



MAC-TALK

VOLUME 12 ISSUE 1



MARCH 2019



HIGHLIGHTS
UPCOMING EVENTS
SEMI-CIRCLE

3RD ANNUAL
ART SHOW



BIRDS



MY ARTISTS CORNER PRESENTS

"BIRDS" ANNUAL ART SHOW



ARTISTS WHO LIVE WITH MENTAL HEALTH
ISSUES EXPLORING THEIR ARTISTIC
POTENTIAL ON THEIR JOURNEY TO
WELLNESS

May 5

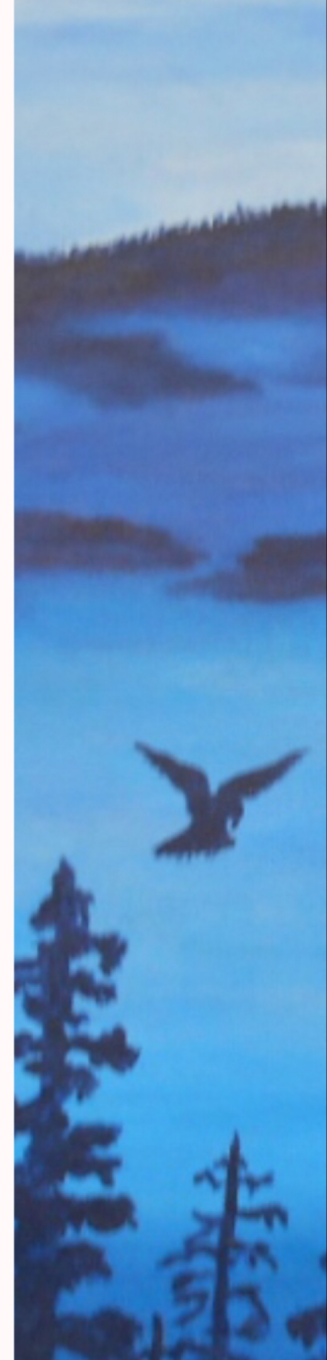
10-5pm

**100 Braid St Studios
New Westminter**



Free admission and with parking behind the Studios, *Birds* is wheelchair accessible and easy to access from Braid Street Skytrain Station. Beautiful and interesting fine art, silent auction, hourly raffle draw, art cards; come and see what our artists have created this year!

My Artist's Corner (MAC) is an art program for adults living with mental health issues. Our artists, residents of New Westminister or Burnaby, find that the program reduces isolation and bolsters wellness. It is known that one in five people will experience a mental illness at some point in their lives, and support from organizations such as My Artist's Corner can make a life or death difference. Established in 2007 and incorporated in 2016, we assist 40 artists annually and connect with 400 community members each year through our art shows.



MAC in APRIL

April 2nd - MAC Meeting

April 5th - Open Studio

April 9th - Lunch Break on "Dealing with
Boundaries" with **Courtney K**

April 12th - Vancouver Art Gallery



MAC Meeting

For our April MAC meeting, we will be reviewing the results of the Satisfaction Survey completed in February and deciding the theme for our 2019 Art Cards & the Shadbolt Show. We will also look at some guidelines for the MAC Meetings, "Terms of Reference". MAC members will vote on what types of art to sell at MAC shows; there will be a decision (by secret ballot) on whether to sell photo art cards, photos, or digital art. If you aren't able to attend the meeting, you can send your vote by email to myartistscorner.1@gmail.com prior to April 9th. Semi-Circle recommends that we don't sell photos or photo art cards at our shows but that we do include digital art.



Monet to Matisse

Come to the Vancouver Art Gallery on April 12th for a tour of this intriguing exhibit accompanied by our artist, Sandra Bowen! You can join the group at Edmonds Skytrain Station at noon or at the Gallery at 1pm.



