



OCTOBER 2026

Fall Exhibition Reception!  
Williamson County Art Guild Gallery  
October 2<sup>nd</sup>, 5 to 7pm



## Upcoming Dates

### October

**1** - November 1- 49<sup>th</sup>  
Annual Fall Member  
Exhibition

**10** - Exploring  
Neurographic Art.  
Janet Fulk

**18** - McCracken Demo

**19 - 21** Workshop:  
Lauren McCracken

### November

**14** - Christmas Card  
Collage, Helen Green

**16** - January 8 -  
Healing Arts Gallery,  
St. David's Hos[ital]  
Georgetown, submit  
work October 16.

### December

**14** - Holiday Party -  
Helen Green's house  
at 11:00 am

### January

**9** - Portraits in  
Watercolor, Jennifer  
Polnaszek

### February

**20** - Watercolor with  
Kathleen Stafford

### April

**10** - Landscapes,  
Florals/Other, Sue  
Kemp

## From the WWG President

This month, I am switching gears a little to explore an unseen quality of art that goes beyond what we create. I would like to look at this more holistic side of art and its role in our well-being. At first, this topic may seem somewhat outside the focus of a fine arts group like ours. Yet, as artists, we all share a deeper connection with art. Why do we continue to create? Beyond technique, exhibitions, and the finished artwork, perhaps one reason is the way art makes us feel and helps us connect with ourselves. For some, this connection may be spiritual; for others, it may be rooted in personal beliefs, culture, or how they were raised. Whatever the reason, art can become a meaningful part of how we understand ourselves and experience the world.

The creative process can connect the mind, body, and spirit by encouraging emotional expression, reducing stress, and restoring a sense of inner balance. Even for seasoned artists, engaging in different creative processes can unlock deeper self-expression and personal insight. It can reconnect us with our inner identity and encourage mindfulness by allowing us to slow down and be fully present in the moment. Making or even viewing art can provide a welcome pause from our busy lives and offer a space for reflection, discovery, and renewal.

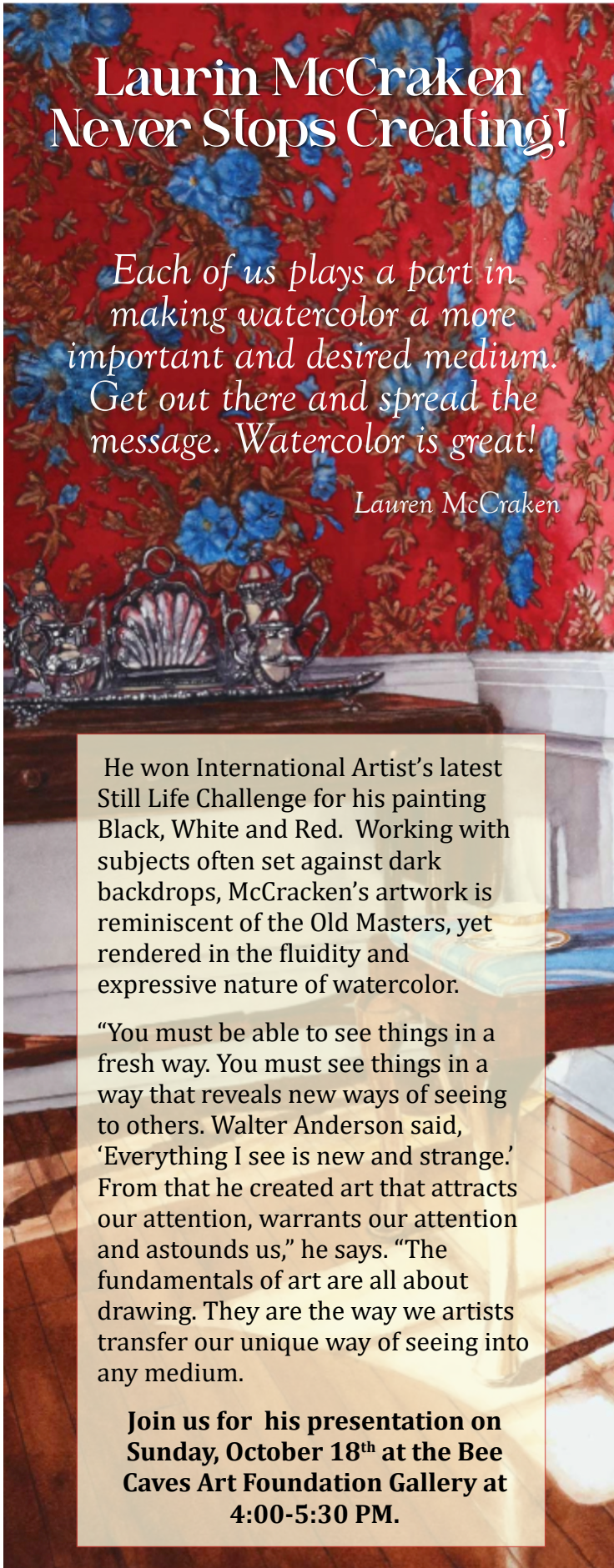
If you would like to explore one of these approaches, WWG invites you to attend the one-day workshop on Neurographic Art with Janet Fluk, scheduled for October 8. This workshop offers an opportunity to experience a different creative process and discover how art can support reflection, mindfulness, and personal well-being. Sometimes, trying a new way of creating can open doors to parts of ourselves that we may not normally access through our usual artistic practice.

