

# **AFCC's Winter Art Exhibit 2016**

## **Balancing Act**

48 Cape Cod Artists

January 9 - February 14  
Cotuit Center for the Arts



## Become a Patron of the Arts

### **Our Mission**

The Arts Foundation of Cape Cod is the regional arts agency for Barnstable County. We are committed to strengthening and promoting Cape Cod's arts and cultural industry in order to advance creativity and strengthen economic success and quality of life on Cape Cod.

### **Our Commitment**

To fund more deserving grant recipients and scholarships, to reach more local students, and to advocate and promote Cape Cod arts and culture in new and innovative ways.

### **Our Path**

Welcome to a very special community whose annual contributions empower AFCC to carry out our mission. By joining the Patron Program, you become a catalyst for the Arts Foundation while partnering with other loyal supporters who also believe arts matter. With your support we have a unique opportunity to prepare for our third decade of supporting arts and culture on Cape Cod. Now is the time!



## Member benefits:

- Full year AFCC membership
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- Access to the Executive Director and her team
- Patron Program special event invitations
- VIP Invitation to Winter Art Exhibit
- Customized sponsorship opportunities based on giving level

To learn more about the the Patron Membership, contact:

Wendy O'Keefe, AFCC's Director of Development  
wokeefe@artsfoundation.org 508-362-0066, ext. 112  
[www.ArtsFoundation.org](http://www.ArtsFoundation.org)

## Welcome to *Balancing Act*

The Arts Foundation of Cape Cod, together with the Cotuit Center for the Arts, is proud to produce, this year's Winter Art Exhibit titled, *Balancing Act*. This annual event showcases the work of local artists and engages and educates school-age children about visual arts. From January 11 through February 14 hundreds of local students will participate in guided tours led by volunteer docents, an interactive artist-led art project, a scavenger hunt, and a talk from an exhibiting artist on their creative process. For some students this will be their first encounter with an art gallery and a working artist. We know the arts transform students into engaged learners and active thinkers!

We are fortunate to live in an area that values the arts and attracts international talent. This exhibit was juried by a group of accomplished local artists who carefully selected each piece.

We extend a special thank you to our program supporters, including Massachusetts Cultural Council, Cotuit Center for the Arts, Cape Cod Melody Tent, Bank of Cape Cod, and Centinel Financial Group, LLC.

Best wishes,



Julie Wake  
Executive Director



# AFCC's Winter Art Exhibit 2016

## Balancing Act

48 Cape Cod Artists

January 9 - February 14

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Christianne Arnold  
Teresa Baksa  
Howard Barnes  
Beth Briggs McCormick  
Craig Brodt  
Rebecca Bruyn  
Kelly Burdge  
Eileen Casey  
Mark Chester  
Peter Cook  
Mary Doering  
Barbara Ford-Doyle  
Jaime Elkins  
Joe Fattori  
Elinor Freedman  
Christine Frisbee  
Alice Galick  
Alfred Glover  
Thea Goldman  
Laurie Goldman  
Joyce Groemmer  
Kenneth Hawkey  
Amy Heller  
Lois Hirshberg

Marieluise Hutchinson  
Kevin King  
Carl Lopes  
JuneMarie Manco  
Wayne Miller  
Tessa Morgan  
Ro Morrissey  
Andrew Newman  
Carol Odell  
Richard Pawlak  
Angela Persechino  
David Phillips  
Carrie Quenneville  
Sarah Riley  
Jill Ross  
Lisa Jo Rudy  
Kathy Ryman  
Joyce Schutter  
Helene Stracco  
Betty Twiss  
Amanda Wastrom  
Lee Connolly-Weill  
Frank Winters  
Joyce Zavorskas

**Much of the artwork in this exhibit is for sale.** Prices are listed in booklet within the artist's description. Proceeds from the sale will benefit the artist, The Arts Foundation of Cape Cod and Cotuit Center for the Arts. To purchase artwork please contact:

The Arts Foundation of Cape Cod at 508-362-0066 or [info@artsfoundation.org](mailto:info@artsfoundation.org).



## Christianne Arnold

*America*

acrylic paint, 3' x 4'

2015

Whether you look at the two bridges being balanced by suspension, or how the arch can stand on its own by design, or how our Bill of Rights is in place to keep our country balanced, and how

science and technology have created monuments

that withstand time, and the technique used to create the 3-D effect when using 3-D glasses. All represent a balancing act.

More Info/Images of Work:

[CA7777@msn.com](mailto:CA7777@msn.com) / [3DBYT.com](http://3DBYT.com)

## Teresa Baksa

*A New Perception*

charcoal and pastel on paper, 46" x 32" framed

2013

\$2,500

The figure is struggling to remain balanced as she deals with the forces of change happening to her physical body. She is trying to remain upright while sprouting wings and maintaining a spin. Secondly, she is also struggling with her emotions in dealing with the change that she requested. In this way she represents a balancing act between emotional and physical changes by remaining upright, balanced and centered.

More Info/Images of Work:

[teresabaksa.com](http://teresabaksa.com)





## Howard E. Barnes

*Eye of the Butterfly*

acrylic, 36" x 108"

2004

My goal is to express the balancing of my painting Eye of the Butterfly as the balancing act.

