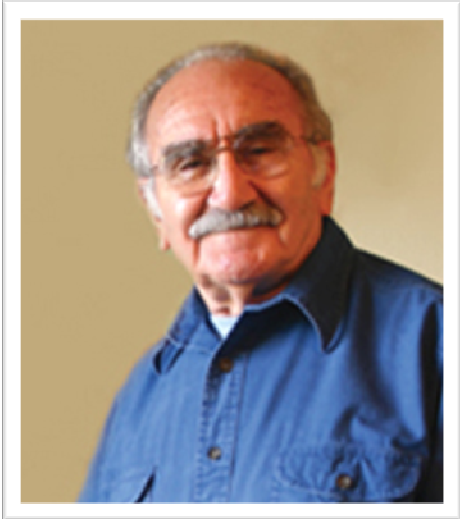


## February 2012 Newsletter

Greetings Everyone

In this issue I will discuss the importance of self-motivation, which is essential for success, and how we deal with the occasional failure and the plateau and its cause. I will also profile my friend, artist Guido Frick.



**Guido Frick**

I met Guido in 1984 in Sergei Bongart's workshop in Rexburg, Idaho. Guido had already studied with him in Idaho and Los Angeles and when Bongart was in a Swiss Hospital in the last days before passing, he was one of the few to see him. We immediately struck up a friendship that lasted to this day. Since that time I saw him only once in person when, years ago, he visited us here in Cheshire, Oregon. But through the years we corresponded, sharing thoughts on life in general, our mutual artistic preferences, and respect for each other's achievements while exchanging images of our work.

Examples of Guido's works are in the sidebar.

Guido spends half the year in Europe, his birthplace, and the other half in the U.S. Whereas my heart is in Oregon, his is in the Northern Plains of the U.S. (The Dakotas, Nebraska, Eastern Wyoming, and Montana), in his words, "his absolute favorites." His affection for the Lakota, the Cheyenne, and the Blackfoot Indians and their history are dear to his heart. to the extent that he often joins in their yearly Powwows.

He is sought after as a workshop instructor in the U.S. and Europe and has paintings shown in both.

Guido's paintings exude vibrancy and luscious color harmonies with vigorous surface quality and brushstrokes. He is well-rounded artist painting different subjects, in oil (his preferred medium), watercolor, and pastel. Guido is an artist, with aesthetics that Sergei Bongart would have been proud of.

Guido's Website: [www.guidofrick.com](http://www.guidofrick.com)



**Oil #1 Guido Frick**



**Oil #2 Guido Frick**



**Oil #3 Guido Frick**



**Oil #4 Guido Frick**



**Watercolor #1 Guido Frick**



**Watercolor #2 Guido Frick**





**Watercolor #3 Guido Frick**



**Pastel mixed media #1 Guido Frick**



**Pastel Mixed Media #2 Guido Frick**



**Drawing #1 Guido Frick**



**Drawing #2 Guido Frick**



**Drawing Ink #3 Guido Frick**