

Lisa Sheets: audio podcast part.

Lisa Sheets: Are you.

Lisa Sheets: um do you have a plan to put up a transcription of that like if you're publishing podcasts for the museum show it's always really important to me that there'd be like accessibility for everyone, so if it's a podcast that's audio there's also a transcript that can be read.

Danielle Marie New: Yes, so.

Danielle Marie New: It does do an audio transcription and right right now we're not exactly certain if there's going to be one episode per artist for the podcast or if it's going to be a combined.

Danielle Marie New: You know one episode, where every person is featured in you know the hour long podcast but nevertheless we're definitely going to include the transcription and I think the.

Danielle Marie New: zoom I think I think zoom doesn't Okay, a pretty good job of capturing the audio as it goes, but will have the recording anyway in case we need to do some editing of which what words are said, you know so okay.

Lisa Sheets: that's great.

Danielle Marie New: Okay wonderful, so we can go ahead and get started, I know that.

Danielle Marie New: you've seen the questions, but I would just love to know a little bit about the piece stuff that's going to be in the show.

I have to click.

Lisa Sheets: yeah that specific piece, I went back to remind myself like when I made it because I kind of started reacting maybe in late February early March ice in my artwork I started reacting to.

Lisa Sheets: whoa you know we're having a pandemic here, you know and what does that mean and what does that look like and this piece, I did in like late April.

Lisa Sheets: So it was definitely already happening like we already were in shutdown mode end at just the weirdness.

Lisa Sheets: around us like I remember when it really became crystal clear to me that there is something really wrong going on is when the library closed.

Lisa Sheets: And I had all these library books and audio books in my studio and it's like I don't have to bring them back for like months because.

Lisa Sheets: There was no library like that never happens right, it was like Okay, so this is something really, really impactful on us and just the you know, the fact that everyone.

Lisa Sheets: Everything came to a stop and that's you know that piece, I think, stop right is just.

Lisa Sheets: This moment where I did several pieces that were like where the streets are completely empty and there's just nothing and then there's these random strange things happening, like in that piece the roller coasters are actually kind of a.

Lisa Sheets: recurring theme for me in many of my collages not just the pandemic ones.

Lisa Sheets: I feel like that roller coaster image it just hits people in a lot of different ways, I mean, some people are like.

Lisa Sheets: I love roller coasters you know it's so exhilarating and scary and other people are like.

Lisa Sheets: yeah way too much stimulation for me, you know or just not knowing what's going to happen or even you can see what's going to happen, but you know you and you can't stop it, or you know, the experience of being on a roller coaster is both.

Lisa Sheets: can be both hopeful like I see what's happening or it can be very frightening to, and so I have the little corona viruses, you know riding along on that and the female is you know the vintage imagery you know that I grabbed from an old ad where she's kind of trying to dodge it somehow.

Lisa Sheets: I feel like that's that's what we were all trying to do you know literally.

Lisa Sheets: Like hiding trying to dodge that thing and trying to figure out where it is at all times, and you know we were just in in like a mode of hiding from it, you know the people that could.

Lisa Sheets: And the people that were essential workers or whatever they they have to dodge it in a different way.

Right.

Danielle Marie New: Speaking of your your collage style i'm just wondering where do you source, a lot of those vintage materials that you use.

Lisa Sheets: yeah i've been kind of collecting.

Lisa Sheets: Those images my whole life, so the location where I would go to find them has changed like.

Lisa Sheets: Like I mentioned to you, I have some collages that I did back in the 80s and back then I would go hunting for old magazines, or I would find.

Lisa Sheets: Old you know books or I it was mostly physical searches of an antique mall where you find a cool old letter.

Lisa Sheets: or something you know, and I would gather these things that look somehow interesting, even if I didn't know at that moment, like oh this.

Lisa Sheets: This is for a certain piece or whatever it would be like that image grabs me, and I would just bring it into my drawer of stuff you know and over the years, the drop stuff has become kind of huge.

Lisa Sheets: But nowadays, you can search in a different way, because you have the Internet now, so there are these online databases that are full of all these wonderful pictures that you can search by theme.

