

ISLANDARTS

MAGAZINE

Nov 2021 - Feb 2022 - Issue # 57 • Western Canadian Art

Feature Artist
**Dominik
Modlinski**



23rd
ANNUAL
NANAIMO
ARTWALK
- 2021 -
December 4 - 5

www.islandartsmag.ca



Snow Days with Chace



Thank You John Warden

John has been a regular contributor to IAM for several years, kindly sharing his passion for photography and words.

“Pausing for a long, slow look, I feel the currents of nature coalesce into compositions of simplicity, subtlety, rhythm, and majesty – as-thenic 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

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NEXT ISSUE: MARCH 2022
DEADLINE: Feb 20th

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Note from your Editors

Susan Schaefer / Jeff Shields / Chace

Being in production in October for this edition, and Thanksgiving under our belt, it gives us time to reflect on things that we are grateful for. A Charlie Brown cartoon comes to mind. Charlie and Snoopy are hugging each other and the capture reads, "What if for today we were just grateful for everything?" Now that is a very long list.

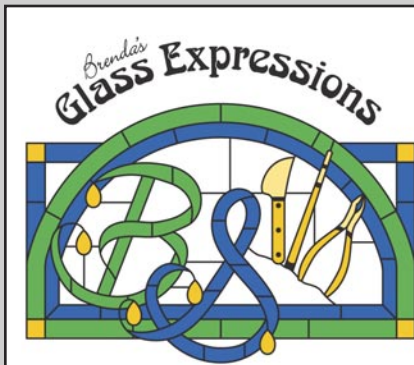
Living in a state of gratitude is a way of being, in the now, concentrating on the positive and letting the negative take a back seat.

We are grateful for running this magazine for the past 14 years - through a pandemic. We are grateful for all the support you have given us, not only for the advertising dollars to keep us moving forward, but more importantly for the connections to the art world that we have been fortunate to embrace.

We are grateful for the friendships that we have made over the years. We have wine and dined with what we would consider some of the greatest artists in Canada. Mr. Robert Batman comes to mind.

Mostly we are grateful to be living in a beautiful part of Canada and feeling safe. We are grateful for going to bed at night, in a warm and comfy home, hugging each other, and looking forward to waking up to a new dawn of adventure and ART.

*Warmest wishes for a healthy and **colourful** 2022.*



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Plein Air Painters in Tidemark

This summer, as part of the Arts Council's Art+Earth Festival, painters were invited to paint in downtown Campbell River. This event was in partnership with the Downtown BIA and was sponsored by Patrons of the Arts (POTA). These painters were also invited to paint and/or display their art at the Haig-Brown Festival. As a result, a tight-knit group of plein air painters has formed in Campbell River ... during the good weather, at least!

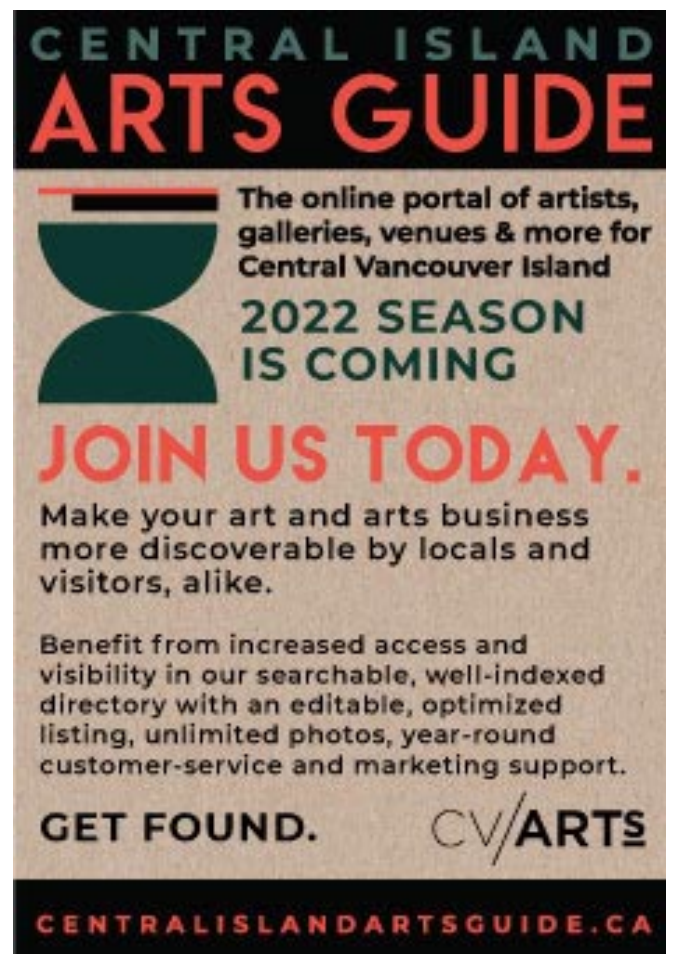
The artists also got together on October 11th and 12th to celebrate International Plein Air Painters Worldwide Paint Out as part of the Art&Earth Festival.

Responding to a last-minute need to put art in the lobby of the Tidemark Theatre, the plein air painters rallied together to put on a show. Their art ... 60 pieces in all ... will be available to view Tuesday through Friday, 1 to 4pm till the end of December. Many pieces are small and would make a great Christmas gift. This event also supported by the Patrons of the Arts and the Campbell River Arts Council.

tidemarktheatre.com



weekend paint out at Sybil Andrews Cottage.





Nanci Cook - 30 paintings in 30 days

When I first read about the Strada Easel Challenge on Facebook for September 2017, I thought it would be fun to take part in a global painting event online. Feeling a bit isolated on Quadra Island and subsequently Campbell River, I missed the camaraderie of creating art and learning with other artists that I had enjoyed at school. I thought the challenge would give me incentive to create a daily painting habit and improve my paintings and drawings.

The challenge was to "Do a painting or drawing from life each day. These subjects may include still life, interiors, figure, and landscapes." Then you post your result on social media with the hash tag #stradaeasel -- every day of the challenge, or you are disqualified.

