

# kim ABELES

THE LAST OF  
2012

- PROJECTS
- ART
- COMMUNITIES

Links

[kimabeles.com](http://kimabeles.com)

[frugalworld.org](http://frugalworld.org)

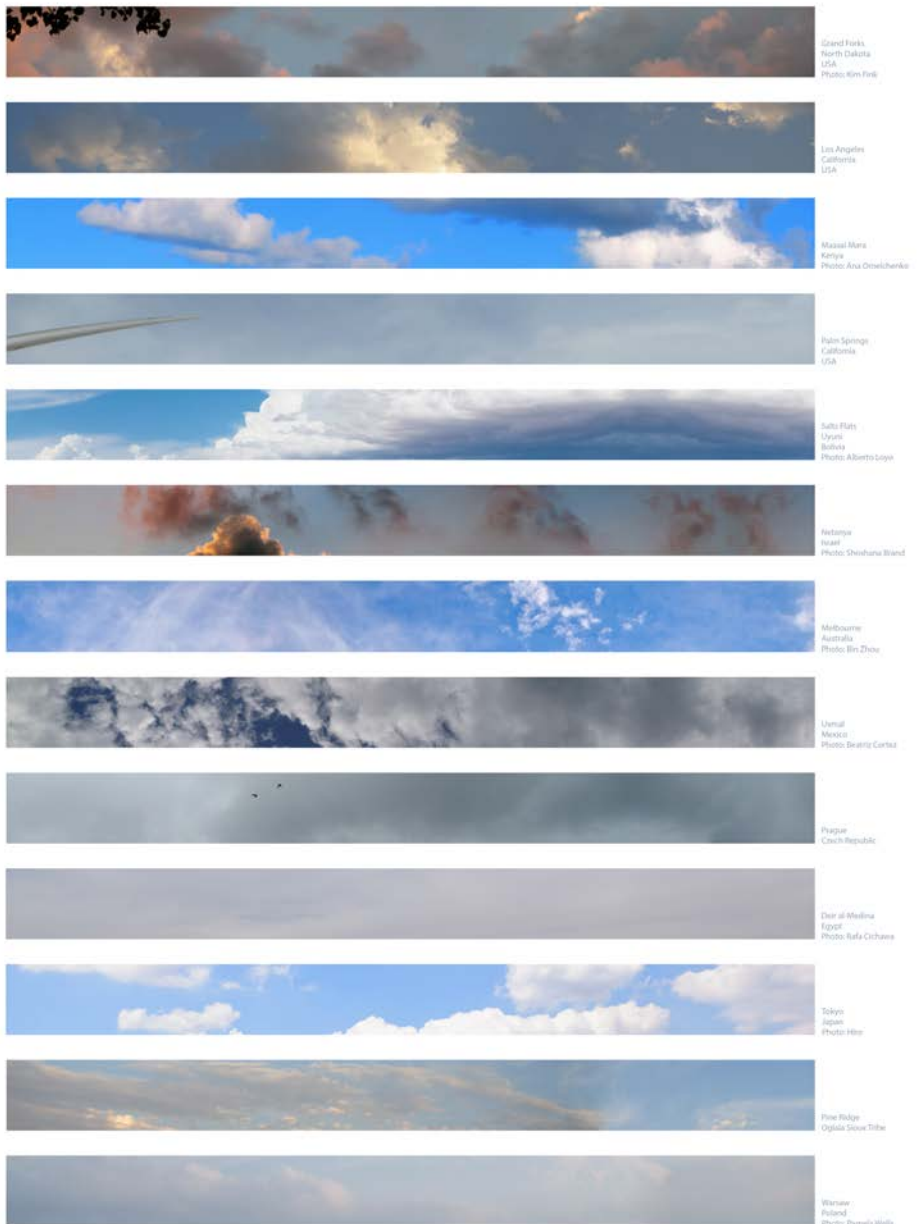
## Exhibitions on view now & soon

*Lucie Fontaine: Estate*  
Marianne Boesky Gallery, New York  
August 15 - October 15 [more on page 4](#)  
[Link to press release](#)

*Celebrating Hendrick Stoker*  
Weingart Galleries  
Occidental College Los Angeles  
September 13 - October 29

*Green Acres: Artists Farming Fields,  
Greenhouses and Abandoned Lots*  
Curated by Sue Spaid  
Contemporary Arts Center, Cincinnati  
September 21, 2012 - January 20, 2013  
[Link here to read more](#)

*Ignite! The Art of Sustainability*  
Curated by Kate Davies  
Reese Bullen Gallery  
Humboldt State University, Arcata, CA  
October 18 - November 15 and touring  
[Link here to see the current tour schedule](#)



*Shared Skies (13 global skies), 2012, digital print, 22" x 17", Sundog Multiples*  
See more about this project on page 2 and 3.