My work is to show artist growth over a period of time – beginning with what I was creating 50 years ago to more recent work which is quite dif-

ferent in terms of approach and style.

The work has become more abstract, minimal and modular, allowing mastery of color to dominate the foreground. My concern remains the relationship of color to color to dominate on a large scale.

More Info/Images of Work:  
[artybarnes.com](http://artybarnes.com)

## Beth Briggs McCormick

*Take a Break*

Digital black and white photograph,

21" x 25"

2014

\$275



My photograph was taken along the East River, overlooking Manhattan, from Gantry Plaza State Park in Queens.

The wooden chaise lounges immediately drew me in, not only by their wave-like shapes, but also by their juxtaposition against the Manhattan skyline. The soft, gentle profiles invite you in, asking you to take a moment out of the “busy-ness” of life, to enjoy what they have to offer. A moment off of your feet, a moment of relaxation, a moment for yourself. Not only is the image congruent with the theme of this show, but the image is a metaphor for the theme as well. Living in NYC and making time for true relaxation would surely be a “Balancing Act”.

More Info/Images of Work:  
[www.facebook.com/sliceoflifephotohaphycapcod](http://www.facebook.com/sliceoflifephotohaphycapcod)

# Craig Brodt

*Handle Vessel*

Ceramics, 34"x 15' x 14"

2015

\$2,200

This body of work is showing how two opposing life forms balance. I call this my Burl Series.

These tree trunk infections called "burls" look like bumps or warty growths as a result of environmental injury. It is assumed that proper tree management can improve a tree's health which can help reduce the occurrence of burls. More on wall plaque...



More Info/Images of Work:  
[Brodtc@dy-regional.k12.ma.us](mailto:Brodtc@dy-regional.k12.ma.us)



# Rebecca Bruyn

*Against the Wind*

iPhoneography printed on aluminum, 12" x 12"

2015

\$275

Last winter, after another terrible storm, I came across a "balancing act" in the parking lot at Corn Hill Beach in Truro. A new storm had just passed through dropping more snow on the outer Cape and the wind was blowing hard. It

was a spectacular sight to see and the light was stunning. This iPhone image was one of many I took that afternoon and for me, it tells the story of how the utility lines were being tested by the strong winds and heavy snow. Not only the pole was trying remain balanced, so were the elements of nature and the infrastructure that humans maintain to provide the electricity and phone lines to keep us connected. I don't know what you may have experienced during last year's storm but I was thrilled, excited, nervous and very concerned about how the elements of nature and the inventions we create are in a continuous struggle to keep our lives in balance. It truly is a balancing act!

More Info/Images of Work:  
[rebeccabruyn.com](http://rebeccabruyn.com)

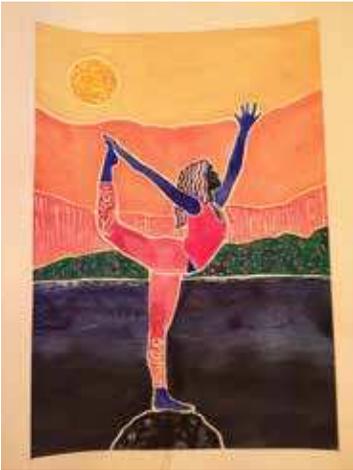
# Kelly Burdge

*The Balance Within*

guache and watercolor, 19" x 13"

2015

\$300



I often find myself trying to balance the abstract with the human figure in my art. Sometimes it works and sometimes the balance is off. As are most of my pictures, this image is filled with the joy of color, bright and vibrant. A reflection of how I see myself even when my world seems troubled.

More Info/Images of Work:  
[kellyburdgeartteacher.com](http://kellyburdgeartteacher.com)

# Eileen Casey

*Out on a Ledge Again*

Soft pastel on rice paper on a collagraph print

18.5" x 18.5"

2013

\$625

This nest is part of multiple nest series that I have been working on the past few years. This series began with a collagraph (by adhering sphagnum moss, bark, and other textured materials to a mat board plate). I printed the inked plate on a press and then applied "sanded ground" to the printed paper. I completed the

painting by applying layers of soft pastel.

I created this nest thinking...

It is securely constructed safe place, and yet it is precariously balanced on the ledge.

It seems lifeless and still, yet we know there will soon be new life and much activity to come.



More Info/Images of Work:  
[www.facebook.com/EileenCaseyArt](http://www.facebook.com/EileenCaseyArt)

# Mark Chester

*Bus and Cart* From the book *Twosomes*  
silver print, 20" x 24"  
1977  
\$800



In 1967, I was a Peace Corps trainee in Molokai Hawaii, volunteering to teach elementary school science in the Kingdom of Tonga, a group of islands

in the South Pacific.

Every morning I woke fantasizing I was an extra in the musical film "South Pacific". While I did not go to Tonga as a teacher then, I did visit the country ten years later to photograph the people and cultural landscape. I lived there for one month, exploring and reuniting with many of the Tongans whom I had met in Hawaii while learning the language and culture.

