

## ArtSeed's (almost only) 2022 Testimonies

First off I wanted to say thank you, for being the reason for my project succeeding and for the amount of time and energy you put into being my mentor and supervisor. I am very grateful for ArtSeed and the opportunities it has provided for me, an example of this is, of course, helping me and guiding me to complete my project. Thank you so much for the help you have given me and I hope you have a Merry Christmas and a Happy New Year!

Sincerely, Aiken C., 1/9/23



ArtSeed connects professional artists with youth in need of creative outlets. Josefa has done an incredible job creating a safe space for creative exploration.

Jessica Nascimento, Aiken's First ArtSeed Mentor, ArtSeed Shipyard Studio Resident Artist 2022  
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Recently graduated from the University of St Andrews in the UK with a degree in French and Art History, we have been awarded a scholarship from our school to travel and investigate how art is used for community empowerment and social change. We've been working with ArtSeed for almost three months now and have gained so much knowledge and inspiration from conversations with ArtSeed artists. Volunteering with ArtSeed has been a valuable insight into the inner-workings of an art non-profit. It's been a great opportunity to meet new people and participate in the art scene of San Francisco. ArtSeed's approach to teaching classical art to youth is a very unique and compelling way of linking art history to social justice issues of the present day. This method is a stark comparison to the work that other community art studios do, for example, where kids are encouraged to make whatever they want. This was a very interesting comparison. This other approach creates an affirming environment for kids to play and express themselves, but ArtSeed's approach honors the capabilities of youth to wrestle with new concepts and acquire new technical skills. Both have their place and it was interesting to compare the two.

Thanks you so much for giving us the opportunity to work with and learn from ArtSeed. We really appreciate your generosity towards us and inviting us into your home was really special and fun. We have learned so much from our conversations, and will carry with us what we have learned into the rest of our project / lives. We miss everyone we met and hope we can stay in touch as we continue our travels. Interning at ArtSeed was an invaluable opportunity to see what it takes to run a non-profit, and what it takes to be a dedicated artist. You are an inspiring role model to aspiring artists. You are disciplined in your practice, passionate, you push people's creative abilities but in a kind and affirming manner allowing participants to feel confident in their work but also learn from constructive criticism. You are a great teacher, and it is inspiring to see a woman push against social conventions and make great art.

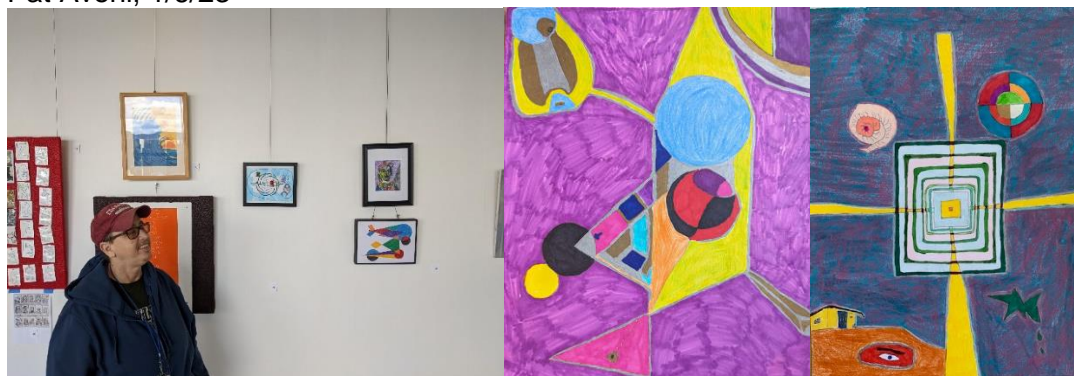
Tarah McGonigle and Marion Umpleby, 12/12/22



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This past year I particularly enjoyed putting up people's artworks in the Tides hallway with the other volunteers and interns. I also liked working with the young folks. ArtSeed inspired me to work on six pieces that I made after taking suggestions about my choice of colors in each of the pieces. I got a lot of good guidance and artistic advice. As a Peer Counselor and Volunteer with ArtSeed in 2022, my motivation was to use my skills and give my own time to help out both youth and adult artists as much as I can. What can be done better, I would say maybe doing in-person and online meetings at a slower pace. For me, things sometimes move a little too fast. Grateful to be with ArtSeed for two-and-a-half years now! I believe that ArtSeed is a wonderful art program. It offers many different ways to make art. Leaders are very attentive to each artist and volunteer when they're working on a project.