And, of course, there is plenty more to look forward to! The Fall Exhibition looks wonderful, and we are excited about our upcoming Fall three-day workshop with Laurin McCracken, renowned for his exceptional realism in watercolor. There is something inspiring about coming together as artists, not only to learn and create, but also to reconnect with ourselves and each other through art.

Yours truly, Rashmi

'Life is beautiful with colors, keep art alive.'





## Laurin McCracken Never Stops Creating!

*Each of us plays a part in  
making watercolor a more  
important and desired medium.  
Get out there and spread the  
message. Watercolor is great!*

Lauren McCracken

He won International Artist's latest Still Life Challenge for his painting Black, White and Red. Working with subjects often set against dark backdrops, McCracken's artwork is reminiscent of the Old Masters, yet rendered in the fluidity and expressive nature of watercolor.

"You must be able to see things in a fresh way. You must see things in a way that reveals new ways of seeing to others. Walter Anderson said, 'Everything I see is new and strange.' From that he created art that attracts our attention, warrants our attention and astounds us," he says. "The fundamentals of art are all about drawing. They are the way we artists transfer our unique way of seeing into any medium.

**Join us for his presentation on  
Sunday, October 18<sup>th</sup> at the Bee  
Caves Art Foundation Gallery at  
4:00-5:30 PM.**

## Fall 2026 – Spring 2027 WWG One Day Workshops

As we begin the summer season, it's not too early to plan for fall activities. WWG will again be offering a series of one day (Saturday) workshops to introduce, enhance and fine tune your painting skills. For the second year, the workshops will be held at St. Christopher

Episcopal Church, 8724 Travis Hills Dr., Austin, 78735. The location off Southwest Parkway is relatively easy access from Mopac and Highway 290. We are grateful to Rev. Alyssa Stebbing and the St. Christopher congregation for providing WWG the spacious community room to hold the workshops. All workshops will begin at 9:30 and end at approximately 3:00 -3:30.

**Registration for the Oct. 10,  
and Nov. 14, One Day workshops  
is open on the website:  
<https://waterloowatercolor.org/>**

*Here is the lineup:*

**October 10, 2027 - Registration OPEN!**  
Exploring Neurographic Art. Janet Fulk

**November 14, 2027 - Registration OPEN!**  
Christmas Card Collage Helen Green

**January 9, 2027**  
Portraits in Watercolor Jennifer Polnaszek

**February 20, 2027**  
Watercolor with Kathleen Kathleen  
Stafford

**April 10, 2027**  
Landscapes, Florals/Other Sue Kemp

We have wonderful teachers on board to share their knowledge and expertise with you. More in depth information about each workshop will be announced on the website and in our Wet Paint newsletter.

