ART UPDATE

INSPIRE MEANINGFUL CHANGE AND STRENGTHEN COMMUNITY THROUGH THE VISUAL ARTS

CURRENT PROGRAMMING, SCULPTURE MAP, AND ONLINE RESOURCES AVAILABLE AT KRASL.ORG

KAC will continue to update our online platforms based on regional government and health professional recommendations.
Public Art Sculpture Scavenger Hunt
Launching May 15

In partnership with KAC, Scooter Joe’s will offer a Public Art Scavenger Hunt in 2020. This 90-minute Surrey bike tour will send you on a quest to the Arboretum, Silver Beach, and KAC’s grounds on a pedal powered Surrey bike. 90 minute Surrey rentals start at $40.

Visit krasl.org or scootjoe.com to learn more and book today!
MESSAGE FROM THE DIRECTOR

Dear Members,

Never before have I been able to say with more confidence, creativity is critical! This spring we all tapped into our personal reserves of strength, our resiliency, and our ability to adapt. The changes we have experienced have required mindfulness, intentionality and the ability to be creative every day.

Krasl Art Center advocates for the benefits of public art, art-making and art appreciation. But you have blown us away with your creative, engaging, and fresh endeavors this past spring. You have developed your own public art practices and we’ve loved witnessing them. From the encouraging notes colorfully chalked onto local sidewalks, to the community-led scavenger hunts in the form of stuffed bears and other fuzzy animals peeking out of your front windows, to the online dance-offs and live concerts, demos and artmaking workshops. In the virtual world, you have shared images from your walks in the woods and enjoyment of local parks. You have posted photos, shared words of encouragement and strategies for keeping resilient and connected. You’ve used resources from your home to recreate scenes from famous historical works of art. Thank you for sharing with all of us these creative ways that help you make it through this time.

KAC too remains resilient, creative, and flexible. Our team has worked hard to ensure that we continue to connect, adapt and stay safe while still providing you with creative resources, programming and art on view indoors and out. In the pages of this revised Art Update you will find exhibitions, programs, outreach and events. You will also be directed to our website and online platforms for the most up to date details as we stay nimble and responsive to our community’s health and safety needs.

Krasl Art Center has evolved greatly since we opened our doors 40 years ago. With this anniversary upon us, we commit to continuing to adapt to your needs during and after our current challenges. Whatever may come we will be here to be a place of hope, a place to safely share ideas, and a place of inspiration for our community.

Your support is more vital than ever. We appreciate your renewed, gifted, or new membership. My family has decided to allocate a portion of our stimulus package to help ensure KAC is able to remain present in full force. I respectfully invite you to do the same should you be in a position to do so.” We look forward to being a part of the flourishing community in the future. Thank you in advance for your widespread support of all of our local organizations.

Be safe, be healthy, and stay creative!

*Please speak with your tax advisor regarding recent changes which have made cash gifts of up to $300 eligible as a charitable deduction.

KAC Executive Director Julia Gourley Donohue and her furry companions Roxie (left) and Loki (right).
IN THE GALLERIES

DEX R. JONES: STORIED PORTRAITS
EXTENDED THROUGH AUGUST 31
FREE & OPEN TO THE PUBLIC

INTERVIEW WITH THE ARTIST

KAC: WHAT CRITERIA DID YOU USE TO MAKE THE IMAGE SELECTIONS FOR STORIED PORTRAITS?
WHAT UNIFIES THIS PARTICULAR EXHIBITION OF PHOTOGRAPHS?

DEX R. JONES: I think what I always want to convey most when I create my work is the depths of the subjects that I feature in my work. These are people. And they are just as varied, layered, and colorful as the work itself. They in many ways make the image. As best as I can, I would like to make this show a testament to them. They bring their own individual stories in front of the camera that help to inform the direction I choose to take the images. For the 10 years that I’ve been telling stories through photographs, I’ve primarily captured the essence of people in their most bare form. These are the works that best execute that.

KAC: WHAT WAS YOUR PATH TO PHOTOGRAPHY?

