



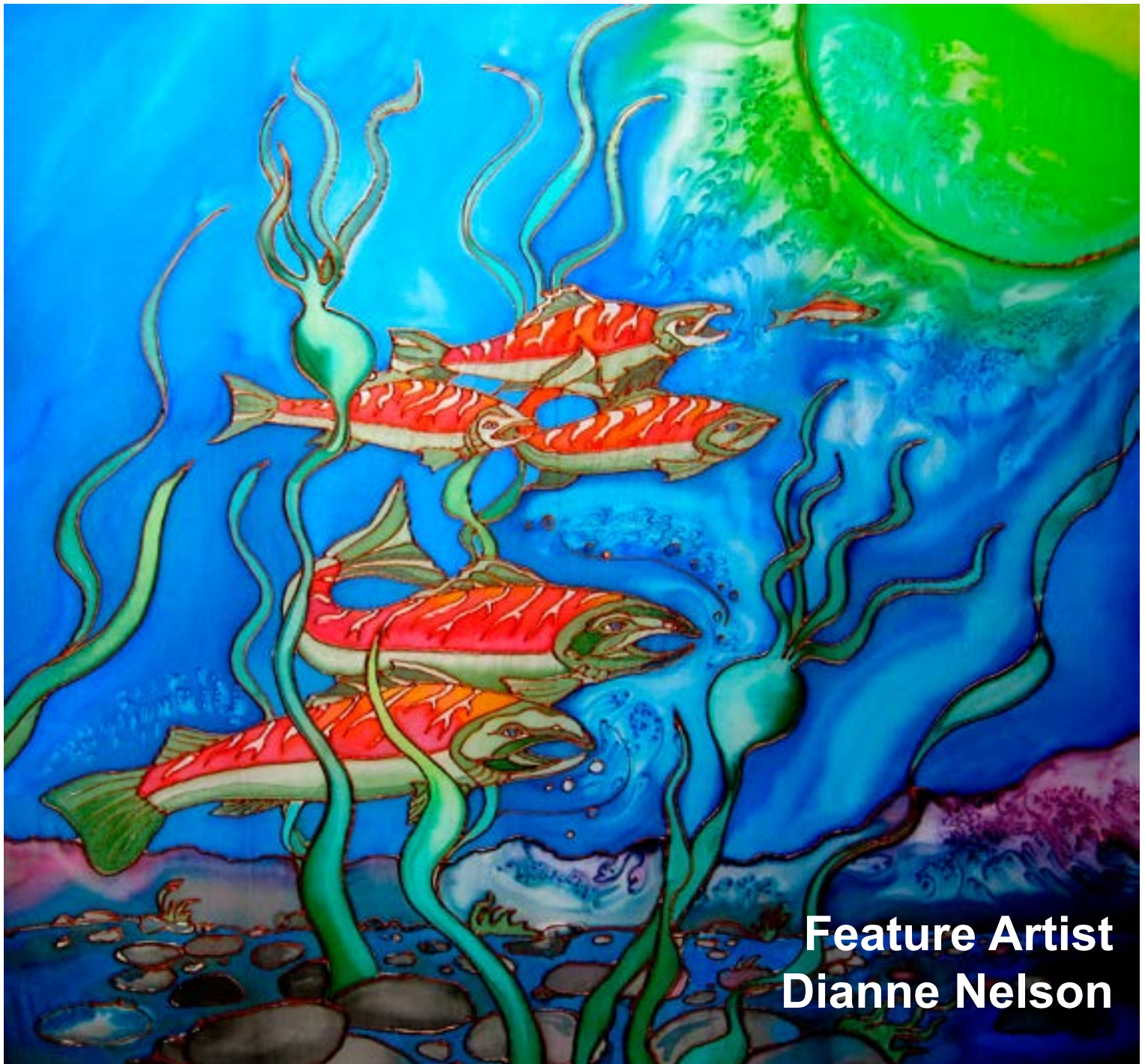
**YOUNG AT ART
STUDIOS**

IslandArts

Magazine

Embracing Creativity and Community

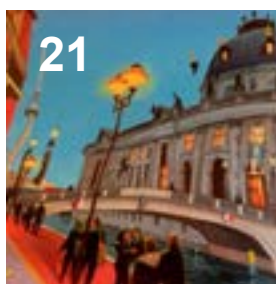
Issue # 70 Jul - Aug 2024



**Feature Artist
Dianne Nelson**

ISLAND ARTS MAGAZINE

in This Issue



Featured

Featured Artist - Dianne Nelson 17

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Our Contributors



Linda Lovisa - Okanagan Art Herald

“I love the outdoors. My paintings are a visual journal of my adventures.”

Linda paints Alla Prima. This keeps the colours fresh and vibrant while mixing direct on the canvas. She is also an art instructor and resides in Kelowna BC.

lindalovisaartcanada.ca

John Warden - Perspectives

“Pausing for a long, slow look, I feel the currents of nature coalesce into compositions of simplicity, subtlety, rhythm, and majesty – asthenic values that colour my thoughts. I breathe out and with a click, my feelings flow, onto the canvas of my camera.”

Photo credit - Debra Kelly



David Essig - Colourful Cuisine

As well as being a Canadian Musician, Songwriter & Producer, David Essig knows his way around the kitchen.

Having spent much time in Italy, he is our foodie columnist, sharing his culinary skills with our readers. Buon appetito and grazie David.
davidessig.com

Our Contributors



Rudolf Stussi - European Connection

Born in Zurich, raised in Switzerland and the United States (Lawrence, Kansas, and Grosse Pointe, Michigan) Rudolf came to Canada in 1967 to take degrees in English literature and journalism at Ottawa's Carleton University.

Exhibiting regularly in Canada and Europe, Stussi taught art in Toronto for various boards and groups and at OCAD.

rudolfstussi.com



Susan White - Passionate about Pastels

"The vibrancy of colour and the ability to render small details in pastels is a perfect fit for me."

Susan is a member of the Federation of Canadian Artists, with Associate Signature Designation (AFCA). She is also a member of Pastel Artists Canada with Master Pastelist Signature Designation (MPAC). susanwhitestudio.com



Jeff Shields - Tech Talk

Jeff Shields has over 35 years of experience in the technology industry. His journey began in 1966 when he took his first programming course, which ignited his passion for everything digital.

Jeff talks about some of the latest and newest advances in technology. yaadev.com

Editor's

Notes

Summer Fun

Dear Readers,

We are pleased to present our 70th edition of Island Arts Magazine.

In this issue, we ask you to embrace summer and all that it offers.

As we step into the vibrant and culturally rich season of summer, the art scene comes alive with a multitude of exciting events and exhibitions. Artists shine as bright and warm as the summer sun.

Prepare for a diverse range of festivals, gallery openings, installations, studio tours, and many more exciting events that will keep you engaged throughout the summer.

We are thrilled to present the vibrant silk paintings of Dianne Nelson from Campbell River, BC, a collection that is sure to captivate your imagination.

Our writers have been at it again, presenting some informative and entertaining stories. Of particular interest to me is the editorial from our European Connection, Rudolf Stussi. I had no idea that Berlin had so much to offer in the arts, with bridges and museums.



Enjoy your summer and take time to relax and renew.

Editor, Susan Schaefer



photo by S. Schaefer

Events



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Marina Wright's deep appreciation for the coastal nature of Vancouver Island inspire her bright acrylic paintings.

marinawrightart.com



Dianne Nelson paints on silk and wildlife and landscapes remain her favourite subjects and colour is her passion.

