



Blue Heron Chapter of the Sumi-e Society of
America

Blue Heron News

January 2023

Announcements: 2023 Chapter Meetings

- **January 15** — Dues (\$20.00) are due at the January chapter meeting (1/15).
- **January 19 - 24** — Titustown (Paul Street Gallery): drop off up to 2 paintings.
- **January 20** — Pagoda Garden: Pick up paintings from 10:00am to 12:00pm.
Note: Afterwards, we will go to Bangkok Garden for lunch.
- **January 21, 22** — Suffolk Art Gallery: Pickup paintings from 10:30am to 4:30pm on 1/21; or 1:30pm to 4:30pm on 1/22.
Note: You will have to pick up paintings yourself if you did not give formal permission for someone else to pick them up for you.
- **February 3** — Titustown (Paul Street Gallery) reception from 5pm to 8pm.

Date	Time	Location	Program
January 15, 2023	2-4 PM	Kempsville Christian Church	Rose Burroughs, <u>Nutty</u>
February 3, 2023	5-8 PM	Paul Street Gallery	<u>Sumi-E and Bonsai Exhibition Reception</u>
March 19, 2023	2-4 PM	Kempsville Christian Church	MinhChau Truong, <u>Bamboo and Pine in Sumi-E</u>
April 16, 2023	2-4 PM	Kempsville Christian Church	Mike Lane, <u>Waterfowl</u>
May 21, 2023	2-4 PM	Kempsville Christian Church	Donna Wynn, <u>2024 Calendar Selection</u>

Messages from the Board

Chapter Co-Presidents:

Betty and Mary Ann

Dear Blue Heron Members,

"If you have creative work, you don't have age or time." Louise Nevelson

This quote makes sense for artists like us. Sumi-e painting keeps us young. Sharing our art with family, friends, and those who view our exhibitions is a gift of love. When we paint, our ages of experience inspire us, and we fall into Zen moments when age and time do not exist. Have you ever painted and forgotten what was cooking on the stove or an appointment? Have you forgotten everything but the act of painting?

For 2023, we hope you get lost in Sumi-e painting. May you experience the joy of sharing your art with others. Stay creative! Be young! "Live the Dash" from January 1 through December 31, 2023!

Blue Heron Members' Opinions Tallied

At the December meeting members completed a survey that will guide the board in selecting activities for the chapter. The results showed the strongest interest in a free/discounted Zoom class by a master Sumi-e artist. Continuing to have painting exhibitions was also widely supported. In January the Board will meet to review and consider all the suggestions from the survey. If you missed the meeting and would like to give input, contact Mary Ann Matika or any board member to receive a survey with your suggestions to better our chapter. The officers and board want to listen to you!

Calendar Chair:

Donna Wynn

Hello Blue Heron Members!

We finished our year strong with the calendar! We had an original order of 25 and sold them all quite quickly. We then ordered another 20, and we have only two left. We did gift one to Joan Lok during the workshop and one to Madalyn at the Pagoda. She was thrilled. (By the way, she was given one many years ago and loved it. She was so happy to receive one for 2023!)

Now we turn our attention toward the 2024 Calendar. Can you believe it is time to start

thinking about that already? So, as the new year approaches, please be thinking about your next submission for the calendar. Our final mounted paintings will be due for selection at the May meeting. Remember, 2024 is the year of the dragon. So you have a little over four months to paint something ... you can do it!

Let's keep our attention on the process of Sumi-e painting and see what we can all come up with. Perhaps some of you may want to try to paint with just ink. Let's all set a goal for the new year to see just how creative we can be for our next calendar.

This project has been the pride of our group for so many years. I am so proud to now be the Calendar Chairman following in the steps of many wonderful past chairmen who put their heart and soul into this project. Remember, I am here if you have any questions or concerns--just reach out!

Where to Go Looking for Your Next Inspiration

Gail Goodman and Cathy Peyton

Sometimes there is only a simple thing that is holding you back from getting down and excitedly starting to paint. I don't know how many times I have heard the sigh: "What should I paint?" An important aspect to Sumi-e brush painting is the "ch'i" of the brush that translates from you to your work. Your energy and enthusiasm will transmit from you--down your arm and into the brush. We have compiled a "go to" reference in a variety of venues; all are online, so let's get started!