The cost for the workshops will remain \$60 for members and \$75 for guests.

## Capitol Art Society Echoes of Autumn

*Echoes of Autumn* OCTOBER 8TH - NOVEMBER 16TH



**PARTICIPATING ARTISTS**  
SOFIA BESONDY, JANE FLOWERS, JAN FRAZIER, BIJAL GHELANI, LISA HOEKSTRA, SUE KEMP, SONJA A. KEVER,  
PAT MOLINA, MARTHA PAISLEY RUTH, KATHLEEN STAFFORD, RASHMI THAKUR, CAROL SUE WITT.

**RIVERBEND INSPIRATION GALLERY**  
RIVERBEND CHURCH, 4214 N CAPITAL OF TEXAS HWY, AUSTIN, TX 78746  
HOURS: EVERY SUNDAY 9:30AM-12PM



ALSO ON VIEW- MEMBERS' INTERPRETATIONS OF THE ACME CALL FOR ART 'VESTIGES OF THE FUTURE'

### Riverbend Church Inspiration Gallery - Sundays, Oct 11 - Nov 15

Located in the Home for Hope Auditorium,  
[4214 N. Capital of Texas HWY, Austin TX 78746](#)

HOURS: Every Sunday 9:30 - Noon. Visit the artists while they Show-Sit each Sunday. They will also offer prints, note cards, unframed originals, and art-inspired items for sale. Waterloo members (in bold): **Jane Flowers, Lisa Hoekstra, Sue Kemp, Pat Molina, Martha Paisley Ruth, Kathleen Stafford, Rashmi Thakur, Carol Sue Witt, Sofia Besondy, Jan Frazier, Sonja A. Kever.**

## Painter's Exhibit Gathered Visions



**Painters**  
*Gathered Visions* Oct 4 - Nov 29, 2026  
**NORTH HILLS GALLERY**

Northwest Hills United Methodist Church, 7050 Village Center Drive, Austin, TX 78731  
HOURS: Mon - Thurs: 9:00am-Noon, and 1:00 - 4:00pm, Sunday 8:30am - Noon  
Meet the Artists Reception: Sunday Oct 4, Noon - 1:30

|                     |                      |                   |                |            |
|---------------------|----------------------|-------------------|----------------|------------|
| Martha Paisley Ruth | Rashmi Thakur        | Beryl Kerwick     | Sofia Besondy  | Marta Mohr |
| Roochita Chachra    | Shevawn Eisman       | Christina Schwarz | Cecelia Lankes | Pat Molina |
| Libby Steckler      | Paula Robertson-Rose | Bijal Ghelani     | Jane Flowers   |            |



### North Hills Gallery - Oct 4 - Nov 29

#### Reception: Sunday, Oct 4, Noon - 1:30

Located in Northwest Hills United Methodist Church, [7050 Village Center Drive, Austin, TX 78731](#).

HOURS: Mon - Thurs: 9:00am-Noon, and 1:00 - 4:00pm, Sunday 8:30am - Noon

Waterloo members (in bold): **Martha Paisley Ruth, Rashmi Thakur, Shevawn Eisman, Pat Molina, Beryl Kerwick, Paula Robertson-Rose, Jane Flowers, Libby Steckler, Cecelia Lankes, Christina Schwarz, Marta Mohr, Sofia Besondy, Bijal Ghelani, Roochita Chachra.** You can visit with the artists at the Reception and every Sunday morning while they Show-Sit in the Gallery and also they will also paint in the Gallery on some of the Tuesdays during the exhibit 10:00-3:00. See this Show and purchase paintings and various art items on sale for Holiday gifts!