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Blooming in Quiet Grace

Two Nature Inspired Creators

by Margot Fedoruk

Wooden spoons adorned with hand-carved mushrooms, tiny fungi earrings, pine mushroom and morel carvings, and many with delicate gills are all lovingly hand-carved by Prince George-born Issy Bourque.

Bourque is a non-binary Métis artist who works in a makeshift workshop in their backyard in Nanaimo. An outdoor workspace equipped with simple hand carving tools (axe, chisel, hatchet, small knife), a donated woodworker's bench, and a drive to create is all it takes for this entrepreneur of Agaric Arts to produce a troop of beautiful creations made from donated and found wood including arbutus, birch, hazelnut, and Douglas Fir.

With a background in science and an interest in wildlife and fisheries, it just made sense that Issy was drawn to fungi art. "I love mushrooms because they're slow decomposers," Issy says.



She first started carving during COVID to stay sane. When asked why they chose carving mushrooms, Issy explains, "It chose me. It's hard work but peaceful. Plus, it's a cool way to connect with others."

Agaric Arts carvings are naturally finished with beeswax and coconut oil, which showcases the wood's natural colours and features.



Emerald White likes to wake up at dawn to water the garden with chickens in tow on her small farm in Cobble Hill, BC. After tending to her plants, you will most likely find them in her tiny cabin, where she is having coffee and industriously making natural beeswax candles in her little kitchenette. "You can do a lot in a small space," White says. White is a self-taught artist who believes in learning through trial and error. They named their company Blue Bug Beeswax because of their beloved 1973 blue Volkswagen Beetle. "I've always been artistically inclined. I also do watercolour painting, beadwork, and jewelry," says White.

White has been developing colours not normally found in larger-production candles. She is trying to recreate colours that reflect her region's natural surroundings.

"My work encapsulates who I am. The creative process has been therapeutic for me," says White. White's candles are set at a price point that is more accessible, so everyone can enjoy the benefits of candles made without chemicals.

Both entrepreneurs found guidance for their startups through a program called Entrepreneurs on the Rise, which offers free business training and coaching for women and non-binary folk who reside in BC.

ethoscmg.com

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JULY 3: EMILY MACEDO MACRAME WORKSHOP \$50 6:30 @THE ORANGE DOOR GALLERY, UCLUELET

JULY 4: JAY BALLANTYNE HOOP DANCE WORKSHOP & STORYTELLING BY DONATION AT DOOR @UCC MAIN HALL, UCLUELET, 1-4PM

JULY 5: LYON X BUCKET DRUMMING @BIG BEACH GAZEBO, UCLUELET, 11AM **FREE**

JULY 6: TURN THE SEVEN BAND @ ANAF, UCLUELET, \$20 DOOR/DOORS OPEN 8:30PM

JULY 8: SIP & RHYME @ THE ORANGE DOOR GALLERY, UCLUELET 6PM - POETRY & WINE AMONGST ART **FREE**

JULY 11: MYLES MORRISON AND 6 GUITARS BY DONATION @THE GREENPOINT THEATRE, PACIFIC RIM NATIONAL PARK 7-9PM

JULY 12: OUTDOOR CONCERT UNDER THE GAZEBO, TOFINO, SHOWCASING THE THUNES, OLD FRIENDS AND SULLY & FRIENDS @VILLAGE GREEN 6PM **FREE**

JULY 13: ARTS & CULTURE WALK @LIGHTHOUSE LOOP ON THE WILD PACIFIC TRAIL 12-3PM **FREE**

JULY 14: BALLET VICTORIA \$35 ADULTS, \$20 SENIORS AT DOOR & FREE FOR KIDS /YOUTH @UCC THE MAIN HALL 2-3PM

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In keeping with the MAC's commitment to showcasing work that provokes conversations about the beauty and importance of our natural environment, **Xpey'** will be an artistic 'deep dive' into the fragility and splendor of our threatened wetlands. Wetlands are central to the biodiversity and health of the wild environment. To potential wetlands being returned to its natural state, notably the Parksville Wetlands, and all that entails, **Xpey'** will be that conversation brought to life by our team of noted artists.

Deborah **FREEMAN** Wildlife Photographer DF **GRAY** Pastel artist
Christopher **SMITH** Glass artist GA **FULLER** Photographer
Nelson **SHAW** Steel artist David **MACKENZIE** Videographer



Please join us as we welcome our ETHOS partners to STUDIO B, with fun, interactive and informative displays PLUS free shuttle tours of our local Wetland at Hamilton Marsh! July 15 – August 25, 2024



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www.mcmillanartscentre.com

Info (250)248-8185

GALLERY HOURS: TUES-SUN, 11AM-3PM



We gratefully acknowledge the McMillan Arts Centre is located on the traditional territory of the Coast Salish people and the home of Snaw Naw As First Nation and the Qualicum First Nation.



Make Your Mark!

Welcome back for more talk about my favourite subject and passion: pastels. In these articles, I have been deep-diving into the properties that set pastels apart from other media used to create art. Along the way, I hope to encourage more interest and appreciation for this under appreciated medium.

This month, I am going to focus on mark-making.

The most significant difference between painting with pastel and painting with oils, acrylics and watercolours is that pastel is a dry medium. This means no brushes are used to apply the pigment to the painting surface. Instead, pastelists hold the pastel sticks in their hands to apply, making it a very tactile experience.

Liquid media has brushstrokes; pastel relies on mark-making. The immediacy of working this way is inspiring but might not



appeal to artists who don't like to get their hands dirty!

Mark-making refers to the different lines, patterns and shapes created in an artwork. Each mark contributes to the overall composition and can create mood, movement and depth. The variety of marks is vast, from delicate strokes to bold expressive gestures.

Marks can be varied by how the pastel stick is held. The edge of a broken pastel can be used to make fine lines. The tip can be used like a crayon to make

hatching and cross-hatching marks or scribbles. Small dots of colour can be applied next to each other for a pointillism effect.

The entire side of the pastel can be swiped across the paper for a painterly effect. Pressure can be adjusted to deposit more or less of the pigment. A blade can be scraped across the deposited pastel to create lines and texture.

Marks are as individual as the artist making them.



...continued from page 13

Passionate About Pastels

continued from page 12

Edgar Degas was known for his expressive line work and ability to capture movement. Mary Cassatt had delicate yet decisive marks conveying intimacy and emotion.



Here are details from a painting I made a few years ago. I came across it when researching this article and thought it was an excellent example of using various marks. The visible marks resulted in a vibrancy and movement I liked.

I'll end with a quote from Alain Picard, a modern pastel artist known for his mark-making: "Mark-making is the vocabulary we use to communicate with the viewer." ~



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Strawberry Arugula Salad

- 1 c. roughly chopped pecans
- 2 Tbsp. rice vinegar
- 2 tsp. honey
- 1 tsp. Dijon mustard
- salt and pepper to taste
- 1/4 c. olive oil
- 1 small shallot, thinly sliced
- 1 lb. strawberries, hulled and quartered
- 5-oz. baby arugula
- 1/2 c. crumbled feta cheese
- 1/2 c. fresh mint leaves, torn



Preheat the oven to 350°. Spread the pecans on a baking sheet and toast in the oven until they darken a shade or two and smell nutty, 5 to 6 minutes. Let cool completely.

