

# ISLAND ARTS MAGAZINE

Nov 2023 - Feb 2024  
Issue # 67



MADE IN CANADA

DIGITAL  
INTERACTIVE PUBLICATION



Feature Artist  
**Perry  
Haddock**

## Thanks to our contributors

### John Warden

“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

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**



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# ISLAND ARTS MAGAZINE



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Perry Haddock, SFCA

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## **Note** **from your Editors**

**Susan Schaefer**  
**Jeff Shields**

**Chace - mascot**

November Already? Where has the year gone?

We started 2023 with a hope of creative year ahead of us. All indications is that the arts had a successful year. There were more and more in person events, workshops and art openings this year.

It has been nice to get out of the studio and socialize. Some of us took in person classes, which is a great chance to converse with fellow artists while adding to your skill set.

Others set up their tents and participated in outdoor events. That's always a busy time with plenty of yackity yack all day long. Exhilarating and exhausting at the same time. I applaud those artists, for my part has always been to go around and visit with the artists checking out what is new and exciting in their world.

Summer concerts in the park have been a big hit this year. Everyone was ready to get out and boogie.

As the day light shortens and the mercury drops, we are welcomed by warm and inviting Christmas Fairs and markets.

One of the perks of being an editor of an art's magazine is that we receive many interesting invitations to art events.



One such invite was to join in the 15th Annual Grand Canyon Celebration of Art at the south rim of the Grand Canyon. Not being able to make the Sept. 15th date, we were just as excited to be able to view that show at the Kobe Gallery. And it was fabulous.

The exhibition runs until January 15, 2024. You can see the show online at [www.grandcanyon.org/coa](http://www.grandcanyon.org/coa).



Where ever your world takes you, thank you for supporting the arts. Enjoy the last of 2023 with vigour and best wishes for a colourful 2024.

As we say at the end of our yoga practice, thank you for sharing your light with us. Namaste.

## Bayside Oceanfront Resort

The Bayside Oceanfront in Parksville continues to take a leading role in supporting oceanside artists.

In the summer of 2022 they commissioned several artists to provide artwork for some of their rooms and throughout the hotel.

As well they have created a gallery in the restaurant that switches out local artists every 3 months. Gallery space is always at a premium, so local artists are thrilled with another space to show their works.

This project was made possible by the relationship with Jennifer Bates, Executive Director of the McMillan Art Gallery.

“We are excited to collaborate with the Bayside Oceanfront Resort in showcasing the amazing work of local artists.” Says Jennifer Bates.

“I must commend the Bayside Oceanfront Resort for supporting and showcasing the wonderful creative energy in our area, which truly enhances our visitors’ experience in beautiful Parksville.”

Lianne Ketcheson, Sales Manager at The Bayside says, “The Bayside purchased the Robert Held glass blown masterpiece called “Salish Storm” for their lobby. It features over 500 individually blown glass water drops hovering over a topographic 3D map of

Vancouver island. We are very proud to showcase the many amazing artists and styles from the area and share with our guests the visual wonders of each piece.”

Most recently Susan Schaefer, editor of Island Arts Magazine, has stepped forward as the curator /liaison for the McMillan Satellite Gallery at the Bayside Oceanfront Resort.

“As a strong supporter of the arts this seemed like the perfect opportunity for me.” says Schaefer “I am excited about the future possibilities as we build a strong relationship with the Bayside Oceanside Resort shining light on our talented artists and hopefully moving some art.”







A Long Way Down, 22 x 30", oil on oil paper  
Artist Denyse Marshall, Burton BC

Living close to the back country in a rural environment. I enjoy the feeling of grandeur and I'm always trying to capture that. I'm just a person who likes to paint.

## Lynne Usher Original Artwork - Commissions



"Telegraph Cove", 20 x 24" acrylic on canvas

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## Brownies by Claudia Lohmann

[www.apieceofcake.ca](http://www.apieceofcake.ca)  
[www.claudialohmann.com](http://www.claudialohmann.com)

### Part 1: Batter

2 cups walnuts  
4 eggs  
1 cup sugar  
1 cup melted unsalted butter  
50 g chocolate  
2 tablespoons rum  
2 tablespoons cocoa  
2 teaspoons baking powder  
1 cup flour  
1/2 cup strong brewed coffee

### Part 2: Topping

1/2 cup whipping cream  
50 g good quality chocolate

### Part 1: Batter

First chop the walnuts. Melt butter together with the chocolate. Beat eggs with sugar till very creamy. Add melted butter and chocolate to the eggs. Sift flour on top and beat for another minute.

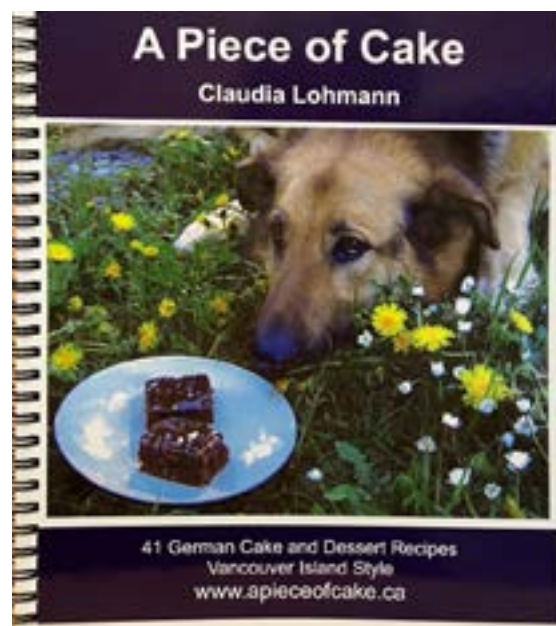
Add rum, cocoa, baking powder and coffee. Beat once more. Fold the walnuts carefully into the batter. The batter should be quite runny.

