



**JUNE, 2012**

**Lance Kuehne's  
California Photo  
Adventures**

**The Healing Power of Art  
featuring John Hanses &  
Christine Kierstead**

**New to the Gallery  
Jim Coda  
Scott Hess  
Richard Krigstein**

\* \*

**Gallery Offerings:  
Paintings  
Mixed Media  
Photography  
Photomontage  
Sculpture**

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[www.riverfrontartgallery.com](http://www.riverfrontartgallery.com)

(707) 775-4278

## THE GALLERY'S CURRENT SHOW CONTINUES THROUGH JULY 8

**Art Walk Reception: Saturday, June 9, 4:00 - 8:00 PM**

### RIVERFRONT CO-OWNER, LANCE KUEHNE, ESTABLISHES *CALIFORNIA PHOTO ADVENTURES*

As a native son, Lance Kuehne knows California well--especially its scenic locations and interesting geology. Lance has conducted North Bay area workshops and photo tours for years and has assisted in other workshops, notably with two giants of American landscape photography, Jack Dykinga and David Muench.

Lance is launching a new endeavor, *California Photo Adventures*. He envisions weekend workshops for new photographers and those needing a refresher. He calls these weekenders a "photography boot camp" and says, "They are designed to get you up to speed quickly." Following each workshop, Lance offers a weekday photo tour focusing on fully exploring a great location with excellent picture-taking opportunities.

The photo tour includes a review of participants' prior work and at least one mid-session critique. Both formats include subsequent email critiques of images captured during the workshop or photo tour. A cornerstone of Lance's approach is to have no more than eight people per session, with a minimum of three participants, giving everyone an opportunity for individual attention. Workshops and photo tours may be combined.

Lance is "beta testing" (at a discount for your feedback) his initial outings this summer into fall--a bargain for sure! These IPOs ("Initial Public Offerings") include Humboldt County in July, the Sonoma-Mendocino Coast in August, Lassen National Park in September, and Highway 395 in October. The "official opening" tour will be in November with a workshop, Nov. 9-11, and a photo tour, Nov. 11-16, covering the Napa-Sonoma wine country.

Contact Lance about these initial events at [lance@lancekuehne.com](mailto:lance@lancekuehne.com). The schedule through June, 2013, is on the organization's website at: [www.caphotoadventures.com](http://www.caphotoadventures.com).

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Lance Kuehne (center) with David Muench (left) and Jack Dykinga (right) in Patagonia



## THE HEALING POWER OF ART WITH PERSPECTIVES FROM PHOTOGRAPHER JOHN HANSES AND PAINTER CHRISTINE KIERSTEAD

Florence Nightingale spoke about beauty affecting recovery when she was a nurse for British soldiers during the Crimean War. "Little as we know about the way in which we are affected by form, by color and light, we do know this, that they have an actual physical effect," she said.

By the 1940s, art therapy had become a profession. Pilot programs at the Mayo Clinic and elsewhere confirmed that art can raise moods, inspire interest, counteract the anxiety of a hospital stay, and, as countless test projects have shown, even give patients a respite from pain.

Plas Timoun (Children's Place), established after the Haiti earthquake, used both visual and performing arts to help children recover from the trauma, including from injuries and the death of family. Many arrived withdrawn, silent, sometimes aggressive, and mostly underfed. Their first artwork dwelt upon maimed bodies, trapped victims, crumbling buildings. Eventually, drawings began to return to brighter colors and more normal childhood content as the children worked through their experiences. Their story speaks to both their resilience and to the power of art to heal.

Veterans of the Iraq and Afghanistan wars are finding similar healing in the Combat Paper Project, where they gather to turn the fibers of their uniforms into paper fibers for future artwork and in the process heal the fiber of their being.

### Photographer John Hanses

Two Riverfront artists are involved with art as a healing medium, but from opposite perspectives. John Hanses has lent his photography to an exhibition covering several floors at UCSF's National Center of Excellence in Women's Health in San Francisco. Not only The Center but also several local hospitals, such as in Petaluma and



Healdsburg, believe that art on the walls has a calming effect and have programs in place to ensure that consoling art is continuously present. The current exhibition at The Center (through July 10) was specifically entitled *Serenity: Earth*, showing the soft beauty of the natural world.

