

Hart News



Volume 12, Issue 2 December, 2011

Welcome to Hart News



So...What is HartNews? HartNews is my attempt to write about life and watercolor and my view from here - from Costa Rica. As a teacher, I enjoy passing on some of the things I think about or do in watercolor. As a fellow human, I wish to pass on some of the things that inspire me, impress me - or make me laugh!. I've sent you this issue - you who are painters, friends, former guests and/or family - some of you without your expressed permission. So...please reply and ask to be removed from this mailing list if you'd rather not get HartNews editions - or just delete me! Originally, I intended to make HartNews a monthly event. Now, more realistically, I see it as a quarterly or bi-annual publication. If you have something you'd like add or say, just [email](#)

[me!](#) and please feel free to pass this on to your friends... If you'd like to see the back issues - just check the [Archives](#) on my website - for more demos, etc. - and don't forget to Bookmark this issue.

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I'm Published!

A recent article I wrote entitled, *Occupy Your Life!* is published in Truthout and New.Clear.Vision, both online news websites that offers transformative ideas and critical analysis to strengthen democracy. I really value both and am proud to have my article received there. Click [here](#) to read.

You can also read it and other articles I've written on my blog,

[Jan's Front Row Seats](#)





Iguana Alert, Jan Hart



Wildflowers, Jan Hart - abstract



Sloth Study Jan Hart - direct painting without drawing, 4 colors



Plant Abstract, Jan Hart



Preening, Jan Hart - Glazing pigments plus Ultramarine Blue & Burnt Sienna

Workshops for 2011 are finished - *and we're looking ahead to 2012!*

In October I traveled to lovely northern California and northern New Mexico for three workshops. The two in N.M took place in my beloved Española. Fourteen superb artists attended and painted some incredible work! The first one was specifically devoted to *Painting Life* - and the 2nd, to Abstracts! I tried my hand and loved it! Here are some of the paintings done in New Mexico by participants!



Two of the participants stayed on in northern New Mexico to tour and paint. Their incredible photos can be seen on <http://estasacequias.blogspot.com> Just click on *Laura's New Mexico Photos 2011* for a real treat and great taste of northern NM!

Jan's Workshops 2012 Overview! You can scroll down for more info or go to my website for updates

February, 2012

- **Costa Rica** *Painting the Colors of Costa Rica* **1 week, February 12 - 19** . No availabilities. Wait list only.

March, 2012

- **Costa Rica** *Painting the Colors of Costa Rica* **1 week, March 4 - 11**. 3 spaces available.
- **Costa Rica. Watercolor/Adventure Intensive.** March 28 - April 2 for 2 people. No space available.

April, 2012

- **Costa Rica** Availability for Watercolor/Adventure Intensive for 2 people. Email Jan if interested

July, 2012

- **Cloudcroft, New Mexico 5 day Workshop, July 9 - 13.** Contact Jan Rasch janrasch@tularosa.net for more information and to register. <http://www.cloudcroftart.com>
- **Seattle, Washington 4 day Workshop, July 23-26.** We are firming up these plans now. Please [email Jan](#) to be placed on the Interest List for further updates.

September 29 - October 13, 2012

- **Tuscany, Italy** *2 full weeks plein aire painting and dining!* Space available. For more information and/or to register, please contact William Sperling [here](#). And check out his website at Magic Palette and Skillet Workshops [here](#). You can also email me!

Note: There are other times available for Intensives and Simply Living Tours. Just ask.....and check out updates on [Jan's Website](#)

What's Going on in Costa Rica?



Dry Season Arriving Soon!

We're anxiously anticipating the start of Summer here - or the Dry Season. We've been having near daily rain for part of the day, at least for several months now - and are ready for evening sunsets again and days remembering to water the garden. I just had Billy come up and power wash all the concrete to clear away the moss and mold that had built up. Usually we can count on the start during the first week of December. But this year we're told it will be delayed a couple of weeks due to La Niña....I'm Dreaming of a Dry Christmas..... Still I cannot complain. The lowest temperature is about 67 degrees and the high is about 79 degrees - year around. Not at all bad.

Jan and Frank join sting operation!

Frank and I were the unwitting participants of a Costa Rica Sting operation! There we were, coming home from San Jose after my 3 week teaching gig. Because my favorite route over Cerro del Muerte was still closed due to slides from the October rains, we decided to take the Costanero hwy - down the coast to Domenical. A lot of it is new, and we were enjoying the ride until we came over a hill to see a police officer standing in the middle of the highway with his radar gun pointed our way. We pulled over as directed. The officer approached my driver's side window to show me the reading on his 'gun' and said the ticket would be \$500 dollars or more.... (Costa Rica has an inexplicable belief that the more severe the fine is the slower people will drive). Then the officer kind of hemmed and hawed and walked around some, muttering about the fine, etc. Frank finally got out to see what the problem was and was told it could all go away for 30,000 colones (about \$60). He agreed reluctantly after the officer continued his



