

September 2026 Newsletter

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The location for all Art workshops is:
The First Presbyterian Church of Puyallup
412 West Pioneer, Puyallup, WA 98371

October Demo



Artist Bio:

Suze Woolf studied ceramics and printmaking at the University of Washington. An early adopter of computer graphics, her career has also included print and interface design. Though known as a watercolorist, she explores a wide range of media from painting, paper-casting, artist books and pyrography to installation –sometimes all together. She has exhibited throughout the Pacific Northwest but also across the US and parts of Canada. Her work is in museums, public and many private collections. She has curated a large travelling exhibit, juried competitions for municipalities and artist organizations, and contributed work to non-profit fundraising. An installation of her burned tree portraits has been touring since 2019. She has received grants, stipends and exhibits from arts organizations, universities and museums. She has been artist-in-residence in 7 national parks, as well as in 9 art invitationals at Zion National Park. She has also been an invited resident at 10 art colonies.

Description of “Suze Paints” demo

Suze will paint a still life from life first and then a landscape from a sketch made on location and photo references. Her medium of choice is watercolor on paper but artists can bring whatever medium they would like.

Materials needed: Up to the audience's choice of medium. If someone wishes to follow along in watercolor, here is what I have recommended in classes and workshops I have taught:

Materials List

Note: These are guidelines and preference not absolute requirements. If you have some supplies, bring whatever you have. I will have some extra materials available for use, but I won't have a complete outfit for everyone.

1. **Paper:** Real watercolor paper is a high-grade 100% cotton sheet that will give you the best results. But let's work with whatever you have. I rarely work larger than quarter sheet outdoors: 11" x 15" because that's what fits in my pack. And we'll do some exercises on small scraps first to get acquainted with watercolor's salient properties.
2. **Brushes:** Bring whatever you have. What I take in my backcountry kit is a 2-inch dagger, 1-inch flat, one or two medium size rounds and a ½-inch dagger and one very fine brush ("rigger"). Watercolor brushes are traditionally much softer than acrylic or oil brushes, but again, bring whatever you have.
3. **Paints:** Just a basic set of colors for experimenting with will be fine. Bring some if you have them. "Professional" or "artists" watercolors in tubes are usually stronger and perform best but bring what you have; it's not a requirement to go out and get all new paints. But if you do get some, you can get away with a very abbreviated set like this one: [Daniel Smith Extra Fine Watercolor - Essentials Set, 5 ml Tube | BLICK Art Materials \(dickblick.com\)](https://dickblick.com/products/daniel-smith-extra-fine-watercolor-essentials-set-5-ml-tube/). Two people could even split some of those 5 ml tubes. But again, bring whatever you have, and we'll work with it.
4. Depending on what kind of paints you have, a palette for squeezing out and reusing gobs of paint from their tubes (that way you don't have to carry them around for every trip). The lightweight plastic ones with divided buckets around the sides are good. I use this one: [Mijello Fusion Airtight/Leakproof Palettes | BLICK Art Materials \(dickblick.com\)](https://dickblick.com/products/mijello-fusion-airtight-leakproof-palettes/). Some people use a metal butcher tray or a plastic plate.
5. 1-2 water containers. Solo beer cups or Talenti ice cream containers work nicely.
6. A small spray bottle is nice for juicing up dried paint and other effects.
7. A notebook for notes and sketches
8. Pencils for making quick preliminary drawings. I use a good old 2B most of the time.
9. Pencil sharpener, can be just a little one
10. An eraser - kneaded or white vinyl eraser best but whatever you have is fine.
11. A board to paint on that's just a bit larger than your paper and some clips to hold it on to the board, like a piece of Masonite, Sintra, foam core or even heavy

matboard. My board is about a quarter- to a half-inch larger than my paper.

12. **Clips** to hold the paper to the board, office binder clips will work.
13. Clean up and wiping/painting **rags**. I cut up old T shirts.
14. **Portable easel** if you have one but don't worry if you don't. I will have one because it will be easier to see my demonstrations.
15. If I am outdoors, a **camera or phone** is handy but not a requirement. Boy, one time was I glad I'd taken a photo of my scene before I started painting at Gasworks Park one day—they turned the sprinklers on about half-way through : -)

Pictures of demo project/Source photos: I won't decide this until 9/28 at the earliest. I'll bring my still life object (probably a vegetable) and a quick drawing I will have made somewhere in the backcountry between now and then. Since I will be spending the second half of September in southeastern Oregon it may well be of that area, but it could just as well be our own Cascades from some hike between now and then...

