

Synergy

The newsletter of Lake of the Woods Arts Collective

Volume 2; Issue 4; February 2010



Inspiring unity, joy and opportunity through the arts

Starting now: 15 days to new creative habits

By Kim Kahoot
LOWAC co-chair

Oh, no.

Half a month into a new year—no—a new decade, and the slide backwards has begun. Already my goals to 'make daily art' and my intention to 'write and learn more' are sporting a thin layer of dust and cobwebs, and my resolve has crumbled like an Oreo in milk. Hello again, Square One.

I have read somewhere that one must perform a new action daily for fifteen days to change the wagon ruts in one's head.

To truly change, to truly set a new path, fifteen days is the magic number. My new life of reflection, colour, expansiveness, growth, courage and passion is just two short weeks away. How hard is that, I ask you? It's not rocket surgery.

So here is an idea, and a challenge to you, the reader:

Let's declare a do-over. Yes. The kind we had at recess in grade four, when the ball went out of bounds on the first kick.

Let's just start now. From now on, we can count the days up to fifteen (and then some more), doing what we resolved to do. For me, this means more time in studio, less time in office. More time learning, less time organizing learning. More time trying new and wonderful means of expression (maybe song, or theatre? hmmm), less time on email and phone. More time fostering

creativity through meditation and daily walks, less time cleaning my house and sitting in my car.

LOWAC is actually making it easy for this to happen in your life, too. We can't clean your house, or deal with your daily to do list, but we have a full menu of offerings to get you out of the house and become a more AWARE, AWAKE, CURIOUS, INTERESTED, and CREATIVE member of the human race.

Take your pick:

We have Monday Night Art at the Belfry. Check out www.lowac.ca for the weekly offerings, watercolours, jewellery-making, figure drawing. There are Monday night mentors standing by, we have people sharing supplies, we have coffee/tea and MUCH laughter and fellowship, all this in exchange for \$5 and your willingness to learn.

We have many exhibits coming up, a great focus for those wanting to stretch themselves artistically, and in all disciplines.

Members are also invited to sign up for coming pottery/felting and jewellery making workshops, taught by a variety of out-of-town guest artists at Fragile Glass.

We have some members spearheading Coffee Houses, Wednesdays at Cornerstone, and Thursdays at HoJoe. Take a risk, grab your guitar and go make some music and some friends. Jeff Rasmussen and his drumming group will always welcome new folks to its fold. We have a music and mentorship grant for youth. Coming soon, youth (age to 19) can sign up to win a \$600 grant to cut their first CD at David Caissy's (LOWAC's Music Director) DC Studio.

No excuses now. Your brand new life awaits you.

It's even better if your New Year's resolution was ALSO to make new friends, because this is guaranteed with LOWAC. Come, create and connect. We look forward to meeting you!

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Photo by Cory McCrindle

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is the newsletter of the Lake of the Woods Arts Collective.

Please send submissions to Elsie Neufeld by email at eneufeld@kmts.ca. For more information either email, or phone her at 548-8455.

Synergy reserves the right to edit articles for length, grammar, etc.

Synergy: Increased effectiveness, achievement, etc., produced by combined action, co-operation, etc.

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Membership:

Member - \$50

Student/Seniors - \$25

Member-at-Large - \$25

Institutional - \$100

Educational/Non-profit - \$50



LAKE OF THE WOODS ARTS COLLECTIVE (LOWAC) MEMBERSHIP INFORMATION

LOWAC would like to see Kenora become an arts city, connecting artists with artists and the community at large with those artists. To do this, we need your support. Whether you are an artist, a patron of the arts, or someone who wants to support this initiative, please consider becoming a member.

Membership offers:

- Participation in LOWAC events
- Support to help access funding
- Networking opportunities with artists and those involved in the arts community
- Information and notices on events/job opportunities
- Inclusion in the Artist's Directory on the LOWAC website
- Visibility as an artist through LOWAC
- Workshop and educational opportunities
- Discounts on art supplies at several art supply stores

Future benefits, as they become available, will include tangibles such as access to a LOWAC facility, school credits/scholarships and more...