Lisa Sheets: And you can search like there's national archives, where you know there were just copyright free images that so there's a lot of ways, now that I can search with using my computer and save.

Lisa Sheets: The jpeg you know and have a little file on my computer of things that I can print out and I.

Lisa Sheets: I love that because I love to use repetition of most of the time I use this image more than once, and so I can save it I can print it out in different sizes.

Lisa Sheets: I can print it out on different kinds of paper, not just.

Lisa Sheets: i'm not just stuck with whatever kind of crappy magazine paper that was from 1930 that's starting to get brittle you know I can print it out and years ago I did use as a copy like a color copy machine quite a bit to make my multiples, but I have like more options now, but I still find.

Lisa Sheets: images that are just like in old vintage stuff because i'm a big fan of you know, hunting hunting for vintage stuff too, so I haven't stopped my trolling and antique malls but you know I did I did have to put a stop to it for a while during the pandemic, because everything closed.

Danielle Marie New: same here there's so many cool lines in in you know vintage places so so wonderful.

Lisa Sheets: yeah so it's kind of serendipitous you know it's it's kind of rare that I go and just look for a certain image, but sometimes I search for certain categories, like last year I was super excited about you know.

Lisa Sheets: boo 100 years of the Suffragette movement and I.

Lisa Sheets: You know, went hunting specifically for you know steph Suffragette imagery and that it's great that you can use the computer to to do that.

Lisa Sheets: Because I didn't have that option back in the 80s and 90s, I was just randomly searching. Great.

Danielle Marie New: Our next question here is just a little bit about the exhibit theme.

Danielle Marie New: And i'll read it here, so the exhibit, as you know, has a dual theme one of standing still and feeling frozen in time and the second of.

Danielle Marie New: resiliency and emerging from from struggles still standing so i'd love to know a little bit about what your reflections on this theme are especially as it relates to your work.

Lisa Sheets: yeah so um I feel like it's true that we we did reach last year, and you know and for quite some time even into now, depending on the person and their circumstances.

Lisa Sheets: This place where everyone became still where everyone became a bit frozen and it gave us all, like a great opportunity to.

Lisa Sheets: examine, you know hey What if i've been running after what have I been.

Lisa Sheets: chasing and doing with this mindset of Well, this is just what I do you know I just run around I just do these things, and now and then we all had this really weird I mean globally right we had this weird opportunity to.

Lisa Sheets: To go Okay, and you know essential workers didn't stop but there was still a reflection on okay what am I doing every day and what.

Lisa Sheets: Will I do it differently and that kind of thing and in terms of my work, you know one thing that I immediately shifted to.

Lisa Sheets: When I realized yeah there's something happening here, you know in like late February early March I shifted I I was really into the Suffragette thing because.

Lisa Sheets: I had been like invited to participate in some shows like hey celebrating the centennial of you know, the boat, and all this and I had been doing a lot of research, because I love researching history.

Lisa Sheets: History geek and you know I have been doing all the Suffragette history, research and I immediately shifted to like hey.

Lisa Sheets: What can we connect to here, what can we feel like who's been through this before hey the pandemic right, so I immediately started like.

Lisa Sheets: Reading books about this and finding some old letters, you know where people wrote about this, because they went through a similar.

Lisa Sheets: You know standstill, if you will, and I mean they were in the middle of a world war at the time as well, so it's not like everything actually stopped, but.

Lisa Sheets: You know, to some extent a lot of their normal functioning of society closed, you know, schools and theaters and you know, like what's happened for us a similar experience and so.

Lisa Sheets: I went back and did quite a bit of research, for you know my collages to help me, you know what part of what I wanted to do was like hey.

Lisa Sheets: This isn't like something that nobody's ever experienced before like there's this whole other generation that didn't go through this and you know they did come out of it, eventually, and you know there's some learning and there's some.

Lisa Sheets: figuring out how how we, together, get through this that we can do, and we can learn from how they did it, you know and how they what they did right and wrong, and you know it was a different time at that point too, but.

