

**401**  
RICHMOND

# update

Fall 2016 Volume 23, Issue 3





The 401 Richmond Update is a community-building initiative of Urbanspace Property Group. The newsletter began in June 1994 and over the years has documented the eclectic activities and fascinating people who make a home in our historic factory in downtown Toronto. If you would like to be added to the 401 Update mailing list please email: [update@401richmond.net](mailto:update@401richmond.net)

Certified



Corporation

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### Newsletter

Cynthia Mykytyshyn, Editor  
Lisa Kiss Design (Studio 408)  
Warren's Waterless Printing

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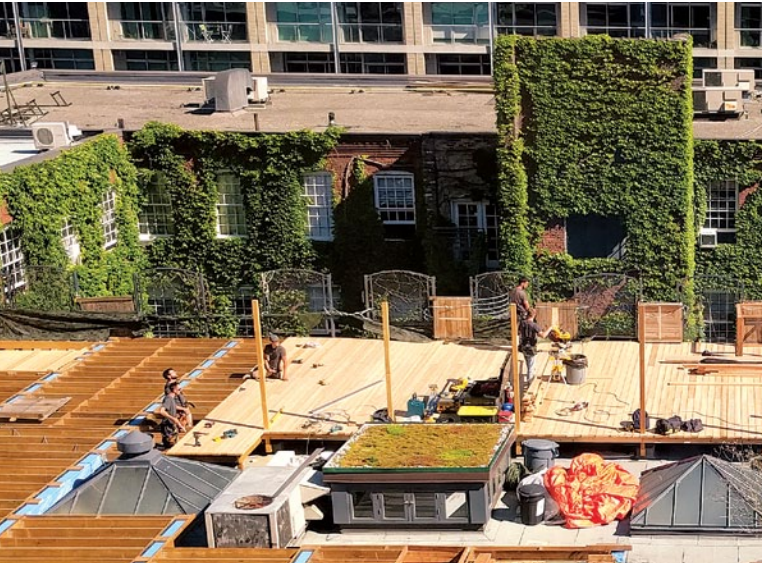
### COVER IMAGE

Image of New Rooftop  
by Cynthia Mykytyshyn



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Working on the Rooftop Garden.



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## MOVING IN

**Kelly Uyeda** moves into **Studio 260** as the winner of the 2016 **401 Richmond Career Launcher Prize!**

Welcome to **Kyle Stewart, Keight Maclean, Jean deMers** and **Meg Dearlove** to the **OCADU Illustration** roster in **Studio 362** for the 2016–2017 academic year.

## MOVING UP

**Vtape, ImagineNative, ReelAsian, SAVAC,** and **FADO** have temporarily relocated to **Studio 376** while renovations happen on the new and improved **VMAC** space.

**Lisa Kiss** has moved her design practice to the sunny **Studio 408**.

The 401 Richmond boardroom has a new home in **Studio 303**.

**C Magazine** moved their art publication offices to **Studio 301**.

**Images Festival** is hanging out temporarily in **Studio 309** while awaiting a new home at 401.

## MOVING ON

**Erin MacKeen** (Studio 260) has moved on to new art adventures.



Sign up for monthly *What's On* updates to your inbox at [www.401richmond.net](http://www.401richmond.net)



KATILIN WRIGHT, CBC



Above: *Snow Pea*, 2015 by Kelly Uyeda

## DUBBEDAM AWARDED THE PRESTIGIOUS PRIX DE ROME

Dubbleddam Architecture + Design (Studio 258) recently won an **OAA Design Excellence Award**, an **International Architizer A+ Award**, and a **Canadian Green Building Award** for their work on the *Skygarden House*! They also were awarded the prestigious **2016 Professional Prix de Rome in Architecture** from the *Canada Council for the Arts* which will support Dubbleddam's new research project entitled *'The Next Green-Innovation in Sustainable Housing.'*

