



# cream...

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NOV/DEC 2006

artmilk's newsletter...an innovative portfolio of services and resources designed to inspire, inform, connect and challenge your creativity

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## Merry Xmas...

Hi Everyone,  
Merry Christmas and happy Solstice celebrations!!

Hasn't it come around quickly. I hope you all are ready for the celebration season. So many of you have created so much, that's sooo good, in such a short time, that I want to congratulate you all. . And say its now time for a rest!! Sit back and enjoy this edition of cream...

As a special Xmas present I'm offering discounts for mentoring again... just \$50 per session, for Dec and Jan. Perhaps it's a good Christmas gift for yourself!!

This artmilk newsletter covers November and December as I am writing it at midnight on the 31st November. I need a volunteer admin assistant if anyone is interested... just joking.

Please keep me posted re all your news, I am always interested in hearing about your successes and endeavors. If there are particular areas of interest that you would like included in this newsletter, or through artmilk, courses or workshops just drop me a line...So enjoy, remember to be wildly, wildly daring and creative whether you paint, write, draw, sew, stick, rip, tear, photograph, sculpt or all of the above...



### artmilk offers:

- 1:1 mentoring**
- phone mentoring**
- classes and work shops**
- art tours overseas**
- professional development**
- info@artmilk.com.au**
- www.artmilk.com.au**
- 07-33531741**



## The APT5 is on and the new Gallery is Open!!

### Queensland's New Contemporary Art Gallery

The Asia-Pacific Triennial of Contemporary Art (APT) is the Queensland international contemporary art event. APT5 will include around 270 works by 37 individual artists, filmmakers and performers as well as two multi-artist projects. Highlights will include numerous commissioned works by artists such as Ai Weiwei (China), Dinh Q Lê (Vietnam) and eX de Medici (Australia), as well as the Triennial's strongest representation of Pacific artists to date. Curated cinema and performance programs will bring a dynamic new dimension to APT5, exploring these media on a scale never before presented by the Triennial.

More information on all aspects of the exhibition ...<http://www.asiapacifictriennial.com/>



be inspired

## Inspiring artists and their words of wisdom...

**Marie Antoinette the latest culture craze...was an artist of life!**

*“There is nothing new except that which has been forgotten”*

creator of high....high fashion

landscape gardening...

and an amazing ‘self’.

(The movie by Sophia Coppola opens Boxing Day)



“Good art

is not what it

looks like...

its what

it does to us.”

Roy Adzak

## To inspire...

To Read

Antonia Frasers biography  
Marie Antoinette

3 Books on art Vitamin P,  
D and Vitamin Ph by Phai-  
don. Painting, drawing and  
photography ... great big  
beautiful reference books

for contemporary artists and ideas

Web Stuff

Big red and shiny

<http://www.bigredandshiny.com/cgi-bin/frameset.pl>

Thinking about art

[http://thinkingaboutart.blogspot.com/art/2006/09/artists\\_intervi\\_3.html](http://thinkingaboutart.blogspot.com/art/2006/09/artists_intervi_3.html)

Studio Notebook

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## BIG Congratulations... for artmilk artists



### Susan Buret wins Conrad Jupiter’s Prize

Last Saturday night, judge Hossein Valamanesh announced Brisbane based artist **Susan BURET** as the winner of the 2006 Conrad Jupiters Art Prize with her work *Date de Naissance*, (shredded passport, synthetic polymer paint, ink on canvas).

Of the work he said, "I was first attracted to the simplicity and quietness but as I came closer I became aware of its intricate layering and, how beyond that quietness, it was coming with a very powerful message. The patterns which overlay the whole work remind you of a security fence and also of the patterning on a Palestinian scarf - I suppose what I like is that the political message is strong but so subtly expressed - the glow in the middle to me stands for a face - it is like it is a face glowing from the middle of the work."

To see more of Susan Work go to [www.susanburet.com](http://www.susanburet.com)

## The Artists Journal - Setting up a STUDIO



...You don't have to have a studio to make art, but you do need a special place where you can get into the art zone and have all your tools and materials close at hand.

