



AWAKENING THE SPIRIT ART SHOW 2025

24th July – 20th August 2025
 Vernon Community Arts Centre
 2704A Hwy 6, Vernon BC V1T 5G5

| Important Dates for Artists | |
|---|--|
| 28 th April – 3 rd May | Poster Submissions to CMHA |
| 15 th May | Committee Selects Poster (See Poster Selection) |
| 19 th May – 13 th June | Framing Workshop at CMHA |
| 16 th June – 20 th June | Submission of Artwork to CMHA. |
| 24 th July – 20 th August | Awakening the Spirit Art Show and Sale |
| 21 st August: 9:30 to 10:30 AM | Pick-up unsold artwork at the Vernon Community Arts Centre |

The following must be submitted along with your art:

- 1) A fully completed **Artist Registration Form** (available at CMHA)
- 2) A complete list of your art submissions
- 3) Your **Artist Statement** (*the selection committee reserves the right to edit the Artist Statement for clarity and/or space limitations)

Artwork needs to be professional and ready for display.
 See “*Guide to Displaying your Artwork in a Gallery*” for more information.

Frequently Asked Questions:

How many pieces may I submit?

- Three pieces of *original* artwork

What kind of artwork can I submit?

- Compositions in all media are welcome including sculpture, watercolor, acrylic, oil, photography, pencil, charcoal, pastel, pen & ink, 3D, mixed media, collage, etc.

Who decides which artwork will be accepted into the show?

- A selection committee will jury all submissions
- Preference will be given to work that has not been previously shown, other artwork will only be considered if gallery permits

Can I display my business cards with my art to promote myself as an artist?

- Yes, please submit business cards with your registration form.



Poster Contest

One entry will be selected as the promotional piece to advertise this year's art show. It will be used for posters, invitations, handbills and online promotions.

Poster Entry Requirements:

- The **maximum size** of the piece to be considered for the poster is **30"x40"**
- Keep in mind that the piece needs to attract people's attention in terms of form and color as it is used for advertising purposes

A panel committee chooses the piece to be used for the poster.

CMHA will give a maximum \$200 framing allowance or art credit to the artist chosen for the poster to reward the artist.

The work used for the poster remains the property of the artist and, if unsold, will be returned to the artist at the end of the show.

*CMHA reserves the right to produce and display two dry mount copies of the chosen poster, one for each association, to increase awareness about the art show. Any further reproduction requires the permission of the artist.

Framing Workshop

The Framing Workshop at CMHA is organized to support you in creating attractive frames for your work. We are available to give you feedback and support as you prepare your frames. Framing your work in a professional manner attracts potential buyers.

Materials:

- Please bring your work as well as framing and hanging materials to the workshop.
- We will have some framing materials available on a first-come-first-serve basis.
*Any extra framing costs paid for by CMHA (e.g. mats, glass) will be deducted from the sale price of a work before the artist is paid.

Your artwork at the framing workshop will only be accepted in a *standard size*. Some standard sizes are:

| | |
|-----------|-----------|
| 8" x 10" | 20" x 24" |
| 11" x 14" | 24" x 36" |
| 16" x 20" | 30" x 40" |

We suggest making an appointment for the Framing Workshop to ensure we can meet with you. Please call CMHA at (250) 542-3114.



Guide to Displaying Your Artwork in a Gallery

1) Professional Quality Materials

- Be sure your work is made with artist quality materials. For example: sketches or watercolor paintings are on artist paper, photographs are professionally printed, and canvases are not crooked.
- Laser copies of photos are not accepted.

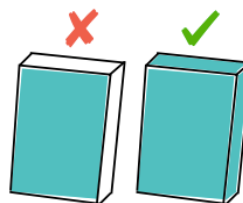
2) Framing & Finishing

- Each picture, painting or drawing **must** be framed & ready to hang.
 - Exception: Stretched canvases (*see below)
- Check frames for scratches, proper mounting and fitting
- Glass must be clean on both sides and free of scratches
- No clip frames
- Watercolors must be matted

*Assistance with framing available at CMHA's Framing Workshop
Final approval of framing by the selection committee*

3) Special Requirements for Stretched Canvases

- Canvases do not need to be framed if all four sides are **completely** painted & finished
- Will accept ¾ inch width, though 1 ½ inch shows better



4) Labelling Your Work

- Each piece must be labelled on the back (with a temporary label, with the following information:
 1. Title of work
 2. Medium used
 3. Name of artist
 4. Price
 5. Date the work was created
- Please DO NOT write on the back of your painting as the ink bleeds through the front and writing imprints may show through your art.

5) Selling Your Art

25% of each sale will go to the Vernon Community Arts Centre for handling sales

- If you choose to sell your work, it is important to consider the amount of time you spent on the piece, the size and the cost of your materials.
- Keep in mind that pricing your art appropriately can help to sell your work
- "Suitcase size" artwork is the most likely to sell!
- 12% (PST & GST) will be added to your sale price

If you would like assistance with pricing your art or if you have any other questions, please contact CMHA to make an appointment



Dropping-off Your Artwork

Don't Forget Your Receipt! Receipts will be provided for all work received by the committee. All work is to be dropped-off at CMHA (3100 28 Ave, Vernon BC)

Picking-up Your Artwork

Pick-up artwork if the piece has not been selected for this year's show
OR after the art show if the piece has not been sold.

Artists will be notified if their work has **not** been selected for the show. It is expected that artists will pick-up any unaccepted work **within one week of notification**.
 After that time, CMHA is no longer responsible.

Selected artwork that was not sold after the show can be picked-up on the last day of the show at the Vernon Community Arts Centre or at CMHA during the following week. Any items not picked-up **after one week** will not be the responsibility of CMHA.

Artist Checklist

Check each box to confirm you have met all of the requirements
before submitting your artwork for the show

- ☐ I am submitting 1, 2 or 3 pieces of original artwork that I made
- ☐ I have completed my Artist Registration Form (available at CMHA) that includes a list of my art submissions & my Artist Statement
- ☐ I have read and met the requirements outlined in the "Guide to Displaying your Artwork in a Gallery" including:
 - Professional Quality Materials,
 - Framing & Finishing,
 - Special Requirements for Stretched Canvases,
 - Labelling Your Work, and
 - Selling Your Art
- ☐ I understand it is my responsibility to pick-up my artwork within one week of being notified my work can be picked-up.

The Awakening the Spirit Art Show is here to celebrate you, the artist!
 We hope you have fun, enjoy the experience and invite your friends and family to see the show at the Vernon Community Arts Centre.

Canadian Mental Health Association (CMHA)

Contact Zoe at (250) 542-3114
 3100 28 Ave, Vernon BC

