



Linda's T'ai Chi

Weekly Handout June 14, 2020

Edward Hopper

“With his deserted cityscapes and isolated figures, the US painter, Edward Hopper, captured the loneliness and alienation of modern life. But the pandemic has given his work a terrifying new significance”, the Guardian, 2020

Edward Hopper was born in 1882 and died in 1967. He was an American painter and printer of etchings who expressed his perception and vision of modern American life in urban and rural settings. He painted scenes of life at gas stations, motels, restaurants, theaters, railroads, and streets; people yearning for connection. He painted seascapes. Strong light, fair weather and quietude versus bright colors, rain and action scenes are hallmarks of his style. He was often compared to Norman Rockwell, a comparison he rejected. Edward Hopper believed his work was more subtle and less illustrative than that of Rockwell.

Once again, it was one of you who brought my attention to Edward Hopper and how his work eerily reflects our life during the pandemic. Since March 23rd, we protected ourselves, our loved ones and our community from infection. We were relatively successful in slowing the rate of infection here in Bellingham and Washington State. This did not come without grave consequences, however. Our local businesses and small businesses have certainly suffered and each of us in our own way may have experienced periods of loneliness, boredom, sadness and caution fatigue. We may be apart from our families and that is difficult. We miss the freedom to go places.

Our online classes are a way to stay active and connect with other members of our group who share a common interest. Many of you have been with me for 2- 3 years. Some of you are brand new. I miss all of you.

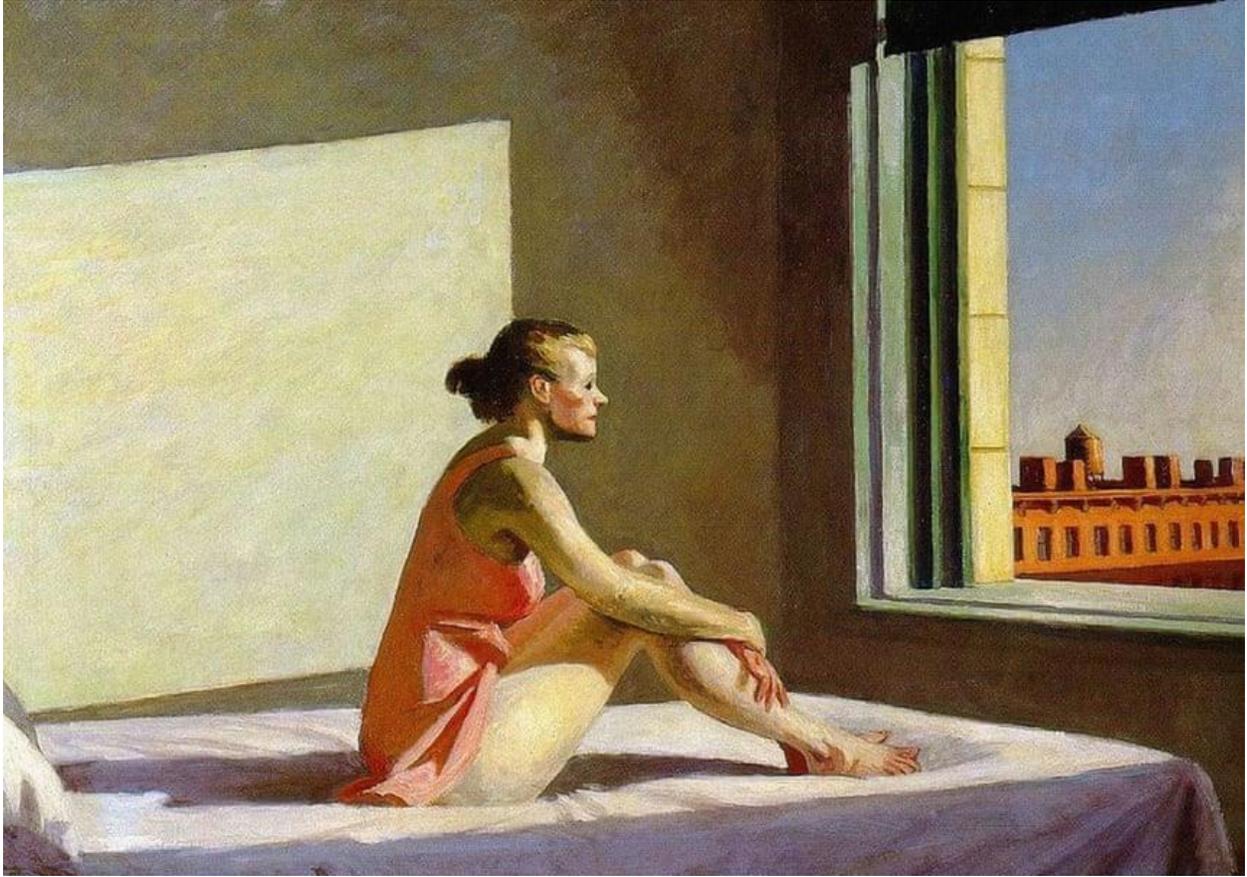
When can we come together again? Well, as WA State enters Phase 2, we are restricted from gathering inside and outside gatherings are limited to no more than 5 people once a week. Phase 3 would allow our classes with this exception: At risk people are advised to stay at home. I am an at risk person as some of you are as well. With that said, I can't say when I can host in-person classes. We still do not know what this virus will do over time so caution may be the best approach. If some of the models, particularly the University of Washington model is accurate; our darkest days are ahead for the fall and winter. The uncertainty does not make any of this easy. I am erring on the side of extreme caution.

As you scroll down this page to two of Edward Hoppers' paintings, you may see the yearning and wish for connection reflected in the people. You will no longer hear me say we need to socially distance. We should not. We need to physically distance until it is safe for all of us. But, we need to stay socially connected. It is vital to our mental health, our wellbeing and our overall health.

My wish for each of you is that you find some sense of connection in our online classes, a time- out from the stress of all of it, and fun. And, by the way have a piece of chocolate on me.

Thank you for sticking with it. Enjoy the following pictures.





Stay safe, be well

Peace,

Linda