

What Inspires Me

When life happens, art becomes 'path out of grief'

LYNN HERRING

FOR THE POUGHKEEPSIE JOURNAL

Editor's note: What Inspires Me is a regular feature in Enjoy! that asks visual and performing artists and writers about the passions that motivate them to create or perform. If you would like to write about your passion for this feature, email bfarrell@poughkeepsiejournal.com

In 2009, I fell in love with Woodstock at first sight. Inspired in a way I no longer was as a well-paid advertising art director in New York City. I went home to Jersey, sold my home, packed up my partner and studio, and relocated my dream of fulfilling my life's work as a fine artist.

I fell in love with a house almost as fast as I did Woodstock. And soon after a studio in The Shirt Factory, owned by Mike Piazza. I was on my way.

It all happened a year after completing my much-awaited BFA at the School of Visual Arts. I had graduated from its sculpture program with honors and then had the incredible experience of showing three of my videos as an installation at the Pera Museum in Istanbul. The show came home to Chelsea at the Visual Arts Gallery. At this time, I was also having a great deal of fun showing video/sculpture work in a funky lower east side gallery.

After spending some time at The Shirt Factory, I brought some fellow artists and a curator up to Kingston from Brooklyn and Manhattan, and produced some very exciting shows. I was on an amazing life roll and then life happened. I experienced a series of heart-rending losses that would change me and, in turn, my work.

As part of my recovery and a path out of grief, I started making one small painting each day. I began posting them daily on Facebook and turned it into a show called the "Winter Show for Shut-Ins." I acquired a following and that kept me accountable. No one but me knew



"Facebook Painting — December 24," by Lynn Herring.

COURTESY PHOTO

that the driving force for this work was anguish. When the winter show ended, people were disappointed that it was over and asked for more. So, I started another series of work that was much larger and I posted weekly or bi-weekly. I was past the worst of the grief and my work was becoming more playful. It was so incredible to watch the work go through a process of change and transformation over a year while people were watching.

A friend who had been witnessing this process encouraged me to apply for a solo show at WAAM in Woodstock. And I

got a solo show. As I was thinking about how I was going to present these paintings I knew that I couldn't possibly leave out the Facebook process. So I built an 8-foot wide non-virtual Facebook page for the gallery to accompany 12 of the paintings. It included my story told as a humorous post and a like/unlike video with a bag on my head. One of these paintings from my Facebook show is on view now at The Wired Gallery.

Along with the painting from my Facebook show, two of my large etchings are also on view at the Wired Gallery. Printmaking is also a passion for me. All



COURTESY PHOTO

"Man's Inner Reflections," video sculpture by Lynn Herring.



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Lynn Herring

If you go

Lynn Herring's work is on view in "The Shirt Factory Artists," a group show featuring artists and artisans who live and work in Kingston's artist hub, at the Wired Gallery in High Falls through May 15.

Visit <http://www.thewiredgallery.com/>; also visit www.lynnherringartist.com and <https://vimeo.com/tag:lynn+herring+visual+artist> +--+bag

of my work is inspired by my inner life, my relationships with lovers, work and our society. Art making is how I love telling stories and sharing life's experiences. And even though some of them may come out of pain, they most always turn out beautiful.

Born in Chicago, Lynn Her-

ring has been living and working in the Hudson Valley for the past seven years. She has a studio in Kingston's Brush Factory, where she works on her paintings, etchings, video installations and sculptures.

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