



# Art News

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October 2008

Vol. 6 No. 3

Central Massachusetts Chapter/Women's Caucus for Art  
[www.centralmasswca.org](http://www.centralmasswca.org)

## ***"Exhibit: H2O" CMWCA Fall show to be hosted by Fitchburg Access TV***

CMWCA's Fall invitational exhibition titled "Exhibit:H2O" will open on November 12 and continue through a date in January (to be announced) at Fitchburg Access Television, 175 Kimball Street, Fitchburg.

The station is an independent, non-profit organization that operates the public access channels on Fitchburg's cable television system. Its white-walled corridors will provide a background for the chapter's exhibit for the third consecutive year.

Artists and their work will be featured in a cable broadcast during the opening reception on November 12 from 6 p.m. to 9 p.m.

"Rocks" - black and white photo  
by Patsy McCowan to be shown in  
Exhibit:H2O at FATV studio



## ***National WCA Board meets in Washington, D.C.***

**By C.M.Judge National Liaison**

This summer a dynamic National WCA Board of Directors meeting was held in Washington, D.C. Imagine a personal tour of the Art and Architecture of the Capitol led by Vice President for Chapter Relations and Capitol Curator, Barbara Wolanin; a meeting with Susan Fisher Sterling, Director of the National Museum of Women in the Arts; and a potluck gathering at our new national WCA president, Marilyn Hayes' home with members of the WCADC chapter - and that describes the first day of the agenda.

The overarching energy and enthusiasm that coalesced during the Board development exercises was the bubbling to the surface of a deep collective yearning for WCA to take an activist approach to art and society.

Central to this mission is creating exhibitions and educational opportunities that allow women's creativity to be seen and experienced as life-altering, community enhancing and world sustaining. A desire to see us collectively embrace our creative vision by reaching out to one another to tackle issues of our day is seen as paramount to harnessing our most vital energy.

In practical terms, we honor and thus bring attention to women who have dedicated their lives to creative practice by our annual Life Time Achievement awards held during the national conferences. The International Committee Chair, Pricilla Otani, represented WCA (our organization is a NGO) for the United Nations' meeting in Paris

**Continued on page 3**

## PRESIDENT'S MESSAGE

Life is pretty stressful these days: the bad economy, the war in Iraq, the presidential race, the upcoming holidays, etc.

It's easy to see why so many people are stressed out and unhappy and it's also easy to fall into that same endless pit of despair yourself.

However, according to some articles that I've read recently, there is a vaccine for stress and unhappiness. It's called Gratitude.

One article that I read described how Robert Emmons of the University of California at Davis conducted a study on gratitude with a group of college students. He asked half of the group to write lists of things that they were thankful for. He asked the students to work on their gratitude journals daily for several weeks. The other half of the group were told to just write down their random thoughts.

At the end of the study Emmons found that the students who kept the gratitude journals were happier, healthier, and more alert than the students that only jotted down their random thoughts. His conclusion was that no matter what circumstances people find themselves in, their levels of happiness, good health, and self confidence were increased just by expressing gratitude.

An interesting aspect of this study was the fact that students who thought that they were better off than others and focused on having more material possessions (new cars, better jobs, etc.) were actually less happy than those who focused on the people and things they were thankful for.

Instead of listening to news programs about all the bad stuff happening in the world today, I'm going to jump on the Gratitude Bandwagon. I've purchased a new journal and have begun writing my daily gratitude lists. I encourage you to try it as well.

*Catherine Rogers*

Here are a couple of links to articles about gratitude which you may want to read:

*Make a Gratitude Adjustment*

<http://health.msn.com/health-topics/mental-health/articlepage.aspx?cpdocumentid=100136641>

*The Benefits of Gratitude and Being Thankful*

[www.associatedcontent.com/article/444850/the\\_benefits\\_of\\_gratitude\\_and\\_being.html?](http://www.associatedcontent.com/article/444850/the_benefits_of_gratitude_and_being.html?)