DEX R. JONES: I became a photographer quite by accident. From high school, I went to college to study Advertising Design with no clear vision or knowledge of what I wanted to do with my life. I knew only that I wanted to do something in the arts and as far as I was concerned, at the time, I wanted to be a spoken word poet. As a requirement for my major, I had to take a couple photography courses. Even though I did quite poorly in those classes, I developed a love for the visual expression. It just so happened to come to me at a time when I was feeling like I didn’t have enough wisdom and experience to continue getting on stage and sharing my young radical ideas with the world through spoken word. I felt that rather than telling people what I think, I’m way more equipped to show them what I see. My spoken word background helps me to create images with a poetic eye and infer just enough that there is a deeper story behind them.

WHAT INSPIRES DEX R. JONES

Dex R. Jones, A Real One. Photography.

DEX R. JONES: Films are quite possibly my biggest inspiration and music is a close second. I am a big collector of vinyl records, and I very consciously like to create work that I feel would make great record covers.

SPECIFIC INSpirations:
- The life and music catalogue of Nina Simone
- Sidney Poitier films
- Sci-fi films like 2001: A Space Odyssey and Arrival
- Cultural and spiritual films like Embrace of the Serpent and i Origins

IN THE artlab

BARBARA COOPER THROUGH AUGUST 31, 2020

Chicago-based sculptor Barbara Cooper uses wood veneer, books and glue to create sculptures that elegantly respond to the resiliency and adaptability of nature.

Artist Barbara Cooper shares insights into her inspirations and artistic process during KAC’s Thoughtful Thursday gallery tour.

Look for an exhibition celebration in August! KAC will continue to update our online platforms based on regional government and health professional recommendations. Get the latest information by subscribing to KAC’s email list at krasl.org/contact.
UPCOMING / TOURS

ART & WELLNESS POP-UP
JUNE – SEPTEMBER 2020 - pending regional health recommendations
ST. JOSEPH & BENTON HARBOR PUBLIC LIBRARIES
FREE & OPEN TO THE PUBLIC

Krasl Art Center and Spectrum Health Lakeland’s (SHL) Population Health (PH) Department have developed an innovative partnership. Together, the organizations are developing a Pop-Up Art & Wellness Center based on the Trauma Resource Institute’s Community Resilience Model (CRM)® that will help address the behavioral health challenges faced by the community.

The Pop-Up will increase understanding of mental health, destigmatize mental illness, introduce the concept of resilience, and invite community members to participate in hands-on, arts-based activities that provide opportunities to practice and build resiliency skills. The Pop-Up will be piloted in the summer of 2020 at the St. Joseph and Benton Harbor public libraries.

LEARN MORE ABOUT RESILIENCY SKILLS ON PAGE 11.

TOURS AT KRASL ART CENTER
Docent-led tours of current exhibitions are available year-round for schools, special interest groups, and even friends and families!

GROUP TOURS
60-MINUTE GALLERY TOUR STARTING AT $35
REGISTRATION REQUIRED 3 WEEKS IN ADVANCE
Book an hour-long docent-led tour of KAC’s Galleries for your group or class.

UNDERSTANDING ART EXPERIENCES
90-MINUTE GALLERY TOUR & ART ACTIVITY
STARTING AT $30
REGISTRATION REQUIRED 3 WEEKS IN ADVANCE
Schedule an Understanding Art Experience that includes a 45-minute gallery tour and a 45-minute hands-on art lesson with a trained docent.

Contact the Education Department at 269.983.0271 or email education@krasl.org to learn more about group size requirements, and book your tour today!

THIRD THURSDAYS
3RD THURSDAY OF EACH MONTH
BEGINNING JUNE 2020
FREE & OPEN TO THE PUBLIC

Experience art from all angles and discover something new with Third Thursdays at KAC. Join us the third Thursday of each month for a different encounter with art - enjoy live performances, watch and discuss film clips, hear first-hand accounts from artists, or engage in a conversation about our creative community! Pending regional health recommendations, Third Thursdays may be presented in a virtual format for some or all events. Look for details and times in the “Events” tab at krasl.org.

ARTISTS AS INFLUENCERS: PATHWAYS IN GLASS
SEPTEMBER 4 – NOVEMBER 29
FREE & OPEN TO THE PUBLIC

Experience how contemporary glass artists express their ideas and feelings through the intriguing medium of glass in this special exhibition guest curated by local artist and Water Street Glassworks founder Jerry Catania.