Lisa Sheets: I spent a lot of time.

Lisa Sheets: In that research mode for my work.

Lisa Sheets: In response to realizing that we're all feeling stuck here right now.

Danielle Marie New: yeah, and I mean, at least for me it felt like nobody even knew that there was a pandemic in 1980 I mean some people, probably knew, but the general public, I don't think even I mean you know societies memories can be so short, so I yeah I think that that research.

Danielle Marie New: I can definitely see that in your work at least.

Absolutely.

Okay, great.

Danielle Marie New: Well, another question for you is how do you hope your art will impact viewers, do you have any intention of of you know, fostering any ideas or emotions or conversations in viewers.

Lisa Sheets: yeah I think you know, to some extent I can't always control what viewers, you know how they're going to respond, because they're responding they're viewing it through their own lens.

Lisa Sheets: And they're responding to their own experiences which you know I may not have any idea about but, like, I guess, one thing that i've had felt through working my own way through.

Lisa Sheets: You know, a pandemic experience with these pieces that reflect back for 100 years you know to a to a previous time.

Lisa Sheets: Is that i'm kind of hoping that they cause people to feel less alone or less isolated like that's I think that's been a big issue for many people is a sense of.

Lisa Sheets: Isolation not only that, though I mentally feel isolated, but you know I physically isolated because I'm not going out to see people, and you know, for those who live on on their own, you know, in an apartment alone, they are isolated.

Lisa Sheets: from others, and so one thing that I was hoping my artwork would do is just be like one small voice that's like hey other people are also feeling this anxiety or they're feeling this you know.

Lisa Sheets: The image with the roller coasters and stuff like that if someone saw that they'd be like oh yeah I'm not the only one that feels that.

Lisa Sheets: You know, even though we can't physically get together and have like an event and hug and you know, like what we normally do for our events.

Lisa Sheets: I've been trying to put my artwork a lot out on you know I'd started up with Instagram and did more online kind of exhibits because that's what's available for us to do during this time and I.

Lisa Sheets: felt like you know at least that was the best way possible, that I could share with a lot of people.

Lisa Sheets: That they're not the only one that feels this.

Danielle Marie New: that's so beautiful that's really great to hear you know.

Danielle Marie New: Wonderful so just a little bit of a pivot not really because we've been talking about you know the pandemic it's obviously a main theme of the show, and I mean you know.

Danielle Marie New: motivator for this particular piece that you did but I'm just wondering if you could tell us a little bit about your past year, it has been about 12 months since COPPA really became.

Danielle Marie New: National news in the US, at least, and so I'd love to know just what have you been up to and how these 12 months impacted you.

Lisa Sheets: yeah um.

Lisa Sheets: Well, I mean like I think what I've been up to is probably like similar to what a lot of people have been doing, which is just to try to keep up from day to day on like what is the new information available about how do we keep ourselves and others safe.

Lisa Sheets: How do I change my daily behavior to make sure that my own family isn't being exposed by anything that I do, that my Community members aren't being you know, like every day I'm just kind of like hey you know what's what's new Dr Grouchy or you know.

Lisa Sheets: That, and you know just in my world it's impacted me just because I realized, you know I'm a pretty social person is an artist like I like to get out and go to the art events.

Lisa Sheets: and support other artists that are having a show or to have a big event, you know here in my studio and have a bunch of people come, and you know.

Lisa Sheets: Be so be social and like we haven't been able to do that, I have a studio here.

Lisa Sheets: Where I live called Arts Bond Studios and I have several other artists that have studios here that rent from me, and so you know we do like Open House a couple times a year.

Lisa Sheets: Where it's really fun and it's like it's the art Community you know and we're all doing our thing together and it's like well that just came to a total stop and.

Lisa Sheets: So we figure out Okay, how are the ways that we can interact online.

Lisa Sheets: Or you know that's one thing that i've tried investigating a lot in the past year, is how do I continue to you know, have an art career and just represent myself online instead of doing the way I.