## SPEAKING OF BOOKS..

### **Lucinda Hawksley's *Lizzie Siddal: Face of the Pre-Raphaelites* (Walker & Company, New York)**

*by Judith Ferrara*

When I see the painting *Ophelia* (1852) by John Everett Millais at the Tate Britain, I am suitably impressed with its technical bravado. It is one of the best examples of what I call "in love with death" in art. There, floating amid the lush vegetation, is the drowned Ophelia (c.f. Shakespeare's *Hamlet*). *Ophelia* is one of the most accomplished of the Pre-Raphaelite paintings and made its model, Lizzie Siddal, famous.

Lizzie took up with, modeled for, and painted with the hot new group of young handsome and frequently poverty-stricken painters who named themselves the PRB (Pre-Raphaelite Brotherhood). However, Hawksley does not focus on the PRB or the movement in art history, but on the tall, thin, red-headed shop girl living in gritty Victorian London, who becomes enamored with painter and poet Dante Gabriel Rossetti.

Lizzie does end up a suicide like Ophelia, but her journey to that point is a compelling study in gender politics. Hawksley's success is that, by the end of the book, I came to understand Rossetti's motives, and also how Lizzie managed to live a life on the fringe, while manipulating him and being manipulated by him. AND, this book has one of the most shocking endings I have ever read. Now, when I read a poem by Rossetti, it will never be the same.

For a full review of this book and three others, visit my website [www.paletteandpen.com](http://www.paletteandpen.com), click on Judy's Journals, September 2008.

### ***ATC News* by Louise Parmenter Hammerman**

For the August 1 "Free Choice" exchange, we had 11 participants. Enthusiastic traders sent in quite a variety of cards. It was exciting to see what each person created.

Kathy Freeburn made arrangements for us to hold an ATC workshop at the Lake View Congregation Church in Worcester in the evening of Sept. 21. We were a small group gathered to make "My Favorite Body Part" cards and share our newly tried techniques. In between the cutting, pasting and conversation, all enjoyed the pot luck "body part" foods which included, finger sandwiches, black-eye pea salad, cheese curls, and spinach rounds....ahem. I would like to hold another ATC workshop this fall but would like the input of date and place from the membership before scheduling.

As a reminder, if all your cards are identical, you should number them as you would an edition, i.e., 1/6, 2/6, etc. Also, regarding my last email and ACEOs (Art Cards Editions and

Originals), I am suggesting that you put "for trade only" or "not for sale" on the back of your cards, as WCA groups are traders only.

Again, for our annual exhibit at FATV we are asking CMWCA members to make an ATC for a group arrangement, in the "H20" theme. This year the framed card grouping will remain as a gift to FATV. It would be nice if each member would find time to create a 2.5" x 3.5" vertical format card, keeping any embellishments flat due to framing the cards under glass.

ATC dates:

Oct. 25, FATV H2O cards

Dec. 1, CMWCA *Wrapped* or *All Tied-Up*

See our web site for more information: [www.centralmasswca.org](http://www.centralmasswca.org) or email me:

[parmen-hammer@comcast.net](mailto:parmen-hammer@comcast.net) or [parmenhammer@yahoo.com](mailto:parmenhammer@yahoo.com)

CMWCA cards to:

L. Parmenter Hammerman, 90 Turnpike Road. Westminster, MA 01473

## NEWS AND NOTES

### From Jan Queijo

One of my canine portrait quilts is featured in the August issue of **Bark Magazine**. Nellie, the original cover dog of this magazine, was the pet of the magazine's founders. She died in July 2007, and there was a story about her in the magazine. I worked from that original cover photo to create the quilted likeness (below). The owners of **Bark** called me from Berkley, CA to thank me and tell me they would feature it in the August 2008 issue.



I have started holding small pet portrait quilting classes in my home studio. Students have created dog, cat and goat projects.

I will be holding a pet portrait quilt workshop for the Material Girls Quilt Guild of Leominster, MA this November. I will be featured as the quilt artist of the month, January 2009, at the Charlton Sewing Center, Charlton, MA. The building is a very old church with extremely high ceilings, and the quilts are hung throughout the second story for the month of January.

There will be a reception on a Sunday during the month, date to be determined.

### Julia R. Berkley

will be exhibiting her fabric collages in two locations this fall. Sept. 15 - Oct. 16, her "Abstract Works in Fabric on Canvas" were shown at 51 Walden, a performing arts center in Concord, MA.

