



The Spirit

e-newsletter

March/April 2018

MONTHLY PUBLICATION OF THE WIAWAKA CENTER FOR WOMEN

Spring Fund Drive Begins

By Meaghan Keegan, Executive Director

Wiawaka's mission is to enrich, inspire and celebrate the growth of women through unique and relevant programming in a peaceful, historic setting. Our program schedule is set and bigger than ever. We are looking forward to our 2nd Annual Georgia O'Keeffe week and Tuesday Evening Women's Lecture Series. We are thrilled to have back many of our dedicated instructors and retreat leaders and welcome those who will be joining us for the first time.

Preparing to host hundreds of women and put on so many programs and events is a lot of work and obviously a big undertaking financially. That is where your partnership and support is needed. We've identified four areas in need of funding.

First, we are looking for funds to help our maintenance team with small repairs and upgrades all over the property. Second, we are looking for help for the architectural study we are completing as we prepare for a total renovation of Fuller House and the cottages. Next, we are looking for support in helping provide scholarships for women to come to Wiawaka. Finally, we are seeking additional funding for our accessibility and pathway project.

Please consider helping us this spring. Visit www.wiawaka.org to donate or mail checks to Wiawaka, 3778, Route 9L, Lake George, NY 12845. If you want your donation to go towards a specific project, please be sure to make a note of that.

Thank you in advance for your support!

Ladies of the Lake Luncheon & Awards

June 18, 2018 11:30am-2pm
Lake George Club, Diamond Point, NY Tickets are available now at www.wiawaka.org or by calling our office at 518-668-9690.

Wiawaka Receives Grants for Summer Programming

Wiawaka is the recipient of a Stewarts Holiday Match Grant and a LARAC Grant, both of which will support art programming for the 2018 summer. The Stewarts grant will fund the new Mommy & Me Art Classes and the LARAC Grant is designated for our enhanced Georgia O'Keeffe Week activities, scheduled for July 6-13. Thank you to both of these local organizations who are supporting our mission to bring enriching experiences to women.

BOARD & STAFF NEWS

Board Spotlight: Fannie Glover



Fannie Glover joined the Wiawaka Board in January 2017. Ms. Glover is the Director of Business Leader Engagement/Equity, Diversity and Inclusion for the Early Care and Learning Council in Albany, NY. She is heavily experienced in human resources, management and strategic planning. Fannie offers a positive and enthusiastic spirit while providing valuable non-profit management and long term planning expertise. Fannie is delighted to serve on the Development Committee as her term begins and is interested in helping the Board put together a strategic plan for the organization.

Fannie will also be one of our guest speakers for the Women's Tuesday Lecture Series. She is set to speak on Tuesday, August 21st and will help us understand generational differences in the workplace and beyond. Please come enjoy Fannie's lecture, reservations are necessary.

Our 2018 Summer Staff

Front Desk/Guest Services

Lisa Pembroke
Haley Graves
Joanne Bouchard
Debra Spence

Kitchen

Susan Garth
Nancy Holtzman
Katie Hannamann
DeAnna Wardwell

Housekeeping/Dish Washing

Alyssa Rowland
Carter Wilkins
Brooke Miller
Jennifer Rivers

Maintenance/Grounds

Joe Wylie
Jeff Tipke

Executive Director

Meaghan Keegan

Seasonal Volunteers

Gail Oakes
Jackie Kelly

Volunteers are needed!

Learn how you can help with upcoming events, tasks and projects.
Current opportunities:

- Spring appeal letter mailing preparation
- Spring opening days in May
- Minor projects this spring
- Chair caning
- Special events

Email us at wiawakadirector@gmail.com for more information or to sign-up.

Don't miss these awesome events!

3rd Annual Dock Party

June 22m 2018 5-8 p.m.

Tickets on sale now at
www.wiawaka.org or by
calling 518-668-9690

Enjoy a lakeside dinner, live jazz band, beer, wine, and raffles



Girls Day Out

June 29, 2018 10am-6pm

Enjoy the day at Wiawaka visiting with over 20 health, beauty and boutique vendors. Bring a picnic lunch or dine with us. Swim, hike, get a massage, visit with friends. Must make lunch reservations.



Wine & Chocolate with the Lake George Music Festival

August 14, 6pm

Information and tickets here:

<http://www.lakegeorgemusicfestival.com/tickets/>

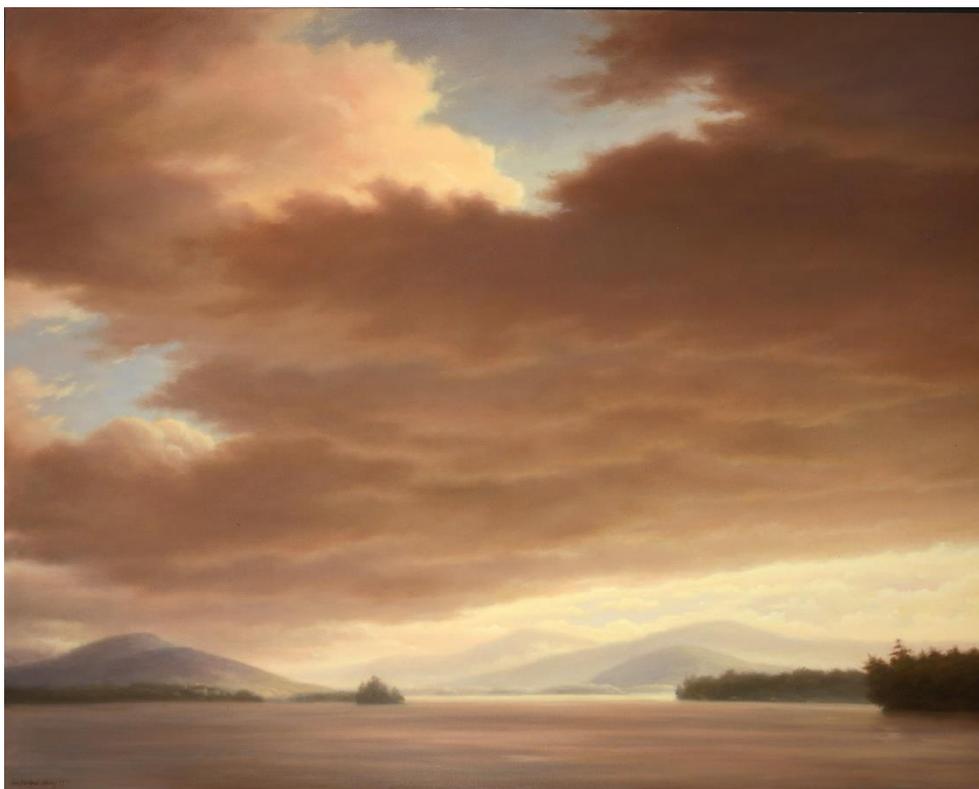
Art and the Process of Creating It

By Jane Bloodgood-Abrahms

Art, and the process of creating it, can have a powerful effect on both the viewer and the artist. Art can be cathartic, healing, and soothing. When I began my career I used my expressionistic, figurative painting to express my angst from difficulties in life and relationships. Using garish colors and sharp violent brushstrokes to evoke the feelings of pain and suffering gave me a sense of 'release' through the active motion of painting expressively. To the viewer, the work no doubt raised a sense of tension and agitation of the senses, which many people find intriguing and invigorating when viewing art.

In my late twenties, however, I began to spend more time in nature, witnessing beauty in solitude. Whether on a bluff above the river or alongside a road at sunset, I felt deep peace, calm, and a connection to some sense of a higher energy. I found out that nature was where I felt most nurtured, took deeper breaths, and that in stopping to notice these transient moments of beauty, I was taken out of the stress of everyday life. Gradually I began to use these experiences in my art. I realized I didn't have to 'paint angry' to release my tensions and frustrations. Instead I found that connecting to nature and re-experiencing those moments in the studio brought me calm and peace, much as meditation does.

When I paint in the studio or on-site, using the emotional memory of what I witness in nature, I'm able to again be in that moment of deep awe, re-creating it for myself. What is also amazing to me, is that the paintings can then convey that same awe and beauty to others, creating a shared experience. It's not unusual for people seeing a beautiful landscape or painting to begin to weep. Whether witnessing nature itself, or it's portrayal in art, we can experience what I often refer to as an 'intolera-



ble beauty,' that moves us to tears. How cathartic it is, to feel awe and remember beauty in a world that often seems to steer us away from that. Technology, living in cities, the fear of leaving the safety of one's home, and even the scourge of Lyme Disease are factors that have been shown to greatly reduce the amount of time we spend in nature. However, I feel that human beings are actually physiologically meant to pay personal witness to, and fully experience the beauty and healing qualities of nature.

Our current culture is indeed, too far withdrawn from nature. The ill effects of this on our health has been studied and documented. We are meant to spend time outdoors, to see trees and sky, and to breathe fresh air. My youngest daughter now works as a Wilderness Therapist with young people going through treatment for drug and alcohol addiction. Through the various challenges of backpacking in the woods for a week at a time, they learn to become connected to and nurtured by the natural world. It is a very healing experience that has allowed thousands of people to look within for

their strength, using solitude in nature as their medicine.

We can also find great personal symbolism in nature and landscape imagery. The theme of emerging or transcendent light is very important in my work. The idea of light emerging out of the dark can express aspects of our life, and of rebirth after setbacks. Likewise, the day ends in spectacular melancholic beauty, only to renew again as the dawn rises.

I know I will continue to use my time in nature, and in the studio, to recreate this sense of well-being, and connection to a higher energy. During these stressful times in the age of information, the world news can feel like an assault on our sense of well-being. I hope all of us will remember to look to both art and nature as antidotes. We owe it to our own mental and physical health, and I believe we can help create a better world in doing so.

NOTE: Jane is one of our 2018 Artists in residence and also will be speaking on July 3rd as part of our 2018 Lecture Series.