



## *Letter from the President—Gary Rupp*

As an artist, I have always been fascinated with color. Recently, I found a video called “How Colors Affect You: What Science Reveals”. The impact it had on me was so profound I encouraged my family to watch it during Christmas vacation! The lecturer told how research shows we can discern more shades of green than any other color; yellow is the most easily seen color (think school bus and taxi cab); and blue is literally the world’s favorite color (but put blue in food items and it immediately becomes the most negative color).

All the findings were interesting, but what had greater impact on me was the connection researchers are discovering between color and our emotional life. In 1998, Armenia experienced a devastating earthquake leaving 30,000 children orphaned. To help these kids recover from this trauma, counselors implemented an art therapy program. What they found about color and human emotions was profound. The children were given a variety of colored paints and colored papers and asked to paint what they wanted. Surprisingly, they all picked only white paper and black paint. Even the sun in their paintings was a black sun. When the therapists removed the white paper and black paint as an option, the kids refused to paint. They just sat. Their world could only be expressed in black, white and greys.

Fortunately, as their recovery from trauma continued, more and more colors returned to their drawings. This study is considered a landmark in illustrating the powerful connection of our emotional lives with color. Simply stated it means color matters. As pastel artists, we have a unique opportunity to explore, arouse and excite viewers with the colors of our art. Come and join us as we color our world!

*Gary*

Gary Rupp, APS President

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**The APS general meeting is scheduled every second Saturday of the month: Jan, Mar, May, July, Sept, Nov, from 10 am - 12 pm**

**Any interested in pastel are welcome.**

# Appalachian Pastel Society

**March 10, 2018 Meeting**

**10 a.m. – 12 noon**

**Grace Community Church**

**495 Cardinal Road, Mills River, NC 28759**

**There is no fee to attend the morning event. [Open to the public]**

## **APS presents—Diane Pike, “Seeing and Painting Beyond the Obvious”**

Painting is about organizing what we see. Much of what we see is filtered through preconceived notions. Claude Monet said, “To see we must forget the name of the thing we are looking at.” This workshop will show you ways to simply see the world in its pure form, just one shape of color next to another.



In the morning I will talk about how I see objects by color and shape as I determine and sketch my composition. I will lay in the first shapes and demo how I begin a painting.

### *The afternoon workshop will continue with—Seeing and Painting Beyond the Obvious*

In the afternoon, we will all paint. Artists should come with several strong photos to paint from. I will help select the best one to use for each artist. Artists will do 3 or 4 quick sketches and then begin their paintings using of the sketches. I will help each artist individually throughout the afternoon session.



## **Workshop: 1pm to 4pm...**

**To register go to [www.appalachianpastelsociety.org](http://www.appalachianpastelsociety.org)**

**Diane Pike...”Seeing and Painting Beyond the Obvious”**

*Continued from Page 2*

***Diane Pike:***

Diane moved from Boulder, Colorado to North Carolina in December of 2008. She has a BA in Fine Arts from the University of Northern Colorado and was a graphic designer for 10 years in Denver, Colorado.

Whether Diane is looking at pure nature, man’s imprint on the land or the aftermath of Mother Nature’s impact on the landscape—it comes down to light and color creating shape. Recently her focus has created a marriage between two key areas in her paintings—her passion for color and her love of graphic design.

Diane paints full time and teaches painting classes at Ciel Gallery in Charlotte. Diane also teaches several workshops a year—Texas, New Mexico, Alaska, North Carolina and Ireland have been recent plein air workshop locations.

Signature Member Pastel Society of Colorado

Signature Member Plein Aire Artists of Colorado

Member Piedmont Pastel Society of North Carolina

*...for more information about Diane, please visit her website, <https://dianepike.com/>*

***Workshop participants are encouraged to register early to save a place...***

☞ In addition to your photos, don’t forget to bring your pastels, pastel paper, easels, and a drop cloth.



**DIRECTIONS TO APS MEETINGS AT GRACE COMMUNITY CHURCH**

495 Cardinal Road, Mills River, NC 28759

From I-26, take Exit 40 for the Asheville Airport. Drive 3.3 miles on NC-280W/Airport Rd. passing the Asheville Airport. Turn right on Cardinal Drive, between the Land Rover dealer and Grace Church (up on the hill). Turn left at the top of the drive into the church parking lot.

Go to the left side of the building to the green awning entrance. Refreshments will be served. Bring a friend!

## *Artist of the Month — Will Evans*



Will grew up on a small farm in Syracuse, New York. He was inspired by the natural beauty of the Adirondacks and travels to New Mexico, Coastal Maine and Europe.