2020 MEMBERS’ SHOW: INSPIRED BY...
DECEMBER 4, 2020 – JANUARY 2021
FREE & OPEN TO THE PUBLIC

Inspiration is the spark that shapes creative endeavors. Inspired by... will showcase the work of KAC’s member artists and the mentors, objects, and environments that have influenced them.

It’s not too early to begin making your artwork now!

CRITERIA:
• All media, styles and skill sets are accepted
• All members are eligible to participate
• Artworks must easily fit through the front doors of KAC and must be display ready (i.e. you add the wires and hooks required)
• One artwork per member artist

KAC will continue to update our online platforms based on regional government and health professional recommendations.
For 58 years, the Krasl Art Fair on the Bluff has brought high-caliber artists from across the continent to Lake Bluff Park in St. Joseph. This long-standing St. Joseph tradition started as a clothes-line fair, and now has grown into a two day, 50,000 attendee weekend filled with art buying, art making, and art experiences including:

- 200 juried artists from across the nation
- Unique food trucks from around the region
- Art and activities for families in our Kid’s Zone
- Beer & Wine Garden featuring local beer and wine
- Student-featured art & demonstrations in the Emerging Artists tent
- Juried selections from Krasl Art Center Faculty, Staff & Guild Member Artists
- **Fired Up!** - Teen glass artists from Waterstreet Glassworks
- Saturday Smooth Jazz at Sunset concert - Presented by 98.3 The Coast
- Richard Hunt’s monumental sculpture Rising Crossing Tides, view the Dex R. Jones: Storied Portraits exhibition, and see what’s new at The Shop at KAC!

Since its origin, the art fair has connected artists from across the nation to our beautiful community to support their work. That continues to be the mission of the 2020 Krasl Art Fair on the Bluff. Our staff will continue to be nimble in our response and planning of the fair to safely bring spectacular artists to our community, one way or another! Find out the latest information through KAC’s and Krasl Art Fair on the Bluff’s Facebook pages and at krasl.org/art-fair.
KAC is always looking for dedicated people and groups to be members of our volunteer crew. Contact KAC Volunteer Coordinator Teri Gersonde at volunteer@krasl.org or apply to volunteer at krasl.org/support-join/volunteer/ to get started!

VOLUNTEER APPRECIATION WEEK OCCURRED APRIL 19 – 25. While we were not able to celebrate you in person this year, our gratitude for all you contribute to Krasl Art Center extends well past April!

How do we, like Olga Krasl envisioned, “make life more worthwhile”? The answer is obvious: With YOU! And the amazing commitment of all Krasl Art Center volunteers who share in our commitment to the arts and community. You give your time, talents and energy with a smile and positive attitude to each of these activities:

EXHIBITION OPENINGS
SOUP’S ON!
AVANT-GARDE(N) PARTY
FAMILY DAYS
ADMINISTRATIVE SUPPORT
FRONT DESK
MAILINGS & DISTRIBUTION
ART FAIR
DOCENT
AND MORE . . .

Now more than ever, we find the desire to support one another. KAC wants to stay connected and inspired by you, our volunteers, during this time. Share your favorite memories, images, and messages to volunteer@krasl.org so we can celebrate all you do on KAC’s Facebook page!

On behalf of KAC’s staff, students and Patrons - we really can’t say it enough - THANK YOU!

“ALL OF US, AT SOME TIME OR OTHER, NEED HELP. WHETHER WE’RE GIVING OR RECEIVING HELP, EACH ONE OF US HAS SOMETHING VALUABLE TO BRING TO THIS WORLD. THAT’S ONE OF THE THINGS THAT CONNECT US AS NEIGHBORS – IN OUR OWN WAY, EACH ONE OF US IS A GIVER AND A RECEIVER.”

— MR. FRED ROGERS
KEITH STEVENS

I started at the art center when it was just an old, white house behind St. Joseph Library a year before the current building opened its doors. The facilities were small and limited, but it served a great purpose: to bring local artists together. Using their mediums, the artists started teaching community members different art forms and gathering different artists to share ideas and concepts.

