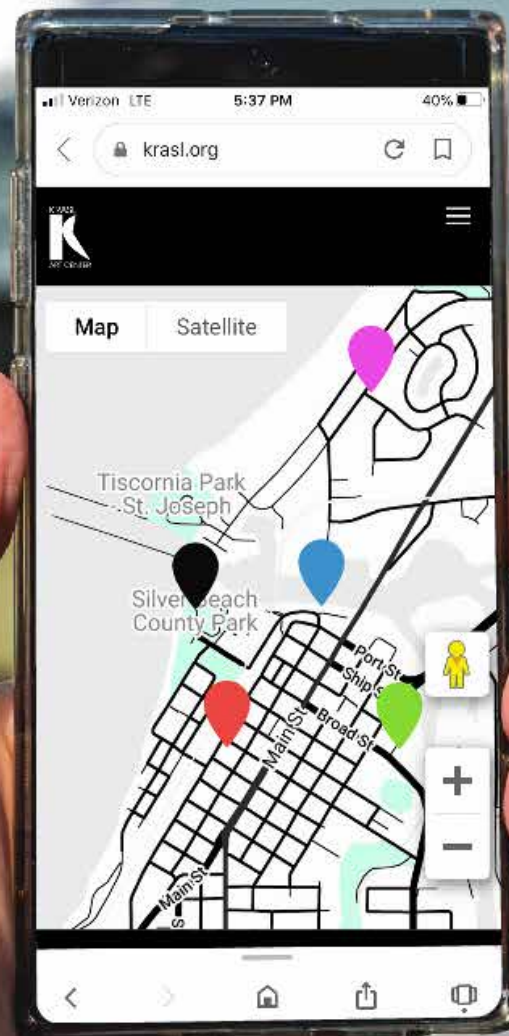


ART UPDATE

INSPIRE MEANINGFUL CHANGE AND STRENGTHEN COMMUNITY THROUGH THE VISUAL ARTS



SUMMER 2020

MAY | JUNE | JULY | AUGUST

CURRENT PROGRAMMING, SCULPTURE MAP, AND ONLINE RESOURCES AVAILABLE AT [KRASL.ORG](https://krasl.org)
KAC will continue to update our online platforms based on regional government and health professional recommendations.

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KRASL ART CENTER STAFF

Julia Gourley Donohue
Executive Director

Tami Miller
Deputy Director & Curator

Nathan Margoni
Manager of Education

Dee Hodgson
Development & Art Fair Manager

Matthew Bizoe
Marketing & Events Manager

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Laura Winkle
Interpretation & Engagement Coordinator

Keith McCoy
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Kat Kingsley
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Laura Carpenter
Administrative Assistant

Teri Gersonde
Volunteer Coordinator

Stephen Gunter
Guest Services Associate

Jezzie O'Neal
Guest Services Associate

David Sherrill
Guest Services Associate

Jennifer Zona
Ceramics Studio Manager

Keith Stevens
Ceramics Studio Assistant



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!

Southwest Michigan's weekly podcast
exploring the visual and performing arts


breaking character
breakingcharacterpodcast.com

Hosted by



Jeremy D. Bonfiglio



Paul Mow

Underwritten by Krasl Art Center, ARS Gallery,
Twin City Players & The Mason Jar Café

MESSAGE FROM THE DIRECTOR



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

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.

KRASL ART CENTER BOARD OF DIRECTORS; OCTOBER 1, 2019 – SEPTEMBER 30, 2020

President

Susan Miller

Brian Edlefson

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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.



Artist
Dex R. Jones.

WHAT INSPIRES DEX R. JONES

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.



Artist and Dance/Movement Therapist Christina E. Fontenelle performing during the 2019 *Resiliency* exhibition at KAC. Photo by: Jordon Makela.

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.

KAC will continue to update our online platforms based on regional government and health professional recommendations.



Students from River School in Sodus, MI, look closely at Martina Nehrling's *Through a Purple Patch* during the 2019 *Resiliency* exhibition.

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.



Jerry Catania, *Bloom* (installation), 2015. Glass and metal.

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.



Visitors celebrate the work of KAC Members during the 2019 *Members' Show: Resiliency*. Photo by: Jordon Makela.

