



A dynamic community that celebrates and supports *Arts and Creativity!*

Red Deer Arts Council and Red Deer Public Library are delighted to present **Alberta Community Art Clubs Association'**

Alberta Spirit Show 2023

Alberta Community Arts Clubs Association

Alberta Spirit 2023

Path by the Creek
Pastels
Joyce Boyer
(Signature – Central Zone)
Signature Award and People's Choice Award

Agriculture Employment
Acrylics
Josef Ginter
(Masters -Southern Zone)
Masters Award

In the Groove
Wood Sculpture
Hans G. Rohner
(Signature – Northern Zone)
Signature Award

August 29 - October 15
On display at Kiwanis Gallery
Red Deer Public Library
4818 49 Street
First Fridays September 1
5:30 - 7:30

which runs in the Kiwanis Gallery until October 15, 2023.

The Alberta Community Art Clubs Association is a province-wide organization that supports artists in all stages of their development, through juried shows along with critiques at the shows, Northern, Central and Southern and the Alberta Wide Show. The Alberta Spirit Show is the best of the best!

#FirstFridaysRedDeer Opening Reception September 1 from 5:30 to 7:30 pm with some artists in attendance.

Gallery Hours: Mon to Thurs 10am-8pm, Fri 12-5pm, Sat & Sun 10am-3pm

The Red Deer Arts Council and Central Alberta Retired Teachers' Association is pleased to present:

Here, There, and Everywhere: An Alberta Culture Days Exhibition

of literary and visual art in the Red Deer Arts Council's Community Gallery.

We asked artists to consider the importance of place, and their responses included culturally meaningful places, places of solace, places we live. Come see how our selected artists interpreted the places they love in both imagery and poetry.

#FirstFridaysRedDeer Opening Reception on September 1st from 5pm - 7pm with several of the artists in attendance.

6 - 4919 49 Street, Red Deer

The exhibition runs August 31 - October 3rd, 2023

Gallery Hours: Mon to Fri 12pm - 4pm

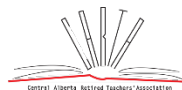
HERE, THERE, AND EVERYWHERE

AN ALBERTA CULTURE DAYS LITERARY & VISUAL ART EXHIBITION

Alone by Belje Vandermeulen-Smart
Before the Storm - Joffre by Kristina Moore
Riverview, B.B. Early 20's by Hazel Sheehan

Alberta Culture Days
September 2023
Discover • Experience • Celebrate

Red Deer Arts Council Gallery
6 - 4919 49 Street, Red Deer, AB
September 1 - 30, 2023



~Creativity Understood~

What's Happening in September 2023

Alberta Culture Days is moving and shaking around the city throughout September 2023!

With everything from line dance demonstrations to multicultural markets, art classes to book launches, and even a digital scavenger hunt, there are dozens of dynamic and fun, FREE activities around the city of Red Deer for Alberta Culture Days 2023.

Join the adventure and be a part of this month-long festival throughout September. To find out more, look for brochures with this musical image or visit www.RedDeerArtsCouncil.ca/culture-days website to find out about all the various events and activities being offered by many community organizations across the city. You can also check out the full schedule of activities on our website or by following www.facebook.com/RedDeerCultureDays.

