

Owen Sounder - October

"You can't go back and change the beginning but you can start where you are and change the ending".

C.S. Lewis

In a recent exchange with Carolyn Hirtle, who was an artist in Residence at Intersections, I discovered that her time with us helped redirect her career path towards the discipline of art therapy. In an email Carolyn observed,

"I am quite set on including woodworking in my practice of art therapy. Personally I have found hand tools especially empowering, and the attentive repetition in a good number of woodworking tasks to allow for access to optimal experience or "flow" state. Using the lathe in particular I have found time slip away completely while cutting to a contour that feels right. It seems as if there are endless ways to research these ideas, for instance how the embodied or expressive nature of the router changes at your particular studio once you've rigged it up to somewhat defy gravity."

In these states of mind where time seems suspended or disappears from the usual way of experiencing things some of the best work is made. It can be therapeutic to be lost in the process while working or why else would there be such a strong draw to making. In our classes and with the instructors I will jokingly talk about the therapy of cleaning up the studio workshop. It may be a ploy to not leave the studio in a mess! However for me it is a contemplative act to sweep up. Something is finished and completed by putting stuff away leaving a sense of order, not a fanatical perfectionists action rather the resolution of something just 'done and dusted'. It strengthens the sense of accomplishment. Starting a project takes planning and problem solving where skill and challenge work hand in hand towards a solution. The resolution reduces stress and opens time out for the next experience. I think our classes achieve these experiences. A beginning, middle and end, well defined and doable.

There are three classes left before the year ends.

*Beginners Woodwork* with Pierre Rousseau, is full at this point with a waiting list.

*Making a Hinged Box* with Jonathan Cox, December 5 & 6. \$192.10 Materials \$15.

*Mechanical Wood Toys* with Pierre Rousseau, December 12 & 13. \$192.10 Materials \$20.

*Designer Lamp* with George Hart. January 23 & 24. \$192.10 includes tax. Materials \$20.

*Hand Tools* with Pierre Rousseau February 8 to 12<sup>th</sup> \$508.50 Materials \$60 one week making various hand tools is the best way to know how wood likes to be worked. The tools will be an asset for the workshop and fine woodworking.

March and April both have classes they are already on the website and the others will be on the website soon. So that is the regular programming. Lighter than usual however classes are filling!

Another offer will be for families or social bubbles to take a workshop together in groups of up to six. In the past there were successful groups of business people or co-workers wanting to bond together. These different groups have made, *Hand Tools*, *Paddles for the Canoe or Kayak*, *a Vase for Valentine's Day* (for couples), *Carving Kitchen Utensils*, *Wood Turning* on the Lathe and so on. I just need to know what people want to make together and then the appropriate instructor is found. With all our studio workshop classes we start with safety and then move into the project.

Go to [www.intersectionsstudio.com](http://www.intersectionsstudio.com) for a list of classes and other events.

Stephen