

March 8 – April 22, 2023

Shapeshifters: Myth and Magic of the North

Think Round Fine Arts, 2140 Bush Street, Suite 1, San Francisco, CA 94115

The artists of Nordic 5 Arts share heritage and an interest in the nature and culture of the Nordic countries. We have created “Shapeshifters: Myth and Magic of the North” to express our personal interpretation for the ways in which Nordic folklore and mythology have inspired our artistry and each participating artist will create works that resonate with them regarding this theme. As art-makers, metaphor and metamorphosis are among the tools of our trade. They encourage a drive to deepen our consciousness of the seen and unseen worlds within and around us. In this exhibition, our aim is to tease out threads of ancient lore that still resonate with us and weave them into visible form.

a warm welcome to our new members

emma lundgren – kappy trigg – victoria veedell – tanya wischerath

Emma Lundgren by Marc Ellen Hamel

I am pleased to share Emma’s background and insights from our interview:

“I was born and raised in the countryside in Sweden with strong connections to the typical Scandinavian traditions of art, craft, and design. During my childhood my grandparents kept me occupied with all kinds of craft projects, which I believe made a foundation for my creative path in life. After high school, I moved to London to study for a B.A. in Textile Design at Central Saint Martins, followed by a Master’s Degree of Arts from the Royal College of Art. During twelve years in London, I was surrounded by creative people from all over the world which led to connections and opportunities which gave me a platform to practice art on a professional level and develop a diverse portfolio of public and private projects. My main source of inspiration has been my grandmother Vera, rooted in Nordic fairytales, nature, and culture. As a mixed media artist, I construct objects using traditional craft such as crochet and hand stitching, often in combination with modern techniques that include digital embroidery, laser-cutting and 3D printing.

I believe that art is a powerful tool; it can help to inform and share important messages and it can also make one dream and let go of everyday schedules, rules, and restrictions. Art can make the viewer smile and also convey a message and a deeper meaning. When I created the Sami Northern Light Collection in 2011, I wanted to bring awareness to the neglected Nordic Sami people by creating pieces that celebrated and communicated their story. It is very important for me to make a difference by raising awareness through my art. Being part of a Scandinavian artist group while living abroad is an inspiration, a community, with a lovely connection to “home.” I’m looking forward to seeing Nordic 5 Arts grow and become more visible on different online platforms, and also in the real world at museums, galleries, and pop-ups.” emmalundgren.com



Featured in Tokion magazine



a warm welcome to our new members cont'd

Kappy Trigg by Helena Tiainen

Kappy Trigg was born and raised in Seattle, but over the years she has also lived in San Juan Islands, New Orleans, and Connecticut. Her father's side of the family has Norwegian roots. In 1994 Kappy settled back in Seattle where she now resides and has her studio in Ballard, Seattle's Nordic community.

Kappy has been an artist all her life and delights in "Artist Moments" when she is completely absorbed in her observations of color and movement in nature or manmade items, such as a costume or a set in a theater production. She is inspired by color, nature and the work of other artists. Until recently, she had the privilege of spending most of the past 25 years working as a designer of art displays for Artech Fine Art Services, where she worked with major collectors and museums. She feels blessed to have spent entire days up close and personal with the works of masters such as Van Gogh and Helen Frankenthaler. When



Jungle

it comes to influences, it is the Abstract Expressionist artists, especially females, that come first. But equally important to her is her mentor and college professor, Richard Proctor, who passed away recently. His partner in life had been Kappy's Junior High School art teacher, and she points out that having proud and supportive parents was also a positive influence.

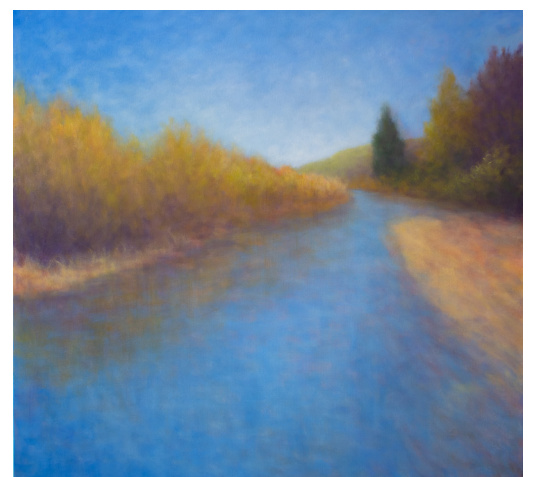
Kappy graduated from the University of Washington with "almost" a Masters in textile design and painting. She initially spent much time in textile arts, but then moved on to large scale abstract pastel drawings. She also studied printmaking and taught monotype for 15 years while she continued to paint. Moving forward, Kappy intends to focus more on painting than printmaking. One of the highlights of her career as an artist was being included in "Nordic Artists Northwest," an exhibition in 2005 in Seattle at the Nordic Heritage Museum (now called the National Nordic Museum) curated by then director, Marianne Forsblad. kathryntrigg.com

