



April 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

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## **South Hill Artists Demo and Workshop – May 7, 2026**

### **Introduction to Nature Journaling**

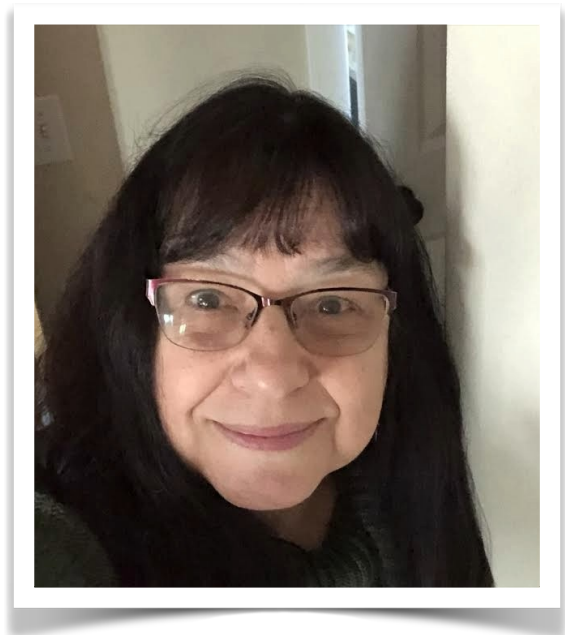
#### **Description of Program**

Nature Journaling is a practice that focuses on observational and the creative expression of the natural world around us in a journal format. Using an approach of I Notice, I Wonder, It Reminds Me Of, one can use a variety of approaches and mediums to develop this practice. Many languages can be used in Nature Journaling: sketching, drawing, painting, writing and even numbers can be used in Nature Journaling. We will work with observing, writing and painting nature items we bring. One can nature journal anywhere!

#### **About Beverly Choltco-Devlin -@beverlycdarts on Facebook**

Beverly Choltco-Devlin has been sketching, drawing and painting her whole life. She retired in 2021 as a professional librarian and now devotes her time to art with a special emphasis on nature sketching and journaling, urban sketching, pen and ink drawing and watercolor painting. She is a Certified Nature Journaling Educator through the Wild Wonder Foundation and has taught nature journaling (as well as Shin Rin Yoku – the art of forest bathing). e Billy Frank Junior / Nisqually National Wildlife Refuge, North Cascades Institute, Tahoma Bird Alliance, The City of Covington, Tacoma Public Libraries and a variety of art groups in the region.

During this hands-on working session, Beverly will introduce participants to the practice of Nature Journaling using the principles established by Nature Journaling guru artist, scientist and author, John Muir Laws, co-founder of the Wild Wonder Foundation, along with Roseann Hanson, who also own an outdoor expedition company with a focus on nature journaling. While all aspects of nature journaling will be covered, special emphasis in this workshop will be on the more artistic components of nature journaling, including illustration and expressive depictions of the natural world around us. We will cover the many approaches including working at home, in a studio, and out in the field.



**SWAN RIVER NWR ~ MONTANA** JULY 29  
2024

- SUNNY - TIME 12:00pm - 12:45pm
- WIND SPEED 1.4 mph max=1.5 avg. .07 DATA FROM KESTREL
- TEMP 79.2 F
- RELATIVE HUMIDITY 29.4
- DEW POINT 62.7
- BAR 27.21
- ALT 3231 ft

