



Community Partners,

Thank you in advance for sharing information about our Momentum art program and upcoming art competition and exhibition. My name is Shannon Kaster, and I am the Momentum Program Coordinator at Community Support Advocates. The Momentum program has had many exciting changes; please check out our updates and connect with me with questions.

Studio 104 has developed over the last 18 months into a flourishing community of artists impacted by mental health and disabilities. The Momentum Studio is located inside Mainframe Studios where our neighbors are artists of many talents and disciplines. Our Momentum studio provides free access to art studio space, supplies, and mentorship to anyone with a mental illness or disability in Central Iowa. Momentum is a safe space for artists to create and grow. This year we are excited to announce the debut of an expansion into studio #103 across the hall. Studio #103 will be a creative space dedicated to dance, media arts, music, theater, and arts entrepreneurship workshops!

The Momentum Art Studio is located at 900 Keo Way Studio #103 & 104. Providers, I welcome you to bring in a group to tour our studios. Open Studio times, for self-guided art creation are Tuesdays 9am – 12pm, and Fridays 12pm-3pm. Open studio is subject to change based on volunteer availability. The studio is also available by appointment. We regularly offer free instructor-led workshops within the studio. Space is limited, and registration is required for the workshops. Registration can be completed through our website at <http://teamcsa.org/events> or searching for 'Momentum Studio' on Eventbrite. You can also call me to register using my contact information below.

(MOMENTUM) Works of Growth and Recovery, our art competition for artists with disabilities is celebrating the 15th year! By popular demand, we are going digital again. Most professional art competitions require digital entry, so we are setting artists up for success by learning how to show their art digitally while making the process easy for artist and their supporters. Going digital removes barriers for participants; like transportation issues and framing costs. To enter the competition, artists must complete an online form and upload pictures of their work for submission. To make submission as easy as possible, I have created a video explaining how to photograph artwork. All of this can be found on our website under the Momentum tab, click on Competition. <https://teamcsa.org/our-services/momentum/competition>. You can participate in designated days where I help artists photograph work for submission at our studio. Photography days are on a first come basis, so please register soon.

If you have a group that needs help taking photos of their art, providers are asked to coordinate with me to schedule a group photography session at your provider location. I will bring the professional photography equipment, and this can also serve as a Q & A for artists. **Please contact me with any questions or to schedule a photography date!**

Shannon Kaster, Momentum Program Coordinator
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(MOMENTUM)

WORKS OF GROWTH & RECOVERY

15TH
ANNIVERSARY!

PRESENTED BY



COMMUNITY
SUPPORT
ADVOCATES

CALL TO ARTISTS!

(MOMENTUM): Works of Growth and Recovery is a juried exhibition recognizing the talents of artists living with a disability, brain injury, or mental health diagnosis in Iowa. Our mission is to encourage growth and recovery through the arts. Each year we invite a local artist to jury the show, and those who are selected will have their work exhibited at **Hoyt Sherman on Thursday, October 10, 2019, from 6 - 8pm**. Celebrate at our 15th annual art exhibition, the reception is open to the public. We invite everyone to attend and experience how Momentum is a catalyst for positive change in our community.

Participants must submit quality photos of their artwork. **We will only accept applications online through our website.** We hope that this allows more flexibility for artists to participate.

1. Make your art

2. Photograph your art

3. Complete online application & upload photos

Please refer to the website directions & video for guidance when photographing your art.

<https://teamcsa.org/our-services/momentum/competition/>

For photography assistance, register online using the link above.

To schedule a time for your agency to have a photography day, call Shannon at 515-681-4099

GUIDELINES

We are looking for original work by local artists who are impacted by a disability, brain injury, or mental health diagnosis.

REQUIREMENTS

- 2-Dimensional art must be ready for exhibition using a hanging-wire.
- 3-Dimensional art must be easily handled by 1 person, and should not exceed 2'x3'x3'. Due to gallery restrictions we cannot allow site-specific installations.
 - All work must be presentable and reflect artistic merit.
 - Any work previously accepted is not eligible for re-entry.

DATES TO REMEMBER

August 1- September 20: Artists can submit applications online at teamcsa.org until noon September 20th.