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

59TH ANNUAL KRASl art fair ON THE BLUFF



Lake Bluff Park has come alive with artists from across the nation for 58 years.



Discover your new favorite artist among the 200 juried artists at the Krasl Art Fair on the Bluff!

SATURDAY, JULY 11 & SUNDAY, JULY 12

FREE & OPEN TO THE PUBLIC

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](https://www.krasl.org/art-fair).



Make a difference together! Email volunteer@krasl.org to see what opportunities are available for your organization!



Volunteers meet new people and have fun while supporting the arts.



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

VOLUNTEER

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!

KEITH STEVENS



Stevens has been part of KAC's team since 1978.

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



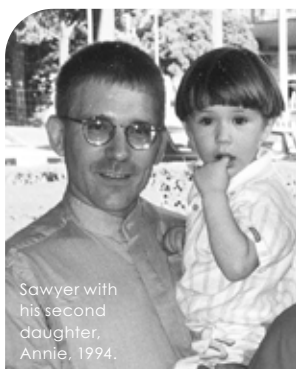
Stevens continues to support youth camps and classes at KAC.

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



Sawyer with his second daughter, Annie, 1994.

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



Sawyer built a custom giant bubble wand for the 2019 Avant-Garde(n) Party.

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."



Scott R. Gane Photography

PECHAKUCHA NIGHT

THURSDAY, JUNE 25, 7-9 PM
(doors open at 6 PM)*

THE HERITAGE MUSEUM & CULTURAL CENTER
601 MAIN ST, ST JOSEPH

\$3 SUGGESTED DONATION

Krasl Art Center is excited to continue partnering with Wightman to bring PechaKucha to the St. Joseph and Benton Harbor communities. After 19 events and over 200 presenters in the past 5 years, PechaKucha continues to surprise and inspire by showcasing the talent, creativity and passion in our local community. Japanese for "chit chat," PechaKucha is a concise presentation format of 20 slides for 20 seconds each (total 6 min 40 sec), where community members share their experiences and creative projects. You never know quite what to expect, but be prepared to laugh, cry and have fun.

ART PLAY WORKSHOPS

FREE FOR FAMILIES IMPACTED BY CANCER

REGISTRATION REQUIRED- REGISTER AT
WWW.BCCANCERSERVICE.ORG



Art Play Workshops, KAC

Art Play Workshops are offered by the Berrien County Cancer Center for children and families whose lives have been impacted by cancer of a family member or close friend as well as stable pediatric oncology patients. These workshops are at no cost to families who live in Berrien County.

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.



May 9 – Storied Collage Portraits, KAC

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.



August 8 – Upcycled Cities

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 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 13 – Mini Landscapes, BHPL

MAY 13, 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 – Modeling Magic Birds

JUNE 10, 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.

JULY 8, 6 – 7:30 PM: COLLAGE SELF-PORTRAITS

Create a portrait of yourself or of a friend from a wide variety of mixed media materials.

AUGUST 12, 6 – 7:30 PM: COMIC BOOK CHARACTERS

Learn about comic books! Create your own characters and learn how to draw them in this hands-on drawing activity.

*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.



Art History Field Trip in 2019

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.

KRASL 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."

KRASL 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.



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."

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.

6. SHIFT & STAY

Shift and Stay means taking your attention away from unpleasant sensations to focus on positive or neutral sensations. It uses tracking to choose the skill that is most helpful in the current moment. Which skill do you find most helpful? When might it not work, and which skill could you use instead?

SIMPLE BUT AMAZING AIR-DRY CLAY RECIPE-COLD PORCELAIN

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.

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

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.



One of Miss Dani's air dry clay creations



Miss Dani's Air Dry Clay, Cold Porcelain recipe in an air-tight container

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.

