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Mojo



First Day Back —After Christmas Break

Editor's Pics



Mojo, In the Zone

As a teenager, art took precedence to almost everything. One time, I was so engrossed in painting, I missed a visit from my aunt and uncle. They came, visited my parents and left. All the time I was out the back painting, in the **Zone**.

Years later, when first returning to art after a 19-year hiatus for work and family, I'd paint for hours while neglecting my family. "Where's tea?" Hubby would ask. "Soon," I'd reply. "Just need to ... just another... almost finished ..." An hour later Hubby and sons were still waiting.

Those days are gone. I'm wary of entering the **Art-Zone** and getting lost within it. Hubby and still-at-home son surviving on Uber Eats, Maccas and pizza.

But so has my **Mojo**. It's remained languishing in the **Zone** without me. Meanwhile, I'm busy with the cooking, cleaning and a social life.

It seems the only time I do art is on Monday mornings. I want to do more.

The article on page 2, "Getting Your Mojo" gives a number of pointers to reclaim my **Mojo**, especially the one of just doing a little bit at a time — just five minutes—then five minutes becomes more until I'm once more, in the **Zone**.

For me and maybe for you fellow artists, "**Mojo**" and "**Zone**" belong together.

~ Lee-Anne Kling

MAG EVENTS

Studio sessions from 9.30am till 12.30pm every Monday

Special Dates 2026

Monday April 6

Easter Monday

No Studio Session

Monday April 20

Demo

Monday April 29

Committee Meeting

Monday May 4

Optional Portrait Session

Monday, May 18-30

Brighton Central Exhibition

Monday May 25

Committee Meeting

Monday June 1

Optional Portrait Session

Monday June 29

Committee Meeting

Monday July 6

Newsletter Release

President's Perspective



2026 will be our first full year in the beautiful new facility at Marino; we are indeed fortunate. Little Nest operates each day now from 7.00 am to midday, offering smiles, coffee and light snacks to keep us all inspired and sated during our Monday sessions.

I would personally like to thank Jim Green for his steerage over 8 odd years, his confidence in handing over the MAG reigns, and his encouragement to take on this challenge. I have a wonderfully supportive committee, and together we hope to bring you all a fulfilling year.

Special events on the horizon are: a demo by Mike Barr on April 20, Brighton Exhibition in May, Sala Exhibition in the gallery in August, and a demo on October 19 by Kathy Doley. Please come along and support our efforts to put on these events. We will offer light refreshments at both the April and October functions.

Portrait sessions continue on the first Monday of each month thanks to Glenys Brokenshire, who organises models for our keen portrait artists.

Getting back one's mojo is the theme of this issue. How often I personally have heard "I can't get going" or "I've lost my inspiration" ... Or variations thereof ...

I acknowledge our differences but also believe we *all* share this dilemma from time to time.

[Continued p.3]

Mojo, How to Reclaim it

Are you in a rut?

Same old muse because you know it sells? Not feeling it for art? Facing a blank canvas and the question hanging on your mind, “Now what do I paint?”

You, me, we all want to do our art. We love our art, but somehow between Christmas and the start of the new year, we’ve lost our **Art-Mojo**.

The question is: How do we get our **Mojo** back?

Lindsay Hutton went on a “google quest” to find inspiration. After disappointing results with not much **Mojo** in the YouTube realm, he asked AI. I know, Artificial Intelligence.

Anyway, the results were surprising as well as inspiring. Below are some pointers to reclaim your **Art-Mojo**.

Here are the suggestions:

1. Remove pressure (perfectionism kills flow). Most blocks are fear disguised as lack of ideas. So, try and make deliberately bad art for a week. Creativity thrives when stakes are low.

2. Use different medium or tools. Your brain gets stale with repetition.

3. Steal input (artists need fuel). Blocks often come from input starvation. Visit galleries or browse art books. Think of inspiration as nutrition.



Inspiration—Sunset on Larapinta Drive by Lee-Anne Kling

4. Use prompts

Structure reduces decision fatigue. Blank page paralysis is real. Why not try:

- Draw an object from memory incorrectly.
- Create art inspired by a single word.
- Reinterpret an old piece you made years ago.

5. Lower the activation energy.

The hardest part is starting. Tackle these tricks:

- Work for 5 minutes only (you’ll usually continue).
- Leave your tools out.
- Start with warm-up scribbles.

Motion creates motivation — not the other way around.

6. Move your body

Creativity is physical, and your nervous system affects creativity. I find shower thinking gets my creativity going.

7. Reconnect with why you create. A creative block often means you’re creating for approval instead of curiosity.

8. Accept incubation. Rest is part of creativity. It’s what I call the percolation process. Creative cycles include dormancy.

9. Connect with Community & feedback. Isolation amplifies block.

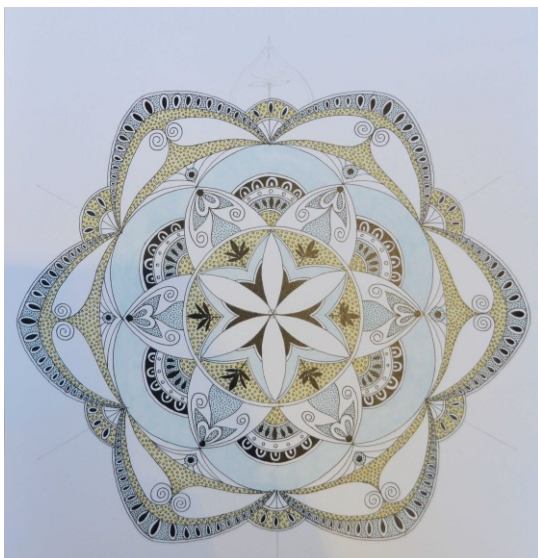
And finally ...

