



# THE CRAFTY ARTIST

Newsletter of the  
Ballina Arts & Crafts Centre Inc.

**MARCH 2025**

## PRESIDENTS REPORT

Although the weather is still very warm the light has noticeably changed in the past couple of weeks. The shadows are longer, and the light has become more golden. The cooler mornings have also been appreciated.

The Show and Tell presented by Wendy Stecher at the first meeting of 2025 was brilliant in and it demonstrated her long artistic path. It was great to view examples of her different media practices. Her cartoons were very funny. A very talented lady.

Over the past month, I was able to go to Sydney and see a free video exhibition in the Tank in the new building of the [Art Gallery of NSW](#).

This work is named "[The Rites of When](#)" by Angelica Mesiti who was born in Sydney in 1976. She has lived and worked in Paris for over a decade.

This immersive, sensory artwork reminds us that in times of permanent crisis and climate instability, our contemporary communities and cultures matter deeply.

It does sound a bit airy, fairy but it actually was beautiful to see and hear and the Tank is really a wonderful exhibition space.

It is great that more people are hearing of BACCI and are wanting to join us. We are always very happy to welcome new members.

It is important that we keep BACCI current and in the public eye, especially if we would like our exhibitions to be a success, therefore it is important that ALL members submit your artist

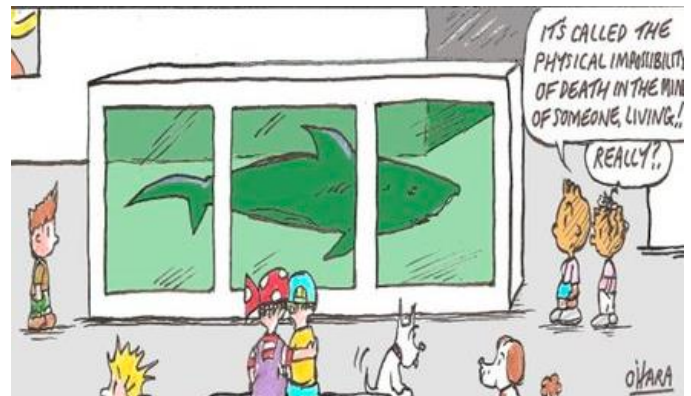
profile. This profile will be featured in the Ballina Wave magazine throughout 2025 and added to our website. A few reminders have been sent through our newsletter, 36 artists profiles are still required. Would you please submit your artist profile (as a word document with pictures) to Rosie via email [ballinaartsandcraftscentre@gmail.com](mailto:ballinaartsandcraftscentre@gmail.com)

If you are concerned how to write your profile, please let me know and we may be able to help you, maybe with a template.

I look forward to your goodwill in making BACCI a strong dynamic group for 2025.

Cheers to a great year full of creativity.

**Françoise**



### WHATS COMING UP?

#### **Next monthly meeting is:**

**Date:** Tuesday, 4 March 2025

**Time:** 5.00pm for 5.30pm start

**Show & tell:** **[None for this month]**

**Location:** Boardroom  
Cherry Street Sports Club  
Cnr Cherry & Bentinck Streets  
Ballina

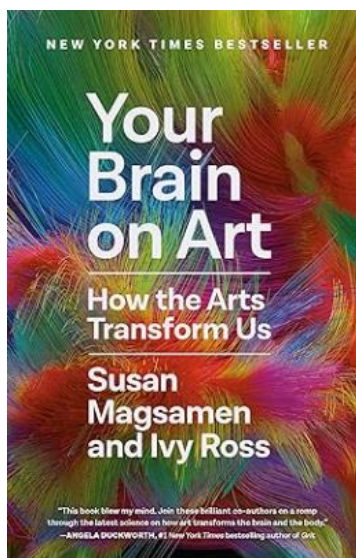
## LENNOX NEWS

After last month's article asking why art is important? I remembered a book I had read a few years ago "Your Brain on Art" How the Arts Transform us by Susan Magsamen and Ivy Ross.

In summary "What is art? Many of us think of the arts as entertainment--a luxury of some kind. In *Your Brain on Art*, the authors show how activities from painting and dancing to expressive writing, architecture, and more are essential to our lives.