warning litany, with ‘and you’ll have to pay bank fees’, etc. The officer directed me to pay him slowly through my window as he glanced nervously about. Costa Rica has made it illegal to offer bribes as well as receive them but it still, apparently continues. Once on the road again, my cell phone rang. Since I use it only for emergency calls, we were both surprised. And even more surprised to be speaking to El Organismo de Investigación Judicial, (O.I.J) officer, Jimmy Tarea. Twenty minutes later to OIJ officers were showing us their badges and identification to enlist our help in prosecuting the officer who forced us into the bribe. We became willing conspirators after it was pointed out that we would be prosecuted if we didn’t help. And so began our lives as undercover OIJota sting conspirators. We’ll be available if OIJota calls us to speed up and down the coast highway. Ideally, we’d like NOT to go through another laborious deposition process, though. it took us 5 hours go get through this one! Nevertheless, OIJota called again and now want us to do a repeat deposition in San Jose in front of a judge. Argghhhhhhhh!



New Social Website for Southern Costa Rica!

***Costa Rica SoZo* makes its debut!** Web

Designer, Mark Ariail and Editor, Linda Bass have debuted as Southern Costa Rica’s first Social Community Website with more interactions and community related information that I ever imagined possible - way above what I get out of Facebook! Maps, tutorials, games, conversations, ads, classifieds, articles....and they just keep adding more! Bravo to Mark and Linda! So far I’m writing articles and trying to keep up with the pace!

Check it out! <http://crsozo.com/index.php/comm>

Costa Rica Celebrates 63 Years Without a Military!

On December 1 Costa Rica marked the 63rd anniversary of the dissolution of its armed forces, which was the direct result of the courage of a visionary man who remains etched in the minds of all Costa Ricans. José Figueres Ferrer, affectionately known as ‘don Pepe’ signed the decree that abolished the Costa Rican army on December 1, 1948. During his various terms of office he did several things that promoted the country of Costa Rica as a social democracy. He enabled women and illiterates to vote, initiated welfare legislation, nationalized banks, guaranteed public education for all and established a civil service.

The New York Times praised the former leader of Costa Rica in an article entitled, *Costa Rica's Fierce Pacifist*, The [New York Times](#) 17 June 1990 which said,

'If Costa Rica has eluded the familiar afflictions of Central America – war, poverty and repression – much of the credit belongs to Jose Figueres Ferrer, a fighter for democracy who died recently at the age of 83. It was he who took the bold step of dissolving Costa Rica's army nearly 40 years ago. He later remarked with justifiable pride that such reforms gave Costa Rica *a deeper and more human revolution than that of Cuba.*

That it was: Costa Rica has shown by example how a farewell to arms can make practical as well as moral sense.'



What's Going on at Frank's place, *Finca La Puebla*?

Frank's organic farm is called Finca La Puebla - and if you want to know more about it, you can go to his web page through my website, janhart.com. Just click on Frank's Finca La Puebla link on the top banner.



It has been a full year at Finca la Puebla. Coffee picking season is winding down and recent volunteers on the farm have been helping pick, sort, dry and roast the coffee as well as tending to their own gardens. With the dry season upon us there will be much to do for the new volunteers in 2012.



So much has happened on the farm in 2011.

The volunteer program. As part of the experience of volunteering on Frank's farm, each volunteer gets his own garden to plant and tend, while working and eating from the gardens planted by volunteers in the months before. It is a system that works well while allowing for lots of individual creativity and experimentation. And the bounty is amazing. This 15 year old certified organic farm near Rivas boasts some of the best soil in Costa Rica and produces much





more than Frank can cook or eat. Volunteers contact him through WWOOF (World Wide Opportunities on Organic Farms) or individually. Each month there are 3 - 5 volunteers on the farm working and living in the two cabins provided. This year 35 volunteers experienced at least a month on the farm and he is booking now into 2012...



His passion continues to include his coffee, interacting with the incredible volunteers who come to learn and work as well as his cooking. Always experimenting.



in the kitchen, his latest includes sauerkraut, various hot and cold sauces, kambucha and corn tortillas. And I'm the very lucky recipient of his culinary talents!

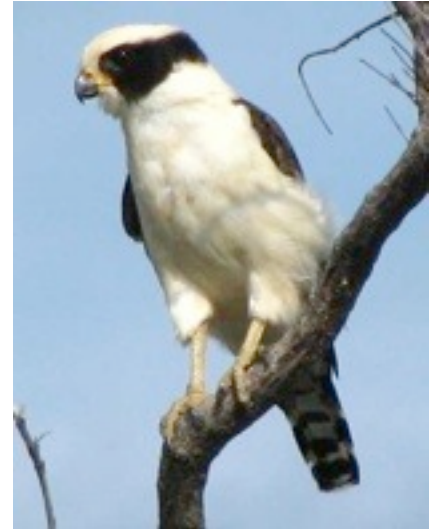


What's Going on at



I call my place Casa de obvious reasons and it feels the home I always wanted and wondered if I'd ever have. With few frills or extravagances, it is comfortable, easy, safe and simple - with a million dollar view. This morning's peace was shattered by the unforgettable call of a Laughing Falcon! One hasn't lived until one has heard this complete call - that kind of sounds like a laugh, but definitely makes the listener laugh!. Some say that the Laughing Falcon calls the rain, subtly suggesting that we must indeed be in the dry season if we need to start calling the rain. The combination of the falcon call plus cattle egrets flying below convinces me that summer is here! YAY for summer!

