



## Greetings!

Welcome to the mid-point – we're now halfway through the 100 days! Your experience would be unusual indeed if you didn't encounter bumps and lulls in those first 50 days mixed in with the excitement and growth.

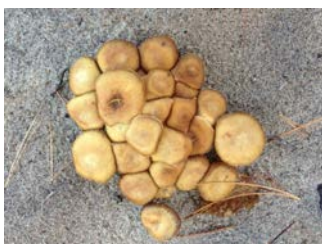
### In this Issue:

- *The Mid-Point*
- *The Mastery Path*
- *How Do You Play*
- *Sharing Arter Projects*
- *Announcements*
- *Support Circles (below).*

### Support Circles:

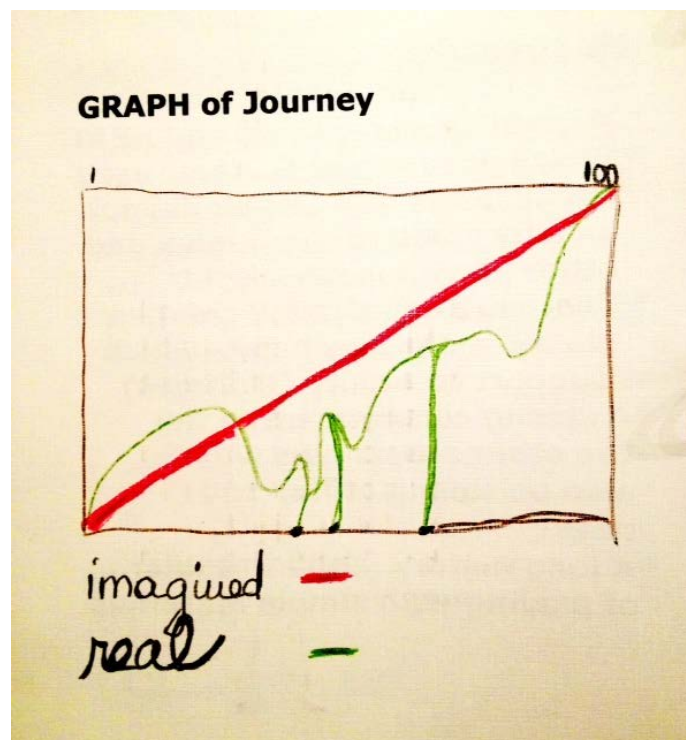
**"Although our creative process is uniquely our own, it's empowering and uplifting to have a community where we can check in."**

Helen Haskell Remien,  
The Joy Center



We agree! Support Circles

We start 100 day projects all geeked up, full of enthusiasm, excited...then something changes and our journey can end up looking different from what we imagined.



(drawing by Louisa Barkalow)

and workshops have sprung up to support you on your 100 day creative journey! See the list below for details.

### **Offerings in Marquette and vicinity:**

#### **The Joy Center - Support Circle:**



**Dates:** Thursdays, March 13th, April 10th. 6:30-8:30PM.

**Location:** The Joy Center, 1492 Southwood Dr, Ishpeming, MI

**Co-leaders:** Liz Yelland, 100DayProject Exhibit Artist, and Helen Haskell Remein, Creativity Consultant.

**Fee:** Love offerings appreciated.

*Call 906-486-8966 for more information.*

#### **MACC - Check-In Meetings:**



**Dates:** Wednesday, March 19, 6-8PM and Saturday, April 12th, 11am-1pm

**Location:** MACC (lower level Peter White Library in Marquette)

**Facilitated** by MACC staff.

**Fee:** free

*Call 228-0472 for more information.*

## **What Happened?!!**

Usually RESISTANCE shows up in one of its many disguises (written about in our last newsletter). It could look like procrastination or brain lapse (“Project? What project?”). Or it could feel like a loss of enthusiasm -- or inspiration that’s out of reach.

This does not mean that our project idea sucked (or worse, telling ourselves that we suck); rather it’s part of the journey.

Sometimes it’s life stuff that happens that Arter Deb Laurie expressed so well in her recent post on The100DayProject Facebook page:

*“Arghh...hit a rough spot, missed many days due to travelling, hard to get back into the groove, but am at it!”*

Deb’s comment reflects both the frustration and the spirit of recovery that’s part of the 100 day journey. It tests our commitment, our resolve, our resilience.

### **Marquette Poet's Circle:**

For Arters exploring poetry & prose and want support with their writing.

