



Photos from Frances Freyberg's year of travel on view in Palo Alto

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In 2008, Bay Area native Frances Freyberg left her job in high-tech communications at Sun Microsystems to spend a year traveling the world. Her photographs from adventures in more than 40 countries will be on view at a reception from 1 to 4 p.m. Sunday at the Yoga Mind Warrior Body studio in Palo Alto.

Freyberg captured images of people, such as a young boy looking out a storefront window in Buenos Aires, Argentina, school girls in Zanzibar and a Bedouin man playing music in the desert of Wadi Rum, Jordan.

She photographed land formations in Namibia, a misty forest in the Czech Republic and some of America's most beautiful national parks. Her images also include African wildlife, domesticated cats and all manner of doorways, windows, cityscapes and marketplace scenes. A selection of the photos will be in the exhibit.

Through her photography, Freyberg hopes "to educate people about our world and to interest them in the natural beauty that surrounds us," she notes, adding that "photographs have a unique ability to inspire reflection, hope and action."

During her yearlong travels, Freyberg built an extensive travel blog (www.wheresfrances.blogspot.com), posting photos and historical/cultural

information weekly.

On her blog, which she calls "Worldwide Whirlwind," she says she would be "hard-pressed to pick a favorite" place, but some highlights were the Middle East, Cambodia, Norway, Sarajevo, Namibia and, in the U.S., Yellowstone and Grand Teton national parks.

Her father and stepmother, Derek and Sally Freyberg, joined her for travels through Scandinavia. Her mother, Susan Freyberg, traveled with her through Switzerland. And two friends joined her on a 200-mile hike of the John Muir Trail.

Freyberg says she didn't set out on the journey to "find" herself, but rather "to learn about new places and people." Among the lessons: "A genuine smile is understood the world over." She also learned not to "embark on a long bus/train trip without ... camera, journal, book or iPod, water bottle and iodine tablets, first-aid kit, mosquito repellent and bite cream, Power Bar, spork, raincoat and umbrella, ear plugs, inflatable neck pillow and eye shade, spare socks and underwear."

While travel has increased her appreciation for the comforts of home, she says she'll always have "around-the-corner-itis," the urge to know what lies around the bend of a river or down a winding alleyway.

The artist grew up in Menlo Park and attended Menlo-Atherton High School. After earning a degree from Brown University in 2000, she returned to Menlo Park for the job at Sun. She recently resettled in Menlo Park to work in the nonprofit sector.

If you can't make it to Sunday's show and reception, you can see Freyberg's work during Silicon Valley Open Studios. She will be back at Yoga Mind Warrior Body, 609 B Cowper St., Palo Alto, from 11 a.m. to 5

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p.m. May 2-3. She will be at 753 Partridge Ave., Menlo Park, May 16-17. Call 408-930-9262 or e-mail info@yogamindwarriorbody.com .

'Change of Context'

A survey of recent work by Werner Glinka is on display in "Change of Context" at the 1870 Art Center Gallery, 1870 Ralston Ave., Belmont, through May 3. A reception is scheduled for 5 p.m. Saturday.

In his assemblages and wall sculptures, Glinka uses found objects and scavenged materials to explore familiar symbols and structures. An electrical engineer who grew up in the industrial city of Gelsenkirchen, Germany, Glinka uses materials such as discarded porcelain electrical insulators and rusted bands of metal. His work has been influenced by the modernist Bauhaus movement and the grace of Japanese landscapes.

Glinka has been exhibiting his art in the Bay Area since 2001.

In assemblages, he has found a "stage" upon which he can "transform the ordinary into an object of attention," he says. "It becomes a metaphor for how we, as individuals, transcend our ordinary existence." He does not "assign meaning" to the pieces he creates, leaving that to the viewer. Instead, he hopes "to evoke and provoke an emotional reaction."

Gallery hours are 1 to 5 p.m. Thursdays-Sundays. Contact 650-595-9679 or www.1870artcenter.org

Art Liaisons

Glinka's art also will be on display at a reception from 2 to 6 p.m. today at Mistral Restaurant and Bar, 370 Bridge Parkway, in Redwood Shores (Redwood

City). The Art Liaisons show includes works by Myrna Wacknov, Joyce Barron Leopardo, Joe Gurkoff and Ruth Waters.

Contact Gail Sjoman of Art Liaisons at 650-596-0868 or visit www.artliaisons.com .

Painting workshop

Artists by the Bay offers a painting workshop with Tony Sheets April 9-10 at the San Mateo Garden Center, 605 Parkside Way, San Mateo. The fee is \$125.

Sheets indicates the workshop's goal is to "set aside technique and style in order to concentrate on the content in your paintings, ... seeing with your mind's eye, not just your eyes."

Class size is limited. Send a check for \$125, made out to Artists by the Bay, to Bertha Hall, 35 W. 28th Ave., No. 110, San Mateo, CA 94403. For more, contact Gay Gentry at 650-573-9832 or Jackie Gray at 650-692-4527, or e-mail jr7799@sbcglobal.net

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