

Inside this issue:

July 2011

Fitness News4Exceptional Eats5Group Activities, Dining Menu6Travel News7Art Classes8Computer Center9Board, membership Fund Drive10-Gallery12	News	1 - 3
Group Activities, Dining Menu6Travel News7Art Classes8Computer Center9Board, membership Fund Drive10- 11	Fitness News	4
Dining MenuTravel News7Art Classes8Computer Center9Board, membership Fund Drive10- 11	Exceptional Eats	5
Art Classes8Computer Center9Board, membership Fund Drive10- 11	- · · · ·	6
Computer Center 9 Board, membership 10- Fund Drive 11	Travel News	7
Board, membership 10- Fund Drive 11	Art Classes	8
Fund Drive 11	Computer Center	9
Gallery 12	· · · · ·	
	Gallery	12

Let the Friendships and Memories Begin By Nancy McDougall

Ten years ago, shortly after the Center moved to its current location, Sheila Roehrick was walking out of the fitness area after her morning workout and *coincidently* Marge Peschek was walking out of the women's locker room after her morning aqua class. Sheila had worked with Marge's husband, Curt, at the phone company so Sheila and Marge had met many times at company parties. As they began to chat, Marge said, "Sheila, why don't you and Wayne come work at the Popcorn Wagon with us"? They agreed and Sheila has been working the Wagon and loving it ever since.

One of Sheila's most rewarding memories came one Saturday afternoon several years ago. A wedding party that had traveled from Red Wing after their wedding to have their reception at The Grand, were strolling downtown with their photographer. Sheila was just enjoying watching the group, when the photographer came over and asked if he could take a picture of the bride and groom inside the wagon. In they went, gown and all, where the photographer took what I'm sure are some of most unique wedding pictures ever taken in Northfield.

Having lived in the North-

field area all her life, Sheila noted the changes the Popcorn Wagon brought when first installed in 1979: "When the Wagon came to the Square, it just seemed to liven up the downtown." Sheila loves to visit with people while working at the Wagon. Because the Wagon is in Bridge Square people who haven't seen each other for years bump into one another and begin 'catching up.'

She has worked with around a dozen different people throughout the years including her late husband Wayne Roehrick. Together they hauled the pop to big events (cont on pg 2)



A Silver Medal in the MN Senior Games!

For the first time Sam Deel participated this year in the Minnesota Senior Games, held in Mankato in June. He would like to encourage others to take part next year. While Sam has participated in Ping Pong groups at The Center for some time, he

decided to compete at the games in Billiards. Sam had a great time competing and claimed the 2nd place (Silver) standing in his age group, and placing 4th overall. He also competed in doublesping pong, placing 3rd. Other NSC participants

who competed this June in the MN Senior Games included Don Diehl, Darryl Hill, Gary Johnson, Hong Yuan Lang, Jon K. Olson, and Paul Stohl. Sam Deel recommends that next year you come to play, or come to watch and cheer.



(cont. from pg 1)

and they worked events and they worked events with Curt and Marge Pesheck. They became friends with Dick and Orpah Johnson who stocked the pop and, of course, with Pat Lamb and Ele Hanson who managed the wagon for so many years. Now Sheila usually works with her Aunt Pearl (Arndt) and they have a ball together. Needless to say, she has developed many lasting friendships as a result of saying, "Sure, I'll work the Wagon."

Left, Sheila Roehrick at the Popcorn Wagon

Minnesota State Fair 2011

Thursday, September 1 Bus leaves at 8:15 AM Returns at 4:45 PM

Ride in an air-conditioned bus from the Center to the Fairgrounds and spend your day on your own at the fair viewing exhibits people watching, eating or shopping

As you may have figured out by now, Sheila is the kind of volunteer that likes to say, "Sure," partly because she reaps personal reward from giving. She said "Sure" to working at the Popcorn Wagon on Sundays this year so that she and all the Sunday visitors could have the opportunity to enrich one anothers' lives. The wagon will be open on Sundays from 10-5 in July and August. Stop by for some fresh popcorn, some friendly chatting and who knows...you might find a rewarding memory at the

all day. September 1 is Senior Day so some special events for seniors may be available. Be a part of the Great Minnesota Get-Together!

