

February 2016 Issue

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The 100 Day Project

Excavating creativity through a daily practice of 100 days

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"Art, like life, like deep spirituality, requires direct engagement.
It is made rich in the rough draft and the mistake.
The broken road is interesting, vital.
Learning is a process that takes time.
It is messy. It is clumsy.
It is not straight, paved, and has no road signs."

Quote and artwork by David Robinson, artist & author

Greetings!

We welcome both new and old subscribers - we're glad you've joined this creative community!

We have just passed the quarter mark with the 2016 100DayProject.

It's been said it takes 21 days to create a habit. If you started with us from the beginning, you're past that point. Congratulations!

Take a look back to see how far you've come – and give yourself a pat on the back! Keep up the fantastic work!

In this issue we're highlighting stories and project work from three 100DayProject participants (we like to call you 'Arters')! We know many of you are eager to see Arters' progress with their projects. There's so much goodness to share!

Kicking it off is Charlie West.

Charlie West

Charlie is a retired United Methodist pastor who grew up in Marquette. He lived away for a time before returning to Marquette 22 years ago. He's now active with Transition Marquette County, an organization devoted to building resiliency in Michigan's Upper Peninsula.

Charlie gave his 100DayProject a title: "A Hundred Cups of Coffee, A Hundred Haiku, Documented." Here is an example of his work:

A Hundred Days with
A Hundred Cups of Coffee...
A Hundred Haiku (documented)



Date 2/17/16 Day Number 27

Where: Starbucks, ^{Jamrich} at NMU

With (?): Self.

Subject/Observation:

New Jamrich Hall is an academic/classroom building with a Starbucks and several spacious lounge areas where students congregate, hang-out.

The Haiku -

Students read, talk, eat,
Pass through to classroom or lib -
New life from chaos.

Any other details, considerations, thoughts, observations -

I was trying for a last line like "I was one once", but it didn't quite fit. Now I think maybe "I remember when" would be a good 3rd line, too!

Charlie ventures out each day, has a cup of coffee wherever he ends up, and writes a haiku about something he notices. Then he documents his experience noting where he was and what happened – along with his haiku. Here's another example:

A Hundred Days with
A Hundred Cups of Coffee...
A Hundred Haiku (documented)

Date 2/14/16 Day Number 24


Where: Home

With (?): Self.

Subject/Observation:
Late night coffee - we spent most of the day sorting
books - which to put back on shelves, which to try to
sell, which to take to library, Then late dinner & now
it's dark & cold -

The Haiku -
Lonely stars shining
quiet in a dark cold sky -
My bed is calling

Any other details, considerations, thoughts, observations -



Charlie says, "I enjoy the structure and simplicity of haiku poems, but I especially enjoy watching the way a poem develops out of a particular situation."

You writers, poets, artists, really anyone out there – this is a very creative way one Arter is using to document his haiku for his 100DayProject.

To see more of Charlie's delightful 100DayProject work, visit
<http://ahundreddayswith.blogspot.com/>

Rebecca Wicklund

Rebecca is from Minneapolis Minnesota. She works part-time in the health field and also makes jewelry. She told us how challenging it is to wear both hats – and keep up with daily life chores.

For her 100DayProject, Rebecca is exploring her relationship to discipline and the creative process. She said she wants to breakthrough her current boredom and stagnation with her current work, skill level and creative ideas. She wants to practice new skills and try things outside her comfort zone.

Rebecca's goal is to make at least 3-5 new pieces by the end of the 100 days.



2016 Project work by Rebecca Wicklund

We'd say she's well on her way! To see more of Rebecca's lovely work, visit www.facebook.com/metalpetalsstudio.jewelry

Maureen Lonergan Nadeau

Maureen lives in Huntersville, North Carolina. For her 100DayProject, she's exploring personal imagery in the world around her and in her inner world.

Maureen said, "my focus is to tune into my intuition and allow it to guide me on and off the canvas over the next 100 days." Her goal is to generate her own personal style which she acknowledges is a life long path but she said, "hopefully this will help it begin to flow! "

Here are two examples of Maureen's project work.