It was a much bigger challenge than I anticipated! Many days I was too tired to do more than a small drawing or painting. Finding things to

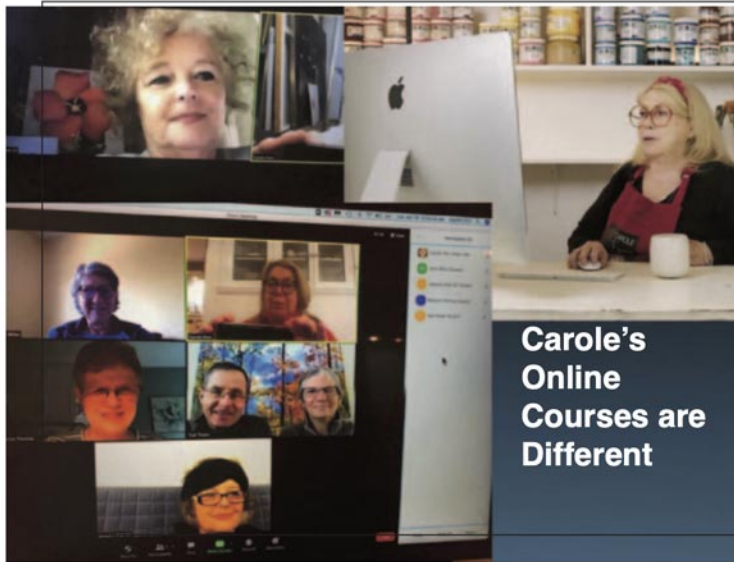
paint in September and January, when the weather turned dreary, also proved to be difficult. Probably the biggest challenge was to post the work I had done that I wasn't all that proud of! But I persevered and at the end of the month I was proud of myself - and one year I did a lot of paintings of my shoes! (Didn't realize I had so many).

Since then I have been in eight Strada challenges. Haven't won a prize yet, but I feel like a winner every time. Each challenge is difficult but every time I learn more about myself, and this year was just a bit easier than last. The best part has been all the wonderful support I have been getting from my social media friends! I plan to do it again in January 2022. Join me? Registration begins December 15.

www.firesign.ca

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New Year**



from Willy
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Spiced Shortbread

1/2 c. cold unsalted butter, cut up, plus more for pan

1 1/2 c. whole-wheat flour, leveled

1/2 c. packed dark brown sugar

1/4 tsp. Kosher salt

3/4 tsp. ground ginger

1/4 tsp. ground cinnamon

Butter a 9-inch cake pan, line bottom with parchment paper; butter parchment. Place flour, sugar, salt, ginger, and cinnamon in the bowl of a food processor and pulse to combine, 3 to 5 times. Add butter and pulse until mixture looks like wet sand, 40 to 50 times.

Press mixture evenly into prepared pan. Prick dough, leaving a 1-inch border, with the tines of a fork; freeze 30 minutes.

Preheat oven to 350°F. Bake until set and just beginning to brown around the edges, 30 to 35 minutes.

Place pan on a wire rack and immediately use the handle of a wooden spoon to press a scallop pattern into the edge of shortbread and a sharp knife to score into 16 wedges. Cool 10 minutes. Run a knife around the edges of the shortbread to loosen; invert onto a wire rack to cool completely. Cut along scored lines using a sharp knife.

source: www.countryliving.com

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Note to Self:
 "What is my purpose in life?" I asked the void.

"What if I told you that you fulfilled it when you took an
 extra hour to talk to that kid about his life?" said the voice.

"Or when you paid for that young couple in the restau-
 rant? Or when you saved that dog in traffic? Or when you
 tied your father's shoes for him?"

"Your problem is that you equate your purpose with goal-
 based achievement. The Universe isn't interested in your
 achievements...just your heart. When you choose to act
 out of kindness, compassion and love, you are already
 aligned with your true purpose. No need to look any
 further!"

source: artist quote of the day - facebook



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 2022**

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Season's Greetings



from Sooke Fine Arts

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"A Bright Day in January" by Rory MacDonald

Artists have gone crazy

Art Sale

Artists are cleaning out their closets and dusting off paintings from under the bed. They are selling original artwork at seriously reduced prices.

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Purge some of your artwork and make room for new works.

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Drop off at the McMillan Art Gallery on

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Download the input form.

sponsored by Island Arts Magazine





Our 'Gallery Beyond Walls' offers contemporary Canadian West Coast Art in an intimate setting. Celebrating the diversity and talent of local and regional artists. Works by gallery artists can be viewed and purchased online or on location; thru Nov 26th - Fall In Love With Art!, Exhibit of eclectic works in glass, wood, paint, metal and photography.

Dec 7th – Feb 25th, 2022 - Heart of Winter,

Exhibiting work with originals & prints featuring work by local and Island Artists such as Cynthia Bonesky, Maureen Coltman, Cecil Dawson, D.F. Gray, Karen MacRae, Ann McIvor, Shannon McWhinney, Emma Paveley, Mark Penney, Judith Rackham, Todd Robinson, Susan Schaefer, Marla Thirsk, Sue Thomas, Gordon Wilson, Nancy Wilson, Tamas Zalatnai among others.

We'd love to share the art with you! Bring a friend and enjoy. Covid precautions in place for your safe viewing. Gallery Open Tuesday thru Friday 12 - 5 pm and by appointment, too! Visit us Online and onLocation at the corner of Melrose & 8th Ave in the dynamic Alberni Valley or Call 855-755-0566.

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Yvonne Maximchuk
Author - Artist - Potter



See more gift ideas on
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Yvonne Maximchuk is still exploring the Broughton Archipelago in her sixteen foot speedboat, 'SeaRose' from her off-grid home on Gilford Island, still learning the secret world of islands and inlets from which she draws her inspiration.

She is a life-long working artist in acrylic, watercolour, drawing media and clay. She is the author of a memoir, **Drawn To Sea** (Caitlin Press, 2013), colouring book, **Colour the British Columbia Coast**, (Harbour Publishing 2016) and co-author with Bill Proctor of coastal classics **Full Moon Flood Tide** (2003) and **Tide Rips and Back Eddies** (2015, both by Harbour Publishing)

'Murder Rides A Gale Force Wind' is Yvonne's first novel.



