



Peer Recovery Art Project

Renaissance

"Building a Healthier Community through Personal and Professional Example"

Peer Recovery Art Project is our continuous campaign to end stigma, revitalize downtown areas, while implementing new strategies for an all-inclusive and, therefore, healthier community.

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EXECUTIVE OFFICER NOTES

April is the time of year when Peer Recovery Art Project, Inc. dusts off our production equipment and sends out open invitations to

artists that our 2011 festival season is rapidly approaching. Get ready! No charge to exhibit or attend. Everyone is welcome.

PRAP had our first major showing of the season last month, as our artist pool became part of the already exciting happenings at the Modesto Marathon. The pre-Marathon event, to benefit Teen Run Modesto, was extremely well organized with masses of people signing up for the next day's run. PRAP was well represented with over ten artists' works on display throughout the lobby of the Centre Plaza. Remember, this was only our first call to artists and there will be many more opportunities for artists to showcase their talents. So, if you are an artist or an art lover, read more in this edition of *Renaissance* about events scheduled in April and May.

As partnerships develop so does our credibility. After all there is no better way to end stigma than to take one's place in the mainstream community as PRAP

has done so well by working with community partners. You will soon have the opportunity to view art work created by local students for Teen Run Modesto as it will be hanging inside our gallery at the Barkin' Dog Grill for the summer season. The exhibit will open the last week of April and run through June 30. The six huge 4' x 4' paintings are truly worthy of your attention and speak volumes on the talents of our youth.



My question to our readers comes from a positive movement within our county and will be the theme of Peer Recovery Art Project's 2011 festival campaign: "What would emotional health and wellness look like in our community?" Please feel free to submit your answer to this question and we will publish it in an upcoming edition of *Renaissance*. Be safe.

~John Black, CEO

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CONGRATULATIONS AND BEST WISHES!

Peer Recovery Art Project, Inc. congratulates Behavioral Health Director Denise Hunt on her retirement from Stanislaus County. Denise strongly supported peer recovery and clearly understood the value of arts in ending stigma for those challenged by mental illness.

THOUGHTS ON GRAPHIC DESIGN

By Alice J. Washington

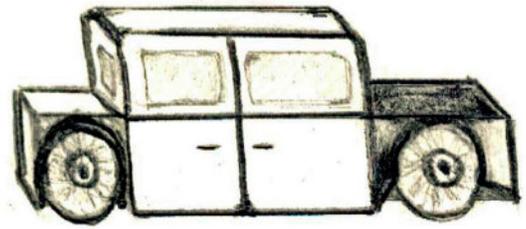
The Art Institute of Pittsburgh Online Division Student

What is a digital artist? The history of graphic design tells us that digital artists have emerged with the invention of computer graphics and web design in the 1980s and 1990s. I will learn more about digital painting and illustration later in my studies.

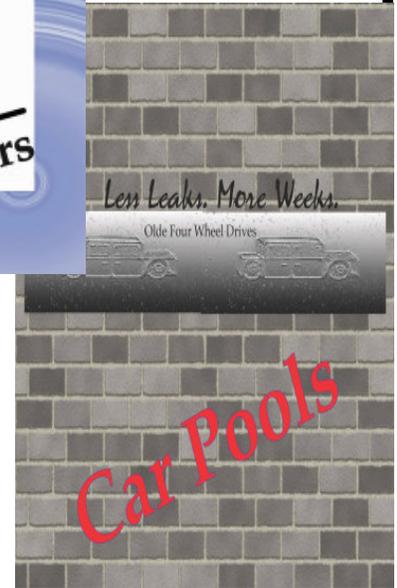
I have not described how a digital artist creates designs. I have included a sketch of car that I drew in perspective. This is the first step in digital painting. I could have created this car using lines in Paint, Corel Painter, Adobe Illustrator/Photoshop, but I did not. The digital artist would then scan this car into the Adobe programs and began to paint using layers, lines, textures, color swatches, and brushes. For my purposes, I have used the Effects menu in Adobe Photoshop Elements 8 to render a digitally painted car for corporate logos.

The field of graphics now has an extended drawing and coloring hand. It is exciting! For more information about digital artists access their magazine at www.digitalartistdaily.com

STEP 1: Sketch of car drawn in perspective, the first step in digital painting



STEP 2: Adobe Photoshop Elements 8 "Effects" menu used to digitally paint the car for two different corporate logos



PATHWAY TO HAPPINESS

By Lilly Smith for all as a reminder to all

On the pathway to happiness what will I see?
Around the bend I find a new friend for me.
The path is long so this I can say,
It could be easy for one to loose their way.
The pathway has obstacles that we must meet,
We will overcome them though they are steep.
On this journey that we do take,
There may be times that we will make mistakes.
If we learn from them we will soon find,
A little more happiness will be on our mind.
The path is there for us to see,
There is one for you and one for me.
If we do our part happiness will be there,
When we take time to show others that we care.