Pat Aveni, 1/6/23



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I absolutely loved looking through all the photos. It reminded me of all the wonderful times spent in the Tides' hallways and all the happy creative folks that came in and assisted with making art and the appeal mailer. What lovely memories you have brought about.

Thank you! Jennifer Spencer, December 26th 2022

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Thank you for the sweet birthday message and pictures! It makes me happy to see ArtSeed alive and well. I know how much it impacted my creativity as a child.

Dina Kharag, Dec 14, 2022

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I can't thank you enough for the paintings, they're truly beautiful and they made Grandma so happy!

Warm wishes, Bekki Sadler; September 2022

It's such a pleasure to have your artistic rendering of my home on the wall so I can see it as I come and go to the door. I truly love the way you combined the colors of the garden, even harmonizing with the stained glass of the door, and my little pygmy nuthatch bird perched on the bough. I had no idea that all this was going on behind my back. It's almost ethereal the way it's blended with all around it. I'm sorry my husband, Merl, could not be here to see it too. It's what I always wanted and luckily Bekki picked up on that. She will be able to see it in all its glory this Friday. I can't thank you enough for your skill and energy that went into it all, but I am deeply grateful for the lovely gift.

In gratitude, Bette Spencer, September 2022



Hi, my name is Will Schier and 2022 was my first year with ArtSeed! ArtSeed has been so meaningful to me this past year because of its strong community. I loved being able to help organize the Presidio Exhibition Closing Reception acknowledgments ceremony. I was part of helping amazing people that are positively impacted by ArtSeed's resources like Thor and Thomas, local San Francisco veterans. I am looking forward to embracing this year's theme that discovers the ins and outs of our current climate status through meaningful discussion and most importantly ART! One way I think I can contribute to ArtSeed moving forward is by focusing on ways of helping more people. Obviously, Covid has set back the number of people ArtSeed can host safely indoors, therefore, it is fascinating to see that ArtSeed continues to serve its mission by linking arms with other organizations and having more small-group weekly and online engagement opportunities, bridging as many communities as possible. I look forward to creatively finding opportunities in challenges with my peers on the Youth Council team. We are leading ArtSeed toward one of the best years it has had!

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Thanks for everything! – Amity

It's been fun. Thanks for including me. – Shaye

Thank you for another wonderful Summer Intensive. You have fostered a great community at ArtSeed! – Mo

Thank you for making so many young lives thrive through art and sharing experiences. You are a true hero and a star. – Jennifer

Thanks for still letting me have a chance at ArtSeed! – Dara

Summer Intensive 2022; July 16th, 2022

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Happy Holidays. Thanks for allowing Veterans to participate in ArtSeed with youngsters like Itzel. It has been a Great Inspiration for me to once again bring out my Creativity! ArtSeed has given me Instruction, Material, Ideas, and the wherewithal to create and be inspired to create Art in many Forms of Creativity in such a way that many Persons have been able to view them. ArtSeed has allowed me to display my Art and has given much to me and I'm sure to many other Veterans like myself. We meet weekly and are given assignments that are a joy to complete and show them to ArtSeed and other vets. I am eternally grateful to both ArtSeed and to the SF Veterans Administration Medical Center. What a great Program. Thank You for all the support that Disabled Veterans like myself can continue our Recovery through Art.

Thor Hansen, 12/11/22

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**I remember when I first started doing VVC with Josefa/ArtSeed, I just getting comfortable with my treatment and I didn't know if I could put my trust in anyone.**

- 1: I was afraid and scared to pick up anything to write or draw.
- 2: I was afraid and scared that I wasn't good enough to draw or write anything.
- 3: I was afraid and scared to offer my opinion on anything because I thought if I wasn't good to draw or write I wasn't good enough to offer any value to say anything.
- 4: I was afraid and scared because I didn't think that my culture would be accepted.
- 5: I was afraid and scared I would be judged or criticize for poor work or I just wasn't good enough.
- 6: I was afraid and scared that I wouldn't be accepted because I like to write more than draw and at ArtSeed I thought you have to draw to be a part of, and I didn't understand that there were other important and different things that was considered art.