For the dressing: whisk together the vinegar, honey, mustard, salt, and a few grinds of pepper in a large salad bowl. Whisk in the olive oil until smooth. Add the shallot and strawberries and toss to coat with the dressing.

Add the arugula, feta, mint, and pecans and toss to coat everything with the dressing. Season with salt and pepper.

compliments of: www.thepioneerwoman.com

My Figurative Art

By M.Salayi

Since an early age, I have enjoyed portraying the daily lives of others through drawings and paintings. Figurative art involves depicting people in everyday routines, differing from portrait painting by including more than one person and capturing their movements and surroundings. For example, I might paint scenes of patrons or employees in a coffee shop.

I enjoy painting people from various backgrounds and occupations, especially physical labourers. Their outfits reveal their backgrounds and personalities, offering me more opportunities to express myself on canvas. Painting people is a genuine pleasure because it allows me to delve into their personalities and emotions. I strive to convey my empathy for their hardships, if any.

Artistically, it's a challenging task due to the many elements involved, such as strong drawing skills, attention to flesh tones, and capturing the social bonds among the figures. Initially, I focused on accurately drawing the subjects, as this was a crucial stage, and then gradually painted to the last detail. To me, it is a profound social experiment and a journey into the inner feelings of others.



July 9th – Aug 30th Endless Summer Group Exhibit

DRAW Gallery continues our tradition of showcasing work from a variety of our gallery artists with originals & prints, including paintings, photographs, mixed media, glass and copper. We feature works by local and Island Artists such as Cecil Dawson, D.F. Gray, Pamela Holl Hunt, Guy Langlois, Karen MacRae, Ann McIvor, Shannon McWhinney, Emma Paveley, Mark Penney, Sarah Platenius, Todd Robinson, Daniel Spallone, Perrin Sparks and Sue Thomas among others.

Works exhibited in the Gallery are also available for viewing from home with our Online 'Gallery Beyond Walls' and by onLocation, too! Art is an expression, an acceptance, a depiction of thoughts through creativity. It's an explanation of events, a showcase of beauty, and it's a gift to the eyes of humanity.

For each purchase, we will donate 10% to the charity of your choice from our Spirit Board.

Visit us Online www.drawgallery.com and onLocation by Appointment at the corner of Melrose & 8th Ave in the dynamic Alberni Valley or Call 250-724-2056.

Artists @ Bayside Resort



Evening Paddle, 36 x 36" by Patt Scrivener

A prairie girl at heart Patt moved to Parksville in 2009. Her work includes imagery of people, landscapes, and abstraction. pattscrivener.com



Harbour Entrance, 18 x 24" by Jack Duckworth

Jack's interest for art emerged in his youth. After serving 25 years in pastoral missions, his artistic interests have rekindled as he makes his home in Nanaimo BC.

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Featured Artist

Diane Nelson- Silk Artist



Featured Artist

Dianne Nelson

By Susan Schaefer



Dianne Nelson has been a professional prize-winning artist and teacher for over thirty years. Widely travelled, she has lived and worked in Saskatchewan, Ontario, and British Columbia and spent five years in Queensland, Australia.

She most recently lived in the Northwest Territories, where, as an artist in the Great Northern Arts Festival, she took a workshop in painting on silk. This is her present preferred medium.

Wildlife and landscapes remain her favourite subjects, and the colour is her passion. Upon moving to Campbell River in June 2016, Dianne fell in love with the ocean and the moody skies outside her Swift River Studio. Her views of Quadra Island and Cape Mudge are featured in many of her works.

What is it about silk paintings that you enjoy?

My husband and I lived as teachers in remote rural communities in several situations. It was while we were living and working in Fort Liard, NWT that I was fortunate enough to be selected to exhibit at the Northern Arts Festival in Inuvik. I had worked in water media for years, and that was my chosen medium at the time. I took a workshop during the festival with Wendy Lee for painting on silk.

I loved the medium right away. First, for the way the paint reacts to the silk. Once you've set down the barriers created with "gutta" it is sudden and exciting. Then there is the colour; spectacular! Secondly, after years of challenges regarding the storage and bulk of watercolour paintings, these paintings don't need to be kept in frames. After completion, they can basically be stacked in a drawer. (My husband is the "straight line" person. He's developed a cool display method for my paintings by attaching a series of cloth loops for hanging the pieces.) A third advantage of the medium is that I can work on several pieces simultaneously.

What challenges does this medium have?

One challenge with painting on silk is that gutta placement is permanent. Once down, it is impossible to move or erase. I've included patterns in my method for this reason. However, every now and then, I still love to risk a freestyle drawing.

continued on page 19...

Featured Artist
Dianne Nelson

Another challenge for me is the wait between steps. I'm not a patient person.

You were known as "the fish lady" in your art circles in your Ontario days. Please explain.

Years ago, I began to incorporate salmon in my watercolours and acrylics. I love the sinuous abstract shape of fish and their colour. I depict them from above, usually streaming through the water in their return quest to their place of birth.

You could say the journey of the salmon is a metaphor: They fight against the current on their journey through life. In my involvement in art groups in Ontario, my displays earned me the nickname "the fish lady." I also painted many tropical fish, hearkening back to my years in Australia.

What do you like to do in your spare time?

I enjoy fitness in my spare time and dance with my husband, Ken. We've tried round, square, and Latin dancing since we retired from teaching. I also enjoy gardening, especially vegetables. And I have a two-year-old grandson who I babysit quite regularly, so there is plenty of action there!



CEO Leaves SK Arts

SK Arts' CEO, Michael Jones, has announced his intention to retire after almost nine years with the agency in order to focus on freelance consulting work and his artistic practice.



Michael Jones @ the Schaefer Canadiana Opening, June 2023, Weyburn Arts Gallery, Sask.

Michael says, "I have had the honour of getting to know the Saskatchewan arts community over the past nine years, and I continue to be inspired by their work. I have had the pleasure of working with a dedicated staff and Board, and I want to thank them all for the support they have shown me through my time here. I would also like to thank the Honourable Laura Ross, Minister of Parks, Culture and Sport, for her support both of SK Arts and of me personally."

Cory Furman, Board Chair at SK Arts says "We want to express our gratitude for the work that Michael has done with SK Arts since assuming this role almost nine years ago. Michael has become a fixture in the Saskatchewan arts community, and it will be a task to find someone who can replace a leader of his calibre. We wish him all the best in the future."



SK Arts was established in 1948, the Saskatchewan Arts Board, now operating as SK Arts, is the oldest public arts funder in North America. They provide grants, programs, and services to individuals and groups whose activities have an impact on the arts in Saskatchewan and ensure that opportunities exist for Saskatchewan residents to experience all art forms.

[Read More](#)

An advertisement for Mastrius art mentorship. The background is a vibrant, abstract painting. The text reads: "mastrius We Turn Artists Into Masters! One Conversation & Skill At A Time Gain Access to Personalized Feedback From A Dedicated Master Artist Tailored to Your Technique, Marketing, and Business Goals! LIVE Art Mentorship Choose From Over 180 Master Artist Mentors 80% OFF FIRST MONTH Monthly Mentorship With Master Artist Mentors Like...". Below the text are three portrait photos of master artists: David Langevin, Gaye Adams, and Charlie Easton. At the bottom, it says "USE CODE: SAVE80 • VISIT MASTRIUS.COM".

