Sharing is Caring

Why make art as a community?



Participants mix clay with their feet, photo by AGR staff, 2024.

titled Adams the exhibition owîceskoyakinikewak, which means s/he shapes clay. The artist, whose ancestry includes Ininnew, Anishinaabe & British, says when she first touched clay, it just "felt right." KC conducted workshops in Regina & Lebret, Saskatchewan to share the healing power of clay harvested from their traditional lands with local Indigenous women. A goal of the exhibition was to invite the Indigenous community to learn the process & share it widely so that it won't be lost ever again.

QR code

view the QR code through your smartphone camera to view our Culture Days events for this show!



Earth, Water, Fire & Air

What stories do the photographs tell?



KC Adams added the meaningful designs of a star blanket pattern (which brings prosperity & protection) & the four directions (representing the stages of life & elements of air, fire, water, & earth) to photographs, enhancing their meaning & attractive bright colours. The pictures show her working Indigenous communities & teaching them how to make pots using ancient knowledge she recovered. As you move from one group of images to another, you'll notice that the artist added the sounds of air, fire, water, & earth to each direction in the gallery.

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Self-guided tour

owîceskoyakinikewak



Installation view (detail), owiceskoyakinewak. Photo by AGR staff

KC Adams with: Sybil Alexson,
Larissa Cyr, Geanna Dunbar,
Chantell Dubois, Alison Elsner,
Karlie King, Melanie Monique
Rose, Ethel Starblanket, Denita
Starr, Reah Starr, and Judy
Upton

curator: Sandee Moore
Aug 8 - Oct 12, 2024



Engaging.
Contemporary.
Art.

Never Really Gone

Why learn old ways when we have new ones?



Did you know that you can dig almost anywhere in Regina & find clay that you could make a pot from? Today, people make ceramics from clay they buy, which is easier to use. They dry them out slowly over weeks & harden them by firing them in electric kilns that can hold the same temperature for hours or days. KC thought about how people 2000 years ago moved from place to place & may have only had one day to make their cooking pots. She figured out how they used woven cloth to support crumbly clay, dried their clay guickly & used wood to fire the pots in less than an hour. Although very old, these methods are still very innovative.

Digging Into the Past

How can Art & Archeology work together?

Did you know that
First Nations
people of Southern
Saskatchewan
made ceramic pots
up to 2000 years
ago? Artist KC
Adams talks about
how even though
she studied



ceramics in university, she didn't learn that her people had a history of making pottery. The knowledge & practice of digging clay & making cooking pots "went silent" or stopped. By looking at the ancient pottery of her people with archeologists, doing research & lots of experiments, KC taught herself how to make pots the way her ancestors did.

Photos permitted. Tag us, or visit us at:



Art Gallery of Regina



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Water Is Life

How is pottery connected to water, and how is water connected to women?

KC worked with local women to help them value themselves as women by learning about their cultural roles as water protectors, life-givers & nurturers. The pots are shaped like pregnant bellies. Water is important because we need it to live, & all human life begins with floating in water inside of a belly.

To shape mud is to be a creator, to make it into a pot that can feed & heal people. KC talks about the importance of finding ways for people to touch the clay of this land to "recall blood memory" & to teach traditional relationships with water to future generations.