More Info/Images of Work:  
[markchesterphotography.com](http://markchesterphotography.com)

# Peter Cook

*Stacks*  
photograph, 16" x 20"  
2015  
\$250

My balancing sculptures started when I was a young boy camping in Vermont and Maine. My work was never in galleries - it was in the stream beds, on mountain tops or hidden around the bend on a woods trail. I like to balance rocks into sculptures. I work with what I find and the place where they are found. I never know what it will end up looking like.



More Info/Images of Work:  
[pcook123@gmail.com](mailto:pcook123@gmail.com)

# Mary Doering

*Mandala #2*

photograph, 16" x 20"

2015

\$150

The word mandala means circle and represents balance and wholeness. Mandalas contain within their form the essence of the universe, seasons, and cycles of nature. When used as meditation device, Mandalas help balance the mind, body and spirit. Concentrating on the visually intricate design, your busy mind takes a break from its constant chatter. When your thoughts wander you simply return your focus to the detail and beauty of the Mandala.

I have created a photographic series of Mandalas using the elements of nature. Working with these photographs roots me in the present moment. Each image is meant to suggest that there is a center within each one of us to which everything is related. When we balance our inner dynamic forces, we begin to behave in ways that honors our essential wholeness.



More Info/Images of Work:  
[www.marydoering.com](http://www.marydoering.com)



# Barbara Ford Doyle

*Chesterwood Balance in Nature*

archival pigment print, 17" x 22"

2015

\$400

Chesterwood is the former Stockbridge, MA summer home, studio, and gardens of sculptor Daniel Chester French (1850-1931). It is also the venue for large-scale abstract, conceptual and figurative sculpture in an outdoor setting. Last summer twenty-four artists from The Boston Sculptors Group exhibited their work in the landscape French designed himself. As I strolled through the woods, stopping at each marked location, I noted the imaginative concepts tying (sometimes literally) sculpture to nature and the wide range of materials used including copper Lincoln pennies (a nod to French's Abraham Lincoln for the Lincoln Memorial in Washington, D.C.).

It was, however, this composition captured on my iPhone of growing and decaying tree trunks, sunlight and shadow, abstract and figurative forms— balanced in nature— that might have been listed “#25 on the walking map.”

More Info/Images of Work:  
[www.bfdoyle.com](http://www.bfdoyle.com), [www.artsynergies.com](http://www.artsynergies.com)



## Jaime Elkins

*Gravitational Scatter*  
oil on panel, 36" x 48"

2014

\$2600

When starting my painting, "Gravitational Scatter", I knew I wanted to paint overlapping small and large planets, showcasing a sense of orbital movement. When I started to paint them, I had fewer spheres

that were larger, but as the painting progressed, I decided to have many more small spheres, alternating darks and lights until it started to show more depth and a sense of space.

Initially, the planets were all pulling towards the one higher star. Then I tipped the painting vertically, and loved the way it made me feel, like I was falling down in space towards a black hole.

When this show came up, I was thinking, the balancing act was perfect, because you could look at something one way and feel in balance, gravitationally moving towards a higher star, and another way, feeling a complete loss of balance, falling into darkness and the unknown.

More Info/Images of Work:  
[www.jaimeelkins.com](http://www.jaimeelkins.com)

## Joe Fattori

*Miss Eddie Current*

giclee print on archival paper of an original digital construction using "Smartsketch" CAD software, 33 1/8" x 23 1/8"

2015

\$250

The Eddie Current Balancing Act, a fully balanced input and output transformer coupled headphone/preamp featuring a 6SN7 input tube driving the user's choice of 300B/PX-4 or 2A3/45 output tubes, switchable through the flip of a toggle on the back!

The Balancing Act brings a new level of listening luxury to high-end audio. Painstakingly created with custom features built into the unit for the discriminating audiophile, the Balancing Act delivers sublime listening pleasure. It is also designed to serve as a preamp and will drive balanced lined for optimum speaker listening enjoyment. When it's all about the music, the Balancing Act is your performance sound stage. Even the hardest-to-drive headphones will sound simply amazing.



More Info/Images of Work:  
[Joe\\_fattori@hotmail.com](mailto:Joe_fattori@hotmail.com)

# Elinor Freedman

*On the Rocks*  
pastels, 19" X 22"  
2015

Perched on the rocks, gazing out at the ever changing vista of marsh, tides, and sea beyond, one cannot be but in awe of the delicate balancing act we enact as inhabitants of a planet whose dynamic forces we respect and revere. We hear a lot about dramatic climate change these days. One wonders how much each of us can affect.

In this pastel painting, through the use of the near detailed depiction of a rocky verge forged over many centuries and drawing the eye toward the more impressionistic view into a watery landscape in flux, the viewer is invited to contemplate the balancing act of nature whose mysterious dynamic cycles have long been a constant source of both scientific quandary and artistic inspiration.



More Info/Images of Work:  
[elinorafreedman@gmail.com](mailto:elinorafreedman@gmail.com)



# Christine Frisbee

*Primary Colors*  
Oil on canvas, 15" x 18"  
2015  
\$900

The creative process has many components. To me the most important is color. Every color comes from the three basic colors: red, blue, and yellow. The balancing of these colors creates the harmony that makes a painting pleasing to the eye. It is with great excitement that I address the colors for my paintings. I love to paint the items that are in the creative process, like these tubes of paint. It presents an important part in painting anything and everything.