European Connection

by Rudolf Stussi

Berlin: bridges and a museum island

Berlin is well-known for many things, not all of them savoury. Wars, decadence, partying, political demonstrations, literature, alternative and gay culture, six-story buildings without elevators, cobblestones, both crossroads and barrier between East and West, an eccentric dialect, and funny crossing lights called Ampelmänner, to mention a few. But two things stand out here: the plethora of bridges and the myriad museums for just about everything!

The river Spree winds through the city and has fostered one bridge after another over the 787 years of its history, each with its very own personality.



Perhaps the most beautiful is the Oberbaumbrücke (Upper tree bridge) with its twin towers. It was named the upper tree bridge because there used to be logs placed in the water to prevent ships leaving before paying a fee. There was a lower tree bridge too, at the other end, to prevent ships entering without paying, but that disappeared long ago.

In the middle of the government area, which has exploded since the government moved from Bonn to Berlin in 1999, there is the lovely red Moltke bridge leading to the Chancellor's headquarters and the Swiss embassy, which used to be smack in the middle of No-Man's Land between east and west.



Then there is the Schlossbrücke on the main drag Unter den Linden studded with classic marble statues leading from the Berlin Dom over to the rebuilt imperial palace (okay, it's now called the Humboldt Forum, but still...) and the Historical Museum.



The Friedrichsbrücke connects the museum island with the Hackescher Markt area. A great place to watch the tourist boats ply the Spree river, and there's

always someone busking. It got expanded to its prewar width at great expense some years ago but, despite its width, no vehicular traffic is allowed. Great view of the Dome and the old national museum, however.



Then there is the Weidendammbrücke, notable for its large imperial eagle.



And the oldest surviving bridge, a drawbridge, from about 1688, is the Jungfernbrücke in Mitte (Virgin Bridge, there are many possible explanations for this name, which I won't go into).



continued page 22...

Berlin: bridges and a museum island

by Rudolf Stussi
continued from page 21

We have now surrounded one of Berlin's foremost attractions, the museum island. This starts at the Dome (the largest Protestant dome anywhere), and continues to the very popular Pergamon Museum with its reliefs from Greece and the Babylonian Ishtar Gate. But you are out of luck, because this museum is closed for renovations until 2037! Yes, for another 13 years!



That's what comes from building a museum in the middle of a river! You can next amble through the new James Simon Gallery and check out an excellent museum store on the ground floor.



And next to that is the New Museum, with its world-famous bust of Nefertiti followed by the prettiest museum of all, the Old National Gallery with its solid collection of artwork through the ages, surrounded by a colonnaded walkway where you will almost always find a newly married couple being photographed, with the museum and its gardens as backdrop. I recently led a group through an exceptional exhibition there of the foremost German romantic painter, Caspar David Friedrich.



Behind that at the northern tip of the island, is the iconic Bode Museum where famous sculptures and sarcophagi can be seen. They have a casual café, too, at the top of the grand staircase.



Then cross the Bijou Bridge and set yourself down at the Petit Bijou café for a drink outside and a great view, even if the service is slow (it always is).



But you're not done yet!

There are lots more museums in Berlin, around 170! There's the Spy museum, the optical illusion museum (Illuseum), the computer museum, the technological museum, the Humboldt Forum, a Ramones Museum, a Samurai Museum, Käthe Kollwitz Museum, Anne Frank Center, Jewish museum, DDR (East Germany) museum, a Stasi museum, a gay museum, etc.

And, new but not amiss here, the Bureaucracy Museum! We are, after all, in Germany! Berlin really does have it all.

Note: all the images used in this editorial are created by:
rudolfstussi.com



New Book - Coming Fall 2024
 Berlin Schräg / Berlin Bent

Experience Berlin as seen through the eyes of **artist Rudolf Stussi**.

Published by Benteli, this colourful book will have over 100 paintings and 15 stories.

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rudolfstussi.com

A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.” —Bob Dylan

**Susan - Schaefer-Fine Art
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by Linda Lovisa

The Courthouse Gallery, Kamloops, BC

My husband and I went to view the Thompson Nicola Shuswap Chapter (TNSC) Federation of Canadian Artists spring exhibition which was held at the Kamloops Courthouse Gallery located at 7 Seymour Street West.

The old courthouse is owned by the city and has been kept in a very good state of repair. This Edwardian-Baroque architecture building, completed in 1909, is a work of art. How fitting that it is now used to promote arts and culture! The Courthouse Gallery is a non-profit, cooperative gallery founded in 2007 by a small group of Kamloops artists. With the help of the city, it continues to provide a place for creativity and exploration of the city's history.



The first stop upon entering the building was a visit to the gift shop. It offers artists a year-round venue to sell their work. What a beautiful variety of one-of-a-kind works of pottery, jewelry, glass, paintings, sculpture, and fibre arts. It is a great place to shop for something unique while supporting local artists. In conversation with the shop keeper, I learned that the Old Courthouse supports the arts throughout the year by hosting artisan fairs and many workshops with local and out of town artists.



The art exhibition was located in the courtroom on the second floor. The old wooden staircase winds upstairs with old-time elegance. I looked out of one of the stained-glass windows, which provided a nice bird's-eye view of the city, well-kept lawn, and gardens. There is a ceramic mosaic entrance floor, oak and fir doors and trim, and the courtroom still has the elevated judge's bench, witness stand, prisoner's dock, and juror's box.



The room is majestic, boasting tall ceilings with accents of dark, stained fir beams. The 75-plus works of art looked incredible in the courtroom's natural light.

Two artists from the TNSC greeted us with enthusiasm. One of the artists was working in oils and the other in acrylics. We talked about which mediums we preferred to work with. We agreed that there is no comparing as they are each so versatile to paint with. One of the artists guided us around the exhibition, we chatted about the wide diversity of the artworks; so many different styles and subjects. It is nice to see such an active group.

Art in the Park on Canada Day is also very popular locally. It provides a great opportunity for a wider audience to become aware of the TNSC. ~

Courthouse Gallery is open Tues. to Sat. 10am-4pm at 7 Seymour St. W, Kamloops BC

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Blue Jeans and Rubber Boots

By *Susan Schaefer*

Making the Most of Your Summer

Ah beautiful summer, early mornings and long sunny days. It arrives quickly and leaves just as fast. How do you make the most of your summer?

I love getting up early and spending time in my backyard with my mini-Aussie Chace and a hot cup of coffee. I listen to the morning chatter as the birds greet the day. The bees are also preparing for their busy day, and the dew softly kisses the leaves as flowers open and turn towards the sun.

On the same note, coffee dates with friends at an outdoor cafe are a beautiful, relaxing way to spend time. You can sit and chat about life, watch folks walk by, and be happy.

We enjoy a walk down by the beach. If the timing is right, you can get a snack from one of the local food trucks or an ice cream treat. As they say in Kauai, and as my husband Jeff likes to remind me, – you never pass up a food truck.

Backyard BBQs or a backyard visit with neighbours are always entertaining and boost the summer experience to a new level. Some of my favourite BBQ menu items are burgers, hot dogs, potato salad with fresh potatoes, radish, onions from the garden, Thai kale slaw, and baked beans, all mixed with great storytelling and laughter.