Ages 65 and over: \$42 Under 65: \$44 <u>Code: 1548</u>



New Vegetable Garden Built in the Courtyard



Our beautiful courtyard has been enhanced with a set of two raised-bed vegetable gardens. Thank you, Jerry Gengenbach, for taking the lead in organizing and supervising the crew to get it built. Our appreciation also to the crew that worked to level the ground, install the stones and fill the bed with good soil: Lyle Madson, Carol Gengenbach, and members of Rice County Work to Service. The materials for these gardens were purchased with money Lynne Pederson secured in a Rice County SHIP grant.

This fertile courtyard is meant to be enjoyed. Come out, sit a minute after your workout, and enjoy watching the flowers and vegetables grow! A Letter to Senior Center Staff and Members

I want to take this opportunity to thank you for your words, your gifts and your touck. Your concern for me after the death of my wife Jean has helped me to live life today.

You can learn from the past and treasure those memories but you have to live in the present and dream about the future.

Thank you, Orrin DeLong

Senior Center Staff

Director Lynne Pederson	664-3701			
Asst. Director Patsy Dew	664-3708			
Bookkeeper Kathy Bjerke	664-3700			
Membership Coordina	tor			
Jackie Johnson	664-3704			
Fitness Manager Gale Marchand	664-3702			
Administrative Coordi	nator			
Nancy McDougall	664-3703			
Dining Site Manager Regine Prenzel-Guthrie	664-3735			
Administrative Assista	nt			
Karen Holz	664-3707			
Evening/Weekend 664-3700 Pearl Arndt, Gene Finger, Janice Kasa, Ruth Johnson-Wirth, Pat Sunquist, Bev Lubbers				
Used A Bit Shoppe Kristi Casson	645-1399			



Dorothy Thibodeau and Heather Duban were honored as June Brides, when Weddings and Love were celebrated in the Dining Center last month.

Senior Center	r Lobby Hours
	7 am—8 pm
Saturday	7 am—5 pm
Sunday	10am—5pm

<u>Fitness Center and Pool Hours</u> Mon—Fri 6 am—8 pm Saturday 6 am—5 pm Sunday 10 am—5pm

Used A Bit Shoppe Hours

Monday - Saturday 10 Thursdays 10

10 am—5 pm 10 am—7 pm

PROGRAM GUIDE UPDATES

Fitness Classes: <u>Core & Strength</u> meets **8:30** - **9:15am** on Thursdays <u>Folk Dancing</u> will have some breaks during the summer. Watch for post-ups.

Art Classes: <u>The Artists' Way</u> class (Code # 1523) will start July 13, and run for 6 weeks.

<u>AARP</u>: The 8-hour class for August will meet on Saturday, **Aug 13**, 8am - 4pm. Code: 1506

<u>Woodcarvers</u>: will not meet in July and August.

SEE THE SUMMER PROGRAM GUIDE for details about more classes, trips, group activities, and movies. There is a copy of the Guide on our website, www.northfieldseniorcenter.org, and in the lobby at the Center.



