Shows

* PAAC 26th Annual National Juried Show, Blumenschein Museum, Taos, NM 2023
* OPM Plein Air Grand Marais Show, Johnson Heritage Post Gallery, Grand Marais, MN 2023
* PAPNM National Juried show, Legends of the West Gallery, Santa Fe, NM 2023
* NOAPS Associate member on-line 2023
* OPA Online showcase Summer 7-2023
* PAPNM Los Alamos Paint out and show, Los Alamos, NM 7-2023
* Redwing Arts Plein Air and show, Red Wing, MN 6-2023
* NOAPS Small Works Paint Out, Boulder, CO                                                              2023
* PAPNM Jemez Paint out and show, Jemez Fine Art Gallery*,* Jemez Springs, NM 4-2023
* PAPNM Los Alamos Paint out and show, Los Alamos, NM 2022
* OPA Online Showcase Fall 2022
* PAPNM National show, Wild Sage Gallery, Taos, NM 10-2022
* PAPNM PACE Convention juried show, Santa Fe, NM 2022
* AIS National Paint Out, Boulder, CO                                                                             2022
* Interior Motifs group show, Vern Carver& Beard Art Galleries, Minneapolis, MN 2003
* Up North group show, Vern Carver& Beard Art Galleries, Minneapolis, MN 2003
* Reflections by the Lake, Vern Carver& Beard Art Galleries, Minneapolis, MN 2002
* Best of Midwest Landscape Painting, Vern Carver& Beard Art Galleries, Minneapolis,MN 2002
* Arts in Harmony ’99, Elk River, MN 1999
* Northern Lights, White Bear, MN 1999
* Vision 99 The Chicago Windy City Artists, Chicago, IL 1999
* Spring Exhibition Minnesota River Studios, Burnsville, MN 1995-1999
* A Brush with Artistry group show, Minnetonka, MN 1997
* American Artist show, CA Convention Center, Pasadena, CA 1997
* Summer at the Lakes group show, Meadow Creek Galleries, Edina, MN 1996
* 3 persons show, Meadow Creek Galleries, Edina, MN 1995

Awards

* Best in Show PAPNM Los Alamos paint out 7-2023
* Plein Air Salon top 100 5-2023
* Honorable Mention Plein Air Salon 4-2023
* Honorable Mention Plein Air Salon 5-2022
* Plein Air Salon Top 100 11-2022
* 2nd place Fall online showcase PAPNM 2022
* 3rd place American Artist 60th anniversary art competition 1997

Education and Experience

* 4-year completion at Atelier LeSueur with international artist Steve Levine 1988-1992
* Classes at Atelier Lack Art School Minneapolis, MN 1987-1988
* Level 2 Qigong Instructor Certification, MN 2004
* Month long Italy educational painting trip 2005
* Qigong Master Healer Level 2, MN 2008
* Northwestern Health Sciences University Associates of Applied Science degree, MN 2014
* Practicing Qigong and meditation daily 1997 – Current
* Plein air convention and expo attendance and workshop , NM, CO 2022 - 2023
* Her artwork found in many private collections in USA and abroad.

Teaching

* Private art mentoring in Santa Fe, NM 2023
* Spring Forest Qigong Center, Qigong and Qi-ssage classes for adults and instructors 2004-2012
* 14 years volunteering at conferences and events, presentation, speaking, and guest healer.
* Eagan Community Center adult art and Qigong classes, MN 2009-2017
* Private art lessons, MN 1996 - 2002
* Instructor adult of figure, still life, drawing and plein air landscape 1995-1999
  + Minnesota River School of Fine Art, Burnsville, MN
* Plein air Landscape workshops 1996-1998
  + Minnesota River School of Fine Art, Burnsville, MN