

HANDS IN CLAY

January 2005

GUILD INFORMATION

GUILD MEETINGS

Monday, Feb 7
Monday, Mar 7
Thursday, Apr 7
Friday, May 6

7:30 to 9:30 pm at NVAC,
Nepean Visual Arts Centre
(Woodroffe and Hunt Club)

Before the monthly meetings:
Library opens at 6:30 pm.

Our **Executive meeting**
open to any one, also at 6:30 pm.

OUR NEXT MEETING PROGRAM:

OGP Help line

Chandler Swain
kidswain@sympatico.ca
613-256-6522
Victoria Jenkins
avjenkins@sympatico.ca
257-2588
Hanne Lawrence
brucehanne@rogers.com
825-1736
John Kobzey 829 2466

A NOTE FROM CHANDLER

A NOTE FROM THE EDITOR

To view and download the Newsletter go to
<http://www.ottawaguildofpotters.ca/october04.pdf>
Visit our our website at www.ottawaguildofpotters.ca
Please continue sending your comments and contributions to our email:
Newsletter@ottawaguildofpotters.ca

x

WHO IS WHO IN THE GUILD OF POTTERS

<i>President</i>	Chandler Swain	<i>Exhibition Convener</i>	Caroline Fitzpatrick
<i>Vice President</i>	Lisa-Marie Serafin	<i>Members Album and Mentors Comitee</i>	Cathy Payne
<i>Past President</i>	Vickie Salinas	<i>Sales Committee</i>	Lis Allison
<i>Treasurer</i>	Jean Jaffe		Klara Bruehlmann
<i>Newsletter</i>	Rosario Umaña		Heidi Garets
<i>Librarian</i>	Linda Taylor		Pat Jessop
<i>Secretary</i>	Doris McIlroy	<i>Refreshment Convener</i>	Veronika Von Nostitz
<i>Membership</i>	Penny Donaldson	<i>Website Manager</i>	Helen Stone
<i>Outside Workshops</i>	Allison Usher	<i>Standards and Education</i>	Bruce Jones
<i>Member Workshops</i>	Louise Simonson		Carolynne Pynn-Trudeau
			Vickie Salinas
			Anne Chambers
			Julien Couture
			Lynda Northey
			Glen Dunning
			Saskia Praamsma
			Rita Redner

From Fusion

Dear FUSION member Guild;

FUSION would like to provide occasional 'Saturday Information Sessions' away from the office in Scarborough. Does your Guild have a **free** space available for 2 hours on a Saturday morning if a FUSION member wanted to give a short demonstration or talk? The guest would be paid by FUSION, with any donations collected from participants going to help cover the cost of the demonstrator.

Please let me know if you would like to take part in this outreach initiative.

Cheers, Carolynne Pynn- Trudeau

Happy New Year to you all!

Now is the time to start sending news, reviews, events listings, gossip, poems, stories, pictures etc. about your guild and it's members for the next FUSION Newsmagazine.

I would like to have everything by January 15, but if your first guild meetings fall after that date, send along the news anyway.

This issue will be mailed out in the second half of February, so event listings should be for March 1 or later.

I'm looking forward to your submissions!

Cheers, Carolynne Pynn-Trudeau.

EVENTS

LONDON POTTERS GUILD

presents

"beyond the wheel"

A WORKSHOP WITH KEITH CAMPBELL
focusing on sculpture & handbuilding techniques

FEBRUARY 5 & 6, 2005

LONDON, ONTARIO, CANADA

The London Potters Guild is fortunate to host a 2 day workshop featuring Ontario's own Keith Campbell. As an artist, & educator, his extensive bio is "beyond above & beyond" (www.incard.ca/campbell_keith.htm). His life's experience & accomplishments in the field of clay art & pottery is certainly inspiring, and his work can be found in numerous respected collections. Keith Campbell is currently Ceramics Professor & Associate Director at Canadore College in North Bay, Ontario.

We look forward to providing an informative & entertaining weekends' worth of lively exchange of ideas & techniques, with special interest to exploring work that takes you beyond the wheel.

Who: Contact Marry Lukeman (519) 668-2500, or email workshops@londonpottersguild.org

What: Notable Canadian potter, Keith Campbell will be taking you "beyond the wheel", to discuss & demonstrate sculptural handbuilding, & finishing techniques including simple glaze methods like frit sprays to show you that whatever you want to do "There is a way".

Lots of valuable information & inspiration for all levels of clay enthusiasts!