Examples of Artists work

Suze's main bodies of painted work are burned trees, still lifes, and landscapes/industriescapes.



PAINTING MANTRAS, OR THE VOICES I HEAR IN MY HEAD

- ☐ “Watercolor rewards boldness!”
- ☐ “What is ‘The What?’” (Cathe Gill).
- ☐ “Why should this be a painting and not a photograph?
(What is it that grabs me? What am I bringing to it?)”
- ☐ “Reserve your whites” + “Connect your darks”
- ☐ “Color is the skin, but value is the skeleton.”
- ☐ “Put it down and leave it alone.”
- ☐ “Let the paint do its thing.”
- ☐ “Nature doesn’t come out of the end of a tube.”
- ☐ “Beautiful Paint” (Tom Hoffmann and Jonelle Johnson)
- ☐ “Paint is part of--if not all--the subject matter.”
- ☐ “You can lie.” (Spike Ress).
- ☐ “How will they know who painted it?”
- ☐ “Perfection is not a goal. Let it go.”
- ☐ “Br-r-rush Str-o-u-kes” (Alvaro Castagnet.—imagine a mix of Uruguay-an and Australian accent)
- ☐ “I’m no purist. I’ll do whatever the picture needs.”
- ☐ “Anything worth painting has a gesture.”
- ☐ “Shapes have feelings, too.”
- ☐ “*Plein air* painting is just like running, swimming, hiking, etc. You have to train for it often, or you won’t be in shape when the time comes.”
- ☐ *Plein air*: “When the light is changing fast, paint the darks first.”
- ☐ *Plein air*: “Tell yourself you’re not going to finish it, just get enough down that you could finish it later.”
- ☐ “Local whites are the best opportunity for color!”
- ☐ “Always look for reflected light and color and put it in – even if it’s not there!”
- ☐ “Sometimes what I don’t say is more beautiful than what I do” or “How little can I say and still be powerful.” (Anita Lehmann)

--FROM SUZE WOOLF, 10/1/2026

Presidents Message



Welcome to fall, and welcome to another wonderful season with the South Hill Artists! I couldn't be more proud of the amazing group we have become—a community filled with creativity, learning, friendship, and camaraderie!

At every meeting, I love seeing old friends and welcoming new ones, as we come together to share our creativity, learn from one another, and simply enjoy spending time together. It truly makes my heart happy!

I'm also thrilled that we came together to create such a fantastic exhibit at Artco Gallery throughout the month of September. Our exhibit is a wonderful reflection of who we are: a dedicated and talented group of creatives who are passionate about sharing our gifts and artwork with the world.

As you attend each of our upcoming workshops, I encourage you to be open to new techniques, fresh ideas, and artistic visions you may never have considered before. I truly believe that continuing to learn, explore, and challenge ourselves is what keeps us young in mind, spirit, and life!

I'm also super excited about our upcoming 2026 Fall Art Escape! I have so many wonderful memories from past Art Escapes, and I know there are many more waiting to be created. If you've never participated before, I encourage you to consider joining us for this 5 - day art adventure. It gives us the opportunity to step away from our everyday routines, nurture our creative spirits, learn, laugh, and enjoy being together as artists and friends.

I hope you'll join us - ready to create, connect, laugh, and enjoy the magic of making art together!

With gratitude and creativity,

Doreen Koch Allen
President, South Hill Artists - SHA

"The world always seems brighter when you've just made something that wasn't there before."
~ Neil Gaiman ~

Art Escape at Camp Arnold

Dates: October 19 - 23, 2026

Fall Camp registration form due September 3, 2026 with \$100 deposit

Final payment due October 1, 2026

Cost-

double occupancy room \$465

Limited number of single rooms are \$535

Day Camp

- \$125.00 — One-day Art Escape pass (Wednesday, October 21, 2026)
- 2 Meals – Breakfast & Dinner (Served at 10:30 am & 4:30 pm)
- A shared workspace/ table – 2 artists per table
- Dedicated time to work on your current projects!

