

1UV QUARTERLY ISSUE 2

FALL/WINTER HOLIDAYS 2023



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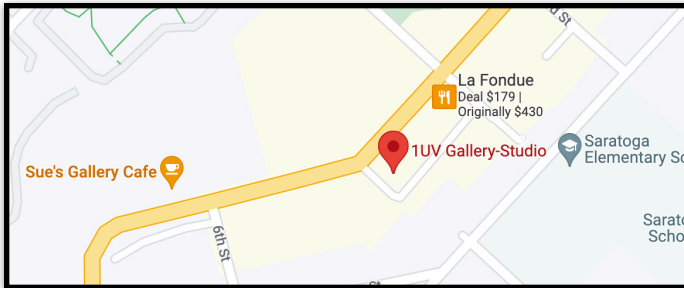
**AN INDEPENDENT
SLOW ART & CULTURE PUBLICATION
BY 1UV GALLERY STUDIO
IN SARATOGA, CALIFORNIA**



1UV Quarterly is written, edited, & published by the multidisciplinary conceptual Fine Artist, Craftsperson and Reiki Master/Teacher, Larissa. Larissa owns 1UV Gallery Studio located at 14572 Big Basin Way, Unit 2,

Saratoga, CA 95070, where, in addition to writing and publishing 1UV Quarterly, she designs, fabricates and exhibits her original Art, offers creative services, and hosts creative social events.

1UV Gallery Studio is open to the public Wednesday, Friday, and Saturday from 10AM - 6PM. 1UV is open by appointment on Tuesdays and Thursdays and on Sundays and Mondays for scheduled events (admission fee may apply).



1UV Quarterly is published for the main purpose of informing community of the products, services and events offered at 1UV Gallery Studio in historic Saratoga, California. Paid advertising and recurring columns relevant to Saratoga, CA are also included. No business or individual can purchase feature or mention in a column. Column subject matter is the prerogative of Larissa. If you are interested in contributing a guest article, poem, piece of short fiction, comic strip, or political cartoon, email larissa@1uvgallerystudio.com with your request. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see the "Columns & Classifieds" for more information. 1UV Quarterly is a free publication paid for and distributed by 1UV Gallery Studio, and supported by paid advertising.

LETTER TO THE EDITOR:

Dear Larissa,
Where are you from and who do you think you are opening a business in downtown Saratoga? I've lived here all of my life. How much is your rent and how much money do you make? I've spent my life making money to travel (to foreign countries who would rather I stay home) and drive my TESLA by stealing ideas from people like you who have the nerve to work hard and be honest and friendly and open a new unique business in my neighborhood. Why don't you have children? The only reason women exist is to have kids, teach other women's kids or do volunteer work. Nothing you have to offer is of any value unless I get to take credit for it and drain you of every last dime you have so I can go on behaving like an enormous spoiled rude child. I'm so much better than you.

Sincerely,
Real Residents of Saratoga

This letter is not a real letter. It is comprised of real comments I have received from real people who live in Saratoga. You can submit your Real Letter to the Editor by mail or email to:

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1UV QUARTERLY

FALL/WINTER HOLIDAYS 2023

Social Mondays @ 1UV

the importance of play

Since opening 1UV Gallery Studio it has been important to me to offer creative social events for adults. I think of them as grown-up play dates. Play is very important... even for adults...and adults often neglect play. Play helps relax us, frees the mind to be spontaneous, and helps us solve difficult puzzles and resolve complex issues by exercising our creativity. Most of all, play is fun and connects us with others.

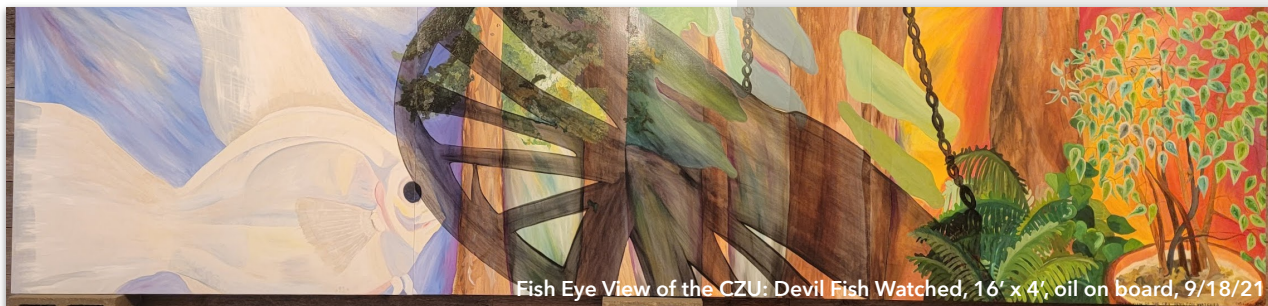
1UV Gallery Studio is **not** a school. Events at 1UV are not classes, workshops or therapy. I'm not trying to teach you anything. I have designed these events as a healthy, unique, and creative way for folks to spend time with each other. The Covid pandemic experience has been a challenge for everyone. Isn't it time you reconnected with humanity?

Events at 1UV are scheduled on a quarterly basis. This Winter I am changing the schedule up a bit. Instead of hosting events in the evenings I am setting aside every other Monday, a day 1UV is normally closed, for this special opportunity for you to join me in my space for some good clean creative fun. I'm calling it Social Mondays. (cont. next pg.)



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Drop-In, Register Online or Buy an Event Pass Card...

\$20 cash at the door **or** stop in 1UV during regular business hours (Wednesday, Friday, Saturday 10AM-6PM) to purchase an 8 time pass card for \$140. That's one session for free! Teens 16 & up welcome with participating parent. Limited space, first come basis. Save your spot. Pre-register for individual sessions on Eventbrite.com. Doors locked 15 minutes after start time. No intoxication, recording devices/ photography, strong fragrances/ odors or pets. Passes are good for **all** drop-in events for 2023. 2024 Event Passes will be available starting Black Friday. Bottled water included at each Event.



