



Up Close & Personal

Art & fractals in the great outdoors.

Making connections with printmaking.

Cross-Collaboration Staff Engagement Event
Town of Georgina
Thursday, June 6, 2024

Michelle Richards-Clermont • **Island Grove** art studio



Michelle with the Honourable Elizabeth Dowdeswell , the 29th Lt. Governor of Ontario,

The 2023 Coronation celebration was held at ClearWater Farm in Georgina where the public was invited to make crowns, hats and fascinators for the main event, a Tea Party to honour King Charles III

Some fun facts

- I grew up in the bush in Muskoka, I spent summers in the lake, & winters racing snowmobiles & hauling logs out of the swamp.
- I am an excellent cook, baker, and saucier. Mmmm sauce....
- I am a creative soul & push the boundaries of my art through experimenting. I never did like to follow the rules!.
- I have been teaching in some aspect for over 30 years.
- One of my superpowers is the ability to have ANYONE create a beautiful piece of art they are proud of, & have fun doing it!
- My art activity was the Lt. Gvnr's favourite at ClearWater Farm's Coronation Celebration & Tea Party, v July 20, 2023. Man it was smokin hot that day!
- The biggest painting I have done to date was 8' wide X 40' long.
- I know everyone here will have an amazing time, & leave filled with creative energy. Oh, and some amazing art!
- I enjoy washing windows. It's so satisfying. ahhhhh.....



Jackson Pollock 1912–1956

Active painting

Jackson's repetitive body movements filled his drip paintings with fractal patterns. Using fractal analysis, [helps distinguish real from fake Pollocks](#) with a 93 percent success rate in court.

Fractals & their effect on us : stress relief, art & science

A recent [Smithsonian study](#) focusing on aesthetics revealed that art and natural images can induce staggering changes to the body, including radical reductions in the observer's stress levels.

Researchers are untangling what makes some art or natural scenes (the forest wallpaper) appealing & stress-relieving. They found that looking at repetitive patterns, fractals (ferns, pine cones, nautilus shells, etc), has an instant (ish) positive effect on our psyche. Studies of Jackson Pollock's poured art identified they're filled with fractal patterns, and Willem de Kooning's art showed the decline of fractals in his art as his dementia progressed, replaced with an increased sense of calm.

It's so cool scientists are studying the **effects of art on humanity**.

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You want us to do what? : & what's up with all that stuff!

Today we are going to use items collected from our beautiful environment to create a variety of prints. These techniques all fit under the Printmaking umbrella. Originating in the Han Dynasty (206 BC - 220 AD) it continues to be a popular, accessible art form today.

Each station has different items to test with the various supplies available. ALL team members are invited to create rubbings in the memory books, and prints on a variety of surfaces using flowers, leaves, grasses, logs, rocks, and whatever else floats your boat. I will be demonstrating the basic techniques, you will play, get messy, try different approaches, create amazing art and have fun!

A watercolor painting of a woman with blonde hair wearing sunglasses, looking towards a large pink flower. The background features a brick wall with green and orange bricks. The text 'art is the story of my soul' is written in the upper left, and the 'mrc IGAS' logo is in the lower left.

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