Lisa Sheets: would have done it in the past in person with people um but yeah trying to figure out how to keep you know, myself and those around me safe, because you know I don't want to.

Lisa Sheets: Get sort of lazy about it and become like a vector you know to spread, you know coven to a bunch of people so it's a bit it's a big concern just the that health aspect.

Lisa Sheets: And I fortunately you know, have not gotten covert in the past year, so that's been good.

Lisa Sheets: and think what else can I tell you about the past year.

Lisa Sheets: I think i've been relatively fortunate, you know I mean many people have had a pretty huge impact on their job or their family their personal health, and you know I feel I feel pretty good.

Lisa Sheets: You know I mean it's been weird but one you know one thing i've tried to keep an eye on is like, how can we all help support each other, because.

Lisa Sheets: You know, there are big fundraisers, for example, for people who pay their like a performer and they lost their entire income like they have no way to live now and stuff and so there's just so many people who have had.

Lisa Sheets: devastating impact, you know that I feel like i'm just i'm trying to.

Lisa Sheets: figure out how to be a good citizen here and not affect people and that's you know that's what i've been focusing on so.

Lisa Sheets: i'm not sure if that's a great answer but.

Lisa Sheets: I haven't had I haven't had like a super which i'm so thankful, you know I mean knock on wood right but I haven't had.

Lisa Sheets: too much of a devastating impact and to some extent, I see that as just luck, because you know, last year February, March, you know, we were all still going about our life and.

Lisa Sheets: Then you'd hear these stories about a random.

Lisa Sheets: person like this is choir up in bellingham were they they were like yeah you know we're going to.

Lisa Sheets: Do social distancing and we're going to have our rehearsal and then a whole bunch of them got sick and it's kind of luck, of the draw you know it's not like they were still trying to they were still trying to do the right thing it's just you know.

Lisa Sheets: I feel I feel really fortunate.

Lisa Sheets: Absolutely.

and

Danielle Marie New: I guess i'm also just curious if there's anything you wish others knew about artists during a pandemic during this time.

Lisa Sheets: What would others know about artists.

Lisa Sheets: um.

Lisa Sheets: Well, you know artists are so different in their circumstances, you know I mean like one thing I think it's really important is to keep an eye on.

Lisa Sheets: You know and i've been trying to do this, a little bit you know, keep an eye on people's social media pages and what they have going on, because a lot of artists who are you know.

Lisa Sheets: In that's their business fine art is there 100% business they're trying to still come up with new ways to promote themselves on instagram and set up like a little.

Lisa Sheets: Online shop where you can buy artwork from them and I guess, I would encourage people to know that artists are business people and their business, you know their livelihood, has been impacted by.

Lisa Sheets: This shift in you know, whatever everyone's going to just shop at Amazon or something, and you know there's no art fairs and there's some of the people I have friends that you know they're they make their living by doing.

Lisa Sheets: Art fairs where they travel to different cities and set up, you know and their you know their complete income stream has been cut off, so I guess, I would encourage people to remember that.

Lisa Sheets: there's still ways.

Lisa Sheets: That they can support artists, but it's just different than the way where we all would physically go to an art show.

Danielle Marie New: Absolutely yeah that's so important.

Danielle Marie New: um yeah and I was also wondering if you happen to have this reflection on hand, I know that a lot of these questions.

Danielle Marie New: You know you have to stop and think like oh I haven't been thinking about this every day, you know so i'm curious if you if you learned anything about yourself as as an individual during this time, or as an artist.

Lisa Sheets: um.

Lisa Sheets: yeah I mean, I think I have, I think I have learned quite a bit because you know i've i've had to spend a lot more time, just like.

Lisa Sheets: Looking looking into my own, you know what do I do and what's my practice here because I have less distractions you know, and I mean, I think that may be happening for many people is that with less distractions.

Lisa Sheets: You go hey you know what is this routine that i'm doing here, and how does it.

Lisa Sheets: How does it impact, like the world at large, and what are some different or better ways that I could interact with the world at large, if I stopped and kind of thought about it and considered, and I think one thing that has happened for me in the past year.