(Social Mondays cont. from pg. 3)

Social Mondays at 1UV require no prior experience, certification, education, talent, skill, or ability. The doors are closed 15 minutes after start time. Exact change (in cash) accepted at the door or purchase your 8 session pass using your credit or debit card in person at 1UV during regular business hours. Well behaved socialized dogs are welcome for Reiki. Dogs LOVE Reiki. So...

What are dates of Social Mondays at 1UV?

Every other Monday: September 11 & 25,

October 9 & 23, November 6 & 20

9AM - 9:45AM CARD READING

Limit of 3 participants. Receive a 10 minute tarot reading. Choose from one of three different decks.



10AM - Noon

GROUP REIKI

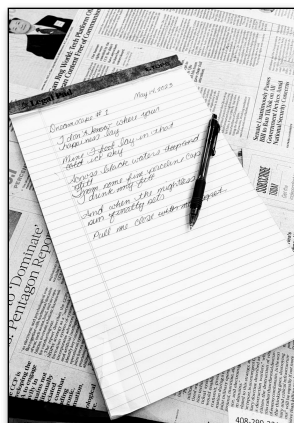
I have been a certified Reiki M/T since 2006. Reiki is an ancient Healing Art credited to Usui Sensei from Japan. Drop in for a 15 minute treatment, no questions asked. Limited to 7 participants. You receive a personal 15 minute treatment in order of arrival. Participants welcome to remain in the entire session.

1PM - 3PM

PLATONIC GAMES

Have some good old fun playing classic improv games and reading Plato (The Republic, Symposium, etc.) out-loud with new friends and strangers. Philosophically grow your creativity having a good laugh in a judgment-free space. No theater or acting experience is necessary. Reading material provided.



**3:30PM-5:30PM WRITERS CIRCLE**

Do you have a regular writing practice? Have a novel or poetry chap book in progress? Or maybe an essay you're working on? Come share with other writers. Each participant will have the opportunity to share their work and receive feedback if they desire. All works must be original. Limit of 5 participants.

6PM - 8PM**CRITIQUE CIRCLE**

Are you a creative person? Do you have a project you've been working on and would like to share with other creative people? Bring your finished or in progress project to receive and offer feedback with kindred spirits. Feedback is invaluable to the creative process. Limit of 4 Participants. Limit of 1 work per participant per session.



First four persons to purchase event pass cards will receive a 1UV sketchbook, 1UV mini notebook, 1UV pen AND an additional pass card to share with a friend.

First come first serve. Pass cards can only be purchased in person at 1UV Gallery Studio.



1UV CLOTHING SWAP SCHEDULE

LAST SATURDAY OF THE MONTH

FROM 1PM - 4PM

September 30, October 28, November 25, December 30

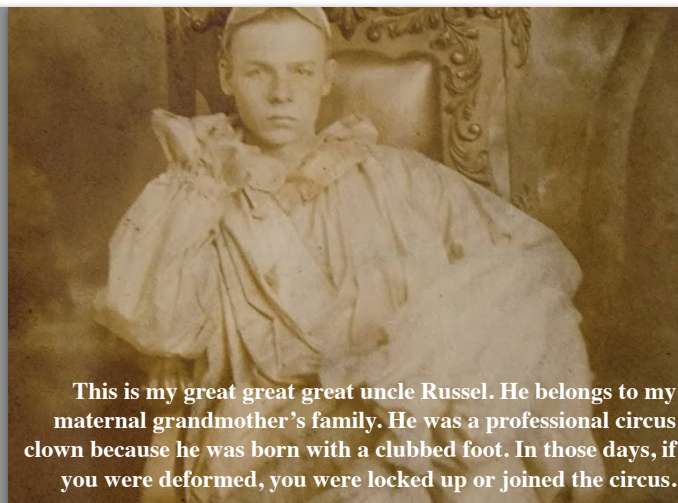
FREE

We are smothering and burying ourselves alive in textiles. Shopping is still fun and “new” items are still needed. Let’s re-think shopping. Bring (up to) 5 items of clothing, shoes, and/or accessories from your or your loved one(s) wardrobe that are clean and still in great shape and trade with others. Find new treasure for yourself or your loved one(s), save some money and the planet.

**Items for sale in 1UV will not be eligible for trade.
Let people know you are going and tell your friends. Pre-register (optional) on Eventbrite.com. Search on Eventbrite for “1UV”.**

**1UV ANCESTOR SALE
10% OFF ALL EXISTING
WORK
OCT. 1 - NOV. 2**

**DOES NOT INCLUDE
SERIES IN PROGRESS OR
CUSTOM WORK**



This is my great great great uncle Russel. He belongs to my maternal grandmother's family. He was a professional circus clown because he was born with a clubbed foot. In those days, if you were deformed, you were locked up or joined the circus.



Black Friday Jacket #8, \$450+tax

**SCHEDULE A CREATIVE
CONSULTATION TO ORDER
A CUSTOM 1UV A KIND
BLACK FRIDAY JACKET
FOR YOURSELF OR
SOMEONE SPECIAL**

**Order by Black Friday for
guaranteed completion by
Christmas Eve. See Page 25
to learn how to schedule
your Creative Consultation.**

**A 1UV A KIND TREE
TRIMMING!**

**Join us at 1UV on Black Friday
for candy canes, trimming of
the 1UV Christmas tree AND
the release of 1UV's 2023
holiday card collection!
Attendance FREE. Card prices vary.**





ENJOYING THIS QUARTERLY NEWSLETTER?

**Sign up for the bi-monthly
e-newsletter.**

To sign up, email larissa@luvgallerystudio.com
with your request to be added or add your email to
the sign in book next time you visit in person.

CHECK OUT THE 1UV BLOG: CRITICAL THOUGHT www.luvgallerystudio.com/blog

On Critical Thought I explore the motivations behind the work I create. It is a 1UV a kind intellectual pursuit. I invite you to peek behind the curtain at the inner workings of the concepts that inform the work at 1UV.

