

# EL MORRO AREA ARTS COUNCIL

VOLUME TWENTY ONE: ISSUE FOUR

FOURTH QUARTER

## Ancient Way Fall Festival

OCTOBER 6, 2018

12 PM to 5 PM



\* food

\* crafts

\* live music

\* tractor parade

\* photo contest

\* harvest displays

\* Ramah Farmer's  
Market



### *El Morro Community*

*one mile east of  
the El Morro  
National Monument  
on Hwy 53*

AncientWayFallFestival.com \* 505.369.4047 \* AncientWayFallFestival@gmail.com

*Hosted by:* El Morro Feed & Seed, \* El Morro RV Park & Cafe, \* Galleria Carnival,  
\* Inscription Rock Trading & Coffee, \* Old School Gallery, \* Wave Riders

## Letter from the President

On June 24<sup>th</sup>, EMAAC was 20 years old. We had a birthday party with a great meal supplied by the Ancient Way Café, drinks supplied by Inscription Rock Trading & Coffee Company and two exquisite birthday cakes supplied by Halona Marketplace in Zuni. Nearly 90 people, both local and from out-of-town, came to celebrate and to reminisce. We had 13 performers who brought us music and poetry stretching back to our early days of favorite entertainment.

And on Wednesday, September 19<sup>th</sup>, the Board of Directors met for the day to begin a strategic planning process. The resulting plan will cover the next three years. Utilizing a short group of inclusive categories and the results of our survey conducted last fall, the group discussed the current status, immediate tasks required and longer term tasks, hopes and dreams for each category. It was a lively, heartfelt conversation, and we are excited about the direction we are heading. We will provide a report about the new plan in our next newsletter.

EMAAC has flourished for the last 20 years because of you, the community. We are grateful for the opportunity to continue providing you a gathering place to experience programming, exhibitions and workshops related to traditional and contemporary arts through many mediums. Thank you!

Sharron Dishongh, Board President

### WAVE RIDERS OF THE ANCIENT WAY

Redwulf and Standing Feather are fully available for healing work. Please call the Wave Riders' Yurt at 505-783-4039 with questions or to make an appointment.



EMAAC conveys a very big

# Thank You

to the ever-growing numbers that have taken our call to action seriously!  
Please consider joining this much appreciated group of volunteers.



Ancient Way Cafe

505-783-4612

HC 61 Box 44  
Ramah, NM 87321

Web: [elmorro-nm.com](http://elmorro-nm.com)  
Email: [elmorrorv@yahoo.com](mailto:elmorrorv@yahoo.com)

RV and Cabin reservations may be made online or by phone



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All materials for the 2019 1st Quarter Newsletter are due by December 1st. Please submit to Redwulf for scheduling and approval by the programming committee at [waveridersheal@yahoo.com](mailto:waveridersheal@yahoo.com)



# FOURTH QUARTER EVENTS

In the Artists' Quarter  
*"Rewind"*

EMAAC Artists Group Show  
with special exhibition by printmaker Amy Adshead

Exhibition Runs: Oct 11—January 5

**Opening Reception: Sunday, October 14, 3-5 pm**

**Your MIC is OPEN**

**Saturday, October 13, 6:30 pm**

**Tickets \$5.00**

We are graced by amazing performers in our area.

Come share a snippet of *your* talent!!

If you wish to perform call the gallery and sign up! 505-369-4047



## MELOMANIAC HALLOWEEN MUSIC FESTIVAL

Noon to 6:00, Oct.27th  
SIX BANDS ENTERTAIN  
ON EMAAC'S OUTDOOR STAGE

Pine Hill Warrior Rock Band

Grubbs

Summon the Wolf

Born too Late

Sweet Nothin

Man High

Tickets \$15 at the Gate, Kids 12-17- \$7.50, under 12-FREE

Spoken Arts  
performers

Pumpkin  
Carving Contest



Costume Contest

Peace of Pie Food Truck

Art Demos

Craft  
Vendors



Creepy Halloween Noises!

Vendors: To sign up, or for more information, call the Gallery at 505 369-4047

## FOURTH QUARTER EVENTS continued...

Our quarterly night of Bingo with great prizes to Win!

November 10, 6:30pm Refreshments available!

We have daubers for sale and chips to use—but bring your own if you have them.

Cards are available for purchase at the front door and between each round.

We are always looking for great, new/un-used items, art works and services as winning gifts for Bingo.