From Oct. 4- November 2, several of her more nature-oriented pieces will be part of the annual Fiber Arts Show at Handworks Gallery of American Crafts in Acton, MA.

**Jacqueline Ross** jacart3@townisp.com will participate in "a body of work" by the Blackstone Printmakers: Lisa Barthelson, Nina Fletcher, Mary Keefe, Kathy Murray, Karen Nunley, and Jacqueline Ross to be shown Sept. 12 - Oct. 10, 2008.

An artists' reception, featuring refreshments and music, was held, at the Aurora Gallery at ARTSWorcester, 660 Main Street, Worcester, MA.

The Blackstone Print Studio was founded with the desire to create a printing space for artists in the Greater Worcester community.

### From Donna Conroy

Kathy Freeburn and I have joined several women from around the country doing a theme "charm" exchange sponsored by the NH WCA chapter. Each month we receive a charm necklace to which to add our charm, and this round will be completed within nine months

We started with our theme and then sent it on to the next person on the list, my next theme was "Cats/Dogs" and now I'm working on "Fairies." It's fun and keeps the creative juices flowing!!

Kathy's theme is "Angel on My Shoulder" and mine is "Bad Girls." Look at that angelic face!!



### **National WCA Board...**

**from page 1**

In September -- \$1,100 was raised from the Sustaining Our Environment postcard show which was donated to the Energy Future Coalition, an entity associated with the United Nations. Thanks to those of you who participated from our chapter.

The 2009 WCA National Conference is being planned by members throughout the U.S. and has been warmly embraced by the Southern California chapter. It promises to be a lively and inspiring time. A number of us from CMWCA will be attending February 25 through March 1st. Sharing a room makes it all more fun and affordable. Buy your tickets now; escape the bitter cold and join us for an amazing time... this is one WCA event you won't want to miss! Los Angeles is a great art city... come see for yourself!

## MEMBERS' CORNER

*By Donna Conroy  
Treasurer / Membership*

Welcome to our newest member:

**Carlotta Miller of  
Worcester, MA**

And returning member:  
**Loretta C.R. Hubley of  
Nashua, NH**



## EDITOR'S NOTE

When you send in information for the newsletter, it would be most helpful if you use Microsoft Word. Please don't double space between paragraphs. Only one space after a period.

Material sent in by the deadline is greatly appreciated. Let's hear about your art adventures.

*Alice Avery Struthers*

**astruthers1@comcast.net**

Because of the very late submission of news, some material is no longer timely.

Deadlines are important.

*Editor*



"Turbulence off the Point"  
pastel by Alicia Drakiotos to be seen  
at the FATV show

**E-Mail Newsletter**  
Distributing the newsletter in  
a new way will open up many  
possibilities for design and  
color. Members without  
e-mail will receive the letter  
in the usual way.

## WOMEN'S CAUCUS FOR ART -- MEMBERSHIP 2008

(Memberships cannot be prorated)

### MEMBER INFORMATION

NEW  RENEWAL  Change of name/address or other information

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_  
ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_  
Professional Area:  Artist  CAA Member  Art Educator  
 Art Admin.  Other \_\_\_\_\_

### CENTRAL MASS CHAPTER plus NATIONAL DUES ARE \$45.00

(You must pay WCA National Dues in order to belong to the Central Mass chapter)

Additional Chapter Memberships Available with CMWCA Membership

NH \$15.00 \_\_\_\_\_

Boston \$20.00 \_\_\_\_\_

National \$30.00 \_\_\_\_\_

Mail completed form along with your check for \$45.00 to:

Donna M. Conroy Membership Director CMWCA  
49 Fairmont Ave., Worcester, MA 01604-3013

*Deadline for next newsletter is January 15th, 2009.*



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

### COMING EVENTS

#### "Exhibit: H2O"

Opening on November 12, 2008  
FATV Studio, 175 Kimball Street  
Fitchburg, MA  
6 - 9 p. m.

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"Whales Tales," fabric,  
by Cindy Walter  
To be shown in Exhibit:H2O

*First edition of the e-mail newsletter*

**The Women's Caucus for Art**, founded in 1972 in connection with the College Art Association (CAA), is a national member organization unique in its multi-disciplinary, multicultural membership of artists, art historians, students, educators, and museum professionals.

**2008**