

# DRAWN TO COTEHELE

Come and visit some of our wonderful artists currently exhibiting at Drawn to Cotehele.

This year's theme is "A year in the Tamar Valley". See how our artists view the Tamar Valley throughout the year.

The exhibition runs daily from the 16th of September - 1st of October 11am - 4pm



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## MISSION STATEMENT

Drawn to the Valley provides a great network for artists, a way of keeping in touch and exhibiting work inspired by their passion for the beautiful Tamar Valley area and beyond.

## OUR VISION

Drawn to the Valley group is an artist led initiative, membership is open to professional artists and craftspeople living and/or working in the Tamar Valley area. Drawn to the Valley was formed by the artists themselves over a decade ago, mainly as a support network, but also in order to promote the Tamar Valley area, bringing the area of natural beauty to life through art.

We encourage content for the newsletter, do email us your news. [contactdtv@gmail.com](mailto:contactdtv@gmail.com)  
Please share your news and latest work on our social media pages:  
Facebook: @DrawntotheValley  
Twitter @Drawn2Valley  
Instagram @drawntothevalley



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## Drawn to Cotehele

16 September to 1 October, 11am-4pm



This autumn, Cotehele and Drawn to the Valley are celebrating a year in the life of the Tamar Valley, as seen through the eyes of local artists.

The Victorian Drawing room is open daily for an exhibition showcasing the finest art of the region.

Discover art inspired by Cotehele and the surrounding countryside and find a piece to take home with you.

Free entry (normal admission applies)

In partnership with



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LOOKING FOR LOCAL ART BY TAMAR VALLEY ARTISTS?  
Why not visit our [ONLINE GALLERY](#)

# Drawn to Cotehele

## Drawn to Cotehele

16 September - 1 October, 11 am - 4 pm.

A varied exhibition with ceramics and jewellery as well as varied 2D work of dry point, watercolour, acrylic, mixed media, lino printing.

Artists have brought their sketch books and there's even a video showing artists painting en plein air at Cotehele.

The working party is Carolyn Wixon, Lin Deacon, Oonaugh Glancy, Ian Pethers, Lucy Barnfather, Allie Cole, headed up by Kathy Lovell.

We had a successful Varnishing Day and look forward to greeting more visitors.



# General Notice

**Drawn to make**

**25th and 26th of November - Yelverton Village Hall**

**If you would like to participate in drawn to make your application needs to be in by the 25th on September**

## **Important dates for your diary.**

**Drawn to Cotehele - 16th September - 1st of October**

**Drawn to Make deadline for submissions 25th of September**

**Drawn to Make - 25th and 26th November**

**Annual General Meeting - Thursday 16th November 7pm The Tamar Valley Centre**

## **Annual General meeting - A chance to have your say**

**Our committee has worked very hard this year putting on a range of events. At our AGM on Thursday 16th November we say goodbye to two members of our committee who have served their 3 year term, Gilly Spottiswoode (Treasurer) and Kathy Lovell (Vice Chair). I am sure you will all join me in thanking them for their service.**

**We are currently looking for new committee members. If you are interested in joining the committee please email [contactdttv@gmail.com](mailto:contactdttv@gmail.com)**

**Next year, 2024, is an exciting year for Drawn to the Valley as we look forward to celebrating our 20th anniversary**

# Drawing days!

Despite the persistent rain, a small group of intrepid artists ( and one damp collie) set forth to explore the gardens at Pentillie Castle. Set on the side of a steep hill running down to the Tamar, the views were nothing short of spectacular. During dryish spells we sallied forth to explore and admire the impressive grounds and even attempted some slightly damp sketches.



The last few Drawing days of the year are coming up very soon!

These are an excellent chance to join together with other artists and visit different parts of the Valley.

Saturday 30th September - 11am - Cotehele  
Take a pause to visit our Drawn to Cotehele Exhibition while you are there.

