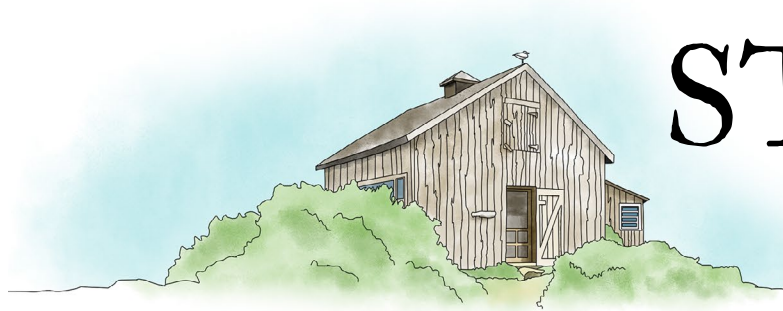




STAR ARTS NEWS

April 2026

From The Co-Chair

Hello, Star Artists!

Last month's blizzard and this month's news have really whetted my appetite for a week on Star Island – at this point I don't even care if it's cold and rainy, I just NEED a dose of peace and ocean breezes and kindness.

I have been having fun bugging people at church and work about coming to Star Arts – handing out copies of the March newsletter (beautifully done as always by Anne Nowselski!) and staffing a Star Island ambassador table next to the coffee on Easter Sunday. So far, I have one new Shoaler coming, but I'm not giving up yet. I hope every one of you is reaching out to friends, colleagues, fellow pew-sitters, and family to invite them to join us to experience the little miracle that is Star Island and its denizens.



Art Barn at sunrise, photo by Sally Armstrong, 2025

Maybe you are thinking already of what to bring with you to Star? Besides our clothing and personal gear, we need to think about our art supplies, journals, and a good book. Let's remember, too, the Silent and Live Auctions! These events primarily support our financial aid program. Star Arts is one of the conferences that offers its own financial aid in conjunction with the Island's financial aid program.

I love that this conference committed to making the experience of Star Arts accessible to many folks, including those who might ordinarily consider such a week an extravagance outside their usual budget. We who have been lucky enough to be on the Island understand that it's an essential time for our souls and hearts. Please consider bringing something special to donate to the auctions – handmade by you is extra special! And related to Star Island, or Stars, just adds to the wonder.

We have adjusted the program fee this year to reduce the calls for "cash" on the island. Things like workshop leader thank-you gifts, afternoon lime rickeys, annual fund donations, and bedtime ice cream are still possibilities, however, so bringing some cash is always a good idea.

Mostly, though, Toni Menk and I look forward to your being part of this little Brigadoon that comes together once a year to celebrate a passion for creativity, a time of peace and repose, and a community of kindness and welcome. "We will come back, we will come back!"

Hope to see you soon, on the dock!
Peace be, Elenita, 2026 Co-Chair

Star Arts 2026
Sunday June 21st to Sunday June 28th

[Register Here](#)



2026 Workshops

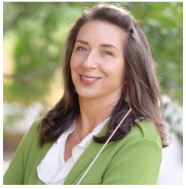
We have 6 wonderful workshops this year. When you are on Island, you will have an opportunity to 'taste' some. And then you get to choose which one you would like to do for the rest of the week. Sometimes you can switch if you would like, depending on how it is structured. With so many great workshops this year it will be hard to chose!



Movement

African-Rooted Dance: Movement, Rhythm, and Cultural Connection with Noel Staples-Freeman

This lively and culturally rich dance class invites participants to explore the roots of African and Diaspora movement traditions through rhythm, song, and storytelling.



Music

Veins of Rock: Singing Classic Rock in Harmony on Star Island with Danielle Grace

Join Encore Creativity's ROCKS program Director and Grace Note Studies Owner/Educator Danielle Grace for an energizing, joy-filled vocal workshop celebrating classic ROCK music in rich choral arrangements.



Photography

Photographic Storytelling with Amy Lovera

In this class, we will explore narrative strategies including pacing, sequencing, linear vs. non linear storytelling and how text functions with image.



Theater

Pat Your Head & Rub Your Tummy: Theater Improv for All with Richard Kuhlman

During our week together, we will create structured games and scenes enjoyable for all involved.



Visual Arts

Layered Painting Exploration with Judy Klima

Come and explore the inroads of self- discovery and unbridled joy, as you learn to combine a variety of media to create an abstract, highly textured, colorful and layered painting.