## WELCOME PROJECT

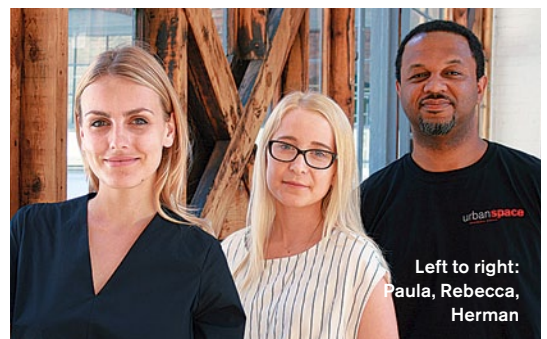
**Welcome Project** recently occupied space at 401 Richmond to assist with the placement of Syrian refugee families. The organization was created in early 2016 by **Virginia Johnson, Kate Bate** and **John Sewell** after volunteering at a downtown Toronto hotel that housed Government-Assisted Refugees made obvious the need for settlement help and friendship. Over the course of 4 months Welcome Project matched 50 families to 50 volunteer groups!

## NEW MEMBERS OF OUR TEAM

**Herman Black, Rebecca Hubert, and Paula Holmes** join the Urbanspace Property Group team!

## ANOTHER CAREER LAUNCHED

This year's winner of the **401 Richmond Career Launcher Prize** is Toronto-based, emerging artist and recent OCADU graduate, **Kelly Uyeda**. "With the hopes of inciting empathy and appreciation for inanimate objects, my work investigates objecthood as a mode of being that is of equal significance to our own. Both inert and lively, objects are imbued with presence and character. They actively participate in everything we do, constantly exerting and exchanging tensions and forces." Kelly will be joining the 401 Richmond community in Studio 260 from September 2016 to August 2017. We look forward to welcoming Kelly and watching how her work develops during her time with us!





# on the cover

KATHERINE ORR

The wait is finally over! The 401 Richmond rooftop garden is open once again. The roof repair is complete, along with a few welcome additions including a ramp installed by the exterior door. The reconstruction of the deck was extensive, but our team worked diligently alongside a crew of contractors to complete the project on schedule! Although there is more work to be done to restore the garden to its former glory, we are so happy to be able to welcome tenants back to the rooftop to enjoy the warm summer days above the hustle and bustle below!



**Trinity Square Video (TSV) turns 45!!!** Founded in 1971 as one of the country's first artist-run centres, it began in a basement in downtown Toronto's *Trinity Square* and shuffled to a few locations before finally settling at 401 Richmond in 2001. In their new centrally located ground floor space (Studio 121), TSV continues to provide accessible production, post-production, and exhibition support to a diverse range of video and new-media artists. TSV offers a variety of services to its members and the public such as workshops, screenings, exhibition space, artist residencies, talks, and festival partnerships. Congrats, TSV – here's to the next 45 years!

# tenant profile



## THE ENERGY THERAPY CENTRE Studio 411

Tucked away on the fourth floor of 401 Richmond, just out of reach from the sounds of the busy street below, you'll find a quiet place for healing.

In September 1995, on the advice of a good friend, and beloved former 401 staff member Lesley Soden, **Freyda Isaacs** founded the **Energy Therapy Centre** at 401 Richmond. Freyda began practicing energy therapy in 1992, following a passion for healing that originated in her childhood. A graduate of the *Barbara Brennan School of Healing* in Florida, Freyda has a grounded and well-rounded approach to healing, informed by training in physical, emotional, psychological, and spiritual health.

Energy Therapy is a form of holistic healing that centers around manipulating the Human Energy Field – a form of energy that surrounds each individual that can be affected by different physical, psychological, and spiritual ailments. "Within the structure of the field," Freyda explains, "it is possible to perceive energy blockages, weaknesses, [and] imbalances which can be addressed directly. These formations are expressions of issues, memories, [or] patterns of behavior in a person's life that can be problematic." Energy Therapy works to relieve these imbalances through various hands-on techniques, and is one avenue towards relaxation and health.