Do you live in Santa Clara or Santa Cruz County and have a FREE independent blog or podcast? Submit your blog or podcast for a FREE listing in the next issue of 1UV Quarterly. Email larissa@luvgallerystudio.com.



DREAMSCAPES Volume I From pillow to drawing board a poetic exploration of my dream world

**Available for purchase
ONLY at 1UV - \$100 + tax**

This (limited print) book features original poetry and images of the studies for my in-progress oil painting series: **Dreamscapes**

1UV COLUMNS & CLASSIFIEDS

Columns are the perspective of the author | Classifieds are paid/for sale

The views of Contributing Columnists, Guest Authors, Advertisers and Larissa are not necessarily shared. 1UV QUARTERLY supports, practices, and advocates The First Amendment of the US Constitution.



SARATOGA POOP SCOOP

A column for the Dogs of Saratoga & their People

FUR BABES OF SARATOGA 2024 CALENDAR

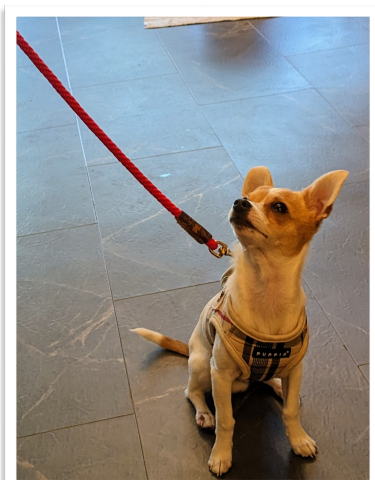
Photo left: Larissa & Omar's 1UV a kind Fur Babe, Brody, the 5 year old Border Collie.

As good as the restaurants are in Saratoga, the best thing about The Village is, by far, the Fur Babes. The sweet friendly balls of fluff walking up and down the street can make up for much of anything that may ruffle one's feathers. While most folks are consumed and controlled by purely utilitarian walking and/or their electronic devices, dogs still take the time to smell the roses...or rather, the places the dog before them left a little message.

Dogs are incapable of being rude or dishonest. Fur Babes are the best, and alone make any day in Saratoga worth the visit with their 1UV a kind personalities. So...Bring your Fur Babe (canine, feline or even feathered or scaled) into 1UV, 10AM to 6PM Wednesday, Friday or Saturday by October 1st and I will take a photo for inclusion in the the first annual Fur Babes of Saratoga Calendar. There's no cost to have your pet's photo taken. Along with your pet's photo, their birthday can be included on the calendar (available for sale at 1UV by December 1st).

Don't miss the chance for your Fur Babe to be part of Saratoga History...with Bishop Brody Pants and Scooby Edward. ■

Photo right: Nancy Brown's 1UV a kind Fur Babe, Scooby, the 8 month old Chihuahua pup.



Calendars are \$50 + tax. Pick up an order form in front of 1UV Gallery Studio.

LIMITED PALLET

A lacto-ovo vegetarian centered column

THE DISH:

GOBI MANCHURIAN @ MANDALA

Dining with a vegetarian can be a challenge. I know first hand from both sides. When Omar and I started dating 25 years ago he was the vegetarian and I was the meat eater. He started eating meat because my mother refused to cater to vegetarians and he was often at our house for dinner. The tables turned 6 years into our marriage when I quit eating meat after reading *The Ethics of What We Eat* by Peter Singer and *Righteous Pork Chop* by Nicolette Hahn Niman. It's a long story, but the short of it is my conscience wouldn't allow me to participate in the cycle of inhumanity both to humans and animals by consuming meat anymore. Once I made the switch I found that not eating meat improved my health and well being. That was great, but eating out or at the homes of friends and family became a HUGE issue. People who eat meat, 9 times out of 10, are incredibly rude and demeaning once they learn you don't eat meat. As a proponent of Choice, and Right of Conscience, I pass no judgement on the dietary choices of anyone. The way I feel about things is: If I value you and your company I am more than happy to find common dining ground when sharing a meal.

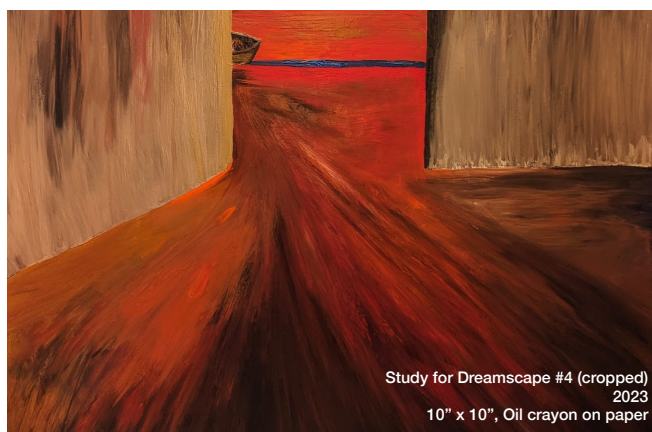
Omar still eats meat and also enjoys vegetarian meals. When we dine out, restaurants featuring Asian, South East Asian, and Indian Sub-Continent cuisines are a good choice because



Mandala has both indoor and outdoor seating for dining and offers reservations for large parties and events.

Countries in those regions have large populations of Vedic-based Cultures, many of whom are vegetarian by Faith. Omar and I love Mandala at 14510 Big Basin Way Suite 3 in Saratoga. The menu features both meat based and vegetarian dishes from a number of different Cultures. Everything I have tried is a delicious festival of flavors satiating all the doshas — Pitta, Vata and Kapha. Omar, the meat eater, particularly enjoys the appetizer: Gobi Manchuria. So do I.

