



MAY 2011 NEWSLETTER
VOLUME 31 | ISSUE 9



Collaborative Art

May Program

Year long Library Committee Project

*With Tom Burns, Rick Garlington, Anna Hithersay, Nan Kirby, Donna Sobolovic, Kathy Setina
Program Groupies: Debi Sementelli and Lynette Broyles*

So, what is this program all about? You've probably seen some of us exchanging "books", "bags", or even a wrapped package at meetings, even though the exchange was to be done quickly without anyone noticing. Many have asked, "what is that?", "can I see that?" and no matter who you asked I'm sure the answer was along the lines of...."oh, nothing", or "you'll have to wait until May to find out". Guess what.....May is here and as you read this I'm sure you are thinking you're going to find out, well guess again. Come to the May meeting and all will be unveiled right before your eyes!

This little project has pushed, pulled, stretched, and twisted all of our imaginations and skills in directions none of us knew we were capable of when we started on this journey together. There have been long nights and frustrating times encountered by each and just when you thought, "I got it!" Well, think again.

It all started out with a seed being planted by the committee chair, not to be named for fear of his life. It didn't take much for him to sell it to his committee and thus the journey began. All of us started with the same book and Hey, Wait, I'm giving away what we have been keeping a secret. You almost had me there. *Lips Zipped*

You have to come to the May meeting and everything will become clear. This will not be a meeting to miss as six people reveal how each embraced the challenge set before them and completed it spectacularly in their own way!

2011-2012 Leadership

Continuing for one more year as President is Sherry Barber and Secretary is Catherine Burkhard. Returning as Treasurer for two years is Rick Garlington. No stranger to the guild, Thomas Burns is our newest officer elected to serve for two years as Vice President.



Left to right are: Sherry Barber, Thomas Burns, Catherine Burkhard and Rick Garlington



www.kaligrafos.com

May 2011
Volume 31 Issue 9

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The Dallas Calligraphy Society

Board Members

President: Sherry Barber
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Library: Tom Burns
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Parliamentarian: Catherine Burkhard
Programs: Margaret Mall
Projects: Linda Jones
Webmaster: Sherry Barber
Workshops: Jeri Wright / Donna Sabolovic
Public Relations: Debbie Worden

President's Letter



Presidential Seal By Janell Wimberly
"We Ink 'em Up!"
(for outgoing president Kathy Setina)

May

The end of a calligraphic year is already here. We have had incredible opportunities to learn new skills and be inspired from all the talented people that are a part of this society. This month we start with a new slate of officers - though not much different from last year. Thomas Burns has stepped into the Vice President's role while maintaining the library chairmanship. Your President, Secretary and Treasurer remain the same. We began a new format where only two officers are elected each year and serve for a two year term. I think that this will allow a sense of continuity in the leadership and avoid having to re-invent the wheel every year or two. As our group is on the small side, we still play 52 pickup in the job roles. We cannot survive without your help - so a big thank you to all of the members for stepping up and helping with just about everything.

A big thanks goes to Nicole Black who has kept the membership in line for the past two years. Thanks is also due to Linda Jones who has served as the Projects chairman for the past two years as well. We are almost sold out of our cookbook and have a few more tote bags available.

I want to thank Margaret Mall for the fabulous job of Program chairman for the past two years. She has scheduled a great variety of subjects so there was always something for everyone. We learned or reviewed Illuminated alphabets with Angie Vangalis, Carolingian with Janell Wimberly, and Blackletter with Carol Scott. Louise Weber directed us in becoming more organized in our studio. How many of you have followed up on her advice? Kathy Setina brought color to the mix and Margaret herself taught us how to paint animals in watercolor. The Newbie workshops were Neuland presented by Betty Barna, Versals with Jeri Wright, and Perspectives with Marie Adamson. The only thing that can take your skill set higher is that word that makes me think of my mother and piano lessons- PRACTICE! It is a good thing. Do it in honor of your mother this month. (And next month too for Dad. By then it will be a habit.) As I look at this list I am awed by the amount of talent in our group. I suppose that I am the only one that needs to practice, but then I realize that practice is why they are so talented and I am inspired again.

Donna Sabolovic and Jeri Wright have also had a very busy and awesome year. We had the incomparable Maggie Gillikin and Leslie Winakur come up from San Antonio and teach us 4 little books in October. Have you filled the books with letters and made several more? They are the perfect size for short poems (or long ones with small nibs) and quotes. With their dimensional structure, you can say a lot with a few words.