Leave with the docent at the Gallery, Friday-Sunday 12-4, or Call RedWulf to donate 505-717-7841

## HOLIDAY CRAFTS FAIR

Saturday, December 1st, 10 am - 2 pm

*A great place to get gifts and stocking stuffers!*



Vendors: Sign up early to secure your space.

- ★ Each space is large enough for a card table (not provided) and a chair beside it (provided).
- ★ You may reserve two spaces *if available* at the time you sign up. Each booth space is \$15.
- ★ If you need a table you can reserve one of ours for \$5. Please let us know if you will need a backdrop for hanging when you reserve a booth space. For more information call the
- ★ Gallery Friday-Sunday 505-369-4047 or Pam at 505-870-6245.

## Winter Memories Concert

Saturday Evening 6:30 pm

December 1st

Enjoy local musicians as they join together to perform a variety of vocal and instrumental pieces.

Tickets \$7

Refreshments available



*Come Be A Star!*

## Karaoke

December 15, 6:30pm

We can find whatever you want to sing  
on *You Tube Karaoke*  
& put the lyrics on the big screen!  
A fun and exhilarating experience.  
\$5 donation



## FOURTH QUARTER EVENTS continued...

*Join Us for a  
Winter Solstice Celebration  
for the  
Longest Night of the Year*

Saturday, December 22, 6:30 pm

At The Old School Gallery

*Music, Poetry, Stories and  
Other Surprises*

For more information call 505-783-4706



## EXHIBITORS' NOTES

Third Quarter Art Pick-Up Deadline : 5 pm Sunday, Oct. 7

Fourth Quarter Theme: *Rewind* –a group show

Fourth Quarter Art Submission Deadline: Thursday, Oct. 11, 11:30 am (*no later*)

If you cannot meet these deadlines, please contact Rachel Schali at rachel.schali@gmail.com (505) 906-7216, or the Gallery (505) 369-4047, Friday-Sunday 12-5 pm. to make arrangements.

Each exhibition has a theme/title which is chosen by the artist(s) featured in the Artists' Quarter. The themes are meant to inspire, are open to interpretation and are never mandatory. Interested artists can bring as many as 8 pieces of small work, 5-6 medium size or 4 pieces of large work.

Exhibition openings are in salon format and all exhibitors are encouraged to attend.

*Exhibiting artists are asked to bring finger-foods to share.*

In the Artists' Quarter  
"Rewind"

EMAAC Artists Group Show  
Featuring Printmaker Amy Adshead

**Opening Reception**  
**Sunday, October 14, 3-5 pm**  
Exhibition Runs: Oct. 12—Jan. 6

First Quarter 2019 Theme:

*"One in The Many"*

Portraits by Rachel Schali  
In the Artists' Quarter

All art for first quarter exhibition will be  
due January 10, 2019

*Opening Reception January 13, 3pm*



## Monthly: 3rd Tuesdays at 7:30 pm

The Book Group will not meet in December because of Holiday conflicts; but please stay tuned for next year's great reads and meeting locations.



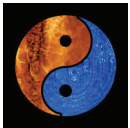
For October we are reading The Underground Railroad, by Colson Whitehead, 2016. It won, that year, a Pulitzer Prize and the National Book Award, and was on the NYT's top ten list of fiction. According to an NPR reviewer, the book "is an American masterpiece, as much a searing document of a cruel history as a uniquely brilliant work of fiction."

October 16, 2018, 7:30 pm, home of Rosalie Bianchi. Call her for directions—783-4076.

November 13, 2018. 6:00 pm pot luck dinner at the home of Pam Davis. 505-870-6245.

The book group has decided to have an annual meeting in November to select the books for the entire next year. Each reader is urged to contribute two or three titles she or he would like to read, and be prepared to discuss the merits of the suggestions. The group will select one title from each participant. Books can be classics, fiction or non-fiction, older or relatively new, although a year or two old is better for buying used copies or obtaining at the library. Popular, brand-new books, while enticing, are harder to borrow and more expensive to buy.