We're on the verge of a cultural shift in which the arts can deliver potent, accessible, and proven solutions for the well-being of everyone. Magsamen and Ross offer compelling research that shows how engaging in an art project for as little as forty-five minutes reduces the stress hormone cortisol, **no matter your skill level, and just one art experience per month can extend your life by ten years.** They expand our understanding of how playing music builds cognitive skills and enhances learning; the vibrations of a tuning fork create sound waves to counteract stress; virtual reality can provide cutting-edge therapeutic benefit; and interactive exhibits dissolve the boundaries between art and viewers, engaging all of our senses and strengthening memory. Doctors have even been prescribing museum visits to address loneliness, dementia, and many other physical and mental health concerns."

A very worthwhile read.



## Contemporary Botanical Art a workshop with Lesley Ryan

This workshop is a gentle approach to painting flowers in watercolour, using observation skills and thoughtful composition. Botanical paintings can be displayed as stand-alone artworks or incorporated into larger paintings.

### Details

- When:** Saturday, 22 March 2025  
**Time:** 9.00am to 3.30 pm  
**Venue:** Lennox Head  
(address details and materials list supplied upon booking)  
**Cost:** \$85 (morning and afternoon tea provided)  
**Booking:** Text 0403848417 or  
E-mail [lesleyryanart@hotmail.com](mailto:lesleyryanart@hotmail.com)



Sample of botanical art

**Lesley Ryan**

# CREATIVE ARTISANS GALLERY NEWS

Featured artist(s) for March 2025 is:

## Lydia Kovac

Since childhood Lydia has always loved painting, drawing, colouring-in, and doing various craft projects. Being employed as a Draftsperson for 9 years further honed her hand at drawing skills, though painting then took a back seat. It wasn't until Lydia moved to Ballina in 1997 that she finally gave in to her creative urge to paint and she has basically painted every day since. Painting in Acrylics was her favourite medium, until she discovered Watercolours in 2017.



Her painting continues to evolve, having her own style, she is largely inspired by the natural world and the creatures that inhabit it. Light, shadow and movement, currently hold her attention. Painting is something she feels she needs to do, a spiritual practice that is healing and sustaining for her. She feels that it nourishes her soul, enriches her life, and is part of her healing journey.

Lydia has been a member of Ballina Arts and Crafts Incorporated (**BACCI**) since its early days and joined Ballina Art Society in 2024.

She has sold and exhibited her paintings locally since 1997, with group shows and Solo Exhibitions.

Lydia has received:

- Highly Commended awards at Bentley and Ocean Shores in 2019,
- the North Coast National – Tursa Art Prize 2023 and 2024 and
- 2<sup>nd</sup> and 1<sup>st</sup> places and Best in Show in the Ballina Art Society's Exhibition 2024.



## Helen Mary Dunn

As a young girl growing up in North Queensland, Helen accompanied her aunt to CWA where she learnt various crafts. Influenced by the surrounding environment, her love of colour, tropical fauna and flora grew. This appreciation was then incorporated into various handmade crafts

Over the years she developed talents ranging from macrame, sewing, creating greeting cards and jewellery, silversmithing and gem cutting. Helen went on to enter her creations in Art & Craft shows and selling at markets in Queensland and New South Wales.

After moving to Ballina in 2010, she experimented more with mixed media using many different materials she had collected over the years. Creating new projects gave her a great reason to unearth hidden treasures, try new techniques and allow serendipity to work its magic.

Helen has refined her skills to create wire-worked suncatchers and small sculptures using copper wire, with Swarovski crystals, Czech Republic glass beads, semi-precious gemstones, Japanese seed beads and unique handmade beads. Helen's use of Swarovski crystal catches the light giving a sense of joy.

Helen also creates themed greeting cards to complement her wire and bead creations, using various techniques and materials for a unique fun look.



*Cheers*  
*Pauline Rutten*



## RANSW 2025 Workshop Program



In 2025, Regional Arts NSW is running a monthly program of online industry workshops to provide regional artists and arts organisations with advice and guidance.

The workshops will cover a different subject each month, run by different experts from across the industry, and will be free for RANSW Members and \$20 for non-members.

[Become a RANSW individual member for just \\$25.](#)

The first workshop will be on the arts ecology of regional NSW, facilitated by RANSW CEO Tracey Callinan, and will take place on Friday 28 February, 1-2pm. Tickets are available now (free registrations also required).