Where: East Lions Artisan's Centre, 1731 Churchill Ave. London, Ontario, Canada
(alternate London location to be announced should attendance exceed capacity,
- attendants will be notified prior to event, if necessary)

When: Feb. 5 & 6 / 05, 9am to 4pm both days

Workshop fee: Members \$75, Non members \$85

Preregistration for London Potters Guild members only until Nov. 31/ 04

Registration open to general public Dec. 1 / 04

For info & pictures of Keith's work see our website www.londonpottersguild.org under workshops.

Local potters, & guild members attending are urged to bring a dish for a pot luck lunch. Coffee & tea provided
Water & cold drinks will be available at the workshop for a small donation to our "Seize the Clay" campaign.

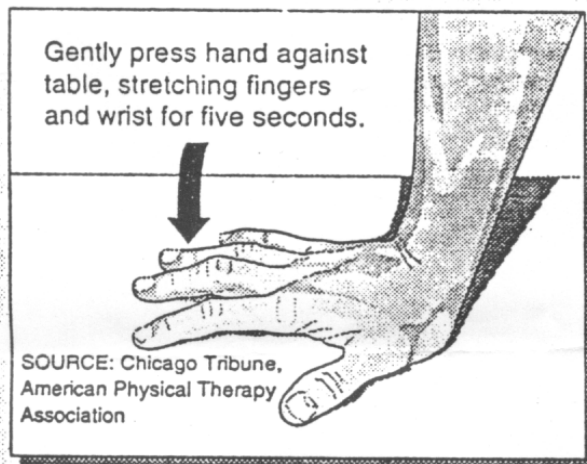
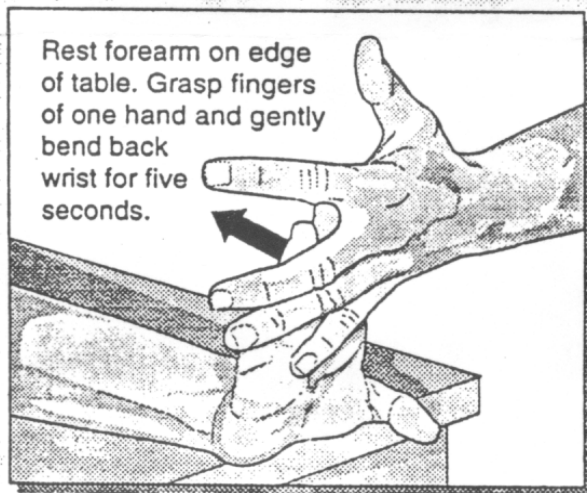
Registration is on a first come first serve basis so register early to reserve your space...hope to see you there!

Hand Exercises contribution of Joyce Drake

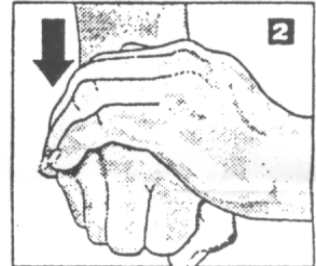
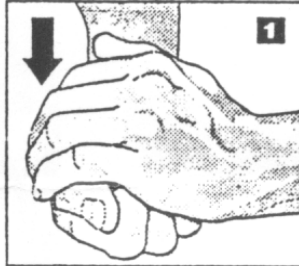
Joyce found this page published by The Chicago Tribune from the American Physical Therapy Association.
Thank you Joyce!
It will help us to prevent the pain we all know about!

Carpal tunnel syndrome: Exercises to help avoid it

Carpal tunnel syndrome is a painful disorder caused by stressful, repetitive hand motions. These stretching exercises, done before a typing job and during breaks, can reduce the threat:



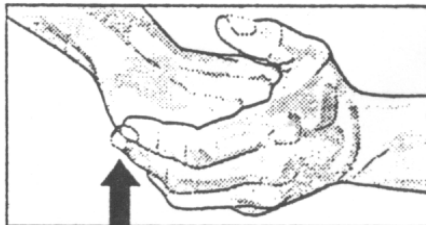
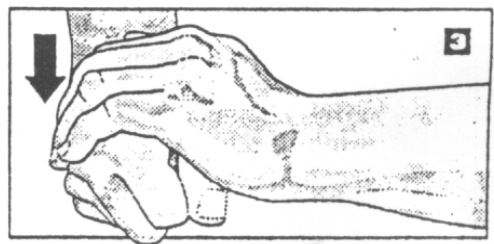
For five seconds at a time, make a loose fist and gently press *down* against clenched hand, keeping the wrist straight, with:



1 Palm up

2 Palm down

3 Thumb side of fist up



Repeat these three positions with the unclenched hand pressing *up* on the clenched hand.

Tightly clench hand and release, fanning out fingers, five times.