February brought us Pat Blair, the White House chief calligrapher, who taught us Spencerian Script. It is incredibly beautiful, delicate and old worldly. Do you remember the days of letters in the post and not txd 2 u? Use it in a letter to someone special and I imagine that it will be treasured and not tossed. We will start the new year with fabric collage with our own Nan Kirby. This can be simple or elaborate, realistic or abstract. Any way it is very beautiful. Come join us in June.

This month the Library committee, led by Thomas Burns, will unveil the secret project that they have been working on for almost 2 years. I hope that you will not miss this month's program. It promises to be inspiring. Thanks to his committee and the month's helpers. They are Rick Garlington, Anna Hithersay, Nan Kirby, Donna Sobolovic, and Kathy Setina. The program groupies are Debi Sementelli and Lynette Broyles.

Keep practicing!

Sherry Barber



THE DALLAS CALLIGRAPHY SOCIETY

2010-2011 Kaligrafos Kalendar

· General Meetings 2010-2011

May 14 10:00 am Collaborative Art - Nan Kirby and Library Committee Members - First United Methodist Church

· Board Meetings 2010 - 2011

May 1 3:00 pm TBD

· Newbie Workshops 2010 - 2011

More to come in the fall

· Kaligrafos Workshops 2010 - 2011

June 11,12 9:30 am Fabric Collage - Nan Kirby - Irving Center for the Arts (Jaycee Park)
October 22,23 9:30 am Design - Georgia Deaver - TBA

· Summer Play Days 2011

July 9 9:00 am Zentangles Revisited - Jean Kooda - Irving Center for the Arts (Jaycee Park)

· Kaligrafos Exhibits 2010 - 2011

October Letters of the Month - Manske Library
November 5 Letters and Book Extravaganza - TBA
March 2012 Alphabet Book - Audelia Library

Workshop and Play Day fees are \$5.00 for members and \$10.00 for non-members.
If a non-member wishes to pay an extra \$15.00 they can become a member of Kaligrafos at that time.

Please R.S.V.P. to Margaret Mall if you plan to attend a Workshop or Play Day at e-mail address
mdmall7@sbcglobal.net OR margaret@calligraphyartstudio.com. This gives instructors the number of
attendees so they may prepare appropriately.

Local Classes

Private Lessons

\$30/Hour

Winter & Spring
flexible hours
My studio in Sachse
Contact: Carol Scott
www.carolscalligraphy.com

Workshops taught by Janell Wimberly

www.jkwimberlydesign.com/Workshops.html

Card Making Classes

\$5

2nd Tuesdays 7:00 PM to 9:30 PM
At 6805 Oak Falls Dr, McKinney, TX 75070
3rd Saturdays 9:30 AM to 11:30 AM
At THEO - <http://theosonline.org/Location.htm>

Beverly Stewart, Instructor
214/551-5782
beverlystewart@gmail.com

Bring your own scissors and adhesives. If you make a Stampin' Up! purchase, the class is free. As always there is no pressure to buy. Come, make cards and have fun!

Monthly Meeting Location

The Kaligrafos monthly meetings for April and May 2011 will be held at the First United Methodist Church in Richardson in Room 217 A. The full address is 503 North Central Expressway, Richardson, TX 75080.

This is the location for the May 14 MONTHLY MEETING.

A map to the First United Methodist Church is to the right. Parking is on the right side (north side) of the building when entering the main parking area from the south bound service road south of Arapaho. This is also on the back side of the US Post Office located on Belle Grove. The entry door has short stairs on one side and a ramp on the other side. Take the elevator on the right just inside the hallway to the second floor and go to room 217 A.



First United Methodist Church

Tangle Time

Zentangle classes & workshops
Arlington Convention Center, Arlington, TX

June 2

12:00 noon - 2:00 pm
2:30 pm - 4:30 pm
5:00 pm - 7:00 pm

June 3

12:00 noon - 2:00 pm
2:30 pm - 4:30 pm
5:00 pm - 7:00 pm

June 4

12:00 noon - 2:00 pm
2:30 pm - 4:30 pm
5:00 pm - 7:00 pm

Sign up for classes at www.greatamericanscrapbook.com

Reminder

If you are working on the children's book, do not forget to plan on having your letters and illustrations in by May.