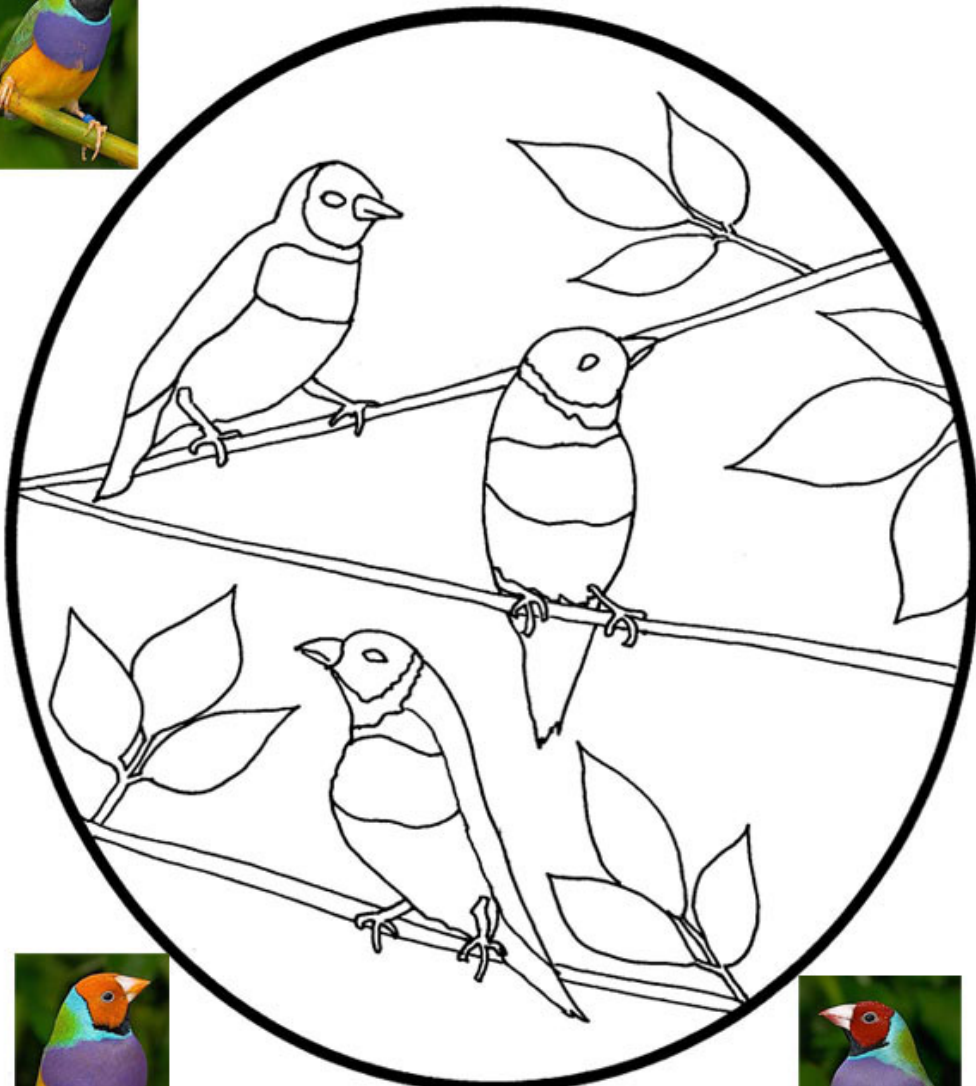
ART ANGELS AT PINE RIDGE REHABILITATION AND NURSING CENTER

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.



Coloring page created by Teri Bult after conversation with a Pine Ridge resident about their "resource" and memories of fishing.



**GOLDIAN
FINCH
AUSTRALIA**



Coloring page by Teri Bult

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.

SPLATTER CREATURES

Kid-tested
and approved by
Intermediate
Drawing and Paint-
ing Instructor David
Baker's 6-year-old
granddaughter.

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!



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?

KRASL ART CENTER EXTENDS A WARM WELCOME TO OUR NEW AND RETURNING MEMBERS (OCTOBER THROUGH DECEMBER 2019)