Day 15



2016 - 100DayProject work by Maureen Landau

To see more of Maureen's intuitive 100day project and process, visit <http://Instagram.com/moellieclaire>

Milestones Ahead...

By March 11th, you will have reached the halfway point.

By April 5th, wow, you're $\frac{3}{4}$ of the way through!

By April 30th, you will have completed the 100 days! Yippee!



"Creativity is about play
and a kind of willingness to go with your intuition.
It's crucial to an artist.
If you know where you are going
and what you are going to do,
why do it? "

Frank Gehry, architect

Save The Date

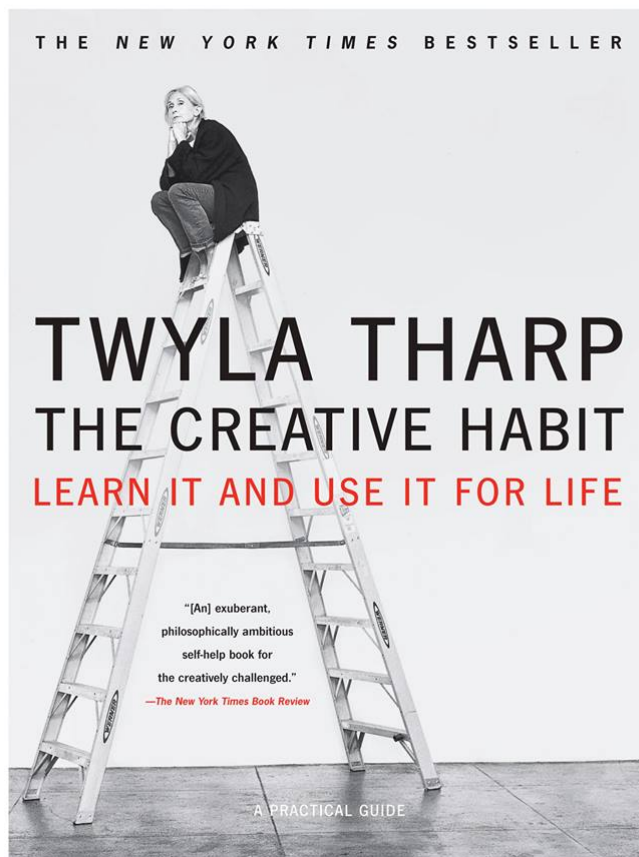
For Arters in the Marquette area - you're invited to a project check-in event at the Marquette Arts & Culture center (Peter White library lower level). Date is Saturday, March 5th at 1PM. Bring examples of your Solstice or 100DayProject work!

Momentum Boost

The downside of having a good creative day is that it ends, and there's no guarantee tomorrow will be a repeat. One good day does not necessarily beget another.

Twyla Tharp suggests, "Try to stop while you have a few drops left in the tank, and use that fuel to build a bridge to the next day."

Leave something unfinished with your project today, a small trail, a loose thread. That will give you something easy to pick up on tomorrow. It's a momentum booster.



We covered a lot of ground in this newsletter. We hope you've found it both useful and inspiring! We'll be covering more Arters and their work in future newsletters.

We'd love to hear how your project is going! Share your project images and story on our Facebook [page](#). Or email us at info@The100DayProject.com.

We'll also continue supporting your efforts during the 100 days with creativity and motivational tips, shared stories in our newsletters, Facebook [page](#), and [website](#). Keep up the fantastic work!

Cheers,
Ann Russ & Catherine Benda
Co-organizers, The100DayProject

www.The100DayProject.com

*“Creativity is inventing, experimenting, growing,
taking risks, breaking rules,
making mistakes, and having fun.”*

--Mary Lou Cook



project

Collage of 100DayProject work by the original nine artists.
2013 exhibit at the Marquette Arts & Culture Center

Looking for inspiration?

Check out 100 day projects from last year [here](#).

Want sustenance for your 100 day project?

Visit and like our [Facebook](#) page for motivational tips and inspiration!

Want tips for success with your Project?

Click [here](#) for ideas that have worked for others.

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