

# Exhibitor

VEGAS ARTISTS GUILD  
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## Theresa Talk

Another summer is underway and many VAG members might be traveling to cooler temps or staying home over the next several months. It does seem that the summer heat affects our monthly meeting attendance. But whether you join us for our meetings or camp out in your cool abodes, just stay creative- and stay in touch. We continue to have some great presentations coming our way and I hope we can make it through the summer humdrum. Though the Board will not be meeting in May, we might be kicking around some ideas for some events in the fall, as well as pondering a second annual event regarding our Anniversary. If you made it to last year's Anniversary party at McMullins, and you had a great time, let us know. We just might do it again. See you at the general meeting!

*Theresa Lucero - President*



### **NEXT GUILD MEETING Monday May 14, 2007**

**Patrick Gaffey - The Public Art Movement Comes to Southern Nevada**



### **GUILD MEETING Monday June 11, 2007**

**JoAnne Ruzzi - Metal Clay Demonstration**



### **Exhibit Info - Look Who is Showing**

- Barbara Wilson is showing at Jitters.
- Karen Wheeler and Barbara Wilson are showing at CLM Development.
- Roberto Rico - June 2nd and the exhibit runs to July 5th Solo art show at Derfelt Senior Center. Also has works at - Reflections Bay at Lake Las Vegas, Old Town Gallery and Henderson City Hall.
- Eleanor Phan - Works can be seen at Villa Reale, in the Forum Shops at Caesars Palace. And at the Bridge Gallery.
- Maria Pineda - Work on display at the West Las Vegas Library April 10th through May 15th.
- Sam Chinkes & Maggi Winslow - are at Art From the Heart.
- Anneliese Kielhorn - can be seen at the City Lights Gallery LV. and at Henderson City Hall.
- Etel Surany - has art showing at Contemporary Art Collective.
- Jay Camire - Work is hanging at Fine Design Interiors, LV. and at Cedar Breaks Lodge, in Brian Head, UT.
- Jeanne Camire - Art can be seen at Cedar Breaks Lodge, in Brian Head, UT.



Vegas Artists Guild member Roberto Rico will be having a solo show in several mediums at the Derfelt Senior Center June 2nd through July 5th. Reception will be from 1P.M. to 3P.M. on June 2nd. Roberto teaches art and his students recently had a well received, successful art show. Derfelt Senior Center is at: 3343 W. Washington in Las Vegas.





## April 2007 Guest Presenter - Ron Lawrence

The Vegas Artists Guild Presenter for April was Ron Lawrence who is the Executive Director of the Community Counseling Center. The Counseling Center continues to be a great venue where VAG members have their work on display. One of the philosophies of the Center is the healing power in art: seeing the beauty in art as well as the healing in creating art; art as therapy. Ron says, "You never know what someone can see in your art and it's healing in their life". Art therapy can help people overcome loss, depression, and pain.



Another valuable tool used to help people is through hypnosis. Just as the artist uses symbols as metaphor on a canvas, the power of symbolism can be used to heal. To the creative mind that's blocked artistically, self-hypnosis can be a means to overcome the block and tap into our creativity. Ron demonstrated to the Guild just how an artist could self-hypnotize to help restart their creativity.

Ron gives us some background on Milton Erickson MD, a psychotherapist who pioneered work with hypnosis. Erickson understood that the subconscious mind, the source of our creativity, had enormous healing potential independent of our conscious selves. Being largely self-taught, Erickson's own personal triumphs over severe polio that nearly killed him led to amazing insight to these ideas. On one particular night at the age of seventeen, he overheard the doctor tell his parents that he would not survive the night. In struggling to come to terms with his own mortality he asked to have a dresser turned so the mirror reflected a nearby window so he could see the sunset in his bed. In focusing entirely on that sunset he mentally blocked out everything else in a form of 'auto hypnotic experience'. Erickson survived and went on to design the 'trance' around the individual's needs based upon significant, positive things in an individual's life. This he called "Utilization". "Everyone has been in a trance state at some point in their lives", Ron explained. "If you've ever experienced being unconscious about a missing length of time or a feeling of being 'spaced out'; that is a trance state. It is a barrier between us and the world". A relaxed daydream, our imagination lies here. Ron demonstrated with the Guild how self-hypnosis could help break through artist block as follows.

The first step was recognizing the symptoms of artist block: feelings of frustration, lack of focus, confusion and anxiety. Most artists at some point in their creative endeavors find themselves facing these roadblocks. Ron's metaphors told of an artist's creativity as a flowing stream, our altered state of consciousness, with artist block being the symbol of a dam. The first question a blocked artist needs to ask himself or herself is: what gives you hope? Past works, art that has been publicly displayed, sold work and the thrill of self-marketing. The pure joy of seeing something from your source materializes on a canvas (or whatever medium you work with). The next question is: what offers inspiration? What do you rely on to make art? Design ability, imagination, sharing ideas, nature, and art history. Seeing our place in the creative flow of art throughout history is important.