Paul Stohl competing in our 2nd Annual Northfield Table Tennis Open Tournament, May 7, 2011

Lu Herbeck comes to us with over 20 years of fitness class teaching experience. A resident of New Market, she is the Director of Group Fitness at National Exercise Trainers Association, being NETA certified in Group Exercise and Personal Training, as well as Instructing Health Fitness Specialist and Medical Assistant Courses for MN School of Business. Lu now teaches the Saturday Zumba and in the fall will be adding a Saturday Core class, and a Lifestyle & Weight Manage-

Ping Pong Lessons

Come learn and have fun as the instructor leads a group of varying abilities through the basics of Table Tennis play. Table Tennis is one of the fastest sports and is played worldwide. Come for one hour of instruction, play and learning - develop agilwould like to talk to her about a session, her phone is 952-242-2064 . <u>David Runkle</u> is a math teacher and registered Yoga

New Fitness Instructors and Trainers: Welcome!

ment Course. Lu has been

Personal Trainers. If you

added also as one of our

teacher and registered Yoga Trainer, having received his training from Heartwork Studio. David will be teaching the **Thursday am Gentle Yoga** this summer.

<u>Karin Burke</u> is a Registered Yoga Trainer, having received her training from KC

ity, eye hand coordination, health and wellness in a FUN and Friendly environment. Designed for 18 & over

Instructor: Randall Perkins, retired attorney with 30 years table tennis experience, locally rated 'A' player, Fitness Link. Previously a writer, Karin is exploring the healing world of yoga. Karin will be teaching the **Tuesday am Gentle Yoga** this summer and will be teaching a rotation of the **Thursday Night Classical Yoga** this summer.

Lori Williams is a registered Yoga Trainer, having received her training from Green Lotus Studio. Lori will be teaching a rotation of the **Thursday Night Classical Yoga** this summer.

USATT Certified Level 1 Coach & Umpire Session 2 – July 21, 28, August 4, 11, 18, 25

Fee per session (per person): \$36 m, \$48 nm Code: 1549

Frontenac State Park, Nature Hike



August 13 8am sharp

Take a Hike! Fun. Fitness. Under the leadership of anexperienced guide, discovery, kinship & natural adventure await. The hikes require moderate to vigorous activity on uneven, non-paved trails which may have rocks, roots and hills. Hikes meet at 7:45-7:50 am – and leave at 8 am sharp. Transportation is by member carpool to the destination.

Fee for hike: \$10 *per* person regardless of membership Instructor: Don Forsberg. **REGISTRATION:** Contact Don to register: 663-1269 or email, donforsberg@charter.net **DEADLINE:** register by **Thursday, Aug 11.**

July, 2011

Exceptional Eats, A New Program

A new dining experience is being launched in July called Exceptional Eats. Exceptional Eats is upscale dining featuring locally grown fare, coordinated by Kitty Runzheimer and hosted with friends. Each dining experience will feature a guest that is known for their cooking prowess and talents. Exceptional Eats is planned to offer small group dining, in the Center link, sixteen is the maximum to be served, but may, at a later time, also include cooking or baking demos. The dining is meant to be interactive, casual, and fun. At times diners may participate in the cooking, and always in the eating. The menus will be exceptional. Here are the first two dinners that are planned.

Exceptional Eats July 17 @ 5:00 pm

Hosts: Kitty and Lee Runzheimer, Char and Bill Carlson Guest: Rae Rusnak of L &R Poultry & Produce, LLC Rae and Leo raise free range chicken, eggs and pure maple syrup along with organic vegetables. Their goal is to provide their customers with delicious wholesome foods, produced in ways healthful for people, livestock, and the land. The menu includes produce from their CSA.

Sign up now for an evening of exceptional eating. Registration is limited to sixteen and the cost is \$20.00 per person. For the July 17th Exceptional Eats, please register with payment by July 8. <u>Code: 1550</u> The evening will be begin with Vineyard fare and Assorted fresh vegetables and dips Followed by Roasted beets on a bed of fresh baby greens New red potatoes Tequilla glazed grilled chicken Fresh-baked bread Grilled fruit over ice cream Coffee



Future Exceptional Eats

The second Exceptional Eats is planned towards the end of August with guests Pat and Tammy Winter. Their specialty is homemade salsa, so they will provide all of the fresh ingredients to make salsa, including a sample to take home, and a Mexican fiesta dinner to include a taco bar, and decadent chocolate desert. The date will be announced in the August newsletter.





