

Ink People News

Volume 37 Issue 7 July 2016

North Star Quest Campers lean on each other while learning healthy habits.

**North Star Quest Camp
Featured Artist Cory Goldman
Ink People at Juvenile Hall**

Published by The Ink People Center for the Arts
23 5th Street, Eureka, CA 95501 - inkpeople.org - (707) 442-8413



COMMUNIQUE FROM KT

~~Letter from Libby~~

Art News from Ink People Executive Director, Libby Maynard

Hello Inkers!

Kati Texas here, Artistic Director of the Ink People, standing in for Libby Maynard for this month's "Letter from Libby" while she is in Boston at the Americans for the Arts conference. She asked me to let you all know what's going on with the board and staff, and introduce our new DreamMakers, but I came across something additional I thought worth sharing while looking at the board meeting agenda: Our mission. I can't remember the last time these words were in the Ink News, so here they are . . .

MISSION STATEMENT:

The Ink People changes lives by connecting our communities with resources for cultural development. We encourage people to exercise their humanity, build civic discourse and engage their creative potential.

As I read this, and think about the enormous variety of art and cultural projects which are DreamMakers, I can't help but feel proud. I/we firmly believe that art is a vital part of a healthy life and a healthy community. Self expression is key to self understanding and growth. Art communicates complex ideas, tells important stories, and brings people together. Or, as a friend of mine likes to say, "When you sing together, you breathe together, and when you breathe together, your hearts beat in unison."

We at the Ink People strive to provide safe spawning grounds for projects that improve our community, and, hopefully, eventually, the whole world. So many things can make us feel powerless, like humanity is crumbling around us, and the connections between people are dissolving . . . but I have hope; hope through Art.

This month we welcomed four new projects into our growing family, each one made up of thoughtful, forward thinking individuals willing to show up and do the work to make the world a better place in their own unique way.

"Keep Aloha Alive" from Mahalo, Tiare Reed Hauanio-Kumu Hula at Hula Arts Academy, Redding CA is working to inspire youth to act from traditional values of Love, Respect, Responsibility and preserve and promote Hawaiian culture in our community through Hula, Hawaiian language, music, arts and crafts. They wish to help children and adults find the beauty within themselves with the teachings and concepts of Hula.

Through "English Express" and "MarketPlace ESL," teacher MaryAnn Hytken provides low cost and no cost English language instruction to local newcomers who want to learn English as their second language.

“Humanity First Mobile Services” with Jessica Hagen has a goal of building a mobile unit which travels around the County providing showers, laundry, and toilet facilities, as well as a mental health counselor/outreach workers, and resource referrals to help our local homeless families. Where do the arts fit into this plan? Their idea is to include a project called “Create While You Wait,” which will be a different art project each day to “provide participants with entertainment, and at the same time build self-esteem. Opening homeless families to the possibilities of the beauty that we all have to express through creating art.”

“Humboldt Area Network for Deliberation” or “H.A.N.D.” states their purpose is to provide “We, the People” with the means to initiate public deliberation of issues for talking directly to power without the intercession of agencies, bureaucrats or professionals self-selecting as experts.

Whether through dance, language, art therapy, or constructive engagement, each of these projects approaches their idea of a better world through self expression. We welcome them all to the family, and look forward to watching them do their thing.

With Love &
Gratitude,
Kati Texas



Page 4

Featured Artist: Cory Goldman

Page 6

“Extinction” Call to Artist
Poetry Corner

Page 7

Ed. Goes to Juvenile Hall

Page 8

North Star Quest Camp for Girls

Page 11

Classes & Workshops

Alternative Galleries July 2016

CSFECU #20

Eureka City Hall

SHN Engineering

The Vision Center

GHD Engineering

Arcata City Hall

Pat Kanzler

Dana Ballard

Allen Cassidy

The Dance Scene

Lynne Curtis

Stephen Remington

Do you have a body of work, large or small, taking up valuable room in your house or studio? Join the Alternative Galleries, and hang your art in businesses around town rotating once every three months.

**Free to artists. Great exposure.
Call (707) 442-8413**

Artist Profile: Cory Goldman



Settling into our summer routine around here puts us in mind of long nights around the campfire, singing songs and telling stories. With that in mind, our featured artist this month would be great company on a campout. Cory is a specialist in pickin' and strummin', but he's also the resident music mentor for the MARZ Project, and an emerging audio engineer.

Q: What is your favorite art medium to work in, and why?

A: My favorite medium is sound. I've always been fascinated by the world of sound, and the ability to move people physically and emotionally with music. It's a universal art form that transcends social, linguistic, and cultural boundaries. Collaborating with

other artists in live performance is one of my favorite things in life, I think I'm attracted to the unique combination of teamwork, creativity, mindfulness, and personal expression that comes with creating art spontaneously.

