

The Shuswap Art Gallery Association Presents:

Slow Movement

Paintings by
Winnipeg artist and teacher
Ingrid McMillan

April 2 - 23, 2011

Opening Reception | Fri, Apr 1, 7pm
Gallery Hours | Tues - Sat, 11am - 4pm
Coffee Break | Thurs, Apr 21, 2pm
Family Saturdays | 2pm

Exhibition Sponsored by: **Jane M. Letourneau**
Notary Public



 **SAGA**
Public Art
Gallery
70 Hudson Avenue N.E.
Salmon Arm, BC
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Slow Movement, Curator's Statement

When the selection committee first looked at this proposal, it sparked a conversation about the cultural "slow" movement; writing letters by hand, baking bread, visiting neighbours, playing cards. We discussed how easily we all adapted to the quickening pace of society, and that we happily gobbled up new electronics that would communicate faster and make life somehow more enjoyable. Now that the level of stress is beginning to show itself in our states of physical and mental health, it is clear that we do need to slow down. Many of these "slow" ideas are already reflected within our own community, ie. the organic market, knitting groups, book clubs, life drawing and the pottery club, which is what ultimately drew us to accept this exhibition proposal. The rosy and spirited qualities of Ingrid McMillan's paintings have a welcoming appeal. The compositions are dynamic, which help illustrate the "active" in activity.

In order to enhance our visitor's experience of the importance of slowing down, we decided to incorporate a few games and puzzles into this exhibition. Everyone is welcome to take a little time to enjoy these simple activities, which might then inspire one to slow down in other parts of life.

Tracey Kutschker, Director/Curator