Nan Rae:

is a creative, compassionate left-handed, Chinese brush painting artist. She believes "that by simplifying your art you become more, not less." She has authored a book "*The Ch'i of the Brush*," available on Amazon. Her brush painting developed through making greeting cards. She was enthralled with the simplicity of the brush, used especially for greeting cards. That characteristic took her to dive deeper into brush painting. She has a huge volume of YouTube videos on all subjects, with lots of flowers to choose from. Or you might want to start with "PBS-Things Green," which is an introductory instruction on painting tools and brush loading. She is a professional artist, schooled in Western watercolor painting, but Asian brush painting opened a window of joyful spontaneity for her.

Liziqui:

This young lady is a Chinese video blogger, entrepreneur, and internet celebrity known for creating food and handicraft preparation videos in her hometown of rural Pingwu Country, North Central Sichuan Province. She often uses basic tools and ingredients or traditional techniques. Google Liziqui's YouTube channel to find many videos on even more subjects regarding traditions and rural life. Her use of pottery, beautiful simple floral arrangements in the background, and then there is that incredible wok! Just a sample of the video topics are: Life of Cotton, Life of Potato, Paper Making, Wood Block Printing, Using Bamboo to Make Furniture, Peanut, and Melon Seeds. What an exquisite way to learn about Chinese culture and traditions.

Pinterest:

My everyday “go to.” If you haven’t previously been exposed to this online reference, you can find an introductory video that will tell you about Pinterest and how it works. You can find interesting ideas, pictures, and blogs by creating boards and saving for later reference. There are no books to buy or signup fees, and it’s relatively safe and easy to use. Pinterest stimulates my Art every single morning. You can actually “follow me” and see what I am saving to my boards! Some of the organizational boards/topics I have created are: Modern Sumi-e, Qin Tianzhu, Watercolor Art, Kitty Sabitier, Enso, and Wu Guanzhon.



Artists to search on Pinterest:



- Zhang Daqian, teacher of Diana Kan
- Qi Baishi
- China On Line Museum
<https://www.comuseum.com/> leads to many artists to research
- Chen Jialing
- Kitty Sabitier
- Sue Fenion, Flower Gardens

YouTube:

“Chinese traditional painting” techniques, tutorials. Even when English is not spoken, you can study the brushstrokes and paintings.



Blue Heron Arts - Henry Li:

<https://www.blueheronarts.com/index.php>: lots of subjects to choose from, including. Blue Heron Workshops and Zooms. Also, he is connected with the Brooklyn Library online classes, where you can take online classes for free.

Other Resources:

- [Followmybrushmarks.wordpress.com](https://followmybrushmarks.wordpress.com): Check their archives with monthly newsletters.
- OAS life: Brush painting lessons, offered with free two-week trial.

- SSA online classes and website.
- SSA Quarterly publication: Annual charge: subscription begins in January.
- Marco Polo: Motivation to paint and post every day.



I Love Zoom and Online Classes!

Mary Ann Matika

As 2022 ends, I think back on the many Zoom and online classes I have taken. These classes have been my source to improve my Sumi-e art.

Just in case you aren't convinced of the value of these classes, these are the advantages I have found:

- I didn't have to leave my home studio once. All my art supplies were right at my fingertips – no packing, no unpacking, no make-up, no dress-up.
- The high-quality videos focused on the brush and rice paper didn't let me miss a single detail. I had a front-row seat.
- Throughout the lessons I asked questions, requested feedback, offered advice, and received wisdom in return.
- Recorded lessons were available for my review for months after the lessons. I watched them as many times as I needed to perfect a technique.
- After-lesson further help from the instructor was always encouraged and available.
- I became a member of a community of Sumi-e artists from across the United States and Canada. Holiday greetings with their finished paintings have filled my

inbox this season. I hope to meet them in person at the Sumi-e Society of America Convention in Washington, DC, June 6th.