Muir Paints a Picture of Nova Scotia with an Extensive Local Artwork Collection and Private In-House Gallery

dramatic 7 ft sculpture made of glass and cast bronze, created by celebrated Maritime artist Peter Powning and a stunning 6 ft modern, handwoven tapestry from Lunenburg artist Allison Pinsent-Baker.

Asked about the inspiration for her tapestry, Allison Pinsent-Baker comments, “A long-time love of hiking in the woods and along the coastline drives the inspiration for my compositions. The tapestry commission for the Muir hotel depicts an area of rugged coastline in Prospect Village, one of the many unique communities that make up the larger Halifax Regional Municipality. I explored many elements in woven form for this project including the shifts of colour, the motion of ocean and sky, the transition between water and solid land, the feel of the salt spray in the air and the connection between human and environment.”

The Muir Hotel will open this December on the Halifax waterfront at the vibrant new Queen’s Marque in the absolute centre of downtown. Promising a refined, distinctly Nova Scotian hospitality experience, guests will see and sense this region reflected in the architecture, design, dining, experiences and in a significant, curated collection of local and global art that pays tribute to this region and its people.

Establishing a distinct sense of place, public art is showcased throughout the district and features prominently in Muir rooms, common areas and in True Colours, Muir’s in-house private gallery. True Colours will showcase a rotating collection of regionally curated art pieces and programming, inviting guests to connect deeply to this region and its artists. This space, with a view of Halifax’s waterfront, is an ideal venue for intimate gatherings and events.

The growing collection features the creations of celebrated artists from around the world, including the work of over 30 Nova Scotian artists. Upon arrival at Muir, guests are greeted by “Convergence,” a



Allison Pinsent-Baker's tapestry commissioned for the Muir hotel

“While visiting Muir and Queen’s Marque, our guests and local community will feel a significant presence of local and global art that pays thoughtful tribute to this region and its people.” said Eugénie Jason, General Manager of the Muir “Art is an integral part of the Muir Story. Together, the growing collection will inspire conversation and connection.”

Muir is a gracious host, a one-of-a-kind destination and a true cultural beacon for Halifax and beyond. It is exactly like nothing else.

muirhotel.com

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FEATURED ARTIST

DOMINIK MODLINSKI



paintingjourneys.com

Dominik J. Modlinski was born in Warsaw, Poland. From an early age he studied printmaking and later attended the School for Artistic Crafts and Design in Warsaw.

In 1987 he immigrated to Canada and studied fine arts at Ontario College of Art in Toronto, where he graduated with honours in 1993. It was while studying landscape painting, that Dominik was naturally drawn to the wilderness of Northern Ontario.

Following his graduation he moved to the Algoma region of Ontario to paint at the

Algoma School of Landscape Arts. Since then he peruses his passion to paint the wilderness in locations around the globe. In the early 90's his travels led him to the Yukon wilderness and the far North, where he truly found his inner creative calling depicting the dramatic landscapes of Canada.

Now, for over 25 years Dominik consistently returns to the Yukon and Alaska to paint and explore. This ever changing and harsh environment provides Dominik with limitless inspiration as he journeys through the path of nature's four seasons.

continued page 15...

Feature Artist Dominik Modlinski

You have a black belt in Karate. How has the martial arts influenced your art practice?

I started training Karate at age 17 earning my Black Belt in 1992. Martial art practice helps me to understand my own body and mind translating very easy into art practice. Both martial and visual arts require total dedication, focus and sacrifice. Through martial art practice I learned not to give up, but to push harder through challenges and road blocks that life of an artist can present. Analyzing a movement of martial art technique can be easily applied to concertation that is require to make that perfect brush stroke, the mind, body and spirit coordination.



Through my travels I had opportunity to learn from many great teachers including training in Japan and China. Gaining the understanding of the art gave me the confidence to teach and I often teach younger students when I am in my Dojo in Toronto. Being able to demonstrate and explain the technique while on the floor of the Dojo gave me a great foundation to start teaching art very early in my career. It is the very ability of an instructor to convey their ideas and also have ability to recognize students challenges and limitations and redirect them into positive learning experience.

How did the idea of painting and filming in Bolivia come about?

Fascination with South America and its amazing ancient cultures and spectacular landscape started very early in my youth. With my first visit to Argentina and Chile in 2007, I wanted to explore country of Bolivia that is still very much off the beaten path. I was able to combine my sense of adventure of riding motorcycles and painting plein air. The idea of filming was born through countless conversation with my best buddy Scott Wilson, who is an exceptionally experienced and talented friend.

For six weeks we rode our motorcycles on asphalt, salt, and gravel as we crossed the Altiplano and the Andes. When our bikes weren't up to the task, we traded them in for hiking boots, gumboots and canoes as they explored the Isla del Sol, the Potosi silver mines, and the Amazon basin. Why such an adventure? So we could record changing landscapes, me with my painting gear, and Scott with the film camera. From folksy villages to a national election, dodgy river crossings to 'Cafe con Leche,' and wild pigs to screaming Macaws, Bolivia served up one treat after another.

'Changing Landscapes' is an original TV series created by Dominik Modlinski and Scott Wilson.



continued page 16

What projects you are working on now?

The past few months have been extremely challenging. In late spring I focused solely on painting plein air, which requires certain mindset and dedication to travel. I dedicated some time to painting at Fairy Creek, site of a blockade and protests to save last remaining ancient rainforest on Vancouver Island. Creating in such powerful and beautiful location was a very moving experience.

The constant tension of RCMP injunction contributed to rather 'enhanced' painting experience. I always try to contribute my images and visual voice towards environmental issues and Fairy Creek is very close to my heart.



Unfortunately just after returning from painting Fairy Creek I received the news that my Father has passed away in Poland. Not able to travel still due to Covid restriction I was left with huge void and lack of inspiration. My Father was a great supporter of my artistic journey since my early childhood. In the middle of summer, I started to regain some desire to paint and push forward. The constant activity was my martial arts training that helped me focus and be grounded during those challenging times.

My upcoming projects will involve large studio paintings based on my journey to Kootenays last autumn. I will be focusing on micro and macro relationship of forms in mountain landscape. As always, the large studio painting provides me an opportunity to tell the story of an individual view and my experience of traveling on the land.