Pour into a greased and floured baking dish. Bake in preheated oven for about 30-40 minutes at 330

degrees F. Test cake for doneness. Let it cool off completely.

### Part 2: Topping

Melt chocolate in 1/2 cup of whipping cream. Spread on top of the brownies. Let the icing dry before you cut the cake into squares to serve. Store in a cool place until served. You can prepare the brownies days in advance.







Closed for the Season, Watercolour, 12 x 18  
Artist, Wendy Mould, Langley, BC

The towhees are our winter guests because of our mild winters. But sometimes it Snows. I imagined this towhee was wishing for a cozy place during the snowfall.

[www.artbywendy.com](http://www.artbywendy.com)



Winter Walk, acrylic on canvas, 22" x 28"  
Tracy Kobus, Courtenay, B.C.

In this painting I am capturing the magic you might feel when walking through a snowy Vancouver Island forest on a winter evening.

[www.tracykobus.com](http://www.tracykobus.com)





## PRINTING THE COAST

**By Brenda K Brown**

An exhibition of coastal themed printmaking on exhibition at Art 10, Nanaimo North Towncentre Nov 1-30<sup>th</sup>

Brenda also works in oils, acrylics. See her copper and silver textured jewelry in Studio 3 at The Old Schoolhouse in Qualicum Beach.

**[brendakbrownfineart.com](http://brendakbrownfineart.com)**

Printmaking the Coast by Brenda K. Brown will showcase a selection of hand pulled prints of selected scenes depicting flora, fauna, and landmarks along the West Coast. There are a variety of types of printmaking on display, including: monoprint, monotype, block prints, relief cuts, and etchings.

One of Brenda's favourite printmaking mediums is monotype, given her experience with oil and acrylic painting. Her monotypes are created by planning the painting, remembering that the original print made onto paper will be in reverse of the painted image.

Paint the image onto plexiglass using inks; may use a variety of tools to lift, scrape, add or subtract lines and textures-- the paper colour can factor into final image, much like a watercolour painting. This can be a many-layered process.

A larger piece of paper covers the image and is printed by hand or by press to create final image in reverse. The resulting monotype is the only one of its kind, cannot be exactly reproduced. If block prints or relief cuts are also used on the image it is called a monoprint, since that portion of the design can be reproduced.

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*"I can't believe that is a pastel; it's so vibrant!" "Ah, I see you are using chalks." "Look at all the beautiful colours!" "Are you going to spray it when you are finished?"*

These are just some of the comments I hear (and overhear) when I am working in my studio as resident artist at The Old School House art centre in Qualicum Beach BC. I am an artist who works exclusively in soft pastel. From the first moment I picked up one of those buttery sticks of pure pigment and stroked it across paper, I was hooked. Even though pastel has been used by artists since the 15th century, it is a little-known medium even now.

Pastel is pure pigment; the same pigment used in all art media. There is no chalk in artist grade pastels. Pastel being a dry medium has no liquid binder that

may cause the surface to darken, fade, yellow or crack over time. Viewed under a microscope a particle of pastel pigment looks like a diamond with many facets; therefore, pastel paintings reflect light like a prism.

Here's my collection of pastels. People visiting my studio often ask if they may photograph them. They are beautiful in their own right! The pastels in my box have been arranged by hue and value. Some are hard, some are soft. Pastel is also available in pencil form. The pencils allow a great level of detail, which is important to me as a photo realist. The round containers hold PanPastels, a relatively new arrival in the pastel world. They have no binder in them, so must be applied with special applicators.

Where an oil painter or watercolourist will mix colours on a palette and apply with a brush, the pastel artist will

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## Passionate about Pastels

...continued from page 10

choose their pastels and apply directly to the surface. This is why we need all the colours and values!

Techniques vary with individual artists. Pastel can be blended or used with visible strokes. This allows a spontaneous approach. There is no drying time, and no allowances must be made for a change in colour due to drying. Here's a painting by one of my favourite artists, Mary Cassatt, showing her rich mark-making.

Pastel is usually applied to a surface that has enough "tooth" to hold it in place. Most surfaces can be made to work if a pastel ground is applied to them. There are also many sanded papers specifically designed for



pastel works. My favourite paper, UArt, even comes in several grades of grit just like hardware store paper. It is my opinion that artists who have found painting with pastel frustrating have just used the wrong paper. Most of my paintings have many layers of pastel, giving them vibrancy and depth.

A finished pastel must be framed under glass to protect its fragile surface. I am frequently asked if I use a fixative; the answer is "never". I am not willing to risk all my hard work to a fixative that might alter the appearance of the surface. It is of course a personal

choice. Pastel paintings, even those treated with fixatives, still need the protection that glass affords.

I hope this brief article clears up some questions and misconceptions about pastels. I enjoy meeting people in my studio and telling them all about the many things I love about pastel and imparting some information to them. In my opinion, it is an exciting and forgiving medium, and long overdue a renaissance!

Susan White, AFA PAC

[susanwhitestudio.com](http://susanwhitestudio.com)



## The Laundry Room

New Exhibit, “The Laundry Room”, Now On-Show at the Sidney Museum

SIDNEY, B.C. - Sidney Museum and Archives is delighted to announce the opening of a brand-new featured exhibition, The Laundry Room. A combination of artwork and historical artifacts, this exhibit showcases different features of what has been historically viewed as women’s work. This exhibit will be on show at the Museum until November 30, 2023.

The artwork on display was done by four local fibre artists, Elizabeth Carefoot, Laura Feeleus, Sharon Stoneman, and Lesley Turner. Sixty pieces of their unique laundry-related art are now on display in the Garnham Gallery. To create the pieces the artists reflected on their experiences with laundry, focusing on the social, personal, and political perspectives of this activity.