But I came to learn after several weeks of attending ArtSeed that I was wrong and needed to educate myself about art:

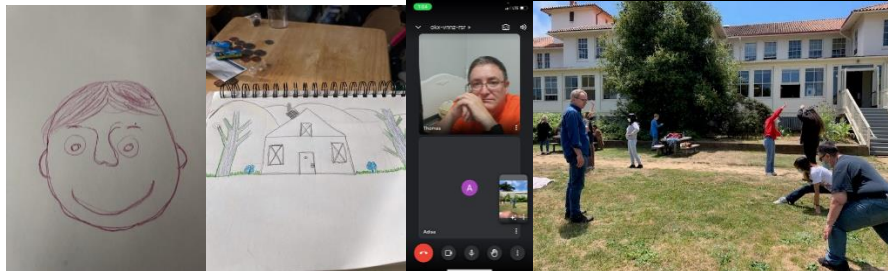
- 1: What is important about art to me.
- 2: What other art work means to them when they are writing or drawing.
- 3: How I can express myself through art.
- 4: How I can tell a story.
- 5: How I can use art to have healthy a conversation about culture difference and have a good culture discussion.
- 6: How I can use art to make a difference to society.

ArtSeed has been a blessing to me and given me confidence to step outside my comfort zone. It wasn't easy, but very hard, to pick up any art supplies and draw something, but when I did, this was one of my first pictures I ever drew and I share this because this first step helped me and gave me a little confidence to continue and support ArtSeed. To help me to grow with my writing, which I understand art can be expressed in any form, from drawing, dancing, singing, and writing.

I know these photos aren't perfect, but I'm not afraid or scared of perfection, but just to have a blessing in my life which turned my fears of art to a little piece of happiness because there is time. I'm too sick to attend in person but I continue to attend online ArtSeed because it feels blessed, and I need art because it makes me feel better. So please continue helping ArtSeed, blessed people out there who love art and bring happiness to their life.

God bless art, and ArtSeed, you are truly a blessing to society and different cultures.

Dictated into, and sent from her iPhone, **Janet Walker**, Nov 9, 2022



Carla and William's improv exercises were such important components of ArtSeed's first day of ArtSeed's Fine Arts Summer Intensive, I can't imagine how else we could have created the drawings we did, especially from the live model, without having your warm-up exercises first. We also used the drawings produced in their workshop for reference in our large, main works. These Founders of Budding Artist Foundation really got us going! Thank you so much, Josefa Vaughan  
July 12, 2022

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ArtSeed's Summer Intensive showed us more about art than we already knew. We had fun working on a collaborative collage using materials we haven't used before. We enjoyed working with other mediums rather than the ones we're comfortable with.

We found Heidi's work the most memorable because she dealt with all this trauma and made the most beautiful pieces of art with those memories. Learning about Heidi's experiences was compelling, looking at her art pieces and learning about the deeper meanings behind them. Kaila A. and Karina K., July 23, 2022

For me, ArtSeed was an experience of learning and trying out new things. I enjoyed playing around with new ways and techniques of making and learning about art and also stepping out of my comfort zone. I really do appreciate all the experience because it benefited me, allowing me to express myself through art. The artwork in the Asian Art Museum was inspiring. Looking at other people's art styles and art pieces, helped us to broaden our horizons. I learned a lot. Thank you for leading our wonderful experience!

– Kaila

ArtSeed was an amazing and new experience for me. My first ever time interning and cooperating with an organization like this couldn't have been better. I enjoyed expressing myself with the art I created and trying out new techniques was a blast. I do hope I have the opportunity and the time to work with ArtSeed again! Thank you for the fun times and awesome experience! – Karina

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I enjoyed going to the museum, having such a mature conversation with kids, as well as the live model experience because I was inspired, and I actually created good art.

Mo M., July 23, 2022 (Summer Intensive)

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I was able to meet two of ArtSeed's sponsors at the Summer Intensive, which gave me more perspective on the community enabling the organization to continue running. During the Summer Intensive, I listened to artist presentations, worked on my art projects, and also discussed the art and presentations with other participants. In the future, I hope to work on more projects with the Youth Council to get new people involved in fresh art projects with ArtSeed. I met Dara at the Summer Intensive and had a lot of fun talking to her. I rarely get to talk to little kids and preteens, so it was really nice to get to know her. I found Heidi Hardin and Manny, the model, the most memorable guests. Heidi's life story is really amazing and Manny was very inspirational. What also inspired me was being able to see everyone else working on art together, especially on the collaborative pieces.

Sasha M., July 22, 2022 (Summer Intensive)

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ArtSeed always tackles subject matter that some may consider controversial and/or inappropriate for youth, which is what makes Josefa and her board on the leading edge of thought and ArtSeed participants the beneficiary of being brought into the sunlight of the spirit. Thank you for your leadership and courage. Preparing to present this summer was an experience that I will forever be grateful for because of Josefa's intrepid, dogged, persistent, thorough, thoughtful preparation of me and the content of my artwork, my personal trauma seen in scores of self-portraits created over decades of my art practice. She was a great listener and teller before, during, and after my talk with her students. I am grateful for her intelligence and her empathy, her time and care, and her maturity and balance. Josefa was leading the class in the most effortless, effective way possible. Suggestion for future improvement: Less written material – I find it difficult to wade through all the written materials provided by ArtSeed. Getting to know Josefa better has inspired me and benefited me the most during this Summer Intensive. Sharing our personal stories with each other and then together with the youth participants has helped to break the silence and pain of my very high ACE score: nine out of ten.