VOLUNTEERING

By Michael Anderson, Art Director

In my experience volunteering is the first step toward participating in the community. There are all kinds of local needs to be filled by people interested in contributing to their immediate area. It is filling a gap to solidify projects in public and bringing completion to special events. There is a sense of being involved in bettering the environment as a whole. Putting your self forward not for payment but to meet new people and achieve goals, putting the work into an always-positive light. What I get out of my experience is at least equal to what I have put in. Within mental health systems there can feel at times a limit to what steps forward a person can take. By volunteering, a sense of accomplishment pushes forward the good inside while reducing stigmatic situations. I always find time to become a support person to those I encounter volunteering for this simple reason: Maybe they can find time to volunteer and be welcomed wherever they go as well.



CALENDAR OF UPCOMING EVENTS

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| Every 3rd Thursday | Downtown Art Walk, Modesto |
| Tuesday <i>except 2nd Tuesday</i> | Art Night at Barkin' Dog Grill, 940-11 th Street, Modesto |
| Friday, April 22 | Art and Music Festival, 500 N 9 th Street, 11am-2pm |
| Saturday, May 7 | Art and Music Festival, MJC East (in conjunction with Stanislaus Transition Age Youth Leadership Conference), 9am-4pm |
| Tuesday, May 17 | Art Show during Behavioral Health Summit, Ceres Community Center, 2701-4 th Street, Ceres, 9am-4pm |
| Saturday, May 21 | Art Show at Green on the Stream River Party, on the shores of the Tuolumne River- Legion Park, 1200 Tioga Drive, Modesto, 10 am-5 pm |
| Saturday, May 26 | Art Show, Day of Hope, King Kennedy Memorial Center, 601 N Martin Luther King Drive, Modesto, 9am-2pm |
| Saturday, June 25 | Modesto Blues Art & Music Festival, Seasons Multicultural Center, 945 McHenry Avenue, Modesto, 11am-7pm (music from noon til 10pm) |

COLLAGES WITH SCRAP OR HOMEMADE PAPER

By Betty Barne, Site Supervisor-Early Childhood Educator

Paper craft is a fun and educational experience for families, school and local art groups. Paper was first introduced by Ts'ai Lun in AD 105. It is believed that he made a mixture of hemp, mulberry bark, rags and water. He turned them into a pulp and sun dried the mixture. This gave birth to paper that became very useful in all aspects of our everyday communication.

The idea that paper was a handmade mixture led to handmade paper crafts. Most of the handmade paper out in the market makes use of raw materials like vegetable fibers or rags. With every sheet produced from handmade paper, there are many possibilities of artistic design that can be created.

Aside from the artistry and elegance it brings, the use of handmade paper has become an environmentally friendly practice or activity by using recycled papers such as old newspapers, magazines, tissue, origami, toilet papers, and old cards. Other colorful handmade papers are made as elegant decorative items like greeting cards, wallpapers, gift boxes, art portfolios, carry bags, holiday décor, stationery and desk accessories.



Artist Kina Mok from Peer Recovery Art Project Tuesday Night Party at the Barkin' Dog Grill constructed the outstanding collage note cards pictured below. Artist Mark Bixby designed the Viking ship with purchased paper.



WHAT EMOTIONAL HEALTH AND WELLNESS LOOKS LIKE TO ME

By Echo Thompson, Guest Contributor

It is basically getting better and taking my meds. Basically emotional health means you are trying to get well by taking your meds and exercising your brain. This should help you get back to a speedy recovery. Wellness means you are getting to the point of recovery and good health. It also means that your recovery process is almost done. We need to combine these two together and say, "We can do this."

What else I think is cool about emotional health and wellness is that we can include them in our lives. I say that emotional health is different from wellness. Wellness is where your recovery starts. Wellness is one thing and emotional health means something different, like recovering your emotional well-being. Our emotional health and wellness stand together like a chain. We can beat that chain and put together wellness and emotional health. So together we stand up and say emotional health and wellness got us better. This is what I think emotional health and wellness means to me. Together we can beat this and understand what it means.



Peer Recovery Art Project sincerely appreciates Modesto Toyota's ongoing support

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