I had never had the dish before Omar ordered it the first time we shared a meal together for dine-in. The dish consists of pieces of cauliflower lightly battered and fried with grilled peppers and onions, tossed in a tangy, sweet, savory sauce that reminded me a little of sweet and sour sauce, only richer and deeper...and without the corn syrup. The plate is garnished with a bite of green salad and an orchid flower. I love orchid flowers. They are lightly sweet with a tender crunch. The flavor and texture of the flower is a lovely juxtaposition to the deep and complex flavors of the sauce. The pieces of fried cauliflower are every bit as satisfying and flavorful as bits of chicken or pork. The portion of the dish is good for serving two to three people as an appetizer, or one person could order the dish with a side of rice a la carte for a reasonable meal. Mandala offers the dish on a scale of spice/heat: mild, medium, spicy or very spicy. Omar enjoys his medium, but I like mine very spicy. Either way, it is delicious and something I recommend trying next time you visit Mandala. ■



Study for Dreamscape #4 (cropped)
2023
10" x 10", Oil crayon on paper

LIVING POETIC

A column for original poetry

The following poem is from my new book: DREAMSCAPES Volume I. Limited printing available for purchase @ 1UV. It is the poem that accompanies the (cropped) image above. The image and the poem share the same title. The full image is in the book.

DREAMSCAPE #4

Come quickly they said

They're scraping your father and cousin from the boat
now

The words of a man

From the mouth of a boy

Skin dark as night

Feet bare in red mud

The sounds of suction with each step

But my father nor my cousin are there

A pair of men unknown holding their papers

Found stolen who can know

Faces of strangers half rotted

Putrid in the sun

Gentle hands moving them to dry ground now

To rest with the others

NATURAL BEAUTY

A column on physical aesthetics

YOUR SKIN IS SO NICE

It's interesting the way people choose to comment on the bodies of others. At one time I was quite thin. Since experiencing some particularly bad injuries, followed by the Covid pandemic lock down, I gained some weight. I'm older and my body is changing. I'm a 44 year old woman.

When I was thin people would make comments like, "You look great!" Now that I'm heavier and older I hear, "Your skin is so nice." Growing up I heard my mother get this comment a lot. She always said, "That's because I'm fat and fat smooths out the wrinkles." As long as I have known her my mother has been plump, but she often reminded me she was 95 pounds on her wedding day. I haven't been 95 pounds since the sixth grade. When people make "the skin comment" to me (that I've heard made to my mother so many times) I refrain from commenting on my weight. The comment is something you say to a fat woman when you want to say something nice instead of nothing at all. The truth is, my skin was nice when I was thin too. It's not because I'm fat.

The condition of my skin is because of a few things; first most, genetics. My skin is also very sensitive, my whole system is. I don't use a lot of fancy products or make up because I easily get rashes. I have worn makeup in the past, mostly on stage, but these days it's just an extra expense and chunk of time to apply. Besides, I'm not trying to impress anyone, nor am I ashamed of my age. I think women should be proud of every day they have survived. Every scar, spot, stretch mark, and wrinkle is a testament to the struggle of living in a female vessel. I celebrate my age. I don't want to lie about it. I have survived things that have killed many.

This being said, I do use some products to maintain my skin. Some products I make myself, others I buy. I'm going to share some with you.

No. None of the companies that make these products have asked or compensated me in any way to

mention their products. These are just the products I have found to be safe and nourishing for my skin. None of them are expensive and none of them are cheap. All of them can be difficult to source. So, I usually order directly from the company that makes them.

I am a HUGE fan of the company Desert Essence. The products are gentle, wholesome and the packaging is almost 100% recyclable. The star ingredient of their products is tea tree oil. Tea tree oil is anti-fungal and anti-microbial and has a fresh clean natural scent. Daily, I use the Cleansing Pads, Blemish Touch Stick, Revitalizing Oils Moisturizer, and Face Wash. I also use their Skin Ointment on wounds. They also make an assortment of other personal care products. Sometimes you can find their products at the grocery store. They have a website. You can look them up. When it comes to exfoliation I use a product made by Saturday Skin. It is gentle and effective. It's marketed for facial use. I also use it on my armpits and other sensitive body areas from time to time. I order it from the company also. I have never seen it in any store. For body moisturizer I like Palmers Coco Butter or Weleda SkinFood Body Butter. Palmers products can be found at most drug stores. Weleda is a German company and their products can be found in stores like Wholefoods. They are the priciest of the products I have mentioned.

Like I said, sometimes I make my own products. In the future I might share one of my recipes. I don't usually sell the products I make. I make them for me and Omar. However, I do have one of my products for sale at 1UV...my Anti-Cellulite Butt Scrub & Soak. The Art concept of the scrub is: the beauty industry is dirty and needs to scrub its dirt-a\$\$\$. My product is packaged in a 100% recyclable/reusable glass jar with a renewable cork lid. The main ingredient in most anti-cellulite products is caffeine. The jar contains one to two applications, depending on how you use it. My product is made of: coffee grounds, Dead Sea salt, olive and vitamin E oils. You can dump the whole thing in a bath tub and brew yourself like a cup of coffee, leaving your skin soft, plumped, and moisturized, or... use it as two applications, by dry scrubbing it directly on areas affected by cellulite then rinse it off in the shower. Follow either use with a brisk dry brushing of the skin once you are dried off. Then you can apply your regular moisturizer. The effect lasts for 12 to 24 hours. It is not a cure. The only caveat I have for my product is it makes a mess in the tub. But that is easily cleaned up. It doesn't stain or damage surfaces. My Butt Scrub is organic and non-toxic. Pick up a jar for yourself, for a stocking stuffer, or day 2 or 3 of Hanukkah — because natural beauty is the best kind and hardest to find. ■





RECYCLE YOUR WORN-OUT YOGA PANTS

You know you can't wear them anymore and still respect yourself. No one wants them and throwing them in the trash creates a huge hazard in landfills. What are you gonna do?

WASH THEM in hot hot hot water and bring them to 1UV on Saturdays between 10AM and 6PM. Larissa recycles worn out yoga pants and maxi skirts.

Lokah samastah sukhino bhavantu.

Om shanti shanti shanti.

Om nimah shivaya.

Namaste.