Having recently visited some of the museums in Poland, how will it influence your artwork?

As the travel restrictions eased, I traveled to Poland in September to visit my family and take care of personal issues. I also dedicated some time to travel around Poland to areas my Father and I always talked about. It was a very grounding experience to visit my heritage but also revisit Polish art that has its roots the nation's tragic history.



The uniqueness of Polish painting among European schools has always inspired me. The poetry, melancholy mixed with unique Polish voice and superb technique has always been inspiration in my own art practice. I have visited countless museums with exceptional collections and it will serve as my inspiration for many months to come. ~

View Dominik's artwork at the McMillan Arts Centre in Parksville from Nov 6 - Dec 23, 2021



Printmakers Only Group

The word print might suggest mechanically mass-produced commercial products, however, in our case print refers to the original creation of an artist who has chosen printmaking tools for expression to create an original, hands-on, work of art. An original print is created by the artist who makes the original plate or cuts the woodblock or scribes the copper plate or any other material.

Many different forms of printmaking techniques are explored by our members. They include etching, drypoint, woodcut, monoprint, linocut, collagraph and more. Each technique has its own distinctive style, imposed by the tools, materials and printing methods. Once the plate is created and inked the method of simply wiping the plate can completely change the nature of a print.

We are showing at ART IN THE BARN

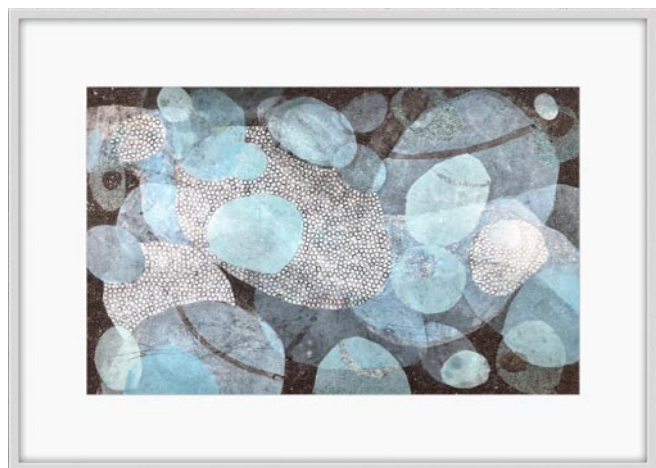
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November 4 to December 24, 2021.

They are open Thursday to Sunday, 10 – 4.


The members invite you to view these original works of art. Each day of the show a member artist will be in attendance to answer any questions.

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February 2022 Cloakroom Gallery



“Electric Nasturtium” by Brenda Castonguay



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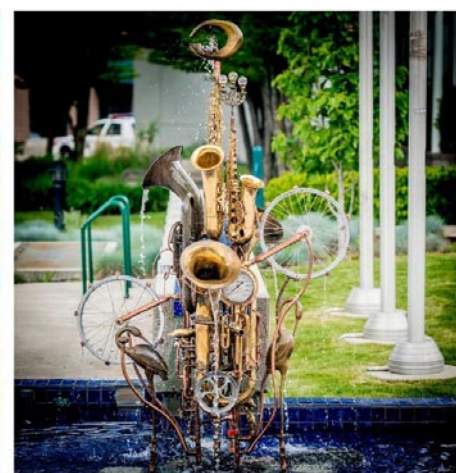


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Look for the next issue March 2022 ~ deadline Feb 20



Castlegar, British Columbia - The Sculpture Capital of Canada

Founded in 2010, Castlegar Sculpturewalk has created an international buzz, establishing the program as one of the premiere arts events in Canada.

An annual, rotating exhibition of outdoor sculpture located along a beautiful walking tour in downtown Castlegar, British Columbia, Sculpturewalk attracts world-class sculptural talent. Each sculpture is available for sale or lease, and from May to October the public can vote on their favourite piece via ballot. The winner of this People's

Choice Award is purchased by the City of Castlegar for their growing permanent collection.



The support and vision of the City of Castlegar, local business and individual sponsors, regional municipal partners, and the Province of British Columbia have made this program a huge success. Come experience Castlegar's #1 rated TripAdvisor™ attraction!

www.sculpturewalkcastlegar.com



Image: Damian John: 'No. 1 Indians', 2021

Artful : The Gallery

presents

Cover Up

October 6 - December 24

Tl'azt'en artist Damian John re-imagines new stories to be told; mystical, fantastical, imaginative, deeply intriguing new stories

526C Cumberland Rd, Courtenay, BC
artfulthegallery.com

Indigenous Artist Damian John “Cover-Up” at Artful : The Gallery in Courtenay, B.C.

Damian John, a B.C.-based Tl'azt'en artist, will be displaying his show “Cover-Up” this fall from October 6-December 24 at Artful : The Gallery in Courtenay, B.C. The gallery is open to the public Wednesdays to Saturdays from 12:00 - 5:00pm.

“Cover-Up” is comprised of a series of comic book covers relating to The Indian Act and eight acrylic mixed media pieces. John's comic book covers deal directly with major themes relating to intergenerational trauma among Indigenous peoples in Canada and are part of his efforts to explore and represent, through a variety of media, the legacy of trauma that continues to affect Indigenous communities and individuals in Canada today.

Some of Damian John's comic book covers are created as a response to what he terms The Big

Trauma of Canadian History and others imagine a world in which The Indian Act and Residential Schools did not exist.

“The question for me is always, how can I synthesize my feelings of anger and sadness about the past with the positivity I feel about myself and my community. The mindset that you have to be in to create certain kinds of pieces... I don't want to stay there. So, I also created some pieces that reflect Indigenous people in a positive and empowered light. I also have experimented in this show with reclaiming the caricaturing imagery of Indigenous peoples that has often been used in professional sports team logos to demonstrate that you can transform something sad into something that doesn't weigh you down.”

Damian John has worked full-time as a professional artist since 2014. As a self-taught digital

and acrylic painter, he has studied in universities and forests, on deserts and lake shores. And as an active member of his communities he seeks to inspire others to be creative and to story tell not just with words but with images too.