Bridwell Library on the SMU Campus has announced their lectures and exhibitions for 2010-2011.

Check <http://smu.edu/bridwell> for details
For location and parking, go to <http://smu.edu/parknpony/visitors>

Summer Play Days

The first 2010-2011 Summer Play Day is:

- July 9 Zentangles Re-Visited with Jean Kooda

!!! Please note this will be held at Irving Center for the Arts (Jaycee Park) !!!

Workshop and Play Day fees are \$5.00 for members and \$10.00 for non-members. If a non-member wishes to pay an extra \$15.00 they can become a member of Kaligrafos at that time.

Please R.S.V.P. to Margaret Mall at mdmall7@sbcglobal.net OR margaret@calligraphyartstudio.com for the workshop(s) you plan to attend so the instructors are prepared for each workshop.

Margaret Darphin Mall

UPCOMING EXHIBITION AND OPENING RECEPTION

As President of the Lone Star Chapter of the Guild of Book Workers, I invite Kaligrafos members to the Chapter's 2011 exhibit, which opens on June 3, 2011 at the DeGolyer Library, SMU. The set book for the exhibit is *The Thread That Binds: Interviews with Private Practice Bookbinders* by Pamela Leutz. There will be an opening reception that evening (time TBA) at the Library with Ms. Leutz offering a presentation on how she went about doing the interviews. Ms. Leutz, formerly from Dallas, lives in Colorado Springs, CO, and is a member of the Lone Star Chapter.

There will be about 45 books in this exhibition. Three of the books are from Kaligrafos members, Sherry Barber and myself. I am privileged to be one of the interviewees. The exhibition will end mid-August, and travel to Houston's Museum of Printing History to be on display from September 29, 2011 to January 14, 2012.

Catherine Burkhard

Perspective Workshop Recap

Marie Adamson quickly taught perspective to a group of us at the Perspective Workshop in April. All of us learned what to do when setting new horizons. We traveled new roads and created buildings, big and small. After building fences and playing in the trees we then applied the new found knowledge to letters.

It was the first time I have had a class on this subject and it changed the way I look at things now.

Randy Stewart

Announcements

2011-2012 Membership

It is time renew your Kaligrafos membership for calendar year 2011-20112!

\$25 for individual memberships
\$35 for family memberships

Welcome
New and Returning
Kaligrafors

Alex Tolleson
Cayetano "Ollie" Olivarez

Library Books

Remember that library books are due at the May meeting!

Library Books are due at each regular meeting of Kaligrafos. You "May" want to avoid overdue fines and bring those books in

Remember to browse over to The Library Thing at <http://www.librarything.com/catalog/Kaligrafos> and treat yourself to a few titles this month. Send Tom your selections at library@kaligrafos.com so he can bring the books you want to the May meeting.

Look for Kaligrafos on ...

facebook



Just a MINUTE

April MEETING HIGHLIGHTS

REGULAR MEETING HIGHLIGHTS - April 9, 2010

- Twenty-seven members and 2 guests enjoyed the April 9 meeting at First Methodist Church, Richardson, which featured:
 - details of the "Fabric Collage" workshop, June 11-12, with Nan Kirby
 - announcement of October 22-23 retreat with Georgia Deaver
 - notes about the April 23 Newbie Workshop on "Perspectives in Design"
 - notice that 2011-12 membership dues now payable
 - annual election, electing new Vice-president Tom Burns and re-electing Treasurer Rick Garlington
 - display of the last 3 letters of the "Letters of the Month" project
 - an excellent program on Blackletter by Carol Scott

--Catherine Burkhard, Secretary

ANNOUNCEMENT

The Saint John's Bible Series

Those interested in obtaining the latest volume, "Historical Books", #6 in The Saint John's Bible series of 7 books, can contact Catherine Burkhard
214.363.7946

bookltrs@att.net

She can get this book, any of the other 5 books,

DON'T FORGET "The Alan Furber Memorial Educational Fund" when you'd like to...

...honor someone (honoree does not have to be a member)

...give a memorial in someone's name

...commemorate an event

...or just to make a donation to the Fund

This special educational fund honors the memory of Charter Member Alan Furber and will provide financial assistance to some of Kaligrafos' educational offerings

Checks payable to "Kaligrafos, The Dallas Calligraphy Society".



