

# STUDIO 280

Visual Art | Baking | Jessica Kalmar | Knitting | Sewing



## Sculpting a Routine

Every so often having a fear of failure causes procrastination. Although some people work well under this pressure, others gain a lot of unwelcome stress. Come to think of it, I wonder if those who declare they do better when procrastinating are actually consuming hidden stress, therefore leading

to other complications. From Latin the word *procrastinat* means 'deferred till the morning.' What seems a gentle definition, in reality procrastination can go within hours or minutes of the time limit affecting those responsible for appeasing another (or oneself). When put this way then fear of failure is real.

*"Artists don't get down to work until the pain of working is exceeded by the pain of not working."*

- Stephen DeStaebler

Other times procrastination seems to be a part of the routine. Without even planning it, the delay is sincere and possibly has its reasons deep inside the subconscious where fear of failure may not be considered. Rather, the importance of figuring out a proper plan of action is highlighted therefore producing a confident result. Not to mention some stress lingering around, which just adds a little bit of excitement to push us to the finish line.

### Side Bar

Holding a routine is important, but throwing in spontaneity is the spice that makes a schedule exciting. As much as it is hard to accept, fear can be more of a positive attribute rather than something purposely avoided. As well as long breaks in the art making process, which are usually seen as abandonment, are actually the breathing room a project needs. | Three different books with a similar theme of understanding oneself are reviewed. | The wisdom of a simple bear is revisited in adulthood. | Getting organized with art supplies makes the artwork part of the daily routine. | The first attempt of a tart is explored. | Please enjoy the newsletter!

## Books



*Treasure Island* | Robert Louis Stevenson

- An adventurous tale about pirates and treasure, making friends and discovering enemies, this exciting book demonstrates all sorts of characters and risks we may come across in our own lives.

*The Call of the Wild* | Jack London

- This story teaches the reader how to discover one's true self through change and adaptation as London describes the main character's dramatic life-altering journey during the Klondike gold rush.

*Art & Fear* | David Bayles and Ted Orland

- A book that should be on all artists shelves because it helps to understand the unexplainable process of creating and being an artist.

## Reviews



*Christopher Robin* (2018)

| Disney movie now available for purchase and streaming.

In this extremely believable cinematic feature, Christopher Robin is now an adult with a thoughtful wife and imaginative daughter who, in their desperate haste, cannot attract enough attention from Christopher as his demanding job imposes too much stress on him. A moment alone in a park to collect his thoughts, Christopher suddenly thinks he's gone mad as Pooh casually makes his way to sit next to him on the bench. The story begins as Pooh, and the gang we know well, help Christopher get back on track and realize the importance every day holds - some things more important than others.

*"I always get to where I'm going by walking away from where I've been."*

- Pooh

*In admiration of a sculptor's life-sized elephant statues, the king asked, "What is the secret of your artistry?" The sculptor replied, "I must chip away every last bit of stone that is not elephant."*

- excerpt from *God Makes the Rivers to Flow* by Eknath Easwaran

## Making Time

Spending five minutes a day in the garden is more productive than a frantic hour once a week. I must admit a couple weeks this past season the garden got that frantic hour or two of work in just one day. While still productive and a good workout, it was stressful and frustrating. It made me think how this discipline in time management can be applied to other aspects of a routine.



Housewifery, my recent photographic project, was set aside for a few weeks. It hung along the cork board strip staring at me each time I worked in the studio. Patient as can be, but persistent in its unfinished manner. After working on other projects and even cleaning the studio, I sat down with Housewifery for a dedicated hour one day and completed a sketch. I did this again for five successive days and finished all the sketches. It was as if the ideas were all lined up in my head ready to burst.

## Sewing



The Daily Doodle Project demands a lot of time every day. The supplies used for this creative endeavor requires organization. This simple fact mixed with inspiration and help from a friend produced a [rolled pencil case](#) to tidy up my colored pencils.



With the help of my friend Janice, we brainstormed a pattern and selected fabric at the store. I was nervous to begin the project knowing she wasn't going to be able to help me with the sewing of a nontraditional pattern. However, her mantra "you got this" rang in my ears and I completed the project!

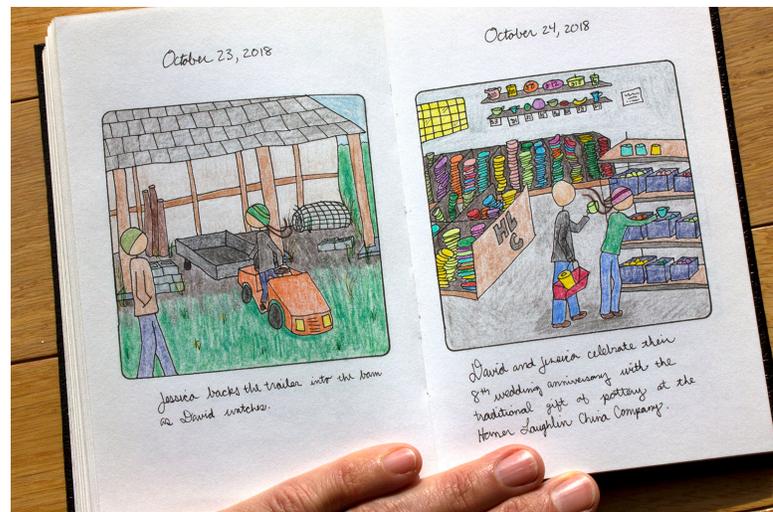


Having the tools at the ready, these doodles have easily become a party of my routine.