Membership fees:

Member - \$50

Senior / Student - \$25

Member-at-Large - \$25 ("non-artists" who would like to support LOWAC)

Not-for-Profit / Academic - \$50

Corporations / Organizations - \$100

To become a member, please send your fee payment to:

LOWAC

P.O. Box 10002

Harbour Postal Outlet

Kenora ON P9N 4T1

PRINT CLEARLY

Name: _____

Date _____

Name of Corporation/Organization: _____

Street Address: _____

Postal Code: _____

Email: _____

Phone: _____

Type of Artist/Discipline: _____

We are a not-for-profit organization and will issue a receipt for your membership fee. Please include your mailing address so we can send you a membership package.

For further inquiries, contact Patrick Lessard at fossil@kmts.ca or website www.lowac.ca

Don't be a jambuster – Join Jam Night at The Cornerstone

By Samantha Maki
Youth Representative

Don't be a Jam Buster -- be a Jammer.

Every Wednesday night at 8:00, The Cornerstone is the place to be. Why? It's Jam Night! Any one can get up and play or sing with the house band, Third Groove (David Caissy, lead vocals and guitar; Wayne Kelso, vocals and keyboard; and Darcy Ura, vocals and drums). Jammers come in all ages and no previous stage experience is necessary. Our youngest Jammer so far is only 14!

Jam Night started out as Summer Jamming at Anicinabe Park over the summer. Once the weather began to turn cold it was moved to Haps Bar and Grill, and finally found its permanent spot at The Cornerstone. Jam Night gives people the opportunity to get up and play with professional musicians without feeling any pressure. It has helped many Jammers get over their stage jitters, and feel comfortable performing in front of an audience. For all those people who loved to play when they were younger, but no longer have time, it's a great chance to do so again.

You don't have to be able to sing, play the drums, guitar, or keyboard to participate either. We've had trumpeters, bongo and djembe players, harmonica players, and even fiddlers! So whatever it is that you do, bring your instrument or

your voice and become the next Jammer.

You won't be bored if you come out and join us, whether it's merely for listening purposes or if you plan on being a Jammer yourself. There is always good music, and it's a ton of fun. Third Groove is always patient, especially with newcomers, in fact they are always saying that they wish that more people would come out and give it a try, even though the restaurant is filled to capacity every week.

So don't be a Jam Buster, come and see why The Cornerstone is the place to be on Wednesday night; you won't be disappointed.



Above, Samantha singing at the Cornerstone Jam night.

Left, Sarah Elliott and Ryan Riopel on trumpets with Darcy Ura on drums and Wayne Kelso at keyboard.

A "WILD" 2X24U Exhibit and Sale planned for 2010

Plans are well underway for the second 2X24U Exhibit and Sale.

The proposed dates of exhibit are July 1 through August 2, so the exhibit will include both long week-ends as last year.

The theme is WILD! This could include WILDlife, WILD flora/fauna, WILD weather, WILD times, etc. Hey, we're artists. It's subject to your own interpretation!

Different this year is that exhibit will be in revolving clusters (9 – 12 pieces each cluster) at five locations through the city (pending approval by Kenora Parks and Recreation).

These proposed sites include Beatty Park, McLeod Park, Harbourfront near The Pavilion and MS Kenora, Memorial Park (near museum), and Anicinabe Park. Nine to twelve pieces of art will be displayed

at each site. The pieces will be moved to a new site each week to ensure as much exposure as possible.

Unchanged from last year are terms of sale which remains at 70/30 for LOWAC. The 2X2 boards will be provided by LOWAC with the other materials being the responsibility of the participant. There will be a limit of two pieces per artist or three pieces per organization. The first 45 pieces will be accepted. You snooze, you lose!

The set up will be June 30 with tear down August 3. If anyone is interested in helping with these, please let us know.

For more information on participation and meetings or to reserve a board, please contact: Laurie Dufresne at lauried@kmts.ca or 807-468-4652.