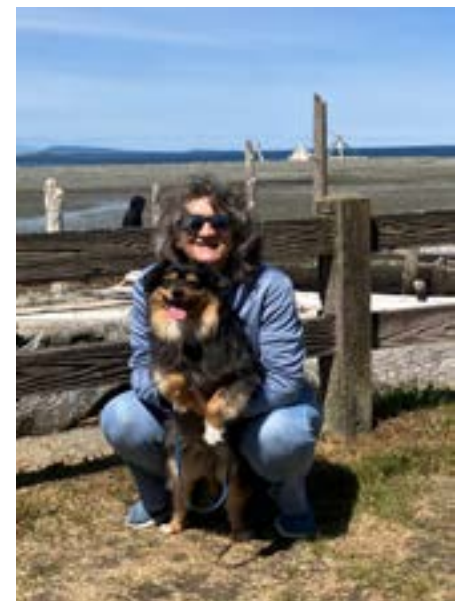
I enjoy getting a boost in vitamin D—spending time gardening will do that. And oh, how I love to garden. It is a beautiful meditation where your mind becomes one with nature and a way of living in the NOW. Just let go.

Even if you work full-time, there are plenty of ways to enjoy the summer. I remember living in Edmonton in the 1980s, working for the ‘man’. Weather permitting, I would grab my lunch and go outside to a local park. I could enjoy being in nature and away from the fluorescent-lit office buildings and the constant noise of an office.

While living in Saskatchewan one summer, I found a complete collection of Nancy Drew books at a yard sale. I enjoyed reliving my youth while reading them outside on the deck, overlooking the lake, and sipping lemonade with my wonder dog, Cheyenne, sitting beside me. What a great summer that was.

There is plenty to see and do in the arts. I enjoy visiting local farmer’s markets and buying fresh baked goods, canned jellies, and baseball-sized beets. I love to look at the arts and crafts and talk to the artisans about their journeys. It’s lovely to go home and unpack your goodies and feel good about supporting the local economy.

Whatever your summer pleasure lies, enjoy it – live it – have fun!



Chilliwack Mural Festival 2024

Prepare to see new art in Chilliwack this summer as muralists take to the streets to turn ordinary spaces into accessible public creations. This year, nine muralists from across the globe will head to Chilliwack for approximately two weeks of painting leading up to the Chilliwack Mural Festival in August.

“I am excited for this year’s muralists to bring their artistic visions to the walls of downtown Chilliwack,” shares Lise Oakley, executive director of the Chilliwack Arts Council, in a statement. “The muralists painting will be the perfect lead-up to the Chilliwack Mural Festival on August 15 to 17. This is when the downtown comes alive with vibrant live music performances, interactive art activities, food trucks, and an art market.”

source: www.straight.com



Guillem Font



Emily Carr artworks in upcoming auction

Heffel Fine Art Auction House is putting together a top-flight showcase of Canadian art that will soon go up for bidding in Toronto.

A host of nationally-respected names are in the mix, including Jean Paul Riopelle, Alex Colville, Lawren Harris and Tom Thomson in addition to standouts from British Columbia like Emily Carr, B.C. Binning, E.J. Hughes, Gordon Smith and Takao Tanabe.

Emily Carr may not have grown up in Whistler, Pemberton or Squamish, but Carr embodied the essence of Sea to Sky adventure during her eclectic life.

The Victoria native was the second youngest in a family of nine children. Her travels took her to California, England, France and beyond—though Canada’s First Nations people consistently offered a key source of inspiration.

Carr once struggled to earn critical acclaim, but became affiliated with the famous Group of Seven (of which Harris was a part) and it’s safe to say that her portfolio is widely accepted now.

Read the complete story [here](#):

A Bit of History



Pioneer Ada Annie Jordan was nicknamed Cougar Annie for allegedly shooting and killing about 70 cougars in her lifetime.

Ada Annie Rae-Arthur, later Ada Annie Lawson but better known as Cougar Annie, was a pioneer who settled near Hesquiat Harbour at Boat Basin in Clayoquot Sound on the west coast of Vancouver Island, Canada.

Born in Sacramento, California, she moved to the land where she had lived for more than 65 years from Vancouver, British Columbia, in 1915. She arrived with the first of her four husbands to save him from opium addiction and ensure that the remittance cheques that came from his family in Scotland would continue to arrive. At the time, she and her husband had three small children. She gave birth to eight more children in this remote location.

After the death of her first husband, she advertised in *The Western Producer*, saying,

“BC Widow with Nursery and orchard wishes partner.” The new husband she chose from several candidates died at their home in 1944 of an accidental gunshot wound to the leg. The story goes he was cleaning his gun and didn’t realize a cartridge was still in the chamber. The same advertisement produced her third husband; after his pneumonia death in 1955, she ran another ad.

In 1942, the lighthouse at Estevan Point was shelled by a Japanese submarine. Annie claimed to have seen the submarine surface in the harbour before the lighthouse was shelled and found a shell on the beach in front of her land.

Annie cleared 5 acres of her land and planted a sprawling garden. The garden was a source of income throughout her life, as she sold bulbs and plants by mail. She also operated a general store and post office from her plot of land.

Another source of income over the years was a bounty offered for Cougars that ranged from \$10 to \$40. The number of cats that she claimed to have killed was 62 cougars and about 80 bears. She killed the cougars and bears because they preyed on the goats and chickens that she raised.

Annie rarely left the property where she lived until well into her nineties. Ailing and mostly blind, she was removed to Port Alberni, where she died at the age of 97.



photo by Marc Terrillon

At the time of her passing in 1985, her five-acre garden, decades in the making, was overrun by rainforest. Thirty-four years and 38,000 hours of volunteer work restored the garden, now owned and maintained by Boat Basin Foundation.

The objectives of Boat Basin Foundation are to preserve the garden for future generations and to promote interest and education in cultural and history. www.boatbasin.org
source: Wikipedia



“**Rocky Waters**” is a rich tapestry of artistic influences, drawing from the Impressionists’ fascination with light, the Post-Impressionists’ bold expressiveness, and the structured yet emotive landscapes of the Canadian masters.

By weaving these elements together, Schaefer creates a work that inspires viewers to immerse themselves in the vibrant beauty of nature.

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Italian Rice: Two Variations on a Theme

by David Essig

davidessig.com

In 1891, Pellegrino Artusi, the father of modern Italian cooking, wrote that “Venetians know of nothing but rice,” implying that rice is a passion singular to the Serene Republic. In fact, rice is a staple throughout Italy. While we often associate Italian rice with the classic risotto from Milan and Venice, here are two variations on the theme - one from Piemonte, near the border with France - the other from Emilia-Romagna, in north-central Italy.

Strawberry Risotto

Cooks in Piemonte tend to blur the distinction between fruits and vegetables - as we see in this recipe from Cuneo, just across the mountains from the Riviera. I learned to make this many years ago from my artistic manager at the time, Umberto Tonello, who lived his whole life in the region and celebrated its cuisine. The strawberries lose much sweetness in the cooking and take on a unique, almost nut-like flavour - much more like a vegetable than a fruit.

The following recipe makes four servings as a first or side - or two generous main dishes.

Start by shopping for strawberries. Look for a basket of fruit that is not overly ripe - one with a few berries with a green tinge around the stems. Rinse a cup of berries under cold water, dry on a towel and separate the ripest $\frac{1}{4}$ cup and set aside. Core and chop the remaining $\frac{3}{4}$ cup into pieces the size of green peas.