Once these areas have been identified we can perform a self-hypnosis exercise to restart and amplify our creativity:

- 1 - Get into a comfortable position: sitting, lying down, whatever works for you.
- 2 - Think of the tension in your body and visualize it as electricity. Imagine it leaving your body.
- 3 - Become aware of your breathing. Focus on the movement of your chest and lungs as you deeply breathe in and out.
- 4 - Gently close your eyes. Focus on something good in front of you. Focus on what gives you hope.

Focus on things that have felt good and comforting in the past. Remember how someone reacted positively to your work that they received from you? These pleasant feelings are the things that will dissolve your dam of creativity. This place of knowing and imagination is what feeds us. Next - Imagine you're in your favorite natural environment. Imagine the shapes, smells and colors. Imagine the sunset. Picture the sunlight shining through a crystal on the rocks, the beam of light. Use that as a metaphor for your burst of creativity upon a canvas. Keep those thoughts with you, using them to invigorate your internal resources to drive your creativity.

Ron's demonstration has given all of us a remarkable tool to help reinvigorate and jump start our creativity. In our busy, stressed out lives this technique can be invaluable to us as creative individuals to get going and make beautiful art. The Vegas Artists Guild would like to thank Ron for his time and dedication as a counselor and healer.

~ C. Mull



## Artist of the Month - Sam Chinkes

Sam has a sixty-year career as designer and advertising executive for many well known and respected companies. Sam has a diverse background and eclectic career that includes service in the U.S. Army during WWII, developing patents, and designing something called the "Racquet Worm", which actually helps prevent tennis elbow.

As a child and high school student, Sam was a painter who also dabbled in sculpture and other mediums. After training in New York under some of the great masters of industrial design, he left sculpture and painting behind to embark on his design and advertising career. He started out as a writer for High fidelity Trade News where he wrote a monthly article on how to improve sales and in-store traffic through innovative display design. In 1962 Sam founded an advertising agency, Sound Advertising, which catered to small and mid-sized businesses. He gradually moved into the area of trade show exhibit design, and using his training in industrial design to create one-of-a-kind, groundbreaking trade show exhibits for his clients.

Sam now lives in Las Vegas, Nevada and works full-time on his true passion that he left behind forty years ago - his sculpture and painting. His unique foam sculpture and his paintings have been on display all over Las Vegas and has been featured on Las Vegas television, radio, in major casinos and in print.



~Theresa Lucero

[www.samchinkes.com](http://www.samchinkes.com)



### VAG T-SHIRTS ARE HERE!

Look great in your very own VAG shirt sporting the Guild's logo. They are \$20 each and can be ordered at the general meeting or mail in this form to:

VEGAS ARTISTS GUILD  
P.O. Box 50327  
Henderson, NV. 89016-0327



Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Size: \_\_\_\_\_ Quantity: \_\_\_\_\_

Here is a great chance to live the Guild's motto:

#### Artist Helping Artist

VAG member Marcia Greengard needs a ride from the Summerlin area to attend the monthly general meetings.

Mary Bennet needs a ride from the Spanish Trails area

If someone is able to provide transportation please email at:  
[VegasArtistsGuild@yahoo.com](mailto:VegasArtistsGuild@yahoo.com)

Past copies of THE EXHIBITOR can be found at <http://eagarry.com>, go to the links page and click on Vegas Artists Newsletter – The Exhibitor and view the newsletters for 2006 in pdf format.



Here are the results of the 2007 VAG membership survey. The survey also shows the results from 2006. This is a barometer of the views the membership has of their organization. Please feel free to bring up ideas at the general meetings, write or E-mail thoughts to the addresses on the front of this newsletter. Become involved! Help make this a great club.

**VAG MEMBERSHIP SURVEY 2007**

Total Responses: 13

**VAG MEMBERSHIP SURVEY 2006**

Total Responses: 10

**How is the Guild doing?**

Great: 3.....	Great: 0
Meets Expectations: 9.....	Meets Expectations: 2
Needs Improvement: 2.....	Needs Improvement: 8

**How often do you attend meetings?**

Every Month: 7.....	Every Month: 6
Most Months: 8.....	Most Months: 4
Rarely/Never: 0.....	Rarely/Never: 0

**Additional Activities**

Yes: 7.....	Yes: 5
No: 7.....	No: 3
Unsure: 0.....	Unsure: 1

**Guild Benefits**

Meeting: 11.....	Meeting: 8
Newsletter: 12.....	Newsletter: 9
Emails: 4.....	Emails: 8
Website: 4.....	Website: 4
Networking: 4.....	Networking: 4
Presentation: 10.....	Presentation: 9
Gallery Space: 12.....	Gallery Space: 7

**Highest Priority**

Membership: 5.....	Membership: 4
Gallery Space: 13.....	Gallery Space: 6
Presentations: 6.....	Presentations: 1

**Belong to other organizations**

Yes: 1.....	Yes: 5
No: 1.....	No: 5
Maybe: 0.....	Maybe: 3

**Other comments:**

Needs Publicity,  
 Have our own gallery,  
 Don't repeat presentations,  
 Show & Tell to be more of a critique,  
 More demo's,  
 Have small & large competitions.