When the building first opened, it was not as large as it is now - offering only expanded classes for children on Saturdays and a few “parent-and-me classes.” Along with different classes, the summer art camps looked different, too. Teachers and KAC staff would pick a camp theme and break the camps into two age ranges - 5 – 7 and 8 – 12 years. The camps were designed around that theme and had a teen counselor immersed in the program, from learning to lunch. Campers and the counselors had a blast doing this for 20 years until KAC decided to expand the programs and campus.

I think when KAC added more camps and youth classes, the community learned about different forms of art and how to have a deeper appreciation for artists. Those who have stayed in our community are still strong supporters of KAC - that’s what students who I taught tell me when they come back with children of their own.

I have watched the goal of KAC shift from highlighting community artists to bringing contemporary and well-known artists to the galleries. This change exposes the community to a wider variety of artwork. With this shift, our members started to change too, and we now see more visitors in the summer, more demand for youth classes, and expand adult classes in response to the new influx of members. Different mediums are showing up, and adult students are branching out to different classes.

When KAC grows—both physically and membership-wise—we are exposing the community to a wide variety of art, all while still supporting our local artists through classes and the shop. It’s been so rewarding watching the classes and community-based programs unfold over my time at KAC.

ANDY SAWYER

Twenty six years ago, in January of 1994, I was just beginning my career as a stay-at-home Dad for our infant daughter Rose. We lived an isolated life on a small farm in the country where getting out in the winter meant a half mile cross country ski trip down our snow drifted driveway. As a result, baby Rose and I didn’t get out much. One evening my wife overheard me having a conversation with myself, and with visions of “The Shining” running through her head she decided that I needed to get out of the house.

Her solution was to sign me up for a watercolor class with Kerry Binnington at the Krasl Art Center. Taking an art class with an infant is less than ideal and I probably spent more time taking care of Rose than I did painting, but in the end having that class to look forward to every week preserved my sanity.

This was not the last time that art played a role in my mental health and I have since distilled my personal art statement to this: “Art is not what I do for a living, art is what I do to live.”
MAY 9: STORIED COLLAGE PORTRAITS
Focus on your life story and personal style as you create a “storied portrait” with collage materials such as magazines, newspapers, and other found paper products.

JUNE 13: FOUND OBJECT WALL HANGING
Get outside and collect fallen sticks, branches and other items from your yard. Paint, decorate and learn how to turn them into wall art for your home.

JULY 11: ART FAIR INSPIRATION
Create art inspired by the 2020 Krasl Art Fair on the Bluff poster artist! Using a similar style, technique, and subject matter, participants will add their own twist to one of the most eye-catching images at the Art Fair.

AUGUST 8: UPCYCLED CITIES
Gather supplies from your recycling bins and imagine new possibilities for your old plastic milk jugs, tissue boxes and more by turning them into groovy cityscapes.

FAMILY DAYS**
AT KRASL ART CENTER
SECOND SATURDAYS, 11AM – 12:30PM
FREE & OPEN TO THE PUBLIC
Children and adults learn together in these free and fun art activities.

FAMILY NIGHTS
AT THE BENTON HARBOR PUBLIC LIBRARY
SECOND WEDNESDAYS, TIMES VARY
FREE & OPEN TO THE PUBLIC
KAC is excited to continue partnering with the Benton Harbor Public Library to present free and fun art activities for families.

MAY 9, 5 – 6:30 PM: MINI LANDSCAPES
Channel your inner Bob Ross and be inspired by your favorite environment as you paint miniature landscapes on canvas.

MAY 13, 6 – 7:30 PM: MODELING MAGIC BIRDS
Take inspiration from the summertime and create a bird from your imagination out of air dry clay! See Miss Dani’s air dry clay recipe on Page 12.

JUNE 8, 6 – 7:30 PM: UPCYCLED CITIES
Gather supplies from your recycling bins and imagine new possibilities for your old plastic milk jugs, tissue boxes and more by turning them into groovy cityscapes.

*Depending on regional government and health care professional recommendations, PechaKucha Night may move to a virtual format. Follow PechaKucha St. Joseph/Benton Harbor on Facebook for the most up-to-date information.

**Depending on regional government and health professional recommendations, Family Days and Family Nights may move to a virtual format for some or all events. Visit krasl.org for the most up-to-date information. KAC will continue to update our online platforms based on regional government and health professional recommendations.
EDUCATION OPPORTUNITIES

Krasl Art Center offers youth and adult education programs in a variety of media, including drawing, painting, photography, stop-motion animation, ceramics, and sculpture. Due to public health concerns, the schedule and format of summer education programs are subject to change.