Q: When did you first figure out that art was important to you?

A: One of my earliest memories of music is sitting next to my parents record player and listening to the LP of Sgt. Pepper's Lonely Hearts Club Band with headphones on, and becoming totally immersed in their audio world. I think more than any other piece of music, that album's intersection of songwriting craft and sonic experimentation has been a powerful and lasting influence on

me as a musician.

Q: Who is your art mentor?

A: Despite my background playing classical music, big band jazz, punk, and industrial music, my first real gigs were playing old time and bluegrass banjo. Portland, Oregon was (and still is) a hub of string band music, and I learned a whole lot about being a musician from that community. In particular, my friends in Portland bluegrass band Jackstraw were encouraging and welcoming to me and always challenged me to be the best musician I could be. I've always enjoyed playing with people who are more capable and experienced than myself. As with all creative endeavors, there's always something new to learn.

Q: Finish this sentence: My art is my...

A: ...Life, livelihood, passion!

Q: What advice would you offer someone just beginning their exploration of their own artistic self?

A: Enjoy the journey of learning and creation. Nobody picks up a guitar for the first time and plays like a virtuoso. Nobody's first song is a hit. Keep your goals in mind, but don't allow their perceived distance or unattainability to prevent you from taking steps in the right direction. Don't allow yourself to be deterred by comparing yourself to others. Don't allow your internal critic to hold you back from creating something. Don't be afraid of failure. Take chances, make mistakes, live, learn, grow, and jam on!

You can find more about Cory, his music, and where you can see him live at:

Corygoldman.net



Creative people creating
creative communities

***Join the Ink People to
Learn / Make / Share /
Sell / Teach / Love ART!***

Ink People members enjoy
benefits like Ink News
delivered to your mailbox
or inbox, discounted entry
into community art shows,
and the warm fuzzy feeling
which comes from helping
give creative opportunities
to local youth, seniors,
and everyone in between.

Student \$25

Artist \$35

Friend \$45

Family \$65

NPO / Biz \$75

Advocate \$150

Patron \$275

Sponsor \$500

Benefactor \$1,000

Lifetime \$2,500

(707) 442-8413 inkers@inkpeople.org

Call to Artists!



Allen Cassidy is curating a show at the Mentor Network for August and September. “**Extinction**” is open to interpretation around the idea of anything that is disappearing or has already disappeared; from dinosaurs, animals and plants to rotary phones and cassette tapes.

For more information, contact Allen at cassidypetportraits@gmail.com or call Angie at 707-407-6094.

Art must be ready to hang. If you will be submitting sculpture or artwork that is not suitable to be wall hung, please contact Allen in advance so that he can provide an appropriate size pedestal.

Submissions:

Thursday, August 4th 11:30-2:30

Mentor Network: 317 3rd St., Eureka.

To submit art in advance,
contact Allen to make arrangements.

POETRY CORNER

Last Poem on Earth

*Last day? Bring it!
It arrives despite all this love.
We estimate there's never enough:
love, days, late suppers.
When is enough enough?
Catch and release, catch and release:
this is the way of hot and fading clay.
Poems and star systems
slip through our fingers
and we can't hold on.
If this were the last poem
you ever got to read or hear . . .*

—Zev Levinson

Ink People Brings Arts to Juvenile Hall, a Note from The Editor

The arts are being woven into the curriculum of New Horizons Court School, the school within the Northern California Regional Facility, and Von Humboldt, the school within Juvenile Hall. In addition, four other community schools in Eureka will benefit from an arts infusion.

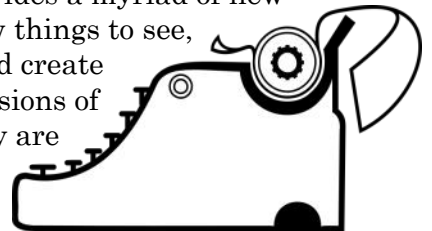
This is happening thanks to a grant sponsored by the Ink People, along with the Humboldt County Probation Department. The California Arts Council has granted the Ink People's request for thirty hours a week of instruction in three different disciplines of the arts to at-risk youth. Poetry, music, and mural painting will be taught at these schools beginning July 1st and extending through the fiscal year.

Poetry will be taught by yours truly, Joe Shermis, Ink News editor. The value that I will be bringing to the experience will be the ideal of manifesting creativity. My teaching will reflect the sincere belief that one must flow their creativity in order to be engaged in this life. All activities require some degree of creativity, the more one experiences that sense of creating as they approach any endeavor, the more they will fully experience the true essence of their own actions. As such, the flow of creativity is a key part of being human, of being alive in the moment, and of experiencing one's intent. Through acts of creation, whether in song or dance, words or pictures, sculpture or the arrangement of items on a shelf, one brings their true self to the task. In this way, we spin words together to make poems, and poems together to make a class of teenagers understand themselves.