- Zoom and online classes are inexpensive and often free. I saved money for supplies and framing.
- **I have become a better painter.**

Make taking a Zoom or online painting class a New Year's resolution. The Blue Heron Board with Gail Goodman's help is researching having a free or discounted Zoom class. Not all 2023 classes have been scheduled, but keep tabs on the following websites:

- <https://joanlokart.thinkific.com/> (Joan Lok)
- <https://www.loreanw.com/> (Lorean Weng)
- <https://www.eventbrite.com/e/virtual-february-sumi-e-classes-tuesdays-tickets-483474373867> Feb 2023
- <https://smithsonianassociates.org/ticketing/tickets/sumi-e-watercolor-for-beginners> (Susan Vitali)
- <https://www.chinainstitute.org/school/brush-painting-virtual/> (Sunsook Setton)
- <https://www.orientalbrushstrokes.com/teaching-and-demonstrations> (Charlene Furhman-Schulz)
- sumiestore.com (Our own Ting Mei has free video lessons and links to Hsi-Mei Yates)
- [Oriental Art Supply](#) (Ning Yeh) and [Blue Heron Arts](#) (Henry Lee) have for sale and some free video lessons.

Inspirations and Acknowledgements

Thank you, Dianne Milner for the kimono for origami lesson. Members used beautiful papers to create their paper kimonos with exacting folds.





Thank you, Joe Nicholas for the lively demonstration on Roosters. Your showmanship brought the rooster to life with technical expertise and *qi*.

Thank you, Erin Smyth for organizing the holiday card exchange. Members had fun taking turns at choosing the cards and left with as many cards as they brought in.

- Erin notes that 18 members have participated, and 61 beautiful cards were made to exchange. Thanks to all those who participated!
- Erin has created an on-line presentation of the cards exchange, which may be viewed by clicking [here](#).



Closeup of Dianne Milner, Internal Workshops Chair

Statistics:

Family: Husband Rick; Daughter Kristen; Grandson Drake, 9 years old.

Pets: Max, an amazing 2-year-old white Aussie Doodle.

Occupation: Retired from Advertising.

Education: BS in Business from ODU.

Who or what inspires you? God, Family, Friends, and Art.

If a snapshot was taken of you enjoying a perfect day, what would it look like?

Blue, sunny skies and calm waters on the Chesapeake Bay on our classic 38' Hatteras, the Sea Pearl.

If you could give your ten-year-old self one piece of advice, what would it be?

Be more patient and always see the good in everyone.

If you could invite three famous people, living or dead, to dinner, who would they be? Cleopatra, Thomas Jefferson, My Father.

How did you become a painter? Loved paint by number when I was six!

What words of wisdom can you share with someone who does Sumi-e?

Don't stop painting when you are not pleased with your work. Finish and revisit later.

Favorite Painting Tool: Happy Dot brush.

Comfort Food: Chocolate.

Favorite Movie: Captain Ron.

Theme Song: Party like it's 1999.

Pet Peeve: Ads with poor grammar written by marketing grads!

Favorite Gadget: Cordless drill.

Book You Would Recommend: *In the Woods*, a novel by Tana French. An exciting read!

Add anything else you would like to share with Blue Heron members:

There is something very special and wonderful about those who choose Sumi-e as their preferred medium. I have met so many incredible people through this amazing art!

Reception at Pagoda Garden

Held on October 28, the reception marked the opening of the Chapter painting exhibition. The paintings were artfully arranged and hung in advance in the two-story Pagoda restaurant by several dedicated members and their significant others. Bill Larkin served his homemade wine the reception attendees. Members enjoyed mingling with the friends and guests and admiring the paintings.



External Workshop with Joan Lok

Gail Goodman

On October 15 – 16 2022 in Westminster Canterbury, we were able to resume our in-person guest-artist workshops that had been suspended because of COVID. Joan Lok, with all of her skills and Sumi-e knowledge, came back to join us with lots of goodies and wonderful pearls of good painting tips. She used every minute of her two-day workshop, concluding with a public demonstration on Sunday, on subject material of classic landscape, splashed ink, and macaw. Joan loves to create artwork that links the Asian tradition to an adventurous, modern viewpoint.





Thank you, Gail Goodman for organizing this memorable workshop.

Reception at Suffolk Art Gallery

Held on December 9, the reception opened The Magic Brush Exhibition featuring 55 paintings from 17 members.