After graduation from Syracuse University with a degree in Architecture, he and his wife, Grace, moved to Charleston, South Carolina where he established a practice specializing in historic preservation.

Their travels often crossed through the Blue Ridge Mountains,

specifically Asheville where they moved in 2013 upon their retirement.

Will's University training included sketching, sculpture and various mediums, however, he selected pastel as a way to capture the beauty surrounding them. He eventually, as a member of APS took a week long course from Elizabeth Mowry and met amazing members, travelled, read, watched videos and started painting.



His goal is to reflect what he sees in the tranquil beauty, lighting and shapes of the landscape that inspires him every day.

*Artist of the Month — Will Evans*

*Continued from Page 4*



"If I were called upon to define briefly the word Art, I should call it the reproduction of what the senses perceive in nature, seen through the veil of the soul." — Paul Cezanne

# 2018 APS Juried Member Exhibition



<http://www.appalachianpastelsociety.org/>

**2018 APS JURIED MEMBER EXHIBITION**  
August 26 – October 1  
Grace Centre Gallery, Mills River, NC

### Mark your calendars...and start painting!

Watch your e-mail and the APS website for future details and the prospectus!



“Conviction” by Robbins Richardson  
1<sup>st</sup> Place, 2016 APS Juried Member Exhibition

**Juror:**  
**Luana Luconi**  
**Winner**

□□□□

**Online Entries**  
**Open: 4/2/18**

□□□□

**Deadline: 7/1/18**

□□□□

**Acceptance sent:**  
**8/6/18**

□□□□

**Full details by**  
**mid-February at**  
**www.appalachian**  
**pastelsociety.org**

**ACCOMPANYING**  
**PASTEL WORKSHOP**  
August 23-24, 2018  
Hendersonville, NC

LDCC\* with Luana Winner

\*(Line, Design, Color,  
Composition)

Applications Open mid-Feb

# 7th Annual NC Statewide Juried Pastel Exhibition

## ON COMMON GROUND: 2018

Pastel Paintings from the Mountains to the Sea  
The 7th Annual North Carolina Statewide Juried Pastel Exhibition

The Art Shop, Greensboro, NC

The three Pastel Societies of North Carolina invite you to be part of the 7th Annual Statewide Exhibit.

The Pastel Society of North Carolina will host our Sister Societies in Greensboro, NC for this beautiful display of the best of our state's pastel artists!

Members of any of the three Societies may enter.

Appalachian Pastel Society;  
[www.appalachianpastelsociety.org](http://www.appalachianpastelsociety.org)

Piedmont Pastel Society;  
<https://piedmontpastelsociety.org>

Pastel Society of North Carolina;  
[www.pastelsocietyofnc.com](http://www.pastelsocietyofnc.com)

### Important Dates:

- **January 13, 2018**  
Call for entries begins midnight at [www.onlinejuriedshows.com](http://www.onlinejuriedshows.com)
- **March 4, 2018**, by midnight  
Entries due at [www.onlinejuriedshows.com](http://www.onlinejuriedshows.com)
- **April 8, 2018**  
Notification to artists
- **May 19**  
Reception and Awards Ceremony
- **May 11 - June 12**  
Exhibition Dates

### Liz Haywood-Sullivan PSA-MP, IAPS/MC

**Our esteemed Juror and Judge will be Liz Haywood-Sullivan.**

Liz is a representational landscape artist dedicated to the pastel medium. Her award-winning paintings are defined by light, atmosphere and graphic compositions, which often feature the interplay between man and the environment. In 1996, she left the design world to follow her passion for fine art and since then has worked as a professional artist, art educator, and arts advocate. Liz was the third president of the The International Association of Pastel Societies (IAPS) from 2013 to 2017. During her tenure she managed three Biennial IAPS Conventions and twelve Juried Exhibitions. She serves on the Board of Advisors for The Pastel Journal and continues as a board member of IAPS. Liz's paintings are collected worldwide and have also appeared in art magazines around the world. She appears in numerous books, including authoring *Painting Brilliant Skies and Water* (Northlight Books 2013).



## 👤 *New Members—New Art Exhibit* 👤

Something new is happening at the Appalachian Pastel Society.

**New members are invited to exhibit one painting in a group exhibition at the membership meeting on Saturday, May 12.** This lively one-day event will be an opportunity to welcome new members to APS. A guest speaker, including recommendations for entering art shows, is also planned. A call for entries will be released early March and include the criteria for being included. This will be a non-juried show and new members are encouraged to participate.