Beading Group Proves Popular

Several crafters have shown an avid interest in gathering to learn to make beaded jewelry. Guided by Judy Saye-Willis, individuals can now get together any Monday morning from 9-11:30 am to share ideas and techniques to advance their beading skills. Currently a few people are working on finishing their crocheted seed bead bracelets started in a class recently offered at the Center. Some are pur-



Dining Center Menu, July

suing easier projects like a simple spiral bracelet. Still others are working with larger beads so they can understand the basics of beading. No matter what level of beading you might want to try, one thing's for sure: learning it with the support of others will more than likely yield better results and...for sure it's a lot more fun! All welcome. Group fees apply. Bring your own project or come check it out first (some beginning supplies available).

Volunteer for Movies Sought

We are looking for someone willing to do the room set up for the Monday Movie Group in July and August. Tasks include video equipment cuing, putting up room darkening panels and preparing popcorn on Mondays prior to the 1:00 movie. Interested? See Nancy McDougall (664-3700).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Salmon Loaf/Kielbasa
4	5	6	7	8
Closed	Onion Smothered Beef	Chicken Pot Pie	Baked Ham/Beef Stk	Baked Fish/Pork Stk
Program: RSVP 11 Pork Chow Mein	12 Italian Chicken	13 Beef Stroganoff	Program: Musical 14 Memories Pork roast	15 Meatballs
18 Chicken Broccoli Bake	19 Baked Ham/Cod	20 Meatloaf	Program: Birthday 21 SingAlong Roast Turkey	22 Swiss Steak
25 Green Pepper Steak	26 Hamburger on Bun	Program: Bruce 27 Hanson, guitar Roast Beef	28 Baked Chicken	29 Breaded Pork Steak

Travel News

Northfield Golf Club Wednesday, August 24 11:30 am

Lunch in the town at the beautiful Northfield Golf

Club is our luncheon destination this month. It should be a lovely time of year with everything lush and green. The menu includes starters, soups, salads and sandwiches. Cost of lunch is on your own.

Sign up with the receptionist by August 18



Register for these Trips Soon

Mississippi Lock and Lunch Cruise Monday, July 18 9:30 am – 4:00 pm

Cost: \$72 <u>Code: 1470</u> Sign up by July 1 H.M.S. Pinafore, Guthrie Theater Saturday, August 13 10:30 am – 4:30 pm

Cost: \$71 Code: 1530 Sign up by July 14 **Cosi Fan Tutte, Ordway Theater** Sunday, October 2 11:30 am – 6 pm

Cost: \$77 <u>Code: 1471</u> Preliminary **sign up by July 11** to reserve special balcony seats Final sign up by August 2 For more details about all of these trips, see the Summer Program Guide, located in the lobby, and on-line, www.northfieldsenior center.org

Extended Travel -

Ideas for Summer, Fall

IRELAND - August 24 – September 2

GLACIER NATIONAL PARK by AMTRACK – Aug 24 – 31

MACKINAC ISLAND and DOOR COUNTY – Aug 21 – 27

AROUND LAKE

SUPERIOR - Oct 2 - 7

Make your plans for the Fall. These trips are filling

quickly HOLIDAY BRANSON – November 14 – 18 NEW YORK THEATER – November 9 – 13

Ask for travel books and trip brochures at the Reception Desk, or call Extended Trip Coordinator, Linda Zwolensky, 952-469-3111.



Program Club

Everything You Need to Know

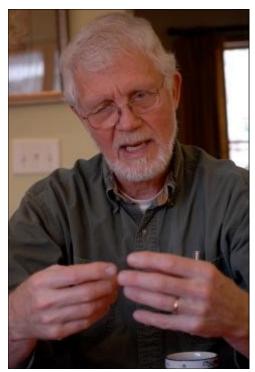
About Cataracts



Presentation by Dr. David Hakes Thurs, July 14, 11:30a - 12:30p Free

> Meets Thursday, July 21, 12:30pm DVD and Discussion on the Secrets of Stonehenge.