More Info/Images of Work:  
[www.christinefrisbee.com](http://www.christinefrisbee.com)



## Alice Nicholson Galick

*Of the Sea, Balance of Nature*

Oil monoprints, etchings, and collage, 8"H x 18"W  
(folding box opened for display - closed 4 1/2"sq. x 8"H)

2013

\$400

This folding box is constructed to open a story of the ocean, tides, cycles of life, and the return of the teeming life of sky and sea back to the ocean floor. The papers

used to tell the story are from hand printed mono prints and etchings and natural materials and fossils from the sea.

The precision of the closing box with all its parts perfectly fitting together are intended to reflect the precision of nature.

More Info/Images of Work:  
[an.galick@comcast.net](mailto:an.galick@comcast.net)

## Alfred Glover

*Nesting Birds with Chicks*

Fabricated aluminum with paint, 5'6" x 36"

2015

\$15,000

Trees provide the essential balance in nature needed to support all living things and what an incredible balancing act it is !!!!  
They produce the air that we breathe, food, wood, shade, and trees are fun to climb!!! You cannot climb a mushroom!  
Can YOU ???



More Info/Images of Work:  
[www.alfredglover.com](http://www.alfredglover.com)

# Thea Goldman

*Icarus*

photography, 9" x 12"

2015

\$80

This summer my cousin, a few friends, and I piled into two dinky little kayaks to go diving off of a big rock in Long Island sound, about a quarter mile offshore. I had to be dragged in the water behind, since there wasn't enough space, holding the back of the boat with one hand and my GoPro with the other.

This picture was taken of my cousin, Luca, mid-jump. At the time I was treading water next to the rock, trying desperately to keep myself afloat whilst simultaneously taking the picture blindly and hoping for the best. It worked out, but the rock he was jumping off of was out of frame, making him appear to be hovering precariously over the water, balanced peacefully between the earth and the sky.



More Info/Images of Work:  
[thea.goldman@gmail.com](mailto:thea.goldman@gmail.com)



# Laurie Goldman

*Tree of Life*

Stoneware with sgraffito decoration, 9.5 x 4.5 x 4.5

2015

\$275

I love creating dense images full of the busyness of life. This tree is inhabited by all sorts of creatures big and small, dangerous and benign. Owls and cats, a snake and more. And hanging on the branches lots of intrepid somewhat reckless children--climbing, exploring, reaching, daring. A balancing act indeed.

More Info/Images of Work:  
[www.etsy.com/shop/mudlarkpottery](http://www.etsy.com/shop/mudlarkpottery)



## Joyce Groemmer

*Prioritize and Reprioritize*  
mixed media, interactive, 4' x 2'  
2015  
\$300

To me, a “balancing act” is what everybody goes through trying to fit all of the things they want to do and have to do into their lives. I have a full-time job, so when the evenings and weekends come, there’s a lot I want to accomplish. To keep it all straight, I make lists in my iPhone, and then I prioritize the activities on them, with the most important at the top of the list. So if I can’t do it all, at least I can do that one.

What you see here is a replica of my iPhone and my “Priority List”. These are five things that I try to spend some time on every week. Every week or two, I move them around to reprioritize them. If I’m expecting visitors, “Clean House” moves to the top of the list, and I spend more time on that activity and do it first! Still, I always try to spend some time on each.... to balance the things I have to do with things that I want to do.

What are the five most important things you try to fit into your week, and if you could choose, which one would be at the top of your list?

More Info/Images of Work:  
[www.jgroemmer.com](http://www.jgroemmer.com)

## Kenneth Hawkey

*NA Mother's Dilemma*  
oil on linen, 20" x 30"  
2015  
\$2100

Balance is an important aesthetic principal of design used in an artwork’s composition. The positioning of the subject(s) within the confines of a space, such as a canvas, are important so that the focal points and the negative spaces work together.

Balance is achieved in a finished painting not only by the position of its subject, but can also be achieved by using a repetition of color, value, shape, line, texture and all of the other principals of design.

As an artist I am known for the architectural subjects in my paintings and for my landscapes. However, in order to remain objective, unbiased and varied, it is important to paint other subjects and ideas as well. Creating art is like a well-balanced meal or diet, there are many ingredients one should combine in order to keep your work “healthy.” For this exhibit I painted a new subject and have also used balance in a literal sense. The mother figure is balancing herself on a rock, and with the assistance of a rope, her hopeful concern is to keep the babies balanced on their rock. The babies inside the cart must also remain balanced in order to prevent the cart from tipping over. Here we see that parenthood is a balancing act not limited to the human species!

More Info/Images of Work:  
[www.KennethHawkey.com](http://www.KennethHawkey.com)





## Amy Heller

*Assis Lachaise*

Cyanotype x-ray on silk layered with digital negatives and positives, 12" x 8"

2015

\$900

The dictionary definition of the idiom 'balancing act' is a situation requiring careful balancing of opposing groups, views, or activities. In my life, the balancing act is always between work, home life, art, and the unknown. Although it seems impossible to find a perfect balance between all

of these things, eventually I come back to my center. My work, "Assis Lachaise" is an example of balance/counterbalance using the figure in a positive/negative & left/right orientation representing the 'Yin/Yang' of life.