## Capitol Arts Society Changing Light



*Changing Light*  
OCTOBER 3<sup>RD</sup> TILL  
OCTOBER 31<sup>ST</sup>

PARTICIPATING ARTISTS:  
SOFIA BESONDY  
JANE FLOWERS  
BIJAL GHELANI  
LISA HOEKSTRA  
KAY HUGHES  
SUE KEMP  
SONJA A. KEVER  
ELAKIYA LAKSHMANAN  
ALEXIS MCCARTHY  
PAT MOLINA  
MARTHA PAISLEY RUTH  
RASHMI THAKUR  
CAROL SUE WITT

**PRIMAL GALLERY**  
246 AMERICAN WAY, DRIPPING SPRINGS, TX 78620  
HOURS: TUESDAY-THURSDAY 1-4PM, FRIDAY 1-5PM & SATURDAY 10AM- 5PM  
ART RECEPTION- SATURDAY OCTOBER 10<sup>TH</sup> 3-5PM



### Primal Gallery - Oct 6 - 31

246 American Way, Dripping Springs,  
Texas 78620

HOURS: Tues-Thurs 1:00 - 4:00; Fri 1:00 -  
5:00; Sat 11:00 - 5:00; Sun & Mon closed

RECEPTION: Meet the Artists! Sat, Oct 10,  
3-5pm

Waterloo members (in bold): **Rashmi Thakur,**  
**Carol Sue Witt, Martha Paisley Ruth, Lisa**  
**Hoekstra, Sue Kemp, Elakiya**  
**Lakshmanan, Pat Molina, Jane Flowers,**  
Sofia Besondy, Bijal Ghelani, Alexis  
McCarthy, Sonja A. Kever, Kay Hughes.



Swan Song - Carol Sue Witt

## A Note From Janet Fulk



Janet Fulk here. I am teaching a one-day Neurographic Art workshop for Waterloo Watercolor on October 10<sup>th</sup>. The class has reached the required minimum, but there is room for a few more people. Neurographic art is a mindful-based, stress-reducing art technique that requires no ability to draw. My question is...do you know any teenage students or college students who might be interested in this workshop? Because it is an all-day workshop, it isn't a good fit for younger kids. But older students might benefit from a self-help tool.

Why young people, you ask? Well, there is tons of current research on mind-wandering and its effect on education. Statistically, we human beings think about things other than what we are doing 30-50% of the time. This "mind-wandering" interferes with our ability to learn and our capacity to remember. In other words, mind-wandering is a problem in school. Frustrating for both educators and students.

The good news is...mindful meditation training has repeatedly shown improvement in attention and memory in the classroom. Perhaps because it creates an awareness of the "moment", which helps students catch themselves mind-wandering quickly redirect their thoughts back to the present, reducing the amount of time lost to mind-wandering.

Using the mindful meditation aspect of this art to train yourself to focus or re-focus, coupled with the release of stress and anxiety is another tool for self-help, self-awareness, and self-motivation. Do you know any 13+ youths who might be interested?

Send them my way! I use art to cope with life. Don't you?

Thanks! Janet

Registration required on our website: <http://WaterlooWatercolor.Org>.



## Featured Artist

Carol Sue Witt

Carol Sue has had the pleasure of painting in acrylics and watercolor since majoring in Studio Art at University of Maryland. Austin has an active Art community including a weekly paint & critique group called Painters, Capitol Art Society and the Waterloo Watercolor Group. She has studied under excellent artist/instructors including Carol Carter, Joseph Fettingis, Michael Holter and Soon Warren whom she admires greatly.



In addition to entering shows and displaying her artwork in central Texas she enjoys teaching classes to beginners and advanced students in watercolor. She has also written a 10 lesson workbook filled with tips and techniques plus her recommendations for supplies. The book is titled "Paint With Me....Watercolor My Way" .

Carol Sue is a past President of Waterloo Watercolor Group and a proud signature member of Texas Watercolor Society. Currently she serves on the Board of Riverbend Centre for the Arts and paints daily in her home studio. Her advice to all artists is to use quality materials and take classes from artists you admire.