Saute over medium heat a couple tablespoons of chopped onion in butter. When the onion softens, add the chopped strawberries and continue to



saute for a couple more minutes. Add a cup of arborio rice, raise the heat slightly and stir fry until the rice begins to colour - but be careful not to let it darken or scorch. Add a splash of something alcoholic to deglaze the pan - white wine is traditional. Try Prosecco, rose, vodka, or my current favourite - Aperol. Stir until the vapours give off the alcohol.

Begin adding broth - a soup ladle at a time - keeping the heat just below the boiling point. Stir well and continue to do so every few minutes. It's not necessary to stir continually. Just keep the bottom moving, and don't let it stick. You will need about $2\frac{1}{2}$ cups of stock. This is a very relaxed process. Follow the old Italian adage: “Don't be a slave to the risotto.”

You can use vegetable or chicken stock from whatever source you have on hand - fresh, canned, bouillon cubes or paste. Note: if you're using commercially prepared stock, be careful with the salt - add only at the end to taste, but not while cooking.

continued page 31...

Italian Rice: Two Variations on a Theme

by David Essig continued page 31

Classic recipes call for warming the stock in a second pan, but we've found that for this recipe room temperature stock works fine.

The rice will take about 14-18 minutes to soften and come together in a pudding-like consistency. At around the 10-minute mark, add the remaining ¼ cup of chopped strawberries and stir. Continue until the risotto is at least "al dente" and maybe a little softer if you like. Just before serving, add a generous dollop of cream and an optional grating of parmesan cheese.

Serve in heated bowls. Garnish with slices of fresh strawberry, a couple of leaves of mint or basil and a final dusting of grated cheese.

Rice Like Pasta

In Canada, we traditionally steamed rice in a pot with a closed lid. Italians generally do the same, with a couple of exceptions. One is risotto, where, as we've just seen, the pot is left open throughout. The other is a rice cooking method that is, as far as I can ascertain, unique to Emilia-Romagna. It consists of boiling raw rice like pasta in an open pot of salted water, exactly as if it were pasta.

Add a cup or two of rice to a pot of boiling water, salt lightly, and reduce the heat to a moderate but constant boil. Cook until tender - about 15-20 minutes. Drain in a colander and keep warm.

Warm a serving bowl. Add a generous amount of room-temperature butter and about the same amount of mixed shredded mozzarella and grated parmesan cheese.

Add the hot rice and stir vigorously to melt the cheese. Add salt to taste,

Top with hand-shredded fresh basil leaves or any other green herb, and serve in warmed bowls.

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By Jeff Shields @ yaadev.com

What if AI could fix everything?



AI Fixing everything,
AI-generated image

Mo Gawdat, former Chief Business Officer at Google X, acknowledges the potential of AI to solve complex problems but warns about the dangers of unchecked AI development.

He believes that without proper ethical guidelines, AI could lead to catastrophic consequences for humanity. Gawdat emphasizes the importance of creating AI with human values and moral principles to ensure that it serves the best interests of society. He strongly advocates for collaboration between technology, ethics, and policy-making experts, a reminder of the collective responsibility we all share in shaping the future of AI. This collaboration, he argues, is crucial to establish

regulations and safeguards for AI development. Ultimately, Gawdat encourages responsible and mindful AI advancement to mitigate the potential risks of its proliferation, a shared goal that requires our collective effort.

I agree with that sentiment.

Recently, he asked, “*What if AI could fix everything?*”

Ignoring the vast societal questions on health care, poverty and climate change, let’s address a more personal case.

I was migrating all my web clients to a new server as it was approaching its end of life on June 30th, 2024. I spent the last year investigating different approaches by conducting Google searches, reading various results, and watching videos. Even for a technically savvy individual such as myself, I found conflicting information. Do this, don’t do this, back and forth.

At the beginning of this year, I turned to AI to answer my questions. Last weekend, I migrated my server with minimal problems, which went smoothly.

Recently, he asked, “**What if AI could fix everything?**”

What’s my point?

Excellent question. I started playing with AI to solve problems, i.e., fix them. This led to a whole new understanding of how to approach AI. I learned how to rephrase my prompts—context matters.

I don’t know what AI knows, but it knows what it knows and doesn’t know. Providing context is necessary to get good results.

I found a blog post about this topic, and the author had a great solution. For his prompts, he adds, “Before you begin, ask me any questions you may have so I can provide context. Be extremely comprehensive.” Wow, what a game-changer.

We are planning a trip to Hawaii this fall, and I was looking for things for us to do. I started with Google searches and found all the Hawaii websites listing all the tourist things to do, but then I had to whittle it all down.

continued page 32...

**Recently, he asked,
“What if AI could fix
everything?”**

Then I turned to AI and asked, “We are planning a trip to Hawaii in the fall; list ten activities we can do.” What I got was what I found by Googling.

However, when I added the bit about asking me any questions it might have, AI asked a series of questions such as age, activity level, budget, main interests, and a couple more. After I answered the AI questions, I got a response tailored to our specific circumstances—much more useful.

So, how does this fix everything?

As parents, we can help educate our children by using AI as a tutor, not by having AI write our kids’ essays.



AI tutor, generated by Copilot

Individuals can use AI to learn by simply asking, “Explain [topic of interest] to me in simple terms.” Another example?

I used this prompt: “Using the persona of a university biology professor speaking to a class of first-year medical students, explain the principles of DNA.” I received a dry, long academic answer.

Then I asked it to “Explain this to a 5-year-old child in humorous tones”. I was presented with a short, funny, understandable answer.

Then I said, “As a five-year-old, explain what you just learned to your mother in a very serious tone.” The answer made me laugh out loud.

Anyway, don’t let AI frighten you. It is coming to a device near you. Embrace the potential, be wary of the pitfalls and have fun. ~

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CEO letter to the community

Dear arts community,

As I near the one-year mark since taking on the role of Director and CEO of the Council, this seems like the ideal moment to reflect on the past 12 months and to look ahead to the future, which I hope we can build towards together.

Looking back on the past year, I am so proud of what the Council has done in support of the arts sector. We delivered over \$320 million in funding in 2023–24 alone—this is the largest annual investment in the sector in the Council’s history other than during the pandemic. This represents support for over 3,500 artists, nearly 2,000 arts organizations, almost 500 arts groups and more than 2,000 communities across the country.

This funding supported the entire arts ecosystem, ensuring that artists could create works across artistic disciplines and that arts organizations large and small could remain essential cornerstones in their communities, stimulating local and regional economies. The Council’s funding made it possible for people across Canada to experience art from coast to coast to coast, creating shared experiences, conversations and connections.

We also managed to accomplish all of this with incredible efficiency. At our 2024 Annual Public Meeting, I was asked how much of the Council’s funding goes towards administrative costs—a question I often get asked. My response was that close to 90% of our funding goes directly to the sector.

I have spent the better part of the last year listening, connecting on the ground and engaging with thousands of artists, arts administrators and cultural workers in every region of the country. Through travel and virtual events, I have been having conversations that are deepening my understanding of the many challenges that are being faced across the country. These interactions have been an eye opener for me, both in terms of the shared commonalities between arts communities in different regions, as well as the distinct realities of artists and arts organizations in these diverse communities.

I remain confident and optimistic that we can navigate our shared challenges if we can continue to work together. I am committed to continuing to engage with the sector, and you will also be seeing more of my Council colleagues in your communities. Together, we need to develop a shared understanding of the underlying issues that are impacting our sector—across disciplines, communities and regions. And most importantly, we need to come together with a clear, unified voice to consistently communicate our sector’s impact and priorities and to reinforce how much the arts and culture contribute to every facet of life in Canada.

