



ArtsGram

A Daily Publication of the 2003 National Veterans Creative Arts Festival

Thursday, October 9, 2003

A True Patriot...

Helen's Back!

– by John Zewiske
Milwaukee VAMC –

Helen Anderson Glass has returned to Oklahoma City. She loved it when she was here in 1943. She loved the people and they loved her. It was in Norman, at the Naval Air Technical Training Center, where she began her life of service as a member of the Navy WAVES (Women Accepted for Volunteer Emergency Service). She was trained there to be an aircraft mechanist mate.

Following Pearl Harbor, Glass knew she had to do something for her country, but she had to wait. She was only 18 and at the time, women had to be 20 to serve. Glass was a telephone operator at the Montclair, N.J., switchboard and was waving the flag patiently, waiting for her 20th birthday.

She is still waving the flag some 60 years later. It is a family trait. Her dad served in WWI, her sister was a nurse on the USS Esperanza, and her brother died on the USS Savannah in 1943.

Glass enjoyed her Navy life taking apart and putting back together Corsairs, Hellcats, PBYs, SNJs and just about every other plane Gruman made. After her training at Norman, she went to the Naval Air Station at Opa-locka, Fla, where, after three years, she was discharged. She married her chief and started a family.



Glass has many talents and one is that of poet. She has been writing poems since the age of six and has them nicely preserved in several binders. In 1993, the International Poets Society recognized Glass for her poem, "The Unknown



(Above) Helen Glass and Bob Stuber trade stories. Both were stationed at Norman, Oklahoma, for training.



(Right) Helen Glass is handed a wrench as a machinist mate trainee at the Naval Air Technical Training Center in Norman.



**"Hitch your wagon to a star."
- Ralph Waldo Emerson**

See "Helen," cont'd on page 2

“Helen” cont’d from Page 1

Vietnam Soldier Speaks.” The poem is in the Library of Congress included in the book, “At Days End.”

As you may have already guessed, Helen Glass has many life experiences to draw from. And, at the age of 80, she remembers them all. Okay, she may have forgotten a few, but not many.

Today, Glass lives in a small trailer in Tucson, Ariz. When she moved in, it was just going to be for a short time. That short time is now going on 25 years. Her trailer has a flag flying in front of it. And as you probably already know, at night, it is lit.

Glass receives her care at the Tucson VA Medical Center, which she refers to as a “marvelous place.” She has eight grandchildren and eight great-grandchildren. She isn’t at home much, though, and keeps herself busy with a lot of different activities. She is a life member of “all the service organizations” and has been recognized with numerous awards dedicated to service. You may hear her on the phone as she works in the volunteer service office. As a matter of fact, a few years ago she was selected as Volunteer of the Year. She is sharing her experiences with the youth of her community. The list is long, and it is colored red, white and blue.

The kindness and life of Helen Glass are best captured in her poetry. More importantly, those poems reflect how she lives life.

“Love”

Without love the world would cease
Without love there would be no peace
Faith, Hope, and Love, without these three
Life would not be worth living and
We’d never be free.
(Written in 1938)

Glass is happy to be back in Oklahoma. She can’t recognize the city that opened its arms to her decades ago. The skyline has changed and so have the buildings, the fashions and the numbers of people downtown. But one thing that has remained constant to Helen Glass its arms are still open.



Captivating Your Audience

There is one trait that almost all audiences have in common - they want to have fun. A crowd reacts to a performer, and a performer reacts to a crowd. But the performers are in charge, and in the position of making sure that everyone is having a good time. The key is to have fun yourself. When onstage, have a great time - even if everything is going wrong.

Always make eye contact with everyone on the stage and smile. With such a fun vibe on stage, the audience can't help feeling the the same way. When you are performing, it is your party. Just remember, everyone's invited!

When performing in front of an audience, it is imperative to captivate their interest. There are so many ways one can lose them. No matter how good you sound, if you have a lot of dead space in between songs you lose momentum. It gives the audience a reason to tune out.

There are several things you can do to prepare your show, ensuring a smooth set from beginning to end. Make yourself a set list and you will not have “on stage” decisions to make about what song should be next. Another important thing is make sure the set list works. It is important that songs vary in key and tempo, several songs in the same key, one after the other, can tire the listener's ear. Tempo or groove variances can be tricky. Be careful where you place slow songs. Start and end each set “up tempo.” Generally, right in the middle, depending on the type of performance, is a good place to slow things down for two or three songs. However, be sure to pick it up again because too many slow songs will put folks to sleep.

Photos from the Show



Composition Class: Choosing the Number of Items in a Composition



One of the first things to decide in a composition is how many elements or items there will be in it. One of the simplest ways to make a composition more dynamic is to have an odd number in the composition, say three, five, or seven, rather than an even number, like two, four, or six.

This way your eye and brain cannot pair them up or group them easily. There is somehow always one left over which keeps your eyes moving across the composition.



With an even number of elements, such as in this basic composition, your eye instinctively pairs up the trees, whether it is two left and two right or two top and two bottom.

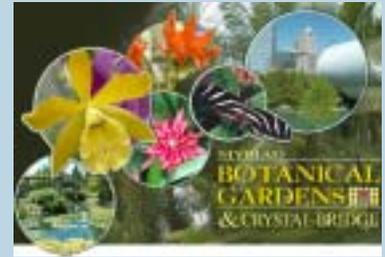


Whereas the next two compositions, each with an odd number of elements, are more dynamic in terms of composition because your brain cannot pair up the elements.



Why do we pair things up naturally? Perhaps it's because our body is designed in pairs: two eyes, two ears, two arms, two hands, and so on. (Okay, we've only one nose, but it's got two nostrils!)