*(Re-) Cycles of Paradise*  
Curated by [ARTPORT making waves](#)  
LACE (Los Angeles Contemporary Exhibitions), Hollywood, CA  
in cooperation with swissnex San Francisco  
October 25 - December 16

*Binary Inventions*  
Presented by University of North Dakota  
at Third Street Gallery, Grand Forks  
October 4 - 31

*Consumption and Sustainability*  
California State University Fresno  
January 17 - February 13, 2013

## Receptions/Events

*Día de los Muertos Commemoration*  
El Centro del Pueblo, Los Angeles  
This year will be a special honoring of  
Lupe Ontiveros, Chavela Vargas and  
Willie Middlebrook.  
Saturday, October 20 12-8pm

Reception for *(Re-)Cycles of Paradise*  
LACE, Hollywood October 25 8-9pm

Panel, presented by [SOCIAL](#) at LACE,  
Hollywood November 10 1-4pm

Lecture and reception at California  
State University Fresno, Dept. of Art  
and Design January 24, 2013 - TBA



# 2012

"Drawing, when you don't feel like it, is called discipline" - Agnes Martin



Grand Forks  
North Dakota  
USA  
Photo: Kim Fink



Los Angeles  
California  
USA



Maasai Mara  
Kenya  
Photo: Ana Omelchenko



Palm Springs  
California  
USA



Salts Flats  
Uyuni  
Bolivia  
Photo: Alberto Loyo



Netanya  
Israel  
Photo: Shoshana Brand



Melbourne  
Australia  
Photo: Bin Zhou

Detail of *Shared Skies* (13 global skies), 2012, digital print, 22" x 17", Sundog Multiples

*Sundog Multiples*, in concert with University of North Dakota Art Collections printed the artwork in an edition of 30 with 5 APs as part of a portfolio to be exhibited at the 2012 UND Arts & Culture Conference "Binary Inventions: Arts & Culture in the Digital Age".

### ***Shared Skies***

A public artwork by Kim Abeles for the new Anderson-Munger Wilshire Family YMCA  
Architect Roger Chikhani, Luckman Partnership, Inc.  
Through the Art Policy of the Community Redevelopment Agency CRA/LA, the YMCA is contributing up to 1% of development costs to on-site public art.

*Shared Skies* speaks to the connections between global, local and personal. As people look toward the sky each morning, through the day or each night, the sky speaks to their personal and local concerns. In a global sense, we observe the effects of our environmental decisions and find community through a seamless sky.

*Shared Skies*' photographs are being collected through four situations: Abeles' journeys and artists who participate as they travel worldwide, international friends through social media, and some purchased from photographers through stock photo sites.

*Shared Skies* began as a permanent public artwork for the Anderson-Munger YMCA that is being built in Koreatown, Los Angeles. From the Salt Flats of Bolivia to Grand Forks in the United States, and Maasai Mara, Kenya to Pine Ridge, Oglala Sioux Tribe, our skies portray the connected parts of our place on this earth.



