



Greetings!

We write today to let you know that our studio manager, **Kathi Criss**, has resigned from her key position here at La Mano. We are so grateful to Kathi for all the amazing work she did for us over the last 3 years.

When Kathi first started with us, her goal was to use her skills to foster a welcoming, creative environment that was safe, clean and organized. She did just that. In her systematic and quiet way, Kathi tackled every problem — creating orderly systems that resulted in the studio running much more efficiently.

Kathi's decision was driven by her own artistic efforts. While her artistic career has concentrated in photography, she recently began to paint, as well. Her resignation allows her to spend more time with her family and develop her own art. She assures us that she will stay in touch and it is our hope that she may even turn to working with clay at some point.

We are so pleased to announce that **Danica Holoviak** has accepted the position of studio manager. Danica has been instrumental at the studio in nearly every aspect of our operation. Recently, she led a team to implement a full integration of our data and communication systems and, of course, she is a wonderful ceramicist, a terrific teacher and she LOVES MUD.

If you haven't already done so, please join us in congratulating Danica on her promotion. And look forward to even more positive changes at the studio under her leadership.

Yours in Mud,
Diane, Julie, and Peggy

POTTER OF THE MONTH

June's Potter of the Month is Nonna Hall. Below is what she has to say about herself and her art:

Although I am relatively new to pottery (only two and a half years), I know for certain that it is now a significant part of my existence. It's like I found a part of me that was missing my whole life.

Every stage of creating something with clay is really exciting for me. First comes the inspiration. I can be inspired by almost anything, pieces in a museum, trinkets in antique stores or at flea markets, a scene from a movie, or some images in fabric. Next, I think about my project, drawing on the inspiration but making it mine and mine alone. Finally, the fun part, making the piece.

I love to make functional pieces, but I feel especially uplifted and excited when making teapots and bottles. I also like to think that if one of my pieces lives a functional life, then my work is complete. It might be a very nice piece of decoration in your home, but if you can use it then the piece is alive and happy and brings happiness to you as well!

My new direction with bugs and butterflies was inspired by my coloring books when growing up in Russia, those coloring books with big butterflies that I could make any color I wanted. I fell in love with those creatures! And all these butterflies, ladybugs, and other beetles are so summery that I wanted to share this part of my memory and my summer mood with anybody who will welcome it.

Nonna's work is currently on display in our storefront window and gallery. You can also see photos of her pottery on our [website!](#)



Summer Class Schedule

Wheel | Summer 2010

Day	Dates	Time	Notes
Monday	7/12 - 8/30	6-8 pm	
Tuesday AM	6/29 - 8/17	10:30am-12:30	
Tuesday	6/22 - 8/10	7-9pm	
Wednesday	6/30 - 8/18	7-9pm	
Thursday	7/08 - 8/26	7-9pm	
Saturday	7/10 - 8/28	10:30am-12:30	(no class 9/4)
Sunday	7/25 - 9/19	6-8pm	(no class 9/5)

Handbuilding | Summer 2010

Day	Dates	Time	Notes
Tuesday	7/06 - 8/24	7-9pm	
Wednesday	6/16 - 8/04	7-9pm	
Thursday	7/22 - 9/09	7-9pm	
Friday	6/04 - 7/30	3:30-5:30pm	(no class 7/2)

Tween Wheel | Summer 2010

Days	Dates	Time	Notes
Tues thru Thurs	6/29 - 7/15	10am-1pm	3 weeks, \$590 (\$20 firing fee included) ages 12 and up. Tuesdays will be Trip Day and will involve visiting local galleries, museums, and walking through the neighborhood for inspiration and a little bit of history.
Tues thru Friday	7/27 - 8/13	9:30am-12:30	3 weeks, \$770 (\$20 firing fee included) ages 12 and up. Tuesdays will be Trip Day and will involve visiting local galleries, museums, and walking through the neighborhood for inspiration and a little bit of history.

Visit lamanopottery.com to register online now or call the studio at **212-627-9450**.

TIP OF THE MONTH

The Potter's Little Pain

By Annabelle Bascou-Fonte, one of our La Mano potters who is a Physical Therapist in France (and waiting for her US license) and also has a degree in Cranio-Sacral Therapy.

You have all felt it after several hours concentrated and bent on your last masterpiece – the small tightness in your neck, back and wrists. By following these few pieces of advice, I hope you will put an end to all the small things that can keep you away from your wheel, your work, and your passion!

Our body is not built to keep the same position for hours. Just keep in mind that it will be a great benefit for your health, your productivity and your creativity to stand up regularly to stretch your legs, refresh your mind and take the time to breathe.

Take your time. The more you rush, the less efficient it will be.

Remember also that it's safer to under stretch than to overstretch. Do it gently and slowly, to the point of tension but never pain.

More precisely by area:

Your Neck

The goal is to release the tension accumulated in the muscles around the neck that can cause cervical postural syndromes, lack of mobility and headache.

Sit down comfortably and relax the shoulders. While breathing deeply let your head drop down slowly to the right side of the neck until you feel the stretch on your muscle in the left side and pull down your left shoulder. Hold this position 10 seconds, relax and repeat the exercise 2 more times, then return back to the start. Now repeat the process for the left side.

Then lift slowly your chin with your hands on your chest until you feel a slight stretch in the front of the neck, again hold it 3 times 10 seconds Then bend your head forwards until you feel the muscles in the back of the neck pull slightly. Return back to the start.

Once completed you can relax the head with another exercise, this time roll the head around slowly three times, keep a straight back and breathe deeply at all times. Then do it the other way round.