My First Art Show

Penny Pickel

The art pieces that I entered in the Suffolk Art Show represent my first year as a student in Sumi-e at Titustown Art Center in Norfolk. I am new to the world of art, and this is my first show. Before COVID, I never took a single art class. I have always dedicated a lot of time to hobbies, so after I retired and was stuck at home during the COVID lockdown, I decided to try my hand at painting, especially in watercolor. Of course, there were no in-person classes because of COVID, so for two years I used Pinterest to find tutorials.

Last year I was delighted that the Titustown Art Center began offering classes again. The Sumi-e Painting Class sounded quite interesting, so I signed up for Mike Lane's class. I am so new that I lacked experience in most aspects of painting. During each class I copied everything Mike did. After



each class I tried to find additional visual examples on the internet to practice Sumi-e painting techniques. I also benefitted from a great deal of encouragement from other students in these classes. I think my art show entries reflect a combination of skills I have learned over the last year. Mike's training has helped me to explore ways to observe and paint the beauty of our landscape in Hampton Roads and the living things around us, like my piece named "Marsh Serenity."

So as a first-time artist exhibitor, I am excited to show off my work. But at the same time, I am humbled by the incredible talent around me in the Blue Heron community.



Marsh Serenity, Painted August 2022

My Journey into Sumi-e by Way of Kyoto, Japan

Bonnie Campbell-Kuhn

I had been making annual trips to Tokyo, Japan, prior to COVID to attend the International Quilt Festival with my friend Ricki. We were avid quilters and served on the staff of world-renowned quilter Jinny Beyer, teaching at her annual seminar at Hilton Head, SC. Japanese quilters produced exquisite quilts, with perfect, intricate hand stitching. They do everything with excellence and eagerly share their arts and craft.

Ricki and I stayed in Tokyo for one week, attending the quilt festival: purchasing many yards of beautiful Japanese fabrics; attending the temple “garage sales,” where purchased obis, kimonos, and even ink sticks, and other art supplies. After exhausting most of our sightseeing and shopping goals, we took many classes: indigo dying, kaleidoscope construction, and Sumi-e.

The second week of our trip was spent in Kyoto learning about the culture of the geishas. We walked the areas where they could be seen darting from their cars into the club where they socialized and entertained gentlemen with their delicate and modest singing, dancing, and playing instruments.

The highlight of our stay in Kyoto was taking Sumi-e Japanese ink painting classes. We sat in a small studio in a private home overlooking a pristine garden with a water feature, usually with swimming coy. Patient teachers taught us basics, with pleasing results.



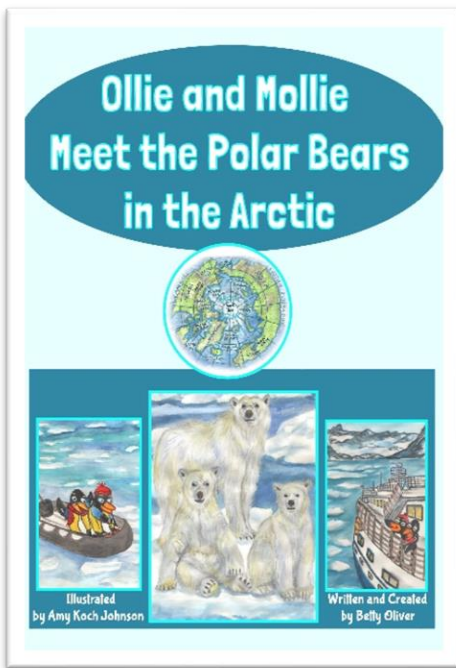
Five years ago, I returned from Japan and was giving my dear friend a report of our adventures and our Sumi-e classes. She told me that she had several very good friends who were members of a Sumi-e group! WHO KNEW...right here in VA Beach. I was overjoyed to attend the next meeting I joined the Blue Heron chapter and registered for the upcoming External Workshop with Ning Ye. He was accompanied by his wife, Ling Chi. Wow! I rushed out to purchase limited supplies from the local art supply store and then stocked up on quality supplies from Oriental Art Supplies.