John's image above, was selected for the show's postcard announcement. John says, "It has two names. I called it *Vineyard*, but when I showed it to my young son, 9 at the time, and asked him what he thought, he replied, 'Heaven.' So, I also call it *Max's Heaven*. It was perfect for the hospital project."

In talking about participating in this project, John says, "It is always a pleasure to have one's work shown at various venues. However, in this case, it goes beyond whatever benefits there are to myself and into the realm of providing benefits to those who really do need a lift. If my work can give a moment's peace, call up a pleasant memory, or relieve the stress of someone in such circumstances, I am delighted to be doing so. What more could I ask of my photographs than that?"

Above:  
*Vineyard*  
or *Max's*  
*Heaven*

Left:  
*The Pond*

Right:  
*Lost Coast*

Photographs  
by John  
Hanses





## Painter Christine Kierstead

Christine Kierstead is both a giver and a receiver of solace from art. Christine's life changed abruptly when she began having epileptic seizures as an adult. "It was as though the rug was pulled out from under my life. It left me in complete disarray, especially emotionally. What do you do? How do you manage when you can't trust your own body to get you where you need to go and home again?"

Contrasting her two lives, Christine says, "Once I was a nanny in Italy, a white-water raft guide, an environmental biologist, and the Executive Director of a non-profit bent on making the population aware; i.e., save the world. What triggered the onset of epilepsy, whether job stress, a fever, or something else, we'll never know. We do know that I will always be medicated and never be fully controlled."

Early on, Christine would know a seizure was coming when she saw orange spots before her eyes. Those orange spots became visual focal points for an image composed of blue and gray dots--an abstract full of implied movement, possibly of unrest, with those orange dots giving it greater depth and certainly a greater depth of meaning.



by Christine Kierstead

Christine also did a series which she refers to as "her girls." In these, the lone figure sits with head bowed, hair falling forward and covering the face. It is not difficult to see this figure as Christine herself bowed by the weight of what has happened to her. These are powerful images, rendered amid the anxiety she has had to cope with.

Christine still struggles with the uncertainties of her life, but there is no question that her art has helped



by Christine Kierstead

her deal with the situation. In explaining what art has meant to her, she says, "Ahh, color and creativity. It's a mental sigh, a soft, relaxed release. Nothing like the erratic firing of electrons that tighten the body causing tremors throughout and sometimes taking my breath away for several minutes.

"Painting large and colorfully is fun, exuberant, and, most of all, joyful...and joy is likely the best stress-release ever. Better than a massage, mud bath, sauna, or hot bath. Why? Because it sticks with you. When I paint on a regular basis, I have fewer seizures than when I don't. I encourage all those with lot's of stress to find a creative release, make it a habit, and find your breath and a place of joy."

Through her art, as with the children of Haiti and the soldiers of war, Christine is able to turn adversity into brighter subjects, like her fancy chickens and the new works she is preparing for a Featured Artist show in September.

Christine's art has also helped others to heal. One example was a man who found on Riverfront's walls a portrait of a beloved puppy that his fiancée had commissioned Christine to do. It's death caused the man real sadness. As he realized that the familiar-looking puppy in the painting, chewing on sneaker laces, was his own much-missed puppy and that through the painting that puppy would be ever-present in his life, there was a joy on his face and in his eyes that suggested much of his sadness had been lifted away.

Thanks to artists like Christine and John, art heals, calms, supports, and inspires. Come see the art on Riverfront's walls and let it work its magic for you.

## NEW TO THE GALLERY

### PHOTOGRAPHER JIM CODA

Jim Coda is an accomplished wildlife photographer, knowing just how to capture creatures likely to move any moment. Jim's peregrine falcon image is a superb example, giving the viewer direct engagement with the bird, its kill still in its talons, its eye directly on us, not the least intimidated by us.



