



Visual Art & Poetry for Creative Expression

Presented by:

Perie Longo & Barbara Cadario

Monday, March 7, 2016

1:30 pm - 4:30 pm

Valle Verde Social Room

900 Calle De Los Amigos

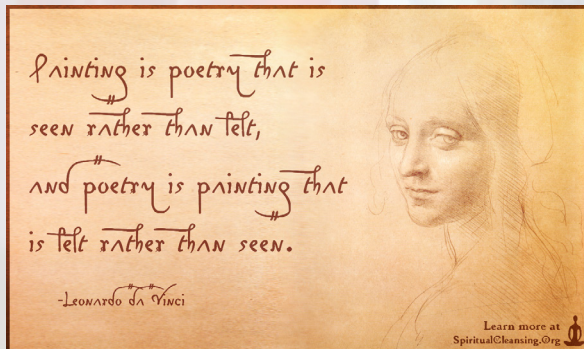
Come ready to play with pen and paper in a whole new way. To unleash your creativity, Barbara and Perie will focus on the power of image in visual art and poetry. They will lead participants through some easy exercises to demonstrate how drawing, painting and poetry can inspire each other. By the end of the session, you will understand how painting and poetry have evolved, be familiar with the painting of several important artists, and will have learned how to express yourself in imagery and poetry.

*Painting is silent poetry
 And Poetry is painting that speaks*

--Plutarch

Discussions and controversy are welcome: can anyone be an artist or a poet? What are the differences between expressing yourself in words versus images? If poems need not rhyme, what is the difference between a poem and prose? Practical tips will be provided for you and your family on how to proceed after the session to

draw, paint or write poetry. Please bring a pencil or pen. Paper will be provided. You are welcome to bring your own journal and simple drawing or coloring materials (no paint, charcoal or pastels, please). No art or poetry experience is necessary.



Background painting by Barbara Cadario

Enrollment Form: Art & Poetry - Monday March 7, 2016

VISTAS Members \$18. Non-members \$27.

Note: At-The-Door Registration is an additional \$5

Amount Enclosed \$ _____ Check# _____

Name(s): _____

Telephone: _____ Email: _____

Mail registration form to:

VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Deadline for registration: February 29th

BIOGRAPHY: *Barbara Cadario*, BFA, is a visual artist from Vancouver, Canada who paints, draws, illustrates children’s books and teaches Art Journaling and painting. Barbara is passionate about art. Her most recent exhibitions were entitled “Intimacy” (botanical oil paintings at the VanDusen Botanical Gardens), and “Beauty is Enough” (figurative and water paintings at the Hycroft mansion). She is also a pharmacist (BScPhm, MSc) appointed as a Clinical Associate Professor, Faculty of Pharmaceutical Sciences, University of British Columbia, and a contract pharmaceutical writer.



BIOGRAPHY: *Perie Longo*, PhD, LMFT, is Santa Barbara Poet Laureate Emerita (2007-09), and author of four books of poetry, the latest titled *Baggage Claim* (2014). For over thirty years she has taught writing and run workshops for the Santa Barbara Writers’ Conference, California-Poets-in-the-Schools, and privately. As well, she leads poetry writing groups for Hospice of Santa Barbara and Sanctuary Center and is Poetry Chair of the Nuclear Age Peace Foundation.



VISTAS Calendar			
Seminar/Event	Inclusive Dates	Time	Venue
Documentary Film Club	3rd Thurs Monthly	2:00 pm	Maravilla Theater
Presenting for Vistas	Thur, Jan 28	1:30 pm	Maravilla, Valencia Rm
Race to the Poles	8 Tuesdays 2/2-3/22	9:00 am	SB County Admin Bldg
Old Testament	Mon, Feb 8	1:30 pm	Maravilla Club Room
Women’s Politics	Mon, Feb 15	1:30 pm	Maravilla, Club Room
Political Polarization	Thurs, Feb 18, 25 & Mar 3	9:30 am	Goleta Library
Systems & Individuals	Wed, Mar 2	1:30 pm	Maravilla Club Room
Opera	Sun, March 6	1:45 pm	Granada Theater
Art & Poetry	Mon, Mar 7	1:30 pm	Valle Verde Social Room
Victory & Defeat Part 2	Thurs, Mar 17, 24, & 31	9:30 am	Goleta Library