- Sept 1–30 **Mickey + Francis: An Epic Quest** – visit reddeer.epicquest.ca for more!
- Sept 1–30 **Here, There & Everywhere** Art Exhibition at Red Deer Arts Council
- Sept 2 & 16 **Capstone Creative Art Classes** from 11am – 4pm
- Sept 6, 13, 20, 27 **Cultural Cafés** at Cronquist House
- Sept 2, 9, 16, 23, 30 **MAG Saturdays** Art Projects
- Sept 9–10 **Open Studio Tour** – visit artists at work in their home studios!
- Sept 9 & 16 **Coffee and Krumkake!** at Norwegian Laft Hus
- Sept 15–Oct 30 **The Place We Call Home** Art Exhibition at YMCA
- Sept 16 **Bead and Share** at Red Deer Public Library Downtown
- Sept 16 (and beyond) **Line Dance Days** w/Country Pride Dance Club
- Sept 17 **Garlic City Market Festival** at Common Ground Garden
- Sept 20 **MAG Artist in Residence** at Heritage Square
- Sept 23 **Ribbon Skirt Workshop** at Red Deer Public Library Dawe
- Sept 23 **Multicultural Market** at Festival Hall with CARE for Newcomers
- Sept 24 **Author Festival: Book Launch + Market** at RDPL Snell Auditorium
- Sept 29 **Central Alberta Theatre** Season Preview at Memorial Centre
- Sept 29 Film screening *Stolen Spirits of Haida Gwaii* at the MAG
- Sept 30 **Shining Mountain Little Souls Quilt Journey** event at MAG

Red Deer Culture Days 2023 Events



Alberta Culture Days
September 2023
 Discover • Experience • Celebrate

With programs presented by



Thank you to our Funders

Alberta

Alberta Foundation for the Arts

THE CITY OF Red Deer

~Creativity Understood~

The Mindfulness of Art Appeals to Red Deer Creator

Sally Towers-Syblis learned about the healing power of art after her father was diagnosed with Alzheimer's disease at the age of 58. His long, slow decline was terrible to witness, she recalled. And Towers-Syblis was dramatically influenced by her dad's 17-year affliction.

"It made me realize that I can't NOT live out my dreams..."

She also realized the process of creation could calm her mind, allowing her fears about the future to fade away. "It brings you into a place of presence, You are not thinking about yesterday or tomorrow. You are just enjoying the moment."

The Red Deer artist and instructor now teaches art at Kerby senior's centre in Calgary, as well as the Wellspring Cancer Support Centre, which has locations in Calgary and Edmonton.

Teaching painting allows her to "share the joy of art" with others.

But Towers-Syblis took a while to find her calling. Born in Calgary and raised in Peace River, she did more partying than art-making in high school — perhaps because her vice-principal was her father.

Although she initially enrolled in a Bachelor of Arts program at the University of Lethbridge, she soon realized it wasn't what she wanted.

Towers-Syblis instead switched over to take the fibre arts and visual communications course at Edmonton's Grant MacEwan University, feeling that "art was something that I always yearned to do, but never did."

She enjoyed working as a window display designer for the Hudson's Bay store in Edmonton after graduation, and was also a freelance window dresser for other retailers. After getting married, Towers-Syblis moved to Innisfail, but felt too much "culture shock" there, after living in a big city. She ended up settling in Red Deer to raise her children.

Her creativity was eventually reignited in classes with the Lettering Arts Guild, where she learned to mix calligraphy with watercolour painting.



Sally Towers-Syblis with some of her Whimsical Village works. Cards and prints of Sally's work are available for purchase at the Red Deer Arts Council office gallery.

Towers-Syblis has since shown her works in the Kiwanis Gallery in Red Deer, as well as Glenrose Hospital in Edmonton.

About a decade ago, she co-authored a book about hope and healing called 'The Circle Club' with two other writers.

She also began teaching watercolour classes out of her home in Red Deer, as well as online, and in the larger centres.

More recently, she re-discovered that the artistic process could help her overcome the trauma of the COVID pandemic, as well as her divorce. "I needed something for me to heal," said Towers-Syblis, "so I started doing art that I enjoy," as opposed to making pictures that could please others.

By tapping into her imagination, she began drawing "whimsical villages." There are no rules to how to form these cottages, castles, tower or churches.

Towers-Syblis has full freedom to doodle away.

"That's what I'm teaching right now at Wellspring. That's the direction I am going in — it's all about the whimsy for me."

Her next project will be writing an instructional ebook to sell on Amazon about the healing power of art.