



Greetings!

The Community 100DayProject launched in Marquette, Michigan on January 21, 2014. This is its first offering. Over 165 people (called “Arters”) registered to participate in this creativity movement. Most of the Arters are from the Upper Peninsula -- however there are also Arters from New Mexico, New York, Texas, Chicago, even as far away as Guatemala and Tanzania working on projects.

This 2014 Community project will be concluding soon -- **Day 100** is coming up on Wednesday, April 30th! About 2 weeks from now.

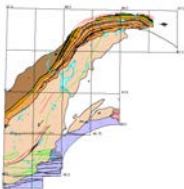
We imagine that if you're doing a project and stayed the course with it, a disciplined habit has taken root that will serve you and your creative life well!

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Support Circles

Copper Country - Support Circle:



Dates & Locations:

Thursday, April 17th, 5-6PM

(location TBD).

Fee: free

For more information,

email Melissa Hronkin at
m_hronkin@hotmail.com or Cathy
Benda at ruhlbenda@gmail.com.

New Mexico – Support Circle:



Dates: April meeting date TBD.

Location: TBD

Facilitated by Louisa Barkalow

Fee: Free.

For more information,

call Louisa at 505.899.7863.



If there's a Support Circle not listed here that you want to let us know about, email us at info@The100DayProject.com



Let's Celebrate!

We'll gather together next month to celebrate **creativity**, Arters, and their projects at a Completion Celebration!

The event will take place on *Saturday, May 17th*, from 3-5PM at the Ore Dock Brewery (114 Spring Street, Marquette, Mi). Save the date! Family and friends are welcome!

This Celebration will include a *Virtual Exhibit* of registered Arters' work (anyone who made it through Day 21 with their projects can be part of this)! Arters are also invited to bring examples of their actual project work to show that day!

If you're an Arter living outside of Marquette your work can also be included in the *Virtual Exhibit*. Some Arters live as far away as Tanzania! We'll set up links to the *Virtual Exhibit* on the 100DayProject website and Facebook page for everyone to see and celebrate!

Ten days from now, all registered Arters will receive an email from us (via Mailchimp) with instructions for including your 100 day project images in the *Virtual Exhibit*. If you're a registered Arter and the instructions



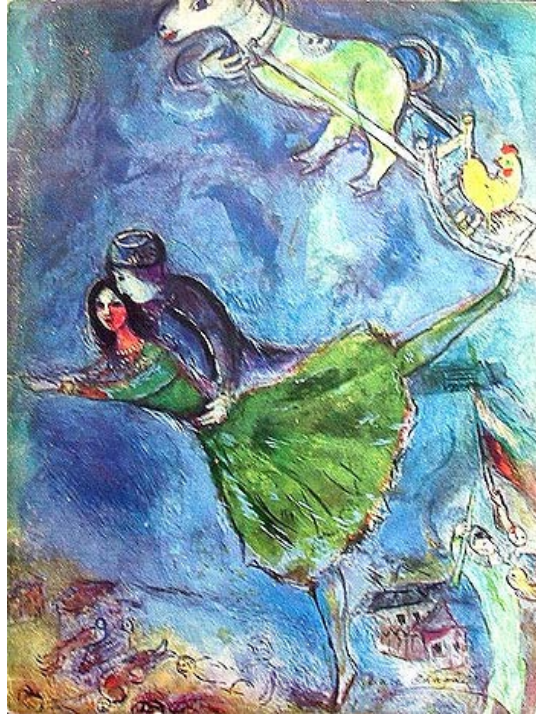
project

Past issues of this newsletter at:

<http://the100dayproject.com/archive/>

aren't in your inbox by April 30th, check your Spam folder.

Come, celebrate, cheer! Bring your friends and family to the Ore Dock -- all are welcome. We look forward to seeing you on Saturday, May 17th!



"If I create from the heart, nearly everything works."

(quote and painting by Marc Chagall)

Beyond the 100 Days

When 100 day projects end, sometimes there's a let down. You've been on a journey for the past 100 days, making new discoveries, experimenting, playing. It's become part of your daily routine, occupying your thoughts. A companion of sorts.

When it ends, there's bound to be some adjustment.

Here's what some of the October 2013 exhibit artists said when their projects ended. Maybe your experience will be similar, maybe different.

"After I completed my 100 Day Project I noticed a bit of

a letdown. I made it through the early stages which included the ups and downs that teeter-totter from boredom to the enthusiasm and discovery stage. It is at this stage that the process and products got a firm hold of my attention and motivated me. I didn't want to lose that feeling". - Catherine Benda

"I noticed a sense of loss and mourning. I wanted to continue – to visit my 'little friends' and play each day again. Unfortunately, I did not return to visit, not daily nor even weekly after my commitment ended. I don't know why, but then I never expected to feel such emptiness after completion". – Julie Benda

"I felt both relief and excitement. Glad the 100 days was over as I was missing my regular studio work. Excitement because something wonderful was starting to happen with the clay pieces I was making towards the end of the 100 days. The clay work up until then felt more like a warm up to me. But that's what practice is about, right?" - Ann Russ

Impact

One of many payoffs of doing 100 day projects is the impact it's likely to have on your life, your work. Sometimes that impact is known right away, other times it's discovered weeks or months after your project ends.