Typically, Freyda discusses with clients their goals for each session and on which aspects of their well-being they would like to focus. Energy work is generally performed with the client comfortably reclined on a

healing table. Mindfulness is important during this time, and the healing process is ultimately collaborative as practitioner and patient work together to get to the source of the imbalance and release the blocked energies back into the client's system for healing. "The client is invited to be present during the session, to follow [their] experience, and be curious about what occurs," Freyda says, "though sometimes, they might drift off to sleep." Freyda also offers a form of mindfulness-based, body-centred psychotherapy as another option for her clients, which is focused on addressing the same kinds of issues. Each client's needs are different, and this is taken into consideration when designing a healing strategy. But in Freyda's experience, psychotherapy is an effective pairing with the hands-on energy work.

Freyda is part of a larger network of healers, and shares Studio 411 with a collection of other independent practitioners, all of whom focus on psychological and emotional healing. In the past, she has also offered courses on energy work and the chakra system, offering hands on tools for people to use in their own personal and professional practices.

For over 20 years, Freyda has been welcoming clients to her beautiful space at 401. "It is a perfect setting for the work I do," she says, "And I continue to be grateful for my good fortune in finding a home for my practice at 401."

To learn more about Freyda Isaacs and the Energy Therapy Centre, visit her on the fourth floor in Studio 411.

# spotted & applauded



Amber Ellis (left) and Mary Ann Jelonek



## SPARTY! June 9, 2016



Above: Anna Gaby-Trotz  
Left: Guntar Kravis



## DOORS OPEN May 28 & 29, 2016



Anthony Trask (left)



Toronto Outdoor Art  
Exhibition open house



Dark Horse pop-up



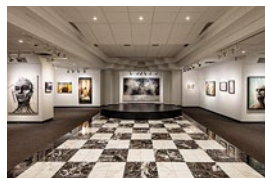
Life drawing at The Station



JACOBA KNAAPEN, EXECUTIVE DIRECTOR TAPA (LEFT) WITH ANDREA VAGIANOS, MANAGING DIRECTOR OF TORONTO DANCE THEATRE AND TAPA BOARD PRESIDENT.

## DORA NOMINATIONS

Necessary Angel (Studio 205) and Esmeralda Enrique Spanish Dance Company (Studio B104) were both nominated for the 2016 Dora (Mavor Moore) Awards, the largest and oldest theatre, dance and opera awards show in Canada which are produced and presented each year by the Toronto Alliance for the Performing Arts (TAPA) (Studio 350).



ABBOZZO GALLERY AT FIRST CANADIAN PLACE.

## ABBOZZO GALLERY

(Studio 128) recently curated an exhibition at First Canadian Place titled *Go Figure* that featured a selection of figurative work by a number of artists from their roster. It was a big success, and they're already in talks to do another show soon!

# listings September to November 2016

The Listings Board is your opportunity to communicate with other tenants and keep them informed about what is happening in your organization. If you are having a sale, exhibition, or event you would like advertised, email details to [update@401richmond.net](mailto:update@401richmond.net). Listings are open to all tenants.

DEADLINE FOR NEXT ISSUE: Friday, October 14, 2016

## GALLERY DIRECTORY

### A Space Gallery (Studio 110)

Contact 416-979-9633 [www.aspacegallery.org](http://www.aspacegallery.org)

### Abbozzo Gallery (Studio 128)

Contact 416-260-2220 [www.abbozzogallery.com](http://www.abbozzogallery.com)

### Gallery 44 Centre for Contemporary Photography (Studio 120)

Contact 416-979-3941 [www.gallery44.org](http://www.gallery44.org)

### Open Studio (Studio 104)

Contact 416-504-8238 [www.openstudio.on.ca](http://www.openstudio.on.ca)

### Prefix Institute of Contemporary Art (Studio 124)

Contact 416-591-0357 [www.prefix.ca](http://www.prefix.ca)

### Red Head Gallery (Studio 115)

Contact 416-504-5654 [www.redheadgallery.org](http://www.redheadgallery.org)

### TAG (Tangled Art Gallery) (Studio 122)

Contact: 647-725-5064 [www.tangledarts.org](http://www.tangledarts.org)

### Trinity Square Video (Studio 121)

Contact 416-593-1332 [www.trinitysquarevideo.com](http://www.trinitysquarevideo.com)

### Urbanspace Gallery (Studio 117)

Contact 416-595-5900 [www.urbanspacegallery.ca](http://www.urbanspacegallery.ca)

