



# Earth, Art & Soul

**APRIL**  
25, 26 & 27, 2025

*A three day event exploring the Arts  
and re-energizing the Soul,  
while being surrounded by  
Nature at the Boreal Centre*



*Into the forest I go  
to lose my mind  
and find my soul  
- John Muir*



*Friday April 25, 2025*

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## **KIM VERSLOOT**

I asked my kids to describe me, they said: home grown (I've lived in Slave Lake and area more years than not, since 1970), forest dweller, spiritual seeker, and family and dog lover. In addition to these most important descriptors, I also love the work that I do and am grateful to have found my calling early in life.

A personal loss when I was 15, led me on the path to becoming a psychologist. I began with Alberta Mental Health and Addictions and then decided to open my private practice in 2000 here in Slave Lake. I specialize in mindful somatic psychotherapy, developmental psychology, clinical psychology, grief and loss, and the resolution of trauma.

Mindful somatic psychotherapy or Hakomi for me was the collision of spirituality and psychology, a therapy method and process to help myself and others heal. I was initially drawn to its guiding principles and after four years of training and supervised practice became a Certified Hakomi Therapist (2006); this process led me to the contemplative practices of mindfulness and meditation. Mindfulness has become a way of life; I meditate frequently and lead a regular bi-monthly meditation group. I am kind and compassionate, have a calling to help, and long for all of us to live fulfilling lives in a peaceful world.



## **GUIDED MEDITATION**

**7:00 pm - 8:00 pm**

Let's set our intention for the Earth Art and Soul weekend, practice mindfulness and meditate. In this brief class, each person will develop their own unique intention for the weekend, followed up with a mindfulness exercise and a guided meditation.

*\$25.00, min 5, max 20, adults*

## **MEET AND GREET WINE AND CHEESE**

**8:00 pm - 9:30 pm**

Join us for complimentary wine and cheese as we kick off our first Earth Art and Soul Arts Weekend. We are offering safe rides home!

adults

***Saturday April 26, 2025, 9:00 am - 12:00 noon***

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## **PAT POTVIN**

- Has been carving bark since 1998.
- A founding member of The Marten Mountain Bark Carving Club - still operating since 2004
- Has taught several courses using bark including How to Carve a Wood Spirit, Carving a Woman's Face, Carving a Santa Ornament, and many others.
- Carves pumpkins
- Has entered in the Northern Alberta Wood Carving Association Annual Competition on several occasions and won first, second and third on several occasions and Second Best in Show once.
- Has sold carvings to customers in England and Germany, and many more here in Canada

## **BARK CARVING A WHIMSICAL COTTAGE**

In this class you will be introduced to Black Poplar Bark carving with safety as a main component. Pat will lead you through the steps to carving a whimsical cottage and you will take home the tools needed for this project. All Materials included.

*\$85.00, min 6, max 12 adults. 6 hours*

## **SARAH HUDSON**

Sarah Hudson, originally from Grande Prairie Alberta, has been a Slave Lake Resident since 2012. Sarah Has had a long-standing passion for drawing, painting and photography. Sarah became inspired at a young age to become an artist from watching The Joy of Painting by Bob Ross. At the age of 16 she had the opportunity to take workshops from a Bob Ross certified instructor. Bob's painting style has influenced many of her paintings. Throughout her art journey, Sarah has continued to build her skills by learning from other artists and photographers. When she moved from Grande Prairie to Slave Lake, she was immediately captivated by the beauty of the Lesser Slave Lake region. The beauty of the region would become a major source of inspiration for many of her works, especially photography. It was here in Slave Lake that Sarah realized her passion for the night sky, in all of its beauty and wonder. Sarah Hudson enjoys sharing her passion with others as an instructor for the Lesser Slave Lake Regional Arts Council. She loves to teach others they can paint too, and with practice you can become good at anything.

*"Talent is the pursuit of interest" ~ Bob Ross*



***Saturday April 26, 2025, 9:00 am - 12:00 noon***

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## **PLEIN AIR DEMONSTRATION/WORKSHOP**

Plein air painting is about leaving the four walls of your studio behind and experiencing painting and drawing in the landscape.