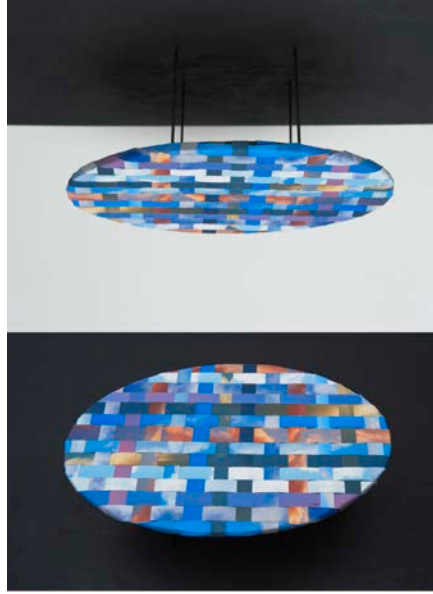
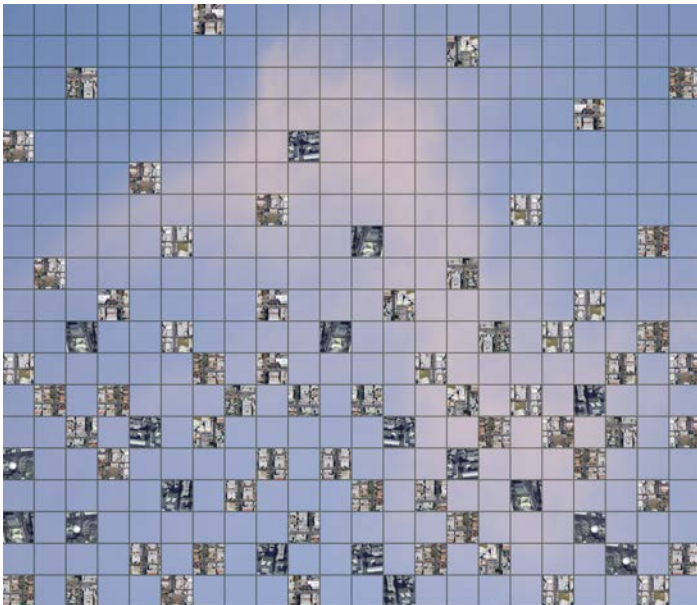
Glass sample for *Shared Skies*, a suspended lighting feature for the new Anderson-Munger YMCA, Los Angeles

**Shared Skies**  
a public artwork

*Shared Skies*, an artwork in the lobby of the new Anderson-Munger Wilshire Family YMCA reflects the spirit of the goal of the YMCA for the “pursuit of wellness and community.” The Y can be found worldwide in 125 national federations and serves people of all ages. They are particularly dedicated to health and recreational programs for youth, and this new YMCA located next to Charles H. Kim Elementary will partner with the school to develop joint programs.

*Shared Skies* speaks to the idea of “reaching beyond one’s grasp”, “reaching for the sky”, and the importance of goals and vision. Also, the artwork literally describes the global nature of the YMCA and the connections of people worldwide by having at its core, imagery of skies found worldwide. [read more](#)

[List of locations and people who photographed skies](#)



clockwise starting at left:

Model of 12' x 20' suspended ellipse with the skies as woven, powdercoated aluminum

Model of section for 36 suspended, tempered glass panels with photographs of skies worldwide; illuminated from above

Glass sample for 5 windows that view the pool with sandblasted images of swimmers ascending

*Shared Skies – Bird’s Eye View*, is an 18' x 15' exterior tile mural featuring a sky photographed from the site of the new YMCA, aerial views of the neighborhood, and aerial views of YMCAs in other part of the world.



Example of sandblasted swimmer for windows that view the pool area Anderson Munger Family YMCA, Los Angeles

I am so pleased to have *Steak Dinner in 12 Days of Smog* included in the exhibition/action, *Lucie Fontaine: Estate*, at Marianne Boesky Gallery, 118 E. 64th St., New York. Rosanna Albertini's photographs (see below), the [New Yorker](#), and the [press release](#) will fill you in. Art, collections, life and work are interconnected for your quandary.



**THE WHEEL**

**LA RUEDA**

**SELF**

**YO**

**EXERCISE**

**EJERCICIO**

**FAMILY**

**FAMILIA**

**NATURE**

**NATURALEZA**

**WATER & FOOD**

**AGUA y COMIDA**

**COMMUNITY**

**COMUNIDAD**

**LIKE A WHEEL**  
 THE Clinic is like an extended family. Like a wheel, all the parts lead to the center. We need to heal the body while tending the spirit.  
 Seek and teach a holistic approach to health • There is a connection between good mental and physical health • Personal health leads to community health  
**COMO UNA RUEDA**  
 THE Clinic es como una familia extendida. Como una rueda, todas las partes llegan al centro. Tenemos que sanar el cuerpo al elevar el espíritu.  
 Busque y enseñe un enfoque holístico de la salud • Hay una conexión entre la buena salud física y mental • Practique la prevención transparente • Beneficiario a través de una buena nutrición • La salud personal conduce a la salud de la comunidad  
 THE Clinic / Clínica  
 8834 S. Western Avenue, Los Angeles, CA 90062  
 For appointments/Para citas:  
 (323) 730-1920 From 2-5pm or 4-2  
 After hours: Después de horas de recepción:  
 (323) 730-7099  
 For information/Para información:  
 (877) 4hp-you2 or (877) 457-9682  
 Walk-ins are welcome/Visitas sin cita son bienvenidas:  
 Monday-Friday hours a viernes: 7am to 7pm, Satur-  
 day/sabado: 9:00 am to 1:00 pm