### Vtape Video Gallery (Studio 376)

Contact 416-351-1317 [www.vtape.org](http://www.vtape.org)

### yumart Gallery (Studio B-20)

Contact 647-447-9274 [www.yumart.ca](http://www.yumart.ca)

### YYZ Artists' Outlet (Studio 140)

Contact 416-598-4546 [www.yyzartistsoutlet.org](http://www.yyzartistsoutlet.org)

## EXHIBITIONS

continues to SEPTEMBER 15

### TAG (Tangled Art Gallery)

melannie g campbell: *Point of Origin*

continues to SEPTEMBER 24

### Red Head Gallery

Sally Thurlow: *Systems Failure*

Opening: Saturday September 10, 2–5 pm

continues to SEPTEMBER 26

### Trinity Square Video (Vitrine)

Colin Rosati: *CleanMyMac 3.4.0 FINAL*

SEPTEMBER 1 – 24

### Circuit Gallery @ Prefix ICA

Alex Fischer, Rita Maas, Susana Reisman, Sharon Switzer

Opening: Friday September 9, 6–9 pm

SEPTEMBER 3 – OCTOBER 1

### Abbozzo Gallery

Heather Horton: *What Dreams May Come*

Opening: Friday September 9, 5–9 pm

SEPTEMBER 9 – OCTOBER 15

### Gallery 44

*Like an Old Friend*

Opening: Friday September 9, 6–8 pm

Brunch Talk: Saturday September 10, 12–2 pm

SEPTEMBER 9 – NOVEMBER 19

### Urbanspace Gallery

*After Utopia*

SEPTEMBER 10 – OCTOBER 1

### yumart gallery

Eugene Knapik

SEPTEMBER 11 – OCTOBER 8

### Trinity Square Video

*Critical Ethics*: Yuula Benivolski, Ido Govrin, Rachel Lott, naakita and Jes Sachse

Opening: Saturday September 10, 2–5 pm

SEPTEMBER 16 – OCTOBER 15

### Open Studio

Diyan Achjadi & Breidan Tang: *Residue: Tracing the Lore*

Elizabeth D'Agostino: *Makeshift Tales*

Amy Uyeda

Opening: Friday September 16, 6:30–8:30 pm

SEPTEMBER 23 – DECEMBER 3

### TAG (Tangled Art Gallery)

Gloria Swain: *Mad Room*

OCTOBER 6 – NOVEMBER 26

### Prefix Institute of Contemporary Art

Renée Green: *Begin Again, Begin Again*

Opening (Artist in attendance): Thursday October 6, 7–10 pm

OCTOBER 8 – 29

### yumart gallery

Y.M. Whelan

OCTOBER 8 – NOVEMBER 5

### Abbozzo Gallery

Michael Pittman: *Almost Ghosts*

Opening: Friday October 14, 5–8 pm

OCTOBER 21 – NOVEMBER 19

### Open Studio

Philippe Blanchard and Eli Howey:

*Open Studio Scholarship/Fellowship Exhibitions*

Liz Menard: *The Fall of the River Don*

Artist Talks: Friday October 21, 6–7pm

Opening: Friday October 21, 7 pm



Eli Howey at Open Studio October 21 to November 19





Sally Thurlow at Red Head Gallery until September 24  
 Below: Sharon Switzer at Circuit Gallery @ Prefix ICA  
 September 1 to 24

**OCTOBER 21 – DECEMBER 3**

**Gallery 44**

Joar Nango: *Folding Forced Utopias, For You*

Opening: Friday October 21, 6–8 pm

**OCTOBER 21 – JANUARY 1**

**Gallery 44 Vitrines**

Tamara Skubovius: *Ore Body*

Opening: Friday October 21, 6–8 pm

**OCTOBER 22–DECEMBER 10**

**Trinity Square Video**

*wnoondwaamin / we hear them:* Autumn Chacon, Jeneen Frei Njootli, Melissa General and Suzanne Morrisette

Curated by Lisa Myers

Opening: Friday October 21, 6–8 pm

IN PARTNERSHIP WITH IMAGINATIVE

**NOVEMBER 5 – 26**

**yumart gallery**

Peter Templeman

**EVENTS**

**OCTOBER 1 & 2**

**401 Richmond**

*Built for ART* presents *A Secret Garden*.