Complementing the artwork is real historical laundry objects ranging from many different types of irons, to wash tubs and washboards. The exhibit aims to highlight the effort and skills required of women to

perform this endless and frequently unrecognized chore, solidified as their domestic duty. In doing so, the Museum hopes to elevate this underrepresented aspect of social history.

The Museum’s Executive Director, Michael Goodchild, is excited about this partnership. “One of the Museum’s long-term goals is to engage more with members of the Saanich Peninsula community in our displays and exhibits. This exploration into the world of laundry opens a unique window into the past, and enables us to reflect on this important but often uncelebrated aspect of women’s work through time”, said Goodchild.

The Museum would like to thank the artists for their contributions, without which The Laundry Room would not have been possible.

[The Sidney Museum](#) is open seven days a week from 10:00am-4:00pm.

2423 Beacon Ave L-3, Sidney BC







*Creativity is allowing  
yourself to make  
mistakes.  
Art is knowing which  
ones to keep.*

Scott Adams



The long shadows and light patterns of the winter sunshine cast interesting shapes on the snow and ice.  
artist Rich Williams, Nanaimo BC [/h2ocolorart.ca](http://h2ocolorart.ca)

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## Featured Artist

**Perry Haddock, SFCA**



[www.perryhaddock.com](http://www.perryhaddock.com)

## Featured Artist

### Perry Haddock, SFCA

By Susan Schaefer

Perry Haddock is a west coast Canadian artist known for his impressionistic landscapes, pushing the boundaries of colour and expression. His work reflects his love of western Canada, and especially the coast of B.C.

“For me, art is simply a way of expressing mood. I’m expressing my personal reaction to my world at a given moment, so I want my paintings to reveal something of my emotion. I’m always searching for the simplest expression of the moment, the image which evokes an impression rather than a detailed rendering.”

Now retired Perry enjoys painting from his home studio in Surrey BC and en plein air.



*You had a career in teaching fine arts and counselling. As a young man, what prompted you to choose that road?*

Actually, I didn’t really choose that road as much as stumble onto it. At university I did an undergrad degree in English Lit and Theatre, with occasional electives in other arts courses. A decidedly unwise choice was to take Geology as my mandatory science course. I should have taken a course in painting rocks instead of identifying their strata patterns! In any case, with my B.A. in hand, I needed to do something besides actually earn a living, so I signed up for Teacher Education, and thus became a teacher more or less by default.

I ended up in a large Vancouver high school, teaching English and Drama. My drama classroom was beside the art room, where I quickly became fascinated by that world. I took an evening pottery class, and eventually morphed out of English into Art and Drama, teaching kids the joys of forming clay into something aesthetic and themselves into “dramatic personae.” Such fun.

Shortly before our first daughter was born, my wife and I moved to a small acreage in Langley, where we built a house. I joined the staff of Langley Secondary School and was assigned to teach English and Drama. Another daughter and a few more years later--and a bit more pottery and art supplemented by evening classes-- I was advised by my principal that there was a block of counselling available.

I generally hit it off with kids, and the principal thought it would be a good fit for me. It was, as it turned out, but I soon learned that being good with kids wasn’t enough, so I returned to UBC to do a Master’s degree in counselling psychology. That was the start of a long and rewarding career as a full-time high school counsellor.

It wasn’t until I neared retirement that I got into painting, on a suggestion from teaching colleagues that we get together weekly to paint and critique. That was now 24 years ago, and I still get together with my friend Jack Turpin every week to share laughs and plein air sessions.

continued on page 16...



## Featured Artist Perry Haddock

*As an instructor and professional artist for many years, what is the most common mistake you see artists making?*

I think it's the curse of the small brush. It's a trap I'm not immune to myself, but when I look at a lot of beginning artists' work there's a tendency to worry about the details of a scene and forget about the big shapes that make a composition work. I generally advise people to hide their small brushes and stay with the biggest brush they have for as long as they can. I break my own rule, of course, and when I do, my paintings invariably suffer. Staying loose and fresh is a lot easier with a big brush. Our imaginative brains seem able to provide the tiny details in a scene as long as the big shapes work. Sadly, the reverse is not true.

*Now that you are able to travel more often, what is it about France that keeps drawing you back?*

The short answer is family. I have two daughters, one in the UK and one in France, and I love travelling to spend time with them and my four grandkids. We have a little "maison de campagne" about an hour from Paris. When circumstances and timing permit, I have an excuse to set up my easel and practise my French with the neighbours in the small village and enjoy time with family.

I've met some local painters and get energized by the history of French Impressionism as I take in the familiar landscapes. I keep painting supplies there, so when the mood strikes and the weather cooperates, I'm often down at the river trying to capture the atmosphere. I can't go as often as I like, but take full advantage when I'm there.

*What do you like to do when you are not painting?*

If I'm not painting, I'm probably thinking about painting...or perhaps food. I love to cook and love to eat, so at least part of every day is devoted to my stomach.

I also enjoy a bit of golf now and then, and a rare bike ride if I'm prodded. I spend far too much time on social media when I could be doing something productive, because I'm a self-confessed political junkie. My wife is an excellent gardener, but I didn't get that gene, so I share in that only when absolutely shamed into it. If I had free will, I'd probably travel a lot more than I do, but age and responsibility are hard taskmasters. I do my best to enjoy the good life here in beautiful B.C., surrounded by the world's best scenery and painting inspiration.

*Do you have any grand adventures planned in the new year?*

There's so much of the world to see, so I'd love to say I'm about to set out on a circumnavigation of the globe, but the truth is that the lure of my home province will probably keep me happily painting BC landscapes for the foreseeable future.



# Is Digital Art Creative?

by Terri Bowen



For some artists, digital art grates on them. Others embrace it enthusiastically. What exactly is digital art? Is it just a reworking of others' ideas or is it so creative that its disadvantages are outweighed by its results?