Visit krasl.org for the latest education programming information. KAC will continue to update our online platforms based on regional government and health professional recommendations.

YOUTH ART CAMPS

Monday – Friday art camps are available for ages 5 – 12. Campers explore a variety of media and themes as they create individual and collaborative art projects, including murals, insect houses, and stop-motion animations.

YOUTH ART CLASSES

Eight-week youth art classes are available for ages 5 – 12. Discover your favorite medium by taking a 2D or 3D sampler class, or focus on clay and build forms with pinch, coil, slab, and wheel throwing techniques.

TEEN/ADULT ART CLASSES

Four and eight-week teen/adult classes are available for beginner, intermediate, and advanced students in drawing, painting (watercolor, acrylic and oil), photography, and ceramics. For advanced clay artists, the Clay Artist Guild provides independent access to the KAC ceramics studio during regular KAC open hours. Not sure where to start? Try an Art Exploration class, where you learn about a new medium with a different instructor every two weeks.

VISITING ARTIST WORKSHOPS & FIELD TRIPS

Learn a specialized technique from a visiting artist or create art at an offsite location in just 1 or 2-days! Visiting artist workshops are great for those creative teens and adults with busy schedules.

KRAKL ART CENTER GUEST POLICIES

Photo Policy: By entering KAC’s property, you consent to being photographed and filmed and authorize KAC and its licensees to distribute your likeness worldwide in any medium known now or in the future for purposes in keeping with the center’s mission. In conclusion, please let our photographer or staff know if you do not want to be photographed.

Class Cancellations and KAC Closure due to weather will be posted on KAC’s Facebook page and 98.3 The Coast. We are not able to contact each student individually in the event of building closure. Class cancellations due to weather or faculty illness will be rescheduled. Under-enrolled classes will be canceled three business days prior to the first day of class.

Text Alerts: KAC reserves the right to use your cell phone number for emergency alerts and general notifications. Should you wish to unsubscribe please reply “STOP.”

KRAKL ART CENTER STUDIO POLICIES

Registrations are valid with full payment. Register online, by phone, or walk-in. Cash (not by mail), check, VISA, MasterCard, Discover, and American Express are accepted.

Refunds are not given after the second class. A 50% charge will be withheld for cancellations made within four business days prior to the start date of class.

Student artwork not picked up within two weeks of the end of the session will be discarded.
RESOURCES FOR OUR CREATIVE, RESILIENT COMMUNITY!

In fall of 2019, Krasl Art Center and Spectrum Health Lakeland’s Population Health Department co-curated Resiliency, an exhibition that explored the relationship between art and wellness. As part of the exhibition, we learned six simple skills from the Trauma Resource Institute’s Community Resiliency Model (CRM)® that help identify common human reactions to stressful or traumatic situations and maintain balance in body, mind, and spirit.

When it isn’t possible to create at Krasl Art Center, we encourage everyone to practice resilience by being creative at home! In addition to the resiliency skills, these pages are full of ideas and inspiration from KAC teaching artists for making art at home with common household materials. Let your creativity explode, take time to find balance, and share your creations with KAC’s social media using the hashtags:

#ExploreKrasl #BeCreative #DailyArt #MuseumFromHome

People have the capacity to build resilience by identifying their personal and collective strengths and expanding upon them. To do this, it is helpful to recognize a person’s resilient zone, or state of well being - listed on the right side of the page. In the resilient zone, people are able to handle the stresses of life. Understanding resilient zones can help to shift perspectives and gain patience with ourselves and empathy for others. The more often we practice resiliency skills, the wider our resilient zone becomes.

BEFORE YOU START

These skills are everyday resources that can promote well being. They are not psychotherapy or substitutes for psychotherapy. For some people, sensing pleasant or neutral sensations can trigger unpleasant, even painful sensations. If you find yourself sensing uncomfortable sensations while practicing any of these skills, you can try to bring your attention to positive or neutral sensations. If this is too difficult, you can stop or try another skill. Learn more about the Trauma Resources Institute’s Community Resiliency Model® by downloading the iChill app or visiting www.ichillapp.com.