Enduring and unassuming, 401 Richmond holds its ground in the midst of towering developments.

*Support, growth, and life* characterize many aspects of the building from its green spaces to its diverse tenant community, and underpin the themes for this year's artist projects.

401 Richmond offers *A Secret Garden* in the concrete jungle.

Time: Sunset to Sunrise

[www.401richmond.net](http://www.401richmond.net)

AN INDEPENDENT PROJECT OF NUIT BLANCHE 2016



**OCTOBER 19 – 23**

**ImagineNATIVE Film + Media Arts Festival**

The 17th annual festival features the latest works by Indigenous peoples at the forefront of innovation in film, video, radio, and new media.

Offsite: various locations

Art Crawl: Friday October 21, 5–8 pm

[www.imagenative.org](http://www.imagenative.org)



**OCTOBER 29 – NOVEMBER 27**

**The World of Threads Festival**

The festival is one of the most vibrant fibre arts festivals in the world, showcasing contemporary fibre and textile art in all forms. Offsite: Queen Elizabeth Park Community and Cultural Centre, Oakville

[www.worldofthreadsfestival.com](http://www.worldofthreadsfestival.com)

**NOVEMBER 8 – 19**

**Toronto Reel Asian International Film Festival**

The 20th annual festival features contemporary Asian cinema and work from the Asian diaspora.

Offsite: various locations

[www.reelasian.com](http://www.reelasian.com)

**NOVEMBER 24**

**Prefix Institute of Contemporary Art**

Prefix Photo 34 Release Party

Time: 7–10 pm

[www.prefix.ca](http://www.prefix.ca)

# press check



**ABBOZZO GALLERY'S** Erin Rothstein show was a pretty big *dill* on Buzzfeed



**DONALD QUAN** and the extraordinary story of how Musiueum helped him heal was featured in NOW Magazine

**INSIDE OUT'S**

26th anniversary and why we still need LGBTQ festivals were the topic of an online CBC article

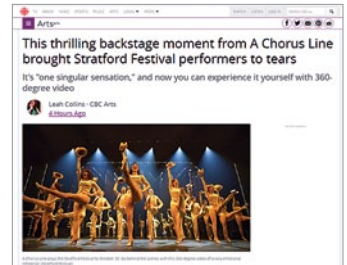


**CPAWS WILDLANDS LEAGUE** hosted the event *Paddle the Rouge* and **Inside Toronto** help spread the word

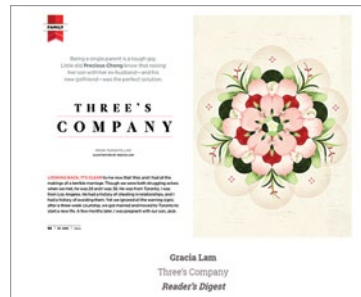


**STRATFORD FESTIVAL**

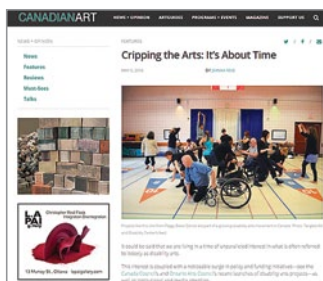
cast members share "behind the scenes" moments with the CBC before the opening of their latest show **A Chorus Line**



