



the life in
MYERS PARK

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Family Fun!***

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artist spotlight

By MPL Contributing Writer Christine Dryden
Photos courtesy of Poprock Photography



Angela teaching a class



Angela Nesbit

Myers Park resident Angela Nesbit is both a successful, nationally exhibiting artist as well as a sought-after instructor. Her loose, energetic style has drawn hundreds of students from far and near to her three-day workshops.

Her emergence as an instructor was by chance. In 2006, she was scheduled to do a casual demonstration at her Atlanta Gallery, Huff Harrington, but arrived to find 30 women — an entire art school with their instructor — assembled with notebooks in hand. “I truly flew by the seat of my pants, and dove into a three-hour lecture and painting

demo,” Angela recalls. “Thanks to Andy Braitman, all of his countless lessons ran like a tape recorder in my head, and I just spit them out while I painted.” To Angela’s surprise, the impromptu lecture went well. Afterward, the owner of the art school, Donna Thomas, invited her to teach a workshop. “And so my teaching career started,” Angela says.

Since then she has taught multiple workshops to groups of 10-18 students all over the Southeast. Students appreciate her easygoing, supportive manner and her ability to effectively relay concepts and techniques to both beginners and the advanced artists in her classes.

Locally, Angela hosts two oil painting workshops a year in Myers Park. In 2017, she taught “Breaking Down the Basics” (suitable for Beginner to Advanced painters) and “Exploring the Surface” (suitable for painters with Basic to Advanced experience). The three-day workshops pack in a lot of learning. Working from life, her topics included Value, Color Theory, Palette Knife, Paint Application and Composition.

“I have taken Angela’s workshop three times, and each time I learn something new and get a bit more confident in



Tools of the trade



myself. I love the way she paints, and I think some of my best paintings have come from her workshops. She is a careful teacher, considerate of our time and insecurities, and she cushions her critiques with lots of praise," says Charlotte artist Cheryl Healy.

Both Angela and her students remark on how their time together is enjoyable and full of creative energy. "I love teaching," Angela says. "It is so fulfilling to share and connect with other

artists, and I always finish a workshop recharged." Past attendee Sherry Lott agrees, "It is just so fun to be together with like-minded souls, and to have such an incredible instructor is the icing on the cake!"

In 2018, Angela will be teaching in Atlanta, Charlotte and Beaufort, NC. Visit her website, www.angelanesbit.com, for dates and details, and subscribe to Angela's email newsletter for announcements about new workshops. Angela also schedules customized group workshops, as well as private workshop experiences for individuals.

When not teaching, Angela can be found in her renovated home studio on Portland Avenue. She stays busy keeping her five galleries happy and providing commissioned paintings to families and designers. She has lived in Myers Park since 2012 with her husband, Chris, and their children, Elizabeth Rose (16) and Christopher (14).



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Mint Museum Uptown
at Levine Center for the Arts
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Exhibition is organized and circulated by Televisa Foundation, Hydra Photography, and Centro de la Imagen. It is presented to the Charlotte community with support from Bank of America. Image Credit: Marcela Rico. Untitled, from the series Paisajes de Sinaloa, 2010-2013.



resident recipe

By MPL Resident
Reporter Anne
Schmitt

TURKEY BANH MI

Thanksgiving at our house is always a bountiful feast for anywhere from 20-40 people, with multiple turkeys and hams, and a plethora of decadent, Southern, fattening sides. But after a day of feasting, we still always manage to have plenty of turkey left over. Being foodies, the idea of day-old turkey sandwiches has never appealed to us. My husband, Steve, is always looking for interesting recipes, and we can usually count on our neighbor, Chris Hummer, to come to the rescue with new ideas. Last year for Thanksgiving, he didn't fail us. Chris had read about Jamie Oliver's plan to turn leftover turkey into Bahn Mi sandwiches, so Steve and Chris got to work creating their own version.

Ingredients

4 cups of finely chopped or shredded leftover turkey meat
4 teaspoons soy sauce
4 tablespoons white wine vinegar
2 fresh red chili peppers
3 limes
2-3 cups of sweet chili sauce
2 baguettes
2 cloves of garlic
2 tablespoons sliced fresh ginger
Sea salt
Extra virgin olive oil
1 cup mayonnaise
1 small bunch of fresh cilantro
6 carrots
3 cucumbers
1/2 of a white cabbage
Sesame oil
Sriracha sauce (optional)

Instructions

Preheat oven to 250 F to warm baguettes.

Add a splash of olive oil to a large frying pan or wok over medium heat. Add turkey and cook for 2-3 minutes, or until warmed through. Grate in the lime zest, and stir in the chili sauce, then reduce the heat to low and cook for another 15 minutes until sauce is thickened and meat is well saturated.

Make an aioli. Using a mortar and pestle, combine the peeled garlic and half of the ginger into a smooth paste. Add a pinch of salt and 3-4 tablespoons of extra virgin olive oil. Muddle in the mayo and the juice from the lime. Add ¼ cup of cilantro leaves and stir to combine. Set aside.

To make the pickled vegetables, peel the carrot, then coarsely grate and add to a large bowl along with the julienned cucumber and thinly sliced cabbage. Add the remaining ginger, peeled and finely chopped. Add

a pinch of salt. Squeeze out any excess liquid and remove. Add 2 teaspoons of sesame oil, the soy sauce and vinegar, and toss well to combine.

Slice open the warm baguettes lengthwise, leaving a hinge. Spread the aioli lightly over the entire baguette. Even-

ly layer a generous portion of turkey topped by pickled vegetables. Place thin slices of chili pepper on top and sprigs of cilantro with the stem on. Press down slightly on the baguettes to close, then cut the banh mi into 3-4 sandwiches.

Top with Sriracha sauce for an extra hot kick.



To have your recipe featured in Myers Park Life, please submit to Delia at clteditor@n2pub.com.



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