Often people start out painting on the kitchen table, having to put everything away just so the family could eat, or they move their art stuff to a corner of the bedroom, using a card table and tv tray as an easel. This can work for a time, but it can be wonderful to transform a porch or a spare room or the garage or or part there of, into a studio.

be creative

Here are some of the basics for an art studio, in no particular order:

- an appropriate work surface (wall, easel or drafting table)
- a small table to hold materials, palette, paints, brushes, water, etc.
- comfortable chair, correct height for work surface
- flat storage for paper and paintings
- shelves for art materials (old bookcases)
- good lighting (full spectrum)
- floor covering that doesn't matter (get cheap carpeting and throw it away if you move.)
- easy access to a cleanup area is good but not necessary in the same room
- radio or cd player
- a white wall space to hang art
- bulletin board

Use containers for pencils, crayons and markers. Keep related materials together-drawing, painting, and framing, etc., so you can find what you need in one place. Try to keep as many things as possible in the open and within reach, so you don't have to dig them out when you need them.

Bring your artists books and the things that inspire you into your space... stick up photocopies of ideas and art that excite you... juice it up... this is a creative space!!

You might want to set up a corner with desk and chair for the business side of your art. Vitally Important Get an answering machine for your phone and train yourself to let it pick up your calls when you're painting. And a sign for the door DON'T DISTURB ARTIST AT WORK!! You'll be surprised what you can accomplish!

### Creativity Hint...

Creativity, the juice of art making, dries up if your tired, worried, unwell, pre-occupied, not excited about what your doing or bored. Day dream a lot...stare into space, make pictures in your imagination...fix what needs changing.

*“If you don't like  
something  
change it.  
If you  
can't change it,  
change your  
attitude.*

*Don't complain”*

*Maya Angelou*



**artmilk**

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*Inspiring supporting advocating  
and promoting artists, art-making  
and creativity*



To subscribe or for further info contact majena mafe at [info@artmilk.com.au](mailto:info@artmilk.com.au)

**new subscribers:** artmilk is an innovative arts program and portfolio of services for creative artists and writers and indeed anyone interested in growing and generating their creative development. Artmilk's services include mentoring, workshops and classes, and art tours. As an aside artmilk supports, encourages and helps build artists networks and communities.

Majena Mafe (BA VArt Hon. MFA VArt.), the founder of artmilk is a visual artist, and performer, poet and writer, art and writing teacher, art-therapist, mentor, career coach and artists advocate (pew) - a gal with a broad area of interests that circle round creativity, passion and wonder.

'... a quote I heard years ago by Albert Einstein ... 'if you can't stand and look out in wonder, than you're as good as dead...' has been my personal touchstone and inspiration, getting me motivated to do all sorts of things in pursuit of that delight of wonder in my own life and facilitating and instigating it in the lives of others! Through my teaching I have worked with thousands of artists and creative individuals helping them find their way. I travel nationally and internationally, mentoring, teaching and giving workshops on a wide range of art and creativity related areas. My passion is the wonder found in creativity. I help people take control of their creative lives and careers, showing them how to flourish and prosper'...

**FOR UP COMING ART NEWS AND WORKSHOPS LOOK UP  
[www.artmilk.com.au](http://www.artmilk.com.au) and click on the NEWS BUTTON!!**

## artmilk mentoring 1:1 and phone consultations Xmas discounts December and January ...\$50 per session



artmilk mentoring is a unique service that assists artists to focus and develop their creative practices, solve problems they might be having both technical or conceptual, prepare portfolios, artist statements and other support material for a profes-

sional profile, and offers support and advice in the process of obtaining gallery representation, applying for grants and scholarships, working with dealers and developing short and long term artistic goals.

Mentoring for artists is a very efficient tool for those seeking professional creative development and launching rich artistic careers.

artmilk also offers a portfolio of other art resources.

You can find out more about artmilk mentoring by phoning Majena Mafe on 33531741 or email [info@artmilk.com](mailto:info@artmilk.com).

You might like to visit [www.artmilk.com.au](http://www.artmilk.com.au) for more info...click on mentoring