

The Buzz @ The Boise

The Holiday Issue

If it's happening at the Boise, it's news to us.

Special points of interest:

- Potluck— bring a snack or dessert food you enjoy, enough to share with a few people.
- BYOB— we'll provide sodas, coffee, and tea.
- White Elephant Gift Exchange— see the story on the right? ----> that's the one...

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White Elephants On Parade...

Gift-giving. The blessing and curse of the holiday season. What to give...what to do with what you receive... gets more complicated every year.

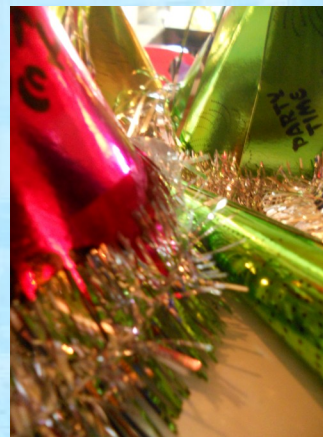
Could be worse. In Southeast Asia, kings would give a rare white elephant as a gift— but the recipient could not return it, could not dispose of it, and had to feed and care for it.

A kingly gift indeed.

Many of the objects in our homes have that White Elephant quality about them... we feel obligated to keep it. We've forgotten it's there. We keep swearing we're going to get rid of it.

One man's trash is another man's treasure. Especially if there's a story attached to it.

The indigenous peoples of the Pacific Northwest Coast had an



Winter Solstice 2011~ Celebrating the Return of the Sun

annual tradition called Potlatch. In the spirit of abundance, everyone brought something to the party. It established a redistribution and reciprocity of wealth among the people of the community.

Sometimes, the best gift is the story associated with an item. That ratty old teddy bear that sits in the corner may seem useless and undesirable, but the story of how that teddy bear helped the owner recover from a childhood trauma turns that item into a sacred object.

Instead of purchasing a gift to exchange, this year we'll give something we have around the house. Something with a story to be told.

The gift is in the story.

The story is in the gift.

Join us in exchanging gifts, stories, and warm wishes on Saturday, December 24, 2011 from 3:00 p.m.-7:00 p.m.

For more information, email Val at:

theBoiseBuzz@gmail.com

Art Stars Wanted

We live in a vibrant art community here in the East Bay. One with the potential to seat Oakland as an important city for the arts. I'm sure most of you are part of that culture-making movement, or are hoping to become part of it.

We also live in a historically remarkable district in East Oakland (Melrose), in socio-

culturally unique structures— converted industrial buildings —the Live-Work Loft. Perfect for the working artist. Like you.

Jingletown. The Vulcan. The Dutchboy. Ford Street. 1234. There's usually strength in numbers (First Fridays, Art Walk, you know...).

I'm interested in sharing this newsletter with other communities. I know they're interested in hearing about us.

I'd love to hear from you. Contact me by email at:

theBoiseBuzz@gmail.com

...tell me you're the next Art Star we're Buzzing about...

Featured Artist ~ Your Name Here!

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

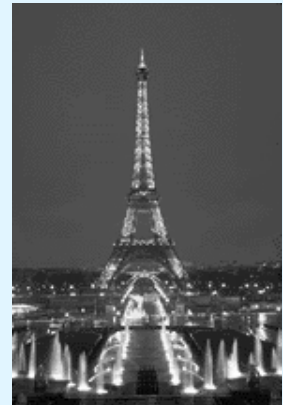
A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also

be used for your Web site.

Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Your Image and Caption Here!

The Ritual of Burning Regrets

*"Regret drapes
over everything
in your life
like cobwebs."*

On a slip of paper, write down a few words that represent something you regret, that burdens your soul and steals the joy from your life. Think about how that regret affects your life—your happiness, health, work, dreams... Regret drapes over everything in your life like cobwebs.

Next, imagine yourself moving all the negative energy associated with that regret to the little slip of paper you're

holding.

Imagine how life can be different without that regret. How will you fill the empty space that used to be home to it? With what will you replace it? For each regret you burn, set a new intention. This will lock out your regret, preventing it from returning later.

When you're ready, roll up the slip of paper and twist it once.

When you're ready, cast your regret into the fire. Release the regret with the rising smoke.

Celebrate the release of old darkness/pain, and the return of the Sun (joy, hope, love) to your life. Winter Solstice, the longest, darkest night of the year, is a cosmic reflection of the long, dark night of the soul which brings us face to face with our fears and regrets. Let them Burn.

Visit Us on the Web...

- www.hectorfloraldesign.com
- www.iMageye.com
- www.PassageQuilts.com
- www.MantraTrailer.com
- www.desmidtdesignbuild.com
- www.TheCosmicCarousel.wordpress.com

Your website here! Contact Val to include your website, blog, etc. to the list. The Boise's got Talent!

theBoiseBuzz@gmail.com