My Artist's Corner Program Impact Survey

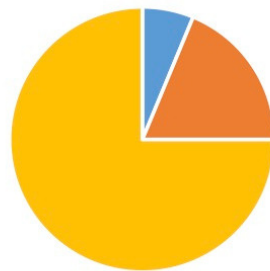
Thank you for participating in the My Artist's Corner program, MAC. We would like to know your opinion of the program and the service you receive. The information on this form is kept in strict confidence. This information will only be used to improve the MAC Program.

17 Responses received.

1. How long have you been in MAC?

☐ 0-6 months (1) 6% ☐ 6 Months-1 year (3) 18% ☐ 1 – 2 years ☐ 3 years or more (12) 71%

Membership, Years



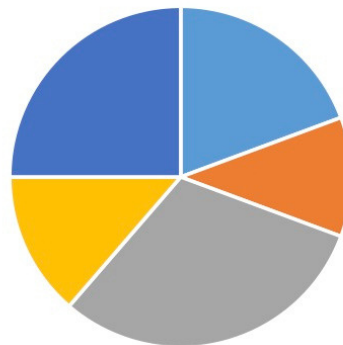
■ 0 - 0.5 years ■ 0.5 - 1 year ■ 1-2 years ■ 3 or more

Challenges are reported in "feeling more connected to my community" (59% agree) and "expand my organizational or leadership skills" (47% agree). These issues will be brought to the April MAC Membership meeting on April 2nd for discussion.

2. My overall participation in the program has helped me increase my (Check all that apply)

☐ Confidence (7) 41% ☐ Hope (4) 24% ☐ Wellness (11) 65% ☐ Calmness (5) 29% ☐ Sense of Purpose (9) 53%

Wellness Aspects



■ Confidence ■ Hope ■ Wellness ■ Calmness ■ Sense of purpose

All participants say that MAC has reduced isolation. Respondents also say that participation at MAC helps with Calmness 29%, Confidence 41%, Wellness 65%, Sense of Purpose 53%, and Hope 24%! MAC members agree that the quality of instruction is high (88%), and that there are good opportunities to show, and perhaps sell, their art (88%).

Show at Place des Arts Draws to a Close

Our twenty pieces featuring "Fashion & Hats" were displayed for one month at the Coquitlam Arts Centre, Place des Arts. The work of 11 MAC artists was included, and C Reimer sold the piece, "Jazz"!

Check out the March edition of Snapd to see some photos from the opening reception at <https://tricitiebsc.snapd.com/events/view/1217157>



MAC HIGHLIGHTS

From March 2019

Featuring:
Sandra Bowen
Wendy Mould
Cathy R
Wassily Kandinsky

We had three sessions of mixed media with specialist, **Sandra Bowen**, which resulted in wonderful BIRD creations. **Wendy Mould** visited on March 22nd to present a workshop called, "Bring your passion to draw to life!" at which one new MAC artist said, "I've never drawn like that before!" Mac Member **Cathy R** led a session on Mono-printing that had lots of people creating wonderful textures. Artist Day featured **Wassily Kandinsky**, the Russian-born artist who is credited with starting abstract art.



TERMS OF REFERENCE

Semi-Circle

*The full Terms of Reference are available from
Teresa at myartistscorner.1@gmail.com*

The purpose of the Semi-Circle is to

- 1) Develop recommendations for major program decisions
- 2) Prepare for major shows
- 3) Evaluate major shows

At our March Semi-Circle meeting, we worked on the guidelines for the group.

We defined the area of responsibility as shows: classes, presentation projects, personal artistic development goals, artistic education goals, or maintenance of equipment/supplies/venues. Semi-Circle members will develop recommendations to be brought forward to the MAC members meetings. For example, Semi Circle recommends that we do not sell photos or photo art cards at our shows, but that we do include digital art.

Any MAC member can attend Semi-Circle and can vote at their second consecutive meeting. Members that miss three consecutive Semi-Circle meetings are no longer qualified to vote.