



STAR ARTS NEWS

November 2025

Arts 2026
 Sunday June 21st
 to
 Sunday June 28th

Spread the Word about Arts

Note from Toni Menk

Hi Y'all,

My name is Toni Menk and I am co-chair of Star Arts. Last Summer was my third-year attending. I live in Kentucky and didn't know of Star Island or Star Arts until my dear friend, Kim Shaver, told me about them. She talked about the rocky, windswept island and all the interesting, creative people she had met there. She talked about poetry readings, kayaks, sunsets, lime rickies, learning to paint with watercolors, singing, dancing, the Oceanic, and lobsters. She told of lantern lit services in the stone chapel. In June 2022, when I finally arrived on the Thomas Lughton, I was not disappointed.

The first thing I noticed was the rugged beauty of the island, so different from the Kentucky landscape that I am accustomed. The Pels greeted the boat with cheers and the passengers responded. I immediately felt welcome. That evening, when the instructors made pitches for their workshops I was impressed with their enthusiasm and the variety of options. I had a tough time deciding! I ended up taking Theater, which was out of my comfort zone, but turned out to be a rewarding and revealing experience. By the end of the week, I had new skills, new friends and knew, for sure, I would come back!

Most people learn about the Star Arts Program from family and friends. Do you know someone who would enjoy Star Arts? A family member? Someone from church? Someone in your book club, your art group, your gym, or a neighbor or classmate? Someone you talk to when you walk your dog? Do you know anyone looking for creative, interpersonal, or spiritual nourishment? Tell them about Star Arts.

It is only November. The Steering Committee is still evaluating last summer and making plans for next. The Finance subcommittee is crunching numbers, the Program subcommittee is searching for potential workshop leaders, and the Marketing subcommittee is considering ways to spread the word. Registration does not open until January, however it is never too early to promote 2026 Star Arts.

Love And Peace,
Toni

Help Promote Arts!

You can help Star Arts grow in 2026. Use the promotional flyer included on the 3rd page to invite family and friends to join in the fun of Arts week! Just print it and add your own name and contact info if you want to field any questions people may have. Scanning the QR code will take you directly to the Star Arts website!



Thank you Karen Schulz for the 2026 Flyer!

Workshops 2026

*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. My instruction is to play to each individual's strengths, to have fun and to jump in. The games creatively open up the artist's soul and return that artist back towards simple maxim to "Play." Near the end of the week, we will present a fun showcase of Improv Games and Scene work, goosed along by some audience suggestions.

Read about Richard Kuhlman here: <https://stararts.org/theater/>

*Writing: Deepening the Writing Life
with Barbara O'Neil*

Do you love to write but don't find the time for it? Have you started a memoir and find it is more about the facts of your life and less about the soul of your life —the things that really matter? In generative writing sessions, we will leave the inner critic at the door and keep our hands moving across the pages of our notebooks.

Writing in a supportive environment, structured by prompts to stir the imagination, writers are often amazed to see what emerges onto the page. By reading passages and poetry by published authors and listening deeply to the writing of fellow students, our own work becomes richer.

Our time together will include teaching, writing, reading aloud, small group and individual work and time to quiet the mind with periods of silence and meditation. You will take away from this workshop methods on how to continue your writing practice long after the week is over. All are welcome, no experience necessary.

Read more about Barbara here: <https://stararts.org/writing/>



Top: Richard Kuhlman and photo with Richard's theater group, photo submitted by Parrish Dobson. Bottom: Barbara O'Neil, photo submitted by Parrish Dobson.

Starry Night

Star Island Annual Fundraiser is November 15th

This special fundraising event invites you to connect, celebrate, and make a meaningful difference for the island we love. They are also asking for raffle and auction items for a holiday fundraiser, find out more here: starisland.org

Deadline for Next Newsletter!

The Deadline for the next Newsletter will be December 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)





Sharing the joy of creating



June 21-28, 2026

Star Arts is a week-long creative gathering on beautiful Star Island, NH.

Open to adults 18 and over, it offers a broad spectrum of inspiring artistic opportunities to appeal to everyone, regardless of level of experience. Morning workshops offer a choice of:

- **Visual Arts**
- **Photography**
- **Dance**
- **Writing**
- **Theater**
- **Music**

Afternoon and evening activities include a poetry reading, a storytelling event, music making, art show, talent show, and other spontaneous adventures to nourish creativity and spiritual reflection — all in a breathtakingly beautiful and supportive environment. **Star Arts** is a safe and affirming community nurturing interpersonal connection.

“The week is always perfect — perfect people, perfect activities, perfect island.”

To learn more, visit stararts.org

Questions? Contact: _____