More Info/Images of Work:  
[amyheller.com](http://amyheller.com)

## Lois Hirshberg

*Totem*

Sculpture, 15" x 12"

2012

\$425

The process of making an object out of clay is always a balancing act for me. There are many steps that are taken to make one piece, more steps when several pieces are needed to complete a sculpture. Each piece is made individually with slabs of clay, glazed and then Raku fired where each piece is removed from a very hot kiln (1800 degrees) and placed in a tin can full of newspaper. Just that process is a balancing act making sure each piece withstands thermal shock and creates the effects of the glaze that I am looking for. Sometimes, I am actually juggling the pieces when I remove them from the kiln in order not to drop them.

In completing the sculpture, I need to put several forms together that will relate to each other as well as keep their individual integrity. It is this relationship between each component that creates the balance between the parts to make the whole piece. This final piece becomes a delicate balance between the different elements.



More Info/Images of Work:  
[www.hirshbergpottery.com](http://www.hirshbergpottery.com)

# Marielouise Hutchinson

*Spring Chores*

oil on panel, 18" x 15.5"

2015

\$2,500

The older I get the more I realize maintaining a home and yard is a balancing act...in time and money. There's always something to do – inside and out.



I take great pride in keeping my house in good repair and I tell anyone that will listen that it was a life changing experience the first time I cleaned my gutters. Spring Chores is an old house in Cushing, Maine being restored and cared for by a man who knows how to balance his act!

*More Info/Images of Work:*  
[www.marielouisehutchinson.com](http://www.marielouisehutchinson.com)

# Kevin King

*Wallflower #4*

mixed media, stone, wood, metal, found objects 20" x 23" x 6"

1995

\$2500



**Balancing Act**

As defined for fine arts: Balance has to consider the composition or placement of elements of design, as figures, forms, or colors, in such a manner as to produce an aesthetically pleasing or harmoniously integrated whole.

Used as a noun, Balance implies:

1. a state of equilibrium; equal distribution of weight, amount, etc.
2. something used to produce equilibrium;
3. a state of bodily equilibrium.

My series, the Wall Flowers, gathers a number of visual constructive elements of shape, size, weight, color, composition, while also incorporating the element of light and how light and shadow can give a 3-dimensional work a dynamic presence as the light and shadow varies, working in "harmony" maybe, in balance - that is for the viewer to decide.

*More Info/Images of Work:*  
[www.kevinkingart.com](http://www.kevinkingart.com)



## Carl Lopes

*The Theory of Everything*

Acrylics and holographic papers on wood panels,

46" X 50"

2014

\$4200

The world is a big place and we all have to balance so many aspects of life. From the physical realm of science to the spiritual realm of religion, we all make

decisions and act on our trusts and beliefs. This all encompassing image is created on cut wood, airbrushed with acrylic paints, accented with holographic papers and jewels, drawn into with acrylic paint pens, and finally sealed with high gloss poly resin.

More Info/Images of Work:  
[www.carllopes.com](http://www.carllopes.com)

## June Marie Manco

*Fish Scale*

oil on linen 13.5" x 13.5"

2015

\$1000

As an artist I have often observed the many varied waterways and land formations along the coast of Cape Cod, each with their unique purpose and weight and balance between them. My vision as the painting "Fish Scales" evolved was to transfer the symbolism of fish in the waters surrounding the earth as the flow of life, and to relate the scale to weight and balance as it rests on a earth's membrane.

Often it is a visual measurement that presents itself when something is out of balance. It is combined elements that exemplify how mankind must be trained to adapt, and to discover resourceful ways to keep the environment centered.



More Info/Images of Work:  
[www.scudderbaystudio.com](http://www.scudderbaystudio.com)

# Wayne Miller

*A Moment in Showa Era Version 5*

Oil and acrylic stain on canvas, 86" x 77"

1987

\$10,000

The subject of this painting is "time". The Showa Era was a period of Japanese time, 1926 – 1989, marking the reign of the emperor Hirohito. It was during the Showa Era (1970) that I visited Japan. Japan was the first place I'd ever been where the past and the present mixed seamlessly, and that had a powerful effect on me.



On the table are an empty glass and empty bottles below a spinning image of the earth. It depicts the aftermath of a long discussion on the subject of human affairs. This discussion in this painting took place 45 years ago, and yet the balancing act remains unresolved.

More Info/Images of Work:  
[www.waynemillerpaintings.com](http://www.waynemillerpaintings.com)

# Tessa Morgan

*Motherhood*

*Clay, 12.25" diameter x 1"*

2015

\$150



For many 21st century women the phrase "balancing act" has become shorthand for describing our lives: running a household, raising children, earning a living, with the expectation that we do it all with an uncomplaining grace.

Here a mother floats through the air while trying to guide her child, represented by the cat, which wants to break free to pursue its own adventures. Flowers, pigs, houses, fields and a chicken represent the abundance she brings to her home.