Art Classes Abound this Summer



Fred Somers

There are many ways for you to explore your creative side through art-related classes in July and August. One special opportunity is to spend two days with renowned painter Fred Somers. One of these days will be indoors at The Center, the other day will be out side in Donna and Richard Maus's garden. Somers is not only a gifted painter, but also a gentle and gifted teacher.

If you want to figure out how <u>you</u> can develop your innate creativity, try the class based on the book, <u>The Artist's Way</u>, led by writer and teacher Karen Anway.

The class on composition offered by David Perez is intended for all who express themselves in pictures, be they photographs or paintings.

Through our collaboration with the Arts Guild, we also offer classes this month in collage, drawing, and painting with acrylics. So much to choose from!

For a complete listing of art classes offered this summer, and more details, see the Summer Program Guide (in the lobby, or on-line: www.northfield seniorcenter.org)

Indoor Picnic was a Hit!



"Dear ones...it was a fantastic party, so well received and appreciated by everyone who came and found themselves eating delicious food prepared by our famous grilling chefs...it was a great party to kick off the campaign...and it made me very PROUD of how our center feels, looks, works together and handles its mission. I was watching people's faces as they worked, played, talked, and sang TOGETHER. I saw happy faces and positive body language, and I say a healthy future for our dear, dear Senior Center." - Pat Lamb, in a letter to Lynne Pederson after attending the May 22 indoor picnic

Computer Center

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of July. If you want more information about any of these classes check out the Program Guide, pg 11-13, either in the lobby or on our website. The computer page on the website also provides complete descriptions of these classes.

Registration Deadline: <u>Noon, Wednesday</u>, the week before the class begins.

Monday		Tuesday		Wed	Thursday		Friday	
		9:30 -11:30	12		9:30 -11:30	14	NO TECH TIME	15
		Intro to Computers			Intro to Computers			
		9:30 -11:30	19		9:30 -11:30	21	9:30 -11:30	22
		Intro to Word Processing I			Intro to Word Processing I		Digital Camera Grp	
9:30-11:30	25	9:30 -11:30	26		9:30-11:30	28	9:30 -11:30	29
Organize my Computer		Intro to Photoshop Elem. 9			Organize my Computer		Intro to Photoshop Elem.)
		9:30 -11:30	28		9:30 -11:30	30		
		Scanning Pictures			Insert a photo into text			

Caregivers' Support Group

The Northfield Senior Center is hosting a Caregiver Support Group this summer, which began in June. Newcomers are welcome to join at any time. The Support Group is led by Beth Foss, a Geriatric Care Manager who has started an elder-care case management company in Northfield - Senior Life Consultants. She is facilitating the group with half the time focused on education and providing tools to help cope with the role of being a caregiver; the second half of each hour focuses on personal discussion, gaining insight and support from other caregivers.

There is great strength in knowing you are not alone. Here are statements from Caregiver Support Group members:

 \Box "It was the only place where

I could say how I felt and people would understand." I learned where to go for help in caring for my loved one."

"I realized it was possible to laugh at some of the impossible, crazy things that hap-pened during the day."
"I discovered that it was important to have some time for myself to do the things I want to do, and NOT feel guilty."

□ "I learned to stop trying to teach and cor-rect or reason with my loved one. Instead, I learned to accept that the way he saw things was very real to him."

Please join us on TUES-DAYS, JULY 12 - 26 (no group July 5th) 6:30-7:30PM at the Senior Cen-

ter. Please RSVP to the Center.

July 12 - Caring for the Caregiver-YOU!

This session is all about you. We will talk about the challenges you face caring for your own physical, emotional and mental health. Practical stress management tips and the benefits of joining a Caregiver's Support Group will be discussed.

