



## **PLANET YOUTH** **CALL FOR STUDENT ARTISTS**

### **WHAT IS IT?:**

**PLANET YOUTH!** is a student art gallery show at the Elora Centre for the Arts, featuring selected work that draws upon trees as creative inspiration. We will celebrate the strength, healing and resiliency found in trees and highlight how we can learn, grow and face challenges like they do, despite the storms that come. The gallery exhibition will be called **“See the Forest Through the Trees: a Youth Exhibition in Support of Mental Health.”** Prizes will be awarded for the top entries!

**The concept:** Utilizing 12 key landmark trees in the community as a benchmark for inspiration, the exhibition will draw parallels between the strength and resiliency of trees and how humans can build similar roots of strength within themselves in order to face the world and all the seasons and stages of life.

### **SUBMISSION DETAILS:**

- Students will learn about and select one of the 12 identified trees in our community as their inspiration, in participation with the Neighbourwoods Tree Mapping project.
- Students can submit photography, paintings, sculpture or poetry.
- Submissions are juried, and 12 - 16 pieces will be selected for the exhibition.
- Paintings – any size
- Photography – selected works will be enlarged by the gallery for the exhibition
- Poetry – selected poetry will be enlarged by the gallery for the exhibition
- Sculpture – any medium, any size.

### **DATES AND DEADLINES**

- Submission deadline to Elora Centre for the Arts: Friday May 10, 2019 at 7:00 PM
- Jury selection and selection of work: Wednesday May 15<sup>th</sup>, 2019
- Photography submissions on memory stick (will be returned, please put your name on it) or emailed in high resolution jpeg format to [director@ecfta.ca](mailto:director@ecfta.ca), poetry submissions in hard copy format or emailed to [director@ecfta.ca](mailto:director@ecfta.ca). All other submissions must be dropped off to the Elora Centre for the Arts in person prior to the deadline.
- All submissions must be labelled with YOUR NAME, NAME OF PIECE, EMAIL ADDRESS and PHONE NUMBER.
- Opening reception for ALL artists (anyone who submitted work, plus selected exhibition artists) - friends, family and community are invited on **Saturday June 1 from 2-4PM.**
- Exhibition will run from **May 30 - June 23** (3 week show)



## **CREATIVE INSPIRATION**

### **A few artists who have been inspired by Trees:**

- Emily Carr
- The Group of Seven artists
- Claude Monet
- Vincent Van Gogh
- Gustav Klimt

### **What is resiliency?**

Resilience involves being able to recover from difficulties or change—to function as well as before and then move forward. Many refer to this as “bouncing back” from difficulties or challenges.

People who are resilient can effectively cope with, or adapt to, stress and challenging life situations. They learn from the experience of being able to effectively manage in one situation, making them better able to cope with stresses and challenges in future situations. In other words, dealing with challenges can make us grow and can make us stronger. Rather than merely bouncing back, we're better prepared than we were before to face challenges that lie ahead.

### **The link between trees and resiliency and us:**

- Trees feed us, shelter us and provide shelter.
- Their roots dig deep into the ground so the parts that are showing are strong and can withstand storms and when the weather is extremely hot or bitter cold.
- They inspire us with their strength, beauty and flexibility.
- They breathe out clean air and soothe our racing minds.
- One tree alone is more likely to fall over if there is a big wind, but with all the trees standing together they protect one another.
- Research has shown that a walk in the woods can reduce depression and anxiety – why is that? What is the magic that trees give us to refocus and return to a sense of calm?
- How can we learn from the resiliency of trees? How can we re-imagine our lives with similar “tree attributes” to be inspired and/or become stronger human beings?

### **Some Inspirational Quotes about Trees:**

"Trees that endure the stormiest times grow the strongest and most beautiful. The same goes for humans - your stormy times can encourage you to thrive and bloom into your mightiest you".

"There is no WiFi in the forest, but I promise you will find a better connection".

"Listen to the wisdom of trees. For trees know that you can be still and grow...at the same time"

"Love the trees until their leaves fall off. Then encourage them to try again next year".

"Storms make trees take deeper roots".



**Planet Youth at the Elora Centre for the Arts is a collaboration with:**

- Neighbourwoods (Toni Ellis)
- Local high school and elementary students and teachers at CWDHS
- Local artists, including our own arts educator Judy Anderson
- YouthTALK and Beautiful Minds (Jessica, Youth Engagement Facilitator - youth engagement in support of mental health)
- UGDSB Mental Health Advocate Jenny Marino

**For more information please contact us!**

Judy Anderson, Programming & Arts Administrator [frontdesk@ecfta.ca](mailto:frontdesk@ecfta.ca)

Lianne Carter, Director [director@ecfta.ca](mailto:director@ecfta.ca)