



# STAR ARTS NEWS

April 2024

## Visual Arts and Music Workshops

*Visual Arts I Workshop:*

*Painting Landscape in Oils, Acrylics, Soft Pastels or Gouache with Jeneane Lunn*



Jeneane Lunn with one of her landscape paintings, photo submitted by Richard Waring

This class is a chance to learn or improve your ability to use oils, acrylics, soft pastels, or gouache for plein air landscape painting. Using the techniques of the impressionist painters, we will work to capture the changing light effects of nature. When the weather permits, we will paint plein air. On bad weather days we will paint in the studio either from new photos or to finish paintings started outside. The class will include demonstrations and individual critique. Students of all abilities are welcome.

(Our visual arts painting instructor this year will be teaching in a variety of media and has a list of suggested supplies for the class. If you think that you want to take this class, which will have a suggested class limit of 15 students, please reach out to Gail Carrigan at [gacarrigan@me.com](mailto:gacarrigan@me.com). The instructor would like to communicate with those planning to take the class in advance of the workshop to discuss supplies and other details.)

*Music Workshop:*

*Soul “Play”: Improvisation as a Spiritual Practice with Dr. Karen Rege*

The idea of improvising music is often scary for many of us, particularly if we have formal musical training. But improvisation is a natural act that we engage in on a daily basis in other areas of our lives. The challenge is to learn how to turn those natural improvisations into a spiritual practice in our music. This workshop will help participants determine what is preventing them from joyfully improvising music. We will “play” music in both senses of the word – making sounds and having fun doing it. We’ll explore improvisation from rhythmic, melodic, and harmonic lenses. We will celebrate what makes each of us wonderfully unique. Everyone is welcome – whatever your musical skill level and whatever instrument you choose to “play” (including voice).



Dr. Karen Rege has been coming to Arts for many years. Photo by Sharon Lieberman

Other Workshops lined up for 2024:

- Movement: Dance & Movement Potpourri with Nancy Schulz
- Theater: Shakespeare on the Rocks with Robin Fawcett
- Video: Video Production with Bruce Petschek
- Visual Arts II: Making Colorful Paper Baskets with Mary Banach
- Writing: Japanese Poetic Forms for Everyone with Eric Hyett

For more information about all our workshops visit our website: [stararts.org](http://stararts.org)

## Helen and Eric

Helen Wolfson and Eric Thomas will be delivering one of their Unitarian Universalist Sunday services for Brookfield Unitarian Universalist Church in Brookfield, MA on June 9, 2024. They'd love to see some Star Arts visitors at the service! In addition, they'd love to work with some of the Star Arts family to give a house concert or other performance while they're in New England. They could do one a day or two before the UU service, most any time that next week, or shortly after we come back to the mainland. If you're interested, contact Eric at [ericctomaso1@gmail.com](mailto:ericctomaso1@gmail.com).



Eric and Helen often practice on the porch by Cottage A. Photo by Parrish Dobson, 2023.

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## Shoalmates Needed!

As always, we need Shoalmate volunteers – greeters and guides who will reach out to new Shoalers, answer their questions, and show them around the island. We're hoping that a few seasoned Arts Retreaters will step up to be Shoalmates for the pals they've referred. We still need a few other volunteers! If you can, please sign up – and share some Shoalmate love!

To volunteer to be a Shoalmate, or if you are a New Shoaler and need Shoalmate, contact Elenita Muniz: [munizelenita2@gmail.com](mailto:munizelenita2@gmail.com)

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## Financial Aid Deadline April 15th

The Deadline for Financial Aid is early this year, April 15<sup>th</sup>! If full room and board would preclude you and your family from attending a conference please consider applying for a financial grant. This application is for both Star Island and Arts.

You can fill out the form here:

<https://starisland.org/programs/registration/#financial-grants>

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## Arts is currently on a Waitlist!

To get on the Waitlist or inquire about Registration please contact the Star Island Registrar [bknox@starisland.org](mailto:bknox@starisland.org)

The 2024 Star Arts Retreat is  
Sunday June 16<sup>th</sup> to June 23<sup>rd</sup> 2024

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## Deadline for Next Newsletter!

The Deadline for the next Newsletter will be May 1<sup>st</sup>!

If you would like to include pictures, art, poetry and/or news please submit items to: [stararts.registrar@gmail.com](mailto:stararts.registrar@gmail.com) (Mary Ann Young and Anne Nowselski)

