



**Highlight of the month:**  
**Causes we support**  
**Plus:**  
**AAOS Annual Meeting and**  
**Vote**

**Board Of Directors**

**President: Jacqueline Horton**  
**Vice President: Loni Lou Laquill**

**Treasurer: Corrine Holden**  
**Secretary: Kristi Beitzel**

**Board Members:**  
**Sylvia Schroll**  
**Karin Phifer**  
**Vicki Garrett**  
**Gina McCauley**

**Board Meetings:**  
**2nd Thursday of each month**

**Social time at 4:30 PM;**  
**the meeting starts at 5:30 PM**

**Viet Hoa Restaurant 806 Ocean Shores**

***Dear AAOS Members,***

Good news for artists! According to neuroscience, next to meditation, art is one of the best things a person can do for their brain health, regardless of skill level.

Personally, I go into a state of high awareness while not being aware of myself at all I while working. I "get lost" in the process. I lose track of time, while my focus is on creating an image.

During the process of creating art, there is a singular focus on something outside of ourselves, an attempt to capture a feeling we are experiencing. The brain is highly engaged, as decisions have to be made at every second: which color is needed here? How deep is that shadow on the face? Where do I put the highlights? Do I include imperfections of the original in my drawing? Does that eyebrow really arch that high?

When I sit and draw, I am reaching into the paper with my pencils, trying to bring into being a feeling that is intimately about me, a feeling I want to express, and at the same time, it's all about the face of the dog/bird/elephant, not about me at all. The sensation, for me, is very much like sitting in a kayak and paddling down a river with a strong current, trying to go with the current but maintaining some degree of control. This rare heightened state of the mind is often described as "flow", or "the zone", or by musicians, "the crush".

Unlike math problems or a biology homework assignment, both of which require focus as well, creating art involves our psyche. The process of creating a work of art demands all the skill, technique and mastery of tools at the artist's disposal, but goes beyond a mental exercise into the realm of the artist's emotions. Most of the time an artist will choose to create what they love, or what they feel strongly about. This literally puts the creator of art in touch with his/her feelings.

To all of us it is beneficial and relaxing to be in a mental space where we can disconnect from reality and dwell in a place that is uniquely, completely and without compromise our own. We can create a refuge for ourselves where we engage in an activity that is soothing and fun, healthy for our brains and can bring benefits all the way into old age.

Have a wonderful Holiday Season  
and a Happy, Healthy New Year full of art!

sincerely,

*Karin Phifer*

# Annual AAOS Meeting Votes in for New Board Members

Several new officers were elected during this year's annual membership meeting at the Ocean Shores Convention Center.

**The new board members are:**

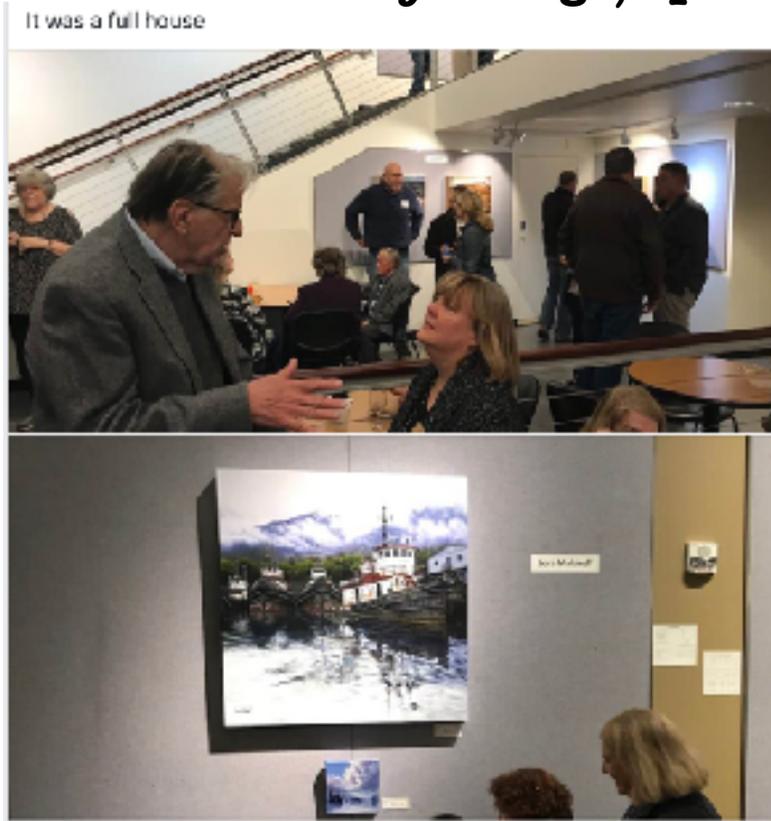
Lori Russo, Andrew Kelly and Sharon Sharon Gochoel.  
Gina McCauley has also joined the board and is co-chairing events.



This year, we had a sit-down dinner during the meeting.