"In some ways I don't see myself as an Indigenous artist. I do value all of the Indigenous influences on my work, and I want to use those voices to explore the diversity of my experience. But there is a quality of being Indigenous and an artist and then there is also just me as a human".

Damian John wants his audience to have their own conversations about the themes he explores in his work and to think about whether the images he has created help them to see things differently. He also recommends two of his favourite books to anyone interested in learning more; Thomas King's *An Inconvenient Indian* and Bob Joseph's *21 Things You Didn't Know About The Indian Act*.

"The more we know and work to empathize with one another, the greater number of thoughtful interchanges we have – only then can we start to change the status quo."

Damian John emphasizes that his work must embrace balance. *"Doing heavy political and cultural works can be really diminishing, energy-wise. It's not really sustainable over a longer period of time. So, in this show and in future series I have made a concerted effort to dwell on some positive imagery and narratives too; ones that honour the tenacity of the human spirit and of Indigenous communities."*

Damian John is based out of the traditional territories of the Sinixt and the Ktunaxa peoples in the Kootenays in a town called Ymir. You can follow Damian John's work through his website www.caribouwoman.com.

Follow Artful : The Gallery on Instagram at @art-fulthegallery or visit their website at .

"Artful : The Gallery" is where talented emerging and mid-career B.C. artists come to exhibit and sell their work. Located in the heart of downtown Courtenay and offering pieces across a wide range of prices, sizes, genres and media, the gallery is also the working studio space of multi-media artist Kristina Campbell. Come visit to see and learn about fantastic contemporary West Coast art and artists, as a collector looking to buy, as an artist looking for inspiration or as an art lover. Artful : The Gallery also serves as a workshop venue during off-hours, with Kristina Campbell offering a variety of personal development and creativity workshops. Take a look at the Artful : The Gallery website to see what is up next or inquire with Kristina via her website.

Artful: The Gallery is a contemporary art gallery in Courtenay B.C. owned and operated by local multi-media artist, Kristina Campbell.



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Kelly Corbett Artist

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 Oct-Dec 2021

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11th Annual

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Friday, Nov. 19 4 pm - 8 pm

Saturday, Nov. 20 10 am - 5 pm

Sunday, Nov. 21 10 am - 4 pm

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November 19 - December 19, 2021

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RICHARDSON
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The Artwalk is a self-guided tour through Nanaimo's downtown shops, studios and businesses that are hosting this year's event.

There will be over 50 artists in 30 locations. The Artwalk brochure with its map and artist's information will be your guide.

The Artwalk brochure will be available at all of the artists' locations including the Nanaimo Harbourfront Library and Nanaimo Museum.

The Artwalk is one of the many programs offered by the Nanaimo Arts Council.

Thank you to the City of Nanaimo for their generous support.

nanaimoartwalk.com

Artwork: "Lost in Transmission" by Kelly Thomas

23rd
ANNUAL
NANAIMO
ARTWALK
- 2021 -

SATURDAY • DECEMBER 4
SUNDAY • DECEMBER 5
10 AM TO 4 PM



NANAIMO ARTS COUNCIL

BLUE JEANS and Rubber boots

by Susan Schaefer



In September 2021 we decided to go on a road trip. I had not seen my family in almost two years. We felt that we had a small window of opportunity to make the trip out to Saskatchewan before the winter and before the CoVid numbers began to rise again.

At the same time we were working with a contractor to install new kitchen cabinets. Our master plan was, with the help of our neighbour, to demo the kitchen cupboards on the September long weekend, and leave shortly after that. While we were gone our contractor was given a key to our home so he could work on our kitchen cupboards in our absence.

Our mini aussie, Chace was not a fan of car rides. Day one was very rough, (should I say ruff) on Chace. He wined and pro-

tested for hours, until later that afternoon he was car sick. After that he settled down, poor boy.

I worried that this whole trip might be the end of him, as he is such a sensitive little guy. But by day three he seemed to settle in nicely, as he realized that he could lay in his bed and still be able to keep an eye on things, including us. He became a real trooper trying all sorts of things for the first time – like climbing stairs, going in an elevator and chasing cats on the farm.

I've always loved September, with it's warm days and spectacular fall colours. Driving through the rocky mountains seemed to be more pleasurable on this trip, as we stopped every hour or so to let the puppy out for a sniff and stroll, a stretch and a drink from a fresh water creek.



We took time in Medicine Hat, Alberta to visit the Saamis Tepee. It was originally constructed for the Calgary 1988 Winter Olympics and later

bought from the City of Calgary and moved to the site. It was a beautiful fall day, with warm winds blowing, and quite a sight to see. Now that's an image waiting to be painted.

We visited with friends and family, over coffee, a meal, a cocktail (or 2) and shared many stories and laughs. When we said our goodbyes, and started to head back west, I thought, boy this trip was just what I needed to renew my soul.



On our return to the island, we found our kitchen still wasn't finished. But it was nice to get home and relive our memories of our beautiful fall trip. Until next time...sweet prairies...



susanschaeferfineart.ca
gallery.susan-schaefer-fine-art.ca



Sharron, how would you describe your latest style?

"I am not sure what my style would be called. Someone referred to it as contemporary pointillism.

This style emerged over years of painting and experimenting with acrylic materials. I live on a lake and my studio overlooks the water so this provides inspiration. At first I painted sky, land and water. And sometimes I still do. Then it was the water itself and atmosphere that intrigued me. Water constantly moves, reflecting sun, clouds, sky, shoreline, reeds, grasses and varies with the seasons. I prefer a more abstracted style and like to combine it with a somewhat realistic image such as a canoe or pelican or loon. The dichotomy is unexpected and interesting."

SHARRON LABATT

Saskatchewan Artist

Sharron was born and raised in Regina, Saskatchewan Canada and now resides on Echo Lake in the Qu'Appelle Valley in Southern Saskatchewan.

Her artistic interests were apparent in elementary school when her art work and poetry won prizes in her city's exhibitions and a Canada wide Ursuline School competition. As an adult, she completed a Bachelor of Arts and Education certificate and taught English and Art while raising two sons.