**SEEKING
PROFESSIONAL
LIFE-DRAWING
MODLES FOR
PAID DRAWING
SESSIONS.**

408-647-2518

**50% OFF
SPIRITUAL
CONSULTATIONS
WITH LARISSA @
1UV FOR THE
MONTH OF
OCTOBER WITH
THIS COUPON.
CALL OR EMAIL
TO MAKE AN
APPOINTMENT.**



Starting January, 1UV Quarterly will become 1UV MONTHLY.

PICTURE YOUR ADVERTISEMENT HERE!

Size A - full page

Advertise your business, event, milestone, or other announcement in the 1UV MONTHLY. 1UV MONTHLY is a FREE, NEW, old-fashioned (aka SLOW) print independent Art & Culture publication – written, edited by 1UV in Saratoga, distributed locally and in surrounding communities on a monthly basis.

PRICING:

SIZE A (full page) - \$200/\$175 patron

SIZE B (1/2 page) - \$100/\$90 patron

SIZE C (1/4 page) - \$75/\$65 patron

SIZE D (1/8 page) - \$50/\$40 patron

SIZE E (1/16 page) - \$30/\$20 patron

BACK COVER - \$550/\$400 patron

DEADLINES:

Jan. Issue - Nov. 1

Feb. Issue - Dec. 1

March Issue - Jan. 2

Apr. Issue - Feb. 1

May Issue - March 1

June Issue - Apr. 1

July Issue - May 1

Aug. Issue - June 1

Sept. Issue - July 1

Oct. Issue - Aug. 1

Nov. Issue - Sept. 1

Dec. Issue - Oct. 1

To inquire about advertising in the 1UV MONTHLY email larissa@1uvgallerystudio.com or stop in 1UV Gallery Studio in person to talk with Larissa. Ads for real estate listings are not accepted. Real estate services are OK. 1UV will design the ad for you. A copy of the ad will be provided to you for approval before the issue goes to print. You just provide a photo, text, and payment and let us know what size you want. Enjoy a 1UV a kind advertising experience. Payment accepted in cash, check or credit card at 1UV Gallery Studio.

SUBMISSIONS FOR POETRY, LETTER TO THE EDITOR, SHORT FICTION, CARTOONS & GUEST ARTICLES FOLLOW THE SAME SUBMISSION SCHEDULE AS ADVERTISEMENT. IT IS FREE TO SUBMIT YOUR (ORIGINAL) WORK. PLAGIARISM WILL BE REDACTED. PUBLICATION IS AT THE PREROGATIVE OF 1UV. IF YOUR SUBMISSION IS ACCEPTED YOU WILL BE NOTIFIED. SEND ALL TEXT IN THE BODY OF YOUR EMAIL ATTACH CARTOONS IN JPG FORMAT TO YOUR EMAIL.

Mention this ad when purchasing a gift certificate for Reiki with Larissa @ 1UV for you or a loved one and get 3 sessions for the price of 2! Good for human or pet sessions.

Offer ends December 25, 2024.

**1UV
QUARTERLY is
seeking
Contributing
Columnists. Call
(408)647-2518 to
schedule an in-
person interview.
Compensation
will be discussed
at the interview.
This position(s) is
part-time contract
position(s).**



ARTIFACT HUNTING

OLD THINGS RULE

I Love antique hunting. There's always the possibility of some new treasure to be discovered just around the corner or a dish to replace that broken one from grandma's old set you only use on holidays and funerals. Some places are better than others. It's always a disappointment when I pick up an item at an antique shop and find a TJMaxx tag still stuck to the bottom. Places like that I refrain from spending too much money, even if things are priced at garage sale prices because I find the dishonesty distasteful.

There are two antique places I enjoy going to visit in particular currently: Carol's Antique Gallery at 14455 Big Basin Way, Saratoga, CA and Sina's Antiques and Fine Arts at 155 North Santa Cruz Ave., Suite G, Los Gatos, CA.

Carol has been in Saratoga for decades and carries a wide selection of vintage and antique place settings, ceramics and glass wares. The space is tight — overflowing with treasures to sift through. So, you may



I found this glass bead on a strand with 5 or 6 others at a bead and gem clearance. Each bead was similar but unique. Given where I found these and the other items that were on display they are most likely from Turkey and are well over 100 years old...perhaps approaching 1,000.

not want to bring your big purse when visiting, lest you knock something over. Carol is friendly and her items are fairly priced.

Sina's Antiques and Fine Arts is a different kind of place. Siamak travels the World buying and collecting rare items. The shop specializes in metal work, toys and film memorabilia. Having a background in metal fabrication, I particularly appreciate the meticulously displayed vintage and antique jewelry and other metal Art object. Some of the items are genuine artifacts. Last time I was in, Siamak had a small