## Q4 WORKSHOPS, LECTURES, CLASSES



### *Traditional Chinese Medicine: What's it good for?*

**An Introduction to the Foundations of Oriental Medicine  
And its role in Contemporary Health Care**

November 11, 1-3 pm Free Presented by Gregory Myers, MFA, MSOM, LMT

In this presentation, Gregory Myers will present an introduction to the foundations and fundamental concepts behind Traditional Chinese Medicine (TCM). In this discussion, participants shall be introduced to the theories of Yin & Yang, the Five Phases, Eight Principles, and Zang Fu Theory. Additionally Gregory will offer insights into the "Pillars" of Chinese Medicine which include Acupuncture, Traditional Herbal Medicines, Qi Gong, and Oriental Physiotherapy. Gregory is presenting this offering in advance of completing his licensure as a Doctor of Oriental Medicine and will soon open his practice here in the area as well as in Grants. He wishes to use this opportunity to introduce the various aspects of Oriental Medicine and its role in contemporary healthcare paradigms. The presentation will include a question and answer period at the end.

### *New On-Going Class: QIGONG* With Jon Marshall

Monday 6:45 – 8 pm  
The Old School Gallery, Scenic Highway 53, MM 46



#### **What is a Qigong class?**

A slow easy-moving class using traditional and modern Qigong exercises for stress reduction, spine flexibility, deep breathing exercises / lung support, body fluid circulation and vital energy/ healing enhancement. The class works with the slower motions of classic Qigong repeating exercises and selected Tai Chi movements. This is an excellent slow-moving, motion-controlled exercise program for almost everyone forty and over. Excellent for younger folks, also.

#### **What is included in the class?**

Qigong exercises (slow energizing/self-healing stand-up movements somewhat similar to a moving yoga) begin each class. Followed by spine flexibility exercises, including some abdomen/spine strengthening movements. Sensory enhancement exercises are included to improve awareness, movement and balance. Deep breathing movements for optimal health end each energizing class. Wear loose, comfortable clothing for movement. Questions? 505-593-0476

#### **The Instructor**

The class is taught by Jon L. Marshall, MA, LPN who has been active in Tai-chi, Qigong, Kung-fu and exercise kinesiology for over 50 years. His principal teacher was Dr. Paul Jhou of Shanghai, China and San Francisco, CA. Mr. Marshall has taught at Tyler Jr. College (TX), the University of Texas at Tyler, Kilgore College (TX) and the American Tai-chi Kung-fu Institute (CA & TX). He has pursued a career as a licensed massage / bodywork therapist at Marshall Medical Massage and Kilgore Chiropractic Clinic where his specialty was injury-trauma muscle / tissue healing & recovery within the fundamental framework of Traditional Chinese Medicine and various Western healing modalities. He is currently a professional, licensed Nurse / Case Manager working for a major Managed Healthcare Organization (MCO).



# COMMUNITY EVENTS



**Come See The Ramah Farmers Market At the *ANCIENT WAY FALL FESTIVAL!***

Saturday, October 6<sup>th</sup> — 12:00 Noon to 4:30pm



Greens, Vegetables, Herbs, Cut Flowers, Eggs, Organic Chicken and Crafts

*Coffee & Breakfast Snacks, Baked Goods – Jaye's Food Cart!*

*Gardeners: Bring Your Produce for the Community Table*

Garden Displays and Homestead Harvest Display Contests, Giant Vegetable Contests,

Beautiful Chicken Contest, Pumpkin Carving Contest, Honey and Bee Display,

Wool Spinning, Livestock Displays

Debit Cards Accepted! EBT Cards Accepted!

EBT Double-Up Bucks Program

WIC and Seniors Checks honored!

To Set up Produce or Craft Booths or enter the contests WITH THE MARKET  
or for other market info call Jackie 783-4440 or ramahfarmersmkt@gmail.com



## Hotluck Thanksgiving Feast

Thursday, November 22, 2:00 pm

The Old School Gallery

*Please bring Salads, Side dishes and Desserts.*

*Turkey, dressing and drinks will be provided,  
compliments of The Ancient Way Cafe*

If you can help set up call 505-783-4612. Thank you!

## ON-GOING GROUPS

Are free and meet at the Old School Gallery unless otherwise noted

### T'ai Chi Ch'uan

#### *White Crane Form*

*Sun, Moon, Circle Shao'lan*

Taught by Monika and Urs Gauderon

Mondays, 5 p.m.—\$60/4 sessions

For information call (505)775-3045

New!



### QIGONG CLASS

Taught by Jon Marshall

Mondays, 6:45-8 p.m.

For information call

505-593-0476

### Yoga Thursdays @ 9:30 am

This group begins anew each time. Bring a mat, blanket and strap, if you have them. For more information call (505)369-4047



### “So.... You Think You Can't Dance?”

The First Friday of each month 7:30 pm at the Belly Button Ballroom

Informal Dancing and Dessert

Lessons for non-dancers or bring your favorite dance to teach us all.