Corazon, for more and more like



Time to start my garden again! At the end of the dry season I kind of let things go and it got overgrown. Now is the time to start again! I've already put in the baby lettuce plants with chard and bok choy and started the tomatoes. Pretty soon I'll have all I need plus some nice herbs!



In this photo it looks like Seurat is taking a nap because he worked so hard. Ha! He is just enjoying the sunshine in a favorite spot next to the garden. Life is good.

I am now teaching my first weekly watercolor class here in my studio. Every Wednesday morning we meet and paint. All are relative beginners willing to challenge themselves by learning new outlets for their creativity! And I'm impressed! These are painters who have only about 2 weeks under their 'belts' and look what *they're doing!* Bravo! 8



Always I am so moved by the different ways we see and express the same thing. Look at these paintings. For each of these students, the partially finished paintings above were among the first five they've painted in their lifetimes - and look what they're doing!!! This is why I teach! I'm always so impressed!

Workshops! 2012 *Looking Ahead.....scroll on down*

ITALY.....COSTA RICA.....



September 29 – October 13, 2012.

Two full weeks under the Tuscan fall sun

\$3150/person, double occupancy. Single occupancy available.

Join Jan and our host, William Sperling for two full weeks in Tuscany – to paint, dine and absorb the colors, sounds and textures of Italian hill towns and landscapes. Each *plein aire* morning will send us off

to a selected destination for a day of painting and exploring with lunch at a local restaurant. Some days we'll elect to stay 'in studio' at our villa, Le Casacce

<http://www.lecasacce.net/>

We may also include visits to Florence, Assisi and/or Siena. During the workshop, Jan will be providing information, demos and hands on help with subjects such as color, pigments, dealing with light and shadows, using and understanding perspective, architectural and landscape subjects. And each evening we'll enjoy wine and a four course meal prepared by our chef, Endrico Casini.

We welcome participants of all levels of watercolor experience **as well as** non-painting participants who may enjoy some cooking experiences as well as the bountiful sight seeing adventures through this unique opportunity!

Please go to Jan's website at *janhart.com* for more information as well as what students say about her teaching.



5-Day Intensive with Jan

You choose your adventure - **painting, sightseeing or a combo!**



\$1095/person, single occupancy in one of Jan's cabinas at *Casa de Corazon*

Each 5-Day Intensive includes ALL expenses after you get here! Two-three people/Intensive. Dates available in January, April, May, and December, 2012! See what others have said about it by going to my website, *janhart.com*. And email me for more information!

These intensives helped pay for my outdoor kitchen, studio and cabinas that now are available to my guests! And they continue to help update the house, - project by project! <http://www.janhart.com/Classes%20and%20Workshops2/workshops06.html>

Painting the Colors of Costa Rica

Watercolor Workshop with *Jan Hart*
Winter, 2012 in the southern region of Costa
Rica - *San Isidro de El*



General just down the road from Jan's home, *Casa de Corazon*

7 day Watercolor Workshop

\$1250/person, double occupancy. Single occupancy avail.

February 12 - 19 , 2012 - completely full

March 4 - 11, 2012 - 3 spots available

Email me [here](#) if you'd like to be on the interest list for 2012 or for more information/registration.

Come let Jan introduce you to the colors, sights, sounds and beauty of this little Central American country she calls home - Costa Rica. You'll stay in one of Jan's cabinas or at *Papas de Paramo* hotel and conference center where each morning will find us painting in the outdoor studio above the river - with 80 degree sunny days, soft tropical breezes and surrounded by brilliant colors!. At the outdoor farmer's market we'll each select colorful fruits and vegetables to paint and eat! Of course one day we'll swim in the 85 degree Pacific and one afternoon we'll explore the incredible array of organic plants at Frank's place hoping to taste the beriba and miracle fruit! And we may visit a nearby orchid or butterfly farm. Of course we'll also enjoy the local cuisine of fresh food from the nearby agricultural lands surrounding the city.



Simply Living in Costa Rica

If you...

- wonder if you could live a simpler life here in Costa Rica and would like to try it out
- would like to meet and talk with long term ExPats about their experiences
- wonder what a simpler or greener life looks like
- have questions but don't want any possible 'real estate sale' motivated answers or tours



maybe a tour with Jan and Frank is right for you.

Go to janhart.com and see...