Lisa Sheets: partly due to you know, having more time.

Lisa Sheets: At home, or in the studio and less time out running around doing things doing jobs running running is that I spent more time on social media, you know which may be both good and

bad.

Lisa Sheets: But the good part about the social media is that I think i've been able to reach out and connect with a lot more people like so my information I.

Lisa Sheets: get a lot of information from the social media from the different people who i've connected with there and what that offers me is.

Lisa Sheets: various perspectives that are different than my own, and you know, maybe in the past i'm like oh i'm so busy i'm running around I don't have time for all these perspectives, but i've had more time.

Lisa Sheets: And so I feel again I feel really grateful that I have had exposure to a wider group of people that i've been able to meet on social media.

Lisa Sheets: Maybe a different group than I would have just randomly met if I just go to an art show and i'm just looking around and.

Lisa Sheets: I don't know most of the people in the room, and you know, because you kind of meet people on social media through like friend of a friend friend of a friend and then suddenly you're like whoa i've really found these people that are really cool and.

Lisa Sheets: You know I met them because of this connection, you know these three people that connected me to that person and.

Lisa Sheets: that's been.

Lisa Sheets: A benefit that i've seen happen in the past year.

Danielle Marie New: that's a really great point and I can relate to that, and you know, in my experience as well.

Danielle Marie New: awesome well is there anything any little thing you hope others can take away from this past year was events.

Lisa Sheets: yeah i'm hoping.

Lisa Sheets: That one thing that we may have finally recognized in a more like deep way and will take with us in the future is that hey what we do and what we assume.

Lisa Sheets: It impacts other people, you know if we're like oh this works for me this is great, and then we don't really care about how it affects others, I mean the public health.

Lisa Sheets: issue that we're dealing with right now is like a demonstration of that you know the ripple effect right of how oh i'm gonna go do this thing you know works for me, but it doesn't work for other people and.

Lisa Sheets: it's devastates other people, and you have to examine like there's a lot of different ways in our world where we can think about that not just public health right.

Lisa Sheets: Like hey my actions my behaviors my assumptions can impact other people and how.

Lisa Sheets: Much, am I going to take responsibility for thinking about those things outside of my little bubble here to you know, be a good citizen and be a good, you know member of the World here and.

Lisa Sheets: You know, try to have some compassion and some interest and some connection with others and i'm kind of hoping that this you know past year would give us all more.

Lisa Sheets: motivation or more impetus to spend time on that because you know we're all like you know billions of humans like living on this planet right, so it would be great if we work together better because we do impact each other, you know we're not all just on our own.

Danielle Marie New: tech yeah, you said that so well yeah.

That that's a really great point.

Danielle Marie New: Great well you know before we wrap up today is there anything else you'd like to add.

Danielle Marie New: about your piece, or about your involvement in the show that you want others to hear.

Lisa Sheets: No, no, no, no, no, I mean i'm happy that you included me, I mean the thing is there's just been so much.

Lisa Sheets: You know, in the past year that has gone down, you know there's so much i'm very excited to see with the other artists that are in the show, and what their work focuses on and hear their interviews and you know i'm excited to see what you put together.

Danielle Marie New: Thank you yeah we're we're so grateful for your involvement and we have a pretty wide range of artists in the show, which is, I think one of the strengths of it as well, so well, is there.

Danielle Marie New: How can people access your art and you know support your work after hearing this podcast um.

Lisa Sheets: Well, I have a website.

Lisa Sheets: That they can go to it's [www dot Lisa sheets calm](http://www.lisasheets.com) and i'm on instagram also and with my name on instagram is [Lisa sheets underscore art spawned](https://www.instagram.com/lisasheets_art_spawned).

Lisa Sheets: A RT SP a w M and art spawn is my little studio complex that I have here at my house where you know there's a few of us artists that all have our studios here.

Lisa Sheets: And so I think I think that's it that's the way they can access me.

Danielle Marie New: Okay, great Thank you again, thank you again.

Lisa Sheets: For.

Danielle Marie New: Go ahead and stop the recording okay.