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- 12/03/1965 Born in Cologne, her father paints and plays grand piano in spare time
 1968-1970 Kindergarten, she only wanted to draw. Her drawings are shown as examples.
 1973-1981 Her father takes her on travels to Turkey, Greece, Italy, Holland, Switzerland, Paris
 Recorder and 2years classical piano
- 1977-1984 Courses in mime, theatre, pottery, make-up/face painting, art, piano
 1980-1983 Member of mime group "Theatre Tartaruga"
 1982 Acting as mime in children's TV-program with W.D.R.
 1983 Acting as spider in school play
 1984 Finishes school (Gymnasium, Abitur) successfully. Degrees in Art, Dance, Philosophy and, Music. Travels half a year through North America.
 1985 Performs in "picture": The Pest, the figure 'The Death' in Historical parade in Brühl /Germany.
 First exhibition in Brühl, travels to France, then Holland.
- 1986 "Play with history" Theatre- happening in Castle Augustusburg Brühl/Germany:
 figure:Death
- 1986-1990 11 exhibitions in Germany and Holland, selection:
 1987 group Gallery Kik, Cologne/Germany
 1990 solo Tin figure museum, Ommen/ Holland
- 1990-1998 Organising and Performing in events with all Arts involved for up to 700 people
 1990 Gives workshops in mime
 Performance on year event culture centre Emma/Zwolle
- 1991 Opens" Gallery Emma" with a group of artists
 Starts playing fiddle and travels first time to Ireland
 1992 Birth of her son.
 1993 Costumes and performance "dragon" on year event Emma/Zwolle
- 1991-1999 18 exhibitions in Holland, selection:
 1991 solo Gallery "Emma", Zwolle
 1991 group RBGD Art Promotion, Rotterdam
 1992 solo Café Averechts, Utrecht
 1999 solo at home before emigrating to Ireland, Zwolle
- 1998 Performance in Den Haag for the Dutch Queen with group of artists as the representatives of county Overijssel.
 Gives workshops in felting
- 1999 Emigrates to Ireland
- 1999-2008 Design, Illustrations, Sign writing etc. for Artvaark-design. (www.artvaark-design.com)
- 2000 Starts giving fiddle lessons
 Plays in traditional band
- 2001 Exhibitions: Doonbeg Hall
 Artemis Gallery, Moyasta
- 2002 Solo Exhibition: Moosehead Café, Kilrush
 Commission: Scatterry Island for Percy French Bar, Kilrush
- 2003 Art lessons in primary School, Kilrush
 Artistic panel Co. Clare
 Compass Art Auction, Kilfenora
 Wagon & Costumes " Harry Potter" in parade
- 2004 Residence:Artists in school scheme: mime, Kilbaha primary School

- Solo exhibition: "Magic Clare", Purple Grape Restaurant
 Exhibition: China, Hangzhou City, 411 Gallery
 Arts Festival, Kilrush
 Art in Clare Exhibition, Waterpark House, Ennis
 Joins Doonbeg Jazz band
- 2005 Residence: Artists in school scheme: mime, Shragh primary School
 Residence: Artists and Disability "Embrace ": felting, sculpture,
 Brothers of Charity, Kilrush
 Exhibition: Miller Gallery Sixmilebridge
 With Jazz band on Jazz Festival Trier
 Cláirseach (early Irish harp) Kilkenny summer school
 Monthly Lessons by Siobhan Armstrong
 Visual Artist, music, acting for Banner Theatre Company Community event
 "Finbar's Wedding" acting as Gypsy musician and
 fortune-teller "Eva".