10. Identity shift (this one is powerful) Stop thinking: “I need inspiration to create”.

Start thinking: “I create whether inspired or not”.

Professionals create on schedule — inspiration follows.

Works in Progress



Zentangle by Anne Gimenez



A Good Start on Butterflies

Art Tips—Getting Your Mojo

A simple 7-day “mojo reset” plan

- Day 1:** Make intentionally bad art
- Day 2:** Change medium
- Day 3:** Gallery or art book input day
- Day 4:** Prompt-based work only
- Day 5:** Create outside your usual workspace
- Day 6:** Rework an old artwork
- Day 7:** Create something purely for fun with no audience.

[Research by Lindsay Hutton, written by AI and edited by Lee-Anne Kling]

Do not imagine that Art is something which is designed to give gentle uplift and self-confidence. Art is not a brassiere. At least, not in the English sense. But do not forget that brassiere is the French for life-jacket.

~ Julian Barnes English novelist 1946-

Check out these Websites:

Mackenzie Thorpe: Instagram — #artistmackenzie and website: <https://mackenziethorpe.com/>

Sessions Collage has a post: 30 Artists to Follow on Instagram for Inspiration (<https://www.sessions.edu/notes-on-design/30-artists-to-follow-on-instagram-for-inspiration/>)



Happy Birthday, Rosemarie



Inspiring Abstracts by Christine Creese

At the same time, MAG members were asked: What Gets Your Mojo going?

Below are some of the responses:

Christine Creese: Drawing, doodling a bit every day. Letting the work take you to where it wants to go, helps inspire me.

Heather Sloan: up and coming exhibitions for your art and also places to display your finished work. (See more about local exhibitions on page 4).

Glenys: Dreams and also colour combinations; seeing how different and unusual subjects and colours combine to make a picture.

Around the Studio



Flowers in Watercolour by Noreen Cutts

Photos in this edition have been taken and provided by Lee-Anne Kling, Lyn Thomas & MAG archives.

PORTRAITURE PRACTICE MAKES PERFECT



1st Monday of Month.



Portrait of the month of March: Alison by Adalore He

President's Perspective continued ...

As social creatures, we do need each other ...whether it be to offer an encouraging word, to give/receive a compliment, or to just be a listening ear. We need to connect. I believe MAG does this admirably; weekly catch-ups are very social and provide an opportunity to learn from each other. We may not always create a masterpiece at our sessions, but the effort to attend pays dividends in many unexpected ways.

So, what do we do? We keep going, keep practising to improve our skills, and seek out people who have something to offer.

Remember, every “failure” brings us one step closer to our next success.

~ Pauline



Exhibition Opportunities compiled by Heather Sloan

Heather found this offer for artists on Facebook. It might interest some of our members who paint larger pieces and who would like to get their work out there and local.

An extract of the letter is here below:

Dear Artist,

I'm reaching out with an invitation to join something we're genuinely excited about - bringing more art, more artists, and more creative energy to McLaren Vale this August through the SALA Festival.

If you're not already familiar, the South Australian Living Artists (SALA) Festival is the largest open-access visual arts festival in Australia, running throughout the entire month of August. Over 10,000 artists exhibit across 700+ venues statewide - and any space can become a gallery.

That's where McLaren Vale comes in.

We're actively encouraging local businesses, cellar doors, cafés and community spaces to open their doors to artists this August - and we'd love to help connect you with a venue that suits your work. Whether you're looking for a traditional gallery setting, a warm and characterful shopfront, or something a little more unexpected, there are beautiful spaces here that would love to host you.

>>>>>

Exhibition Opportunities

Rotary Art Shows and other Art shows—

Go to [Gallery247 - Original Australian Artwork](#)

for more information exhibitions, forms and entry dates.

Upcoming MAG Exhibition — 18-30 May 2026

SALA in August

Check Out the MAG Website

Log in to marionartgroup.org to view the changes.

Privacy Policy: MAG members' personal information will be limited to MAG-purposes only. This information will not be conveyed or sold to a third party (including electronic means), without the member's consent. MAG will not be held responsible for any unintended use or disclosure of information.

To contact the Editor or MAG committee, go to the MAG website for details.



A colourful and inspiring view by Heather Sloan

Exhibiting in McLaren Vale is a chance to:

- Show your work in one of South Australia's most loved and visited regions
- Reach a diverse audience of locals, day visitors and overnight guests
- Be part of a town that is actively investing in its creative identity
- Connect with a warm, community-minded place that genuinely values art

To find a venue or register your interest, visit the SALA noticeboard at www.salafestival.com/noticeboard

Further Afield

If you are a member of **Gallery 247**, you may have seen opportunities to exhibit your art.

Heather has kept me updated with current exhibition offers. One from Gallery 247 appears to be in Victoria. Keep an eye out for more exhibition opportunities later in the year.

Here's one Art show currently looking for submissions and the dates for its **exhibition**:

Yarra Valley Art Show—Thursday 23rd of April 2026 to Sunday 10th of May 2026 (Virtual) and 22/04/2026 to 26/04/2026 at The Farm

[For more details, log into Gallery 247]

Subscription Fees for 2026 — Half Yearly due from now

Remember you can pay your 2026 Annual Fees by bank transfer, starting from January next year. \$150 for the year, or two payments of \$75, half-yearly. Please enter your name in the reference box so we know who has sent their money. The **MAG bank details are: BSB: 085333, ACC: 777737765** EFT pos will also be available, if needed.

Reminder: For members who have paid \$75 for the first half of the year, the balance for the \$150 is due by the end of July.