Strathmore®
ARTIST NEWSLETTER

VOLUME 20 | ISSUE 2 | SPRING 2022

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MAIN FEATURE

Spirit Of The Sunflower

By Carolyn Gavin

Keep your face to the sunshine and you cannot see the shadow. It's what Sunflowers do.
Helen Keller

Hello, my name is Carolyn Gavin and I'm an artist from Toronto, Canada.

I love painting flowers, nature, animals, and abstracts. Flowers in all shapes and sizes inspire me and I'm constantly trying to perfect the art of simplification and trying to encapsulate the true spirit of whatever flower I'm looking at. To add meaning to the work makes it more interesting and gives it depth. In this case, the subject is the Sunflower.

continued

Sunflowers have always been special to me. They represent warmth, beauty, strength and resilience. I have, however, always found them too difficult to paint. When I learned that they are Ukraine's national flower, I found myself intrigued and wanted to get over my issue with them.

I didn't know this but they are a highly productive and major agricultural export of Ukraine. Here's a little bit of history – back in June 1966, Sunflowers were planted in a ceremony at a Ukraine missile base to mark Ukraine giving up Nuclear weapons.

They have quickly become a symbol of resistance but also peace. Their exuberance and lively form represent the antithesis of destruction. They have become iconic. I had to paint them. So here is a bit by bit demonstration of "Sunflower with hands", for peace in Ukraine.

I don't typically sketch out paintings but for this one, I wanted to get it right. I needed a sketch to emphasize the large scale of the flower with small hands below. The contrast in size was important.

STEP 1

I've always believed in using the best materials possible. Your work can only improve and be the best if you do so. In this case, a slightly textured toothy sheet by Saunders Waterford was the best option. Cold pressed, 100% cotton, acid free, archival. Size 10 x 14" I sketched out my vision with the lightest pencil possible and I was ready to go.

STEP 2

Using a very large size 21 brush, I lay down the yellow watercolor using the side of the brush to start. I'm not a traditional watercolorist by any means, and don't start off with the lightest layer possible. Just a medium tone of Cadmium Yellow deep will do just fine for the first layer. Painting the larger areas first and putting down the base color helps with getting your composition right. Not focusing on details just yet is an important first step. I used wet on wet for the middle and just paint on the brush for the petals.

continued

STEP 3

Keeping it loose and light, I add a brown pigment as I'm going along for some contrast and texture. At this point I added a Sap Green to the middle and bit of Yellow Ochre to the yellow watery petals.

STEP 4

I started next on the leaves and stem with Sap and Terre Verte Greens, plus yellows for limey tones. By this point I'm using softer watercolor brushes.

"If I were a flower, I would be a Sunflower. To always follow the sun, turn my back to darkness, stand proud, tall and straight even with my head full of seeds.

-Pam Stewart"

continued

STEP 5, LAST STEP

Now comes the fun. Using an ink pen with a nice tip, I add the black ink details on top of the almost dry paint. I draw in the hands holding the flower and add fine lines for detail. In this case I also used bit of light brilliant pink in the petals and Cobalt Turquoise light blue for the leaf lines and a few spots on the flower. White dots add the finishing touch for a bit more interest and texture. There is some bleeding with the ink on the paint and this is a nice surprise, all adding to the finished piece for "peace".

Thanks for following along!
~ Carolyn

ABOUT THE ARTIST:

Carolyn Gavin is a painter, Illustrator, and designer based in Toronto, Canada. A flower child of the 60's, Carolyn grew up in South Africa, left to travel and relocated to Canada where she currently lives with her family. Carolyn works in Mixed media using acrylic, gouache, watercolor, pen and ink, oil pastel, and pigment. Finding inspiration in travel, florals, exotic color, and pattern, Carolyn makes sure her life is filled with beauty and creativity.

See more of Carolyn's work and process:
Instagram: @carolynj
Website: www.carolyngavin.com