A non-juried exhibition open to all APS members will be planned for 2019. For additional information, contact Anne Allen, [annekallen@gmail.com](mailto:annekallen@gmail.com).

## *News of APS Members*



**Kathy Amspacher** was voted Artist of the Year for 2017 by members of the Art League of Henderson County at their recent Christmas Luncheon held at the Hendersonville Country Club.

Amspacher's lovely pastel landscape "River Calm" was selected as viewer's choice over the other previous Artist of the Month winners at Art League exhibits throughout the year. The painting was inspired by a photo taken from her sailboat while cruising the Waccamaw River in South Carolina. She draws

inspiration from the words, "Look – look – look – lookin out my backdoor", an old John Fogarty song. Amspacher states: "Just as he may have looked out his back door for loads of inspiration, so will I use his line as my totem for art". In addition to the Artist of the Year Award, Amspacher's painting "River Calm" has been juried into shows in Maryland, North Carolina, and South Carolina.

**Alec Hall's** painting, "Morning Light", won Viewer's Choice in the always popular January "Miniatures" exhibit hosted by the Art League of Henderson County.





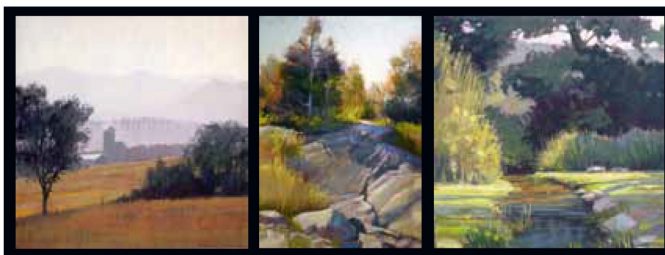
## Upcoming Workshops & Classes

The Pastel Society of North Carolina is proud to present

**Liz Haywood-Sullivan** PSA-MP, IAPS/MC  
Workshop, Lecture, & Demonstration



### Mastering Values in the Pastel Landscape



**Workshop • May 16 - May 18, 2018 (Limit 14)**

Hours: 9am - 4pm (Wed, Thurs, Fri)

Through a variety of different daily underpainting exercises we will hone your ability to identify proper values and how to use them to create different shapes, volumes and compositions. Each day will start with a demonstration and there will be plenty of individualized instruction.

**Cost of Workshop: \$375**

**Lecture • Saturday, May 19, 2018 (Limit 40)**

Hours: 10am - 12pm

Liz Haywood-Sullivan will be discussing the business of art. Covering such topics as gallery representation and other means of selling art, weekend exhibits, commissions, advertising, framing, pricing, websites, networking and other business topics.

**Cost for Lecture: \$20**

**Lunch will be included if you sign up for both the lecture and the demonstration.**

**Demonstration Saturday, May 19, 2018 (Limit 40)**

Hours: 1pm - 3:30pm

Both the workshop and demonstration will focus on one of the primary building blocks of any successful landscape painting-Value. You have always heard how important value is in representational painting, and this is an excellent opportunity to really focus on how to make it work for you.

**Cost of Demonstration : \$40**

**Registration begins on January 15 at 12 noon.**

**To register go to [www.pastelsocietyofnc.com](http://www.pastelsocietyofnc.com)**

Liz-Haywood Sullivan PSA-MP. IAPS/MC, is a representational landscape artist dedicated to the pastel medium. Her award-winning paintings are defined by light, atmosphere and graphic compositions, which often feature the interplay between man and the environment. In 1996, she left the design world to follow her passion for fine art and since then has worked as a professional artist, art educator, and arts advocate. Liz was the third president of the The International Association of Pastel Societies (IAPS) from 2013 to 2017. During her tenure she managed three Biennial IAPS Conventions and twelve Juried Exhibitions. She serves on the Board of Advisors for The Pastel Journal and continues as a board member of IAPS. Liz's paintings are collected worldwide and have also appeared in art magazines around the world. She appears in numerous books, including authoring *Painting Brilliant Skies and Water* (Northlight Books 2013), recently translated into Chinese. Liz teaches nationally and internationally, along with judging and conducting demonstrations for numerous art organizations.