Digital art, a subset of New Media Art, uses software, computers or other electronic technology during its creation or presentation. Animation, photographs, illustrations, videos, film production and digital paintings are examples. Its disruptive evolution has been thrilling and plaguing artists since the 1960's.

The downsides to digital art seem overwhelming. There are the uncomfortable and unauthorized plagiarizing and the difficulty of personal authentication. Computer crashes and glitches happen. Lengthy exclusive processes and expensive processing are amplified by being tied monotonously to a screen. And there's the question of actual creativity rather than the process of just messing around with someone else's ideas because one lacks traditional artistic skills.

On the other hand, there are obvious advantages to digital art compared with traditional art: it's less wasteful, more efficient with its easy sharing and revision, and very 'current' and evolving. Collaboration, productivity, and the sharing of work that can begin with limited funds are benefits. Digital art opens a plethora of careers and working environments. So it seems to open unlimited creativity.

Considered the 'father' of creativity, Paul Torrance, in 1962, suggested that one needs to have fluency, flexibility, originality, and be able to elaborate whilst using lateral, non-directed thinking processes to be creative. Geir Kaufmann (1988) added in the components of a 'venturesome personality, intrinsic motivation and a supportive, motivating work environment'.

One should be highly observant and analytical while suspending judgement during the development of something new. There should also be a real purpose and utility for this unique creation.

continued from page 19...



continued from page 18...

When you digest these criteria, you can't help but nod that digital art is creative. We don't work in a box. Influenced by other artists' ideas, we revel in new technologies that open up vast possibilities of fresh and exciting methods of invention and sharing. Programs such as Goggle Deep Dream, GauGan2, WOMBO Dream, the popular Photoshop and the open-source coding library of mls[.js] are ways of stimulating original products.

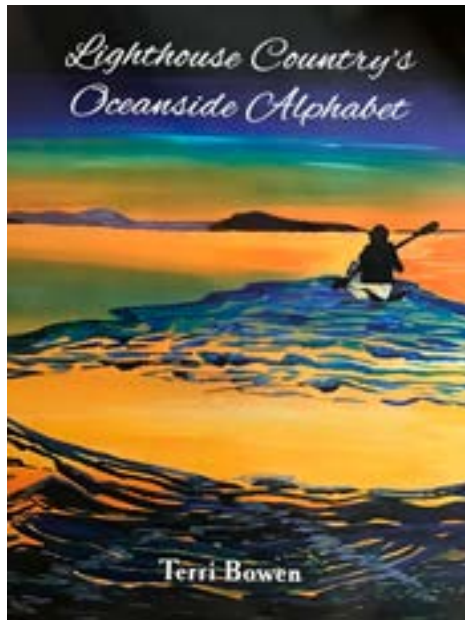
Yes, some forms are just tiny iterations of others' works but that also happens in traditional art, during the initial stages of learning about specific forms, and in series, for example.

Recently I've had three experiences that reconfirmed the creativity of digital art. One is observing the work of our local Lighthouse Country's Sheena McCorquodale – world-renowned wire sculpturer and digital artist/teacher who has designed much of our local signage. The second was during the Denman Island Art Tour in August where I experienced the mind-blowing photography of female activist, environmentalist, and

artist, simply named Fireweed (check her out). Lastly, while in Budapest this September, I enjoyed Cinema Mystica, filled with 3-D rooms and digital projections of colour, sound and light – truly unusual! Somewhat like Japan's "Team Lab" experiences they may have been influenced by Yayoi Kusama's Infinity Mirrors installations.

Well, keep your mind open, receptive, and perhaps give digital art a go!





## What to get the grandkids for Christmas?



This vibrant and playful children's book highlights some of the flora, fauna, and activities found in Lighthouse Country and Oceanside, two areas on the east coast of Vancouver Island, British Columbia, Canada.

Terri Bowen's book is a fun, interactive way to teach kids about the flora, fauna and activities of our local area. It can be purchased through [Amazon](https://www.amazon.com).



Winter fun, 14"x18", acrylic on canvas

artist: Jordanka Yaretz, Agassiz, B.C. • [www.etsy.com/shop/treeartist](https://www.etsy.com/shop/treeartist)

This is one of my naive primitive paintings. In the winter when the snow starts falling I feel like a little child playing outside and making snow angels and building a snow man.





The Peace of Snow-A Winter's Day  
12"x36", mixed acrylic media on wood panel,  
artist Margaret Dyck

"When I was growing up in Kelowna, I loved the first snowfall of the year. The night was especially magical with the street lights illuminated by its quiet wonder"

[www.mldart.ca](http://www.mldart.ca)

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## Blue Jeans and Rubber Boots

By *Susan Schaefer*

### Our Grand Adventure

For more years than I can remember I have dreamed of visiting the Grand Canyon in Arizona USA.

Finally in October 2023, we were able to make it happen. And it did not disappoint.

It started with a whole bunch of travel plans. Once we had a dog sitter in place, we were good to go. WestJet safely got us to and from Phoenix Arizona, with not a hiccup.



One of the first things we did was drive up to Sedona to see the lovely red rocks and experience some good energy. Sedona is known as being a hot spot for several energy vortexes. I'm not sure if it was the energy, the heat or the altitude, but my eyes were wide open, trying to absorb everything around me.

The next day was the Grand Adventure day. As we drove north of Phoenix, the excitement building, we could see the terrain changing. At one point it reminded me of northern Ontario and the Boreal Forest.

We stopped at Flagstaff for an early lunch. Finally we were at the front entrance to the Grand Canyon Park. Wow – this is it. We inched our way through the gate, drove around until we made our way to a mid-point parking lot and then parked.