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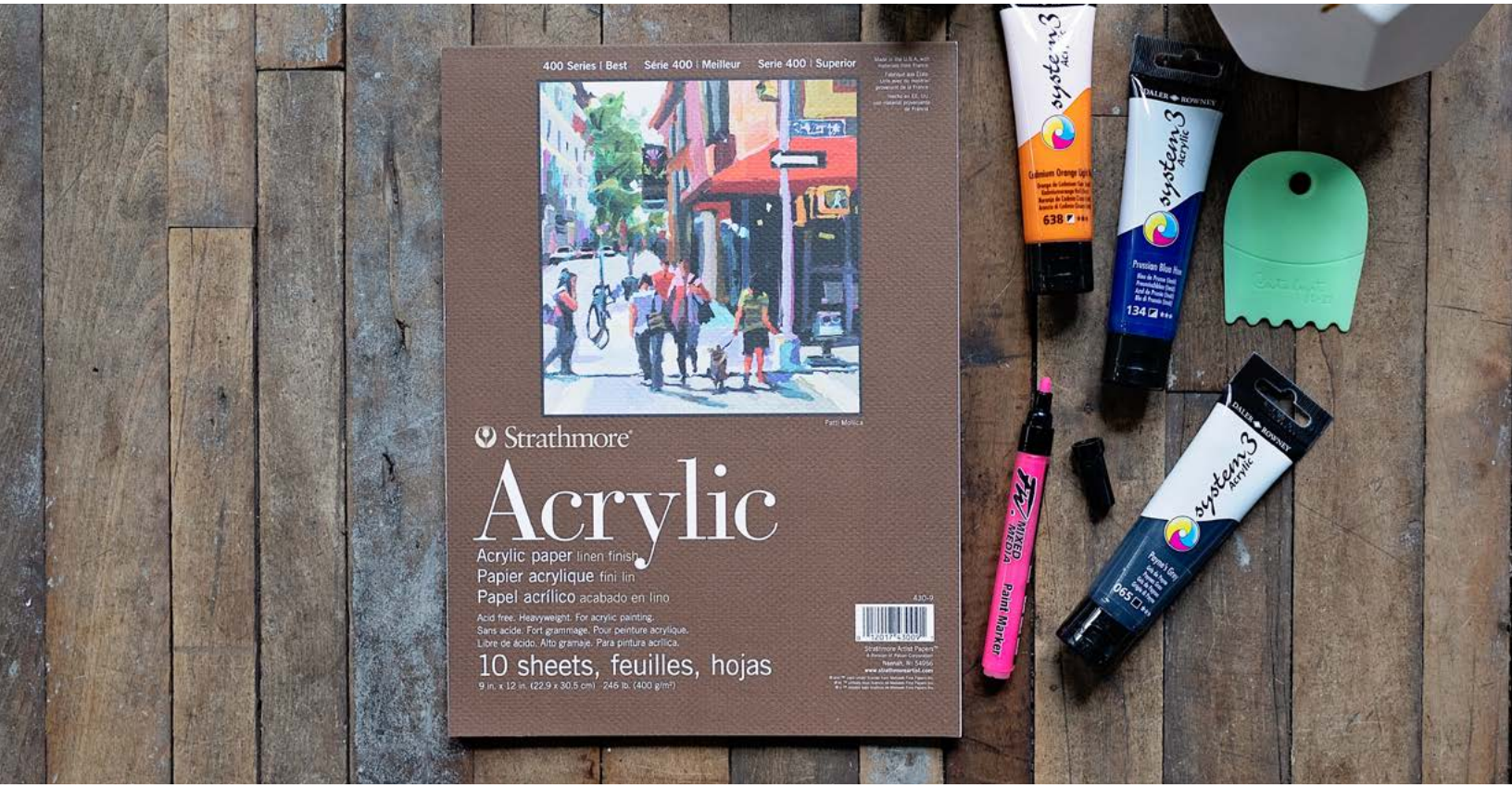
400 Series
ACRYLIC PAPER



400 Series Acrylic paper is an extra heavyweight sheet that has a classic linen finish to mimic the surface of traditional canvases. It's perfect for acrylic painting and is a convenient alternative to canvases. Pads are glue bound with flip-over covers that allows the sheets to tear out cleanly.

- Linen Finish
- Heavyweight
- 246 lb. / 400 gsm
- Acid Free

Strathmore 400 Series Acrylic Paper is available in the following sizes:

6 x 6"	9 x 12"	12 x 12"	12 x 18"	18 x 24"

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3 COMMON HABITS THAT COULD BE DAMAGING YOUR BRUSHES

A high quality brush can last many times longer than a poorly made one, so many artists consider it a worthwhile investment to spring for brushes that won't need to be replaced every other week. But no brush is invincible, and far too many of us have developed some bad habits that shorten the lives of our brushes.

To get the most out of your supplies, *check out this guide from Princeton Brush Company* on cleaning your brushes and watch out for these all-too-common habits that can cause permanent damage.

PRINCETON ARTIST BRUSH CO.™

Strathmore 2022 ONLINE WORKSHOP SERIES

Join us for Strathmore's **FREE** 2022 Online Workshops!

Strathmore's Online Workshops feature free video lessons and downloadable instructions created by experienced artists. Follow along in the online classroom as instructors guide you through various art topics. After a lesson is released, it remains on the site for viewing the rest of the year.

