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Life and Work with Theresa Vandenberg Donche

Today we'd like to introduce you to Theresa Vandenberg Donche.

Hi Theresa, it's an honor to have you on the platform. Thanks for taking the time to share your story with us – to start maybe you can share some of your backstory with our readers?

I am an artist. Creativity has always been my focus. Graduated from San Diego State University in Graphic Design but my heart has always been into the fine arts..Started a design company in the mid 80's with my husband, I slowly veered toward my passion of making art. Keeping both hands in design and painting (having via design for over 35 years and painting for the last 25 years) has enabled me to fulfill my creative needs. As we slowly wind down our design business my energies have been put to my artwork. Teaching workshops around California and showing my work locally has kept me quite busy (just completed a show with my art group TWA at the Oceanside Museum of Art). Maintaining two studios, one in Southern California and the other in Northern California gains me two entirely different perspectives on how I create.

Can you talk to us a bit about the challenges and lessons you've learned along the way.

Looking back would you say it's been easy or smooth in retrospect?

Ha, nothing comes easy. In both my design business and my painting there has been a lot of hard work, failures and successes, exhaustion and exhilaration. The work never stops, now that

I am focusing strictly on my painting the challenges are how to stay fresh, teach in new and exciting ways, am always on your toes.

Appreciate you sharing that. What else should we know about what you do?

My work is mostly abstract painting with a focus on intuitive and a gestural approach. Large canvases are painted with a tremendous physicality, reflecting energy, an explosion of color and movement. I teach how I paint, getting other artists to loosen up and paint freely. I am in awe of my students and what they create, so proud of them and where they are going with their work. Am a prolific painter, always experimenting.

What do you like and dislike about the city?

San Diego is a beautiful city with so many places to go and do. From the beaches to the different neighborhoods, I never tire of this place. The least desirable thing about the city is the trash. I have volunteered (briefly) with the San Diego River Foundation and was shocked at the amount of garbage that runs down our river system. Our homeless need help as well.