MEMBERSHIP CARDS

If you have renewed your membership or bought a new one recently, your membership card is ready and can be picked up at Fragile Glass Studio (The Belfry) 329 Third Avenue South Kenora.

Move quickly to register for 2010 Studio Tour

LOWAC is inviting artists of all kinds to participate in the second annual Studio Tour, July 17-18, 2010.

Cost per participant is \$40 which covers the cost of promotion of the event. Participants must also be paid-up members of LOWAC (see our web page for details www.lowac.ca)

Send a letter including the following info...name, name of studio, location of studio, driving instructions, a sentence describing your art, and contact information (phone, e-mail, web site) and a \$40 cheque to Irene McCuaig, Site 11, Comp. 23, RR 1, Keewatin, ON, POX 1C0 by January 22.

We also need a digital photo of your work. Cory McCrindle will be taking pictures of the artwork during the last week of January. Drop one piece of your work off at Fragile Glass Studio on Jan 23. Please pick up your work on Jan. 30.

We aim to have the brochure printed in time to be taken to trade shows and tourism exhibits during March. Please be prompt.

LOWAC's new Volunteer Coordinator begins search

Hi! Let me introduce myself. My name is Irene Nelson. I joined LOWAC in the fall and expressed an interest in volunteering. So, now I am your Volunteer Coordinator and as such, guess what I'm looking for.

From our youth members, we are looking for contributors to a youth column in *Synergy*. And as planning is well underway for 2010, volunteers and

organizers are needed for the following events:

- 50 for 50 Art Sale (May 8)
- Coney Island Music Fest (July 24)
- 2 x 24U Art Project

Please let me know if you are interested in helping out wherever you can or for any specific event - I'd love to hear from you. Please contact me at renee@kmts.ca

KDFA visual arts deadline just around the corner

The deadline is approaching for the 2010 Kenora District Festival of the Arts. Please go to www.kdfa.ca to download our NEW Entry Form or to view the 2010 Syllabus.

Some important dates to note for the

Visual Arts portion of the Festival include the following:

Entry Deadline for Submission - Feb 1st (the work does not need to be completed, but the entry and fee must be submitted by this date).

Entry Deadline for WORKSHOP - Feb 1 (Mixed Media workshop with an artist from Manitoba).

Drop off of work at LOW Museum - March 31 from 10 a.m. - 5 p.m.

Pick-up of work at Museum - April 30 from 4 p.m. - 5 p.m.

Artist Reception at Museum - April 9 evening.

Workshop - April 10.

See Syllabus for more details.

For more information contact Holly at hollyannfriesen@me.com.



WELCOME, IRENE

LOWAC is pleased to announce that Irene Nelson is our new Volunteer Coordinator!

Welcome, Irene!

And thank you for taking on this important position.

KACL/Arts Partners receive Festival of Trees award

From the KACL website - www.kacl.ca

Art Partners participant Kevin Bennett and KACL Community Consultant Kristen Bailey accepted the Excellence in Community Spirit Award at the 2009 Festival of Trees Gala on December 4.

Considering that at least 30 people pitched in to make ornaments for the tree, contributed childhood photos and shared Christmas memories that were displayed on the tree, the award was particularly fitting.

"We really tried to capture the Childhood Memories theme of this year's festival," explained Community Consultant Shauna DeGagne. "We wanted the tree to have a rustic feel, so we invited Art Partners participants and KACL staff to hand-make the ornaments."

As an added bonus, the tree included

a hand-sewn tree skirt, which came together during three community sewing circles hosted by local quilter Vikki Favreau. A big thank you to Vikki, as well as Whitney Allen, Robert Gordon, Sally Fox, Jeannine DeGagne, Lorina Turcotte, Jody Derouard, Johanna Hendrickson, Allison Cartwright, and Tammy Wright for the skirt and the hand-sewn gingerbread men ornaments.

The Festival of Trees is held each year at the Lake of the Woods Museum as a fundraiser for the Kenora and Lake of the Woods Regional Community Foundation.