If you do not have a metal ruler with a cork back you are missing an indispensable art tool. Get one, either 12 or 18 inch, you won't be sorry. It will last a lifetime and the cork backing will save you countless hours of frustration. If you can afford one each that's even better.

Less Fiber

A great pen wipe is a Mister Coffee Paper Filter. They are very inexpensive and will not leave any fibers on your pen.

A Quote in the Hand ...

Don't go into a workshop empty handed. Have a couple quotes on hand just in case you are called upon to write a favorite quotation - better safe than sorry.

Wide Eyed

And even though you may like to drink a lot of coffee to keep you alert, just remember an overdose might actually

deter your creativity – everything in moderation.

Modern Piercings

You can use a pattern maker's piercing wheel to dress up your art paper. Use it with a straight edge for scoring and tearing multi pages from a pad, and many other uses. Careful not to touch the spikes – they are sharp and will prick your fingers.

Just a Little

Sheila Waters says, "a flourish should be like a banner unfurled in the breeze". But don't over-do flourishes – a little goes a long way!

Mat(h) Problem A:

And for you calligraphy math buffs try this: measure the mat frame window, say 10-3/4 x 13-1/2 inches, cut your paper slightly larger, poem to be (say 23 lines), calculate the number of lines you want the poem to be, say 30, subtract 4-1/2 inches from the top and

bottom margins. This will give you a formula: $(13-1/2) - (4-1/2) = 9$ inches / 30 lines. Included in the 30 lines leave room for ascenders and descenders. Obviously you will be using a small sized nib – Speedball C5 or Mitchell #3. And to be sure to line a sheet of practice paper to these dimensions and formula – it works!

NOTE: we stock many vintage nibs, handmade pen staffs and have calligraphic DVD's available at the meetings. And we now offer "to your specifications" on our penstaffs - you choose the shaft length and size and nib holder to accommodate your special nib. Just let me know your preferences by email or phone and we'll have them at the next meeting. The vintage nibs are increasingly difficult to obtain since they are not made any longer. As calligraphers we'll do anything and try anything to make more beautiful letters – and it all starts with the tools you use.

Till next month
Plano Harvey

Practice Time

The trouble with being punctual is that nobody's there to appreciate it.

Franklin P. Jones

I love being married. It's so great to find that one special person you want to annoy for the rest of your life.
Rita Rudner

I am certain there is too much certainty in the world.
Michael Crichton

If you're not part of the solution, you're part of the precipitate.
Henry J. Tillman

PREDICTION IS VERY DIFFICULT, ESPECIALLY ABOUT THE FUTURE.

NIELS BOHR

AN ADVENTURE IS ONLY AN INCONVENIENCE RIGHTLY CONSIDERED. AN INCONVENIENCE IS AN ADVENTURE WRONGLY CONSIDERED.
G. K. CHESTERTON

No matter what side of the argument you are on, you always find people on your side that you wish were on the other.
Jascha Heifetz

Friends may come and go, but enemies accumulate.

Thomas Jones We are none of us infallible--not even the youngest of us.
W. H. Thompson

TV is chewing gum for the eyes.
Frank Lloyd Wright

Spotlight on ... Julie Yuhanna



How did I get started in calligraphy?

My parents gave me my first calligraphy pen when I was 12 years old.

I practiced Italic and other broad edge styles, and eventually did my first “commissioned” piece while a freshman in college. (I created a couple’s wedding program for which I was paid \$25.) I also designed a logo and lettered signs for a local business on campus. After college, I took a break and didn’t do much lettering until years later when I took a class from Susie-Melissa Cherry. That got me started with pointed pen, and I’ve been enjoying it ever since.

How did I hear about Kaligrafos?

I took a private lesson from Donna Sabolovic, and she invited me to my first meeting in 2008. Thanks Donna!

What keeps me coming back to Kaligrafos?

I really enjoy being around creative people. Kaligrafos members are very supportive and willing to share their expertise, so it’s a great place to learn in a fun and social setting.

What is my favorite hand?

I enjoy Copperplate and other variations with pointed pen.

What is my favorite tool?

I have an old drafting table that my husband and my father worked together to convert to a light table for me. I’m happy every time I sit down to use it because it functions so well.

What do I do with my calligraphy?

I keep it simple...envelope addressing, invitations, and place cards. I also enjoy incorporating calligraphy into gifts for friends.



What would I tell a new calligrapher?