This piece is about balance both visually and thematically. The sgraffito process, in which a dark slip is laid over a white clay, is used to create a balance between light and dark. Graphic lines and shapes, produced by cutting away negative space, are highlighted against the opposing white background. The placement of pattern: stripes, checks, dots, and contrasting areas of open space create a visual balance.

More Info/Images of Work:  
[Flyingpigpottery.biz](http://Flyingpigpottery.biz)



## Ro Morrissey

*Turning Tide*

Fabric and thread, 15" x 19"

2015

\$1500

There are over 250 small pieces of fabric and many different thread colors in the piece. In my work I use improvisational piecing, fusing, and thread sketching

to create a painterly look. I chose this design, a representation of the four seasons on Cape Cod to speak to the balancing act we all experience when we choose to live here on Cape Cod. We have read recently of the difficulties of young families trying to afford to stay here and raise their children while also searching for full time living wages. Many Cape Codders, old and young, are trying to balance the seasonal economy with the need to work in the winter as well. As custodians of this remarkable island, we are constantly reminded of the fragile balance between natural beauty and the destructive forces of both man and nature. Life on Cape Cod is an ever-changing balance of beauty, simplicity, seasonality, and complexity.

More Info/Images of Work:  
[capecodfabricart.com](http://capecodfabricart.com)

## Andrew Newman

*Talented Cod*

mixed media limited edition giclee print, 19 3/4" x 19 3/4"

2015

\$285

The Atlantic cod has a prominent appendage on its chin called a barbel, which has taste buds, like our tongue, and is used to help the cod find food in murky water. This tal-

ented cod has an exceptionally well-developed barbel that allows it to exhibit incredible feats of balance.

"Talented Cod" is a multimedia piece that was designed to illustrate the show's title, Balancing Act. The background is a photo taken at Marconi Beach. The geometric diamond shaped object was designed in Adobe Illustrator and brought into Photoshop where different effects were added. The cod is a black-and-white engraving that has been colored in Photoshop. The final piece is a limited-edition giclée printed with pigment inks on heavy matte archival paper.

Andrew Newman is a graphic designer, art director, conceptual thinker, illustrator, photographer, musician, and sometime fine artist living on magical Cape Cod.

More Info/Images of Work:  
[andrewnewmandesign.com](http://andrewnewmandesign.com)



# Carol Odell

*Steadfast Assist*

oil on panel, 22" x 22"

2012

\$2200

Composing a visual image is all about balance. The balancing of the energies of color, tone, and space is powerful and exciting. Resolving this balance is the most crucial aspect of my work. I chose to work this way because I feel that a painting resonates with the viewer first and strongest through color and form regardless of story.



For this reason, I ask the viewer not to think about “what” a painting is, but “how” it is. How many words can be used to describe what you see? How does the painting make you feel?

More Info/Images of Work:  
[odellarts.com](http://odellarts.com)



# Richard Pawlak

*Sparrow Hawk*

Acrylic on board, 29" x 49"

2015

\$5000

My boyhood years were spent exploring the wonders of the marsh of the Chelsea Creek. I lived in a housing project on the edge of the city next to the remnant marsh.

The painting “Sparrow Hawk” is part of my new series, “Marshbirds”. My study of marsh birds includes observations, and hours of sketching birds in the salt marshes of Eastern Massachusetts.

“Sparrow Hawk” in part, illustrates the fine balancing act that birds do routinely using wing and tail feathers – whether perched on a stick or riding an air current over the marsh in an elegant way in which these balancing experts make it appear to be as an easy exercise.

A tiny snapshot becomes a wonderful observation of balance that occurs everywhere in the natural world.

More Info/Images of Work:  
[www.richardpawlak.com](http://www.richardpawlak.com)



## Angela Persechino

*Temple*

Reclaimed wood with mixed paints, 22" x 30"

2015

\$650

Protection, whether temporary or permanent, physical or emotional, is a necessity. Each piece created in this series represents a moment during this balancing act of susceptibility and protection, death and survival. Using leftover wood scraps from a neighbor's renovation project after their home caught on fire, I assembled various pieces in an intentional manner with symbolic intent. Shape, size, color, texture and composition play an important role with setting the mood for each piece in my "Shelter" series.

More Info/Images of Work:

<http://www.angelapersechino.com>

<http://backatheranch.weebly.com>

## David Phillips

*Hummingbird Moth*

*Pastel, 18" x 22"*

2015

Some kinds of insects, including bumblebees and flies termed hoverflies, hover as they gather nectar from flowers. If the individual flowers are close together, a hovering insect can visit flowers faster and use less energy than it would if it landed and took off from each flower.

A group of day flying moths called hawk moths or sphinx moths hover as they use their long proboscis to draw up nectar. Because even a slight breeze could blow a moth away from the flower, hawk moths, like this hummingbird moth, balance on their front legs as they move from flower to flower.



