



Dear Friends of Sumi-e,

My morning routine frequently begins with a bit of yoga. Recently my efforts have been impacted by surgery on a wrist and then a toe. I totally stopped attempting yoga because I couldn't do what I wanted. My attitude suffered. After some self-talk I realized there are still some poses that are feasible and adaptations can work. Morning life is good again.

Paid parking is throwing us a curve. We have many options. It can make us lose sight of why we are members of Sumi-e and why we love Balboa Park. In an effort to provide some ease to some of you, I am offering \$100.00 to be used by members to purchase parking for our March meeting. Just get in touch with me by March 1st and we will work out details. snielsen.5068@gmail.com

Still learning with you,
Sylvia

JANUARY WORKSHOP

Louise led a beautiful Year of the Horse workshop with lots of samples and a wonderful demonstration (upside down and backwards)! She allowed ample time to paint and attended to each and every one in attendance with personal suggestions and help. It was a great morning. Thank you, Louise.



2026 January birthday luncheon gang

FIRST WEDNESDAY ORIGAMI GANG
Wednesday, February 4, 2026
9:00 AM to Noon
Room 104, Casa del Prado, Balboa Park

The February Origami Gang is on hiatus in February! Check in next month for more news.

SHINNENKAI at the LINGLEY HOME

We'll be gathering the afternoon of February 7th to celebrate Shinnenkai at Gaye's home in Point Loma. We'll enjoy everyone's company as well as tasty potluck delights brought by everyone in attendance. Can't wait!

REMEMBERING EDNA HARPER

Our dear Edna Harper passed away recently. Edna was a founding member of our organization, a guiding light for many of us, and a wonderful painter and friend. We will keep you advised of memorial or funeral arrangements as they become available. Please keep Edna and her family in your thoughts and prayers.



WORKSHOP TEAM

Our workshop team is looking for workshop ideas and leaders for 2026. As you can see, we're a little thin! Check in with one of them with your fabulous ideas!

- Cliff Chally clckms@sbcglobal.net
- Beverly Edge beveredge2@yahoo.com
- Cynthia Ramirez cynthia.architecture@gmail.com

Upcoming Workshops & Society Events/Activities

All in Room 104, Casa del Prado, Balboa Park from 9:00 AM to Noon unless otherwise noted

February	Wednesday	February 4	Wednesday Workshop	NO MEETING
	Saturday	February 7	Shinnenkai	It's a Done Deal! – we're ready to go!
March	Wednesday	March 4	Wednesday Workshop	TBD
	Saturday	March 7	Saturday Workshop	TBD
April	Wednesday	April 1	Wednesday Workshop	TBD
	Saturday	April 4	Saturday Workshop	TBD



Joe Cross Classes – 1st Saturday of the month at 1:00 PM



Tuesday Painters: Currently on hiatus

THE FOUR TREASURES OF JAPANESE BRUSH PAINTING

We all know of the four gentlemen – Bamboo, wild orchid, chrysanthemum and plum blossom. We also have “Four Treasures of the Study” (*Bunbo Shiho*): The Brush (*fude*), Ink (*sumi*), Inkstone (*suzuri*), and Paper (*washi or hanshi*).

This month we will explore INK (*SUMI*) and how it is made. Follow these links:

<https://www.youtube.com/watch?v=cRjRLe9oGOk>

https://www.youtube.com/watch?v=-_if-Zh7XXg

After you have viewed the videos, consider your inks and how they react when you use them and how they work in conjunction with your brushes and various papers. Enjoy this journey. If you would like to share your thoughts, please send them to your Editor (ralsgal@gmail.com) and we'll include them in the next Newsletter.

We'll visit Inkstone (*suzuri*) in March.

PS: Your Editor never heard from anyone about last month's article!



PARKING IN THE PARK

Parking in Balboa Park continues to be a bit of a conundrum. Your Editor would suggest that you either take public transportation, i.e., the bus, which will drop you off near the Natural History Museum and which is the closest location to Casa del Prado, or park where you feel you can afford more than three (3) hours as we usually run over our 9AM to Noon time frame. Either of these options will require some consideration of what you bring as far as supplies go. A suggestion is a backpack or small bag that you can carry on a bus or the tram. Recall that the tram drops you off in the central plaza near the Museum of Art and Mingei Museum and then you will be walking from there to Casa del Prado. If you have an ADA placard, you are permitted to park in any designated ADA spot or at a metered space on the street along the park or within the park.

Some of our members have been diligently seeking alternative locations to meet for our future Workshops, but we have planned to hold our two annual Exhibitions in Room 101 going forward. Friends of Sumi-e will maintain its membership in San Diego Botanical-Garden Foundation.

Other of our members have been attending meetings with the City and Park and/or protest events and sending letters and emails to relevant City/Park representatives. Any assistance you can provide in any of these areas would be most appreciated – many hands make light work. If you would like more information, please contact your Editor (ralsgal@gmail.com)



It's that time of year again! Please consider submitting your masterpieces to the San Diego County Fair. The Asian Art Division has decreased in size over the past few years and is in danger of disappearing altogether. It is to our advantage to keep this division strong. Please consider your strengths and enter in 2026. Here is the link to everything you need to know. It's easy and fun!

<https://www.sdfair.com/p/participate/entry/fine-art>