It’s helpful if you can practice a little every day. Also, ideas and inspiration can be found in common places. Take time to notice the lettering styles and colors used in magazines, TV commercials, packaging, and signs.

What about my family life?

I’ve been married to my husband Ray for 12 years. We like to spend our time traveling and riding bikes, and often we’ll have a DIY project going on around the house.

What about my “other life”?

My degree is in Computer Science, and I work as a programmer/analyst and occasional technical writer developing software for banks.

What are my other interests?

I’m an avid Iowa Hawkeye fan, so during football season, you’ll find me at game watches with the local University of Iowa alumni club. I also enjoy working out, cooking, and watching (too much) HGTV.



FROM THE MAIL BAG

*These newsletters - along with many others -- are in your Kaligrafos Library!
I especially note these interesting tidbits and/or articles.*

Jan-Feb-Mar-Apr 2011 - "Newsletter"

The Valley Calligraphy Guild - Eugene, OR

This Guild also shares some good information and helps from offerings - one in particular on pages 4-6 on "Beyond the Thumbnail" (on layout & design). Then don't miss the many pages featuring 2010 Christmas cards.

March, 2011 - "Uniquely Ours"

Write On Calligraphers - Edmonds, WA

Something unusual and thought-provoking - see pages 5-7 on "Nib Contact: The Case for a Touch-Sensitive Writing Board". You might like to make one.

March, 2011 - Newsletter

The Nashville Calligraphers Guild - Nashville, TN

Note the first page which features three words done using different techniques - simple and effective - and simply described.

April, 2011 - "Inklings"

Fort Worth Calligraphers Guild - Fort Worth, TX

See page 8-10 for photos and highlights of this Guild's workshop with Bill Kemp on Engrosser's Script. *(some of you may remember*

this was the lettering done by charter member Tom and later as taught by J. J. Lawlis in Hurst)

April-May 2011 - "Postscript"

The Calligraphy Society of Victoria, Australia

Wow! The front cover!! Even the beautiful "E" on the back cover!! But check out pages 7-13 about a local calligrapher and her gorgeous work (yes, lots of photos). On page 18, there's a suggestion to check out www.legacyofletters.com about an 8-day tour taken in several places in Italy last year. The tour was led by Paul Shaw and Alta Price and you will be most delighted with the pdf that this site will bring forward. Eye candy for sure. It's fun to travel and notice interesting letters in various places.

May-June 2011 - "Handscrit"

The Houston Calligraphy Guild - Houston, TX

Check out the pages on two seemingly great workshops for this group - "Doodle Art" with Sharon Zeugin, p. 8-9 and "Florals" with Victoria Pittman, p. 10-11.

Happy Reading ... Catherine Burkhard

Kaligrafos Letter Challenge

! All Letters have now been assigned !

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

2009

September	M (Oct 2009 Newsletter)
October	Notable N, Ravishing R (Nov 2009 Newsletter)
November, December	Amazing A, Quaint Q (Jan 2010 Newsletter)

2010

March	eXiting X, Inspiring I (Feb, Mar 2010 Newsletter)
April	Jazzing J, Sassy S (Apr 2010 Newsletter)
May	Georgous G, Yummy Y (no Newsletter)
August	Charming C, Terrific T (Aug Newsletter)
September	Daring D, Vivacious V (Sep Newsletter)
October	Fabulous F, Whimsical W (Oct Newsletter)
November	Heavenly H, Lovely L (Nov Newsletter)

2011

January	Pretty P, Enchanting E (Jan Newsletter)
March	Outrageous O, Unique U (Feb Newsletter)
April	Beautiful B, Killer, K and Zany Z (Mar Newsletter)

FABRIC COLLAGE

With Nan Kirby

Saturday and Sunday, June 11 and 12, 2011

9:00am to 4:30pm

Jaycee Park (Center for the Arts, Irving)

Do you love creating explosions of color that provide a visual feast for your eyes?

Are you a tactile person who can't see without touching?

Does experimenting with new and old materials tickle your fancy?