July 19 - Loss and Grief

Today we will learn the meaning & types of loss,

and to identify the losses related to caregiving, and tech-niques to cope. You'll gain an understanding of loss related to chronic and terminal ill-ness, or the death of a loved one and how to identify and use techniques to cope with grief and loss.

July 26 - The Sandwich Generation: Work/Life Balance of Child and Elder Caregiving

The final session will focus on the balancing act of work, life - and caring for our elders. Tips, support and resources will be provided and an open dialogue will allow members to give what's worked for them to others

JULY

Minutes of the May 26 Board Meeting (Draft)

Directors present: Nancy Ashmore, Tom Brawley, Evelyn Burry, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Marvin Korman, Jean Larson, Emelda Rasmussen, Suzanne Riesman, Anna Mae Sjogren, Greg Smith, Phil Winter Absent: Bob Vanderhoof Staff present: Lynne Pederson, Patsy Dew Others: Rose Ann Steenhoek

The meeting was called to order by Gene Finger at 3:03 p.m. **Action:** The agenda was approved.

Action: Motion and second to approve the April 28 board minutes. Carried.

TREASURER REPORT

Bill Gruszewski reported on the April financial statement. Income to date is 35% of budget and expenses are at 32%. Percentage for this time of year should be at 33%.

COMMITTEE RE-PORTS

Finance Committee Bill Gruszewski reviewed the committee's report. Facilities Committee Gerry Gengenbach reported. Projects underway are new flooring for the Fitness Studio, designs for better use of the lobby, raised vegetable beds, rebuilding lobby chairs, and new tables for room 105. The card tables currently in room 105 will be placed back in the card room. Membership Committee Suzanne Riesman reported that the committee has developed talking points for volunteers at the Popcorn Wagon. They have also brainstormed places to leave the Senior Center informational brochure. Advancement Committee Emelda Rasmussen re-

ported. Fundraising letters will be sent out this month. "Endowment Fund" will be emphasized in solicitations to the annual fund drive. The fund drive goal is \$50,000. If the total amount received is more than \$50,000, the excess will remain in the Endowment Fund for future use. Contributions to the fund drive total nearly \$5,000 not including another \$4,000 which was raised at the Fund Drive Picnic. **Executive Committee** Gene Finger reported on the committee's desire for a Strategic Plan for next year. The board discussed the possibility of a board retreat. Members expressed a desire for a specific focus for the retreat.

EXECUTIVE DIREC-TOR'S REPORT

Lynne passed out attendance data for the first quarter of 2011. Wellness attendance (fitness and pool) has gone up significantly this quarter over last quarter.

OLD BUSINESS

Gene Finger extended gratitude to board members and staff for all the efforts given to the Indoor Picnic.

NEW BUSINESS

Gene welcomed new members and each board member introduced themselves and gave a brief bio. Board members were asked to consider what committees they might want to serve on.

The meeting was adjourned at 4:29 p.m.

Membership News

Welcome to these people who joined the Center since May 10: Paula Stowe, Jim Kuckler, Diane Lyman, Lisa Hanni, Laura Olson, Lois Godfrey, Elizabeth Williams, Milt & Marlys Livingood, Bob & Pat Hohertz, Duane Huisentruit, Connie Bastyr, Melvin Gaye

l am a Babyboomer l am a staff person l play water volleyball And l give to the Annual Fund Drive

Notes from the Director

I was thinking about retirement the other day. It is a few years off, yet. I was thinking about if I did not work at the Senior Center, would I have discovered it? I have never been known for my athletic ability or competitive spirit. I like to make throw pillows, change paint colors, and keep Charlie guessing where the couch will be when he gets home. In my work life I have always found some way to have older people around me. I like this age group and consider it my niche. So the dreaded word "senior" doesn't affect me. If I didn't work here, I am not sure that I would have gravitated here because I never considered needing to work on being fit as a part of my lifestyle. Taking the dog for a walk down the road or doing a few laps on my float in the above ground pool was the extent of my work-out routine.