The move to a rural setting with its lakes and coulees, outdoor ventures including hiking, cross country skiing and sailing provided the inspiration for her artistic explorations.

Water is often a prominent feature in her paintings. She has painted "en plein air" on Northern lakes and Caribbean Islands. The developments in acrylic paints and mediums has enabled her work to become more expressive and abstract. Her latest interest is landscape reflected in water.

She is represented by Hansen-Ross House in Fort Qu'Appelle Sask.

hansenrosshouse.com

sharronlabatt.net



Anne Havard - Almost Abstracts
@ the McMillan Art Gallery, Parksville BC

"I was born and raised in the Bulkley Valley, (Smithers, BC) and struggled until I was 30 (1984), to discover what I wanted to do with my life. When I was finally caught by the painting bug, I took to it with a vengeance and have worked, at least part-time, as an artist ever since. My inspiration comes mostly from the natural environment. When I first started painting, my work was fairly realistic, but as time passes, my work has become more and more removed from realism as I play with color, composition and design, always trying to get movement, mood, and emotion into my work. I try to let my intuition be my guide. More recently, I have 'spread my wings', and am exploring other mediums, including fabric, paper collage and acrylic."

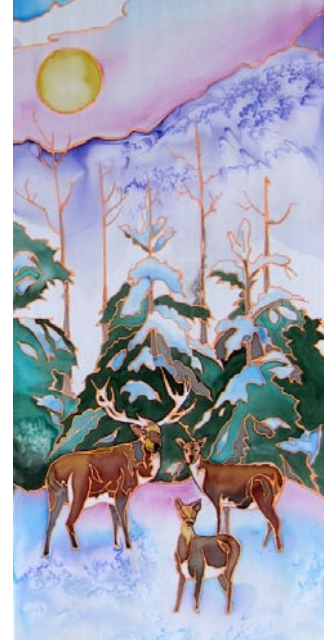
My upcoming exhibition in the McMillan Arts Centre will have about 20 - 25 images, mostly watercolor, but a few in other media. The subject matter includes flowers, sea life, trees/forest scenes, and a few 'almost abstracts' (my term).



Look for the next issue March 2022
deadline Feb 20

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TECH TALK

with Jeff Shields

Cyber Awareness

October is Cyber Awareness month, but I think you should be cyber aware all year long.

What is Cyber Awareness?

"Internet security awareness or Cyber security awareness refers to how much end-users know about the cyber security threats their networks face, the risks they introduce and mitigating security best practices to guide their behavior." — Wikipedia

Are you Cyber Smart?

How many boxes can you check? (Check list provided by LogMeIn).

1. I use strong passwords

Strong passwords are your first line of defence against a cyber attack. Create passwords at least 16 characters long with capital and lower-case letters, numbers, and symbols.

2. I take advantage of MFA

You may have already noticed that some of your online accounts offer multi-factor authentication (MFA) techniques like push notifications, SMS authorization codes, and authenticator apps. If someone does attempt to log in as you, MFA tools can give you a heads up so you can change your password and protect your account.

3. I back up my data regularly

Regular data backups give you peace of mind in worst-case scenarios. Utilize an external hard drive or the cloud, but always remember to use a strong password for your data backup service and update it regularly.

4. I keep your gadgets and apps up-to-date

Cyber attackers often target vulnerabilities in devices and applications, so if you see an alert from Apple, Microsoft, or Google warning you about an urgent security update, install it right away. The same goes for smart home devices or other internet of things (IoT) gadgets!

5. I am aware of phishing scams

Phishing, smishing (text or SMS), and vishing (voice call) attacks have been rampant recently. Carefully review messages by double-checking a sender's email address, being on the lookout for poorly written or misspelled email copy, not blindly accepting MFA requests, and finally – simply trusting your intuition!

6. I am security-aware

Cyber attackers love it when their intended victims are uninformed of cyber security. Give yourself a leg up by signing up for important activity alerts for financial and social accounts. If you receive an email that your account credentials have been found in a data breach, update your password right away and check for suspicious activity.

If you are not currently using a password manager, I strongly recommend that you start right away. It can help mitigate all of the above security risks. There are many free and paid options that can protect and sync all your devices. Some even have family plans that allow the secure sharing of account information.

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Ossobuco in Bianco by David Essig

This classic Italian main dish is predicated on a trio of often overlooked aspects of Italian cuisine. First, not everything Italian is swimming in tomatoes – vast regions of the country, especially in the North, consider tomatoes a salad ingredient and rarely cook with them. Second, until well after World War Two, in most Italian home kitchens, ovens were unknown and virtually all meals were prepared on a stove top – often with just two burners. Third, a great deal of traditional Italian cuisine is based on the absence of adequate dental care until the middle of the 20th Century - meat dishes were slow-cooked for ease of consuming.

While the red-sauced Milanese version of this dish is more well-known, here's a version of Ossobuco from the north eastern city of Trieste that leaves the tomatoes for the salad, is cooked entirely on the stove top and virtually melts in your mouth.

Find some nice shanks of either veal or beef. Most of our grocery stores sell them, sliced just about right at ¾"-1" thick. Allow about one shank per serving – and then add a couple extra.

Heat up a large saute` pan, add equal quantities of olive oil and butter – enough to come up about ¼" on the sides of the pan.

Just as the oil/butter foams up, dip the shanks in flour, shake off the excess and put them in the pan. Add salt and pepper to taste and brown nicely.

Add some white wine – about ¼ cup per shank. Cook for a couple minutes, then add water – just enough to cover the shanks.

Add a couple sprigs of fresh rosemary, if you have it – otherwise, a TBS or two of dried herbs in any combination that suits your taste. Toss in a peeled garlic clove and maybe a handful of green stuff from your fridge – the bottoms of lettuce, broccoli stems, arugula, a stalk of celery.


Reduce heat to simmer and cover. Cook for 2 to 2 ½ hours. Check occasionally and splash in some more wine or water.

The shanks are done when the meat comes away from the bone and can be cut with the side of a fork.



When just about ready to serve, chop together some lemon peel and parsley - Italy's famed gremolata - and add to the pan. Stir it all up and serve.

Serve this version of Ossobuco with either bread or potatoes and a salad. A good choice of wine would be something light – maybe a Pinot Grigio from the Veneto or an Austrian red. Finish off the meal with some good strudel and a grappa and bring the soul of Trieste right into your cucina.

 <p>CUSTOM <i>Frame</i> DESIGN</p> <p>LAUREL SMITH MASTER CERTIFIED PICTURE FRAMER</p>	<p>MEMORABILIA & SHADOWBOXES LAMINATING & DRYMOUNTING DIGITAL MAT CUTTING MUSEUM & CONSERVATION FRAMING</p> <hr/> <p>BY APPOINTMENT ONLY INFO@STUDIO369.CA 3692 ISLAND HWY COURTENAY, BC STUDIO369.CA @STUDIO369.CA</p>
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I read recipes the same way I read science fiction. I get to the end and I think, 'Well, that's not going to happen.'

Product Review: Monet's Hemp / blend Canvas by Susan Schaefer

Earlier this year I was sent a couple of small hemp/blend canvas from Monet's Art Supplies, so I could give them a try. I finally had a chance to use one of them during my acrylic class.

As this was a beginner's class, the idea of this exercise was to get the class comfortable with acrylics, move some paint around and have some Fun!

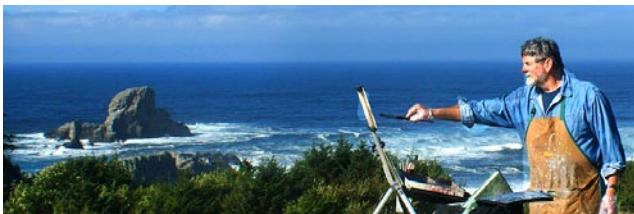
I found this canvas easy to work with. It has a bit of a tooth, but nothing that fights against you. The paint moved smoothly and I was able to do many layers, which is how I like to paint. It held up well without any sagging.

I like the fact that Monet's works with companies who engage in sustainable manufacturing, who offer earth friendly art materials and who have ethical business practices such as maintaining living wage standards for all employees.



BRIAN BUCKRELL

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Hide and Seek Perspectives by John Warden

Emma likes to climb trees. "I like trees with lots of leaves and flowers because they are easier to hide in. I like to hide in the branches and watch what's going on below me". Addison too, likes the feeling of refuge when she climbs trees. "Hiding in the leaves and branches of the trees makes me feel happy".

"I feel calm", replied Grayson when I asked him how he feels when he's up in a tree. "It feels natural, I feel connected to nature".

Noah makes a different point. "Sometimes I climb up too high in the trees and I worry about getting down". "Why do you climb so high I asked"? "So that I can get a better view".

Madeleine agrees. "I like climbing trees because I like being really high up, it gives me a different perspective".

My grandchildren like climbing trees and hiding in the foliage where they can see, without being seen. Researchers write that this activity originated with our early hominid ancestors. From the branches of a climbable tree, early humans were

offered a high view of the surrounding landscape. Threats, shelter and food could be viewed from a position of safety.

Those people of the Pleistocene era had a practical connection with trees. Over the many thousands of years since, we modern humans have retained that practical connection. We still like to climb trees, but we've also evolved an aesthetic response to them. Academic studies from around the world confirm this. Survey groups, when presented with an array of silhouette tree shapes, consistently select those with 'a broad canopy, short trunks and low horizontal branch clusters as being the most attractive'. The trees that our ancestors were attracted to for their prospect and refuge are the same trees shapes that today we find inherently beautiful.

Science and aesthetics, though, are far from the minds of my grandchildren as they scramble among the branches and foliage. They're having fun. Yet, already, they voice the hide and seek perspectives of the art of prospect and refuge.

The New from the Old

by Debra Kelly

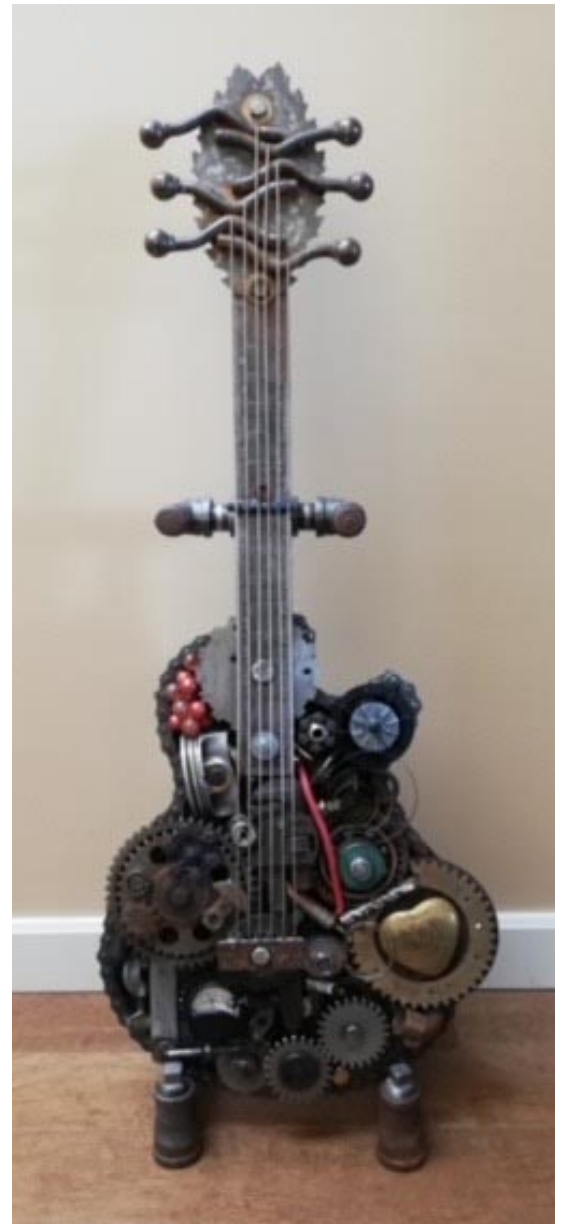
Whether you want to call it steam punk, mechanical sculpture or assemblage art, it's pretty cool and Central Saanich resident Tom Hood spends much of his free time marshalling his creative talents in that direction.

