



Joy Gruenewald

*I am a watercolor artist. Twenty-four years ago, following a cardiac arrest, I started my “second life” at 51 years old. Watercolor painting has become a very important part of that new life. “Artist” was not in my list of roles or descriptions about myself, but has become an integral part of how I interact with the world and with my Self.*

Landscapes are my favorite subject, but I also enjoy painting intuitive art, abstracts, flowers, animals, and portraits. The love of creating and the challenge of it keep me painting, even more than its enjoyment. Painting is also a way to express some of the love and appreciation I have for family and nature. It teaches me to be a better observer of what is around me and how I relate to it. In other words, it challenges me to keep growing in awareness, creativity and gratitude. It also gives me a great community in which to participate.

I am a Signature Member of the Spokane Watercolor Society after participating in juried shows since 2016. I have also had paintings at venues around Spokane since 2013, including Art on the Green, The Spokane Art School, First Night Juried Show, the Kress Gallery and more. I feel incredibly blessed to live in a community offering so many opportunities to grow and participate as an artist.