The music segment will be taught by the Ink People's MARZ mentor Cory Goldman. Cory teaches one-on-one lessons on performance, recording and production techniques at the MARZ Project, Ink People's after-school program. His instruction is geared to fit his student's interests and aptitudes, focusing on building foundational skills and making music as a healthy outlet for personal creative expression. He looks forward to bringing the MARZ Projects' youth-led mentorship to the court and community schools.

Matthew Oliveri, the former owner of the Accident Gallery and current co-owner of Siren's Song Tavern, will be doing the mural painting aspect of the program. The brick walls within the confines of the Regional Facility will be the canvas, and teams of youth will take turns filling in the details of large indoor and outdoor murals. With a high turnover rate at the detention facility, the murals will likely end up with quite a few hands taken to its creation.

Bringing art into the Juvenile Hall, Regional Facility, and the surrounding community schools has the potential of providing its students with new possibilities, and new paths to embark on. Sometimes a youth has to get into some trouble before realizing they are on a dangerous course. Pursuing their own creativity provides a myriad of new choices, of new things to see, touch, feel, and create as true expressions of the selves they are becoming.



DreamMaker North Star Quest Camp is Inspiring Girls

It's a warm breezy evening in the Mattole Valley. The river, just ankle deep now in late summer, burbles nearby. The Milky Way is rising over the redwoods and tan oaks on the hill. The air is perfumed with the scent of bay laurel trees and carries a high lilting melody. Crossing the dry sloping field, the indistinct song becomes clearer. The low light of a smoldering campfire illuminates a circle of faces. Sixty women and girls ranging in age from 10 to 55 are holding hands and singing:

“How can anyone ever tell you,
That you're anything less than beautiful?
How can anyone ever tell you,
That you're less than whole?
How can anyone fail to notice,
That your loving is a miracle?
How deeply you're connected to my
soul?”

This is North Star Quest Camp for Adolescent Girls. Every summer since 1997 a group of women and girls gather at the Mattole Camp & Retreat for five days of relaxing fun, enlightening workshops, and personal growth through creative expression. In 2006 with a waiting list long enough to fill up another camp, NSQ expanded to two camp sessions back to

back. Now they have room for 72 girls across both camps, and since they don't turn anyone away because they can't pay, both camps are always packed.

“We get campers from all walks of life here in Humboldt,” says Camp Director Kati Texas, “They come from affluent families, middle class, foster care, the reservation, or the homeless shelter.” All are accepted regardless of their ability to pay, and are then treated like equals. Upon arrival campers receive a camp shirt, and are assigned to their cabins. In case they are missing something important, there's “Mom's Closet,” a room with everything from river shoes, to toothpaste for those who forgot, or for those who simply don't have what they need. The North Star philosophy is that every girl can benefit from an empowering experience with strong mentors, not just those who have been labeled “at risk” due to economic status, race or living situation.

Each full camp day is packed with activities, and has an overarching theme: Day 1 is “Who am I Inside?” All the workshops, games, and discussion groups that day focus on self exploration. That's the day where you will find campers writing poetry, expressing their silly side in a clowning workshop, or learning about how to maintain a healthy body without the hype in “Nutrition for Real Life.”

The second full day of camp is themed “Who am I in my Community?” On this day, campers explore relationships and communication. They'll learn mediation skills, assertiveness, and why self respect is key to having healthy friendships as well as romances as they grow older.

On the third day of camp, the view broadens with the theme, “Who am I in the World?” This



is the day for talking about bigger picture topics like living with ecology in mind. Where does our food come from . . . our clothes? What is life like for girls this age in other parts of the world?

On “World” day they also talk about communicating with people outside one’s personal sphere in “Deconstructing / Reconstructing Media” a two hour workshop dedicated to taking a critical look at the things we see on TV, on the internet, and in social media. “There’s good messages out there, and bad,” Texas continues, “We’re not here to tell them the difference, but rather to encourage them to decide for themselves.” Or in other words, “We don’t tell them *what to think*. We tell them to think.”

Workshop leaders include a host of successful and well known women like Shoshanna from Redwood Raks teaching “Body Positive Belly Dance,” or graduates from Del Arte rocking their red noses and building self awareness through “Inner Clowning.” Other workshops encourage campers to break out of the “girl box” like “Inner Warrior” a padded sword fighting battle royal where being fast, strong and tough will get you a lot farther than liking the right band or wearing the right shade of lipstick. Among all these enlightening and thoughtful activities campers also enjoy traditional summer camp favorites like swimming in the river, arts and crafts, sing-along campfires, skits, and a talent show.