- How to pack for a day of plein air
- Helpful tips and tricks
- How to set up for plein air
- How to find a subject
- Fundamentals of painting, composition, drawing, values and colour



Must bring your own paint, canvas, brushes, easel etc. supplies not included. All mediums welcome. Skill level: beginner to intermediate. Contact Sarah Hudson for more details 780-516-0595

*\$30.00 to participate, \$15.00 to watch, min 5, max 15. 6 hours, adults*

## **CORINNA HORSEMAN**

My name is Corinna Horsman. I'm an elementary teacher. I've always loved art and loved teaching kids to be more artistic and creative. During COVID, I started dot painting. I started with tiny rocks and soon graduated to painting dots and mandalas on everything! Dot painting is easy to learn, highly therapeutic and meditative. I would love you to come and paint with me. I promise that it will be relaxing and fun! My Instagram page is called #rootedinrainbows

## **DOT PAINTING**

Come spend a few hours learning the art of dot painting. You will go home with a newfound knowledge of this therapeutic art form.

*\$40.00, min 5, max 20, 3 hours*

*14+, children must be accompanied by an adult*

## **PAULINE AUGER**

Retired teacher and Indigenous education specialist. Member of the Bigstone Cree Nation. Grew up and lived most of her life in Slave Lake area. Promoter of Indigenous Cultural Practices, languages and knowledge, always learning and sharing knowledge about Indigenous people in the area.



*Art is the highest form of hope*



*Saturday April 26, 2025, 9:00 am - 12:00 noon*

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## **TRADITIONAL RATTLE MAKING**

Pauline will be sharing learned knowledge about rawhide rattles as historically used by Indigenous people in the area. Protocol will be followed in making of the rattle and respectful practices and care.

Project will take approximately 5 hrs over 2 days. 3 hrs to thread the rawhide and shape the rattle, fill with sand and let rawhide dry overnight. 24 hrs later, empty the sand, prepare your handle, add pebbles into the rawhide, insert the handle and wrap the sinew to secure handle and then decorate your rattle.

*\$40.00, min 5, max 15. 5 hours, adults*

## **CATE GONGOS**

Cate Gongos is a local artist and author who has lived in Wagner for over 35 years. Her professional career was mostly in adult education at Northern Lakes College, including 16 years as the Vice President. Cate is excited to share her skills and hobbies with everyone participating in this wonderful weekend at the Boreal Centre.

## **OIL PAINTING**

This will be a fun session, and all skill levels are welcome. Our project is a 16" X 24" sunset on Slave Lake. Learn how to paint a sunset sky, clouds, reflections on the lake, dog island, and interesting trees. Wow yourself and your friends with this wonderful oil painting!

*\$50.00, min 5, max 15. 3 hours, adults*

*Sometimes you just need to stop and smile.  
Enjoying the creativity of what nature can bring.*



**Saturday April 26, 2025, 1:00 pm - 4:00 pm**

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**CARMEN PEARSON & DANIELLE GARRATT  
CHARCUTERIE BOARD**

Hanging out with Danielle and Carmen means there are always laughs and good snacks! When the charcuterie craze came on the scene, these two friends were all over it! Both longtime Slave Lakers who love the simple life, family time, and outdoors, these ladies love Charcuterie Boards for their ease and versatility! Learn the fool proof formula for success for an easy, artful and scrumptious Charcuterie Creation.

\$65.00, min 5, max 15, 3 hours, adults

**ORACLE CARD READINGS - CATE CONGOS**

Cate will be doing 2-card readings (about 15 minutes) with her Seeker's Journey oracle cards. You can ask one question, that you will keep to yourself. You will select your cards, and Cate will help you explore the cards, and card message in the guidebook. She will share her insights on how these two cards work together for you. Your reading should offer you inspiration, guidance, or more clarity on your question. It may also open new possibilities or your next step.