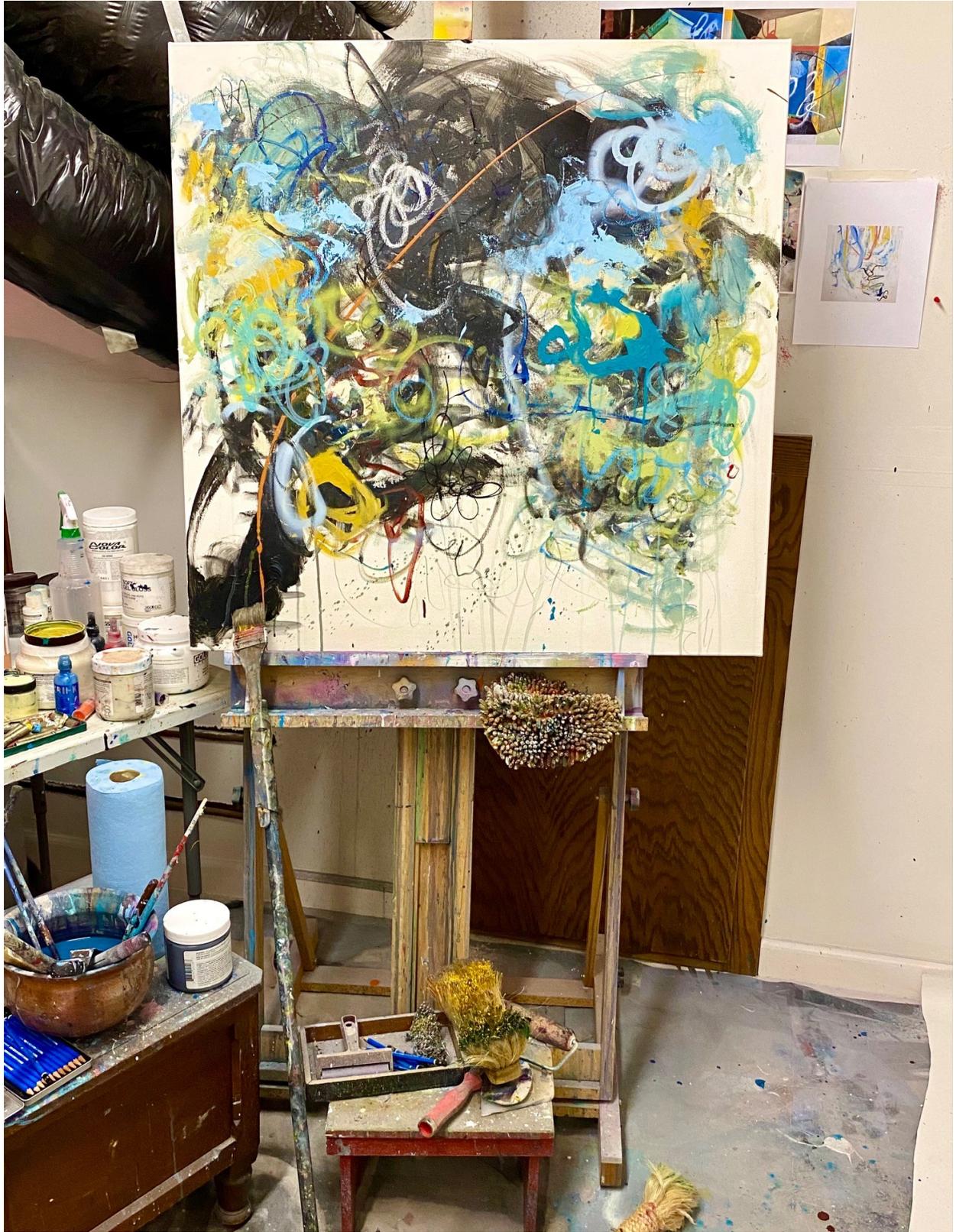
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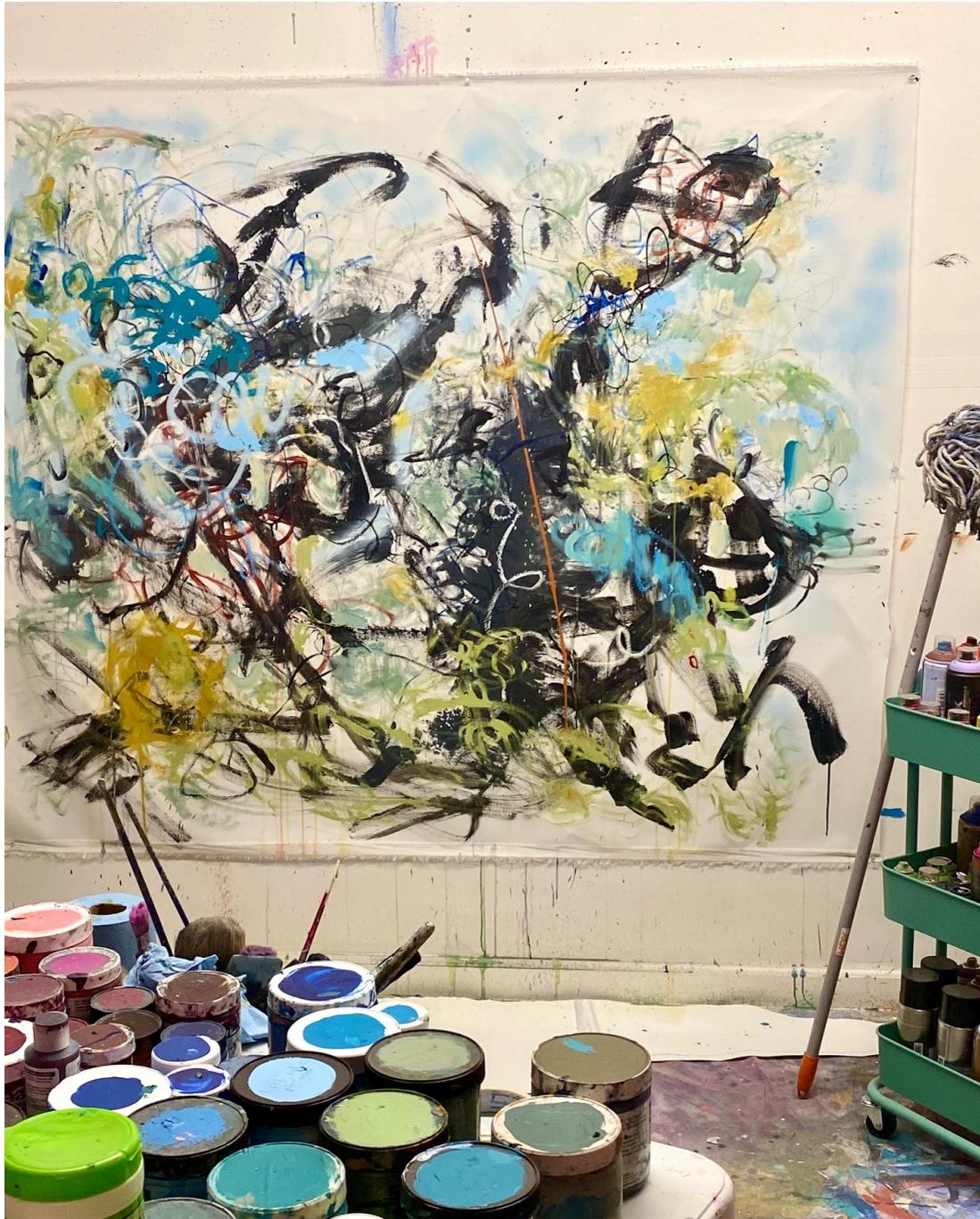


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