Share all the fun on *Instagram* **and** *Facebook* **using #StrathmoreWorkshops**

Workshops start March 7 and continue through December 31, 2022

WORKSHOP 2

Joyful Watercolor - Finding Your Style

Instructor: Shayda Campbell

Start Date: May 2, 2022

Join Shayda Campbell in this joyful and inspirational series focused on both watercolor education and play. While filling the pages of a watercolor sketchbook with practice illustrations, floral compositions, watercolor techniques, and finished pieces, Shayda will help you feel confident, calm and creative in your art-making journey.

LEARN MORE & SIGN UP

WORKSHOP 1
Easy Breezy Beach Art with Acrylics

Instructor:
Ashley Krieger

All Workshop 1 Videos Available Online Now!

Acrylics are a remarkable permanent, rich, colorful, versatile, and adaptable medium that gives artists endless possibilities. Get started with acrylics as you paint some simple beach art.

SEE THE VIDEOS

WORKSHOP 3
Sketching & Drawing - The Foundation of All Art

Instructor:
Brandon Schaefer

Start Date:
August 1, 2022

Discover the world of sketching and drawing; the foundation of creating any type of art. Learn the fundamentals, which will help you grow in confidence while deepening your knowledge and understanding of sketching & drawing.

LEARN MORE about Workshop 3

WORKSHOP 4
Art Journaling 101

Instructor:
Jordan Clark

Start Date:
November 7, 2022

Learn the basics of art journaling to strengthen your ability as an artist. Use a variety of mediums to make beautiful illustrations, sketchbook pages, and postcards.

LEARN MORE about Workshop 4

Join us for our free workshops at: **strathmoreartist.com/artist-studio**

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ARTIST FOCUS

Interview with Shayda Campbell

Who are you and what do you do?
My name is Shayda Campbell, and I'm a Canadian artist and YouTube content creator. I share two videos a week encouraging adults to get creative and my video tutorials typically involve watercolor painting, drawing or journaling.

How and when did you get into art?
I can't remember a time when art wasn't a part of my life. Some of my earliest memories are coloring at the kitchen table. I would dedicate myself to massive crayon projects and go through stacks of paper (my dad brought scrap computer paper home from the office for me). I had a real need to be creative and I found crafting and drawing very exciting.

How has your practice changed over time?
My art practice has changed as much as I have! It's grown with me throughout my life. I was a super creative kid, always painting, decorating my playhouse, crafting costumes, making cards and gifts for friends and family; I took so much joy in being creative. But in high school I got serious about my pencil sketching and I let myself and my art practice be ruled by this desire for perfection. Art became stressful and predictable, and after high school I stopped drawing and painting altogether. During my twenties I only got creative once in a while, and it was always a practical matter, like doing the chalkboards at work or making a birthday card for a friend. Then, around my 30th birthday, I felt a desire to be more creative. I was going through some mental health struggles at that time, and I just felt like trying new things, learning, creating, and sharing online. I got some library books and began with candy making, leather working, knitting, and furniture refinishing. I shared all of it on my blog which later became *my YouTube channel.* At that time, I also decided to try making art again and chose to focus on watercolor painting because it had always scared me. Now my art practice is rooted in my childhood love of crafting, drawing, and trying new things. I love to grab a book from the library and learn a new creative skill or build on an existing one.

What's the best piece of art advice you've been given?
Read Shayda's answer and see the rest of the interview as well as more of her artwork ***HERE.***

Strathmore 2022 ONLINE WORKSHOP SERIES

LEARN MORE

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NEW ARTIST SPOTLIGHT

Welcome to **"New Artist Spotlight"**. This feature provides us with an opportunity to share the work of artists we love who you may not know about yet. This edition we meet **Lena Noble,** a self taught artist who creates realistic still lifes and animal portraits in oil, charcoal, and graphite. You can explore more of Lena's work using the links at the bottom to her Instagram and website.

LENA NOBLE

Lena Noble is a self - taught artist who was born in Ukraine and immigrated to USA in 1998. She has an MA from Moscow State University of Culture and Arts in piano. She studied music, but painting and drawing was always big part of her universe. Seven years ago it became her second profession.

Her favorite subjects are still life and animals. She works in oils, charcoal and graphite, mostly in small to medium format, and she is inspired by realistic representational artists - old masters and modern ones.

For the past few years her focus has been on fine art pet portraits. She works in a realistic style, trying to capture not only the likeness, but the very soul of an animal.