Does it make a difference what I am painting? No, whether it's bottles, apples, trees or people, the same composition rule applies. Of course the number of elements is not the only thing to consider in a composition, but it is essential and quite a good starting point for developing a painting.



Draw Me a Picture!

Artists, you can look forward to a wonderful opportunity to sketch exotic flowers and exhilarating architecture as you visit the Myriad Botanical Gardens and Crystal Bridge this morning.

The Myriad Botanical Gardens is a 17-acre garden oasis in the heart of downtown Oklahoma City. The crown jewel is the Crystal Bridge. The Crystal Bridge is a 224-foot long, architecturally-acclaimed conservatory that houses thousands of exotic plants from around the world.

Check It Out!

The Website for the Festival is:
www.va.gov/vetevent/caf/2003

October Birthdays!



- 10/11/1933 - Anthony Ciampa
- 10/24/1935 - Eddie Louque
- 10/3/1939 - Edmond Melton
- 10/1/1944 - Beverly Martin
- 10/10/1949 - Marvin Hooper
- 10/5/1953 - Matt Hamilton
- 10/10/1953 - Thelma Gerrald-Riojas
- 10/29/1964 - Emma Fleming
- 10/16/1971 - Eric McLaughlin

Medical Support Room

The Medical Support Room is in room 1111. If you have a medical concern or issue, please contact your team leader. Medical support has a registered nurse on duty 24 hours a day. You can call the nurse from any house phone at extension 1111 or go directly to the room.

Meet with Your Team Leader

Meet with your team leader every morning (except Sunday) at 8:30 am on the second floor of the hotel. Sunday's meeting is at 11:30 am.

Hospitality Room

The Hospitality Room, manned by friendly volunteers, offers snacks, soft drinks, juices and coffee for all Festival participants, staff and volunteers.

Open daily from 9 am to 10 pm in room 318.

Professional Continuing Education

The 2003 National Veterans Creative Arts Festival has been approved to grant official continuing education units through ATRA (American Therapeutic Recreation Association) for the three sessions being offered this week. A total of 6 CEUs can be earned by attending all three sessions.

A fee of \$10.00 will include all CEUs earned by the participant for the entire National Veterans Creative Arts Festival Professional Education Sessions. The \$10.00 fee must be paid prior to the first session attended. Checks should be made out to VAMC #635, GPF #8832.

Today's Continuing Education Class

Today's continuing education class is "Help Others Help Themselves." The class will be held in the Kiamichi Room from 10:00 am - Noon.



Thursday, October 9

Breakfast

Assorted Fruit Juices
Danish and Assorted Muffins
Scrambled Eggs, Crispy Bacon
Breakfast Potatoes
Country Biscuits and Sausage Gravy
Assorted Dry Cereals
Starbuck's Coffee and Milk

Lunch

Sliced Fresh Fruit with
Lime and Chili Yogurt Dip, Garbanzo
Bean and Hominy Salad, Pickled Jicama
and Melon Salad,
Corn Tortilla Chips, Guacamole Dip,
Salsa and Sour Cream
Chicken Fajitas with Soft Flour Tortillas
Beef Enchiladas with Green Chili Sauce
Refried Beans, Spanish Rice
Caramel Custard Flan and Sopapillas
Starbuck's Coffee and Iced Tea

Dinner

Tossed Salad with Assorted Dressings
Chef's Choice of Vegetable
Marinated Vegetable Salad
and Pasta Salad
Black Sesame Crusted Porkloin
with Saffron Cream
Chicken Picatta
with Sliced Mushrooms, Capers and
Cream Sauce
Assorted Terrines, Cakes, and Pies
Starbuck's Coffee and Iced Tea

TODAY'S SCHEDULE

ARTISTS

PERFORMERS

7 – 8:30 am

Breakfast

– Westin Hotel, Century Ballroom

8:30 am – Meet with Team Leader

9:00 am – Noon

Art Workshop #2 - Dry Brush

– Grand Pavilion, Suite 167

Noon – 1:00 pm

Lunch

– Westin Hotel, Century Ballroom

1:30 – 3:30 pm

Tour of Crystal Bridge/Myriad Gardens
Sketching Opportunity

5:30 – 6:30 pm

Dinner

– Westin Hotel, Century Ballroom

7:00 – 9:00 pm

Art Workshop #3 – Help
Hospitalized Veterans Craft
Workshop
– Kiamichi Room

9:30 – 11:00 pm

Karaoke and Social Time
– Westin Hotel, Kiamichi Room

7 am

7:30

8

8:30

9

9:30

10

10:30

11

11:30

Noon

12:30

1

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7:30

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9:30

10

10:30

11

7 – 8:30 am

Breakfast

– Westin Hotel, Century Ballroom

8:30 am – Meet with Team Leader

9:00 – 10:30 am – Chorus number
rehearsal

– Westin Hotel, Plaza Room

10:00 – Noon – Show order walk
through – All needed – Plaza Room

Noon – 1:00 pm

Lunch

– Westin Hotel, Century Ballroom

1:00 – 5:00 pm – Dress rehearsal
– Plaza Room

1:30 – 3:00 pm – Chorus music
rehearsal – Great Plains Room

1:30 pm – Small group departs to
perform at VAMC

3:00 – 5:00 pm – Selected acts or
production number soloists rehearse
– Great Plains Room and Red Carpet
Room

5:30 – 6:30 pm

Dinner

– Westin Hotel, Century Ballroom

7:00 – 9:30 pm

Chorus Members' Rehearsal with
orchestra (All performers)
– Westin Hotel, Plaza Room

9:30 – 11:00 pm

Karaoke and Social Time
– Westin Hotel, Kiamichi Room

“Hitch your wagon to a star.” - Ralph Waldo Emerson