

16TH ANNIVERSARY

MOMENTUM

PRESENTED BY:



WORKS OF GROWTH & RECOVERY

Community Partners,

Thank you in advance for sharing information about our Momentum art program and upcoming art competition and exhibition. **(MOMENTUM) Works of Growth and Recovery**, our art competition for artists with disabilities, will celebrate our 16th year! With COVID-19, the exhibition will be done differently this year. That said, we ask you to save the date of October 1st, 2020. Because the show will involve a significant online presence, we needed to move the application timeline up; **this year applications are accepted online July 1st, 2020 - August 31st, 2020.**

The Momentum studios have grown over the last two years 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. Momentum 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. In the past year, we were excited to hold more workshops, open studio artists than ever, monthly First Friday exhibitions at Mainframe Studios, and held another incredible annual Exhibition! With COVID-19, we will adjust to respond to health and safety guidelines for this year's art show. It will also slightly alter the expectations this year for artists entering the competition. Updates will be posted to TeamCSA.org.

This is the third year of digital art submissions. Most art competitions require digital entry, so artists will gain experience entering art shows digitally while having access to Momentum staff to assist. The online application makes the process easy for artists 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 improve the submission process, we created videos explaining how to photograph artwork, complete the application, and compose an artist statement. To find these videos go to <https://teamcsa.org/our-services/momentum/competition/>. We typically hold designated photography days to assist artists, and this year we will set these up by appointment instead. These appointments can assist artists with photographing work for submission at our studio. Please contact momentum@teamcsa.org to schedule by appointment. Please note that the deadline has moved up this year, so please contact us as soon as possible to ensure we're to schedule you.

Thank you!

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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. **We will release details about the exhibition as they become available, but ask you to save the date for October 1st, 2020, to celebrate the 16th annual art exhibition** 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. Submit completed online application with photos

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

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

For photography assistance, contact momentum@teamcsa.org.

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.

**art that is not delivered on time, or not gallery ready may not be included in the show.*

DATES TO REMEMBER

JULY 1 – AUGUST 31st: Artists can submit applications online at teamcsa.org

September 11- 13th: The guest juror will review entries, and artists will be notified of the decision.

September 16 – 18th: 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 #109, Des Moines, IA 50309**. Art **MUST be ready to hang with a hanging wire and frame if necessary**.

Thursday, October 1st: Save the date. Art Exhibition details to be announced at teamcsa.org

October 5 - 7th: Artwork must be picked up from the studio between 9am – 4pm. Work not picked up is subject to a storage fee. If multiple attempts are made to contact artists and artwork is still not picked up, artwork is subject to donation or auction to benefit other Momentum artists.

FOR QUESTIONS EMAIL MOMENTUM@TEAMCSA.ORG OR CALL (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/>