**THINKING ABOUT YOU**  
 We live in a time when it seems like everyone thinks about themselves only. In spite of that, most of us have trouble feeling centered. *Here are some ideas:*  
 • Find a quiet place to sit and slow down for a moment.  
 • Do something kind for someone, unexpectedly.  
 • Take a workshop or class to learn something new.  
 • Keep a journal for your thoughts and goals.  
 • Take good care of what you have.  
 • Walk instead of ride whenever you can.  
 • Drink tea like chamomile and mint that are soothing about walking alone at night, I recommend doing things with your family. So if you have a significant other in the hood, and he or she wants to hike or bike, do it together.  
**PENSAANDO EN TI**  
 Vivimos en un momento en que parece que todo el mundo solamente piensa acerca de si mismos. A pesar de ello, la mayoría de nosotros tenemos problemas para sentirnos centrados. *Aquí están algunas ideas:*  
 • Encuentre un lugar tranquilo para sentarse y relajarse por un momento.  
 • Haga algo bueno para alguien, de manera inesperada.  
 • Tome un curso o una clase para aprender algo nuevo.  
 • Mantenga un diario de sus pensamientos y metas.  
 • Cuida bien de lo que tiene.  
 • Camine en lugar de pasar en coche siempre que pueda.  
 • Beba té como la manzanilla y la menta que son calmantes.  
 • Lee un libro por lo menos 15 minutos al día.  
 • Tome una respiración profunda, a través de la nariz y exhale por la boca, repita 3 veces.

**STARTING TO EXERCISE**  
 We recommend 30 minutes a day of walking or exercise for everybody to maintain your weight. You'll need 60 minutes to lose weight, after 90 minutes if you lost weight and you want to keep it off. When we say walking, it can't be cruising, like in the mall, window shopping and all that. Put PEP in your step • If you have any kind of health challenge, get clearance from a doctor if you want to take a strenuous exercise class. That's why walking is ideal because you can pace yourself. • For people in the city who are concerned about walking alone at night, I recommend doing things with your family. So if you have a significant other in the hood, and he or she wants to hike or bike, do it together.  
**COMENZAR A HACER EJERCICIO**  
 Se recomienda para todos el mínimo de hacer 30 minutos diarios de ejercicio o de caminar para poder mantener su peso. Se necesita 60 minutos para bajar de peso y 90 minutos, si ha perdido peso y quiere mantener el peso. Cuando decimos caminar, no se puede pasear lentamente como en el centro comercial, haciendo compras o mirando ventanillas y todo eso. Ponga energía en su paso. • Si usted tiene cualquier tipo de problema de salud, debe obtener la autorización de un médico, si desea tomar alguna clase de ejercicio vigoroso. Es por eso que caminar es ideal porque se puede mantener un ritmo. • Y para la gente de la ciudad que están preocupados por caminar solos por la noche, se recomienda hacer las cosas con su familia. Así que si usted tiene un ser querido en el barrio, y él o ella quiere caminar o ir de excursión, haganlo juntos.

**FAMILY IN ALL ITS FORMS**  
 Walk with your kids, go to the park, hike in Griffith Park, play soccer, softball, volleyball. You don't have to be good at it, all you have to do is move. You're developing "movement" as a family value, instead of everyone sitting in front of the tv and everyone doing their individual thing. • We recommend no more than 2 hours a day on internet and tv. That's why we suggest outdoor activities. The best way to learn about your children is to start walking. Once you've been walking for five or ten minutes, you'll start talking. Being active is important to a richer life. • Family comes in all forms and let's support all people who encourage kids.  
**FAMILIA EN TODAS SUS FORMAS**  
 Camine con sus niños, vaya al parque, a excursiones en el Parque Griffith, juegue al fútbol, softball, o voleibol. Usted no tiene que ser buen atleta, lo que tiene que hacer es moverse. Está desarrollando el "movimiento" como uno de los valores de familia, en lugar de todo el tiempo sentado en frente de la televisión y a la vez, volviendo y cada quien por cuenta propia o individual. • Recomendamos no más de 2 horas al día en internet y televisión. Es por eso que sugerimos actividades al aire libre. La mejor manera de conocer más acerca de sus hijos es empacar a caminar. Una vez que ha estado caminando durante cinco o diez minutos, se empezará a hablar. Estar activo es importante para una vida más rica. • Familia se presenta en todas las formas y vamos a apoyar a todas las personas que estimulan a los niños.