**BIRDS - VISUAL & MERLIN (11:1) AUDIO**

NOHA	⊙	
BCCH		Y
PISI		Y
WWPE		Y
COYE		Y
BLJA	⊙	Y
EAKI	⊙	Y
BASW		Y
CEWA		Y

**BUTTERFLIES**

OCHLODES sp "WOODLAND SKIPPER" ? CHECK IF HERE SEE PHOTO

*Ochlodes sylvanoides*

MONARCH ? ARE THERE MONARCHS IN MONTANA? SEE PHOTO

UPDATE: AFTER TRIP - CHECKED SWNWR WEBSITE  
BOTH SPECIES ARE PRESENT HERE 07.29.2024

about 1-1.5 in est

about 2-2.25 in. est



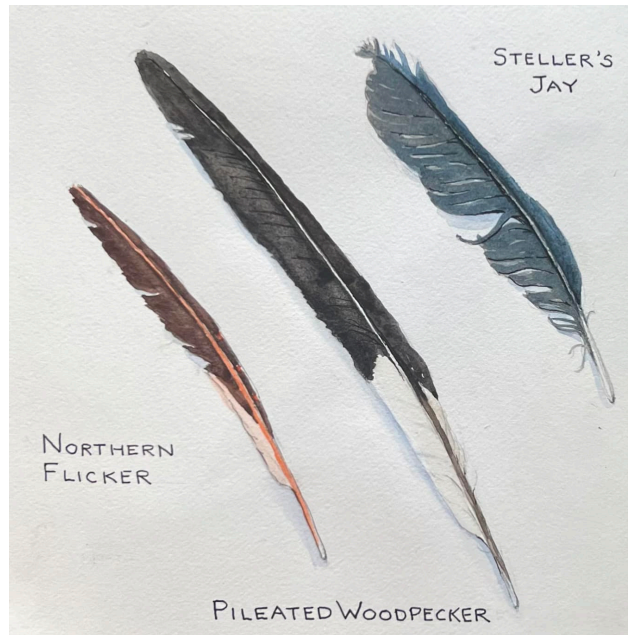
Snowberry

Alder sp

Bald-hipped rose

Shaggy mane & fungi's sp.

**OCTOBER TREASURES 2023**



### **Materials list:**

Basic materials will be provided, including paper, clipboards, watercolor palette, pencils, waterproof ink pens, hand lenses for observation, water containers, and natural objects for observation etc., but FEEL FREE to bring any combination of materials of your own choice:

- Sketchbook, any size
- Pencils in any ranges from hard to soft H-B
- Watercolor pencils
- A writing pen
- Ink pens (both soluble and water-soluble) such as Microns, Tombows, fine-line markers
- Charcoal pencils
- Watercolor pencils
- Crayons
- Oil pastels
- Collage materials

- A bag or backpack to take on an outdoor excursion near the church weather permitting
- Paper towels (cloth towels will be provided as well)
- A small portable folding chair
- Any small natural objects which you would like to focus on, such as flowers, seed pods, pine cones, rocks, leaves, shells, vegetables and photos of birds, animals and natural landscapes.
- Note: while oil and acrylics CAN be used in nature journaling, the scope of this workshop will not allow for their use, though Beverly will provide suggestions for how they may be used in a nature journal at home
- Small lapboard, clipboard or easel with clamps
- Portable travel stool or a sit-upon
- Sun protection: hat, sunglasses, sunscreen
- Rain gear if needed
- Backpack or portable bag (depending on size of kit)
- **For this session bring snacks or a bag lunch.**

## *Presidents Message*



April 2026

Dear South Hill Artists,

Feeling stuck or uninspired? As our Spring 2026 Art Escape approaches, I've been reflecting on what to work on next—and where inspiration comes from.

One approach I often return to is looking at the work of other artists, including the masters. Not to copy, but to understand why certain pieces resonate. What draws you in? Is it the color palette, the composition, the design elements,

or the subject matter? Identifying those qualities can help you incorporate similar energy into your own unique work.

Inspiration is everywhere. Browse Pinterest or Instagram, visit a gallery, or simply take notice of the world around you. As author Julia Cameron suggests in *The Artist's Way*, treating yourself to an "artist's date" can spark fresh ideas and open creative doors you didn't expect.

Most importantly, give yourself permission to explore. Let your mind wander down unfamiliar paths and see where your imagination leads—you may discover something entirely new!

Warmly,

Doreen Koch Allen

President, South Hill Artists - SHA

*"Creativity is a natural order of life. Life is energy: pure creative energy."*

*~ Julia Cameron*

## **Spring Art Escape at Camp Arnold!**

**Dates: April 13 - 17, 2026**

### **Things to know about SHA Escape 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 to 10:30pm

Check-in is in the Dining Hall (see the attached Camp Arnold Buildings Map).

- Only park in designated areas (not in 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 before setting up your art creating table.

- Remember to bring a table covering, art supplies you would like to give away, and snacks to share.

Monday - Friday	10:30am	Buffet brunch
Monday - Thursday	4:30pm	Buffet Dinner
		Also available 9:30am - 5:30pm daily
		coffee
		hot water
		Variety of teas
		beverage condiments
		cereal
		dairy and non-dairy milks

Thursday after brunch		Group photo
Friday	10:00am	Room check-out
	11:00am	Art Escape ends

Camp Arnold regulations:	Speed limit is 10 mph
	Park in designated areas
	Quiet time: 10pm - 8am
	Alcohol free campus
	Fume free art media
	No glitter (\$250 fine)

Camp Arnold has several trails to walk if you need a nature break. They may be muddy bring boots. The camp office has a trail map available.

**For a supply list plus all other camp information click the link below the building map.**



Click on the link below for more information:

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

### 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](mailto:sha.southhillartists@gmail.com) by the 1st of the month.

### 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](mailto:SHA.SouthHillArtists@gmail.com)

## SHA Membership

### **Information:**

Membership to South Hill Artists - 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

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 2025-2026 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.

[Contact SHA Here:](#)

[sha.southhillartists@gmail.com](mailto:sha.southhillartists@gmail.com)

**Please send your payment to: SHA  
PO Box 731762 Puyallup, WA 98373-0019**