FREE Call Will (505) 783-4138 for directions or questions

### Wu Family Long Form Tai Chi with Reed

Sundays, 9:30 at the Gallery

Come and learn the Wu Family Tai Chi form.

Chi Gung practices as well.

Beginners are especially WELCOME!

Call Reed at (505)658-5444

for more information

### Poetry Group

Most Sundays at 11 a.m.

Poets at all levels of development meet to share poetry and support each other.

Call Jack at (505)783-4007

for location and information

### Science Group! Join the lively discussion!

The third Sunday of each month 1:30 p.m. In *The Loft* at Inscription Rock Trading Post.

We are currently reading and discussing

*Tales of the Quantum - Understanding Physics' Most Fundamental Theory* by Art Hobson.

Join us for this journey into the quantum world, (actually our world!) through this very clear & understandable book.

*“Not only do we live among the stars, the stars live within us”*

Call Jane (505) 783-4551 or Rosalie (505)783-4076 for more information



On Going Monthly Groups:

So You Think You Can't Dance—First Fridays 7:30pm  
 Science Group—Third Sundays 1:30pm  
 Book Discussion Group—Third Tuesdays 7:30pm

# October 2018

On Going Weekly Groups:

T'ai Chi Ch'uan—Mondays 5pm  
 Quigong—Mondays 6:45  
 Yoga—Thursdays 9:30am  
 Wu Family Tai Chi with Reed—Sundays 9:30am  
 Poetry Group—most Sundays 11am

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 FALL FESTIVAL 12-5pm
7	8	9	10	11	12	13 Open Mic 6:30pm
	15	16	17 EMAAC Board Meeting 4pm	18	19	20
21	22	23	24	25	26	27 MELOMANIAC Music Festival 12-6pm
28	29	30	31			


On Going Monthly Groups:

So You Think You Can't Dance—First Fridays 7:30pm  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 Bingo 6:30
11 Chinese Medicine Lecture 1-3pm	12	13	14	15	16	17
18	19	20	21 EMAAC Board Meeting.4pm	22 Pot Luck 2pm 	23	24
25	26	27	28	29	30	

On Going Monthly Groups:

So You Think You Can't Dance—First Fridays 7:30pm  
 Science Group—Third Sundays 1:30pm  
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# December 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1 HOLIDAY CRAFTS FAIR 10--2</b>
2	3	3	5	6	7	<b>WINTER MEMORIES CONCERT 6:30</b>
9	10	11	12	13	14	15 Karaoke 6:30
16 Gallery Closed	17	18	19 EMAAC Board Meeting 4pm	20	21 Gallery Closed	<b>22 SOLSTICE CELEBRATION 6:30</b>
23 Gallery Closed	24	25	26	27	<b>28 Gallery Closed</b>	29 Gallery Closed
30 Gallery Closed						



# EMAAC Membership Form

The El Morro Area Arts Council (EMAAC) is a vibrant organization that celebrates diversity, thrives on the sharing of creative ideas through programs, exhibitions and workshops. EMAAC supports The Old School Gallery, a community-centered activity hub for traditional and contemporary arts. EMAAC membership is open to all artists and individuals who share a love of the arts and the Ramah/El Morro community. The membership term is from January 1 to December 31. Please Join Us!

Full Name \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Web or Facebook Page \_\_\_\_\_

Receive Newsletter: Postal \_\_\_\_\_ or Email \_\_\_\_\_

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

Membership Level:

\_\_\_\_\_ Student (\$12)

\_\_\_\_\_ Friend of EMAAC (\$37-\$99)

\_\_\_\_\_ Individual (\$24)

\_\_\_\_\_ EMAAC Champion (\$100-\$249)

\_\_\_\_\_ Family (\$36)

\_\_\_\_\_ EMAAC Sponsor (\$250 or More)

Interested in Volunteering? Y N How? \_\_\_\_\_

Mail this form with your comments or suggestions to:

**EMAAC, PO Box 296, Ramah, NM 87321 \* 505-369-4047 \* [www.theoldschoolgallery.org](http://www.theoldschoolgallery.org)**

The EMAAC Newsletter is published quarterly by the El Morro Area Arts Council and is made possible in part by New Mexico Arts (a division of the Department of Cultural Affairs), The New Mexico Tourism Department and The National Endowment for the Arts.

El Morro Area Arts Council  
PO Box 296  
Ramah, NM 87321