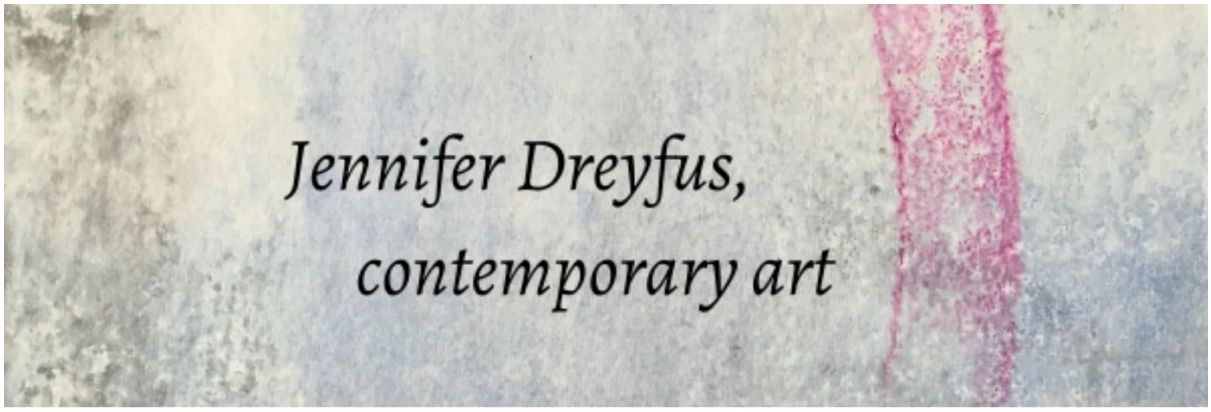
From: **Jennifer** jdreyfus99@148175322.mailchimpapp.com
Subject: It's Time! - October 2026 Newsletter
Date: October 31, 2026 at 3:56 PM
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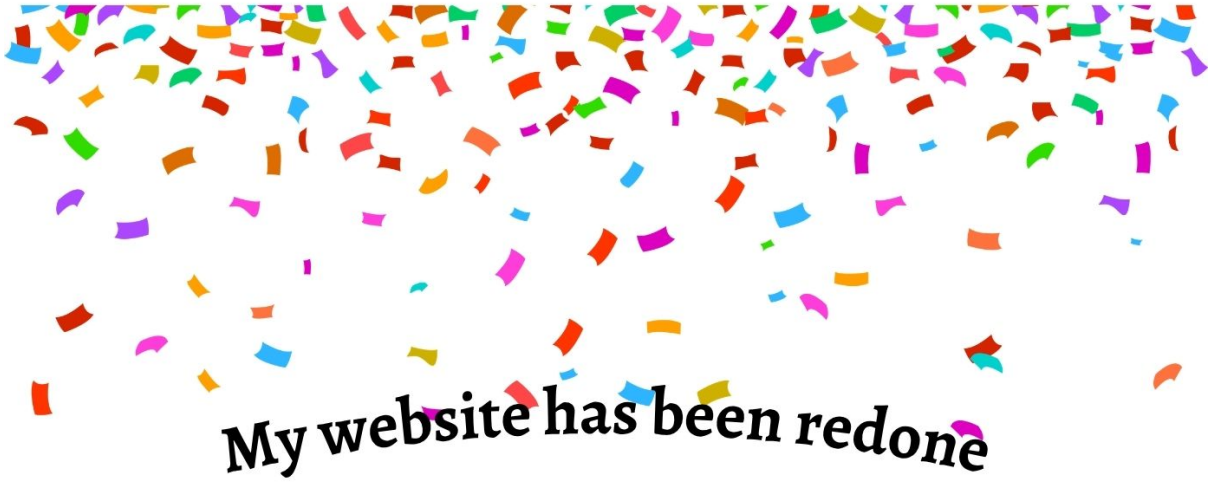
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In this newsletter

- Website update
- A few new pieces
- 4 questions I get asked regularly
- Moment of Zen



See a new page of works called Playing with Ink

Updated works in existing pages

For existing subscribers, celebrate with 15% off any of the work posted on my website

Check out my revamped website

4 questions I get asked a lot

1. **What are your paintings about?**

Art for me is about capturing the moments in life along the way. As I experience it, our days are a series of ups and downs, waves that you ride through. No moment is like the preceding one or the one to follow. I seek to capture something of that – a slice of time - a piece of a day, portraying the feeling of a moment in its tranquility, its turbulence or its tension.



2. **What is your most important tool in the studio?**

That is hard one to answer as I would have to pick between two items that have regularly saved me. One favorite item is the trashcan as you need to know when something is not worth rescuing. The other is white paint as, again,

sometimes you can't save parts of a painting and covering up all or part is the best option. White paint is also helpful when a painting is too dense and space is needed for a work to breathe.

3. **What are you thinking about when painting?**



I'm not thinking of anything in particular and absolutely nothing of importance. I get into a zen place and just let my left brain take over. My right brain - the thinking, planning part - gets to take a break and that feels great. If I start thinking too much, everything gets stiff. The best option is to put on some music and just paint.

4. **Why aren't you showing more art around the DMV area throughout the year?**

That's the hardest question of the four to answer. When Trump was elected the second time, many of us in the DMV had a tough time - we went in to ourselves and became fearful. This rippled beyond our personal experiences and into the ability of artists to sell their work. Folks became cautious about spending money on many luxury items and sales for most artists plummeted and have remained low. Compounding this, I have not had positive experiences with some venues (think coffee shops, restaurants and the like) as these translate into few, if any, sales and a considerable amount of effort and expense (framing etc…). Juried shows are a bit better but cost money to enter with no promise that your piece will be accepted or sell. As a result of all of this, I've shown my

work less. I keep on painting and feel like my work is improving and evolving. I keep on attending at least one week-long class once a year. We will see what the future brings.

A Sampling of New Pieces

The changing of seasons and the corresponding internal shift that occurs has been on my mind.



summers end

Acrylic, collage, handpainted papers, oil &
artgraf on masonite

20" x 24"



spring garden

acrylic paint, handpainted papers,
collage & ink
20" x 24"



summer sun rising

acrylic paint, handpainted papers,
collage & ink

20" x 8"



Moment of Zen

For several years now, I've been taking Qigong with Robin Carnes. Robin is a fabulous teacher. Her monthly fee (a very reasonable $75) and covers 12 classes (offered live or you can download the recording to watch later) and a workshop. She meets her students where they are and offers modifications to increase or decrease the level of challenge. After each class, I find myself feeling both energized and calmer. It's a lovely way to start or end your day. Below is a link to her webpage where you can learn more or check out a free video.

Qigong with Robin

Check out my revamped website

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