Working at the Senior Center has changed my life in more ways than one. It is a job that provides me a creative outlet and the opportunity to get to know a great group of people. But, the "aha" for me is that I have a new appreciation for a life style that includes physical fitness. As a swimmer, I enjoy the pool. I labor at lap swimming, attend the evening aqua classes, and am working up to the title of

Queen of Water Volleyball. I attempt to keep up in Zumba classes, lift weights in Don Forsberg's evening circuit training, and have on my bucket list to attend yoga. The Senior Center has become an important part of my life. And I know that even after I retire, it will remain a part of my life as I am now hooked on fitness.

The 2011 Annual Fund Drive is underway and will run through December. The purpose of the fund drive is to ask members to donate money to support the operating endowment funds. This contribution is separate from membership dues or program fees.

As the average membership and subsequent fees do not provide enough income to pay expenses, the Fund Drive is a way for members to further support the Senior Center. It seems an equitable way to ask members to provide additional financial support while being able to keep membership and program fees at a reasonable cost. This year, the annual fund drive has a twist. You will have the opportunity to participate in the long term future of the Center in addition to "keeping the lights on" over the near term. In the letter that you will receive in July, you will have an option to participate in contributing to the endowment fund, as well as to the operating budget.

In the next five months, I will include articles in each newsletter, to give you information about why an annual fund drive is needed and why your contribution is needed. I draft the operating budget each year, so I know why it is necessary. But if I were not staff, and just a member and participant, I am not sure that I would understand or really think about how things are paid for or how much it costs to run the Center. For me it would be like driving a car-I just want to get in, turn the key and go. I don't care or want to know how it works. It is a lot like needing to put gas in a car to make it go, the Center needs additional money to make it go.

In the coming newsletters I will offer you *Center budgeting* 101 to give you information to ponder and perhaps become your "aha" moment of "so this is why I need to contribute to the annual fund drive." I had my "aha," actually it was more like a "duh"! when it became apparent to me that I need to participate in what the Center offers. It isn't all about finances—but the Center as a whole. What it provides to us is important in our lives and we need to step up and support it. I contribute to the annual fund drive each month as a sustaining donor as my way to give back. There are many ways to give and I hope that you act on the one that works for you.

- Lynne Pederson



Potpourri of Photographs Opening Reception on June 8 was well attended. Over 40 people were on hand to enjoy the food, each other, and listen to the folk music provided by Frank Jones, a musician from Oregon who was in town visiting his father-in-law. The photographers whose work was in this exhibit spoke briefly about their work.



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July Gallery Exhibit: Pearl Tait, painter

The abstract paintings of Pearl Tait will be on display in the NSC Gallery July 1 -30. The Opening Reception for this exhibit will be part of a **Gallery Crawl**, sponsored by By All Means Graphics, **on Friday, July 8, 5 - 8pm.** Come to meet the artist, enjoy the ambience, and then visit other Northfield galleries on the crawl!

Pearl Tait majored in Fine Arts at the College of Notre Dame, Baltimore, and then studied classical drawing and oil painting in Florence, Italy. She has raised a family, used her art in working with multi-impaired children, and traveled widely.

In Tait's current work, she writes that she "applies layers of transparent and opaque paints to my surface adding various mediums and materials such as sand, wood chips, string, metal pieces and wire to achieve literal and implied texture. There are often fifty or more layers, each layer contributing to the final result. In this way each painting has a "history" just as I look toward the "history" of the subject over the continuum of time...I strive to create a sense of spontaneity that goes beyond surface imagery toward underlying emotional content."



Aubergine Drift, Acrylic and mixed media, by Pearl Tait

Gallery Crawl Friday, July 8, 5 - 8pm Meet the artist, Pearl Tait Visit other Northfield Art Galleries