RESILIENCE RESOURCES

1. TRACKING

The reaction of the body’s nervous system to traumatic events is a biological process. In times of stress, you might notice physical sensations: maybe your heart rate increases or your breathing gets faster. Tracking is the ability to read your nervous system so that you can identify between unbalanced sensations and sensations of well being. When you are able to track your nervous system, you can notice all sensations and choose to focus on the positive ones.

2. RESOURCING

Resourcing focuses on pleasant or neutral activities, environments, or memories to intentionally experience positive sensations. You might already use resources in your daily life, such as spiritual groups, family, pets, or hobbies. What is something that keeps you balanced? Pay attention to the pleasant sensations you feel when you think about your resource. By focusing on these sensations, you can help to stabilize your nervous system and stay balanced in times of stress.

3. GROUNDING

Grounding is making contact with the body on a supportive surface in the present moment. Like resourcing, grounding helps to shift focus away from unpleasant sensations to sensations of well being. Standing against a wall, placing the palm of your hand against a table or wall, or lying down can all be grounding. As you make contact, pay attention to the way the surface supports each part of the body and note the sensations you feel.

4. GESTURING

Have you ever been so excited that you jumped up and down or rubbed your hands together? Gesturing is any body movement that expresses an emotion or idea. Gestures can help us to calm down, to release energy, to focus, and to communicate with others. Think about a gesture you might make when you are happy, confident, or calm. What sensations do you feel?

5. RESET NOW!

At times when stress or trauma is frequently pushing a person out of the resiliency zone, it can be challenging to practice resiliency skills. If you are stuck outside of your zone and need to come back into balance quickly, try these quick strategies to help reset right now:

• Drink a glass of water.
• Name six colors you see in the room.
• Count backwards from 100.
• Identify three sounds you hear right now.
• Walk, and pay attention to how your feet touch the ground.

TESTIMONIAL

ANGELA SCHLAACK, Lory’s Place - Family Services Coordinator

“The Resiliency exhibit proved to be very thought provoking and beneficial in many ways. It far exceeded the expectations of our group participants and staff alike. It gave insight into the importance of resiliency skills needed while living with grief. The exhibit evoked emotional connection with physical needs. It was a fantastic resource that some of our participants revisited and which we have continued to reference since attending the guided tours led by KAC’s team.”
ART ANGELS AT PINE RIDGE REHABILITATION AND NURSING CENTER

Art Angels is a long-standing partnership program between KAC and Spectrum Health Lakeland that provides hands-on art experiences to patients at the Marie Yeager Cancer Center and the Pediatrics Unit at Lakeland Medical Center. In 2019, Art Angels expanded to include weekly group art lessons and every-other-week coloring sessions at Pine Ridge Rehabilitation and Nursing Center in Stevensville.

Art Angels facilitator Teri Bult creates original coloring pages that encourage participants to reflect on their experiences and the symbolic meaning of color. Sometimes after discussion with residents, Bult creates memory specific coloring pages for them as a form of resourcing, like the image below. We hope you will take a few minutes to relax and fill in this coloring page with your favorite colors. Download and print more of Bult’s designs at krasl.org and share them on our Facebook page using the hashtags: #ExploreKrasl #BeCreative #DailyArt #MuseumFromHome.

INSTRUCTIONS

1. Cook ingredients in a saucepan on gentle heat, stirring constantly until mixture forms a single mass. Alternatively, you can cook ingredients in a glass bowl in the microwave for up to four 15-20 second intervals, stirring well between each short round.

2. Allow to cool just enough that you can comfortably hold the mass. Apply a liberal amount of lotion to your hands and knead the clay until it becomes uniformly smooth.

3. Place the clay in an airtight container and allow it to set for 24 hours.

4. Now you are ready to sculpt! Your pieces will dry overnight, and completely cure in 48-72 hours, depending on thickness. Items can be painted with craft paint and sealed.