The Daily Doodle Project is another current work in progress that demands a place on my schedule. These are sketches, colored in with pencil, of a moment shared each day between my husband and me.



Requiring blocks of time for certain activities every day definitely generates results, but making this a routine also inspires how to move forward.



If this project was not a part of my routine, then they would eventually fade away as they did a year ago, which now I realize was a part of my process.

*"Doing nothing often leads to the very best kind of something."*

- Winnie the Pooh

## Baking

Testing my culinary skills, I tried [Autumn Sweet Potato and Butternut Tart](#) and it was a good first attempt.

Choose your favorite tart crust recipe and add 1 cup shredded white cheddar cheese.

1/2 C white cheddar cheese, shredded  
 1 lb. sweet potatoes, peeled, halved lengthwise, and sliced thinly  
 1 lb. small butternut squash, peeled, seeded, and cut into 3/4" cubes  
 2 TEVOO  
 2 T butter, melted  
 1 tsp. hot chili powder  
 1/2 tsp. packed brown sugar

Prepare crust as per your recipe of choice. Bake, and let cool.

Turn oven down to 350°F. Toss potato and squash in oil, season with salt and pepper. Roast 20 minutes, rotating pans halfway. Let cool 5 minutes. Sprinkle cheese on baked crust. Arrange potatoes and squash in rows over cheese. Bake 10 minutes; cool 20 minutes.

Meanwhile, in a small bowl stir together the butter, chili powder, and brown sugar. Just before serving, brush butter mixture over tart. Serve warm.  
 Makes 6 servings.



From Better Homes & Gardens magazine, March 2017

## Spontaneity

Schedules, plans, and itineraries keep an organized life, which helps me to stay focused. When I lose my way or get off track it is to paper and pen I turn for jotting down a strategy. Fully understanding that a military life at an impressionable age is what shaped my instinctual need for structure, the acceptance of spontaneity emerges and is recognized. How could it not? If the chosen profession is *<insert yours>* then one should be able to be agreeable with certain hiccups.

Some routines need more coaxing than others to include an impulsive element. Specifically in art making, one has certain tools to make the piece. But in those times when a tool has run out and a brief moment of panic arises as the routine falters, grabbing a similar tool may not cut it. Consequently giving in to fear and/or procrastination.

### *Fear Overruled*

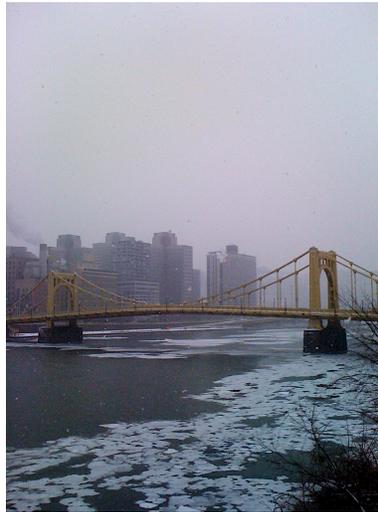
Being an analog photographer I'm accustomed to the constant change and discontinuance of art supplies: living with a septic system has affected my darkroom chemical choices, my favorite photographic paper is out of stock and no longer being made, etc. Even so, there is little to no fear of what the future holds for analog photography. Rather, a more calculated approach to art making is formed.

The spontaneous moments I enjoy are when the recipe gets an ingredient substitution, or the film developer needs a tweak. When a grocery store errand includes a quick stop to the craft store, or a chosen destination is altered by taking a different route. In other words, a little alteration in the schedule comes down to problem solving.

## Archive

*Everyday, 2010*  
iPhone camera  
Self-published books

A personal challenge project of making a photograph every day with the ease of the cell-phone-camera. Each month has a different theme. This selection includes one image per month.



January - Landscape



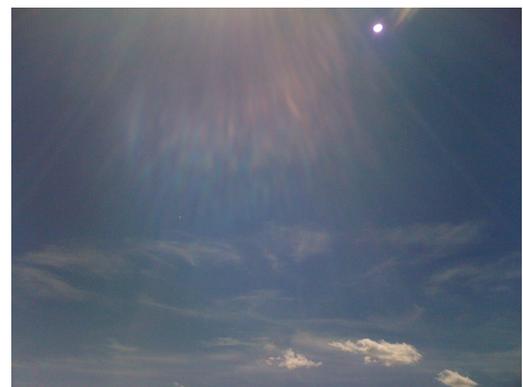
February - Looking Through Objects



March - Meals



April - Self Portraits



May - Proof of Blue Sky Every Day



June - Newspaper



July - Heat



August - Flowers



September - Objects Starting with A - Z.  
In this photo: the letter O for outlet.



November - Signs



October - Love



December - White



Photo by David Dulick

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## Moving Forward

Take breaks and be spontaneous in your personal routine. Learn from the past and the present, and the future will develop brilliantly.

*"Fear urged him to go back, but growth drove him on."*  
- Jack London, *White Fang*

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## Thank You

This newsletter concludes the second year of Studio 280 and I thank you, dear reader, for your interest. Together with your feedback and my growth as an artist, I feel as though I am in the right place. Have a wonderful holiday season! Look for the next Studio 280 Newsletter around February 11, 2019.

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Fall 2018 | Confident | [jessicakalmar.com](http://jessicakalmar.com)

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