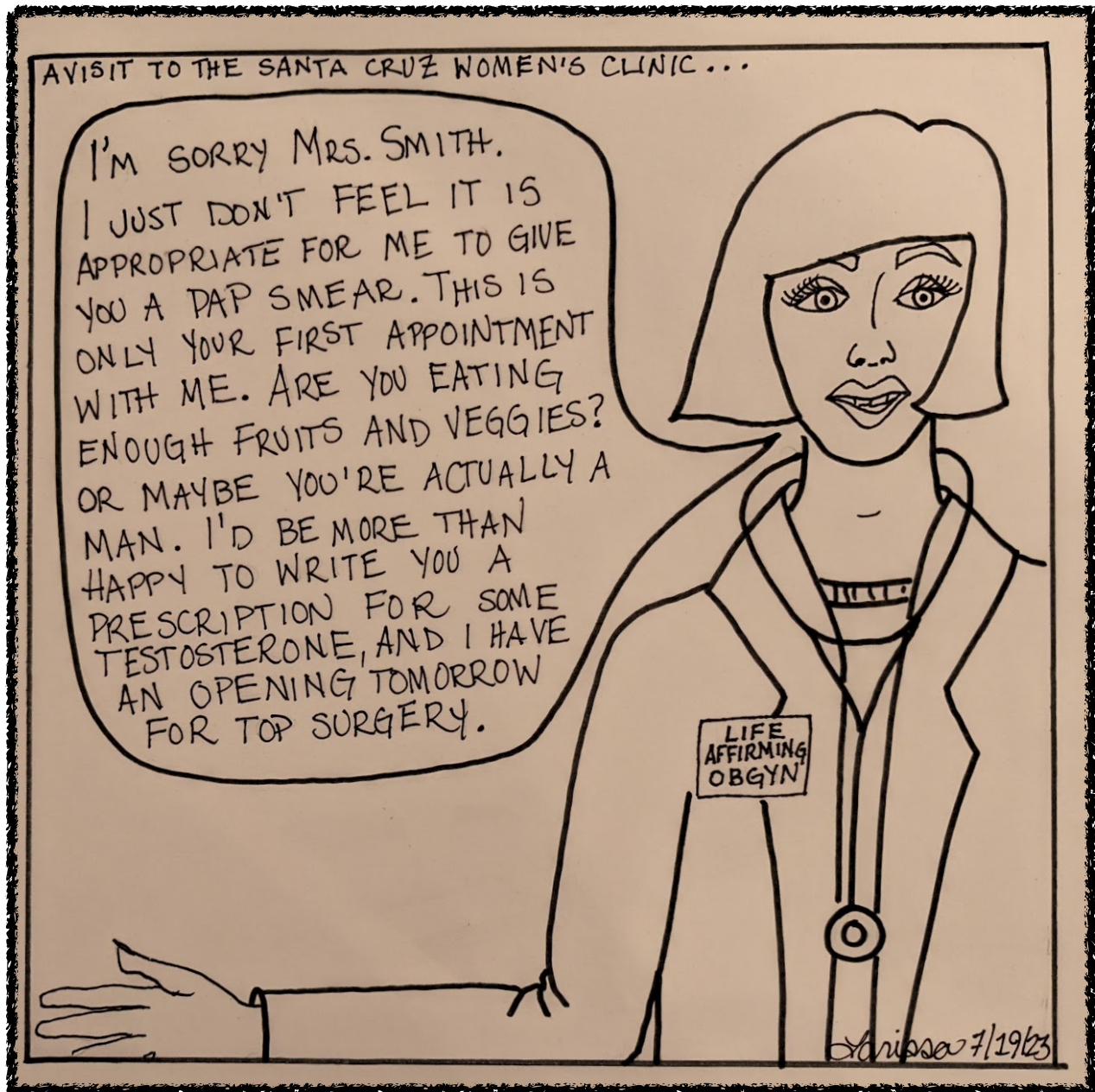
collection of bronze swords and daggers from Northern Iran on display that date back 3,000 years. The workmanship is amazing.

As a person who makes Art and Art Object, seeing such items is an encouragement to continue making. In another 3,000 years your car will be ugly and useless. Your computer and cell phone will be a joke. But those bronze swords will still be sharp and continue to tell the story of humankind for anyone who is still around and willing to listen. ■



This cartoon is based on an actual experience I had in the Spring of 2022 at Dominican Hospital in Santa Cruz, CA. They finally stopped trying to thug me for more money but I still have no explanation of why I was denied care for the horrible injury I had and still deal with, why I was told they could not do an MRI when they have an MRI facility on site, why they refused for months to provide me with copies of my x-rays, or why my record says I saw a doctor when I never saw a doctor. And, yeah...I have good insurance.

Dominican Hospital is a fraud and needs to be held accountable for their abuse of pro-choice women.



This cartoon is based on an actual experience I had in 2019 at the Women's Clinic in Santa Cruz, CA. I went in for a PAP smear and pelvic exam. I saw a woman who said she was an LNP and as such was qualified to perform both procedures but she refused to do either. She told me that she didn't do that kind of thing on a first meeting — as if I had asked her to perform a sex act on a date instead of a medical exam in a medical office. Then she asked if I was eating enough fruit or wanted anti-depressants or testosterone shots. The Women's Clinic in Santa Cruz needs to be held accountable for its fraud and abuse of Catholic women.

FEATURED ART & ART OBJECT

Images of work exhibited @ 1UV | designed & fabricated by Larissa



Dreamscape #4

40" x 40" oil on canvas from in-progress series **DREAMSCAPES**

2023

Featuring pigments: cadmium red medium, cadmium orange deep, yellow ochre, titanium white, cobalt blue, cobalt violet deep, phthalo green, Nicosia burnt umber ww

Not yet priced. Pricing will be available once the series is complete, target mid-2024



In this image you can see the first four paintings from **DREAMSCAPES** series (font) as well as a portion of **Fish Eye View of the CZU** (behind). A full image of **Fish Eye View** can be found at the bottom of page 3.

DREAMSCAPES are not yet priced. Pricing will be available once the series is complete, target mid-2024. **Fish Eye View of the CZU** is **\$15,000 USD + tax**.



Left: **Cocoons #2**

Hand forged & fabricated necklace
2005

Oxidized sterling silver (925)
Inspired by oak wood beetle cocoons

\$3,200 USD + tax

Right: **Oak Wood Beetle Cocoon
Necklace & Earring Set**

Assembled found & manufactured objects,
and hand fabricated materials
2020

Sourced sterling silver and peridot toggle
clasp, oak wood beetle cocoons from
felled California oak tree, acorn, peridot,
California serpentine, copper, waxed linen

\$1,500 USD + tax





‘Covering the Cosmos’ & ‘Creative Eruption’ Calligraphy/Poetry Journals

Hand bound books with blank pages
2022

Dyed hand made cotton linter watercolor paper, cotton thread, original watercolor salt painting covers, dyed handmade paper with Icelandic lichen and vintage ribbon covers, cotton canvas spine, kozo fiber paper

