

## Southern Connecticut Polymer Clay Guild

Website: <http://scpcg.org>



# Now-A-Newsletter

*Virtual Meeting on:* September 17, 2022, 11am Eastern Time  
*Zoom Meeting Pre-Start* 10:45am

NAN Submissions: [scpcgnan@gmail.com](mailto:scpcgnan@gmail.com)

*Virtual Meeting Location:* Zoom Meeting

Carole Monahan-Kampfe, President: [compelledcraft@ymail.com](mailto:compelledcraft@ymail.com)

NAN Submitted by Michelle Pini

### ☞ TAKE NOTE ☜

**Virtual Zoom Meeting:** Carole Monahan is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/6715873145?pwd=dFA1SE04aGpxVkFDS3kvTVRlMVJXZz09>

Meeting ID: 671 587 3145

Passcode: Wylwordz^8

### ☞ AGENDA from Carole ☜

Demos needed. So far Lorraine Presson has offered to do the cut and replace technique for the November meeting.

We will go over the different ways you can do a demo via zoom.

You tube videos as an option

We do technically need a VP Helen stepped down.

Wellness for Makers (link to book page 2)

The 2D to 3D challenge is due!

Can't wait to see what everyone made!

Show-n-Tell/Help

## Other Items of Interest

Book Link: [https://www.amazon.com/gp/product/0764363212/ref=dbs\\_a\\_def\\_rwt\\_hsch\\_vapi\\_taft\\_p1\\_i0](https://www.amazon.com/gp/product/0764363212/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i0)



### Wellness for Makers: A Movement Guide for Artists Hardcover –

August 16, 2022

by Missy Graff Ballone (Author)

★★★★★ 2 ratings

[See all formats and editions](#)

**Hardcover**  
**\$22.99**

20 Used from \$15.49  
22 New from \$15.89

For all makers and artists, this helpful guide teaches you that your body is your most valuable tool, and empowers you to create more-healthy movement patterns that build strength and longevity. As the founder of Wellness for Makers®, Ballone knows the challenges that makers face in finding time to focus on their body rather than their creations. The repetitive tasks that artists and crafters take on every day can lead to strain injuries and pain. By following the 40+ exercises outlined in this book with detailed photos, you will learn the best ways to sit, stand, walk, and lift to reduce your risk of injury, relieve pain and strain, and improve your posture and overall well-being. Use this as a resource to learn the actions, movements, and best practices that will allow you to move in a way that strengthens and repairs your body.

Missy also has an Instagram: <https://instagram.com/wellnessformakers?igshid=YmMyMTA2M2Y=>

And Missy has a podcast: [Wellness For Makers on Apple Podcasts](#)

**Blue Bottle Tree** – Link from Sharon: <https://preview.mailerlite.io/emails/webview/48868/65028116402144924>

Follow the link above for the full article.

## Removing Clay from Glass

Recently, during a [Drop-In with Blue Bottle Insiders](#), the conversation went to the issue of removing baked clay from a glass form (such as when you're making a bowl).

Polymer clay naturally adheres to glass the same way that soft vinyl window clings, and suction cups adhere to a window. So when you bake polymer clay over a vase or other glass form, it will naturally adhere. It will stay that way until the suction is released by popping it off. You need to break the suction all around. If the suction is released, nothing holds the baked clay on the glass.

You can start this by lifting the clay with your fingernail. But how do you get it released all the way around a shape? If you stick a butter knife down there, it will also push the clay out, and you run a huge risk of cracking your polymer.

You need a thin piece of metal, thinner than a butter knife. What can you use?

Feeler Gauges!

Getting Rid of Artist Block: <https://ccmonstersart.com/how-to-get-rid-of-artist-block/>

Follow link above for full article.

## How To Get Rid Of Artist Block

Leave a Comment / Artist Block, Blog / By Eugene Leow

Have you ever encountered one of those days when you feel productive and want to create an artwork, but you stumble and run out of ideas? No matter how hard you try to rack your brains, you feel as if you've hit a wall, and nothing comes to mind?

It is a continuous hurdle that we have to overcome as artists at different stages in our careers.

This article is an insight into the lives of our artists and how to get rid of Artist Block.

### Table of Contents:

- What is an Artist Block
- What are the causes of Artist Block?
- How to Get Rid of Artist Block (Suggestions by Artists for Artists)
- Artist Block Ideas and Artist Block Drawing Ideas
- Bonus Tips on How to Get Rid of Artist Block
- Final words

## 🌀 Guild Challenge 🌀

Our May challenge was to create a representation of spring in both 2D and 3D. I also mentioned that the 2D/3D aspect would be the core of a future challenge as well. Well now I get to share it with you. Your challenge is to bring 2D to life. Make some aspect of a 2D object 3D. It could be a picture of flowers in a vase and then a flower comes right out of the picture. I actually saw a cool example of this, but unfortunately cannot find it. However it was of a ship being dragged down by a sea monster. The artist had some tentacles coming right out of the picture hugging the frame.

It doesn't have to be elaborate you can keep it simple. A small object like a button, a balloon or even a kitten's paw emerging from the image. Just use your imagination and have fun. Any theme, color, or technique can be used. Challenge is due at the September 2022 meeting.

Some ideas for inspiration are below, but remember 3D elements need to be made of polymer clay:



**TRAVELING EXHIBIT**

The Traveling Exhibit – Dorian Merriman-Boddy is our Traveling Exhibit Coordinator. With setup help from a number of other members, our Exhibit will continue to inspire those with artistic interest.

**Traveling Exhibit Locations:** On Hold at this time

Contact Dorian to schedule the Traveling Exhibit in a Library or other public space near you.

[dorianmboddy@gmail.com](mailto:dorianmboddy@gmail.com)

**MEETING MINUTES**

Virtual Meeting

August Meeting  
Clay ConneCTion Recap  
Show-n-Tell/Help

**New Members**

New Members are always welcome!

**Where do we meet?**

Sept-June:

**Virtual Meetings**

July & August:

**Until Further Notice**

(See our website for directions)

Meetings are usually on the 3rd Saturday of each month at 11 am. Check our website for location/time changes, or email [scpcg@scpcg.org](mailto:scpcg@scpcg.org). We welcome to attend and join.

(There is no fee for the first meeting, so come see what we're about)

**Southern CT Polymer Clay Guild**

Visit our guild website:

<http://www.scpcg.org>



The Bottles of Hope website is:

<https://www.bottlesofhope.org>

SCPCG Facebook Page:

<https://www.facebook.com/scpcg.org>

NAN Submitted by  
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