Left: Peregrine Falcon

Below left:  
Acorn Woodpecker

Below right:  
Long-tailed Weasel

Images photographed  
at Point Reyes  
National Seashore

"I find most wild animals to be beautiful and thus great photographic subjects," Jim says. "My objective is to show them at their best. That involves a number of considerations." Are the surroundings a positive or a negative? Is the body, especially the head, at a pleasing angle? Does the quality of light serve the image well? If he is satisfied with these key factors, Jim snaps the shutter.

Taking the image requires one set of skills, but developing the image and producing a fine print requires quite another set of abilities. Jim says, "I process the image in Photoshop to make it as pleasing to my eye as I can. The final step is to print the image so that it faithfully matches the colors on my monitor."



### PHOTOGRAPHER SCOTT HESS

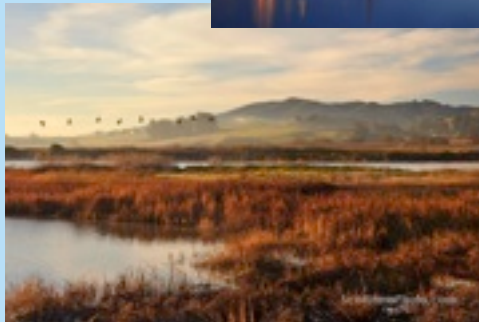
Scott Hess, a photographer of diverse interests, is well-known for using his photography in the service of environmental issues locally and further afield. A *Bay Nature* interview about his activism is online at <http://bit.ly/zPhwB9>.

However, in his opening show at Riverfront, Scott will feature Petaluma itself. Whether capturing the Victorian architecture, rural charm, river environment, or environmentally-sensitive areas, Scott is a master at evocative light, establishing a special atmosphere for each image. He says, "I am looking for a magic moment where our perception is balanced and broadened by the angle of light, the weather, and a revealing vantage point." If you love Petaluma, you'll definitely love Scott's view of it.



David Yearsley  
River Heritage  
Center, McNear  
Peninsula,  
Petaluma River

Butter & Egg  
Days evening,  
2009



Petaluma  
River & Mt.  
Burdell from  
Shollenberger  
Park

Herold  
Building  
(1899)  
Kentucky  
Street





### 2012 Schedule

The initial schedule in 2012 includes four photo tours that are discounted to half price, since they are still exploratory in nature, and participants will be asked to give feedback.

- July: Humboldt County
- Aug: Sonoma-Mendocino Coast
- Sept: Lassen National Park
- Oct: Highway 395

The official opening regular tour is in November to the Napa-Sonoma wine country.

### 2013 schedule

The 2013 schedule of California Photo Adventures is taking shape. Check the organization's website: [www.caphotoadventures.com](http://www.caphotoadventures.com) for details and be sure to check back frequently for updates.

- Jan: Death Valley
- Feb: Napa-Sonoma Wine Country
- Mar: Gold Country--another discounted test tour
- Apr: Yosemite
- May: Mendocino County
- June: Point Reyes National Seashore



Above left: wine country.



Above right: Bodie Ghost Town (along Highway 395)

**REMEMBER DAD!**  
**FATHER'S DAY**  
**SUNDAY, JUNE 17**

### NEW TO THE GALLERY PHOTOGRAPHER RICHARD KRIGSTEIN

Clouds, those ethereal creations of mother nature, hold a fascination for Rick Krigstein. In his debut show, clouds will be a featured subject. During his travels, Rick often photographs clouds from above rather than from the more usual ground-upward perspective.

Rick credits his father's evocative images with being the inspiration for his own photography and for introducing him to the idea that imagery captures and/or creates *mood*. For Rick, clouds create a calmness and contemplation that can even lead to problem-solving.



A fascinating exploration of clouds seen from the top down will be the subject of Richard Krigstein's debut show.

An unusual perspective is a cornerstone of Rick's photography. "When I travel, I look for perspectives and places that may not be well-known." For example, in the Negev desert of Israel, Rick came across the unusual below-ground interior of a Nabatean cistern (below) with "sunlight bouncing off of sandstone walls giving it a surreal, holy feel like a cathedral." Whether with people or places, Rick looks for the moment that reveals something about them.