\$75 - \$175 USD + tax



Vestments for a Species in Peril #4

kimono-style shrug
2023

synthetic leather substitute exterior and lining,
creepy plastic babies, with up-cycled cotton
butterfly print binding, metal coat hanger
front closure, no pockets, 3/4 length sleeves

one size fits many

wipe with a damp cloth to clean
(but it will always be "dirty")

\$1,133.00 USD



CALLING ARTISTS & BUSINESSES TO SIGN UP FOR SARATOGA/LOS GATOS SLOW ART DAY 2024

Slow Art Day is celebrated by setting aside two hours of your day. The first hour is spent slowly and quietly looking at 5 works of Art with others. The second hour is spent talking about that experience over drinks and/or a meal together. Join 1UV, Florentine, uncorked, and ManyFriends Brewery in celebrating *International Slow Art Day 2024* on April 13, 2024. 1UV is organizing a Saratoga/Los Gatos event series. Attendees viewing Art and having discussion will buy a ticket on the Eventbrite platform for the Viewing Venue/Restaurant pairing. The Restaurant/Winery/Brewery will set a menu for the event. The ticket price will cover the cost of the menu and Venue cover charge per registrant.

Email the information listed below and which box you fit in to larissa@1uvgallerystudio.com by 12/1/23. Participating businesses will be featured in the next issue of 1UV QUARTERLY.

Slow and steady always wins the race. You don't need to rush to be on time.

Come on! Join the Slow Movement.

Business Name:

Business Address:

Contact Name:

Contact Title:

Phone:

Email:

BOX 1

I am a Venue that sells food and/or drink and I am interested in pairing with a Venue that is exhibiting Art. I will offer a set menu and host a post Art viewing discussion. I will email a copy of the menu and the price per person for the menu to Larissa.

BOX 2

I am an Artist or a Venue that exhibits Art or has room to exhibit Art. I want to host my Art or the Art work of an Artist at my Venue to be viewed. I will email a description of my Venue and/or work and/or have emailed 5 images of my work to Larissa.

BOX 3

I am the member of an organization that would like to support Slow Art Day by promoting the event and/or volunteering as a docent /discussion facilitator on the day of the event. I will email a list of our volunteers with contact information to Larissa.

BECOME A 1UV AFFILIATED MEMBER GALLERY

1UV Gallery-Studio Membership Affiliation will entitle the the Member Gallery to a listing in a published Member Directory with link to your website, 1/4 page ad in 1UV Quarterly, use of the 1UV logo and Gallery Name. The original 1UV Gallery-Studio will be promoted as 1UV Gallery-Studio. Member Galleries will be: 1UV Gallery-Studio: *name of artist here*. As Membership grows benefits will expand (print catalog, annual networking retreat, etc...).



Why join now?

Because there's strength in numbers and independent Artists have the power to change the World.

To be eligible to become a 1UV Member Gallery you must meet the following requirements:

- **be a working Art studio *and* exhibition space for one (person) Fine Artist/Fine Craftsperson**
- **maintain a physical bulletin board for use of the community in which you are located**
- **your work must be hand fabricated/made, one of a kind or limited series, no mass production, feature use of up-cycled, recycled, vintage, and/or antique materials and/or in some way conceptually and/or physically address issues related to Climate Change**
- **offer creative social events at least once a quarter for youth and/or adults**
- **operate within the legal constructs of the community in which you are located**
- **not be closer than 50 miles from another 1UV Gallery-Studio Member Gallery**
- **incur all liability, and operating licenses/costs of your business**
- **not engage in the sale of pornography (nude work OK, we as artists know the difference here), alcohol, cannabis, or any controlled substance**
- **pay an initial Membership fee of \$500 to 1UV Gallery Studio (for the first year) then 3% of annual gross sales every year after**
- **maintain a (reciprocating) web link to the 1UV Gallery-Studio Membership Directory page on your website as well as on any materials for print, publication and promotion**
- **Commit to practicing Slow Business and participate in Slow Art Day annually**

Read all this? Interested?

To apply snail-mail: a typed letter of intent explaining why/how you are qualified to be a 1UV Member Gallery, three images of your work, three professional references, CV, proposed location of your Gallery-Studio, and contact information (including mailing address, email address, phone number, website) to: 1UV Gallery-Studio, attn: Larissa, 14572 Big Basin Way Unit 2, Saratoga, CA 95070.

Submission of application does not guarantee Membership. You will receive a registered letter of acceptance or rejection once your application is received. If your Membership is approved, you will be invoiced for the initial membership fee of \$500. Further instructions will be sent with your invoice.

CREATIVE SERVICES

In addition to the creation and sale of her original Artwork and social events, at 1UV, Larissa offers a variety of creative services at varying rates including: consultation services, private shopping, and Reiki. Book your Tuesday or Thursday appointment in person at 1UV, by calling 408-647-2518 or emailing Larissa@1uvgallerystudio.com.

CREATIVE CONSULTATION -

schedule a Creative Consultation when ordering custom made work. Bring your sentimental textile(s) to Larissa to be up-cycled into a new item. Examples: T-shirts or infant clothing can become quilts or rugs. Heavier textiles can become yoga bolsters and bricks. Other loved one's items can be worked into a Black Friday Jacket or other garment.

CREATIVE CONSULTATIONS

generally last one hour. In that time choose the type of item you would like Larissa to make and share the story of your textile with her. Knowing the history of your textile(s) will help Larissa utilize and design your custom work for you. This time will also be used to project a timeline for the completion of your piece.

CREATIVE CONSULTATIONS cost

\$100. This cost is non-refundable and will be applied to the total cost of your custom piece. Quilts start at \$200. Yoga props start at \$100. Black Friday Jackets and other garments start at \$300.

SPIRITUAL CONSULTATION -

schedule a Spiritual Consultation when you have a spiritual/super-natural experience you don't feel comfortable sharing with just anyone, when you have dis-ease in your spirit and have nagging questions you would like to discuss in a judgement free space. Larissa is a licensed non-denominational minister. Consultations are confidential.

