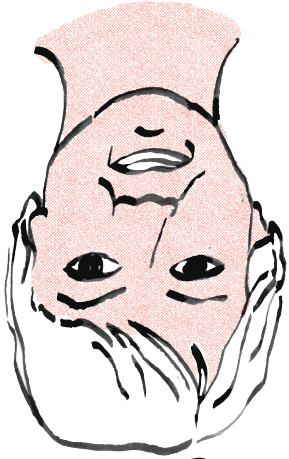


the drop

Issue 01 JUNE 2022



KAREN OLSON

KAREN OLSON
used photography to help
her move through loss.

After the death of her husband in 2019, it took Karen a while to pick up her camera again. But once she did, she started using it to process her grief and loss. She had traumatic brain dysfunction from the shock of the ordeal and began using her camera to be able to not only work through the emotions but also to help her brain start to function properly again. We talk to Karen on our first-ever episode of The Drop: A Maine Arts Podcast.



"When another person is vulnerable with me, when I'm having a conversation, it kind of authorizes me to then be vulnerable, too, and then that creates the connection. It's almost instantaneous. So when we're all closed and we don't want to let ourselves out, or we don't want to let ourselves be seen. We're not authorizing anyone else to be seen either."

KAREN talks to us
about the power of
VULNERABILITY.

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Featuring Karen Olson
ooo KarenOlsonphotography.com
Artwork by Isabelle Gelot ooo isatopia.com
Produced and Edited by
Amy Tingle ooo amytingle.com
Chris Battaglia ooo chrisbattaglia.info
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a TOOL for MAKING

We asked Karen if she has a specific tool she can't live or work without. Her unexpected answer will for a long time: "A camera's okay, paper, that's good. But one needs **courage**. It's the most important thing, and, and I have to qualify that I'm not a particularly courageous person. You know, I've got the...the imposter syndrome, like everyone else. But I feel like I have to keep this tool in my toolbox. And sometimes I lose it, I gotta go find it. I've got to dig through that toolbox. Where's that courage?"

photo by CHRIS BATTAGLIA



MAKE WORK,
THROW IT OUT.

PROMPT!

It's really great to just begin. So whatever tools or tools you use, or medium, or whatever, a big part of continuing is to just start. Don't be afraid of making ugly work, junk work, useless work. Don't be afraid of throwing things out.