More Info/Images of Work:

[david@bullandbird.com](mailto:david@bullandbird.com)

# Carrie Quenneville

*Seeking Serenity*

oil on canvas, 20" x 16"

2015

\$300

Life is busy, it is chaotic, crazy and wonderful all at the same time. In my jam-packed days a teacher of Math and Art, Field Hockey Coach, Mom of two busy kids, wife and daughter, I often struggle to find the balance in life. It seems as though every day poses a

new challenge or obstacle. The process of creating has been my therapy and escape. It is also one that I rarely have time for anymore. I spend my days teaching others the importance of creating and focusing on their identity while I simultaneously struggle not to lose my own. Life is a bit of a juggling act most days. Carving out time for creative exploration is a necessary component to maintaining a sense of balance and serenity.

More Info/Images of Work:  
[carriequenne@comcast.net](mailto:carriequenne@comcast.net)



# Sarah Riley

*Balancing the 28 Sides of an Issue*

Graphite and Prismacolor pencil on paper,

22" x 30"

2012

\$800



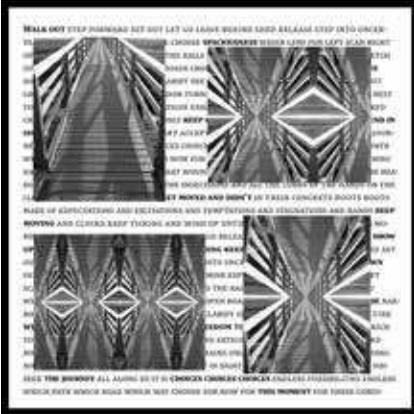
In this graphite and Prismacolor pencil drawing on paper, an image of a child tenuously holds up what looks to be a folding screen behind her. Two yellow and orange-colored triangular objects also somehow balance along the screen's border, as does a little figure with a goat and monkey. Standing at the edge of the sea above a seal—or is she on a tightrope?—this young girl seems to be holding up the many-sided screen by touch alone. Is the playful seal below looking out for

predators? These are some of the questions one might ask about this work. Thinking of too many options can be a curse. How do you keep the many sides of any issue balanced on your back while maneuvering a swaying wire over a wind-swept, friend-or-foe-containing, ocean?

More Info/Images of Work:  
[rileystraussgallery.com](http://rileystraussgallery.com)

## Jill Ross

*Iterative Journey*  
mixed media, 28" x 28"  
2015  
\$1,250



### Iterative: The Journey

(it-er-a-tive; adj. involving repetition of a series of steps, actions, or operations producing outcomes successively closer to a desired result.)

Iterative: The Journey includes the original image (“Boardwalk”) and three different iterations of the original: “Two Paths,” “Keep Going,” and “Choices, Choices, Choices.”

Viewed together, these images represent stages or iterations of a journey – for me, of life’s journey. The text behind the imagery reflects my experience on my own journey over the last five or so years, and the different stages through which I moved, feelings I encountered, thoughts I’ve had about “The Journey” at large, and in many ways, about balance – seeking balance, finding balance, losing balance, mourning a lack of balance, striving for balance once again.

This piece is about balance in ways apart from the connection to life’s journey, to life so often being described as a ‘balancing act,’ or a ‘good life’ as a ‘balanced life.’ It’s also about balance in more literal ways - balancing the written word with imagery; balancing what’s visible and what’s not; and balancing objects in space (well, in this case, projecting objects outward to create the appearance of balancing in space).

More Info/Images of Work:  
[www.justjilltoday.com](http://www.justjilltoday.com)

## Lisa Jo Rudy

*Worth the Risk*  
Photograph, 16" x 20"  
2014  
\$250

What makes life worth living? How do we balance our need for security with our drive to take risks and discover the world beyond our “safety zone?” “Worth the Risk” uses stark black and white imagery to explore the balance between safety and adventure. What is worth the risk to you? How do you decide?



More Info/Images of Work:  
[www.lisajorudy.com](http://www.lisajorudy.com)

# Kathy Ryman

*Equipoise*

Photograph, 24" x 19"

2015

\$375

This piece speaks to me of balance on many different levels. Our expectations profoundly affect how we see reality. What we expect to see impinges on what is really in front of us. Are any of us able to see objectively?

This photograph presents the viewer with challenges. Are you seeing the reeds against the sky? Is there a horizon in the photograph with the sky above? Or is the sky a reflection as seen in the water? Is there a balance between the reeds and their reflection? Is the reflection of the reeds larger than the actual reeds? How each viewer understands this piece results from their own personal balance between expectations and reality.



*More Info/Images of Work:  
kathypetryman@gmail.com*



# Joyce Utting Schutter

*A Balance of Questions*

*gourds, thread, handmade sheet-formed flax and  
abaca paper, organic found objects, 22" x 24"*

*\$1500*

When our inner stability is threatened by ideas or events that challenge our beliefs, we seek answers in order to regain our balance. But how do we encapsulate infinity? The most profound questions have no definitive answers. Reveling in the questions can lead us into awe and wonder.

Each translucent, skin-covered gourd contains elusive natural object(s) that prompt mental inquiry, but each deliberately obscures. Balance lies in the relationship between them.