SPIRITUAL CONSULTATIONS

generally last between one hour and an hour and forty five minutes. That time may include tarot readings (Larissa reads three decks), chakra clearing, and/or intuitive reading. Larissa has been reading for two decades. Spiritual Consultations are an opportunity to look at difficult situations from a different perspective. Consultation is NOT therapy.

SPIRITUAL CONSULTATIONS are

\$300.

PRIVATE REIKI SESSION -

ReiKi is an ancient energy healing modality/martial Art, accredited to Usui Sensei from Japan. It works to bring balance and relaxation to mind, body and spirit. ReiKi translates to: Universal Life-force Energy. Larissa has been a certified Reiki Master/Teacher since 2006. ReiKi Sessions are confidential.

PRIVATE REIKI SESSIONS

generally last between one hour and an hour and a half. ReiKi does not require the removal of clothing. You will be asked to remove your shoes. ReiKi treatment may include laying on of hands depending on the comfort of the client. Larissa is not a medical doctor. She does not make diagnosis or prescribe substance.

REIKI SESSIONS are

\$150. Minors may be treated if a parent is present. Pets may be treated as well. Pet Sessions are fifteen minutes to half an hour and cost \$75.

PRIVATE SHOPPING EXPERIENCE

- schedule a private appointment for you and up to two friends to view and shop for existing work on exhibit at 1UV. Private Shopping Experience includes (an optional) tea and/or wine service. Specify your preference when making your appointment.

PRIVATE SHOPPING

EXPERIENCES are for one hour. A separate appointment must be made for a Creative Consultation if you decide you would like a custom piece made.

PRIVATE SHOPPING

EXPERIENCES cost \$150. This cost is non-refundable and will be applied to the total cost of any purchase made during the appointment.

PRIVATE CREATIVE CRITIQUE -

schedule a Private Creative Critique from Larissa on you own creative project. Bring your finished or in progress project with you to your appointment and receive personal feedback. Critiques are confidential.

PRIVATE CREATIVE CRITQUES are

one hour. Actual work must be present.

PRIVATE CREATIVE CRITQUES

cost \$200. Minors may schedule an appointment if a parent is present for the critique.

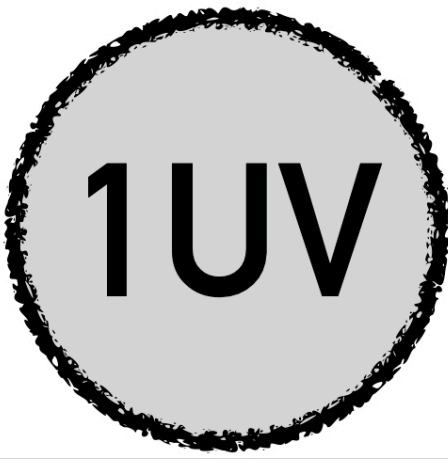
Join us for a 1UV a kind NYE 2023

For over a decade I have done a NYE tarot reading for the Planet to start the New Year. This year 1UV will host a 1UV a kind NYE party with party games, live music and local treats including Chocolates by Angelica starting at 9PM, ending with the annual card reading at midnight . No recording.

Tickets (\$75 per person) go on sale now on [Eventbrite.com](https://www.eventbrite.com).

Search 1UV Gallery Studio.

Limited space. 21 and over only.



Yes, kids can make Art, but Art is NOT child's play...

The role of Art, Artist and Art exhibition space is a serious and essential part of all healthy cultures and economies. Often Art is considered something children do for fun, but Art has a much more serious role in society and history. Yes, kids make Art in school or at home for fun, but the Artist creates to reflect upon and document humanity within the time the Artist lives. The Artist's record (Art) remains as a challenge to those who would alter written history. The role of Art Collector is to help preserve this record for future generations. While a child's drawing on your refrigerator may brighten your day, a work of professional Art could very well save lives some day.

Slow Food...

...seeks to bring balance, flavor and sustainability to our relationship with food. Slow Food focuses on local in-season ingredients prepared fresh and whole and shared in an intentionally respectful way - respectful of the soil, farmer, livestock, crops, and consumer.

Slow Fashion...

...seeks to bring awareness to the way we create, consume, and dispose of our garments. Unless you buy second hand or directly from the individual who designs AND fabricates the garment ... you participate in Fast Fashion.

Slow Business...

...seeks to focus on inter-personal relationship, bringing those who make products or offer services in direct relationship to the consumer, focusing on quality over quantity. Slow Business asks us to be conscious of how, when, and why we consume.

Slow Art...

...invites the viewer to view and purchase Art in a slow and thoughtful manner - to consider the long term effects, value of the culture and history of Art and Art objects on humanity.

Do you live with chronic physical pain? You are not alone.

Starting 9/11 visit 1UV every FIRST Social Monday of the month (see pg. 4), 7:45AM to 8:45AM for Chronic Pain Peer Circle.

Doors close at 8AM.

No RSVP required. You don't need to share your name or anything about how you came to live with chronic pain. All ages welcome. Minors must be accompanied by a parent or guardian. Service animals and personal aids welcome too.

Agreement to mutual confidentiality is required.

This is not a gripe session, advice group, therapy, or a place to gather gossip. This is time in an anonymous judgment free zone to give voice to the ways living with chronic pain affects your daily life that persons without chronic pain may never think about. This is not a place to offer feedback or suggestions. Each attendee will write on a piece of paper a specific way chronic pain has altered their life in the last month in a way that has been heavy to carry. The papers will be folded and put in a bowl. Each attendee will pull a paper from the bowl and read what is written out loud. In this way we will maintain anonymity.

This is a time to both hear and make a statement of personal truth.

This is a free event.

THE BACK COVER IS AVAILABLE FOR FULL PAGE ADVERTISING OF YOUR BUSINESS, PRODUCT, MILESTONE OR EVENT. SEE PAGE 13 FOR DETAILS. THANK YOU FOR READING 1UV QUARTERLY.

HAVE A 1UV A KIND DAY.

**AS I ALWAYS AM,
LARISSA**



1UV

www.1uvgallerystudio.com