINKING IN 3D (SCULPTURE)

July 6 from 10am-1pm. Instructor: Jonathan Ottke

\$55 Del Ray Artisans member / \$65 non-member; Supply fee: \$15 for Plaster or Vermiculite or \$35 for Soapstone

Learn basic sculpting techniques carving in soapstone or plaster and vermiculite. You will sketch an idea to picture what it will look like; then sculpt (using tools such as knives, rasps and saws), sand and finish the artwork.

\*\*\*\*\*

### MAKE PHOTOGRAPHIC ART

July 13 from 10am-12noon. Instructor: Lori Lankford

\$45 Del Ray Artisans member / \$55 non-member

Students will learn both shooting and editing techniques to really make your summer photos pop. Experience using an art lens, freelensing, the effects of water, adding texture and much more. The class will include instruction, in studio shooting experience and a wrap up editing session. Students must bring a digital camera.

\*\*\*\*\*

### CREATIVE REALITIES

July 13 from 2-3:30pm. Instructor: Seth Yavit

\$30 Del Ray Artisans member / \$40 non-member; Supply fee: \$5

Instructor will share philosophies pertaining to creativity, art, and self-expression that were developed from interactions with people who are dealing with thought disorders. These creative, expressive, and art-related philosophies will offer new ways to look at creativity.

\*\*\*\*\*

### CREATIVE IDENTITY: THE ART OF AFFIRMING YOUR INNER CREATIVE

August 22 from 6:30-8:30pm. Instructor: Sharon Burton

\$35 Del Ray Artisans member / \$45 non-member

Do you ever question if you are "really" a talented artist or creative? Do you feel that you have an inner artist or creative inside but need help coaxing it out? During this interactive workshop, we will explore our core beliefs about being creative, address our negative self-talk as creatives, learn the benefits of affirmations, and how to create our own affirmations.

### CALLING ALL INSTRUCTORS

If you are interested in teaching a class or workshop, give a talk or even start an art-related club, email Stacy Rausch at [Programs@DelRayArtisans.org](mailto:Programs@DelRayArtisans.org).

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Title	First	M.I.	Last

Phone		
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**Indicate committees on which you will serve to meet your 12-hour per year volunteer commitment:**

- |   |                                     |  |
|---|-------------------------------------|--|
| <input type="checkbox"/> Administrative | <input type="checkbox"/> Gardening  | <input type="checkbox"/> Shows                   |
| <input type="checkbox"/> Archives       | <input type="checkbox"/> Grants     | <input type="checkbox"/> Volunteers              |
| <input type="checkbox"/> Communications | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Website                 |
| <input type="checkbox"/> Facilities     | <input type="checkbox"/> Outreach   | <input type="checkbox"/> Anything DRA needs      |
| <input type="checkbox"/> Financial      | <input type="checkbox"/> Programs   | <input type="checkbox"/> Other, special talents: |
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If you have any questions, please email the Membership Director at: [Membership@DelRayArtisans.org](mailto:Membership@DelRayArtisans.org)

## Membership Categories and Benefits

Additional member benefits listed online