I couldn't get out of the van quick enough. And then it happened... my first view of the Grand Canyon. Boy, oh boy, was it ever grand. I just stood there, goosebumps on my arms, eyes wide open and I could not speak. I was in awe! I had arrived.

Spectacular, amazing, grand, colourful, inspiring, stunning...I don't have enough adjectives to describe the feeling.

Part of my mission was to take some photos that I could then use for inspiration for future paintings. I could not snap photos quick enough, as the scenery was ever changing as the clouds moved forth and re-directed the shadows.



It will be fun to revisit this place in my studio during the cold days of winter.







FEDERATION OF CANADIAN ARTISTS  
Arrowsmith Chapter

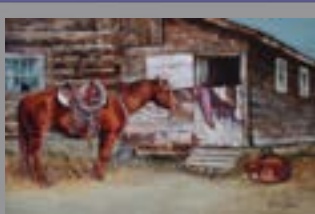
## FALL JURIED EXHIBITION

October 31 - December 15, 2023

Award Presentation/Meet the artists Thursday November 9, 4-5 PM



2022 Fall 1st Place Sherry Mitchell  
"Nidus - Sparrow's Nest"



2022 Fall 2nd Place Harold Allanson  
"Alkali Lake Barn"



2022 Fall 3rd Place Donna McDonnell  
"Mossy Shore, Qualicum Beach"

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Vote for your favourite "People's Choice" painting

See the VIRTUAL SHOW: [www.arrowsmithfca.ca/show](http://www.arrowsmithfca.ca/show)

### Arrowsmith FCA 2023 Fall Juried Exhibition

By Birgit Coath

The local Arrowsmith Chapter of the Federation of Canadian Artists (FCA) is presenting its annual Fall Exhibition to be held at the historic location of The Old School House Arts Centre (TOSH) located at 122 Fern Street in the heart of Qualicum Beach, BC. You will be able to enjoy the talent of some of the best local artists.

You are invited to attend the reception where you can meet the artists and witness the Awards Presentation, being held Thursday, November 9, from 4:00 - 5:00 PM. And....you will be able to participate in the choosing of the coveted "People's Choice Award". Please vote for your personal favourite painting.

The Arrowsmith Chapter of the FCA traditionally hosts two prestigious juried shows per year. All the artwork in these shows is rigorously selected by three Signature Members of the FCA. When selecting works, these jurors consider such factors as mastery of the artist's chosen medium, use of composition, colour, perspective, light, proportion, and more.

Watch for our Spring Show April 2024

Winter's Severity: A, 16x20"  
Oil Painting on Birch Wood.

In this Canadian winter scene, my goal was to capture the enchanting beauty of winter while facing the real challenge of finding diverse colors in a world blanketed in pristine white snow."

Artist, M.Salayi, Edmonton AB





HEART OF WINTER 2023 December 12th, 2023 thru February 23rd, 2024.

DRAW Gallery continues in our tradition of showcasing work from a variety of our gallery artists with originals & prints including paintings, photographs, mixed media, glass and copper featuring work by local and Island Artists such as An exhibit of paintings, photographs, mixed media, glass and copper featuring work by local and Island Artists such as Courtney Anderson, Cynthia Bonesky, Cecil Dawson, D.F. Gray, Guy Langlois, Karen MacRae, Patricia M. Mansell, Ann McIvor, Shannon McWhinney, Emma Paveley, Sarah Platenius, Todd Robinson, Susan Schaefer, Perrin Sparks, Marla Thirsk, Sue Thomas, Tamas Zaladni among others.

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# Susan Schaefer Fine Art

## West Coast Artist



“Splish Splash”, 30 x 24”, acrylic on canvas

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## Colourful Cuisine

### Apple Strudel by David Essig

Italian cuisine is a celebration of contrasts - especially in the far northeastern corner of the country. Until 1919, the area that is now Alto Adige and Trentino was the province of South Tyrol in the Austro-Hungarian Empire. After WW I, the region was ceded to Italy and is now a delightful melange of Italian and Austrian culture and cuisine. Strudel di Mele is Alto Adige's version of Apple Strudel, traditionally made with fruit grown like grapes, using the espalier method to train the branches like vines out onto guide wires. Italians consider Tyrolean apples the best in the country and feature them in this distinctly Italian version of Apfelstrudel.

The dough for Italian strudel is basically a pasta dough,



with a couple significant differences. Place a mound of unbleached all-purpose flour in the middle of a bowl - about 1 ¼ cups is a good starting point. Crack two fresh eggs into an adjacent bowl and add a tablespoon of white wine vinegar, a small sprinkle of salt and a shot glass of cold water. Stir the liquid ingredients together and dump into a well in the middle of the flour, exactly as if you were making fresh pasta. Mix the wet and dry ingredients and work into a really malleable dough ball. If it's too stiff, add water - too gummy, add flour. Knead for a couple minutes until the dough comes together in a nice cohesive ball. Cover the ball and let it rest for 10-15 minutes.

Meanwhile, peel, core and chop or grate a couple crisp apples - Granny Smith, HoneyCrisp or Ambrosia are all favourites. Put the apples in a bowl and spritz with

lemon juice (optional) and spices: cinnamon, nutmeg, allspice. Set aside.

Now it's time to roll out the dough. Here is the artistry of strudel! Use a big rolling pin and keep rolling until the sheet of dough is paper thin. Dust both sides with flour and be patient. Unless it's an incredibly dry day, the dough will yield to the pressure of the pin and become a lovely large sheet of dough. The rule of thumb is roughly a square foot of finished pastry for each egg. Again, patience is the key. If the dough fights back, cover it with a damp cloth and take a break. Wait five minutes and it will likely yield to your rolling pin. Roll into something approximating a rectangle.