[carolsuewitt@gmail.com](mailto:carolsuewitt@gmail.com)

972 529-0549

[carolsue-witt.pixels.com](http://carolsue-witt.pixels.com)

[carolsuewitt.blogspot.com](http://carolsuewitt.blogspot.com)

## Bookworms

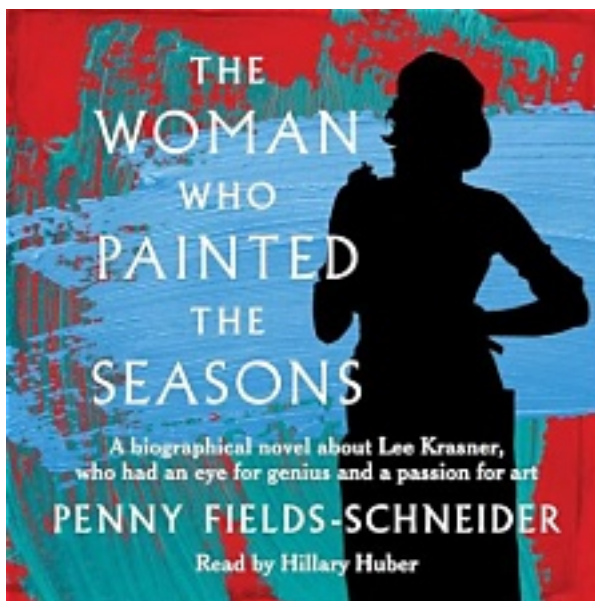
The art book club Bookworms is open to all members of WWG. If you are interested in attending Bookworms and are not already on our mailing list, send an email to [bookworms@waterloowatercolor.org](mailto:bookworms@waterloowatercolor.org) in order to receive additional information about our next meeting. We move around to the homes of various members, so each meeting will be held at a different location. The address will be sent to you in an informational email.

There are four meetings a year: February, April or early May, September, and November. We try to avoid conflicts with holidays and summer vacations.

Our second fall meeting will be held on Friday, November 6. We will read a biographical novel about Lee Krasner by Penny Fields-Schneider entitled *The Woman Who Painted the Seasons*. It is also OK to read instead any book about Lee Krasner; such variety will add to our discussion.

Krasner was associated with the Abstract Expressionist movement in New York City and was one of the five artists known as the “Ninth Street Women.” She is known both for her own impressive body of work and for being the wife of Jackson Pollock, whose career she furthered in many ways. We will focus on Krasner and her work, but you might also enjoy viewing in advance the film *Pollock* (2000), which has an Oscar-winning portrayal of Krasner by Marcia Gay Harden. The film does not focus much on her artwork but has a strong portrayal of her character.

Join us in November for a lively discussion of this innovative and resilient artist.



## WWG 2026 Board Members

### President

Rashmi Thakur

[rashmithk@gmail.com](mailto:rashmithk@gmail.com)

### Vice President

Dan Spanton

[dspanton@live.com](mailto:dspanton@live.com)

### Secretary

Susan Dunning

[skdunning@outlook.com](mailto:skdunning@outlook.com)

### Treasurer

Nancy Charbeneau

[ncharbeneau@gmail.com](mailto:ncharbeneau@gmail.com)

### 3- Day Workshop

Kathleen Stafford

[Staffors333@gmail.com](mailto:Staffors333@gmail.com)

Lonni Swanson

[lswanson1@Austin.rr.com](mailto:lswanson1@Austin.rr.com)

### 1-Day workshop

Colette Sirhal

[Colette.sirhal@gmail.com](mailto:Colette.sirhal@gmail.com)

### Shows

Shevawn Eisman

[shevawn@aol.com](mailto:shevawn@aol.com)

### Audio Visual/Activities

Janet Fulk

[janetfulk@gmail.com](mailto:janetfulk@gmail.com)

### Newsletter

Cathy Brown

[cathybrown10355@gmail.com](mailto:cathybrown10355@gmail.com)

### Social Media

Elayika Lakshmannan

[shop@elakiya.art](mailto:shop@elakiya.art)

### Advisory

Helen Green

[helenfaythegreen@icloud.com](mailto:helenfaythegreen@icloud.com)