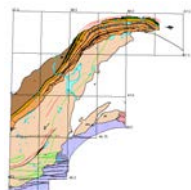
**Dates:** Every 4th Monday of the month. Two meetings: 5 or 6:30PM.

**Location:** Shiras room (PWPL).

**Fee:** free

For more information, call Janeen at 906.451.4473 or email at [janeenpergrin@gmail.com](mailto:janeenpergrin@gmail.com).

### **Offerings in the Keweenaw: Copper Country - Support Circle:**



#### **Dates & Locations:**

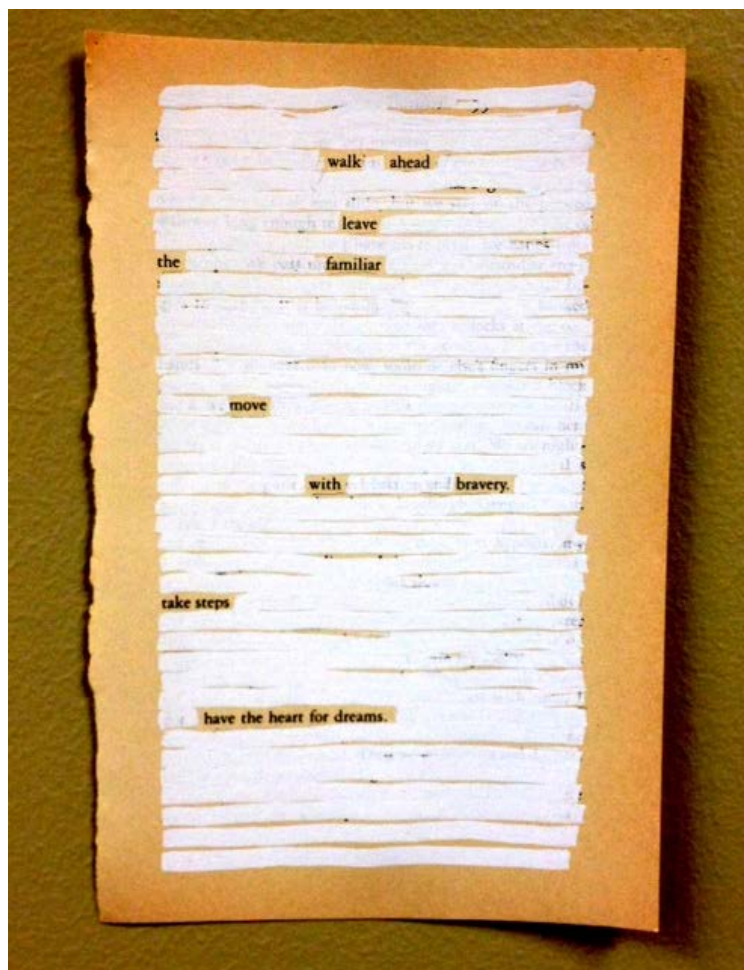
--Saturday, March 15th, 1-2PM at the Copper Country Community Art Center.

--Thursday, April 17th, 5-6PM (location TBD).

**Fee:** free

For more information and to RSVP, email Melissa Hronkin at [m\\_hronkin@hotmail.com](mailto:m_hronkin@hotmail.com) or Cathy Benda at [ruhlbenda@gmail.com](mailto:ruhlbenda@gmail.com).

### **Offerings in New Mexico: New Mexico –**



Arter  
Joan  
Miron  
wrote  
about  
this in  
her

Facebook post:

*"The drawing is not the primary result for me as the days go by...it truly is about the commitment and accountability to just do what I pledged to do and to honor my little goals. I never held myself accountable for anything daily for more than a very few days. This is having a huge impact on my will and ego. So little is accomplished or enjoyed without this self-discipline."*

Backsliding is a universal experience. If it's happening to you, don't sweat it. Just get back on your horse and ride like hell.

## Support Circle:



**Dates:** March meeting date TBD.

**Location:** TBD

**Facilitated** by Louisa

Barkalow, 100DayProject Exhibit

Artist

**Fee:** Free.

For more information, call Louisa  
at 505.899.7863.



