

October News



E-NEWSLETTER - October 2014

The Canadian Senior Artists' Resource Network|Centre de ressources pour les artistes aînés du Canada was launched in 2011 as a direct outcome of the needs articulated in a three-year project which investigated the circumstances and interests of senior professional artists across Canada through a survey and focus groups. Representatives of every part of the cultural sector collaborated on the project and were involved in the decision to launch CSARN.

CSARN's goal is to assist professional artists to live in their senior years with dignity and respect. It fulfills this mandate by providing information, programs and services.

Leading services are:

- Seminars in the areas of finances, tax and estate planning, legacy, health and wellness, marketing and technology, and other topics of interest to senior artists who wish to continue to create and earn a living in their artistic field.
- Social networking opportunities.
- Centralized information on issues affecting senior artists and links to service providers.

CSARN partners with other service providers wherever possible.

Although many areas were investigated during the research, the most pressing goal of senior artists was to continue working in their chosen art form. In the survey, the overwhelming majority of senior artists said that they were either "producing their best work today" or "their best work is yet to come." Yet opportunities to be paid for their work were few. In response to this need, CSARN launched its flagship Mentorship Program in 2014, which links experienced, gifted artists with other artists, including emerging professionals. Thanks to a generous grant from a private donor, Janis Neilson, mentors are compensated for their work in the Program. Mentees are reimbursed for expenses. Beginning in 2016, the Program will be rolled out nationally.

CSARN has received a three-year grant from the Ontario Trillium Foundation, and is supported by the ACTRA Fraternal Benefit Society and many private donors.

Mark these dates in your Calendar!

The Canadian Senior Artists Resource Network's Fall Seminar Series for Senior Artists

These seminars are free for all senior artists

October 30 - Financial basics for senior artists

7:00 pm-9:00 pm

PAL Toronto - 110 The Esplanade - Toronto

November 27 - It's your body ... let's take care of it

7:00 pm-9:00 pm

Al and Malka Green Artists' Health Centre - Toronto Western Hospital

October 30 - Financial basics for senior artists

With Zoe Klein

Research has found that 61 percent of Canadian senior artists are at financial risk, and almost one-quarter reported having "financial difficulties" in the past year. This seminar will look at the financial basics for seniors, including management and planning, retirement savings, key tax tips, insurance,

etc.

We are excited to announce that Zoe Klein, of Zoe Klein & Company will present this seminar. Zoe works with many artists and thus understands the particular circumstances of the profession. Her presentation will be specifically tailored to senior artists. [Zoe Klein] Topics covered will include: pensions: CPP,OAS, GIS and others; RRSP's and RRIF's – what are the differences and what are you eligible for; HST – who must collect and pay and who has the option to do so and cross border taxation for US citizens living in Canada.

November 27 - It's your body ... let's take care of it

With Artists' Health Alliance practitioners Leisa Bellmore and Anita Shack

This workshop, facilitated by Artists' Health Alliance practitioners Leisa Bellmore and Anita Shack, is designed to provide you some useful tools and skills to prevent injury, to recognize and deal with stress with consideration for your mind, body and spirit.

Founded in 1997, AHA continues to be the only organization in Ontario whose mission is to promote the health and wellbeing of all professional and emerging performing and creative artists. They are dedicated to the health of the arts community and, with their new name and a new logo; they hope to communicate even more directly to artists and the people who support the arts.

To register for these seminars, (Please note that space is limited) or to receive more information on The Canadian Senior Artists Resource Network please send us a message at: info@csarn-craac.ca.

Staying flexible and tension-free from mid-life onwards

With Lilian Jarvis

On September 19, Lilian Jarvis facilitated a seminar focused on relaxation and stretching exercises at Canada's National Ballet School. Lilian had the seminar participants engaged in stretching both on the floor and at the ballet bar.

Here is what one participant had to say about the seminar. "As a participant, I felt the impact of breathing while stretching. I've known the importance of breathing properly, for most of my life, and with Lilian's guidance my muscles achieved greater extension through proper breathing. Lilian's stretches left me calm and relaxed. "



Mentorship Program

The applications listed below are all applications received during the January and July proposal calls. Please note that 12 applications were received from applicants that did not meet the program requirements and are therefore not included in the numbers below.

	Mentors	Mentees
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Writing	42	22
Visual Arts	21	19
Theater	37	20
Music	29	10
Media	4	5
Dance	8	5
Other	4	
Total	145	81

Nine mentorships were developed from the applications received for the January 1st submission call. These include: one in dance, two in media, two in music, two in theatre and two in writing. Five of these mentorships are now completed.

The following comments have been excerpted from the mentor and mentee reports.

A Dance Mentee - “one day while my mentor and I were working I looked down and exclaimed, “My legs look like dancers legs!” It is difficult for me to explain very much about this because it is so personal and emotional, but it was a moment where what you know but perhaps cannot perceive is revealed as true. “

A Theater Mentor - “I am greatly encouraged by my mentee’s attitude in this scenario. He has embraced the idea of this mentorship program, and is eager to make the work and experience a true journey of discovery, which will benefit him in the future. “

A Playwright Mentor- “Working with my mentee is a pleasure. He is a personable, creative and intelligent young man who possesses that rare ability to listen. He will justifiably argue for what he believes in or intends, but he will also listen to constructive criticism. He is willing to work hard ... Our sessions are full of idea exchanges, laughter and genuine narrative progress, not to mention discussion of baseball trades and the Blue Jays’ chances.

A Mentor and established fiction writer - “This is a brave thing CSARN is doing, to set up a way for senior artists to feel valued and to help junior ones along their path. Thank you for the opportunity.”

Ten mentorships have been awarded following the July 1st deadline. Some of the mentees/ mentors had submitted applications in January and have been matched with applicants from the July proposal call. These include: one in dance, one in music, two in theatre, three in visual arts and three in writing.

Mentees/Mentors Wanted!!!

As soon the mentorship program was announced, we received 226 applications from both mentors and mentees and were able to match 20 in the first two rounds. This was only because, in spite of the exceptional quality of the artists, the specific areas of expertise did not match with the desire of the mentees who applied. In an effort to provide more mentorship matches as we go forward we ask that you complete an application to become a mentor or a mentee and remember the third round of proposal call is January 5, 2015.

Notice: CSARN acknowledges that there are OTHER organizations like PAL Canada that ALSO

focus on particular needs of senior artists. We apologize sincerely for any confusion which statements in CSARN's September newsletter may have caused.

We'd like to hear from you: Please write to info@csarn-craac.ca and tell us how we could focus our efforts on your needs.

The Canadian Senior Artists Resource Network (CSARN) - Le Centre de ressources pour les artistes aînés du Canada (CRAAC) gratefully acknowledges the support of the Ontario Trillium Foundation (an agency of the Government of Ontario), the ACTRA Fraternal Benefit Society and many private donors.

Footer Text

Contact Info: 1-855-854-1434 or 647-854-1434
Emails: info@csarn-craac.ca (for general inquiries) or mentors@csarn-craac.ca

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