**NATURE IN THE CITY**  
 When we live in concrete cities, we long for nature. We know that we can miss nature so much that we notice something lacking – an emotional deficit? *Here are some ideas about visiting nature in a city:*  
 • Go to Griffith Park or the many local parks in or near your neighborhood. • Visit the L.A. Zoo. • Pull weeds and plant trees in your neighborhood. • Visit Joshua Tree, Lake Arrowhead or Idyllwild. • Take your friends to local lakes or the beach. • Go to a dog park, even if you don't have a dog. • Walk along parts of the Los Angeles River. • Grow plants at home or go to a community garden. • Listen to the birds each morning.  
**LA NATURALEZA EN LA CIUDAD**  
 Cuando vivimos en ciudades de concreto, siempre añoramos la naturaleza. Sabemos que podemos extrañar la naturaleza tanto que nos damos cuenta de alguna falta – un déficit emocional? *Aquí están algunas ideas acerca de visitar a la naturaleza en una ciudad.*  
 • Ir al parque de Griffith o uno de los muchos parques locales en un vecindario o cercano. • Visita el Zoológico de Los Angeles. • Arma la maletera y plántale árboles en tu vecindario. • Visita el Joshua Tree, Lago Arrowhead o Idyllwild. • Llévate a tus amigos a los lagos locales o la playa. • Vaya a un parque para perros, incluso si usted no tiene un perro! • Cúmate por las partes del Río de Los Angeles. • Cultiva plantas en casa o participa en un jardín comunitario. • Escuche a los pájaros cada mañana.

**TIPS AND FOODS FOR GOOD NUTRITION**  
 Watch portions – it's a great step forward. Make your own pasta instead of salty, pre-packaged pasta. Eat fish, poultry and beans instead of beef, pork and lamb. Don't eat in front of tv – you'll forget you're eating and over eat. Make potato salad with no mayo or eggs. Cut back on sugar – the more you eat the more you want it. Try oven baked chicken rolled in cornflakes. Drink at least eight 8-ounce glasses of fluid each day. *Try these:* Baked sweet potato fries • Herbs and seasoning instead of salt • Low fat milk and cheeses • Fresh and raw vegetables and fruits • Low-sodium foods • Fruit packed in water, not juice, and tuna packed in water, not oil.  
**SUGERENCIAS Y ALIMENTOS PARA UNA BUENA NUTRICION**  
 Vigile las porciones – es un gran paso adelante. Haga su propia pasta en lugar de comprar pasta salada, pre-envasada. Come pescado, pollo y frijoles en lugar de carne de res, cerdo y cordero. No coma frente al televisor – se olvidará de lo que come y comerá más. Prepare ensalada de papa sin mayonesa o huevo. Reduzca el consumo de azúcar – cuanto más se come más se quiere. Pruebe el pollo al horno envuelto en cereal de maíz o "oven flakes". Beba al menos ocho vasos de 8 onzas de líquido cada día. *Pruebe con estos:* Patatas fritas de camote al horno • Vaya a un parque para perros, incluso si usted no tiene un perro! • Las verduras frescas crudas y frutas • Alimentos bajos en sodio • La fruta empacada en agua, no en jugo, y el atún empacado en agua, no en aceite

**COMMUNITY TAKES MANY FORMS**  
 FRIENDS • AMIGOS • FAMILY • FAMILIA  
 Neighbors • Vecinos • City • Ciudad  
 Global Community • Comunidad Global  
 THE Health Cards were made possible by:  
 THE Clinic's CEO, Rael K. Phillips, MPH, MBA  
 Kim Ables, Concept, illustrations & text/concept, illustrations and text • Eliza Callow, Consulting for the card's development; asesoramiento para el desarrollo de las tarjetas • Jenny Kruse, Development Consultant/ASESORA DE DESARROLLO • Gloria Alvarez-Spanish translation/traducciónes al español  
 ©2012 THE Health Cards are funded by:  
 Ralph M. Parsons Foundation  
 Good Works Foundation  
 Green Foundation



Health Cards for T.H.E. Clinic - To Help Everyone Clinic. Funded by Ralph M. Parsons Foundation, Good Works Foundation, and the Green Foundation.