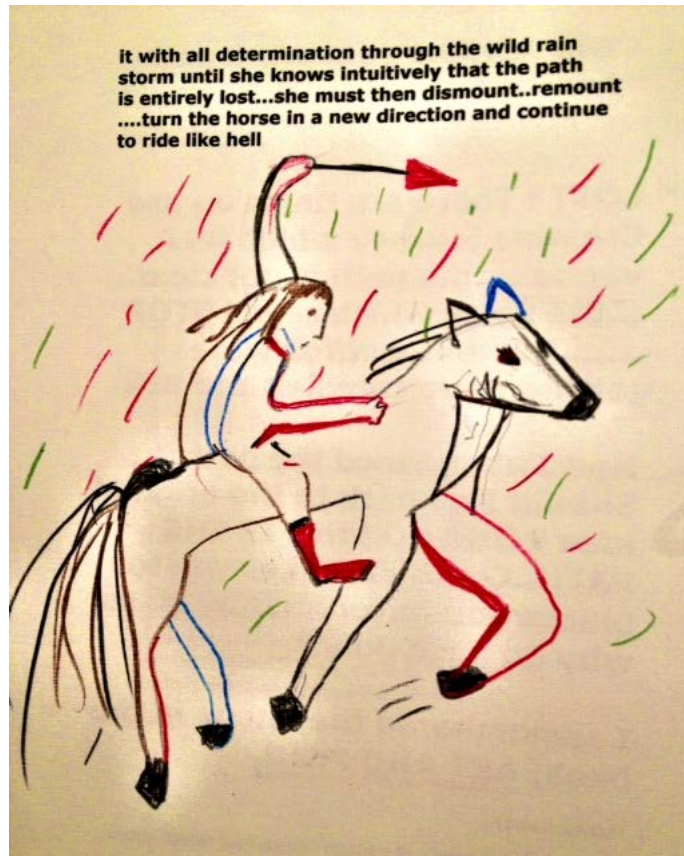
If there's a Support Circle not listed here that you want to let us know about, email us at [info@The100DayProject.com](mailto:info@The100DayProject.com)



project

**Past issues of this newsletter at:**

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



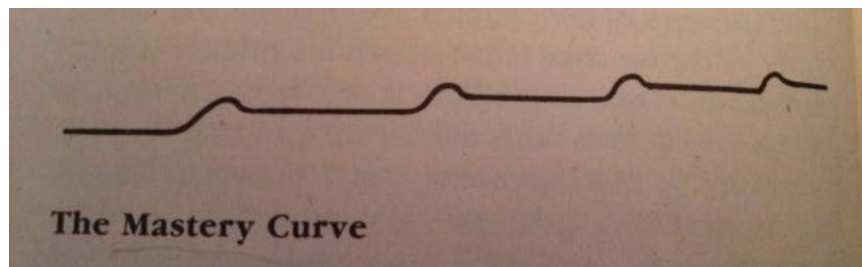
(Drawing by  
Louisa  
Barkalow)

## The Mastery Path

In his landmark book Mastery, George Leonard tells us that while we all aspire to mastery, the path is often long and rocky and promises no quick pay offs.

He says, "Learning any new skill involves relatively brief spurts of progress, each of which is followed by a slight decline to a plateau somewhat higher in most cases than that which preceded it."

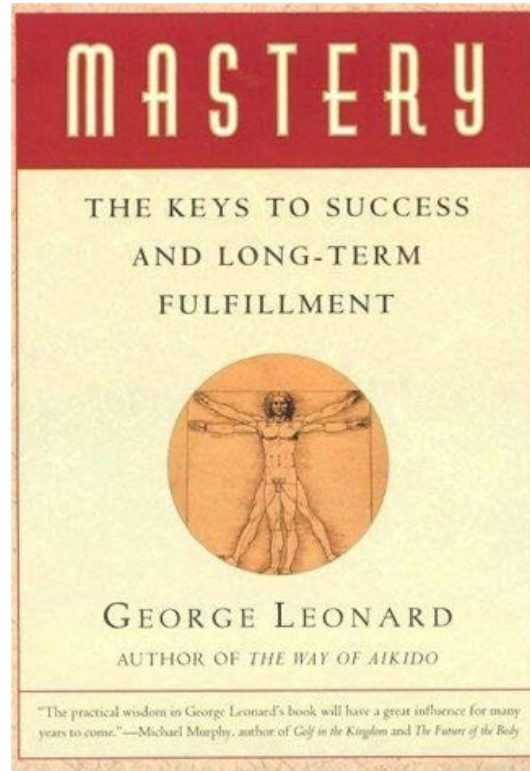
Here's what his Mastery curve looks like:



This is contrary to the endless climatic moments that our culture embraces with its addiction to winning, quick fixes, effortless success. Definitely not the mastery path.