“My favorite part of camp is watching the girls come out of their shells,” Texas says. Some campers show up at NSQ so scared to be away

from home that they have to be coaxed out of the car. Some of them are so angry at *they don’t know what*, that they can hardly see straight. All of them, it turns out are looking for the same things: love and acceptance. You wouldn’t think it’s that simple, but after eighteen years and hundreds of success stories, the women of NSQ say it boils down to just that.

Love and acceptance may sound simple, but in a modern middle school they are in short supply. Girls and boys alike are in a constant state of trying to prove themselves. Are they attractive enough? Do they dress right? Are they feminine or masculine enough? Bullying is a way for adolescents who feel weak and confused to show their strength and control.

It’s all reactionary though. For the most part, if they stop and think about it, no one wants to live that way.

At NSQ Camp, the staff of trained mentors create an environment where campers feel safe, treat each other well, and go out of their way to seek out strengths in others rather than

weaknesses. This is possible because NSQ has a camper to staff ratio of 2 to 1. There’s simply no time when campers are away from the adults long enough to fall into their bad habits. Once they experience what it’s like to feel accepted for who they are by a group of peers, and enjoy that for several days, it becomes a new habit.

The “North Star” in North Star Quest is a metaphor for an internal guiding light. It’s a source of confidence and self worth rooted in the knowledge that growing up healthy and strong includes helping others do the same. (Next Page ->)



On the last night of camp, at their last campfire together, the women and girls of North Star Quest take turns lighting candles from a single flame with this thought in mind:

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

(Paraphrased from the Sutra of 42 Sections -The Buddha)



If you would like to help keep this unique experience available for any girl who wants to go, you can donate to North Star Quest through the Ink People, at inkpeople.org, or by credit card over the phone (707) 442-8413.

They have a wish-list of supplies for “Mom’s Closet” as well as lots of great information at northstarquest.org.

NSQ can also be found on facebook, and all over our community raising money to keep their promise to never turn a camper away because she can’t pay.



DRAWN TO ART

Calling Art Teachers!

**The Betty Kwan Chinn
Day Center is looking
for art teachers to
work with vulnerable
population in a free and
inclusive environment.
Class times available
every Friday
1:00 p.m. to 3:00 p.m.**

**PLEASE RSVP BY
CALLING 707-407-3833**



Classes & Workshops

English Language Classes for Adults

Monday and Wednesday 6:00-7:30pm

May 16 to August 31, 2016

Jefferson Community Center

1000 B ST (Corner of B ST & Clark ST)

Join Anytime! \$3 per class

Clases de Ingles Para Adultos

Lunes Y Miercoles 6:00-7:30 de la Noche

16 de Mayo A 31 de Agosto, 2016

Centro Comunidad Jefferson

1000 Calle B, Eureka

(Esquina da las Calles B Y Clark)

Únase a la clase cualquier momento \$3/la clase

Karuk Language Classes

with Julian Lang

Tuesdays, 5:30 p.m. to 6:30 p.m.

Ink People Offices

23 5th Street, Eureka

Thursdays, 5:30 p.m. to 6:30 p.m.

United Indian Health Services

1600 Weeot Way, Arcata

Writers' Critique Group

Tuesdays, 7:00 p.m. to 9:00 p.m.

Ink People Offices

23 5th Street, Eureka

Life Drawing Group

with Clinton Alley

Thursdays, 7:00 p.m. to 9:00 p.m.

Cheri Blackerby Gallery

3rd & C streets, Eureka

Call 707-442-0309 to join.

\$5 fee

Models needed.

The MARZ Project

(Media & Arts Resource Zone)

FREE for Teens (ages 12-22)

Make your own music, movies, graphics and more with professional mentors. Bring ideas or start from scratch.

Free lunches for anyone 18 and under provided by

Food for People all Summer from noon to 1:00.

Summer Hours:

Tuesday—Friday Noon to 5:00p

@ 23 5th St. Eureka

**Want to see your Event,
Class, Workshop,
or Call to Artists in Ink
People News?**

**Submit pictures and text
(no pre-made flyers)
to Ink News Editor
Joe Shermis
*steelness7@gmail.com***

**Deadline is the 15th
Of the month
prior to
publication.
All content
subject to
approval.**



Ink People News
is published monthly by
The Ink People Center for the Arts

Executive Director
Libby Maynard

Administrative Director
Carrie Badeaux

Artistic Director
Kati Texas

Ink News Editor
Joe Shermis

Alternative Gallery Coordinator
Angie Valetutto

Bookkeeper
Jacqueline Dandeneau

Data Systems Manager
Karen Asbury

Technology Manager
Zach Weaver

MARZ Project Mentors
Cory Goldman
Kati Texas

(707) 442-8413
fax (707) 444-8722
inkpeople.org
inkers@inkpeople.org

The Ink People
23 5th Street
Eureka, CA 95501



The Ink People Center for the Arts
is made possible by our members,
our scores of volunteers, and our
funders:

