

Synergo Arts

Ergonomics for Artists and Artisans

News!

February 2010

Bench Project Update

The [ergonomic bench](#) is now available directly from Mario Chavajay Navichoc. He makes them independently, under his own brand at his family's carpentry shop in San Pedro La Laguna, Guatemala.

"I'm grateful to have this new work in my shop, and I'm happy to make something that helps the women."

[Mario's contact info](#) is posted on our website. Please help spread the word!



Collaborator Juana Ramos teaching a workshop, using a bench made by Mario at Carpintería San Pedro



Berta Ángela Cotuc Navichoc

Berta, Mario's mother, leads Grupo Ecológico Teixchel, a women's textile cooperative:

"Every day I use the bench that my son made. It's beautiful, and I don't just mean to look at but that it's truly useful. It's so comfortable that you don't feel the time passing, and lets you weave faster. I hope that all the weavers can have a bench one day."

We share Berta's dream! This success in the Lake Atitlan region is exciting, and plans are underway to expand the opportunity with other communities.

The Human Factors and Ergonomics Society recently featured an article on this project in *Ergonomics in Design*. Visit our publications page to [download the PDF](#).

We're growing!

Synergo Arts is proud to announce that [Gail Baker](#) has joined our Board of Directors. She's a dynamic, certified fundraising executive *and* a fiber arts enthusiast. Welcome, Gail!

Unused frequent flier miles?

We can put your excess frequent flier miles to good use. Every dollar we save on airfare lets us increase services to artisan communities. We have an immediate need for three round-trip tickets on either American or Continental. If you or someone you know would like to help, please contact me at karen@synergoarts.org, or give me a call at (520) 400-1017. Thanks!

With warm regards,
Karen Piegorsch
President, Synergo Arts



Gail Baker

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[Synergo Arts](#) creates and delivers resources to help artists and artisans around the world use ergonomics to maximize health, income, performance, productivity, creativity, and art or craft quality.

[Board of Directors:](#)

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Goodshop.com

For more information:
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