Writing

Deepening the Writing Life with Barbara O'Neil

In generative writing sessions, we will leave the inner critic at the door and keep our hands moving across the pages of our notebooks.

Read more about each workshop here: stararts.org



Qi Gong on the pier, Photo by Paul Flagg

Volunteer Opportunities

You know how the Polar Bear swimmers jump into the cold waters of Gosport Harbor every morning on Star Island? That's such a good image for how to become rooted in the Star Arts experience. Volunteer for one of the many tasks that help make Star Arts run!

Some folks like to stick with a particular event every year -- like Robin Bossert and the Polar Bears, or Lotus Do and the morning Qi Gong on the pier. But we always have empty slots to fill! Here's where we are looking for volunteer help:

- Morning Stretch on the porch needs a few people to share the role.
- Do you sing? We need a leader for Morning Wake-up Singers.
- Sons of Poseidon -- the men's singing group -- needs a leader.
- Our Annual Fund needs an enthusiastic representative as we encourage our conferees to support the whole Island's infrastructure and programming.
- Our silent auction needs a couple of folks to take in items and arrange them artfully for the auction.
- We celebrate our friends who are in recovery. Would you like to facilitate a meeting of Friends of Bill once during the week?
- Chapel bell ringers (Sign-up will be on Island)
- Liaisons for workshop leaders
- Help with prep for Social Hour (Sign-up will be on Island)

So please, jump in! The water's fine! If you're interested in any of these, or have questions, please write to Elenita Muñiz at munizelenita2@gmail.com.

Chapel

Volunteering Doesn't Get Much Easier than This!

Did you know that our conference is run entirely by volunteers? Everything wonderful that happens during our week on Star is done by volunteers...with the exception of Compost Cookies. Thank you, Pels. It takes many of us working together. Here's where you come in. Are you willing to share how your ability to create... in whatever form that takes... saved you during these challenging times?

You may write a brief piece of 150-300 words that I'd read aloud or...even better...would you be willing to speak your own words for 1-2 minutes during that service? Come on! It can't get much easier than that. Please let me know if I can sign you up?

Sally Armstrong, Evening Chapel Coordinator,
sjdaab@hotmail.com or text: 802.477.3275

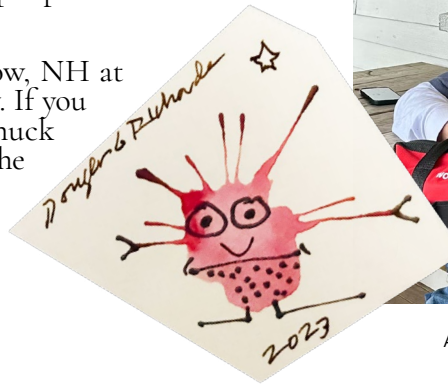


Sunset reflected off the chapel Windows, photo by Sally Armstrong, 2025

Doug Richards Memorial

Doug Richards was a long time Arts attendee. He brought much joy and laughter to our week! Many people will remember him sitting on the porch making small characters with paint and pen with the simple phrase "Spread Joy..."

His Memorial will be held on May 9th, in Bow, NH at the Baker Free Library a light meal will follow. If you are interested in going, you must contact Chuck Dickinson 617.794.0483, as there is a limit to the number of Star Arts people who can attend.



Doug Richards in 2023, photo by Sally Armstrong. Doug's splat creations he did on the porch

Star Island Discounts

10/10 Bring A Friend Discount

The 10-10 discount: If you bring a new person, you both get 10% off your bill. Bring 3 and they each get 10% off, you get 30%!

Read the information about this carefully!

<https://starisland.org/discounts/>

- Discounts must be submitted 2 Weeks *PRIOR* to Arts
- The application for this discount is filled out by the person who is *NEW* to attending a Star Island conference.

Don't Miss the Fun!



[Register Here](#)

2025 Photos From left to right: Photography workshop, photo by Lotus Do; Talent Show, Photo by Lotus Do; Hanging out in the dining hall, photo by Bob Shattuck; Friends, Photo by Parrish Dobson

Deadline for Next Newsletter!

The Deadline for the next Newsletter will be May 1st!

If you would like to include pictures, art, poetry and/or news please submit items to:

stararts.newsletter@gmail.com

(Questions about Star Arts you can email Barbara Reynolds at stararts.registrar@gmail.com)