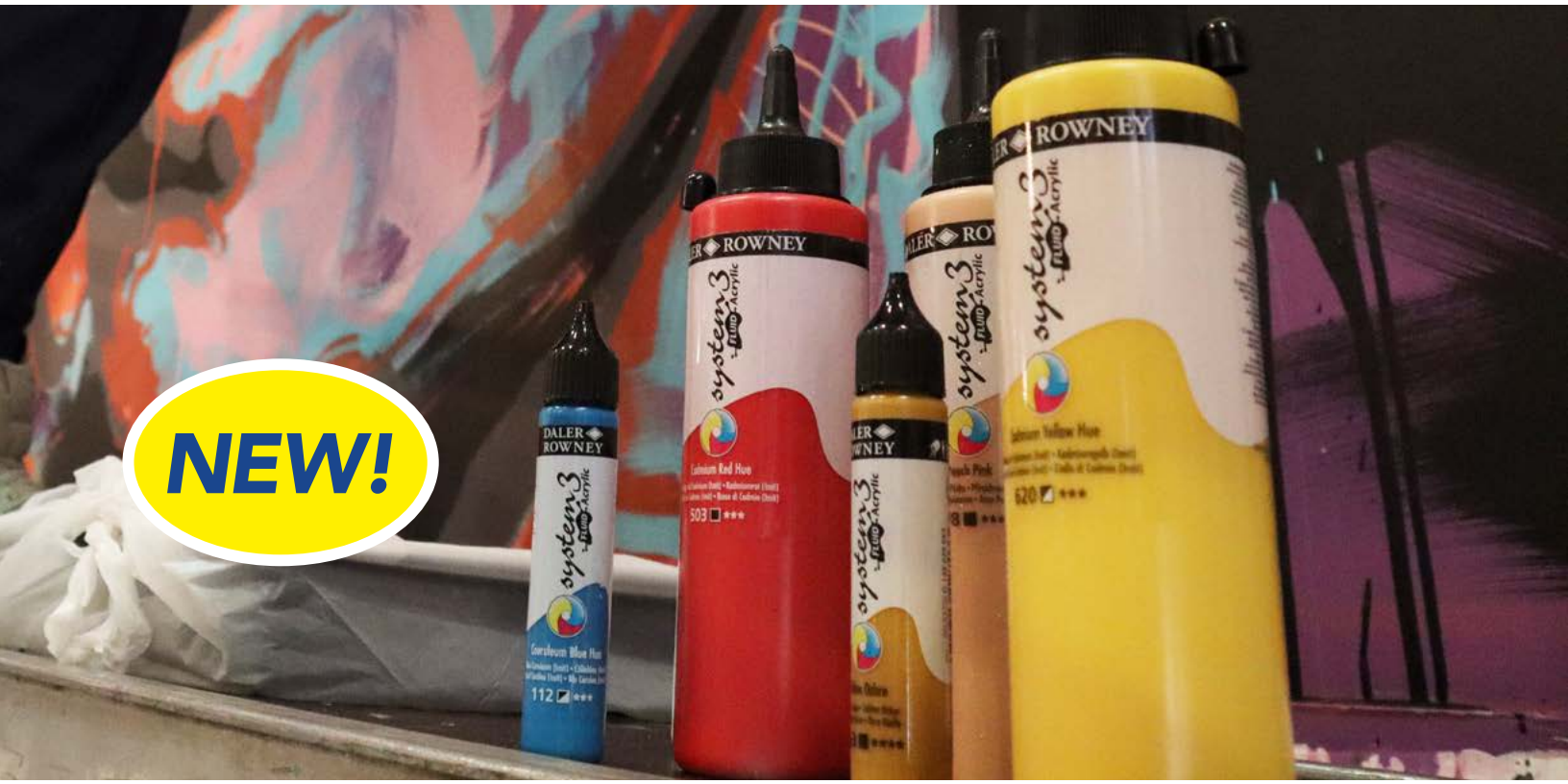
Studying music professionally helped her develop appreciation of beauty and art in general and gave an understanding of importance of discipline and everyday practice in creating art.

Moving to inspiring Paris for a few years gave her that final push to start realizing her dream of becoming a professional artist.

Recently she has become a member of Oil Painters of America.

She currently lives and works in Lake Oswego, Oregon.

See more of Lena's work here:



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with System3 Fluid Acrylics

System3 Fluid Acrylic is a high flow formula ideal for pouring, dripping, and all liquid art techniques. All colors are compatible with the colors within System3 Acrylic, System3 Heavy Body, and System3 Inks offering a full suite of viscosities to cover all acrylic techniques. Great coverage making it perfect for murals and other large surface area applications.

- 27 vibrant fluid acrylic colors
- Available in 29.5ml, 250ml & 500ml
- Made in England
- Made with genuine pigments so colors are permanent and lightfast
- Ideal consistency for liquid art techniques including pouring & dripping
- System3 Acrylics: a complete range of acrylics across all techniques and viscosities

CLICK HERE to learn more

system3 FLUID Acrylic