GUARANTOR

MELANIE & JAY GRINNEY

BENEFACTOR

TERRY & LIZ ALLEN

SUSTAINER

ANN MILLER & KEN ANKLI

KURT & MICHELLE ARMSTRONG

BRENDAN BANYON

CHERYL & PAUL BARRY

DR. CHARLES &
SUSAN BORDEN

JUAN & JODY GANUM

BILL & KATHY HANLEY

KRISTIN HOSBEIN

MIKE KINNEY &
SUSAN JOHNSTON

CHRIS GREGORY &
JAMES LEMOINE

RANDALL & SUSAN MILLER

KATE MOOD &
KAREN MOLDOVAN

MICHAEL & SUE RAPP

CHARLES & SUSAN SCHWARTZ

PAMELA & LOU SERTICH

CONRAD & CAROLYN SMITH

KATE & JOSEPH ULREY

TIM WALLS

PAT WALTON

KAREN YTTTERBERG

HOUSEHOLD

PATRICK & STACEY ASSELL

DAVID & JACKIE BAKER

NANCY BRAUN

JULIE BROCKMAN

SHAYLEEN BURGOWNE

MARK & NANCY CROWL

MICHAEL HILL &
MARY JO DEEGAN

STEPHANIE DEEGAN

BRIAN & MARY DRIMALLA

TONY & PAM DUFFY

JIM & MALINDA EATON

FRANK & PATRICIA EICHENLAUB

SCOTT ELLIOTT

SHEILA & TERENCE GALLAGHER

THOM & JANET GOURLEY

PAOLA GRACIDA

JEFF & THERESA HEATON

JASMIN HISLOP

JOE & JOYCE HOWELL

SALLY & THOMAS HUGHES

DOUG & DOREEN JOHAN

BOB & JOAN JUDD

CHARLES & CATHY KRUGGEL

ANNEMARIE &
JOHN KUBICEK

BOB & MARY KYNAST

MICHAEL LEDFORD

SUSAN MCGALLIARD

NANCY NALEPA

KRISTEN ROBINSON &
CHRIS PAINE

TAMARA PAULUN

PAULA POLAK

SUZANNE KNECHT &
LARRY PRANGE

MICHAEL & LYNN PREGONT

MICK & BARB PRIES

RICHARD & SUE RUSSELL

NANCY SCHROEDER

ASHLEY & TOM SCHULTE

ELIZABETH & DENNIS SEXTON

WILL & MELISSA STOKES

WILLIAM STEINKE & DR. LESLIE SUNELL

GENE SVEBAKKEN

KRISTEN & SCOTT WIELENGA

TOM ZAROFF

INDIVIDUAL

TED ANDERSON

JULIE BENDER

JUDITH BENSON

WILLIAM BITTNER

PAT BREITKREUZ

DEBORAH CARTER

JERRY CATANIA

MARGE COLLINS

DANA DAVIS

JILL DIFRANCO

ROSEMARY DIGREGORIA

MARCO DIPASQUALE

DOREENA DUNNING

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CATHERINE EMHOFF

MARIE-CHRISTINE
ESCODA-RISTO

JOSEPH EUFEMI

MARILYN FETTERS

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CARRIE OGOONOWSKI

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MAMIE YARBROUGH

KAREN ZABADAL

MEMORIAL GIFTS

(OCTOBER THROUGH DECEMBER 2019)

In memory of
Dorothy Witkoske:
JIM & JUDY SHANK

SUPPORT PROVIDED IN PART BY



ACCREDITED MEMBER:



MEMBERSHIP

DOING MY PART TO MAKE LIFE MORE WORTHWHILE

Your KAC membership benefits
you and our community in so
many ways...

- Preservation of cultural vibrancy
- Life-long arts learning opportunities
- Being part of a community of artists and art lovers
- Being first to know for upcoming exhibits & programming
- Supporting Family Days at KAC and Family Nights at the Benton Harbor Public Library
- Student & school scholarship support
- Outreach support for community programming
- Ensuring quality, diverse, engaging exhibits
- Subscription to KAC's triennial publication, *Art Update*
- Keeping KAC FREE & OPEN TO THE PUBLIC

MEMBERSHIP RATES & LEVELS

INDIVIDUAL

Student.....	\$35
Individual/Senior.....	\$45
Household.....	\$65
Sustainer.....	\$150
Benefactor.....	\$250

INDIVIDUAL & BUSINESS

Patron.....	\$500
Guarantor.....	\$1000

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

...and more

For additional information on reciprocal membership benefits, please visit <http://narmassociation.org>

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CLOSED TUESDAYS

VOLUME 42, ISSUE 2



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.

The Shop at KAC is reopening with a fresh look! Visit to find new products that celebrate local artists and KAC's exhibitions.

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.

