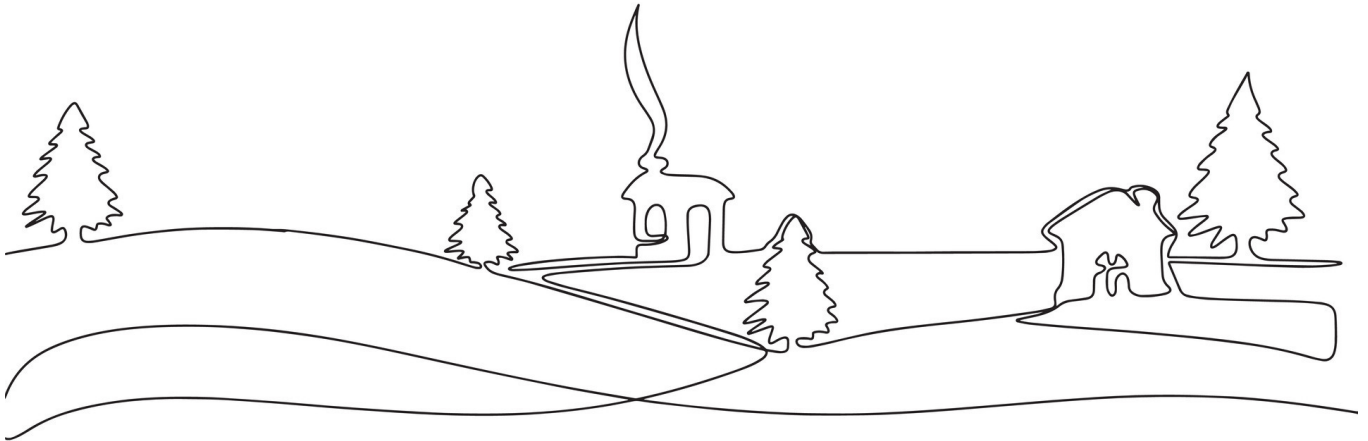


Saco Bay Artists

Winter 2024 Newsletter



Our meetings are usually held monthly from March-December on the second Monday of the month from 10:30 am -12:30 pm. OUR NEXT SCHEDULED MEETING IS AT 10:30 AM MARCH 11. The meeting location is the Saco Parks & Rec Center at 75 Franklin Street in Saco. ALL ARE WELCOME.

We also normally host a “drop in” at the Rec Center on the non-meeting Mondays (even through the winter) from 10:30 am – 12:30 pm for those who would like to get together to paint, create & chat. Please let Ellen (pastelpainter84@gmail.com) know if you might like to join on those Mondays; she has been trying to email around on Sundays to see who plans to attend, which helps us in planning.

2024 Welcome Message from Saco Bay Artists’ Chair, Heather Fountain

As we begin our new year of programs is the Saco Bay Artists, I want invite each of you to take full advantage of all the SBA has to offer. Three ways you can do this are to:

1. Learn each month from an interactive and/or informative visiting artist at our meetings or other events such as paint Monday, or sketch sessions at the Dyer Library.
2. Show/sell your work in one of many show opportunities- Summer OP Shows: July 4, August 3, August 31, OOB/OP Art Walk December 7, OOB Town Hall, local library exhibitions in OOB and Saco.
3. Connect with other artists and art opportunities at meetings, events, through our newsletters and updates.

I also need your help this year with three things that will make us stronger and more supportive to each other:

1. **ANNOUNCEMENTS:** If you know of show **deadlines or opportunities**, or are part of a show, gallery or other event please let me know so we can add these announcements to our agenda for each meeting and our newsletter. We should be supporting and celebrating each other and our accomplishments. **Deadline for announcements will be the Friday before each monthly meeting.**
2. **ARTISTS:** If you, or another artist that you know of, would make a great guest speaker or teacher for one of our meetings please contact me. With your assistance we can find a wider range of guests. Guest artists are paid and typically have 1 hour to share artwork, teach a technique or lead an interactive class. Although our room can be reserved for an extended time if needed.

3. MEETINGS: Mark your calendars for the second Monday of each month [with exception to Monday holiday*] and bring anyone interested, March 11, April 8, May 13, June 10, July 8, August 12, September 9, October 21*, November 18* & December 9.

I'm excited to see where this new year will take us.

Respectfully,

Dr. Heather L. R. Fountain

Fountainglass10@gmail.com

Chair, Saco Bay Artists

Membership 2024

Dues for 2024 are \$45.00 payable to Saco Bay Artists. If you have not renewed your 2024 Membership, please send it in or bring it to the first meeting on March 11 and include your membership/renewal application:

<https://www.sacobayartists.org/pdf/SBAMembershipApp.pdf>. Heather Fountain will continue to serve as membership chair through the end of April. In May we will welcome Vicki Lowe as the new Membership Chair. During this transition membership information is as follows:

Jan- April: Bring membership to a meeting or send to Saco Bay Artists C/O Heather Fountain, 2 Pavia Ave, Old Orchard Beach, ME 04064