This workshop might be just the thing to kick off your summer. Each participant will pick a season (summer, fall, winter or spring) as a theme for their collage. We will use dyes, acrylics, fabric scraps, beads and other embellishments to create an "out of the box" 12 inch panel representing your particular season—Nan Kirby



SUPPLY LIST

Apron, Scissors, Water Container, Sponge, Paper towels, Rags, Newspapers, Brushes, Small bottle of acrylic medium (matte or glossy)

OPTIONAL SUPPLIES

Your favorite acrylic paints (golden, Liquitex, or other professional Acrylic paints (limit 3 colors) (This is the base for your color palette)

Fabric scraps, beads, charms or other embellishments, Unique trim and ribbons to match your color palette Stamps and texture making tools

SUPPLY FEE \$15

Items provided will be drill cloth, fabric scraps, beads, trim, ribbon, sewing needles, thread, fabric dye, Adirondack sprays, acrylics, fabric glue, Angelina fiber, rubber bands, gel skin material, notebook with handouts (Supply fee will be collected at the workshop)

KALIGRAFOS Workshop Fee \$50

To register:

Send your check for \$50 payable to KALIGRAFOS

To : Donna Sabolovic 422 Provincetown Lane Richardson Texas 75080

Name _____

Address _____

Email _____ phone _____

Direct Questions to Donna: dsabolovic@sbcglobal.net or 972 234-3748

EGG TEMPERA PAINTING WORKSHOP

Learn the time-honored methods of the Renaissance painters in this comprehensive workshop taught by nationally recognized tempera artist Koo Schadler.

May 23-27, 2011

9:00am - 5:00pm

Egg Tempera Painting I Workshop

A 5 day workshop covering all aspects of egg tempera painting. Topics covered include: How to make fresh egg tempera paint from scratch; powdered pigments; true gesso panels; different techniques for applying tempera paint; oil glazing over tempera; and much more...

All levels of ability (painters from beginner to professional) are welcome to attend.

\$625* (plus \$60 supply fee payable to instructor at time of workshop)

Go to www.cristiecampo.com/etmaterialslist.htm for complete materials list.

EARLY BIRD DISCOUNT:

Save \$25 when you REGISTER ONLINE at www.txlac.org by 12/31/2010.

For more information please contact:

Cristie Campo

214-714-5344 • cristiecampo@mac.com

About the Instructor

Koo Schadler graduated from Tufts University in 1984 with a BA in Art History. After graduating she traveled throughout Europe and eventually settled in Florence, Italy where she pursued art history and painting studies.

On returning to the states in 1986 she moved to California where she was introduced to egg tempera through artist Chester Arnold at the College of Marin.

In the 90's Koo returned east and settled in a small town in Southern New Hampshire. For three years she studied classical oil painting with Numael and Shirley Pulido, while pursuing egg tempera studies on her own. She established a studio where she now pursues full time the study and creation of egg tempera paintings and silverpoint drawings.

Koo is a Master painter of The Copley Society of Boston. She is represented by the J. Cacciola Gallery, New York, and Tree's Place in Orleans, MA.

She is a board member of the Society of Tempera Painters, writes and lectures on egg tempera, and teaches tempera, gesso and design workshops around the country.

Koo Schadler's paintings and drawings are in over 400 private, corporate, and museum collections nationwide.



Rosa



Chickadee & Wrenling



Flashes



Portrait

Workshop held at:
**Jaycee Park
Center For The Arts**
2000 W. Airport Fwy
Irving, TX 75062
Register Online at www.txlac.org

"I want to thank you for the best workshop I've ever taken. I really appreciated your individualized approach to instruction...I learned more about painting in that one week than in all of art school."

Out-of-Town Visitor Information

1. Dallas/Fort Worth Airport (DFW) is a 7-10 minute drive to the Jaycee Center. Dallas Love Field is 7 miles from the Center.

2. Visitors responsible for securing their own accommodations. Special workshop rates are available upon completion of registration.

*Payment guarantees your seat, as seating is limited. Send check for full amount to TXLAC, P.O. Box 3126, Coppell, TX 75019. \$50 Supply fee is due to the instructor at the first class meeting. No refunds unless waiting list permits. Sorry No Exceptions.

Texas Lettering Arts Council is a 501(c)(3) organization dedicated to promoting the lettering arts and related disciplines.



Self Portrait

STRETCHES FOR CARPEL TUNNEL

Compiled by Sandra Douglas 9/10

1) Arms out straight in front of you at shoulder height, palms facing each other. Fold the thumbs down to the palm. Fold the fingers around the thumb. Pull the fists down toward the ground allowing the edge of the wrist to come up. Hold 5 to 10 seconds and release. Repeat 3 to 5 times.

