



# Paint Strokes

Murrieta's  
Gem of the Valley Art Association

September 2025

## September Demonstrator

*Kat Furrow*

Navy veteran whose work draws inspiration from her love for people, nature, and her life experience. Her vibrant art features bold colors and textures, reflecting her belief in "Art Every Day, It's a Mindset," which encourages viewing the world through an artistic lens. Kat has witnessed the healing power of art with veterans, women, youth, and families, and aims to extend this impact through her work. Her signature style combines dynamic brush strokes and mixed media techniques, inviting viewers to engage with the stories behind each piece. Kat's signature style features bold, vibrant colors that burst to life on the canvas. Her dynamic brush strokes create a sense of movement and emotion, inviting viewers to immerse themselves in her creative energy. By employing mixed media techniques, she creates rich textures that add depth and intrigue to her pieces, emphasizing the power of layering—both in art and in life. Each painting tells a unique story, encouraging observers to find beauty in the seemingly ordinary moments around them.

In her abstract mixed media works, Kat navigates away from realistic depictions, opting instead to convey emotions, ideas, and impressions through energetic shapes and colors. This approach invites viewers into a realm of imagination where they can interpret her vision of life, nature, and the delicate balance between the inner and outer worlds.

Believing that art nourishes the soul, Kat makes the painting process accessible, exciting, and inclusive for all. Her methodologies in color, texture, and layering enhance her creativity and empower others to join her in the artistic journey.

Kat welcomes inquiries regarding commissions, special editions, and any questions about her work or classes. She looks forward to connecting with fellow art enthusiasts and sharing her passion for creativity and the "Art Every Day, Mindset."



## ATTENTION

Because of Labor Day, the  
September meeting will  
be on the  
2<sup>nd</sup> Monday of the  
month....**September 8th**

Gem of the Valley Art Association

### General Meeting

Date: September 8<sup>th</sup>, 2025

Time: 1:00 p.m. to 3:30 p.m.

Place: Senior Center Main Hall  
41717 Juniper, Murrieta

## *President's Message*



WE'RE BAAAAACK!!! ARE YOU? OR ARE YOU STILL IN THE BAHAMAS DRINKING MAI TAIS? WELL, HOP ON A PLANE AND GET YOURSELF HOME – GEM'S FIRST MEETING IS ABOUT TO START!! YIPPEE!!!

YEP – SEPT. 8 8 8 8 8 8 8 8 th (no, I didn't stutter LOL) is our first meeting so enjoy your Labor Day weekend and plan to gather at the center on the SECOND MONDAY with your best work of art (JUST ONE) to display and be judged. Yay!! This will be extra fun with our demo being ABSTRACT!! Be sure to read Kat's bio on the first page, she's a remarkable person and a cool artist! Our meeting time is still the same: arrive between 12:30-1 to check in, sign up for your chosen category, and find a seat. I'll start our meeting at 1 and we'll go until 3:30.

AND REMEMBER YOUR DUES!! WE'RE STILL AT \$50/PERSON, CASH OR CHECK made out to Gem of the Valley Art Association.

ALSO - THE GOOD NEWS.....new season, clean slates – everyone will choose their own category (Beginner/Intermediate/Advanced AND Photography) just like last year. But no backsies, folks – it'll be “one and done” so choose wisely and work hard for that promotion to the next level. Be sure to read the Exhibitor's Guidelines on Pages 5 & 6 to understand the rules - there are a few changes from before.

And, of course, it'll be open arms and lots of hugs as I can't wait to see you all again! Our Board is geared up and ready to make this year awesome – maybe the best one ever! Is that possible? Without a doubt, we'll try!

Gem ~ we're all about art!  
Cathy



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# **Your 2025-2026 Board Members & Committee Members**

**We currently have 50 paid  
members for the  
2025/2026 season.**

## **Treasurer's Corner**

Beginning 2025/2026

Season Balance      \$ 3,128.03

Cathy Keeney  
Treasurer

# **Membership Dues**

**Renew Your Membership at  
the September Meeting  
\$50/Person**

**In order to schedule this season's  
monthly demonstrators and  
programs, we need to have an  
accurate accounting of our  
membership dues.**

**We appreciate your continued  
support and ask that you take a  
moment now to bring a check (preferred)  
to our meeting in September to renew  
your annual dues.**

## **EXHIBITORS' GUIDELINES**

### **Gem Membership Exhibits:**

1. Only members may enter work for judging.
2. Members must have dues paid prior to the time of judging.
3. All entries must be registered prior to the meeting.
4. All paintings must be framed or gallery-wrapped with no staples showing and all sides painted; all paintings must be dry.
5. Members must enter their own work and be present to win.
6. Any entry winning a blue or gold First Place ribbon may not be re-entered for judging again. Others may be re-entered after three (3) months.
7. Members may enter **one (1) entry** each month in their selected category: Master, Advanced, Intermediate, Entry or Photography.
8. Master artists must enter their work into the Master's category only. Master artists include professional demonstrators and those who sell their work professionally and those who earned the level via Gem criteria.
9. Members earning 3 first-place entries during the same season will advance to the next higher level.

**Categories:** Once a member selects their category, they remain in that category all season unless they advance due to 3 first-place wins.

### **Entry Level**

- Have created artwork off and on for 2 years or less
- Little to no experience with your chosen medium
- Starting artwork for the first time
- May use teacher assistance for some areas of artwork

## **Intermediate**

- Somewhat comfortable with your chosen medium
- Returning to art after several years away but experienced
- Somewhat comfortable with the elements of art  
(see Judging Criteria in GEM handbook)

## **Advanced**

- Comfortable with your chosen medium
- Have created artwork regularly for several years
- Confident use of the elements of art
- Needs little guidance/primarily works alone

### **Ribbons Awarded by the Demonstrator/Critiquing Judge:**

1. Each category requires a minimum of three (3) entries for a ribbon to be awarded. Fewer than three entries will not generate a ribbon for that category. If there are three or more entries, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place ribbons will be awarded.
2. The demonstrating judge will award ribbons for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. First place ribbons for the Master Category are Gold.

### **Ribbons awarded by the Membership-People's Choice**

This ribbon is awarded to one artist during the monthly meetings. All members and non-members in attendance have one vote each and all artwork in all categories are included. If there is a tie for this award, the judge will be asked to break the tie.

**Gem Artists of the Year:** Only the Intermediate, Advanced and Master's first-place winners from the Gem competitions held between September through May can qualify. These artists will be invited to bring and display one of their winning pieces to the June meeting. The winners are selected by all members of good standing in attendance. Three ribbons will be awarded at each June meeting: one ribbon for "Artist of the year" in the Intermediate category, one ribbon in the Advanced category and one ribbon for the Masters category.

## **Hospitality Corner**

**Members are welcome to bring  
goodies for the snack table.**

## **GATHER & PAINT**

Join us every Tuesday in the Senior Center Main Room from 12:30-3:30 to paint & create! Most of us are GEM members so you'll be among friends. Bring your project and supplies, the tables & chairs are set up for us. No instructor, just a great room with perfect lighting and good friends. And it's FREE!

# The Gathering Place

**Good Friends, Good Food, Good Times**



MACarts951@gmail.com

## **Call For Artists**

Art @ The Alleyway

Artist vendor fee: \$25

## **Thursdays All Year**

Join us, and many others, each and every Thursday in Downtown Murrieta. Murrieta Market Nights is held on the 1st & 3rd Thursday year-round. 60+ vendors, music, food & of course ART! Open Mic Nights are held on the 2nd & 3rd Thursday @ The Alleyway. All ages & all talents are welcome!