\$10.00/reading

**BARK CARVING CONT'D - PAT POTVIN  
PLEIN AIR OIL PAINTING CONT'D - SARAH HUDSON**



*...and then, I have nature and art and poetry,  
and if that is not enough, what is enough?*

*- Vincent van Gogh*

**Saturday April 26, 2025, 8:00 pm - 10:00 pm**

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**ASTRO/NIGHTTIME PHOTOGRAPHY - SARAH HUDSON**

Learn how to photograph the night sky. Learn your camera settings and how to prepare for a night shoot. Participants must have their own camera and tripod or camera stand. DSLR, mirrorless, point and shoot, or cell camera with low light capabilities.

\$30.00, min 5, max 15, 2 hours  
12+, children must be accompanied by an adult

***Sunday April 27, 2025, 8:00 am - 8:45 am***

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## **AERIN GAUTHIER**

My name is Aerin Gauthier and I have lived most of my life here in Slave Lake. I have a beautiful busy little boy named Kayce, in between work and spending time with my son, I love teaching art and yoga. I have been teaching art classes and craft workshops of all kinds for roughly 10 years and always look forward to the next time I am able to teach. I am also a certified yoga and prenatal yoga teacher and have been teaching since 2022. I am so passionate about encouraging students in both art and yoga to use their creativity and make each experience their own. I always look forward to creating and practicing with new and familiar faces!

## **YOGA**

Start your day with gentle movement, breathing and stretches to help you feel energized and grounded for the day ahead. Open to all levels!

*FREE, min 5, max 20, 45 min, adults*

***Sunday April 27, 2025, 9:00 am - 12:00 noon***

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## **NEIKA COURTORIELLE**

A 24 yr old Metis/Cree facilitator and artist from Slave Lake, AB



## **DREAM CATCHER**

This workshop will be creating your very own dream catcher. The purpose of a dream catcher is to protect sleepers

*\$40.00, min 5, max 15, 3 hours*

14+, children must be accompanied by an adult

## **ERNESTINE BROWN**

Ernestine a member of the Slave Lake Arts Council and is a very talented artist. She has explored many different art forms and excels in many of them. She was the main artist leading the way on our beautiful "Butterfly Mural" here in Slave Lake. She is well known for her amazing cake decorating and is often found instructing many of the Arts Council's Paint Nights. She is also the very busy mom of 4 young children.

## **BEADED EARRINGS**

Spend the morning with Ernestine learning the ins and outs of beading. You will go home with a beautiful and unique to you, pair of earrings.

*\$40.00, min 5, max 15, 3 hours*

14+, children must be accompanied by an adult



*Sunday April 27, 2025, 9:00 am - 12:00 noon*

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## **SPRING WREATH - AERIN GAUTHIER**

Come create your own custom spring wreath with step by step bow making. A wide variety of ribbon, flowers, greenery and other springy extras will be provided to make a wreath that suits you and your home.

*\$55.00, min 5, max 20, 3 hours*

14+, children must be accompanied by an adult

## **FREDA DELORME**

I have lived in Slave Lake area for most of my life and currently reside in Widewater. I have always had an interest in doing arts and crafts from flower arrangements to mod podge which eventually lead me to quilting and then a desire to learn about stained glass art. I am self taught and have been doing stained glass art for the past 3 years, since this has brought me enjoyment, I am happy to share my knowledge with others so they can learn too.

## **STAINED GLASS**

In this class you will learn the basics of stained glass, cutting and fitting the glass onto a template and then soldering. We will be making a beautiful bird to hang in your window. This class has limited space so please register early.

*\$95.00, min 5, max 10, 6 hours, adults*

## **KRISTY FUDALI – K-CERAmics**

Pottery swept me up and it spoke to my love for the outdoors. The raw organic richness of clay pulled me right into nature. It's a mindful, soul-deep experience, that grounds you. Touching something real inside.

I started in my garden studio, hand building at first, then spinning on a wheel in 2023. Sharing that earthy connection was a natural progression into classes, wellness workshops, staff wellness sessions, gatherings and retreats. There's nothing like seeing folks sink their hands into clay, finding that calm, natural flow is a gift that keeps giving.

