

March-April 2019
**Community
Calendar**

Storytime

Every Tuesday morning from 9:30 – 10AM
Kimberton Whole Foods
222 E. Main Street Collegeville, PA 19426
Children will enjoy a selection of stories, a fun craft,
and a free snack from our sunny staff.
Free family-friendly event

Zendala Workshop -

Creating Mandalas using the Zentangle Method

Sunday, March 17, 2019
12:00 PM to 3:00 PM
Price: \$45.00 /per person
Spring City Mill Studios
20 East Bridge Street Studio 101 · Spring City, PA
A Zendala is a mandala using patterns drawn in the
Zentangle method. Participants will create mandalas
on tan Zendala tiles using pencil and black ink and add
some green accents. Participants should have taken
an introductory Zentangle course or have Zentangle
experience prior to the Zendala workshop.
You should bring your basic kit (black pen, pencil,
tortillon), additional course materials will be provided.

Barnstone LIVE! Art Spectacular

April 6, 2019
6 - 9 pm
Barnstone Art For Kids
388 W. Pothouse Road
Phoenixville PA
Barnstone LIVE! Art Spectacular is a live, "spectacular"
art event and fundraiser where original artwork is creat-
ed right before your eyes! Spectators have the rare and
exciting opportunity to watch artists move through their
creative process, witnessing sketches evolve into com-
pleted artwork that is immediately available for sale!
This event consists of two 45 minute rounds where 20+
artists will work in various mediums to create one of a
kind art on the spot!

A Whole Lot of Lulu Vintage Flea Market

April 27
Funky outdoor bi- annual flea market located in
Phoenixville. Local vendors selling handmade crafts,
vintage items, and junk. Live music, and even
something for the kids!

First Fridays

Phoenixville First Fridays are held on the first Friday of
each month, May through October, from 6pm-10pm
and are a great way to experience everything that
Phoenixville has to offer.
Visit <http://www.phoenixvillefirst.org> for more details.

Food Truck Festival

Saturday, May 4
12pm - 6pm
30+ Food Trucks will grace the streets with globally
influenced eats, giving you the opportunity to enjoy
city-style eating in the suburbs. Both city-based and
local trucks and vendors participate in this unique
event.

Art for Kids
BARNSTONE
388 West Pothouse Road
Phoenixville, PA 19460



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March 2019

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BARNSTONE NEWS

Join Us!

Experience
original pieces
of art being
created LIVE
right before
your eyes!

Letter From Our Executive Director



Lynn Detwiler
Executive Director
Barnstone Art For Kids

Greetings,

Oxford Dictionary describes art as "The expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power." At Barnstone, art is so much more. Art is the glue that binds us. It is the foundation for our connection. Art is limitless and it teaches us something every single week.

Art brings us Joy • Art helps us Communicate
Art reduces Anxiety • Art helps us Heal.

In this newsletter, I've included fascinating information from ArtsFund in Seattle that documents the importance of art. Phoenixville boasts an active art scene. Our schools offer comprehensive art programming. We are fortunate to live in a community so rich in art. Rachel Belle explains why in a King County study.

In terms of volunteers, Barnstone boasts some of the best. They are fun, engaged, and creative. Just drive past the high school entrance for an example. (Hint: "Art Just Is.") This issue's Mentor Spotlight features Hannah, our youngest mentor.

Barnstone Art for Kids is meeting fascinating people and wonderful new mentors. Last month, a special field trip to SEI corporate headquarters in Oaks, PA offered students an engaging tour and art collaboration with employees.

In closing, don't underestimate the Power of Art. Practice art regularly at home. Check out the NEW Creative Corner for a hands-on art project. Enjoy some fun for the whole family!

