



# *Shifting Tides*

Studio Art Quilt Associates, Inc. (SAQA)

## Meet Karen Balos Oakland, California



[karenbalos.com](http://karenbalos.com)

### **Artwork on Display**

*Port of Oakland*

**"My inspiration comes from between the lines, during the blink of an eye,  
and in the interstices of insomnia."**

Karen Balos has been a visual artist as well as a psychotherapist for over 45 years. She has been part of the quilt community for the past ten years. Her quilts, fiber art, sculpture, paintings, paper-cuts and stained glass installations have been shown in galleries, museums and private collections in the San Francisco Bay Area, New York City, Japan, Hungary, Slovakia, Germany, Mexico, England, Australia and elsewhere. She earned her Ph.D. in Visual and Social Studies from the California Institute of Integral Studies in San Francisco. She has taken numerous studio classes and workshops to learn how to actually make art. She lives and works in the Jingletown section of Oakland, CA.

### **Artist Statement**

The Port of Oakland links the West Coast to the Pacific Ocean. As an economic entity, it has both the problems (pollution, dredging spoils) and benefits (carbon-saving 'green' routes, i.e. train to ship; ferry commuting service), of that connection. It is our portal to the world, and our responsibility to the ecology of the sea.

To view full exhibit - <https://visionsartmuseum.org/shifting-tides/>