I wish you all a lovely summer season.

Michelle Chawla
Director and CEO

read the letter in it’s entirety [online](#)

Perspectives by John Warden

Generations

By John Warden

I remember my grandmother as being a really good wildlife spotter. On family vacations or evening drives out to Fox Lake near Hanna, Alberta where she lived, she was always the first one to see a bird or an animal. I suspect that she was simply trying to keep my brothers and me occupied so we wouldn't pummel one another senseless in the back seat of her car. Drawing our attention away from the brotherly crisis of the moment, she would point out the hawks, gophers, coyotes or antelope that are endemic to that part of the Alberta prairie landscape. My own love for nature surely must come from the times that she spent pointing it out to me.

And Grandma would often come with us on family vacations. Going through an old photo album, I found photos from a trip we took when I was about 10, from Banff to Jasper. Mountain goats at the Kerkeslin Goat Lick and big horn sheep at the Tangle Ridge viewpoint were clearly highlights of that trip.

Forty years later, I re-created that trip, only this time, I had a proper camera. I was coming down from the Bow Summit on the Icefield Parkway when - using my grandma's spotting

skills - I noticed a ewe and her lamb in a sunny meadow of spring daisies just above a small waterfall. There was no one around when I stopped and got out of my car.

The ewe was a bit nervous a first, so I lay down on my belly, using my forearms tripod-like to support my camera. It was spring and the ewe's coat was shaggy and starting to shed. I log-rolled around the meadow to get to the best point of view and took around a hundred images before capturing a shot of the lamb peering nervously at me from between his mother's legs.

It was one of those Zen moments where everything came together, and it was just me, the sheep, the wildflowers and the meadow. When I got the image I wanted, I stood up to a round of clapping and cheering. A crowd of passers-by had stopped to watch us in the meadow and were as impressed by the sheep and scenery as I was.

In Alberta, big horn sheep can be found wherever the landscape is mountainous: Waterton, the Crowsnest Pass, the Highwood Pass, Kananaskis Country,



continued page 36...

Generations by John Warden

continued from page 35

Banff, the Icefield Parkway and along the David Thompson Highway from Rocky Mountain House to Saskatchewan River Crossing. But the big horn hot spot is the Jasper House viewpoint, 35 km east of Jasper.

The sheep are numerous and regular visitors to the salt lick there, often causing traffic jams on the highway.

From years of field trips to Jasper, I have many excellent photographs of the big horn sheep. One of my favourites, though, is of a ewe apparently trapped on a thin rocky ledge on a vertical rock face. She has nowhere to go and looks lost, innocent and vulnerable. I watched for about an hour or so, and eventually, she gathered up her courage and sprang away to safety.



My kids are adults now, in their forties, but when they were little, we went 'tromping' in the woods

together by day and hiking through dark and scary forest groves at night. We played road trip games, like I did with my grandma, counting hawks and spotting animals in fields along the highway and we explored old barns and haylofts where pigeons came thundering out, scaring us all half to death.

At a recent family gathering, we were reminiscing about our adventures in Nature and one memory in particular stands out. When they were just little, we trekked, single file, just like the big horn sheep in this story, along a steep and narrow pathway just below the top of Eagle Hill between Olds and Sundre, Alberta. It was kind of scary - but exciting.

"I wonder what it would be like to go back and see just how steep that hill really was?" said my daughter. Memories together are priceless!

And now the grandchildren. Together, we walk the shorelines of Vancouver Island looking for starfish, turning over rocks to find crabs and collecting shells and sea glass. Most recently, I tried to convince my grandson Liam that an old drift log resting along the shoreline was a Komodo Dragon. He was curious but not convinced.

My Grandmother died forty years ago now, and here I am still thinking about her. That's a good thing, I think. Her love of nature has become an overlay on my own life, and her lessons have lingered with me and have now been passed on to two more generations. As my brother Al has often said, she was quite a lady. ~



*A previous version of this article was published in Nature Alberta Magazine in 2008.

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Boosting Creativity

The Power of Meditation

by Elyse Botha

Did you know that the simple practice of meditating can help you boost your creativity? Yes, it's true! Meditation is a very powerful tool to add to your creativity toolbox. It is not just for monks or folks who are spiritual. Meditation is for everyone.

What is meditation, anyway? Meditation helps focus the mind. Noticing what your monkey mind is doing and understanding how it can distract you sharpens your awareness, which leads to fewer distractions overall. As a result, you gain more present-moment awareness.

There are two most common types of meditation. The first is Mindfulness Meditation, which sharpens awareness in the present moment, as I mentioned above. The second is Transcendental Meditation, in which you use a mantra to help you gain deep relaxation and focus.

How does one meditate to help creativity? There is a specific type of mindfulness practice called Open Monitoring Meditation. You don't focus on any thought in particular, you just observe whatever is coming up and allow it to be. This state reduces self-critical thinking while simultaneously activating the part of the brain that allows for more divergent thinking, where all of the seeds of future creative ideas spontaneously pop up!

How Meditation Enhances Creativity

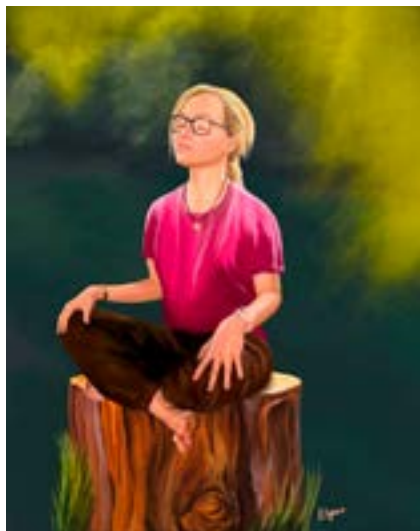
1- Meditation clears the mind, freeing up vital space for new ideas to take hold. It's like using a software program to delete old files on your computer. New patterns emerge!

2-Meditation reduces stress and anxiety, allowing for a relaxed mental state. This is where creative thinking can unfold organically. It makes sense, right? Who can be creative when stressed about being creative? No one, that's who!

3- Meditation enhances imagination with regular practice, stimulating new creative explorations in the flow state.

4-Meditation assists problem-solving because, naturally, as the stress level lowers, solutions to problems that may have bothered you for a long time can rise to the surface. You can now welcome an entirely new perspective that you may not have even considered before!

Here are a few practical ways in which you can start using meditation to your advantage:



1-Daily morning practice- Start your morning with a short meditation of around 10-15 minutes to get the creative juices flowing- and get a bonus energy boost!

2-Meditation breaks - Use work breaks to your advantage. You can take as little as five minutes to meditate and you will feel more refreshed and enhance your productivity as well.

3-Guided meditation—Try a guided meditation that specializes in enhancing creativity. There are podcasts with all kinds of meditations, and YouTube is a fantastic resource as well.

4-Meditation workshop or group- If you would like to meditate with others you can find a meditation group advertised locally or try meetup.com.

I hope that you are feeling encouraged to give meditation a try. You may be surprised just how far a few minutes a day can take you in your next creative venture!

~

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My Garden Musing

by Yolande Fournier

Fresh beans; a vegetable I am not overly fond of

I grow and freeze green pole beans because it is a healthy green vegetable to eat in winter. A few drops of sesame oil help to make them more palatable. I like to use a bean cutter to make them into French-style beans.

