

## GIN3300 Workshops Descriptions and Materials List

### Workshop: Murals and Community

Leader: Pamela Rojas (Chile)

Date: April 22nd, 120 minutes

**Materials:** Watercolour paper, watercolour paints, paintbrushes, Sharpie or water resistant marker, and black ink.

\*keep in mind watercolor paints/paper is used in our Watercolour class, so purchase only once\*

**Optional Materials:** salt, nail polish, ethanol or Clorox (Pamela uses these for special effects)

### Workshop: Brazilian Capoeira

Leader: ReniFerreira (Brazil)

Date: April 22nd, 120 minutes

**Materials:** Comfortable clothing and open space to move

### Workshop: Mennonite Quilting

Leader: Kathy Fast (Mennonite, Canada)

Date: April 23rd, 120 minutes



**Materials:**

- Sewing needle, straight pins (*or safety pins*), thread, scissors
- *Top layer:* 2 colors of matching or contrasting fabric. (You may also create this with three colors, as per photo, but then there's less chance of completing the project in class.)
  - Fabric 1 - Pre-cut hexagon (from 8 ½" square) NOTE: See U-tube link for cutting hexagon paper template. A good size is taking a regular sheet of paper and creating a square equal to the width of paper. You can then trace this onto your 'main' fabric. <https://www.youtube.com/watch?v=WUiN-apOxNA>
  - Fabric 2 - 3" strips (minimum 8" in length) in matching or contrasting color. (*may use recycled fabrics– stay away from stretchy knits, heavy or really light fabrics*)
- *Middle layer:* An old T-shirt (*to be cut up in class*)
- *Bottom layer:* one piece approx. 20"x20" for backing.

*Kathy's Workshop Description:* We will talk about how the Mennonite quilting heritage was based on the recycling or "upcycling" of materials, and how this tradition has grown into a very popular 'craft' and as well as an art form. We will also learn how a particular style of quilt became known as the "Mennonite Blanket" around the world, with stories out of Mennonite Central Committee's shipment of these blankets based on various needs. An experience with the 'Star Blanket' crossing cultures will also be shared. We will begin with **instructions on**

### **creating the table centerpiece which students will work on while hearing the**

**‘stories’.** *Instructor Bio:* Kathy Fast identifies herself as a Mennonite by faith and culture, having grown up in the German Mennonite tradition in western Manitoba. Living 18+ years in an international setting has broadened and enhanced her view of the world and expanded her appreciation of the various crafts found within different cultural groups, at home and abroad. Quilting is a key hobby which has grown well beyond ‘blanket making’.

### **Workshop: Watercolour**

Leader: Kate Cox (England)

**Materials:** Pan (solid) watercolour paints, 2 soft bristle brushes (one thicker and one finer), one sheet of paper towel, sticky tape (scotch, painters or masking tape all work great), a flat surface to work on, and a couple pieces of watercolour paper.

\*Note: Students can find everything they need at their local indie art store, or Curry's, Walmart or even great low budget options at the Dollarama. If they go the Dollarama route they can split some of the resources (paper, brushes, tape) and probably pick up everything they need for around \$10. My ethic as an artist is it's better to jump in and start having fun and not get tied up about having expensive kit.

*Kate's Workshop Description:* As a painter and a “Newcomer” to Canada, painting continues to strengthen my bond to my new community. My practice has connected me to my art peers here, and allowed me to contribute to the creative culture here, which is such a great honor. I have been lucky enough to paint and participate in so many festivals and celebrations. It's a great feeling to share skills and perspectives I honed at home in England and see how it enriches people's experience here. I also paint to find a deeper connection to my country of origin. I explore themes that feel like home to me, and discover other painters from my same country and new painters that get me excited to keep painting here. These things help me feel closer to home, or like I've brought home to me a little bit. And opens dialogue with people about many topics around these ideas. My practice definitely bridges the distance a little. My Mum taught me to draw and paint and feel comfortable being creative. As a new Mum myself, I find this creative practice to have deeper importance as it brings me closer to my Mum and to the tradition of mothers teaching daughters. It also roots me firmly in my newfound "home" of motherhood.