Here are what some 2013 100DayProject exhibit artists noticed about the impact their projects had for them.

"Going into the studio has become a life habit!" - Louisa Barkalow

"The biggest impact this has had on me is the understanding the importance of process, habit and flow. This became for me a daily dialogue." -- Catherine Benda

"After my project ended it felt more natural to explore and ask more questions of my materials. I had gone over the wall that was holding me back. I really liked being spontaneous, open minded and not in control. As a result, I was able to move towards doing bigger pieces without fear. My work became more enjoyable."
- Peg McNinch

"I have more access to the creative part of my brain. Ideas are flowing, connections being made with ease."
- Ann Russ

Sharing Arter Projects...

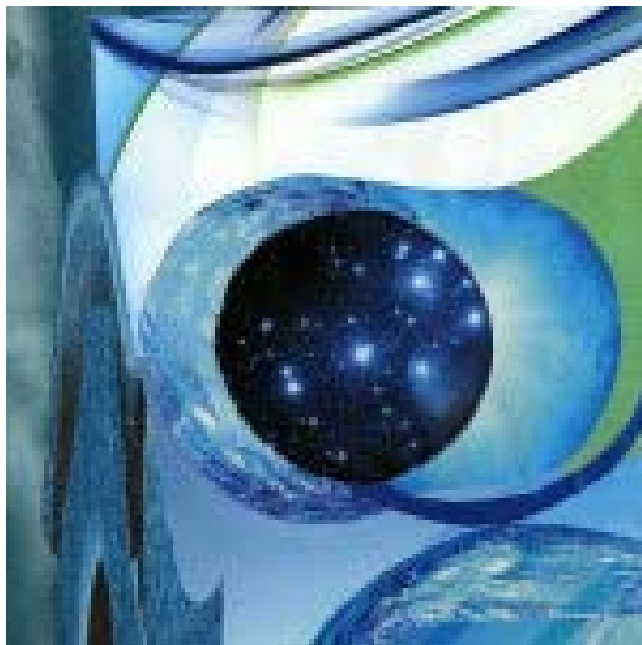
Escanaba Arter, *Rachel Fix*, has been creating an image each day. At the end of the day she chooses a single word to describe the image. She's curious about discovering patterns of images she's been drawn to over the 100 day period. Here is one of Rachel's images (more in the Virtual Gallery on our website).



Arter *Diana Magnuson* is using the 100 day project as a vehicle for writing and illustrating a children's book about the environment. Here are some of her illustrations.



Arter *Militza Georgevich's* project is about "joyfully creating something out of nothing". She transforms old magazine pages into images that are meaningful for her. She calls her collages "Collorages" because of the color impact it has on viewers. Here's one of Militza's Collorages (more in the Virtual Gallery on our website).



Arter *Melissa Luttrell* has been transforming old books into sculptures. Here is some of her project work.



Thane, an Arter new to the UP, is using his project to explore his identity as an artist and creative person. He's making self portraits using a camera. Here's an example of Thane's work (more in the Virtual Gallery on our website).



To see more images from Arters' projects go to our website's Virtual Gallery at <http://the100dayproject.com/vg/>.

For inspirational tips about
creativity, habit, and practice
visit our Facebook page at
<https://www.facebook.com/The100dayproject>

Announcements...

Virtual Gallery is up!

The Virtual Gallery on the website is now up! Registered Arters are posting Spine statements, images, and project images. Check it out at <http://the100dayproject.com/vg/>.

If you're a registered Arter and haven't set up your password yet or have questions, please email us at info@the100dayproject.com

The100DayProject Documentary!

Pop some corn, set aside 30 minutes, and tune into the documentary now available on Youtube. Click on http://www.youtube.com/watch?v=Q5IRe_DsMNI

Produced by Charter Media and Shana Beril, Producer.

Final Thoughts...

Imagination makes all things possible. We feel honored to be part of such an exciting creativity movement here at home in the Upper Peninsula and in our extended community beyond Michigan's borders.

We look forward to seeing you at the Completion Celebration at the Ore Dock Brewery in Marquette on May 17th!

Wishing you happy, robust, and sustained creating!

Ann Russ & Catherine Benda
Originators & Organizers

Community100DayProject Update:

Launched on Tuesday, January 21, 2014. Last day to register was Monday, January 20th. Registration is now closed.

Day 100 is Wednesday, April 30th, 2014.

The Community-wide Completion Celebration will be held on Saturday, May 17th, from 3-5 PM at the Ore Dock Brewery (114 Spring Street, Marquette, Mi). Come join us to celebrate **creativity**, Arters, and their projects that day! Friends and family are welcome!



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