

# STUDIO 280

Visual Art | Baking | Jessica Kalmar | Knitting | Sewing



## Create with Abandon

Spring's boisterous demeanor mimics the type of people we have in our circle of friends. By surrounding ourselves with others who teach, encourage, and challenge us we can live each day fully. Similar to the warm air making a blossom come alive attracting a bee who helps pollinate the

garden we eat from, we all inspire one another and that extends much farther. Nature is not bashful now as the air warms and the rains fall. Everything is acting on instinct without inhibition.

As a typically shy person, I had my fair share of moments where timidity needed to be ignored. From publicly carrying out bathroom duties in boot camp to moving to cities where I knew no one but the person who hired me, I really shouldn't be as shy as I am. In 2003 I was introduced to the Holga camera at Rockport College. The instructors believe in its ability to restrict hesitations and allow the student to photograph freely.

*"Holga goes back to the bare bones of photography and forces users to stop relying on all the bells and whistles and simply shoot."*

*- From The Holga Manual, 2011*

The basic Holga 120N is a plastic camera with suggestions of aperture and focus. During use, it can be a little clumsy which is why it is suggested to tape various areas both

### Side Bar

Trying new things without fear of being judged or failing can be intimidating. But throwing all those reservations out the window allows us to fully create something from a project to a conversation, making the result so fantastic. | The coming-of-age stories are inspiring because the protagonist usually needs to overcome his/her inhibition to get through a trying time. | A podcast is reviewed - a quick source of relevant information for homesteading and gardening tips. | With an idea in mind, I started creating a cross stitch pattern knowing only the basics of this re-emerging craft. | Baking bread is very easy. Anyone can do it! | Please enjoy the newsletter!

## Books



*The Mind's Eye* | Henri Cartier-Bresson

– A good basis for understanding photography as art.

*In the Unlikely Event* | Judy Blume

– A story of heavy sadness intertwined with hope.

*The Catcher in the Rye* | J.D.Salinger

– A timeless, coming-of-age narrative.

## Reviews

*Living Homegrown* | Theresa Loe

While looking for a podcast about gardening and homesteading, I came across *Live Farm Fresh Without the Farm* hosted by Theresa Loe. She seeks out interesting people ranging from professional gardeners owning restaurants and garden centers, to amateurs experimenting with farming and homesteading. Loe provides all the podcast show notes and links related to the topic on her website, *Living Homegrown*. Once on the website you realize the podcast is just one source among many more! There is something for everyone. My favorite podcast topic is that of homesteaders starting out on 2 to 5 acres taking care of livestock, pets, gardens, miscellaneous projects and not to mention day jobs and kids! Loe provides a flowing interview asking all the relevant questions and pinpointing the details she knows her listeners want. Next on my list I'd like to research more of her canning advice - a practice I grew up with, but have never done myself. I think it's about time to dive in!

[livinghomegrown.com](http://livinghomegrown.com)

inside and outside the camera. I've never seen one break when dropped, but the back may fall off and expose the film or some nonessential elements will pop off the body. Nevertheless it's tough! The Holga is like a friend - it teaches, encourages and challenges us even in its simplicity. It shows us later what we didn't fully see at the time.



Selection from *Panoptica*, 2015

Holga image

## *Make Haste Slowly*

When the seasons change it seems spring is the one that swiftly arrives and blends right into summer. Everything grows and blooms at record speed. Or is it that we as the spectators are too excited about the coming of warm weather and we mentally speed up the process?

I have been reacquainted with the piano. Recently my parents gave us their piano, the one I played nearly everyday growing up, which is again dispensing the lyrical emotions of Beethoven, Chopin, Schubert, and even John Thompson throughout our house. I've been practicing at least 30 minutes a day to get back to the level where I once was. The techniques are coming back quickly, but it does

## Knitting and Cross Stitch

By combining the remnants of self striping yarn, [crazy socks](#) are designed!



Cross stitching on Aida or other canvas has always intimidated me, perhaps because there is a lot of counting in a little space. But I just needed to try it!



Borrowing from other motifs, I created a [sampler](#) depicting the house David and I used to live in including the animals often present. A work in progress.



take patience. It is interesting to see what can be accomplished when in the zone , and what becomes silly mistakes when the mind wanders.

*"Since the piano is, after all a mechanical instrument made up of keys, strings, hammers and other mundane materials, all our thoughts and emotions must be produced through it by the mechanical action of these mediums in direct communication with our fingers."*

*- John Thompson, in the preface to The First Grade Book, 1936*

The object *piano* referred to in this quote can be substituted for almost anything. What is important is the energy and dedication one puts forth in whatever project being done.

Sometimes when creating or learning something the results can't get here quick enough. Rushing could produce mistakes and might take away the enjoyment of the process.



## Baking



If you have never baked bread and are hesitant to try, then make **no-knead bread** and you will be very pleased with the results. Let the stand mixer do all the mixing and kneading. Then let the dutch oven or big soup pot be the vessel. This recipe is versatile, forgiving and easy.



Experiment with the following ingredients:

5 C flour (mix it up with white, wheat, rye, etc.)

2 1/4 C water (or try whey left over from straining homemade yogurt)

1/2 tsp instant yeast

2 tsp salt

1/4 C butter or 2T oil

Optional:

1 1/2 C mixed cooked grains such as bulgur, oats, millet, quinoa

1/2 - 1 C mixed seeds such as chia, poppy, sunflower

Slowly add everything, making adjustments with flour and liquid as needed, and let the mixer do its job until the dough is smooth and not too sticky. Cover, and let it rise in the same bowl overnight.



Here: bread is baking in a 3 quart cast iron combo cooker, with lid off.

## Fundamentals of Interpretation

Identify the configuration of what is being created or learned. Then notice how it affects you. And that results in your distinctive approach.

*"Playing the notes correctly as indicated on the printed page is but the material side. Translating the emotions and thoughts generated by playing these notes in a certain manner, constitutes the spiritual side of music known as interpretation."*

- John Thompson, in the preface to *The Third Grade Book*, 1938

### Form

As a passenger in a car, bus or train one experiences instantaneous snippets of compositions. A continuously flowing sequence that is broken apart by simply closing the eyes and seeing a still frame. The mind can focus on one section similar to a camera.

*"In photography, the smallest thing can be a great subject. The little, human detail can become a leitmotiv. We see and show the world around us, but it is an event itself which provokes the organic rhythm of forms."*

- Henri Cartier-Bresson writing about *The Subject in The Mind's Eye*, 1999

### Mood

Listening to music allows us to have a soundtrack to our life. I remember when I got my first pop star record album - Cyndi Lauper, *She's So Unusual* - and how that influenced the fluorescent colors I liked to wear; the specific mixed tape I would listen to when walking across campus to class at Kent State; the certain CD's I listened to over and over while stuck in Pittsburgh traffic; and how much I liked having Portishead on my iPod while running. Each event has its mood, but the music definitely contributes.

## Baking cont.

Turn dough out in a greased 9x12 oval deep casserole or 9x10 rounded and lidded baking crock. Cover and let dough rise about an hour.

Slash the top and sprinkle oats or seeds. Cover, and place in the cold oven. Set temperature to 450°F. Once oven gets to temperature bake for 45 to 50 minutes. Remove lid and bake 5 to 15 minutes more.

Check bread's internal temperature - it should be 190°F to 205°F. Cool on a rack.



Wait an hour or more to enjoy.



This recipe is adapted from King Arthur Flour, but look around and see how popular this bread baking method is. There are thousands of sources to choose from. Just have fun with it!

Looking at photographs of past events you can almost hear the music being played at that time. Even just closing the eyes and imagining the last time you listened to that record, or mixed tape, or CD, your mind creates a still image of that event.

*"To me, photography is the simultaneous recognition, in a fraction of a second, of the significance of an event as well as of a precise organization of forms which give that event its proper expression."*

- Henri Cartier-Bresson writing about *The Customers in The Mind's Eye*, 1999



My parents dancing, 2018

## Style

Here is our place to shine. Here is when our uniqueness comes forth and we can be ourselves. We can create our technique, perhaps mixed with all the inspiration we've gathered through the years, but it develops into our own style.

Creating with abandonment of inhibition makes us a strong group. If we can't do that then how will we teach, encourage, and challenge our friends?

*"In the precise functioning of the mechanical object perhaps there is an unconscious compensation for the anxieties and uncertainties of daily endeavor. In any case, people think far too much about techniques and not enough about seeing."*

- Henri Cartier-Bresson writing about *Technique in The Mind's Eye*, 1999

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## Archive

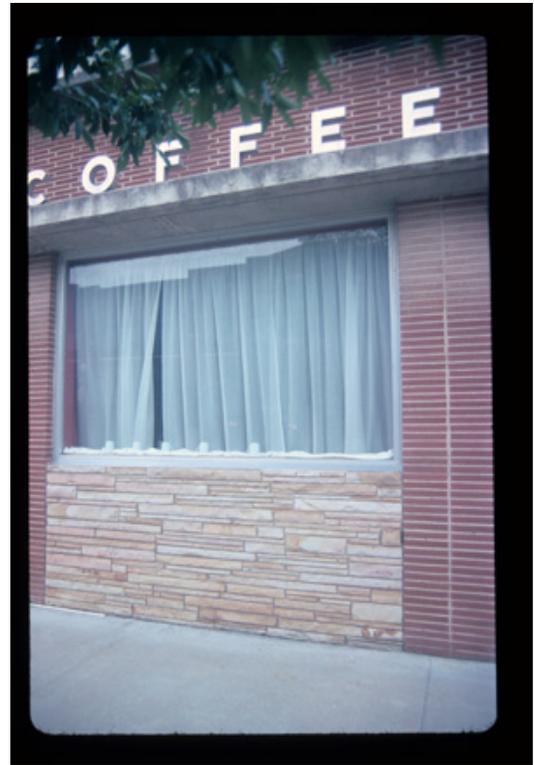
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*Kodachrome: Last Roll, 2010*  
Scanned Kodachrome slide film

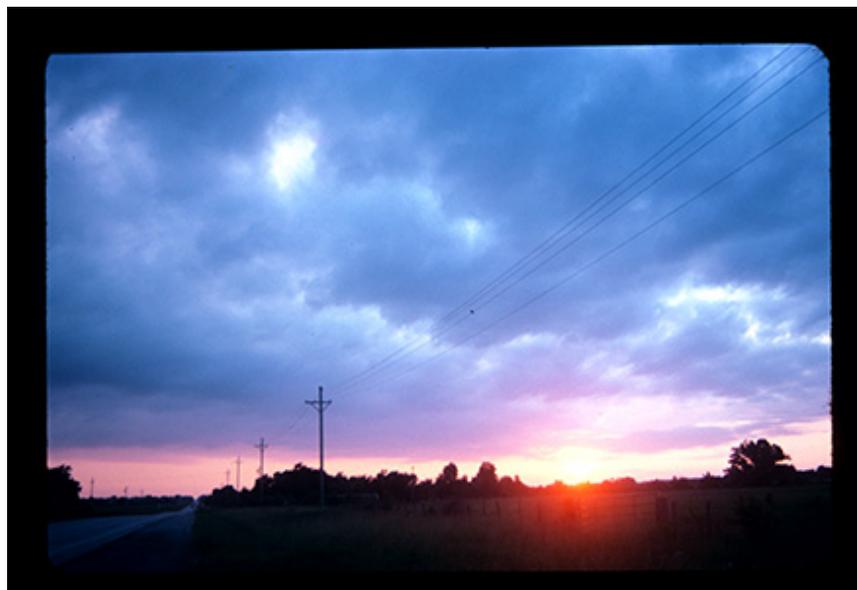
I first photographed with Kodachrome slide film at the turn of the century as a photography student at Kent State University. Our professor stressed the importance of learning accurate exposure with slide film. We had many assignments with a variety of film, but Kodachrome seemed extra special. He told us about the strong impact this film had in the history of photography, and the significance it made on him personally. I was really touched. Ten years later as an instructor of photography myself, stressing the importance of technique and history, I was saddened to know Dwayne's Photo Lab was ending their Kodachrome developing process, the last lab to do so in the world.

I put together a small bag of clothes and toiletries, packed a big bag with film and cameras, put gas in the car, and called up my then fiancé, David. We drove to Parsons, Kansas to develop my last roll of Kodachrome and take a tour of Dwayne's Photo Lab.

Here is a small selection of the Kodachrome images I made during that 967 mile road trip from Pittsburgh to Parsons.



Parsons, KS



Somewhere near Pittsburg, KS



Even though I had my last roll knowing it was the last time, I photographed with abandon. One can't dwell on past or future, one must experience the present.

Motel where we stayed in Pittsburg, Kansas before arriving in Parsons.



*"We photographers deal in things that are continually vanishing, and when they have vanished, there is no contrivance on earth that can make them come back again."  
- Henri Cartier-Bresson writing about The Picture Story in The Mind's Eye, 1999*

*"Photography is, for me, a spontaneous impulse coming from an ever-attentive eye, which captures the moment and its eternity. Drawing, with its graphology, elaborates what our consciousness grasps in an instant. Movies tell a story visually. Photography is an immediate reaction, drawing a meditation."*

*- Henri Cartier-Bresson in Photography and Drawing: A Parallel in Mind's Eye, 1999*



Parsons, KS



Pittsburg, KS



In the garden Photo by David Dulick

**Breaking the Rules**

I remember staring at a sign in a police station that said, "Rules don't bend, they break," and that has always stuck with me. When you break a rule you're suddenly a rebel changing the normal pattern of things. It can be invigorating. Without suggesting any types of shady endeavors, go out there and break, not bend, some rules you've been living by in your creative life and thus teach, encourage and challenge your friends.

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*Thank You*

If you have any questions, or want / can give further information on any of the content in this newsletter, please do not hesitate to contact me. It is a pleasure to hear what you have to say. I hope you can hold on to the beauty of spring and witness all the bright colors you've been waiting for. Look for the next Studio 280 Newsletter around August 7, 2018.