This year, over \$13,000 was raised and will be made available to local registered charities through grants. For more information about the Art Partners program, please call 467-5262 or email art.partners@kacl.ca.

LOWAC's Website

See our website, www.lowac.ca.

Check out our members' pages, browse their art, and see our past events. Our meetings and workshops are listed there too, on the calendar.

Find us on Facebook

Lake of the Woods Arts Collective events are posted on Facebook.

Check out all the discussions, events and upcoming meeting dates on our page!

How to do this:

1. Sign into Facebook (you must have your own account)
2. Go to their search engine.
3. Type in "Lake of the Woods Arts Collective".
4. Go to the Discussion Board, and if you wish, let us know what you think, what you are doing, send us your pictures and your event poster JPGs....

Saying "Thank you."

Do you know someone who contributed or is contributing to LOWAC's success and should receive a special thank you.

If so, please contact Darcie Buchanan, our Appreciation Coordinator.

She will hand make a personalized Thank You card from her collection of more than thirty art cards.

Please send your request to Darcie@DLBBusiness.com or call her at 807-467-1751. Please include the company's and/or person's name, mailing address, what you would like to thank them for (event / project / donation, etc).

Stepping Out

A Calendar of Arts Events



Jan. 21 — Deadline for Diversity Arts Exhibit Event

Deadline to register for the Respect Our Diversity Arts Exhibit Event. For more information please contact Mercedes Alarcon at 468-7958 ext. 222.

Jan. 21 — Studio Tour Entry Deadline at 5:30 pm

Open Studio Tour 2010 July 17-18. Artists interested in participating in the 2010 Open Studio Tour should submit their entry information and a cheque for \$40 to Irene McCuaig by January 21. On Jan. 23, 11 a.m., drop off at Kris' Fragile Glass studio (468-7100): one piece of art that you would like included in the brochure that represents you as an artist. Pick up Jan 30.

Jan. 25 — Monday Art Nights

Jewelry making 7pm - 9pm at Kris Goold's Fragile Glass Studio Every other week For more info: 468-7100.

Feb. 8 — Manitoba Theatre Centre

Lake of the Woods Concert Series: The popular Manitoba Theatre Center brings its production of Tempting Providence, by Robert Chafe. Tempting Providence is a simple and simply elegant tale that recounts the true story of a woman who left her home in England for Newfoundland's remote Great Northern Peninsula, to serve a community in great need. It celebrates the life of a courageous woman who became known as the Florence Nightingale of the North, a true Newfoundland legend. 7:30 p.m., Lakewood School, Tickets \$25. Tickets available at The Blue Heron, Johnson's Pharmacy, Ho Jo's Coffee and Books, The Sunset Gallery.

Feb. 17 — TBSO with Rodney Brown

Lake of the Woods Concert Series: Thunder Bay Symphony Orchestra will return for another concert this year. The Juno nominated orchestra is always popular. This concert gives you an opportunity to experience the sound of a full symphony orchestra. 8 p.m. Knox Church Tickets \$25. Tickets available at The Blue Heron, Johnson's Pharmacy, HoJoe Coffee and Books, The Sunset Gallery.

Feb. 25 — St. Thomas Aquinas High School

St. Thomas Aquinas High School will host a spaghetti supper to help raise funds for the band trip to New Orleans. \$10 a plate. Phone 548-8328 for tickets.

First Tuesday of every month — LOWAC Visual Artists

On the first Tuesday of every month the Visual Artists Committee of LOWAC meet at Lakewood School. Contact Irene McCuaig at mccuaig@kmts.ca for more details.

Every Thursday — Art for Fun

Artists gather from 1 p.m. - 4 p.m. at the Rotary Room, Kenora Recreation Centre, to do art together. Bring your project, and enjoy art with a group. For more information contact Marielle Benson 468-5213.

Every Thursday night— Unplugged at HoJoe

Musicians jam in the cozy atmosphere of HoJoe Cafe every Thursday 6 p.m. - close.