on your palette of plastic lids or left- over meat trays, which are disposable. My brushes are expensive but they last a long time. I use canvas panel boards to paint on in standard sizes which are easily framed. This start of the Chatham Break or Cut through by the Chatham Lighthouse can be done fairly fast.

I start with the sky.....

My three requisites for painting are:

- 1.---Take the time
- 2.---Set the mood
- 3. --- Have the determination!!!

If I don't create something with my hands every day, I feel that the day is wasted. Painting may not be for everyone but there are numerous hobbies to do easily that can be turned into profit.

It is just a matter of discipline so I'd like to say to all ----

Keep busy.

Keep moving... and

Keep Smiling!!!!!!!!!!