

# Allyson Proulx aka Lefty Smudges

999 Lorne Avenue · London, Ontario · N5W 3L5

**Phone:** (226) 919-4080

**Email:** [leftysmudges@gmail.com](mailto:leftysmudges@gmail.com)

**Website:** [www.leftysmudges.com](http://www.leftysmudges.com)

## Artistic Profile

Allyson Proulx (b.1978) working under the name Lefty Smudges, is a self-taught intermedia artist, and writer based in London, Ontario. Proulx is focused on zine making as storytelling, creative non-fiction as self-care, mail art as relational documentation, drawing to free the child within, and fibre arts as matriarchal lineage. Utilizing a combination of paper, ink, imagery, and text, Proulx investigates the many ways in which we as human beings use language to reveal ourselves. The body of work Allyson is currently developing aims to generate experiences of magic and generosity between her and her audience.

## Exhibition

### Solo Exhibition:

2016      *365 Days: A Year in Postcards*, Vibrafusion Lab, London, Ontario

### Group Exhibitions:

2019      *Figure Drawing*, Satellite Gallery, London, Ontario, (upcoming)  
*London Artists' Studio Tour*, Satellite Gallery, London, Ontario

2018      *Print Garden* (collaborative installation), Satellite Gallery, London, Ontario

2017      *Friends That Never Met*, F Hayes Video, San Francisco, California

2016      *Crafted*, The Arts Project, London, Ontario  
*Proper Names*, Good Sport, London, Ontario

2014      *Carte Blanche*, DNA Art Space, London, Ontario  
*Wish List: Member's Show*, Forest City Art Gallery, London, Ontario

## Residency

2019      *Great Island Arts*, self-directed residency (upcoming), Port Medway, Nova Scotia

2018      *Print Garden*, monotype printmaking on washi paper, London, Ontario

## Installation

2018      *Words to the Water*, Harris Park, London Arts Council, London, Ontario

2013-      *This is a Post Office*, pop-up installation (ongoing)

## This Is A Post Office

2017	<i>Culture Days</i> , London, Ontario
2016	<i>The Island Unplugged</i> , Pelee Island, Ontario
2015	<i>Electric Eclectic Music Festival</i> , Meaford, Ontario <i>Mantis Arts &amp; Eco Festival</i> , London, Ontario <i>Home County Music and Art Festival</i> , London, Ontario
2014	<i>River Rock Music Festival</i> , St. Marys, Ontario (2014,2015) <i>Nuit Blanche</i> , London, Ontario (2014,2015) <i>Grickle Grass Festival</i> , London, Ontario (2014,2015)
2013	<i>Dundas Street Fest</i> , London, Ontario (2013,2015) <i>JamJam Music Festival</i> , Aylmer, Ontario

## Employment / Studio Tour

2017-	Imagination Station Monitor, Museum London, London, Ontario
2018-	London Arts Live, London Arts Council, London, Ontario
2018-19	London Artists' Studio Tour, London, Ontario,
2016	Pelee Island Artists' Studio Tour, Pelee Island, Ontario

## Select Media Coverage

*Artist Allyson Proulx created Alone, Together to build Community*, CBC London, March 2019  
*London Artists popping up in Public Spaces*, The Londoner, March 2018  
*She Follows Your Instructions To The Letter*, London Free Press, May 2015  
*The Language of Love*, National Post, February 2015  
*The Art of the Love Letter*, The Londoner, February 2015  
*Put Down the Cell Phone and Pick Up a Pen*, The London Yodeller, February 2015  
*Interview with Allyson Proulx*, LondonFuse, November 2014  
*Lefty's Love Letters*, LondonFuse, February 2014  
*Think Love Is Dead?*, Metro London, February 2014  
*You Gotta Meet Allyson of Lefty Smudges*, LondonFuse, September 2013