Dips go hand in hand with the little rises – all accompanied

by often long periods on the plateau where nothing much seems to be happening (there IS tons happening there, we just can see it yet).



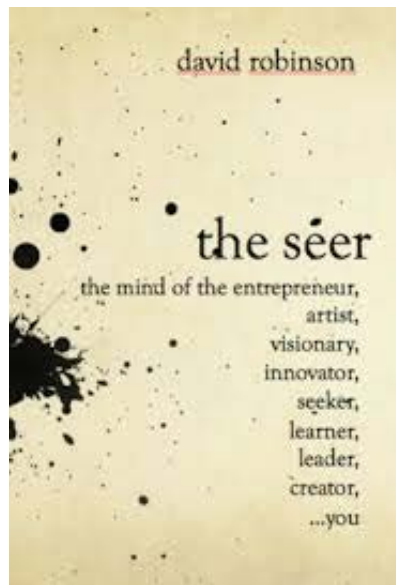
Taking the master's journey means practicing diligently, honing our skills, and learning to love and cherish the plateaus as much as our progress.

## How Do You Play?

Artists who *play to win* eventually stop making art because losing is painful. Artists who *play to play* master technique.

*In his book The Seer, David Robinson says that "Playing to play leads to mastery whereas playing to win leads to an outcome that might include a temporary sense of gratification -- or disappointment if you lose."*

If mastery is the aim, then losing doesn't exist. David says, "If mastery is the aim, how we create is as important as *what* we create. A life of mastery is a simple matter of where we place our focus."



It's all about the power of choice.

Will you make a choice to *play to win*? Or, will you walk a mastery path and play to become a better and better player?

*It's your turn.* What tip do you have for maintaining momentum and commitment? Email your idea to us at [info@The100DayProject.com](mailto:info@The100DayProject.com) and we'll share it in the April issue.

## Sharing Arter Projects...

Arter and percussionist **Carrie Biolo** is doing sound recordings for her project. Here's her latest experiment...

*"My 100 day project sound recordings have included skating on Lake Superior - great (scary) burbles. And then this morning I captured the first male cardinal singing in the neighborhood. Cool sounds Marquette!"*

Arter **Stacy Vaughn Davis** is working in pen and ink with watercolor washes for her project. She titled this piece "Something Wicked This Way Comes".



And here is some of Arter **Jane**

**Vandenburg's** work along with her comments:

*"Days 25, 26, 27 and 28. It is starting to be tough, some pieces are not finished until one or two days later. But I do work at least 20 minutes and I WILL get to 100."*



Here is a photo of Arter **Ginnie Killough's** work space along with her comment:

*"Winding a new warp for my next project. This is tencel which I am planning to warp paint with dyes prior to*

*weaving. This is a new frontier for me! Just got the dyes for this technique yesterday."*



And finally, here's an example of jeweler and Arter Beth Millner's wax carving project.



We'll be sharing more images from Arters' projects



in the next newsletter. To see more visit  
<https://www.facebook.com/The100dayproject>  
or stop in the Virtual Gallery on the website --  
<http://the100dayproject.com/vg/>.

## Announcements...

### Virtual Gallery is up!

The Virtual Gallery on The100DayProject website is now up! Registered Arters are posting Spine statements, images, and project images. Check it out!

Link - <http://the100dayproject.com/vg/>.

Haven't set up your password yet or have questions?  
Please email us at [info@the100dayproject.com](mailto:info@the100dayproject.com)

### The100DayProject Documentary is on Youtube!

Pop some corn, set aside 30 minutes, and tune into the documentary now available on Youtube.

Link is: [http://www.youtube.com/watch?v=Q5IRe\\_DsMNI](http://www.youtube.com/watch?v=Q5IRe_DsMNI)

Produced by Charter Media and Shana Beril, Producer.

## Lightening Up!

When we're lighthearted and playful, it greases the wheels of the creative spirit and attracts the Muse.

100 day projects are vehicles that give us permission to play and explore for 100 days. How wonderful is that!

We close this newsletter by sharing a delightful poem from Arter Janeen Rastall's project --  
"Mystery of the Sock Puppets".



Wishing  
you lightness in

your step, coffee dates with the Muse,  
and many reasons to laugh today!

Cheers,  
Ann Russ & Catherine Benda  
Originators & Organizers  
The 100DayProject

## Community100DayProject Update:

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

There will be a Community-wide Completion Celebration in May 2014.

More on that later!



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Issue 6 - March 2014

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