***Location:***

**The Art Shop**

3900 West Market Street • Greensboro, NC 27407

## Upcoming Workshops & Classes

# ART Club

TUESDAYS 1:30 to 3:30



with deborah Kidwell  
experienced in drawing, pastel and painting

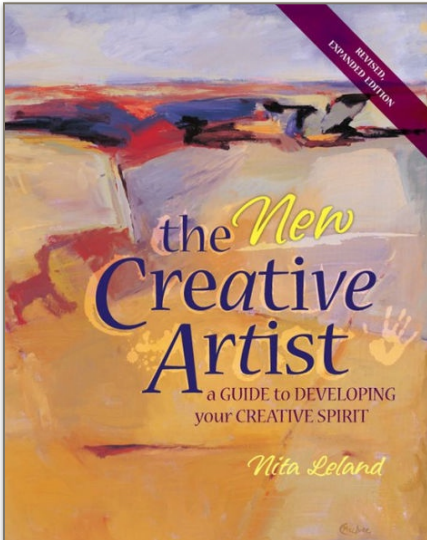
*Would you like some help with an art project?  
Do you enjoy being in the company of friends?  
Then, come any TUESDAY \$10.*

meets @ Broad Street Wine

30 South Broad Street, Brevard NC

Info. 770.301.8990

## From the APS Library



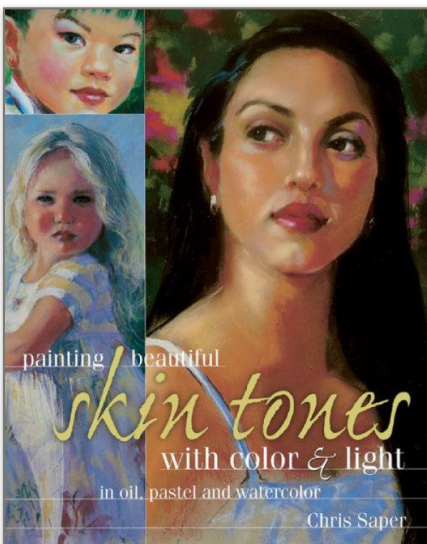
### The New Creative Artist by Nita Leland

#### Play, Experiment and Discover the Creative Artist within!

Choose to be creative! Artist and teacher **Nita Leland** believes that creativity lives in everyone, from the novice artist to the professional. Develop and strengthen your natural curiosity, flexibility, independence and playfulness, and become the artist you want to be. Inside this updated and expanded edition of Nita's bestselling *The Creative Artist* are over 110 fun activities to exercise your creative muscle:

- ♦ Explore what drives you by creating an autobiographical collage
- ♦ Jot down ideas for projects and techniques and place them in a jar for random retrieval when you need a jumpstart
- ♦ Target "dull" subjects and find ways to make them interesting
- ♦ Push your creative boundaries by trying new methods and media: paper crafts, Japanese brush painting, creative quilting, inventive photography, grown-up finger painting, monotype and more

Nita's exciting, enlightening instruction - plus inspiring art from 100 other fine artists and crafters in every medium - will coach you to creative success!



### Painting Beautiful Skin Tones with Color & Light by Chris Saper

#### You can paint realistic skin tones that glow with life!

Learning how to capture such quality has never been easier. Inside you'll find guidelines for rendering accurate skin tones in a variety of media, including watercolor, oil and pastel.

You'll begin with a review of the five essential painting elements (drawing, value, color, composition and edges), then learn how light and color influence the appearance of skin tones. Artist **Chris Saper** provides the advice and examples that make every lesson and technique easy to understand—immediately improving the quality of your work. You'll discover how to:

- ♦ Paint the four major skin color groups (Caucasian, African American, Asian and Hispanic)
- ♦ Refine these colors into dozens of possible variations within each group
- ♦ Select your palette and mix hues for clean, beautiful colors
- ♦ Determine the color and temperature of light that falls on your subject
- ♦ Paint direct and indirect sunlight, artificial light and highlights of light
- ♦ Master the four elements that determine color in shadow
- ♦ Use photographic references when you can't paint directly from life

You'll also find seven step-by-step demonstrations and an appendix of sample color charts for each major skin type under a range of lighting variations. It's all you need to bring your portraits to life!

## *Plein Air Out Painting*

*Attention* all you plein air and would be plein air artists. April is fast approaching and its once again time to get out our easels and pastels and head to the out of doors. Our first venue will be at Beaver Lake. The date is **April 14<sup>th</sup>**. The starting time will be **9:00 or whenever you arrive**. We can use the bathrooms at the library. You will need to walk there. Parking is North of the Lake or South of the lake at the Bird Sanctuary. You can bring a lunch if you would like. Anyone new to this can see how we set up and paint and hopefully will join in. You are welcome to stay as long as you like. Beaver Lake is North on Merrimon Ave.