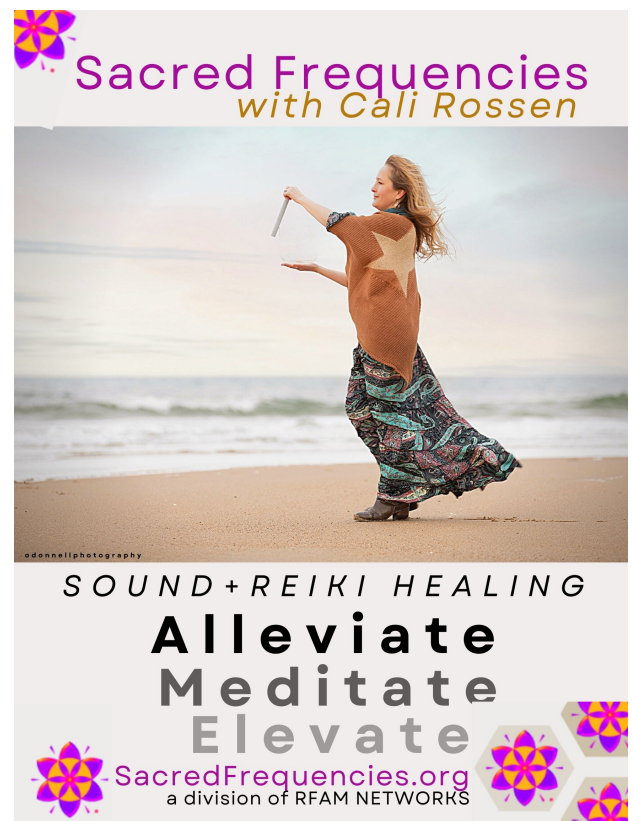
May-September: Bring membership to a meeting or send to Saco Bay Artists C/O Vicki Lowe, P. O. Box 7100, Ocean Park, ME 04063

Oct 2024- April 2025: Saco Bay Artists C/O Vicki Lowe, 47 Spruce Street, Foxboro, MA 02035

Upcoming at the March Meeting

Saco Bay Artists, get ready to immerse yourself in a unique experience this March, featuring Cali Rossen, local artist, founder of SacredFrequencies.org, certified sound & Reiki practitioner, 4X bestselling author, and host & creator of sacred frequencies TV airing on PMC Channel 5! We are thrilled to announce this special *Sound Healing and creating* event inviting *You* to explore the profound connection between sound, color, and your artistic expression.

We are excited for you to experience this enchanting Sound Bath where the ethereal tones of crystal sound bowls, a vintage Burmese gong, and other therapeutic instruments will be set up and played to guide you into a state of relaxation and heightened creativity. **As these instruments play, you will have the option to listen, relax and revitalize or listen and create in your medium of choice. To the March meeting bring a pillow for sitting on and relaxing and/or the art medium of your choice.**



Sacred Frequencies
with Cali Rossen

SOUND + REIKI HEALING

Alleviate
Meditate
Elevate

SacredFrequencies.org
a division of RFAM NETWORKS

Join us after our business meeting on March 11, to allow the energy and sounds to inspire your strokes and color choices, unlocking new dimensions of creativity within you by connecting deeper with yourself. **Save the Date: March 11, 2024, Business meeting at 10:30 followed by our sound and art experience. Saco Parks & Recreation has given us the room for extra time for creating.**

See you there, ready to relax and create! To learn more about our Fellow Artist, Cali Rossen: <https://www.sacredfrequencies.org/about>

2024 SBA Art Shows

Welcome to another show season with Saco Bay Artists. Although Ocean Park suffered severe damages during the recent storms, we are hopeful that everything will be repaired and shows/activities will go on as usual in Ocean Park. If anyone is interested, there is a fundraising effort in Ocean Park to raise \$100,000 for damages to the OPA buildings downtown and not covered by insurance. You can go to <https://oceanpark.org/> for more info.

For 2024, show messages will be from Kathy Angel Lee (kathyangellee@gmail.com) and Mary Brunner (marybrunner82@gmail.com) who is learning the Show Coordinator job & will be included in all communications.

The show guidelines and application for this year's three shows (July 4, Aug 3 and Aug 31) can be found on the SBA website: <https://www.sacobayartists.org/pdf/SBAShowApplication2024.pdf>. Please read them carefully before signing - there have been some additions to the agreement. Note that the entry deadline is May 15 for application & fees. If there is space available after May 15, we will consider additional applicants.

Monthly Demos

We are seeking volunteers to host demos during our monthly SBA meetings throughout 2024...and you get paid for it too! You are encouraged to show us how you make your art, but if you prefer not to “perform,” a demo related to your art/technique, tips of the trade, history/influencers, etc. would be just as valuable. Feel free to *get creative!* If you are interested or have suggestions of guest artists we could invite, please let Heather Fountain know at FountainGlass10@gmail.com.

Saco Bay Artists Website

For new or current members who have an online presence for their art—either a dedicated website, Instagram feed or Facebook page—you have the option to have the SBA website link to that page (see the Artists tab at the top here: <https://www.sacobayartists.org/>). If you'd like to have your page added, please let Christine (art@christinelabaree.com) know and she will put you in touch with Stephen who maintains our website.

SBA Chairs/Committees

Chair - Heather Fountain
Treasurer - Cathy Turpin
Meeting Scribe/Newsletter - Christine Labaree
Membership Coordinator - Vicki Lowe
(new as of May 2024)

Events Coordinator - Sylvia Orchard
Webmaster - Stephen Beckett
Facebook Coordinator - Kailleigh Archibald
Summer Shows Coordinator - Mary Brunner/
Kathy Angel Lee (2024 only)