Tom remembers when he first saw steam punk. While browsing for parts on-line his algorithmic feed popped up images of mechanical sculptures and kinetic and steam punk art. His first thought was "I can make that stuff". And he's been making 'that stuff' for two years now and has found in himself a real gift for the art form. His own life work laid a foundation for it as he spent 35 years in sheet metal and construction industries, as well as building a very successful landscaping company with his son.

Steam punk is a very unusual but compelling art form. Where conventional artists and sculptors may use oil paints and brushes or clay and kiln, the steam punk artist uses found mechanical objects, from screws to spikes, or boiler parts to car parts. Anything of a mechanical nature is the stuff of the art. And the tools to create can be drills, grinders, welders, saws and hammers. It's the ultimate in recycling and repurposing. The artist's vision brings the parts together in a true synergy of the old and new, with bits of the familiar juxtaposed in an unfamiliar way.

He has recently been working on a musical group. It is his working light sculptures that seem to give his talent greatest play, with bulbs and metal joined and fashioned in curious and delightful ways.

View Tom's work on Facebook - Old Punk steampunk.





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Winter River Hike, 9 x 12", acrylic on paper by Elaine Smith

My paintings are images of an expression of the world around me. I see scenes and images, colours and designs that inspire me to express myself and I mix this with my imagination and heartfelt sensations with the hope of producing images that are expressive of all of that.

elainesspace.com

WINTER COLOURS



Winter Lights, 48 x 48" acrylic on canvas by Monica Morrill

monica-morrill.jimdosite.com

WINTER COLOURS



“Growth” Crystals in February by Brenda Castonguay

toviewmore.com

WINTER COLOURS



Silk Painting by Dianne Nelson
Swift River Studio, Campbell River BC

WINTER COLOURS



Till the Last Clue Is Solved, coloured pencil drawing, 18 3/4" x 14 7/8"
Artist: Bonnie Sheckter from Toronto Ontario. bonniesheckter.com

WINTER COLOURS



Snowed In, 20 x 16", acrylic on canvas, by Susan Schaefer

susan-schaefer-fine-art.ca

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see page 10.

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nanaimoartwalk.com

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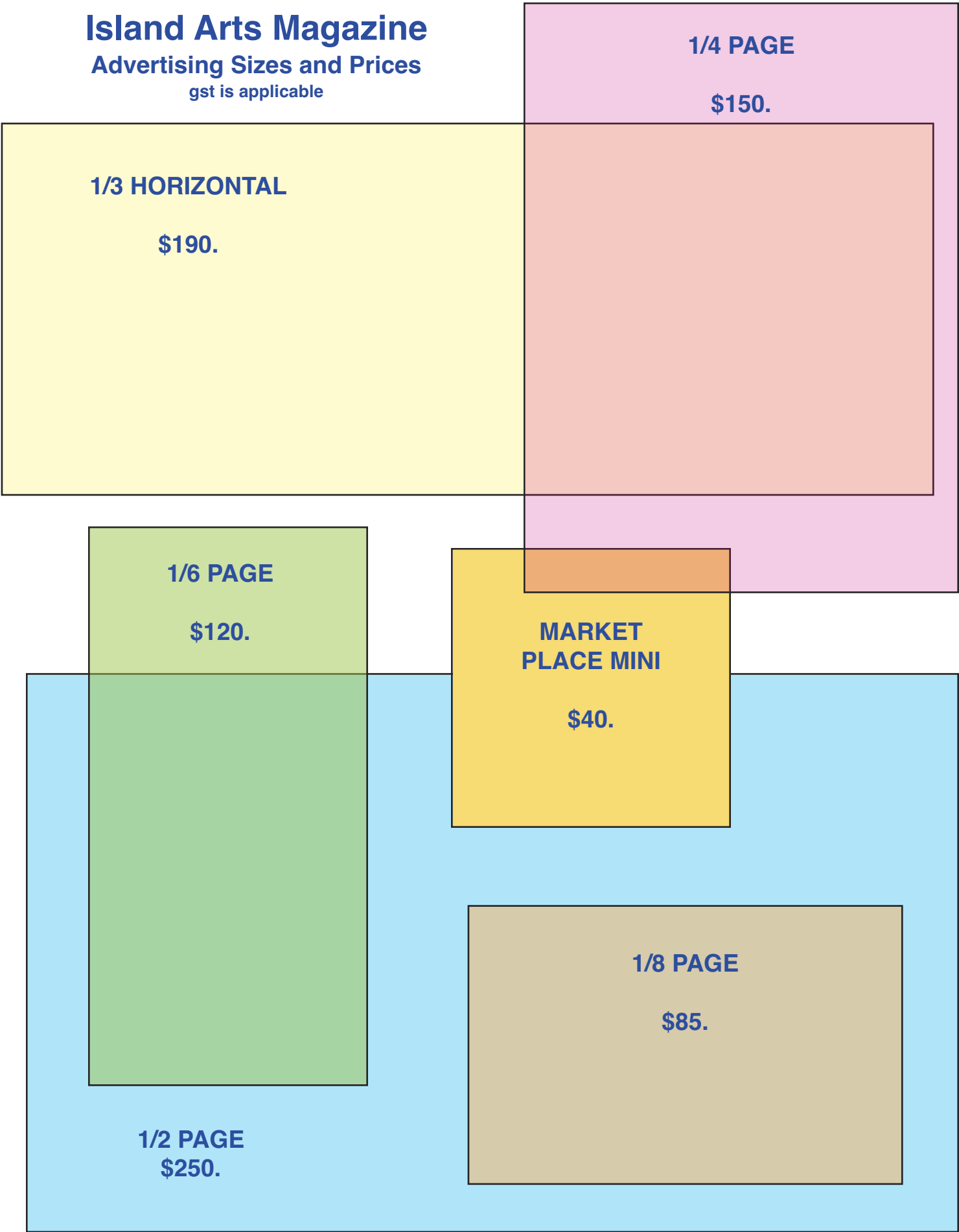
Season's Greetings Judi Pedder



*Best Wishes for a Happy, Prosperous and
Creative New Year*



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