Tuesday 10th October - The Garden House (half price entry for members just say Drawn to the Valley at the gate)



Informal Drawing days at the Royal William Yard - Plymouth

10am onwards on  
Wednesday 4th October  
Friday 17th November  
Wednesday 6th December

# Drawn to Make

25th and 26th of November

This year Drawn to Make will take place in Yelverton Memorial Hall, a bright airy venue with great facilities to support our artists and guests.

We held our highly successful Spring Exhibition there in March, so we're very pleased to have the opportunity to return.

As the event is a little later in the year than on previous occasions, we anticipate a vibrant weekend full of Christmas cheer.

We have invited both 3D artists/makers and 2D artists to apply for Drawn to Make, with a deadline of 25th September.

The Exhibition Group, led by Lyn Edwards and Sally O'Neill, look forward to seeing you there, as an artist or for your friendly support.



# Featured Artist – Ali Fife Cook

Although I've done a variety of artistic things all of my life – crafts, designing posters, pottery – it was only recently and rather late in life that I felt I could actually call myself 'an artist'. I use pastels, a very basic medium which has a lovely softness and can nevertheless be used with precision and it can achieve wonderful colour depth and vibrancy through building up of layers. I depict animals and birds from around the world including endangered species, plus our British wildlife. I try to capture the character of the creature I'm working on, I often start with the eyes so that I can get to know my subject, and the finishing touch is usually the glint in the eye. I think portraying wildlife found me rather than me finding it, and I use my art to raise funds for wildlife and habitat conservation. I am delighted to have won awards for my art in international competitions, including a Gold Award for my portrait of a Gorilla.

I joined Drawn to the Valley a year ago, once I felt confident enough about my art. It's been a wonderful time, with lovely people and great exhibitions



*Gorilla 'Don't mess with my habitat'*



*'Love Ewe Too'*



*Mallards 'All your ducks in a row'*

## Contact Details

Phone - [07875 159766](tel:07875159766)

Email - [art@alififecook.co.uk](mailto:art@alififecook.co.uk)

Website - [alififecook.co.uk](http://alififecook.co.uk)

# Pop up opportunity for exhibition space at 4/4 Gallery, Callington

Contact: Carolyn at [wixon.art@gmail.com](mailto:wixon.art@gmail.com)



# West Devon Art Workshops

community

diversity

learning

wellbeing

friendships

fun

creative

encouraging

[www.westdevonartworkshops.co.uk](http://www.westdevonartworkshops.co.uk)

West Devon Art workshops is planning to open an Art Centre in Tavistock in the autumn. Listed building consent needs to be secured to adapt the proposed venue, but assuming this goes through the centre will be fully accessible with a 2D and a 3D room plus gallery space. The whole venue will be easily reorganised for larger exhibitions at weekends and during weeks when classes aren't run.

The ethos of the centre will be making the arts accessible and affordable to all.

We are looking for experienced/qualified art teachers who agree with our ethos and might be interested in running evening or weekend classes, summer holiday classes, children and young people art clubs etc.

We are also looking for artists/craftspeople who would be interested in hiring the venue for exhibitions.





# Friday Art & Craft Classes

at the Printworks, Pym St, Tavistock

15th Sept 10.00—3.30  
**Textured Landscapes & Seascapes incorporating Tyvek**  
**£33**

Build up a textured surface incorporating TYVEK. Explore layering paint & inks to create exciting images.



22nd Sept 10.00—3.30  
**Mixed Media & Collage Venice Buildings**  
**£32**

Use painting & collage techniques to create vibrant Venetian scenes

17th Nov 10.30-4.00  
**Natural Dyeing & Tie Dye**  
**£33**

Create vibrant tie dye designs and explore natural dyeing techniques using vegetable skins, berries and modifiers to create a wonderful range of colours.



24th Nov 10.00—3.30  
**Brusho Seedpods**  
**£32**

Explore using wax resist, bleaching out & sprinkling techniques with this exciting media.