### **Workshops: Bollywood Dance and Indian Cooking**

Leaders: Karina and Mamma Dutta (India)

Date: April 27th, Bollywood Dance=60 minutes, Cooking = 120 minutes

**Ingredients** needed:

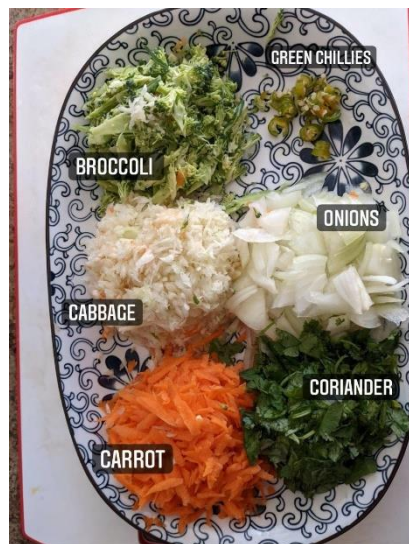
<b>Bengali Vegetable Pakoras</b>
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**Ingredients**

Carrot - 1 cup (finely chopped)  
 Onion - 1 cup (finely chopped)  
 Cabbage - 1 cup (finely chopped)  
 Broccoli – ½ cup (finely chopped)  
 Coriander leaves – 2 tablespoons chopped  
 All purpose Flour – ½ cup  
 Besan (chickpeas flour) – ½ cup  
 (If you cannot find Besan, simply use 1 cup of All Purpose flour instead of ½ cup Besan)  
 Salt – to your taste  
 Baking soda – 1 ½ teaspoons  
 Oil – 2 cups to deep fry

**Spices**

Turmeric powder- ½ teaspoon  
 Green chili – 1 finely chopped  
 Red chili powder – ¼ teaspoon  
 Kalonji/kalijeera (black seed) – 1 teaspoon

**Main Dish – Bengali Aloo'r Dum (potato masala) and Luchi (fluffy puffed deep fried bread)****Ingredients for Aloo'r dum**

Potato - 7/8 medium (boiled and peeled)  
 Cherry Tomato – 6/7 pieces  
 Salt – to your taste  
 Sugar - 1 ½ teaspoons  
 Oil - 4 tablespoons  
 Ghee (clarified butter) - 1 tablespoon

**Ingredients for Lucchi**

All purpose flour - 1 cup  
 Oil or Butter (melted) - 2 ½ tablespoons  
 Oil - 4 cups for frying  
 Salt - pinch of salt  
 Sugar – 1 teaspoon

**Spices for Aloo'r dum**

Turmeric powder - 1 teaspoon  
 Kashmiri red chili powder – 1 teaspoon  
 Cumin powder – 1 teaspoon  
 Coriander powder – 1 teaspoon  
 Garam Masala – 1 teaspoon (optional)  
 Whole Cumin – ½ teaspoon  
 Bay leaf – 1 leaf  
 Ginger – 1 teaspoon grated  
 Cardamom powder – ½ teaspoon  
 Cinnamon powder – ½ teaspoon  
 Green Chillies – 2 whole chillies

**Workshop: Japanese Binding/Japanese Notebook Kangxi**

Leader: Karen Fernandez (Venezuela/Germany)

Date: April 28th, Bollywood Dance=60 minutes, Cooking = 120 minutes

**Materials:**

- 20 sheets white lined or dotted paper for inner pages, between 80 –100 gsm, A5 size, short grain
- 2 sheets of paper for the covers (ie. coloured cardstock, decorative paper, marbled paper, between 100 – 130 gsm) A5, short grain.
- 1m linen or cotton thread, preferably waxed but not necessarily.
- Sewing template (provided in advance, should be printed or drawn at home prior to the class.
- Bookbinding needle or tapestry needle (you can use any other needle you find at home, but make sure that fits the thickness of the thread).
- Hammer
- Scissors
- Cutting mat or something to protect your table while punching holes (e.g. a piece of wood or thick cardboard).
- Paper folder (e.g. bone, bamboo or plastic folder). If you don't have one, you can use your fingers to fold the paper. Fold-back clips
- Ruler
- Pencil
- A pile of books or weights to apply pressure onto the paper

*Karen's Bio:* I hope to share my unique story as a maker and inspire the students to redefine their concept of global identity. I am a Venezuelan who has lived in Spain, Germany and the Netherlands for almost half of my lifetime. Building a global identity has been key for me, in order to find connection and meaning in a fast-changing world. Through my work as a maker and crafter, I have been able to build my unique identity, which not only reflects the cultural mix of my personal background, but also the combination of different traditional craft techniques which I re-interpret and translate to our modern day-to-day life.