*More Info/Images of Work:  
www.artbyjus.com*



## Helene Stracco

E. Merge  
weft faced ikat tapestry, 7" x 18"  
2015  
\$325

The 'act of balance' was key to designing the tapestry that I am submitting to the Arts Foundation Winter show, *Balancing Act*. During the process of creating a weft faced Ikat tapestry, carefully measured, identical, intervals of weft yarn were centered and wrapped in a vertical pattern with Ikat tape. The wrapped areas resisted the color at these points during the dyeing process.

When the spaced dyed yarn was woven and allowed to follow its own path, a surprising pattern formed. Without the weaver's control or manipulation, balance was established. The symmetry that developed

during the weaving process revealed the outline of a mysterious figure with mirror-image forms, each balanced upon the other.

More Info/Images of Work:  
[hstracco@comcast.net](mailto:hstracco@comcast.net)

## Betty Twiss

*Just Hours to Showtime*  
Watercolor, 29" x 37"  
2000

"Just Hours to Showtime" is Not For Sale. Excellent framed Giclees can be made to order for \$1200

Setting the lights for a live television performance in the early years of New York television required a delicate balance of skills. My watercolor painting shows lighting director Hal Anderson and his favorite electrician placing lights high above a winter scene for a "Show of Shows" performance for Sid Caesar and Imogene Coca later that day, 1/27/61. Caesar and Coca will "seem" to be skating on ice and flying – lifted in air by the equipment shown at upper right.



More Info/Images of Work:  
[btytwiss@comcast.net](mailto:btytwiss@comcast.net)

# Amanda Wastrom

*Whirligig Woman*

*Sumi ink on paper, 23" x 19"*

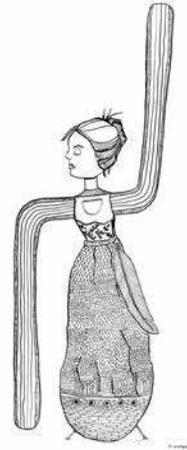
2015

\$500

Being a human being in this world is a balancing act in itself but being a woman and a mother is the challenge that I know and that I like to explore in my work. The image of the whirligig, arms flailing and spinning in response to the windy environment around it seemed to me to be an apt metaphor for that challenge.

I have been looking at a lot of American folk art recently (easy to find here on Cape Cod). I was inspired by one piece I saw at the Falmouth Museums on the Green that was a wooden carved whirligig in the shape of a soldier.

It was probably 18th or early 19th century. One of his arms was a sword. I decided to do my own version. My next challenge is to take that drawing and translate it into a working sculpture!



More Info/Images of Work:  
[alfieds.wix.com/Amanda-Wastrom](http://alfieds.wix.com/Amanda-Wastrom)



# Lee Connolly-Weill

*Interface 2*

*mixed media, 37" x 28" x 5.25"*

2015

\$850

This body of work illustrates a "Balancing Act" on two levels: first a visual balance between lines, space, shapes, color and textures. Proportion, unity, emphasis, variety and harmony solidify each composition. On a second level the art illustrates the equilibrium necessary to balance our interactions between the circuitry of our brain, a computer motherboard and Mother Nature.

More Info/Images of Work:

[leeconnollyweill.com](http://leeconnollyweill.com)



## Frank Winters

Chicago, MCA 2014  
Photograph, 16" x 20"  
2015  
\$250

Balance is life. To stay on our feet, to discern one thing from another, to keep our sanity and safety, we need balance. This photograph was taken in a beautiful art museum. The objects and people in the museum constantly form balanced compositions, providing the

photographer with a wealth of opportunity. In this case we don't know what the person in the photo is looking at. Is she distracted by the view from the window, or is she balancing her attention between that view and the artwork surrounding her? She probably isn't aware that in the photo she has become part of another work of art, balancing the hard-edged shapes with her human form, providing us with a separate vision altogether.

*More Info/Images of Work:*

<http://frank-winters.artistwebsites.com>



## Joyce Zavorskas

Dune Forest Approaching Route 6  
oil on canvas, 36" x 36"  
2012  
\$2800

My paintings convey the circumstances and consequences of erosional landforms affected by wind, rain, and gravity. Living things poised precariously on top of a cliff shift downward over time. The land has an ebb and flow like the ocean tides.

The dunes in Provincetown by Pilgrim Lake are always on the move, and I noticed this group of trees several years ago along Route 6A. I check the scene every time I drive by to see how things change over time. Entire pine forests have been engulfed by the dunes in the past.

I construct layered surfaces with abstract rhythmic patterns based on the specific site. The first wash of oil paint is drippy and elusive, randomly creating a flow of its own.

Succeeding applications of paint are thicker and describe the forms. Layers of pigment on canvas relate to layers of land observed over time, like the partnership of mankind with the universe, a connection often overlooked.

*More Info/Images of Work:*

[www.joycezavorskas.com](http://www.joycezavorskas.com)

# AFCC's Winter Art Exhibit 2016

## Balancing Act

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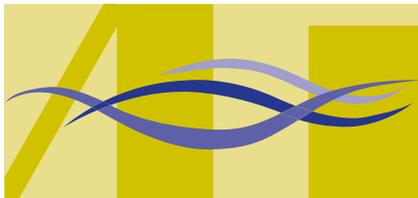
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