Art Escape Scholarship information

South Hill artists are offering partial scholarships of \$200 each to assist 1 or 2 SHA members with camp fees.

Application forms are available on southhillartists.com website

Things to Know about SHA Art Camp

Before we arrive, the camp staff will have set up our art-creating area in the Dining Hall:

plastic coverings on the floor

individual artwork tables

extension cords

shared power strips

Monday, 9:00am - 10:30am

Check-in is in the Dining Hall

Only park in designated areas (not on the grassy fields) and enter the Dining Hall from the front entrance.

You may want to briefly check in and then drop off your bedroom items to your assigned cabin, followed by setting up your individual art-creating area at your assigned work table.

Remember to bring a table covering & tape, give-away art supplies, and snacks to share

Monday - Friday 10:30am Buffet brunch in the Dining

Monday - Thursday 4:30pm Buffet dinner in the Dining

Also in the Dining Hall 9:30am - 5:30pm daily:

coffee

hot water

variety of teas

hot beverage condiments

cereal cups

dairy and non-dairy milks

Thursday after brunch Group photo

Friday 10:00am Room check-out

11:00am Art Camp ends

The camp has several (muddy?) trails to walk when you need to feed your creative process.

Camp Arnold regulations: Speed Limit: 10 mph

Park in designated areas

Quiet Time: 10pm - 8 am

Alcohol-free campus

Fume-free art media

No glitter (\$250 fine)

Members' Corner:

Do You Know of an art show, competition, workshop, class, art exhibit, or have art supplies for sale that may interest other SHA Members? To include information in the newsletter, please email the information to sha.southhillartists@gmail.com by the 1st of the month.

Free painting, arts, and crafts opportunities each Tuesday & Thursday,

10AM-2PM

Fife Community Center

2111 54TH Ave E

Fife, WA

(253)922-0900

(The center will be closed August 31-Sept 4 for maintenance)!

Bring your own supplies and table covering.

Additionally: Lunch is concurrently offered there Thursdays at noon for \$3.50 for seniors through Catholic Food Services.

Here is another art meeting that is free-of-charge local art opportunity, twice a month in Midland (Tacoma) at South East Tacoma Community Center. It is organized and hosted by a SHA Member and award-winning artist: Heather Dumas. She is also wonderful person:

ART & SOUL Midland

Aug 3 & 17 (1st & 3rd Mondays)

Southeast Tacoma Community Center

1614 99th St E

10:30 AM - 2:30 PM

Bring your art project, supplies and a table covering,

Heather Dumas 253 376-2949 for questions or more info.

Please note:

- Posts, information, or details for the website and newsletter need to be received by the 1st day of the month to be included that month.
- **Send email to:** SHA.SouthHillArtists @gmail.com

SHA Membership

Information:

SHA offers individuals numerous opportunities to create, learn and gather in a supportive and creative atmosphere. Throughout the year there are scheduled live demos, where one can paint and create alongside an experienced professional artist. Twice per year SHA holds a weeklong art camp workshop in Eatonville, at an affordable cost to its members. Membership also gives artists the opportunity to display and sell their artwork in SHA's annual art exhibit. Members will receive an email newsletter, announcements, an invitation to join the private SHA Facebook group, and be able to participate in various social events.

A paid SHA Membership entitles you to participate in all these activities, September through August. Payment of dues is required 30 days prior to participation in art exhibits and shows. SHA members are encouraged to volunteer and support SHA activities, events, and chartered objectives.

Membership dues are \$50.00 for the 2026-2027 SHA year. When joining SHA, please download and fill in the SHA Membership Form. Send the completed form with your check to the address below. Membership dues can also be paid at the monthly demo meeting. Also please update your contact information when joining or renewing your SHA membership.

Note: The email address that generates the SHA newsletter is not monitored. Send email to: **SHA.SouthHillArtists @gmail.com**

Please send your payment to:

SHA

902 16th Ave Ct SE

Puyallup, WA 98372-4800

Contact SHA Here:

sha.southhillartists@gmail.com

**Click on the link below for more
information:**

southhillartists.com