Victoria Veedell by Jenny Wantuch

Tell us a little about yourself and your background. What inspired you to become an artist? *"I am originally from Houston, Texas, and now live in San Francisco. I have been creative from a young age. Early on I enjoyed exploring various creative techniques such as ceramics, painting, drawing, and sewing, which I learned from my mother. In college, I realized I wanted to have a career as an artist. I studied fine arts with a focus on painting and earned a BFA from Texas A & M. I have been a full time artist for 25 years. I am represented by Aerena Gallery in Healdsburg and Napa and Avenue 12 Gallery in San Francisco. My studio is located at Yosemite Place in San Francisco where I work full time. I also participate in various group shows in the Bay Area, including a recent exhibition at the Triton Museum of Art in Santa Clara."*

Who are your greatest artistic influences? *"I am inspired by the work of Turner, Monet, and the contemporary artists Eric Aho, Claire Sherman, and Wolf Kahn. I am also interested in the works by the contemporary Danish painter Maja Lisa Engelhardt whose work I got to know working at the New York City gallery that represents her."*

How did you become interested in artists and art of the Northern countries? *"While working for a Danish gallery in New York City I got to know Maja Lisa's work. I visited Denmark and I fell in love with the Nordic landscape and the light in the northern countries. I wanted to paint there and experience the landscape and learn more about Scandinavian culture. I did my first Artist in Residence in Iceland in 2016 and another in Lapland, Finland, in 2020."*



On the Russian River

a warm welcome to our new members cont'd

Please tell us about the media you work in and say what you like about each? *“My landscape paintings are a vehicle to express light and color, which reflects the emotions and sense of a certain place. I work in oil and enjoy the texture and the lushness of oil paint. I paint many layers which create the luminous quality.”*

Do you have a favorite quote or saying you've heard/read that you find inspiring and empowering? *“I often think of this statement by well-known artist Chuck Close: ‘Inspiration is for amateurs — the rest of us just show up and get to work.’”*

What do you hope will be valuable to you in being a part of Nordic 5 Arts? *“I hope to meet more artists in the Bay Area with a Nordic connection and learn more about the different cultures in the northern countries as well as becoming more familiar with new art techniques.”* veedell.com

Tanya Wischerath by Colette Crutcher

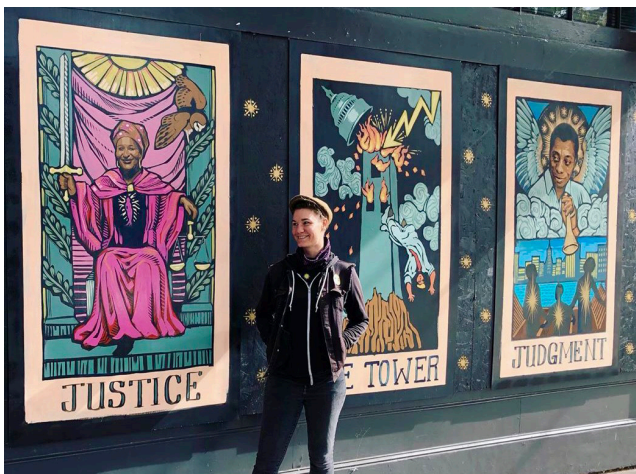
Tanya Wischerath is an artist I have admired since she was a student and the daughter of a close friend. Her reputation in the neighborhood preceded her—her Halloween costume as a multi-armed blue-skinned Hindu goddess earned her admiration as well as candy! A true shape-shifter, she has been steadfast in her dedication to art-making, honing the technical skills of a Renaissance master while thinking incisively about our contemporary world. Until recently she supported herself as a renowned tattoo artist; now she uses her keen draftsmanship in service of her fine art career. My interview with her in her own words:

“I was born in San Francisco and grew up spending every summer and a few consecutive years in Nakskov, Denmark, my mother's home town. I was always inspired to draw, and because I grew up in an environment that encouraged creative expression, it always felt natural to identify as an artist. I aspired to academic realism in my teens and early 20s, probably because technical mastery seemed like the right way to be a serious artist. Bouguereau was a big influence, in addition to the Romantics, Waterhouse and the like. The older I get, the more excited I am by abstraction and heavy, visible brushwork, like Freud, Xenia Hausner, and Hollis Dunlap. I feel deeply influenced, socially, by my time in Denmark. While the aesthetics of Scandinavian design remain a peripheral influence, the Norse myths and the retreat into fantasy and hours of self-entertainment that I was allowed there created a lush interior world that has sustained me into adulthood.

There is still an element of the fantastic in my paintings carried over from drawing anthropomorphic animals and fairytale subjects, but now it's a sparkling glorification of gender non-conformity and queer bar culture. Gender fluidity was woven into so many Norse myth stories that even as an adult deeply involved in queer politics and community, gender performance and presentation still maintain a magical quality. Loki taking the form of a woman (of various species even) and becoming pregnant. The first Giant, Ymir, from which all other gods descended, being neither male nor female, and even the Valkyrie, all contributed to the cradle of my understanding of gender and sexuality's potential and limitations. While I play in printmaking and quilting, painting is my primary focus.

I have been working on paper and using large brush ink washes as the under painting, both as a preciousness deterrent and for the energy of the big marks. Dewey writes, “A sure thing does not arouse us emotionally.” I love that quote, and feel it is especially

important to keep that in mind when doing representational work. All my paintings orbit queer themes, and in the past year especially around the social culture of San Francisco queer spaces. I'm very pleased and excited to be part of the Nordic 5 group; making art alone without peer feedback or validation can feel like existing in a vacuum and I've wished for a long time to have a creative community. I hope that as a self-identified Nordic collective we will address and discuss anti-racist concepts and practices and consciously work to express the breadth and diversity of contemporary Scandinavia.” tanyawischerath.com