2) Wrist series:

* Arms out straight in front of you at shoulder height, palms down.

Bend the wrist allowing the fingers to point down to the floor. Make the bend as forceful as you can. Hold 5 to 10 seconds and release, repeating 3 to 5 times.

* With the arms and hands in the same position as above, bend the wrists in the opposite direction, so that all the fingers point to the ceiling. You may curl the fingers slightly, if you wish, but it's better to leave them straight. Hold and release.

* With the arms out straight, as before, turn them so that the inside of the elbow is now facing the ceiling. Palms are facing up. Bend the wrist so that all of the fingers are pointing inward to your chest. Make the bend forceful. Hold and release.

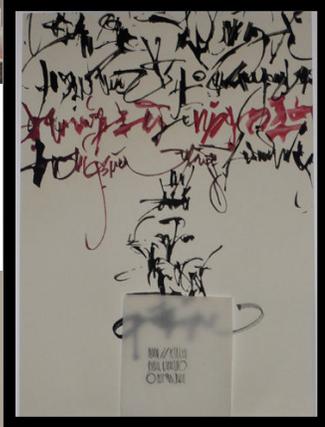
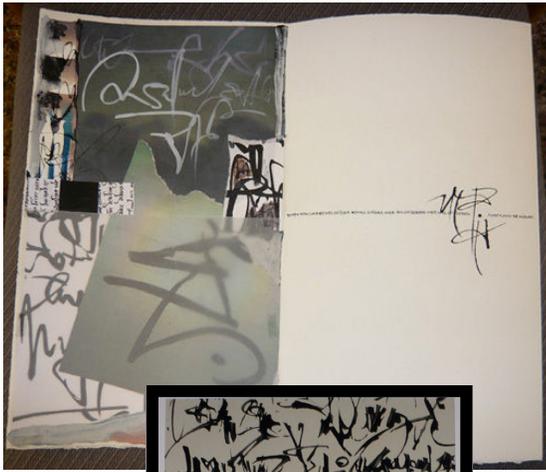
* With the arms the same, bend the wrists the opposite direction so that the fingers now point down to the floor. Again, the fingers may curl slightly if desired. Hold and release.

* When you want to build up your wrist strength, to keep the carpal tunnel from returning, begin adding weight in each hand. You can start with a can of soup or a standard sized stapler and gradually increase the amount. One pound hand weights are cheap and you can work up to 2 or 3 pounds. The length of time you hold each stretch can be lengthened to 30 seconds or more. When you add weight to the hands, be sure to soften the elbows.

3) Bring your fingertips together and place a wide rubber band (like the blue ones that come on broccoli), around all of them, including the thumb. Push out with the fingers to stretch out the band and release. Repeat. Count the number of times. Then using a rubber ball, squeeze it with your palm for the same number of times. Gradually increase the number.

4) Roll each individual finger down toward the palm and apply some pressure with the fingers of the other hand and hold for 10 to 15 seconds. Do all the fingers of both hands. Then straighten each finger and with the other hand pull back slightly (toward the top of the hand).

5) Put the arms out straight in front at shoulder height, turn them over so that the inside of the elbow faces the ceiling, and flex the hand down (so the fingers are pointing toward the ground). Place the other hand across the flexed hand and pull all of the fingers back toward the wrist. Hold to 3 to 5 seconds. Repeat with hand flexed upwards.



Kaligrafos presents

DESIGN

By Georgia Deaver

Saturday and Sunday, October 22 and 23, 2011

Jaycee Park Center for the Arts, Irving

9:30 to 4:30

This will be a very hands on workshop with discussions, demonstrations and informal critiques. Participants will approach the design process in various ways, working very intuitively at times, yet very thoughtfully at other times focusing more on idea-driven ways of designing. Emphasis will be placed on working and seeing in new, fresh ways. You will explore many design methods and possibilities, and sharpen your cropping skills. We'll also have design discussions about contrast, harmony, negative space, balance, simplicity, texture, grid systems, and doing more with less. Come prepared to be creative.

Workshop Fee \$100

To register:

Send your check for \$100 payable to KALIGRAFOS

To : Jeri Wright 353 McDonnell Street, Lewisville, TX 75057

Name _____

Address _____

Email _____ phone _____

Direct Questions to Jeri: jeri@jeriwright.com 972 998-5442