**NATIONAL MAGAZINE AWARD NOMINATIONS** went to **Spacing** and **Gracia Lam (The Station)**



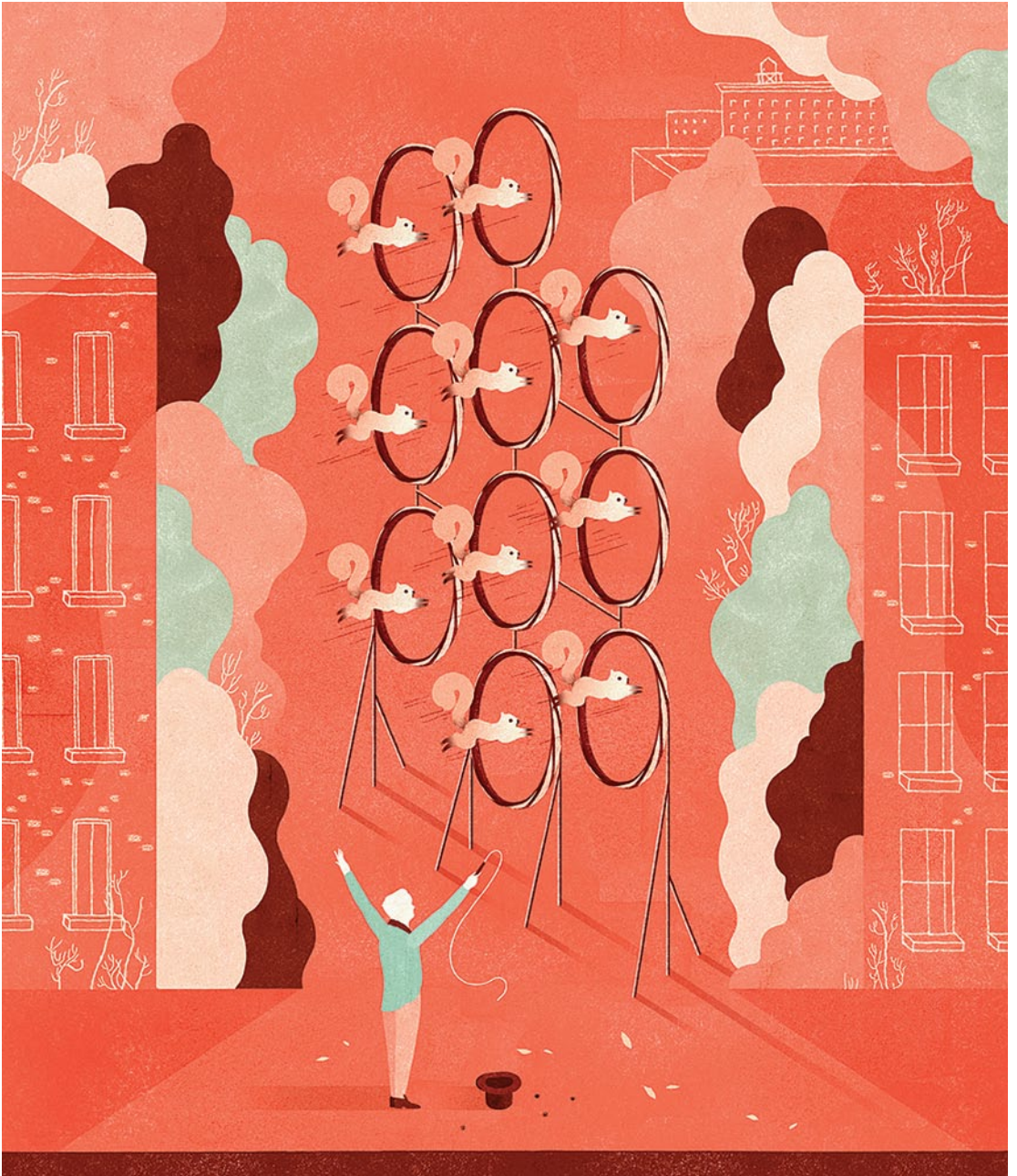
**TANGLED ART + DISABILITY** hosted the recent *Crippling the Arts Symposium* featured in **Canadian Art**



# THE BACK PAGE GRACIA LAM

The Station, Studio LL01

## *The Trainer*



If you'd like to be on **THE BACK PAGE**, please submit your drawing, painting, illustration, photograph or architectural plans at 300 dpi as a photoshop or illustrator file on cd or dvd disk. Please include a word file with your name, the title of the project, your website, your studio address and a brief description of 50 words (maximum) on the disk. The best entry will be chosen for each issue. Disks will not be returned. This space is to showcase the talent in the building. It is not for advertising an event or sale.



RICHMOND

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# update