Heidi Hardin, Think Round, Inc., July 21, 2022 (Summer Intensive)

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I've been happy to have contributed to ArtSeed for the last 4 years, and have seen the amazing attention and energy the organization has put towards the kids and their artwork, creating a ripple effect throughout all of our communities. Clark Tate, 11/17/22, <http://clarktate.com>



Over the last ten years, Boys & Girls Clubs of San Francisco have collaborated with ArtSeed on various levels. We are sharing similar resources and are both community partners with Spotlights on the Arts / Californian Lawyers for the Arts. ArtSeed invited us several times to share their space at Hunters Point Shipyard with the Tenderloin Clubhouse to present our youths' artwork at the San Francisco Open Studios. I do like to support ArtSeed in their efforts to reach more youth with environmental art and get them thinking, being engaged, and active.  
 Kay Weber, 11/17/22

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Thank you so much for inviting me to help with the Summer Art Intensive. It was a fun two days (a lot of work and my back knows it!) but so much fun to meet these talented young women and get to share in their energy and excitement. The best part for me was it inspired me to go back to my own studio which I had not been in since I retired at the end of January. Thank you – so grateful to feel creative and motivated again. The Summer Intensive gave me a much more realistic picture of the actual ‘activities’ of ArtSeed... time spent with Dara was really enjoyable. I liked our conversation and working together on her shared piece. I am always inspired by spending time with youth because they are our future. It is so gratifying and energizing to feel their energy, passion, and creativity and it supports my need to remain optimistic about our future in this world. I am working, on my own, to broaden my art experience/skills and am open to seeing what ArtSeed, and the universe, has to offer!

Shaye Starkey, July 21, 2022 (Summer Intensive)

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I was first introduced to ArtSeed when Josefa taught my kindergarten class how to copy images using a graph. This was the first time I encountered a technique that would develop my precision when drawing or creating form. As I got older, I began to attend Art-a-thons, where I was able to see professional artworks in the same space as pieces from kids my own age. I also attended Summer Intensives, where I explored various kinds of art mediums, using high-quality materials that I otherwise would not have access to. When I felt that I had messed up, Josefa found beauty in what I had created, while still showing me ways to improve. She made sure everyone's artwork was displayed or exhibited and drew attention to people's successes. It has

been 11 years since I was first taught by Josefa, and I still volunteer at ArtSeed because of the welcoming environment and the opportunities to interact with art and artists. ArtSeed creates a space that enables and encourages people of all ages and abilities to create, and develop advanced skills without being afraid of messing up.

– Shoshana P., 1/28/23

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For the past year of 2022 I particularly enjoyed working at ArtSeed. I enjoyed representing ArtSeed at the Tunnel Top tour, our show & tell remote presentations, working on different prompts during the Fine Arts Summer Intensive, and doing a children's book workshop with artist Gus D'Angelo.



The artist that I found most memorable is Moselle. She did a self-portrait and she drew an upper body skeleton using Cray-Pas. I met Shaye, who is a retired social worker and artist, who stood out to me as a sculptor. I made an oil painting portrait of Dianne Feinstein, a United States Senator and also did research about her. As a volunteer, my motivation was to use my skills as an artist, and give my own time to help others as much as I can. ArtSeed benefits me by giving me work experience and also by inspiring me to use my skills, and make my art. I learned to do a series of art projects, and not just one image. Meeting for projects in person as well as online. Working on art projects by myself is a little bit hard when you do not have someone to critique it in person. The Exhibition affected my understanding of ArtSeed by displaying our art and showing our talents. Summer Intensive showed how demanding good art-making with serious themes is. Ours was Identity, Intimacy, and Social Norms. It gave highly-motivated children, and youth, opportunities to learn both experimental and traditional fine arts skills showcased in a public exhibition. I want to continue growing my skills and helping ArtSeed make art.

What inspired me is seeing new artists' work and the talents they have to show. Meeting new artists inspires me to learn what they know, which keeps me motivated and moving forward. I would love to have my ideas taught in classes and turned into projects that ArtSeed might offer.