5. Share your creations with us through our Facebook page! We’d love to see what you create.

SUPPLIES

- 1 cup PVA (Aleene’s Tacky Glue, Elmer’s School Glue)
- 1 cup cornstarch
- 1 TBS white distilled vinegar
- 1 TSP glycerin (substitutes are vegetable or coconut oil)
- 1 TSP baby oil (can be omitted if not on hand)
- Heavy bodied lotion (cold cream) not included in cooked ingredients

ART + RESILIENCE: GROUNDING WITH CLAY

Grounding helps to shift focus away from feelings of stress to sensations of well being by concentrating on the way the body makes contact with a surface in the present moment. While making and working with your clay, pay attention to the way the textures feel in your hand. As you hold and shape the clay, notice how heavy and solid it is while also being flexible. Consider the sensations you experience - the temperature of the clay, your feet against the ground, and the way you are breathing.

ART ANGELS AT PINE RIDGE REHABILITATION AND NURSING CENTER

This recipe using common household materials is a favorite of KAC youth instructor Dani Davis. Visit KAC’s online public art map for sculpture inspiration and share your creations on our Facebook page.

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ART ANGELS AT PINE RIDGE REHABILITATION AND NURSING CENTER

Art Angels is a long-standing partnership program between KAC and Spectrum Health Lakeland that provides hands-on art experiences to patients at the Marie Yeager Cancer Center and the Pediatrics Unit at Lakeland Medical Center. In 2019, Art Angels expanded to include weekly group art lessons and every-other-week coloring sessions at Pine Ridge Rehabilitation and Nursing Center in Stevensville.

Art Angels facilitator Teri Bult creates original coloring pages that encourage participants to reflect on their experiences and the symbolic meaning of color. Sometimes after discussion with residents, Bult creates memory specific coloring pages for them as a form of resourcing, like the image below. We hope you will take a few minutes to relax and fill in this coloring page with your favorite colors. Download and print more of Bult’s designs at krasl.org and share them on our Facebook page using the hashtags: #ExploreKrasl #BeCreative #DailyArt #MuseumFromHome.

ART + RESILIENCE: GROUNDING WITH CLAY

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ART + RESILIENCE: COLORING AS A RESOURCE

The repetitious activity of coloring can be an excellent resource for finding and maintaining balance. Resourcing focuses on pleasant or neutral activities, environments, or memories to intentionally experience positive sensations. Pay attention to the pleasant sensations you feel when you color. Even when you’re not able to color, you can recall the process of coloring and the way it makes you feel. How do you feel when you consider all the colors to choose from, when you carefully fill a section, or when you feel the crayon or marker against the page?

PRO TIP: DOWNLOAD AND PRINT MORE OF BULT’S DESIGNS AT KRASL.ORG.
ART + RESILIENCE: GESTURE PAINTING!

In the 1940s, artists began practicing a method called gesture painting or action painting. They would splash the paint, use big movements with their brushes, and even pour paint directly onto the canvas in order to express their emotions! If you have a space to get a little messy, practice gesturing by thinking of a gesture you would make when you’re happy, confident, or calm. Then, use the gesture to splatter your tea or coffee. Does your Splatter Creature look happy, confident, or calm, too?

SPLATTER CREATURES

1. Splatter some tea or coffee onto a piece of paper.

2. Use a straw to blow air on the liquid to create arms, legs and tentacles.

3. Let dry.

4. Embellish with markers and crayons.

5. Step back to admire your creation!

Kid-tested and approved by Intermediate Drawing and Painting Instructor David Baker's 6-year-old granddaughter.
Sustainer level and above members receive a membership card including the NARM (North American Reciprocal Museum) designation seal. This card provides access to more than 700:

- Arts, cultural, and historical institutions
- Botanical gardens
- Children’s museums
- Science and technology centers

For additional information on reciprocal membership benefits, please visit http://narmassociation.org
THE SHOP AT KRASL ART CENTER

LOOK FOR SUMMER SIDEWALK SALES

Join KAC this summer to shop local and regional artists outdoors. Enjoy new merchandise, sales on select items, and cool refreshments on KAC’s grounds. Visit “The Shop” tab at krasl.org for announcements and updates on Summer Sidewalk Sales.

NEW FEATURED ARTIST

SARAH HICKS
ANTHOLOGY OBJECTS

Sarah Hicks creates sculptural and functional objects of art and design. She brings you hand-crafted ceramic pieces that are inspired by forms, shapes and patterns occurring in the natural world. Simple yet refined, playful and imaginative, her objects aim to enhance your lifestyle with joy and delight.