For upcoming events, please visit [Regional Arts NSW](#)

## Lismore Art Club

Hi All

If you're interested in Visual art, then become a part of the Lismore Art Club.

Info on our new look website ...  
<http://www.lismoreartclub.com>

Explore your creative side.

New members and beginners welcome.

*Linnea Hannan*

Secretary Lismore Art Club.inc

15 Casino Street.

South Lismore. NSW 2480

E [lismoreartclub@gmail.com](mailto:lismoreartclub@gmail.com)

W <http://www.lismoreartclub.com>



WE DIDN'T REALISE WE WERE  
MAKING MEMORIES, WE JUST KNEW  
WE WERE HAVING FUN



## **Ballina Wave Magazine** **re 'Artist of the Month'**

Ballina Wave have given a monthly space to a BACCI member, titled '*Artist of the Month.*'

Details needed for article are:



- 200 words about you and your work (it would also be great if you could mention BACCI)
- 2 x JPEG photos (these can be of you and your work or just your work)
- email your Ballina Wave artist profile (as a word document) and your pictures and to Rosie ([ballinabacci@gmail.com](mailto:ballinabacci@gmail.com)) by the 1st of the month

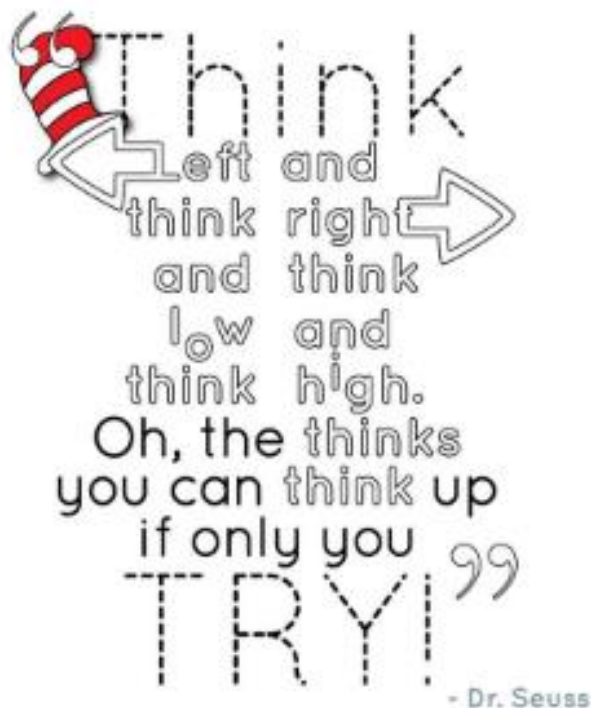
- if you are unsure how to do the above, maybe a family member or friend could help you
- please also please email this document and pictures to Maria ([mariaheaton@hotmail.com](mailto:mariaheaton@hotmail.com)), she will post this on BACCI's [Facebook](#) page
- it would be great if all members could take advantage of this opportunity, **please** email your document and pictures to Rosie ([ballinabacci@gmail.com](mailto:ballinabacci@gmail.com))

**Do you have anything to share**, (eg art info, travel adventures and/or photos)? If so, please contact Rosie about your story – you can either mail or email your story and photos, (remember to include your name) to:

The Secretary BACCI  
PO Box 111  
Ballina NSW 2478

OR

E [ballinabacci@gmail.com](mailto:ballinabacci@gmail.com)



### Contemporary Botanical Workshop using watercolour with Lesley Ryan

The Natural World is a constant source of inspiration. This workshop will help you hone your skills in both art and observation.

We will explore how to record observations of flora, rendering techniques, thoughtful composition and finally incorporating fine detail. This workshop is for artists and nature lovers, it is not for scientific study, it is designed to record your observations in colourful detail then turn these into contemporary works of art.



Sample of Contemporary botanical art

**When :** Saturday 22 March 2025

**Time :** 9.00 am to 3.00-3.30 pm

**Venue :** Studio Lennox Head – address details and materials list supplied when booking

**Cost:** \$85.00 morning and afternoon tea provided

**Booking text** 0403848417 or e-mail [lesleyryanart@hotmail.com](mailto:lesleyryanart@hotmail.com)

Lesley is an experienced and qualified art teacher, as well as studying at the London College of Art and East Sydney Technical College, she also holds a certificate of botanical art from Newcastle University.