Best Regards,
Lynn

**Barnstone
Art For
Kids**

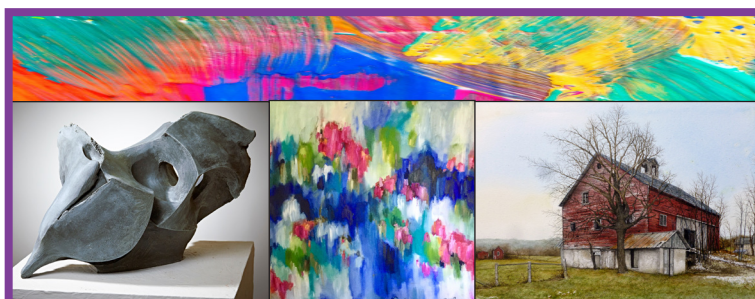
Lynn Detwiler
Executive Director

Lisa Katarynick
Director of Programming

Erin Ring
Volunteer Coordinator

**Board of
Directors**

Allison Stinger *President*
Carrie Marcus *Vice President*
Eric Daugherty *Treasurer*
Sean Halloran
Constance Dougher
Marggy Escorcía
Lynn Detwiler



BARNSTONE
LIVE!
ART
SPECTACULAR

Saturday, April 6, 2019
6-9 PM Barnstone Art For Kids



610.917.0140 www.barnstoneartforkids.org

Barnstone Art For Kids
Calendar

APR 6 | Barnstone LIVE! Art Spectacular
APR 9 | Spring Programming Begins

King County Study Shows Art Boosts Health, Graduation, Volunteerism

By Rachel Belle

In this country, we have a funny relationship with the arts. We all love music and theater, visual arts and dance, but when schools need to cut something, the art programs are the first to go. A lot of people think having an art scene in a city is cool, but not necessarily important.

But a brand new study from Seattle non-profit ArtsFund shows that art is important. The study looked at the social impacts of art in King County and results show that the arts have huge benefits to our community, our children and our health and wellness. It's one of the few studies of its kind in the country and the first in the Pacific Northwest.

Sarah Sidman, ArtsFund's VP of strategic initiatives and communication, says statistically speaking, kids benefit from being surrounded by art. "Seventy-one percent of at-risk students with high arts involvement attend college, whereas only 48% of at-risk students with lower arts involvement do that same. There are statistics of increased graduation rates from high school for kids involved in arts programs. Higher SAT scores than those who take no arts education. We even see that at-risk students in art integrated preschools are better able to regulate their emotions than those who don't have arts in their learning."

How does art do all of these magical things? "Arts empower people to find their own individual voice. It gives them confidence and fosters trust with adults. Art accesses different parts of the brain and somebody's ability to communicate, that they otherwise may not be tapping into."

Art can also have a big impact on our health. "We talked with folks in the Swedish Cancer Institute and cancer patients report art therapy is effective. It helps them reduce their pain, their distress and their anxiety. Nationwide research shows, across any number of different medical conditions, how arts and arts experiences can help lower anxiety, can help reduce dependence on medication and in many cases can reduce hospital stays, therefore also reducing the cost of health care."

The last sector the study looked at is our neighborhoods. "Access to arts and culture in a neighborhood leads to a number of positive benefits. One key thing we see has to do with social cohesion because arts can bring people together and connect them. In fact, it's proven that arts increases volunteerism.

"When Sidman says "art," it can mean making art or consuming it. "That could mean going to see a show at a theater. That could mean taking a class in art, making a sculpture. Theater, dance, music, visual arts, media arts, literary arts."

When King County residents were asked "How do the arts impact your life?" for this study, the majority of people said it benefits them personally and brings them joy. But far fewer people acknowledged that it can affect social change, children and the community.

Low-income students with access to cultural resources score higher in English and Math.

Low-income students with a high level of arts experience in school are more likely to attend college, vote, and volunteer in their community.

The Social Wellbeing of NYC Neighborhoods: The Contribution of Culture and the Arts, 2017

Sidman says this is a problem. "So often arts are perceived as inessential. As nice to have, but among the first on the chopping block when something has to go. The study we did of the King County population shows that tends to be how people perceive the arts: they're nice for themselves but not necessarily for the community as a whole. If people continue to view the arts as inessential, we all stand to lose. They can be and, in many cases, already are part of the solution."

