

EAFa NEWS

MARCH 2020



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MEETINGS

Westminster Chapel
13646 NE 24th St
Bellevue, WA
Every third Thursday
Time 1:30 - 3:00 PM

FROM OUR PRESIDENT

GREETINGS TO ABSOLUTELY EVERY PERSON IN EAFa.

WOW and more WOWS!

What to do and where to go,
nobody knows.

This Coronavirus Issue has all of us in complete frustration, limbo,
fear, uncertain of what to do next, and more.

With that being said, Westminster Chapel has canceled all
meetings with more than 10 people. Also, the Health Department
has said that if you do have a meeting, only one person can pour
the coffee, etc....

With all of that being said, **THERE WILL NOT BE A MEETING IN
MARCH.** Also, we are unsure of the juried show, so keep you

eyes open for future SHOUT OUTS.

Here's an article you might be interested in:

IMPORTANT INFORMATION OF THE CORONAVIRUS ISSUE

Date: February 26, 2020

Subject: What I am doing for the upcoming COVID-19 (coronavirus) pandemic

Dear Colleagues,

As some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources. The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves:

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the US:

1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon. This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus **before and have no**

internal defense against it. Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share. Good luck to all of us!

James Robb, MD FCAP

Sending much love to you all, hang in there with us, be careful, be safe.

Deanna and Jean

KUDOS CORNER

Congratulations to Lanie Franza who has an article in the June edition of Southwest Art Magazine!

An eye for beauty

Like many artists, Lanie Franza developed a penchant for drawing when she was a young child, but she also happened to have an artistically gifted grandfather who nudged her forward on her creative path. “He would sell his work at art festivals,” remembers Franza, “and when we visited him, I’d sit next to him and draw.”

As she grew older, the Atlanta, GA, native continued to pursue her artistic interests, even while juggling her full-time job as a dental hygienist. While living on Long Island, NY, she took classes at Stevenson Academy of Fine Arts in nearby Oyster Bay, and she also studied art independently. Along the way, she came across Betty Edwards’ *Drawing on the Right Side of the Brain* and Johannes Itten’s *The Elements of Color*. For Franza, these classic books were game

changers. “I started doing master studies as an exercise in reproducing color,” says the artist, who copied the works of greats like Vincent van Gogh, Georgia O’Keeffe, and Andrew Wyeth. “You name it, I loved it,” she says. “And I never looked back.”

Now based in Seattle, the full-time painter has taken workshops with respected artists including Ned Mueller and Michele Usibelli. She frequently portrays the local scenery—including Pike Place Market—en plein air, but still lifes, people, and animals are other favorite subjects. “I’m not afraid to say I paint beauty,” says Franza, who describes her work as a midpoint between realism and impressionism. “I’m capturing my feelings—my impression—of a scene.”—Kim Agricola

Franza is represented by Art Stall Gallery, Seattle, WA, and Kirsten Gallery, Seattle, WA. Featured in Visit subscribenow.southwestart.com

MARCH GUEST SPEAKER

BROOKE BORCHERDING



(b. 1987 Santa Monica, CA)

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Brooke is a full-time, award-winning artist working out of Capitol Hill Seattle WA. Her paintings focus on innovation, aesthetics, perception and place. With a background in plein air (on site) landscape painting, she has developed an affinity for color, dynamic composition, and the beauty of the every day. She believes humans have an intelligent visual perception that connects us with a universal enjoyment of aesthetic beauty. Thus, she hopes that her deconstructed style of paintings can stimulate these senses. By analytically looking and responding to break apart a scene into shapes of color, hopefully the audience finds it as enjoyable to look at as the magical process of putting it together.

Brooke has been painting since high school (about 16 years) and earned her BFA from the University of Oregon in 2010, taking her easel outdoors for the first time in 2009. Although she obtained a degree, she considers herself a self-taught artist when it comes to landscape painting, as most of her experience comes from prolific practice and looking at nature. By abstaining from taking any landscape workshops, Brooke has been able to develop her own unique style that is not quite categorizable. People have described her paintings as reminiscent to those of Cezanne's, a modern version of pointillism, cubism, or blown up computer pixels. Over the past 8 years as an exhibiting artist she has earned recognition in plein air events, numerous honorable mentions, a best in show and various juror's choice awards. She is nationally collected, has been featured in Southwest Art Magazine and American Art Collector, and shows her work at galleries in Washington, California, and Oregon. Locally she shows and participates in various Seattle neighborhood art walks.

When she's not painting you can find Brooke at one of Seattle's many niche locations for pinball. She is a competitive pinball player who participates in weekly, regional (and this year

world) tournaments!



EAFA PUBLIC ART UPDATES MARCH 2020

The Public Art Program is a volunteer interest group within EAFA. The program provides appreciation and enjoyment of art to public and private audiences. It also gives opportunities to participating artists to exhibit and sell their artwork at several public and private venues.

Our participant's work include collage, abstract and representational art in a variety of media and subjects. We welcome new members into our public art program as we are always looking for new venues. Our Public Art Members are much appreciated and I want to thank all of them for being part of this group.

We are in need of a co-manager for the Department of Ecology, 3190 160th Ave SE, Bellevue WA and at Overlake Hospital.

If anyone is interested in becoming an EAFA Public Art Manager or joining the EAFA Public Art Group, please contact Laura Grover at bzak56@aol.com or phone: 425-753-4550.

Bellevue Regional Library

Managers: Ann Reynolds and Mami Shimomura

March 1, to May 2, 2020

Gill McKinstry

Overlake Hospital Cardiology

Managers: Gayle Erxleben and Deby Alm

February 16, to May 17, 2020

Jean Beuoy, Cheryl Hoople, Jyl Blackwell, Larey McDaniel, Phyllis McDaniel, Eden Hopkins, Gundrun Bayerlein, Patricia McCoy

Overlake Hospital Neonatal W2 Floor

Managers: Diana Grant

January 12, to April 19, 2020

Carol Ross, Julie Rackley

Overlake Oncology

Manager: Bev Birmele and Lydia Ho

February 9, to May 3, 2020

Tabitha Brown, Charles Fawcett, Deb Freng

PACCAR Educational Center

Managers: Lisa DeBaets

November 17, to March 22, 2020

Lisa DeBaets

Newcastle Library

Manager: Sharon Pfister

March, to April, 2020

Newcastle Library Event

Overlake Hospital South Tower

Managers: Roger Baker and Charles Fawcett

January 11, to April 11, 2020

Teresa D'Ambrosio, Georgianne Arnot, Vicki Perry

North Bellevue Community Center

Manager: Gill McKinstry and

Lela Linnenkohl

The NBCC is under renovation at this time. EAFA Public Art Exhibit TBA In Future.

Mercer Slough Environmental Center

Manager: Cheryl Hoople

January 23, to April 23, 2020

Elissa Adelson

Department of Ecology

Manager: Dolores Marquez

January 9, to April 9, 2020

Carol Ross, Elissa Adelson, Joy Hagen, Irena Jablonski, Whitney Anderson

East Shore Unitarian Church

Manager: Barbara Shuman

January 6, to March 23, 2020

MINDFULNESS IN PLEIN AIR PAINTING

Mami Shimomura, Steven Momii, Steve Whitney, Roger Baker, Reena Malabika
Gosh, Daren Dawson, Dianne Upton, Barbara VanDyke Shuman

As always, if you have any questions or suggestions to make EAFA better or ideas that would help you in any way, please feel free to give us a call or an email.

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Thank you to 4Culture and the City of Bellevue for your continuing support.