Queer Tarot Mural

Installed at 18th and Sanchez, San Francisco

Collaboration with the Castro Art Project and Project Activism. 2020

Artist News - 2022

In August, **Tracey Benson's** group "Trecerate, Seeding Community and Culture" opened a studio space in New Zealand. She founded "Trecerate" in 2019 in response to the need for regenerating forests in urban and rural areas. Over the summer, **Colette Crutcher** showed her small collage/assemblage works in the 50|50 show at Sanchez Arts Center, Pacifica, CA. **Pam Fingado** is now represented by the Jen Tough Gallery on Artsy, an online presentation, exhibiting in the Dallas Expo Art Fair. She also had artworks in the Red Dot Art Fair, Miami, FL; Abrams Claghorn Gallery, Albany, CA; and was featured in Contemporary Artist Magazine. **Marc Ellen Hamel** exhibited at Live Worms Gallery and Studio Gallery in San Francisco, CA and at UMA Gallery, Oakland, CA. She has begun teaching small-group workshops in monotype, using her Griffin etching press. **Charlotta Hauksdottir** had exhibitions in local and national venues including the Brand Library & Art Center, Glendale, CA; Wilson Art Center, Wilson, NC; Collective 62, Liberty City, FL; Chung Namont, San Francisco, CA; McEvoy Ranch, Petaluma, CA; Atlanta Photography Group, Atlanta, GA; Palo Alto Art Center, Palo Alto, CA; Midway Gallery, San Francisco, CA; Caelum Gallery, New York, NY; Susan Eley Fine Art, New York, NY; Center for Photographic Art, Carmel, CA; and Hlodu loftid Korpulfsstadir, Reykjavik, Iceland. **Kristin Lindseth** was awarded a solo show, "San Ardo Refuge, Sculpture and Painting by Kristin Lindseth," at the Olive Hyde Art Center, Fremont, CA. **Diane Rusnak** presented "Inner and Outer Drawing," a solo show at the Kensington Library, Berkeley, CA, consisting of works from her series "Images During the Pandemic." She also exhibited at the Nielsen Arts Gallery, Albany, CA. **Helene Sobol** exhibited photographs from her series "Skin Deep – The Beauty of Bark" in "Serenity: One With Nature," filling the walls on the 7th floor of the UCSF Women's Health Center, San Francisco, CA. She is a member of San Francisco Women Artists (SFWA,) the organization that curates and organizes four "Serenity" exhibitions per year in the UCSF Women's Health Center. **Barbara Stevens Strauss** exhibited at the Sebastopol Center for the Arts, Sebastopol, CA; see video of many innovative works: <https://youtu.be/5EhI9H0GvI>. She also had a number of ceramic pieces at Blue Line Arts, Roseville, CA. **Joan Stuart Ross'** painting, "Play Within a Play XVIII," was acquired by the National Nordic Museum, Seattle, WA, for their permanent collection and she exhibited at Riversea Gallery, Astoria, OR. She was on the panel "About Encaustic" with Artists Talk On Art (ATOA) which was recorded and will be archived at the Smithsonian, and she received a 2022 SOLA unrestricted \$5,000 award through Artist Trust's Twining-Humber SOLA (Support Old Lady Artists) program, an award in honor of lifetime contributions of women whose artwork has not been widely recognized. **Helena Tiainen** reports that "The Joy of Design LIII" was included in "Fun Size," an art book created by Jen Tough Gallery, published on Blurb: <https://www.blurb.com/b/11023285-fun-size>. "Something Out of Nothing aka The Magician" was chosen for promotion and the cover of a jazz composition CD "Itkuja Suite by Rent Romus and Heikki Koskinen." Her exhibitions: "Coalition on Homelessness," SF ArtAuction22, SOMArts, San Francisco, CA; "Shimmer" in Oakland, CA: June Steingart Art Gallery, Laney College; "The Divine Feminine" Virtual Art Exhibition, ART from HEART, London; "Migration 2021" an Online Exhibition and Publication at <https://www.gallerium.art/p/migration-2021.html>. Helena continues to work on her "The Joy of Design" series and has completed 68 original small acrylic square paintings to date. **Kappy Trigg** was included in the annual "ICON" juried exhibition at Lynn Hansen Gallery, Seattle, WA, and "The Power of Feminine" show at Waterworks Gallery, Friday Harbor, WA. "Into the Light," a painting by **Victoria Veedell** was chosen for "Bow and the Brush," a commission by the world-renowned violinist Dan Flanagan who invited composers to create compositions for the violin inspired by artwork from his collection. Her work inspired composer Cindy Cox and Flanagan performed the new violin compositions at the National Opera Center in New York City on October 3 followed by a tour through Europe and the U.S. Victoria exhibited paintings in "Serenity: I am Resilient" at the UCSF Women's Health Center, San Francisco, CA, curated by the San Francisco Women Artists Gallery. Recent exhibitions include the Museum of Northern California Art, Chico, CA; "The Other Art Fair," Los Angeles; Studio Gallery and Arc Gallery in San Francisco, CA; and Triton Museum of Art, Santa Clara, CA. **Jenny Wantuch** completed a commission of 9 paintings for the Art and Technology building at Cañada College in Redwood City, CA. Her work was inspired by the landscape and architecture of the campus where she had studied art and technology and received her certificate in Multimedia Art and Technology in 2013. Her paintings inspired by the light and mountains of Northern Sweden were exhibited at Arc Gallery, San Francisco, CA. **Lee Williams** is preparing for her solo show, "A Path Through Light and Shadow," opening in January 2023 at the Kensington Library, Kensington, CA. **Tanya Wischerath's** tarot-themed mural triptych was part of a group exhibit at Pier 70, San Francisco, CA. "The City As Canvas: A Paint The Void Retrospective" was a collection of murals by different artists installed over the course of 2020-2021 in response to boarded-up storefronts because of pandemic closures. During 2022, she had several shows including The Haight Street Art Center, San Francisco, CA; Clay Clubhouse, Oakland, CA; and Main Street Arts in Clifton Springs, NY.

We invite new members to join Nordic 5 Arts

If you are of Nordic heritage or just a fan of the Nordic countries and their culture, we invite you to consider becoming a member of the Nordic 5 Arts. Both fans and artists can join! Please contact us for more information.

You can also attend an upcoming meeting to see if this group is a good match for your artistic endeavors.

Välkommen! Velkommen! Velkomin! Tervetuloa!

Nordic 5 Arts Co-coordinators: Barbara Stevens Strauss and Pernilla Persson

Exhibitions Committee: Ellen Faris and Jenny Wantuch **Secretary:** Colette Crutcher **Treasurer:** Ulla de Larios

Newsbrief Committee: Marc Ellen Hamel, Editor; Helene Sobol, Associate Editor

Website Coordinator and Newsbrief Design: Helene Sobol

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