I admit that Sumi-e classes and practices have taken over my quilt making. The more I learn, the more I realize how much more I need to learn. The members of accomplished artists in the Blue Heron Chapter welcomed me warmly. They have always been generous with helpful suggestions and encouragement to this beginner; and best of all, have become treasures far beyond a shared love of Sumi-e, They are caring friends who come alongside others in their challenges, offering support and genuine care.

Author and Illustrator

Betty Oliver

I have a passion for travel! From my travels, I write books. My newest book is entitled *Ollie and Mollie Meet the Polar Bears in the Arctic*. Did you know that Ollie and Mollie, the penguins, were only 400 miles from the North Pole? It is an exciting book because one learns a great deal about polar bears, walruses, and seals.



Another book I wrote was called *Ollie and Mollie Meet New Friends*. I love this book because I was the illustrator. During the pandemic, I would paint every day. Many of my paintings were of furry animals. I love using the gongbi painting technique and Suminagashi for my background. It was wonderful to see the penguins Ollie and Mollie having conversations about each animal in my book.

My other books were about my travels to the seven continents and Egypt. I wrote about all my favorite places in the world. Egypt was amazing, so it lent itself to another book. I contribute proceeds I earn from my books. to the SPCA Life is beautiful! Where will I travel next? There is always a trip around the corner. If you would like a book, let me know, and I will make sure to deliver it to you.

Ying,Yang and Sumi-E Painting

Ting Mei

As the source of Chinese traditional culture, *The Book of Yi* is the matrix of Chinese traditional aesthetic thoughts. The theory of "harmony between Yin and Yang" also integrates the blood and character of Chinese people; affects the standards and ideals of Chinese traditional aesthetics; and guides various fields of Chinese aesthetics, including painting, calligraphy, music, dance, architecture, and literature. Therefore, it can be said that the theory of "harmony between Yin and Yang" is the basic principle of traditional Chinese aesthetics.

As far as painting is concerned, Chinese painting follows the principle of "harmony between Yin and Yang." The theory of "harmony between Yin and Yang" is most prominent in Chinese traditional landscape painting. As the name implies, there are mountains and waters in landscape painting. "The masculinity of mountains, the softness of water, and the combination of Yin and Yang make a whole life." Guo Xi, a painter in the Northern Song Dynasty, described the relationship between mountains and water as "mountains take water as their blood, plants as their hair, and clouds as their divine colors. Therefore, mountains live with water, plants as their flowers, and clouds as their beauty. Water takes mountains as its face, pavilions as its eyebrows, fishing as its spirit, and water is beautiful with mountains." The mountain and water complement each other. The mountain has vitality because of the water, and the water has aura because of the mountain.

Harmony between Yin and Yang is indispensable. For example, Fan Kuan's "Traveling in the Mountains and Streams" shows that a steep mountain stands up in front of us, with an amazing momentum. A stream flows in between, making the mountain come alive. It is not like a waterfall that damages the mountain's grandeur, but rather makes the mountain more magnificent, which is really the finishing touch. The treatment of black and white in the image also reflects the "harmony between Yin and Yang." In the picture of Bada Shanren, a large number of white spaces are left, and black appears in the form of dots and lines, making the picture Zen. This Zen idea is precisely because the Badashan people have rationally used the distribution of black and white. Black and white, as two sides of Yin and Yang, are treated harmoniously in the picture. The place left blank not only does not isolate black, but has the effect of enriching the picture, increasing the sense of hierarchy and rhythm, and has a certain visual impact.

The relationship between thick and light, ink and color, dry and wet, virtual and real, sparse and dense, curved and straight, shape and spirit in Chinese classical painting can be summarized into the category of Yin and Yang. Yao Nai summarized this aesthetic category with Yin and Yang. The two sides of the opposition are mutually dependent and achieve the unity of opposites. Although they are opposite poles, they are indispensable. Only when reaching a balance, they form an ultimate harmonious beauty. As far as painting is concerned, a single form can only make the picture simple and boring, and only when the two sides of Yin and Yang are utilized in a certain harmonious proportion, they collide with a wonderful spark.



To make the picture come alive, the brush should have a change of thickness, dryness and wetness, as well as a change of emptiness and density. Only by realizing the "harmony between Yin and Yang," namely, the combination of the virtual and the real in the picture, the combination of square and circle, and the combination of form and spirit, the eternal beauty can be produced.