**Workshop: Hand-building with Brenda Hill**

Leader: Brenda Hill (Mohawk and Tuscarora/Mississippi Choctaw & Cape Verdean)

Date: April 29th, 120 minutes

Materials needed: **Clay & TBD**

Brenda's Description: I have always hand-coiled or slab/coil-building of my pots. Working to replicate the historic process of my Six Nations heritage, which is specifically Mohawk and Tuscarora on my paternal side. Mom was Mississippi Choctaw and Cape Verdean (portuguese). My maternal grandmother actually worked in ceramics too as it had a "craft" history in Portugal as well as utilitarian use historically. I look forward to working together!

**Workshop: The Medicine of Hoop Dance**

Leader: Alex Wells

Date: April 29th, 120 minutes

Alex Wells is an internationally award-winning Hoop Dance Champion from Mount Currie, British Columbia. Alex is a member of the St'át'imc Lil'Wat tribe, and was brought up through cultural ceremonies, including Hoop dance, which is a healing Medicine Dance, also known as a "Creation of Life dance". Alex is offering three different workshops:

Video Introduction: [Alex Wells Traditional Glory TedX](#)

**Materials:** From Home Depot or a hardware store you need: 1) PVC, white plumbing tubing- ½ “ diameter. In terms of length to purchase, people who under 5’9” will need a 8' foot long piece; people who are 5’9 and up get a 9' feet long piece 2) a package of pre-cut wooden dowels ½ “ in diameter and 2" in length 3) Elmer’s white craft glue 4) Electrical tape (white or any colour ) to decorate the hoop with

Alex’s Workshop Description:

- Opening Welcoming prayer.
- Alex will share the of the the ritual of the hoop medicine dance.
- He will demonstrate the hoop medicine dance
- 5 minute Break for Alex to get changed, and catch his breath
- Alex will share stories and rituals of regalia, beading , baby cradle making ( he is a brand new grandfather!)
- Then he will teach the making of 1 hoop (with the materials listed above)
- Followed by teaching dance with 1 hoop.

### **Workshop: Chinese Calligraphy, Paper Cutting, and Dumpling Class**

Leader: Sherry

Date: April 30th, 120 minutes

**Materials:**

- Paper cutting Materials: Red Paper, Scissors, Pencil, eraser
- Chinese Calligraphy Set:  
[https://www.amazon.ca/gp/product/B07YV7H49B/ref=ox\\_sc\\_act\\_title\\_1?smid=A2JBK8KTS9KKIX&psc=1](https://www.amazon.ca/gp/product/B07YV7H49B/ref=ox_sc_act_title_1?smid=A2JBK8KTS9KKIX&psc=1)
- Cooking Class Ingredients **TBD**

### **Workshop: Afro-Caribbean Dance**

Leader: Suzan Lavertu

Date: May 3rd, 75 minutes

**Materials:** Comfortable clothes, and an open space to dance

Suzan’s Description: Students should dress comfortably and barefoot. I infuse history through a slide show and videos within the workshop, and incorporate breaks especially for non-dancers. I like giving opportunities for clarifications and questions throughout.

### **Workshop: Serious Doodling: how comics and graphic novels teach us empathy**

Leader: Kseniya Tsoy (Uzbekistan)

Date: May 5th, 75 minutes (Talk 45 min, Zine 15 + Questions)

**Materials:** 1-2 sheets of letter sized, plain paper and a pen/marker pen/ink liner

*Kseniya’s Workshop Description:* Graphic novels like “Maus”, “American-born Chinese” and “Persepolis” showed the world that cartoons are a powerful tool to communicate different human experiences and educate us about the world we don’t know. Connecting this to the topic of diversity and inclusion, I would love to show my own graphic work [“I am from Uzbekistan”](#) - that was inspired by the stories I had to tell to people I meet who didn’t know much about Uzbekistan. This will be an interactive presentation where I would take the students through the

story first, which would be a great educational content on the history and culture of Central Asia; and we could finish by having a short hands-on experience of creating DIY comic zines.

**Workshop Leader: (Sushi)**

**Materials:** short grain rice, seasoned rice vinegar, Nori (seaweed sheets), Japanese soy sauce (Kikkoman or Yamasa?), sharp knife, small cloth napkin, chopsticks, bamboo mat

**Optional Ingredients for fillings:** whatever you would like, but cucumber is the easy one to practice, and could include avocado, smoked salmon, eggs, option: wasabi, pickled ginger, Japanese green tea.

\*For this workshop You will need to have rice cooked and mix vinegar, cooled to room temperature before the workshop\*.