## **SGRAFFITO POTTERY**

Join Kristy for a unique experience as you dive into the captivating world of Sgraffito pottery! You will be given a PREMADE, blank, hand formed pottery plate to scribe your design onto. This intriguing art technique involves scribing through a top layer of colour to reveal a contrasting hue beneath, creating stunning textures and intricate designs. Enjoy a meditative design experience with various ideas or bring your own. With roots in the Renaissance, Sgraffito has been cherished for centuries and now it is your turn to discover the joy of Sgraffito- your creativity awaits!

*\$115.00, min 5, max 20, 3 hours, adults*

*Sunday April 27, 2025, 1:00 pm - 4:00 pm*

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## **ORACLE CARDS FOR INSPIRATION AND GUIDANCE CATE GONGOS**

Oracle Cards - for inspiration and guidance

Discover the mystery and magic of oracle cards and how they can help you in your everyday life. Cate will be working with the Seeker's Journey oracle cards and guidebook that she created and published. The best part is - you don't need to know anything about oracle cards to enjoy this workshop.

What we will explore:

- How to work with oracle cards
- The four card categories in the Seeker's Journey deck.
- How to set and intention.
- How to do card readings for yourself and others.



Cate will do short card readings for all participants.

*\$35.00, min 5, max 16, 3 hours, adults*

## **CHARCOAL DRAWING - SARAH HUDSON**

Learn how to create realistic drawings with this flexible, fun and easy to use drawing medium. This course will focus on the fundamentals of drawing to create realism. Skill level: beginner to intermediate. Ages 12 and up children must be accompanied by an adult. All supplies included.

Astro Photography Learn how to photograph the night sky. Learn your camera settings and how to prepare for a night shoot. Participants must have their own camera and tripod or camera stand. DSLR, mirrorless, point and shoot, or cell camera with low light capabilities.