# AAOS members participated in Fall Gala 2019 at Grays Harbor Community College, Spellman Library.



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# **The John Spellman Library**

at Grays Harbor College  
invites you to enjoy the 27th Annual

## **Fall Gala Opening Reception**

**Friday, November 8th**

**6:00pm to 8:00pm**

### **Participating Artists**

Kristi Jo Beitzel

Rich Coughlin

Nancy Farrar-Coughlin

Lyn Hayes

Judy Horn

Patricia Jollimore

Loni Lou LaQuill

Lora Malakoff

Douglas C. Orr

Ed Schroll

Larry J. Walden

Gayla R. Burgess

Matthew Coyle

Vicki Garrett

Corrine B. Holden

Ken Hunt

Susan LaMadrid

Sue Lowatchie

Stuart May

Brenda S. Peterson

Alex Suarez

Richard L. Young

Jenifer Youngblood

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**Exhibit continues through December 12, 2019**

### **Gallery hours**

7:30am - 8:00pm Monday - Wednesday

7:30am - 6:00pm Thursday

7:30am - 4:30pm Friday

10:00am - 3:00pm Saturday



## **Art in the Ocean Shores Library**

Art in the Library is a program sponsored by the Ocean Shores Public Library, which provides display space for works created by Ocean Shores Artists. There is no fee or commission to display the art. The display rotates monthly. Display space is available for two and three dimensional art. Contact Keitha Owen for more information.

### **Check In/Out Desk Display**

Check out the always different displays nearby the Circulation Desk. Featuring crafts, woodworking, jewelry, glass and more.

### **Library hours**

Tuesday, Thursday

11 : 00 AM - 6 : 00 PM

Friday , Saturday

11 : 00 AM - 5 : 00 PM

573 Point Brown Ave NW

Ocean Shores, WA 98569

**Library Director: Keitha Owen** [keitha@osgov.com](mailto:keitha@osgov.com) **360 289-3919**

<http://oslibrary.info/programs/art-in-the-library.html>

*Important note to all  
members:*

In the interest of providing our members and applicants with the utmost transparency concerning the way AAOS operates, our By-Laws, in their entirety, will be added to our Website:

<https://www.associatedarts.org>

# Associated Arts of Ocean Shores

## Membership Application

Your membership supports our ongoing commitment to the arts in Ocean Shores. Thank you for your continued support. Please return this form with your remittance to the address below

Name/s (as you wish to have them appear on your membership card/cards):

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Address:

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Phone:

Email:

### Annual Membership Dues

- |  |         |
|--|---------|
| <input type="checkbox"/> Single membership           | \$20.00 |
| <input type="checkbox"/> Couple or family membership | \$25.00 |
| <input type="checkbox"/> Business membership         | \$30.00 |

### Associated Arts of Ocean Shores

P.O. Box 241  
Ocean Shores, WA. 98569

Comments/Suggestions

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# We thank all of our business members for their support!



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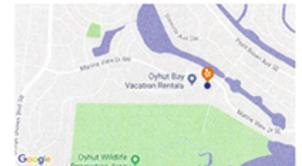
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**Sandphifer LLC**

**Karin Phifer**  
Sandphifer Gallery

102 1st St. N., Pacific Beach, WA 98571  
Phone: (360) 276.5029  
sandphifer@gmail.com

**Facebook: Somewhat Fishy**  
website: <https://www.sandphiferart.com>




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**Gina McCauley**  
Momma Snooter  
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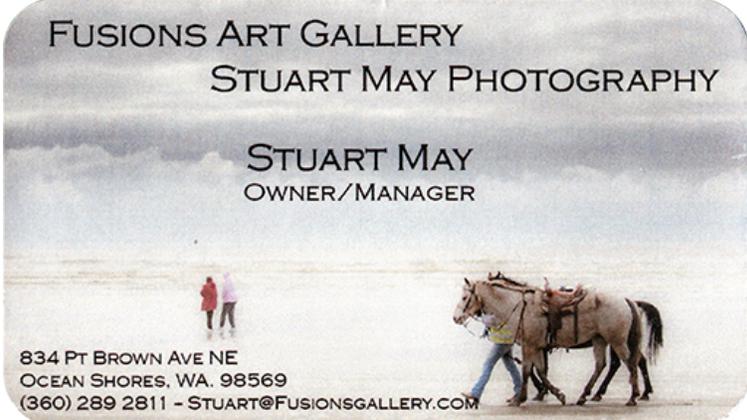
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**STUART MAY PHOTOGRAPHY**

**STUART MAY**  
OWNER/MANAGER



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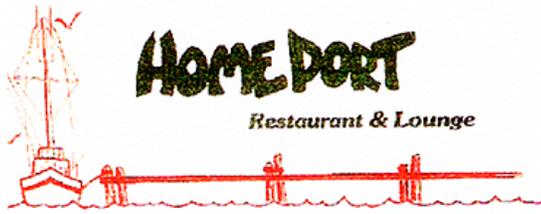


**Byron Canfield**  
*OWNER & TECH-GUY*

**206-890-0485**  
byron@experTechSeattle.com

200 Cakesosta Av SE, Ocean Shores, WA 98569





Ruth McClelland, Owner

857 Point Brown Ave. NW, Ocean Shores, WA 98569  
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