

Upcoming Events:

August 11th

9:30 General meeting.

Jim Buchan's workshop starts after the Aug. meeting. It continues 8/18.

September 8th

9:30 General Meeting.

Forms due for the Membership show.

Juror: Christopher Westfall

Drop off: 9/15,
10:30-11:30

Reception: 9/22, 6-8

Pick-up: 10/14,
10:30- 11:30

Shows

Entry forms for the Membership Show in September will be available at the August meeting and on our website soon. They are due by the September meeting. Each member may enter 3 paintings.

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Workshops

Jim Buchan will be holding a free two day workshop On Aught 11th, after our meeting, and continuing on August 18th. Please contact him if you are interested.

Jo Lynch will hold a two day watercolor pencil workshop in October.

Nationally known artist David Rankin will hold a four day workshop in April at Pershing Studios. More information will soon be forthcoming.

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Paint For Fun

Paint For Fun will not happen after the August meeting as a workshop is scheduled. If there is enough interest we will have the paint group begin in September. Be sure to sign up if you want to get notifications.

The Green Country Watercolor Society meets on the second Thursday of the month at 9:30 at the Pershing Studios, 1903 West Easton St, Tulsa, OK. Guests are welcome.

2016's Upcoming Shows:

"GCWS Membership Show" September 15 to October 15th at the Broken Arrow Historical Society. Entry forms due by the September meeting.

"Show Your Smalls" November to December at Your Design in Broken Arrow.

2017

"The Varied Works of the GreenCountry Watercolor Society" at the "C4C", downtown Tulsa ,TCC Campus. February 15th to April 4th.

Looking ahead

We will nominate & vote on a new Board for the 2017/18 session next November. First needed is a search committee to form a ballot. If you are interested in being on that committee please contact Teresa Herndon. Several slots have already been filled, but please give serious thought to becoming President, Vice President (workshops), Treasurer, Secretary, Programs or Publicity Director or Show Awards. We will soon be forming that search committee for the new Board.

Upcoming Programs:

August 11th - Professor Jack Titus and our OSU scholarship recipient.

September 8th - TBA

October 13th - Teresa Herndon on "Color"

November - Pot Luck and Art Sharing.

December - no meeting

*"If it was easy, everyone would be doing it. That's why they call it art**WORK!**" ~Lee Hammond*

**The following is a very interesting article on how art
keeps our brains young by Sara Genn**
“You’re only a painting away from a better brain.”

German neurologists at the University Hospital Erlangen have been studying the brain on art. According to a recent experiment, while painters have their ups and downs, it’s not painkillers they’re releasing. Instead, artists are engaged in the refinement of grey matter — building connections between regions of the brain for higher, more integrated functioning. In the study, 28 men and women took a “resilience scale measurement” psychology test, agreeing or disagreeing with statements like, “I can usually find something to laugh about,” and had their brains scanned. Then, once-a-week for ten weeks, they either learned to paint or attended an art appreciation class where they analyzed and discussed artwork with an historian. After the ten-week period, participants retook the resilience test and had their brains rescanned. Researchers noticed that the painters saw raised levels of brain function connectivity and a considerable bump in psychological resilience, while the appreciation group remained unchanged. The painters’ brain improvement was pinpointed to within their default mode networks — an area responsible for introspection, self-monitoring and memory.

Scientists ‘read dreams’ using brain scans. Rebecca Morelle, BBC science

Perhaps you already knew this. Art-making demands our experiences and observations be processed in inventive, abstract ways, with focus and emotional alertness — or as the researchers concluded, painting requires “enhanced memory processing, which is indeed required when stored knowledge is connected with new information to create creative works.” Squeeze out. You’re only a painting away from a better brain.

PS: “The participants had to find an individual mode of artistic expression and maintain attention while performing their activity. Although we cannot provide mechanistic explanations, the production of visual art involves more than the mere cognitive and motor processing described. The creation of visual art is a personal integrative experience — an experience of ‘flow’ — in which the participant is fully emerged in the creative activity.” (Anne Bolwerk and Christian Maihofner, *How Art Changes Your Brain: Differential Effects of Visual Art Production and Cognitive Art Evaluation on Functional Brain Connectivity*)

Esoterica: Because with age the default mode network begins to decline, the neuroscientists at University Hospital Erlangen studied the brains of older people. Their test subjects were men and women aged 62-70 — each retired for a minimum of 3 months and no more than 3 years. A significant improvement was found in the visual art production group. “Our results have important implications for preventative and therapeutic interventions,” say Bolwerk and Maihofner. The verdict is in: Picking up a brush at any age can strengthen brain connectivity and build confidence and emotional resilience. “Art is a guaranty of sanity. That is the most important thing I have said.” ([Louise Bourgeois](#))

Green Country Watercolor Society at Pershing Studios

1903 West Easton Street, Tulsa, Meetings from 9:30 to 11:00, second Thursday of each month.
Guests are welcome!

- Go West on Hwy. 412, past downtown
- Take the Gilcrease Museum Road Exit, going north
- Turn East (right) on North Easton St.
- Turn North (left) on N. Waco and enter the parking lot at the end of the block. The gate will be open from 8:45a.m. -10:00a.m. Go straight across the parking lot & enter the building by the stairs & ramp.