My wife is from Slovenia, also formerly a part of the greater Austro-Hungarian Empire of Strudel Lovers. Her aunt in Ljubljana taught me to roll out the dough until you can read the newspaper through it. I remember her uncle chiming in, "it better be the classified ads, too!" In any case, just get it good and thin. If it starts to buckle or tear, it's time to stop. Think pasta - if it's thin enough for fettuccine, it's thin enough.

Once the sheet of dough is ready, start to assemble the strudel as follows.

- Coat the entire surface of the dough with melted butter.
- Paint the middle 1/3rd of the surface with sour cream.
- Sprinkle all of the grated apples over the sour cream.
- Italian option: smear some ricotta cheese over the area nearest to you
- Sprinkle dried fruit and nuts over the whole sheet of dough
- Austrian option: lightly dust the filling with sugar
- Spread dried, unseasoned bread crumbs over the entire sheet

Starting with the edge closest to you on the work surface, gently bring the sheet onto itself, making a long roll. The key is to be very gentle, so not to tear the dough, but move quickly and evenly, bringing the roll together in a long cylinder.

Tuck the ends of the roll underneath and press down gently. Transfer to a baking sheet and brush with more

continued page 27...



melted butter. Score with a sharp knife, just like scoring a baguette. Dust with icing sugar and/or cinnamon and place in a 350 F oven for 20 minutes. Rotate and continue cooking for 10-15 minutes until the crust is browned. Cool well on a rack, slice and serve.



As they might say in Italian Tyrol, Das ist ein...  
dolce perfetto.

[davidessig.com](http://davidessig.com)



## Nanoose Bay Studio Tour Christmas Crawl

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MERRY CHRISTMAS

# DRAGONFLY ART SUPPLIES



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By Jeff Shields @ [yaadev.com](https://yaadev.com)

### Living with Solar

It was just over a year ago that we had solar panels installed on our roof. We were optimistic going in but it has exceeded our wildest dreams.

To recap, we had 20-455 watt panels installed in 2 banks of ten on the east and west slopes of our garage. Our goal was to cut our electric bill in half. We just got our BC Hydro bill to cover the final period covering the last year. We went from an equal billing of \$164/month or \$1968 yearly to \$420 for the past 12 months. Goal achieved and then some.

#### *Here are the numbers*

- We generated 10.2 MWh (10200kWh) of electricity - that is the equivalent of 100,000 hundred watt light bulbs burning for one hour.
- We saved enough CO2 that it was the equivalent of planting 120 mature trees.
- We have 3500kWh of credit with BC Hydro that will cover our Oct, Nov, Dec and Jan billings this winter.

#### *The Financials*

We had a home energy audit done as part of the Greener Homes initiative of the Federal Government to qualify for the grant and loan. The installation costs were \$24,300 plus \$900 for the pre and post energy audit. We received a \$24,300 loan plus \$5,600 grant. In other words, we laid out \$25,200 and received \$29,900 back.

The loan is interest free for 10 years. We put the grant into a high yield savings account and add \$100/month and use this to pay down the loan at \$200/month. We also took the money we would have spent and put that into high yield dividend stocks that is paying \$1,400/year. Combined with our energy savings of \$1,500/year, we are in the black \$500 for the first year.

## Need a Website? We can Help

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#### *Other items of interest*

We have a level 2 charging station for our PHEV car that essentially was free to charge. To put that into perspective, we filled the car with gas on July 4th, and not again until Oct 4th, travelled 2000km on a 41 litre tank. That worked out to .7 l/100km or approximately 380 miles per US gallon.

Another number of interest is that for every watt of solar you add \$3 to the value of your home. Our system is 9000 watts, so we immediately added \$27,000 to the value of our home.

At the end of the 10 year loan, we will be \$33,000 to the good. Over the lifetime of the panels (25-30 years), we will be up over \$80,000. Even more if the price of electricity goes up.

I did receive some negative feed back from people who stopped by to ask about our experience who said I can't counter China. My response is I don't need to counter China, I just need to counter myself.

I strongly encourage you to look into adding solar to your home. With the interest free loan and grants available, it is a very low risk choice with a huge upside. Links

BC Hydro Net Metering: <https://app.bchydro.com/accounts-billing/electrical-connections/net-metering.html>

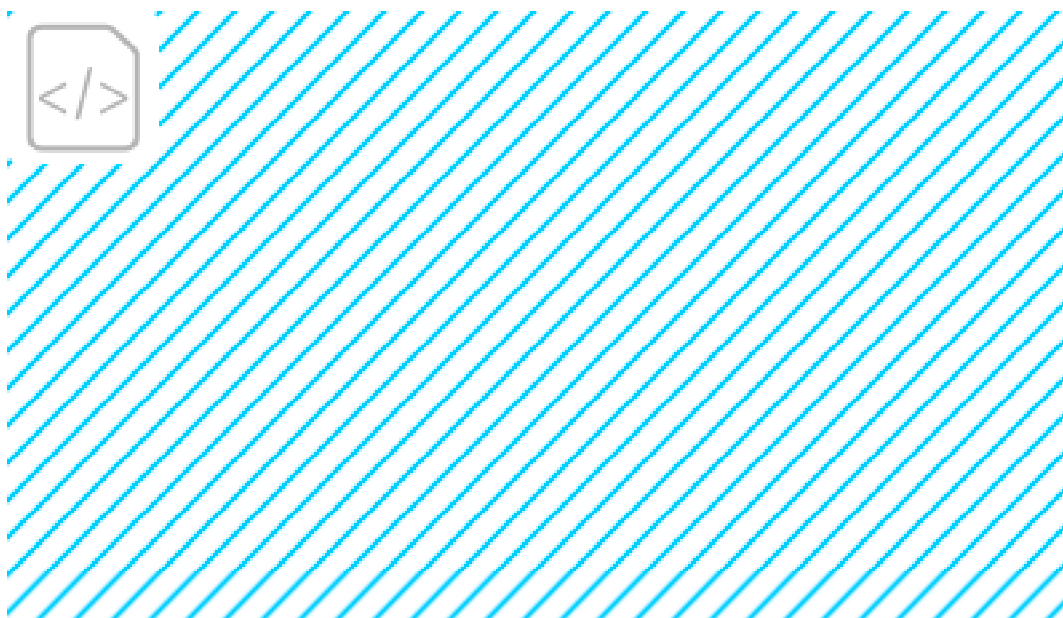
...continued page 29



Greener Homes Canada Grant: <https://natural-resources.canada.ca/energy-efficiency/homes/canada-greener-homes-initiative/canada-greener-homes-grant/canada-greener-homes-grant/23441>