My sister always said she was not a gardener but grew a huge number of vegetables in large pots. She also had an automated watering system.

One thing Sis always grew was scarlet runner beans. They would get so high she had to use a step ladder to pick them. Four years ago, I started to grow them in memory of her. The hummingbirds, butterflies and I like the red flowers.

Two years ago, after realizing I had 35 bags in the freezer, I ripped out the vines in self-defence.



I have found if I start peas, beans, and other vegetables in pots and then plant the seedlings rather than put seeds directly in the ground, my yield is better.

Last year, I seed-saved the scarlet runner beans, and this year's germination was outstanding. I have not planted as many as the yield is usually so outstanding.

Last year I found the following recipe (with my variations) using fresh beans. It was so good when the beans started to get mildew; I was sorry to have to pull them.

Green beans / water chestnuts

12 oz. green beans
1/2 cup chicken broth
1 tbsps finely chopped ginger
1 clove of finely chopped garlic
1/3 cup thinly sliced water chestnuts
1 teaspoon soy sauce
fresh ground pepper

Wash, drain beans and French cut. Combine broth, ginger and garlic in a fry pan, and bring to a boil. Add beans and water chestnuts, sprinkle with soy sauce. Cover lightly and steam for 7 to 8 minutes until tender and crisp.

If moisture has not dried off, remove the cover, raise the heat briefly and shake the pan to evaporate the liquid. Season with pepper and serve hot.

My variation


Used jicama instead of water chestnuts. Also found Swiss chard (from my garden) was good to use.

Instead of chicken broth, put a handful of dried tomatoes in 1/2 cup of water and reconstitute in the microwave for 1 minute. Add tomatoes at the end of cooking.

Enjoy. ~


A garden is a canvas where nature and art become one.

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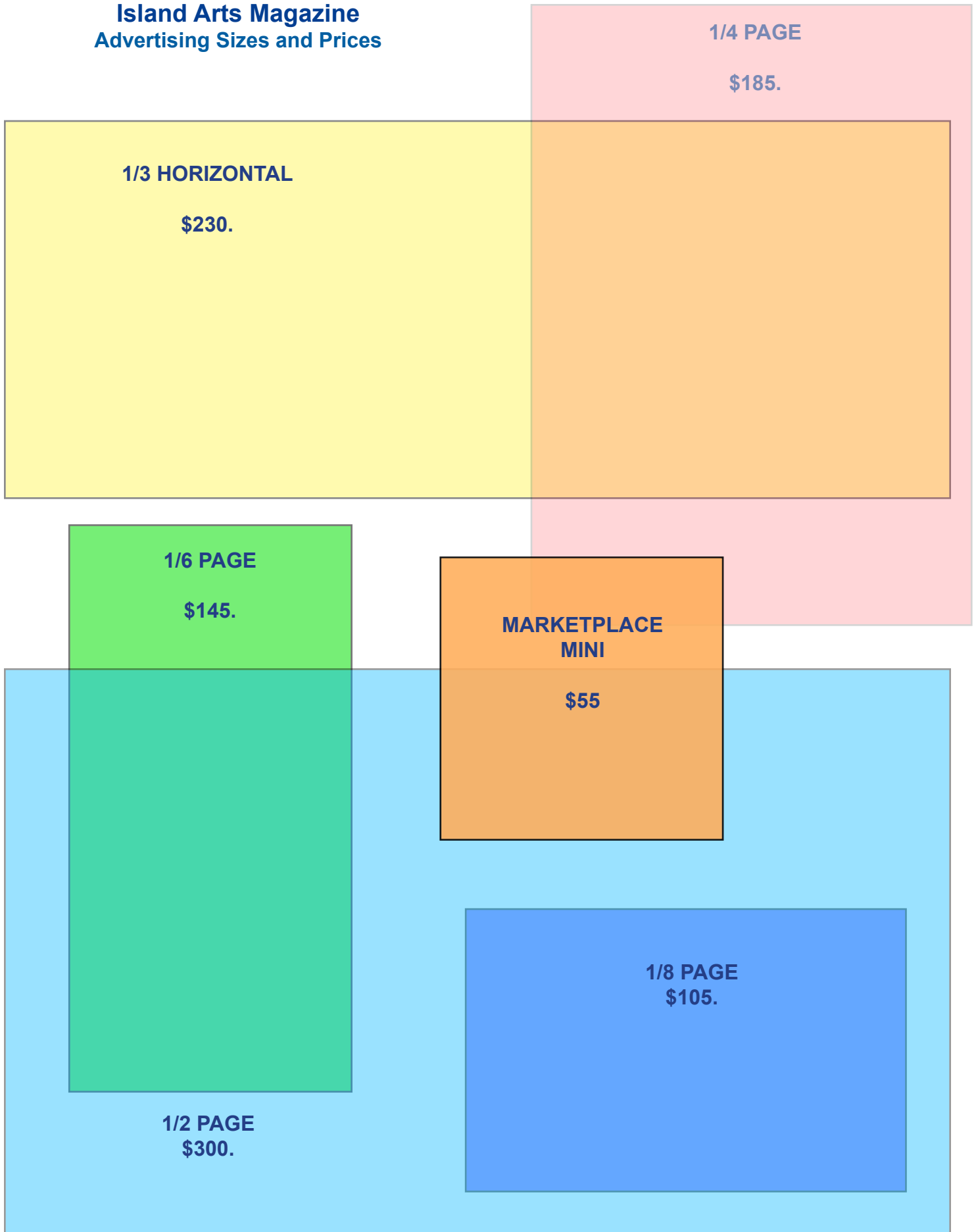


Interview Feature Artist Dianne Nelson



Interview Will Millar from Irish Rovers

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IslandArts Magazine

Embracing Creativity and Community



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YOUNG AT ART STUDIOS
701 Ermineskin Avenue
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We are located on the traditional territory of the Coast Salish Nations, home to the Snaw-Naw-As First Nation and the Qualicum First Nation.

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PLEIN AIR SEASON IS NOW

Image from the Opus video *The Plein Air State of Mind with Gaye Adams*

TAKE YOUR ART OUTDOORS!

This summer, get inspired by nature, and try capturing your favourite outdoor scene with plein air painting. Visit the Opus Resource Library online for great videos and articles to inspire, including two videos with artists Gaye Adams (above) and Sheree Jones!

Scan the code (right) for lots of exciting resources on plein air!



LANDSCAPE SETS FOR ADVENTURERS:

GOLDEN OPEN LANDSCAPE SET OF 9

OPEN Acrylics remain wet far longer than other acrylics making them ideal for your outdoor painting adventures.



WILLIAMSBURG OILS LANDSCAPE SET OF 9

An excellent outdoor palette for a wide variety of hues, shades, and tints encountered in nature.

QoR WATERCOLOR MINI HALF PAN SET OF 12

Find deep, rich colour and loads of pigment in every brushstroke – all tucked into a tiny, portable tin with a built in palette.



PORTABLE PLEIN AIR EASELS AT OPUS

Discover 3 versatile and portable easels to take on your next plein air adventure! The Salt Spring Deluxe Aluminum Easel (left) is adjustable for use vertically with oil or acrylics or horizontally for watercolours. The wooden Gabriola Sketchbox Easel (centre) offers a small storage box, while the larger Garibaldi Sketchbox Easel offers more space to bring a broader selection of supplies with you.



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