1st Dec 10.00—3.30  
**Watercolour Christmas Cards**  
**£32**

Create images of snowdrops with experimental backgrounds using salt & Clingfilm.

8th Dec 10.00-3.30  
**Mixed Media Collage & Print Xmas Cards or Mini Art work**  
**£32**

Make your own decorative papers to create vibrant images



To book:  
 Tel 07724 153381  
 e-mail: westdevonartworkshops@gmail.com

www.westdevonartworkshops.co.uk

## Expressive Figure Drawing

Develop your figure drawing style through group exercises and one to one tuition in this four session course.

**Tuesdays 14th Nov to 5th Dec**  
**10:00 to 12.30**

At the Guide Hall, next to Beford Car Park, Tavistock PL19 0HD  
**£100 including life model, basic materials, tea and coffee**

To book: Email westdevonartworkshops@gmail.com  
 Or Phone: 07724 153381

## Sound as a Healing Modality

I regularly lead Sound Healing and Sound Baths for several Circle groups, as well as local Yoga and Ayurveda retreats. This summer, I led three Sound Baths for a group of Autistic adults, also for a group of professionals at an academic conference.

I will explain how sound works as a holistic healing modality:

Everything in the universe vibrates at its own individual frequency, including the human body. If part of our body is unwell or we have a 'dis-ease', then the whole body feels unbalanced. We can bring ourselves into alignment by using sympathetic vibrations and resonance. Every cell in our body, not just our hearing, enjoys and responds well to sound. Also, sound travels at great speed in water, and we are made up of approximately seventy percent water, so directed sound can reach and re-balance our internal organs.

During a one to one Sound Healing appointment, I am guided by the individual client, so no two sessions are the same.

In a group Sound Bath, participants lie down, while I make sounds, vocal and instrumental, carrying powerful Healing transmission.

Many people associate a Sound Bath with large gongs. However, I've been trained in Sound Healing using voice and specialist healing instruments: Himalayan Bowls, (some very ancient), small gongs, Heart Sounding Bowls (a string instrument made in Devon), Ocean drums, Koshi wind chimes, Frame drum and Rattle. I use a combination of some or all of them during the session.

The Sound Bath aims for deep relaxation, but any Healing with Sound can bring up sensations on different levels of awareness, and there is always time for sharing, during the closing ritual.

I am a member of the UK College of Sound Healing, a Reiki practitioner and member of the Complementary Medical Association.

Contact: [teresa@teresawicksteed.co.uk](mailto:teresa@teresawicksteed.co.uk)  
07968 941854



# COMMITTEE - WHO'S WHO



**Anne Payne**  
Chair



**Kathy Lovell**  
Vice Chair



**Gilly Spottiswoode**  
Treasurer



**Stef D'amico**  
Committee Member



**Debra Parkinson**  
Committee Member



**Carolyn Wixon**  
Committee Member



**Jess Maslen**  
Committee Member



**Allie Cole**  
Committee Member



**Vivienne Pierina Lee**  
Committee Member



**Imogen Choroszewska**  
Administrator

**CAN YOU HELP?** We are currently seeking two members to become Area Reps, one for Saltash and one to help Anne Wood in Tavistock. If you are interested, please contact [JULIET CORNELL](#) for more information or an informal chat.



## WHO'S YOUR AREA REP?

**BUDE/LAUNCESTON/LIFTON:**  
PL15, PL16 & EX22, EX23  
**SOPHIE FORDHAM**  
sophie@fordhamsrgo.plus.com  
01566 772674

**GUNNISLAKE/CALSTOCK:** PL18  
**PETER URSEM**  
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07786 558624/ 01822 833668

**SALTASH:** PL12  
**CURRENLTLY VACANT**  
Can you help?

**TAVISTOCK:** PL19  
**ANNE WOOD**  
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01822 615587

**RAME PENINSULA:** PL10 / PL11  
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**YELVERTON:** PL20  
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