Greener Homes Canada Loan: <https://natural-resources.canada.ca/energy-efficiency/homes/canada-greener-homes-initiative/canada-greener-homes-loan/24286>

Podcast with Chris Palliser of Shift Energy Group and Jeff Shields



**HEATHER BROWN, artist - potter**



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### No Mud – No Lotus

Lotus Flower Opens. That's the name of a gesture in one of the movements in the tai chi form that I study. A simple action, it involves opening the fingers of my right hand like the unfolding petal of a lotus flower. Simple, yet, there's a poignant symbolism in this subtle motion with links to Daoist and Zen Buddhist teachings: the lotus flower, while rooted in the mud of a still pond, must raise up, struggling through dark and murky waters to reach the light where it can bloom in the warmth of the sun.

I've spent some time rolling around in pond muck, first as a soldier and then as a police officer. And yes, as an artist, too. Let me tell you the story.

I'd spotted some swans that were feeding along the edge of a prairie slough. They were too far away for the camera equipment I had at the time, so I decided to see if I could get a bit closer. Swampy is probably the best word I can use to describe the terrain I was walking into, but...I had my rubber boots on. No worries. Carefully, slowly and hopefully, unobtrusively, I stalked through the head high bulrushes and cat tails, glancing up occasionally to see if the swans were in range of my camera lens.

Finally, I got a few shots of the swans and then turned and stepped away to head back to my car. One step

and I was suddenly knee deep in cow pasture muck. A foul-smelling mix of liquid cow pies and decaying plant material. Of course, the more I struggled, the deeper I sank. I was thigh deep in the muck and mire trying to pull my feet free when both of my boots came off.

This was getting to be a serious, quicksand sort of situation. Needing some leverage to escape the mud's suction, I folded over some bulrushes to create a makeshift platform and I laid back. It wasn't much support, but it was just enough for me to catch my breath and literally backstroke to firmer ground. I had the important stuff, my camera and my car keys. No way was I going to go back and try to wrestle my boots free from that sucking gumbo. Sock footed and resembling some sort of well-

wallowed wildebeest, I returned to my car, and home.

After a long shower, I had a look at the images on my camera's memory stick. I had got the shot, two tundra swans in their take-off run. It had been a struggle, but, arising lotus like out of the mud, I had captured an image of beauty. As Buddhist monk Thich Nhat Hanh writes, 'no mud, no lotus'.





## Book Review

Robert Amos has published many books on art including, as the official biographer, his award-winning books on Canadian artist E.J. Hughes. He was the arts columnist for Victoria's Times Colonist newspaper for more than thirty years and was elected to the Royal Canadian Academy of Arts in 1995. He lives in Oak Bay, BC with his wife, artist Sarah Amos.

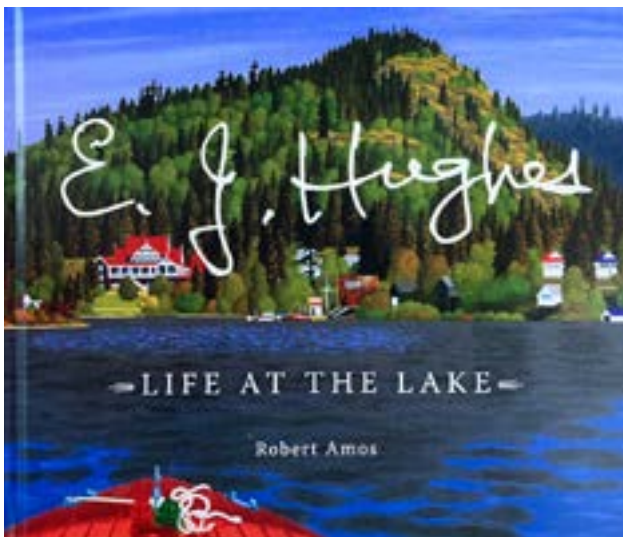
Life at the Lake captures lakeside life at Shawnigan Lake with Hughe's observations on birds and trees, and trips to local shops and restaurants.

The book shares insights into the relationships - with Fern, Pat and agent Max Stern - that allowed Hughes to achieve great success as an artist while living a quiet existence at Shawnigan Lake.

Published by:

Touch Wood Editions, Victoria BC  
touchwoodeditions.com

ISBN: 978-1-77151-419-4



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everything around us becomes better too.

Paulo Coelho

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## 25th ANNUAL NANAIMO ARTWALK

ARTWALK celebrates a quarter century! This two-day event takes place on Saturday, December 2nd (10 am – 4 pm) and Sunday, December 3rd (noon - 4 pm) at more than 20 public and private venues in Nanaimo's downtown and Old City Quarter.

Take a free shuttle between locations to visit more than 60 visual artists. They have something for everyone just in time for Christmas.

Get a free Event Guide to plan your tour at these locations, available in early November.