If anyone is interested in giving a demo please let Nancy Clausen know. Or if you have any questions you may email me at [nancy@clauseninstrument.com](mailto:nancy@clauseninstrument.com).

Hope to see you at Beaver Lake on April 14th.

## *Your Own Webpage for only \$30*

Did you know that as an APS member, you can have your own webpage on the APS Website?

For only \$30 (one-time charge...no yearly fee), you can have a page that will link from your name in the Membership List. If you already have your own website, we can put a link on this page that will direct people to your website.

Updates to this page can be made for \$15...but otherwise there is no additional charge.

For details...and to see pages already in place, go to the APS website ([www.appalachianpastelsociety.org](http://www.appalachianpastelsociety.org)), and click on the "Member Directory and Gallery" tab at the top of any page.

Information about how to have your own page is above the membership list.

If you have questions, contact the APS Webmaster...

Kay Gordon, APS Webmaster, [kgordon@main.nc.us](mailto:kgordon@main.nc.us), 828.206.0240

## *APS Officers and Board Members*

### **OFFICERS:**

**President:** Gary Rupp, garyruppart@gmail.com

**Vice President:** Will Evans, pineconelodge@gmail.com

**Secretary:** Catherine L. McCarty, clmpastelist@gmail.com

**Treasurer:** Alec Hall, alechall801@gmail.com

**Immediate Past President:** Sparky Nelson, sparkynelsonpaints@gmail.com

### **BOARD OF DIRECTORS:**

2019 NC Statewide Show: Suzy Hart, mailto:appalachianpastelsociety@gmail.com,  
Cathyann Burgess, cathyannburgess@gmail.com

2018 APS Member Show: Kay Gordon, kgordon@main.nc.us,  
Alec Hall, alechall801@gmail.com

2017 APS National Show: Zoe Schumaker, zoe\_schumaker@yahoo.com

Membership: Suzy Hart, appalachianpastelsociety@gmail.com

Communications: Bobbie Kelsten, appalachianpastelsociety@gmail.com

Programs: Karen Chambers, karenpaints@hotmail.com

Public Relations: Cindy Shulman, cshulman19@gmail.com

Non-juried Shows: Anne Allen, annekallen@gmail.com

Nominating: Nancy Clausen, nancy@clauseninstrument.com

Hospitality: Sheryl Daniels, stdaniels@embarqmail.com

Paint Outs: Gary Rupp, garyruppart@gmail.com,  
Nancy Clausen, nancy@clauseninstrument.com

Library: Anne Allen, annekallen@gmail.com

Newsletter: Christine Robinson, harpnhu@charter.net

Website: Kay Gordon, kgordon@main.nc.us

## Appalachian Pastel Society Membership Application

DATE \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Alt Telephone \_\_\_\_\_

E-Mail \_\_\_\_\_ Website \_\_\_\_\_

Renewing Member \_\_\_\_\_ New Member \_\_\_\_\_

Artist \_\_\_\_\_ Art Supporter \_\_\_\_\_

**Committee Interests (How you can help):**

Exhibitions \_\_\_\_\_ Programs \_\_\_\_\_ Hospitality \_\_\_\_\_ Telephone \_\_\_\_\_ Newsletter \_\_\_\_\_ Website \_\_\_\_\_

Membership \_\_\_\_\_ Clerical \_\_\_\_\_ Workshops \_\_\_\_\_ Other \_\_\_\_\_

**Awards/Experience/Comments:**

\_\_\_\_\_  
\_\_\_\_\_

**Skills:** (Media/Teaching/Computer/Photography/Clerical/Organization/Leadership/other)

\_\_\_\_\_  
\_\_\_\_\_

**What are your expectations of APS?** (How can we best serve our membership?)

\_\_\_\_\_

**How did you learn about APS?** Newspaper \_\_\_ Magazine \_\_\_ Web \_\_\_ Friend \_\_\_ Other \_\_\_\_\_

Please include a check made payable to "APS" in the amount of \$25 for membership for one year. You can also submit a digital form and pay with PayPal or credit card on our website, [www.appalachianpastelsociety.org](http://www.appalachianpastelsociety.org) If you don't submit a digital form, please print and mail this form. Thank you!

*[APS membership year starts September 1<sup>st</sup>.]*

Send to: Bobbie Kelsten, Membership Chair, 10 Flaxen Ln., Asheville, NC 28803

More information: contact Bobbie at: [appalachianpastelsociety@gmail.com](mailto:appalachianpastelsociety@gmail.com) (828) 274-3578