

Make art, cultivate calm with Sou'wester workshop series

SEAVIEW, WASH. — As part of its fall and winter workshop series, the Sou'wester Lodge (3728 J Place, Seaview, Washington) is offering three workshops the weekend of Nov. 25 and 26 ranging from art projects to cultivating calm. Hot coffee and tea will be provided in the lodge during each class.

RSVP via souwesterfrontdesk@gmail.com, or call 360-642-2542. Check out souwesterlodge.com/calendar to see the entire schedule of more than 28 artist-led workshops.

Sumi ink

Heather McLaughlin, who manages the printmaking studio at Pacific Northwest College of Art, will teach a drawing workshop focusing on observational drawing with sumi ink.

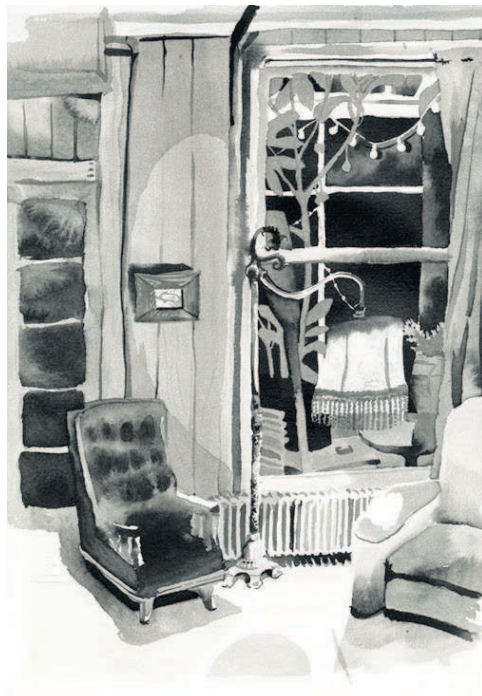
The class, titled "Drawing as Seeing & the Acceptance of Chaos," will be held 10 a.m. to 2 p.m. Saturday, Nov. 25.

Whereas pencils and pens lend themselves to contours and patterns, sumi ink captures light and shapes.

During this four-hour workshop, students will complete small drawings. We will cover techniques for recording scale, light and shapes while practicing plein air drawing skills and increase our understanding of the medium.

The cost is \$40, plus a \$10 material fee paid to the instructor. This workshop is for adults. Up to 12 students will be admitted.

Wear clothes that you will be com-



COURTESY SOU'WESTER LODGE

A sumi ink drawing

fortable in outdoors and that you do not mind getting art materials on. Bring a sack lunch and/or snack.

Calm life

Jason Tschimperle, the proprietor of Mamook Wellness at the lodge, will teach "Settle Your World: Self Empowering



COURTESY SOU'WESTER LODGE

Learn to make art like this at Mark Elliott's workshop at the Sou'wester Lodge.

Techniques for Fostering a Calm Life in a Wild World" 11 a.m. to 3 p.m. Saturday, Nov. 25.

Through self-study, meditation, breath work, Emotional Freedom Technique and down-to-earth talk, Tschimperle will guide the class as participants make a plan for

creating more calm and living freer in the wilderness of humanity.

Tschimperle is an educator, meditation instructor, sound healer and therapeutic bodyworker.

The cost is \$40. This workshop is for adults, eight students max.

Wear comfortable clothing. Bring a notebook and a sack lunch and/or snack.

'Put A Bird On It'

In "Cut It Up Art Card Party: 'Put A Bird On It' with Mark Elliott," to be held 5 to 9 p.m. Sunday, Nov. 26, participants will create unique art cards with birds on them using images, shapes and colors cut from a large selection and variety of magazines.

We'll provide the art supplies, you bring a good supply of creative enthusiasm. Elliott will happily help and answer any questions.

Arrive anytime and come for just a bit or stay for the full workshop.

Elliott has a Master of Fine Arts degree from the University of Cincinnati and a Bachelor of Fine Arts from Oregon State University. He has been birding for 35 years.

There is a suggested donation of \$5 per person or \$10 per family. No one will be turned away for lack of funds. The workshop is for adults, but children with parents are welcome.

Bring a snack if you'd like.



COAST WEEKEND

2017 Photo Contest

Official Rules:

Who can enter?

- Photographers of all ages; must be residents of Oregon or Washington state.

What photographs are eligible?

- All subjects are welcome.
- Digital entries: Digital photographs may be color or black-and-white and must be JPEGs, maximum of 5MB, 300 dpi resolution and at least 5"x7" in image size.

Submission deadline:

- Entries will be accepted Friday, Nov. 17 through Sunday, Dec. 17, 2017

Results:

- Top 10 photographs will be published in the Coast Weekend print edition on Thursday, Jan. 4, 2018.
- Top 25 photographs will be published online at CoastWeekend.com on Thursday, Jan. 4, 2018.
- Gift cards will be awarded for first-, second- and third-place winners, plus a People's Choice winner voted for online Dec. 18 to Dec. 24.

Other contest rules:

- All photographs entered may be used in future publications by the EO Media Group
- Each entry must include the entrant's name, home address, age, a description of the photograph and email address.

Submit all photos online at:

www.coastweekend.com/cwphotocontest