ArtsFund encourages people to support the arts, through attendance, participation or donations and to think outside the box and partner up with art organizations when looking for solutions to community problems.

Article reprinted from www.northwest.com



23%

"At-risk" students involved in arts are 23 % more likely to attend college than peers with low arts involvement.

The Arts and Achievement in At-Risk Youth, 2012

45%

45% of medical institutions nationwide offer some sort of arts program, with 8 out of 10 of these stating they do so to benefit patient recovery.

Participatory Arts for Older Adults: A Review of Benefits and Challenges. Gerontologist, 2018

18%

Low-income neighborhood with cultural resources have 14% fewer cases of child abuse and neglect, and 18% less serious crime than low-income neighborhoods without cultural resources.

Culture and Social Wellbeing in NYC, 2017

Barnstone in the Community



Art Just Is

Barnstone Art For Kids knows "it takes a village" and a large part of that village are our volunteer mentors. In recognition of our volunteer mentors this year we hosted a creative party to support our undercover yarn bombing project.

Yarn bombing is a type of street art or graffiti motivated to bring life, warmth and a feeling of belonging in the community.

So we set out one cold winter evening, pom poms and knitted and crocheted pieces in tow to spread our creative message. Phoenixville Middle School and High School students returned to school on Monday morning to find Barnstone Art For Kids' message, "Art Just Is!"



SEI Cares!

In February Barnstone Art For Kids was excited to tour the SEI campus. What a thrill it was watching Barnstone students interact with the art in an extraordinary work environment. Lee Stoetzel provided an exciting tour of the world known West Collection at the SEI headquarters in Oaks, PA.

Following the tour, SEI employees worked with Barnstone students to create unique art collaborations. These pieces of art will be available for sale at the Barnstone LIVE! fundraiser on April 6th. The creative afternoon was coordinated by Martha Miele from SEI. Barnstone Art For Kids Executive Director, Lynn Detwiler, Board member, Sean Halloran and Director of Programming, Lisa Katarynick joined the kids for the tour and project while sharing Barnstone Art For Kids mission with SEI employees.



SEI Mentors



Sean Halloran joined in on the project fun

CREATIVE CORNER



SUPPLIES:
Clothespin
Block of wood

Milk or juice cap
Gorilla Glue or similar
Markers or Paint

INSTRUCTIONS:

Glue your clothespin onto the center of a small block of wood with the sides and edges sanded down.

Glue the milk cap to the top of clothespin near the edge of the "closed" side of the clothes pin.

Hand the kids some markers or paint and let them decorate their catapults – Can be done before or after adding the clothespin to the block.

Once dry, the fun begins! Grab small objects that can be launched without causing harm to people, walls, floors and the like. We used mini-corks, but mini-marshmallows and pom-poms would work too.

Put the object into the milk cap, slap your hand down onto the end of the clothespin and launch away!

You can set up a bucket or a paper target to make a game of it or just have free play. We liked to see who could get launch the cork the farthest.

This issue's Creative Corner project comes from Kim Conner at Inspiration Made Simple. <https://www.inspirationmadesimple.com/author/bloggng/>



Hannah Tarquini
Volunteer Student Mentor
Barnstone Art For Kids

Volunteer Spotlight

What do you like most about volunteering as a mentor?

Watching the children create their masterpieces and seeing the look on their faces when they are finished.

My favorite Power of Art project is

Under the Sea

I can never pass up dancing to

Panic at the Disco and T-Shift

My super power of choice is

to read minds.

Outside of school or work my favorite thing to do is

watch TV and talk with my friends.

The thing I miss most from my childhood is

my sister.

I totally believe in

God and magic.

I never leave home without my phone.

I feel passionate about

college, friendship, love, music and TV.

If I was granted three wishes my first wish would be to walk, graduate college and make more.

I would eat a million ice cream cones

Nothing makes laugh more than my friends.

Hannah learned the joy of mentoring first from Mr. Tony! Soon after, her love for children and art led her to complete our mentor training and become a student volunteer in our Power of Art program.