 Solo exhibition: De Valera Gallery, Ennis & Launching website:
www.AstridAdler.com
 Solo exhibition: Miller Gallery, Sixmilebridge
 Family-School-Community Educational Partnership:
 Christmas celebration, Shragh primary School
- 2006 Exhibition: Miller Gallery Sixmilebridge
 Start up of Ska –Band: YAH BA SKA BA DOO, Demo recording
 Residence: Artists and Disability "Embrace ": willow & clay-dome,
 Brothers of Charity, Kilrush
 Performance with Amphitheatre Kilkee
 Cláirseach Summer School Kilkenny
 Film: "Hickory Dickory Duck": musician
 Performance on Fiddle for TG4: Treasure Island (Toraiocht Taisce)
 Hunt Museum, Limerick Exhibition: "Hunt the Postcard"
- 2006-2007 **Family School Community Educational Partnership (Mary I, Limerick) Partnership**
 Development Worker for Shragh National School and St. Senan's Primary School,
 Kilrush
 Christmas show, including all 280 Children of the school doing following
 activities: Writing a play, Acting, Decorations, Music, Backdrop
 Projects: Gardening, Stonewall Building, Creative Dance, Body Awareness,
 Meditation, Sensory corner, Art, Music, Mime, Mural, Hop scotches, Float:
 Award winners in St.Patrick's Parade
 The School: 1st Price in Children Category
 Myself: Best overall character: St.Patrick's Day Trophy.
 Puppet show in summer camp: Making Puppets, Painting, Backdrop, Write
 Script, Perform
- 2007 For Theatre group "Crackd Spoon": Performing: Mime, Music
 Made Puppets
 Joins GroundUp Artists collective
- 2008 Residence: Raheen Daycarecentre: Felting a prayer blanket, Film
 Solo Exhibition: Metarealistic Paintings in Clare County Museum
 Residence: Brothers of Charity, Ennis: Felting
 Residence: Inisecaltra festival Mountshannon: Community research
 Child protection "Keeping Safe" all 5 modules
 Shragh Primary School: Improvise with ethnic music Instruments
 Workshop theatre in cooperation with 2 other people for
 " Crackd Spoon"
 Arts in Focus visual art presentation and solo piece Mime
 Director of physical theatre piece "The Trip"
 Cláirseach Summer School Kilkenny
 Image 15 in The "Spoilt Broth" Tea Towel of Vincent Wall for Ground Up
 Solo Exhibition Nature Quest Gallery, Kilrush
 Prepare sessions in Shragh N.S. and Moyasta N.S.
- 2009 Running "Nature Quest Gallery" Kilrush: Exhibitions, film-, music-, theatre-
 events, workshops

- Opening exhibition: Harmony and Chaos" from Tania Roberts with inspired by her work-Mime Act, Gort
 Introduction to Woman's Studies programme, Ennis
 Reenactment on opening of West Clare Railway, Moyasta
 Founding CATA ISLE MIME Theatre (sup. By arts council)
 Illustrations for children's book "The Fairy Hunter" by David Hartley
 Commission: Kilkee beach, oils
 Commission: contemporary celtic Painted goats skull
 Cláirseach:Performing on wedding
 2010 Mime workshop for Clare Youth Theatre
 CATA ISLE MIME Theatre: Carrigaholt, Ennis Streetfestival, Kilkee
 Basket making: Shragh N.S.
 Exhibition" No Style"@Doonbeg Jazz Festival
 Commission: Mural
 Art-challenge Buttermarket Gallery Kilkee: Overall winner
 Community art project(supported by Clare County Council) : search for the divine female, Moyasta
 Commission: design painted on tractor seat
 Band: "Loopheads" harp/fiddle
 2011 Residence: Artists in School Kilmihil: develop lessons to teach children how to draw/paint
 Residence: Artists in School Kilkee; learn different needlework, rope making, felting, knotting, weaving and create a wallhanging of all work done
 fiddle/music lessons for children
 Cata Isle Mime Theatre: Leaflet printed,
 mime solo show (sup. By Clare co. Council)
 Temple Bar 20 years: show and workshop for children
 Mime lessons for adults
 Mime lessons Moyasta National School, Kilrush
 2012 Loopheads :Love Live Music, weekly gigs in Kilkee
 fiddle/music lessons for children
 Loopheads: weekly gig in Kilkee
 Cláirseach: Harpist at opening Culturlann Sweeney Kilkee
 Performance, helping with design, paintwork, float Kilkee Aqua Club