Grateful to have been volunteering as a graphic designer with ArtSeed for eight and a half months now! Thank You! Adisa Sefic, 1/9/23



I just spent some time looking at the ArtSeed website — to catch up from last year. There is really a wealth of creative expression there! And some of the work reminded me of the Japanese figure Amabie, whom I first heard about on the Asian Art Museum website around the time of the start of the pandemic. Amabie is a “yokai,” a spirit of folklore, who appeared to fishermen in the mid-nineteenth century, telling them that good harvest would continue for six years and that if anyone fell ill (there were periodic epidemics of cholera and smallpox in Japan at the time) to make an image of Amabie and show it to the ill person, who was then expected to recover. Making images of this kind was already a tradition in Japan. The image of Amabie was revived for Covid! She lives in the sea, has a scaly body, webbed fingers, three legs, long black hair, a human face with a beak as a mouth. It just occurred to me that the empowering aspect of making an image to show to yourself and others for strengthening the human spirit might be something that ArtSeed might be interested in. Wikipedia has a good overview article. I have several Amabie up on my studio door. ArtSeed has inspired me. All Good Wishes, Tanya Joyce, June 16, 2022



I have been involved with ArtSeed since fall 2020. The artists in this collective have inspired me to work with at-risk children. ArtSeed definitely benefits the community. Its focus on excellence supports important causes. Thomas Peter Graves

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The dedication of artists continuing in ArtSeed programs is inspiring! It was wonderful to watch the talented musicians asking Tyler to hold their music sheets; he loved learning more about the French horn, which he'd seen in a cartoon or somewhere! And, it was meaningful for him to see his little bee displayed as part of an official exhibit!

Thanks again, Marsha Felton, June 6, 2022

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ArtSeed is where I learned to share art-making with children and learned about spreading joy and magic through art to all people! You may be familiar with the annual Art-a-thon, a fundraising drive to help ArtSeed with their amazing summer camp, teen partnerships, and prolific art-making experiences for veterans, seniors, children, and more! When I moved away

from San Francisco 12 years ago I began celebrating my birthday by fundraising for ArtSeed with my own annual satellite Art-a-thon. ArtSeed still holds a place dear to my heart.

Luned Palmer, April 2022

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Happy New Year 2023! So great to hear from you and thank you for always thinking of us and reaching out! So great to hear your annual ArtSeed Artathon is coming up and I will mention it to Jade. Please send our regards to everyone and thank you for your generous heart and well wishes. We will always be grateful and remember all that you've done for Jade during here tween / teen years. The picture you sent warms my heart.

June Lee, Mother of Jade Kikuchi, 1/17/23

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I'm 86 and at the age of 70 retired from Burnett where ArtSeed taught for 13 years. I applied at another organization called Kia Ming and have been with them since 2019. I'm working as a substitute and loving it. I'm the oldest substitute.

Glad to see you are still doing your thing. I had written a inspirational column for 11 years in the local newspaper called the Western Edition. Writing is my passion. I'm working on where to put my writing now. I do put inspirational pieces on face book. I have a readership of close to four thousand. I know the youngsters appreciate you, I did. Happy New Year.

Mary Midgett, Dec 29, 2022

ArtSeed patrons: Pilar, Josefa's art teacher; Sam Losh, (Josefa's Uncle); Sabine Gysens & Matt Boris, Emeritus Board Members.



The Flowers you sent me made me feel like a Queen! Keep up the great work with the ArtSeed children. I am pleased to support that. I remember you, Josefa, when you came to me for art lessons at age 11 with a big soul, fighting to come out. You seemed very old, as if having lived already many lives. We had this immediate connection, you, too, had the art inside needing to come out. When we are together we are in the same place, same tribal land. Pilar Rubin, 10/19/22, 1/22/23

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Dear Sabine,

What you do for this organization is inspiring. Glad to contribute in my own way. And appreciate the positive and unexpected role you and ArtSeed have played in my life.

Hugs, Lara Charneco, 9/2/22

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No doubt art and the process of creating art is food for our soul. In that regard we are happy to support your works in arts education – Can't believe you and your team have been working toward that goal for over two decades! Keep up the good work! Dec 2022, Ann, Guy, and Dana Flores, 1997-2003 art student alum and Founding Youth Council member.

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Thanks for continuing all your work during COVID! I am sure the community is very appreciate. Happy Holidays to you and your family and to Jennifer! Elizabeth Stahl, Dec 2022

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Thanks for the wonderful pictures! Amazing how the *Deluge* inspired young people and how its subject still resonates today. Keep up the good work!

All best, Sheila Schwartz, Editor of posthumously published Leo Steinberg books, 9/3/21