*\$40.00, min 5, max 20, 3 hours*

*12+, children must be accompanied by an adult*

## **TRADITIONAL RATTLE MAKING CONT'D - PAULINE AUGER STAINED GLASS CONT'D - FREDA DELORME**

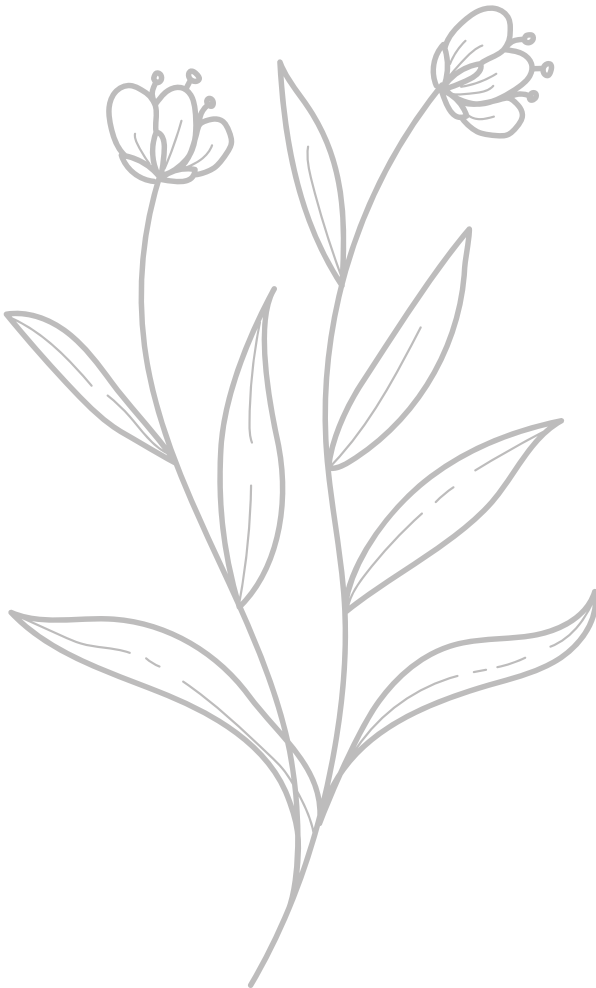


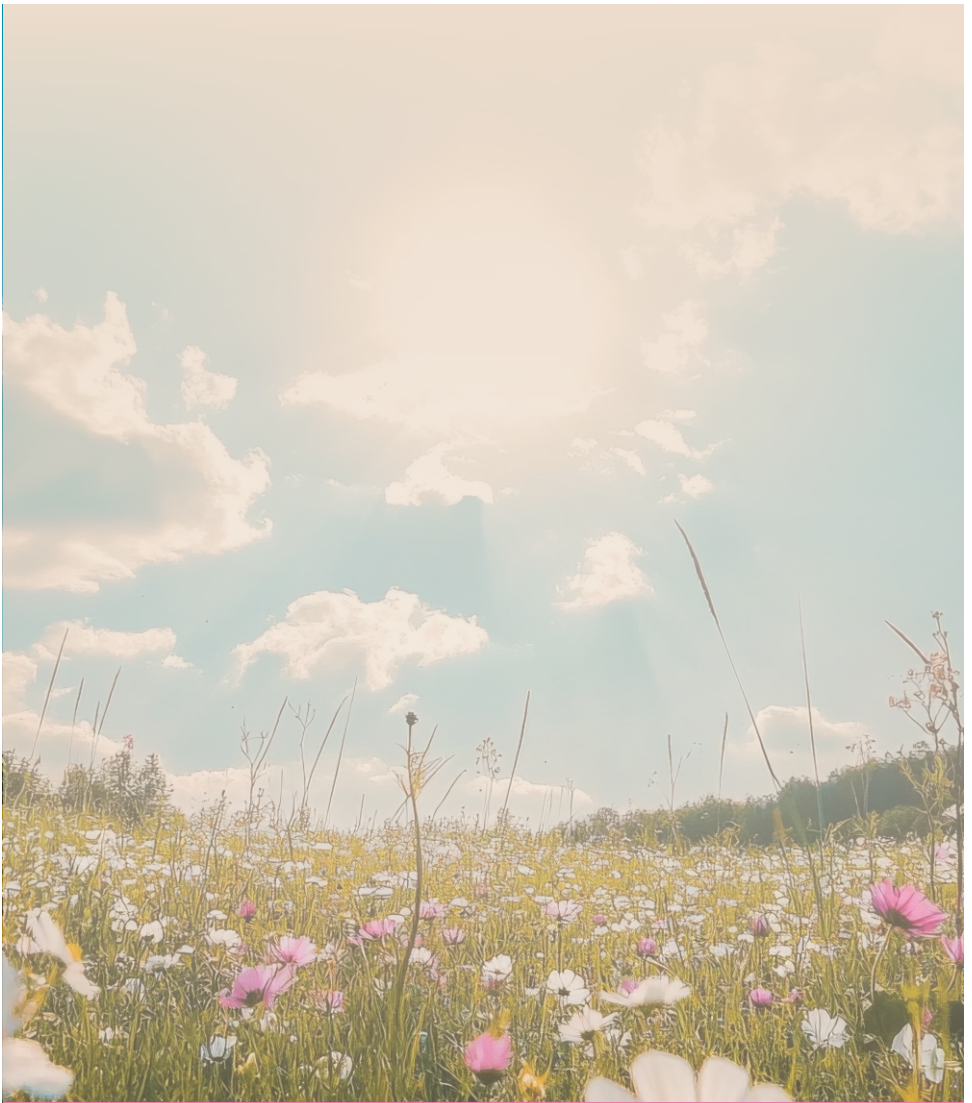
*The world always seems brighter when you've  
created something that wasn't there before.*

*- Neil Gaiman*

*To practice any art,  
no matter how well  
or how badly is a way  
to make your soul grow.*

*- Kurt Vonneg*





## **FACEBOOK**

Lesser Slave Lake Regional Arts Council

[slregionalartscouncil@gmail.com](mailto:slregionalartscouncil@gmail.com)

[slrac.org](http://slrac.org)

## **REGISTRATION AND PAYMENTS**

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