Monday, September 23 at 2pm: Framing & Mounting Workshop presented by Olson-Larsen Galleries Momentum Studio 900 Keo Way, Studio #104, Des Moines, IA 50309

- Learn how to get your art exhibit ready and review Momentum Exhibition requirements

September 23-27: The guest juror will review entries, and artists will be notified of the decision.

October 7-9: Selected entries must be dropped off at the Momentum Studio between 9am - 5pm. The studio is located inside Mainframe Studios at **900 Keo Way, Studio #104, Des Moines, IA 50309**. Art **MUST be ready to hang with a hanging wire and frame if necessary.**

Thursday, October 10: Exhibit open 6-7:30pm (Artwork can be taken home at the end of reception)

Friday, October 12: Artwork not sold or taken home at the end of the exhibition, must be picked up from the studio between 9am-4pm (work not picked up is subject to a storage fee)

FOR QUESTIONS CALL SHANNON AT 515-681-4099

The Zero-Budget Guide to Photographing Artwork

TIP: Photograph your work before it's framed. That way, the glass or Plexiglas over the top won't cause reflections.

Step one: Get a cloudy day

Wait until it's overcast outside. Why? The cloud cover will act as a giant diffuser — like those umbrellas photographers use — so that the light seems to come from everywhere. That means your subject will be evenly lit. Set your piece up in a safe place, not too windy, where the light can get to it from every angle.

Not a cloudy day and you're on a deadline? Time to rearrange the furniture. Use two lights of the same power and color (that is, the same light bulb) and place them on each side of your painting. If you can, use a translucent plastic bag or a white bed sheet as a cheap diffuser: place it in front of the lights, between the lightbulb & your painting. Please be careful and don't do this with hot lights! Tips for 3-D work: The main concern here is to have a background free of distractions — preferably, plain white or black. To show off the texture, it may be beneficial to have the light stronger on one side than the other, to create some (slight) shadows.

Step 2: Change your camera settings

While your smartphone is great for quick in-progress shots to post to Facebook, it's not suitable as a camera for submission-quality photos. Use or borrow a digital camera with better resolution and more control over the settings.

Find your white balance setting and set it to “cloudy,” which might also be represented by a cloud icon. If you can't find it, and your camera manual doesn't mention white balance, try shooting your art against a white background (like foam board), and hopefully, your camera's auto setting will correctly adjust. But if you do have control over white balance, avoid using auto-mode while shooting artwork. Finally - make sure your flash is turned off and, if you are inside, make sure all other lights in the house are turned off except the ones you are using for the photo shoot.

Step 3: Take your shot

Do you have a tripod? This is the time to use it. Otherwise, stand or sit still, hold your elbows against your body, and take and release a deep breath before taking the picture. You can also try propping the camera on something solid. Take several pictures in case some are out of focus or blurry.

Position the camera so it's facing the artwork head-on: the lens should line up with the center of the subject, and not tilted one way or another. In other words, the artwork should be parallel to the back of your camera. Finally, get a little closer. The artwork should fill the image, horizontally or vertically, to maximize the resolution of the final photo.

Step 4: Edit

If you don't have a photo editor on your computer, you can always download one for free. First, correct the color if necessary. You might find this option under “color correction,” “color balance,” “temperature,” or “tint.” The goal here is to get your whites white and your blacks black. You may also want to manually adjust the contrast. Second, crop the image so your artwork fills the whole space, without anything distracting in the background.

If the directions are too overwhelming, go to our website to watch the video instead!

<https://teamcsa.org/our-services/momentum/competition/>

We have also scheduled photo days in our studio - visit our Events page on the website to register for a spot and we can help you photograph your artwork.

(MOMENTUM)



**REGISTER TO GET
YOUR ART PHOTOGRAPHED!**

Thursdays

Aug. 1 - Sept. 19

12noon to 3pm

Registration is on a first come basis. You can register at the teamcsa.org Events page. Bring the artwork you plan to submit (up to 3 pieces) to the Momentum Studio at 900 Keo Way in Des Moines - located inside Mainframe Studios

Questions? Call Shannon Kaster at (515)681-4099