The NANAIMO ARTS COUNCIL hosts this cultural event with financial support from the Province of British Columbia, the City of Nanaimo, RDN Transit, the Old City Quarter Association and local advertisers and sponsors. Learn more at [nanaimoartscouncil.ca](http://nanaimoartscouncil.ca). Artwalk inquiries: [carla@nanaimoartscouncil.ca](mailto:carla@nanaimoartscouncil.ca)



“La Cathedrale”

24” x 36” Oil on Gallery Stretched Canvas

artist Birgit Coath - AFCA

The West Coast of Canada offers places in which to restore both body and soul. Our furry friends serve to enhance our well-being. This doggy is the late Maggie Dunn.



25<sup>th</sup>  
ANNUAL  
**NANAIMO  
ARTWALK**  
– 2023 –

SATURDAY • DECEMBER 2  
**10am to 4pm**

SUNDAY • DECEMBER 3  
**Noon to 4pm**



Old City  
Quarter





## Stan Hunt's Memorial Monument

Kwakiutl master carver Stan Hunt's nearly 20-foot high pole depicting 130 frowning faces overseen by a raven generated extensive interest during a pair of road trip tours this summer on BC's south coast and most recently in Regina, Sk.

Hunt, who's from Fort Rupert near Port Hardy, was informed this week that the Canadian Museum of History officially acquired his monument for permanent display at its venue in the nation's capital.

"Everything I've dreamt has come true," Hunt said upon arriving on Vancouver Island after sharing his monument in Regina where it remains temporarily.

Hunt began creating the distinct black and orange monument weighing upwards of seven thousand pounds in August 2022 and unveiled the masterpiece this past June.

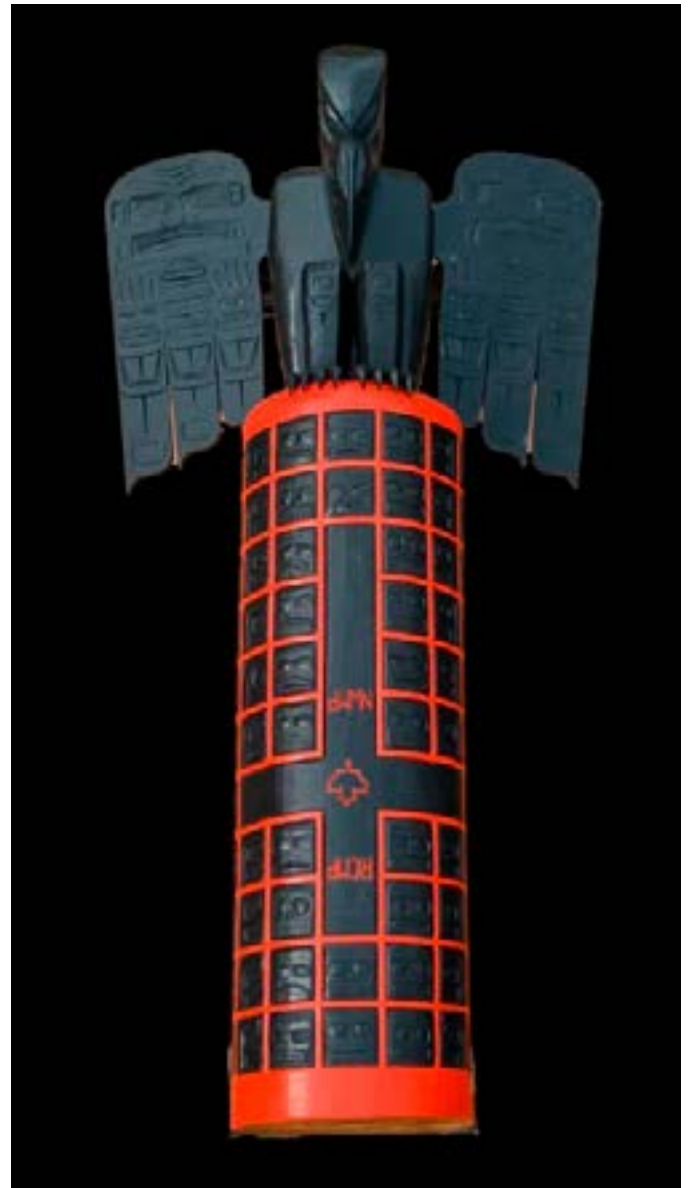
It features a raven overseeing scores of unsmiling children.

Hunt has been told every school student in Regina will tour the monument, currently being held at the RCMP's national training depot.

"It's amazing that the RCMP are so helpful, that the Canadian government has been so open — it's like everybody was waiting to put this on the table and have it recognized and put it behind us and make Canada a better place to live."

Notably, the RCMP is one of the entities referenced on the monument to mark how the national police force contributed to the misery Indigenous kids faced at residential schools.

Hunt said it's been incredibly powerful to see residential school survivors connect with the monument. With more than one million visitors to the Canadian Museum of History annually, Hunt believes his



The raven, which depicts creators in their culture, was carved as a pledge to find the young victims and bring their spirits home. The orange elements depict the Every Child Matters theme, while the black demonstrates the dark period of Canada's residential school history.

monument will play an important role in healing and creating understanding.

"I believe this story is going to help Canada as a whole to tell you the truth. I think it's going to give us a focal point and a conversation that needs to be had."

Source: Nanaimo NewsNOW



18 x 24" pastel from life - Dan Grey, Errington BC • [dfgray.com](http://dfgray.com)  
 I painted this on winter solstice awhile ago. I found this truck in a friends woods.  
 Upon setting up I noticed the fresh bear tracks - a good story with a favourite model.



Hush, 18 x 36" acrylic on deep canvas  
 Panama Flats floodplain, quieted by a deep freeze and blanket of snow- totally hushing the rustle of grasses and the sounds of birds, singing and chattering among themselves.

Patti M West, Victoria BC • [facebook.com/create.spiritual](https://facebook.com/create.spiritual)



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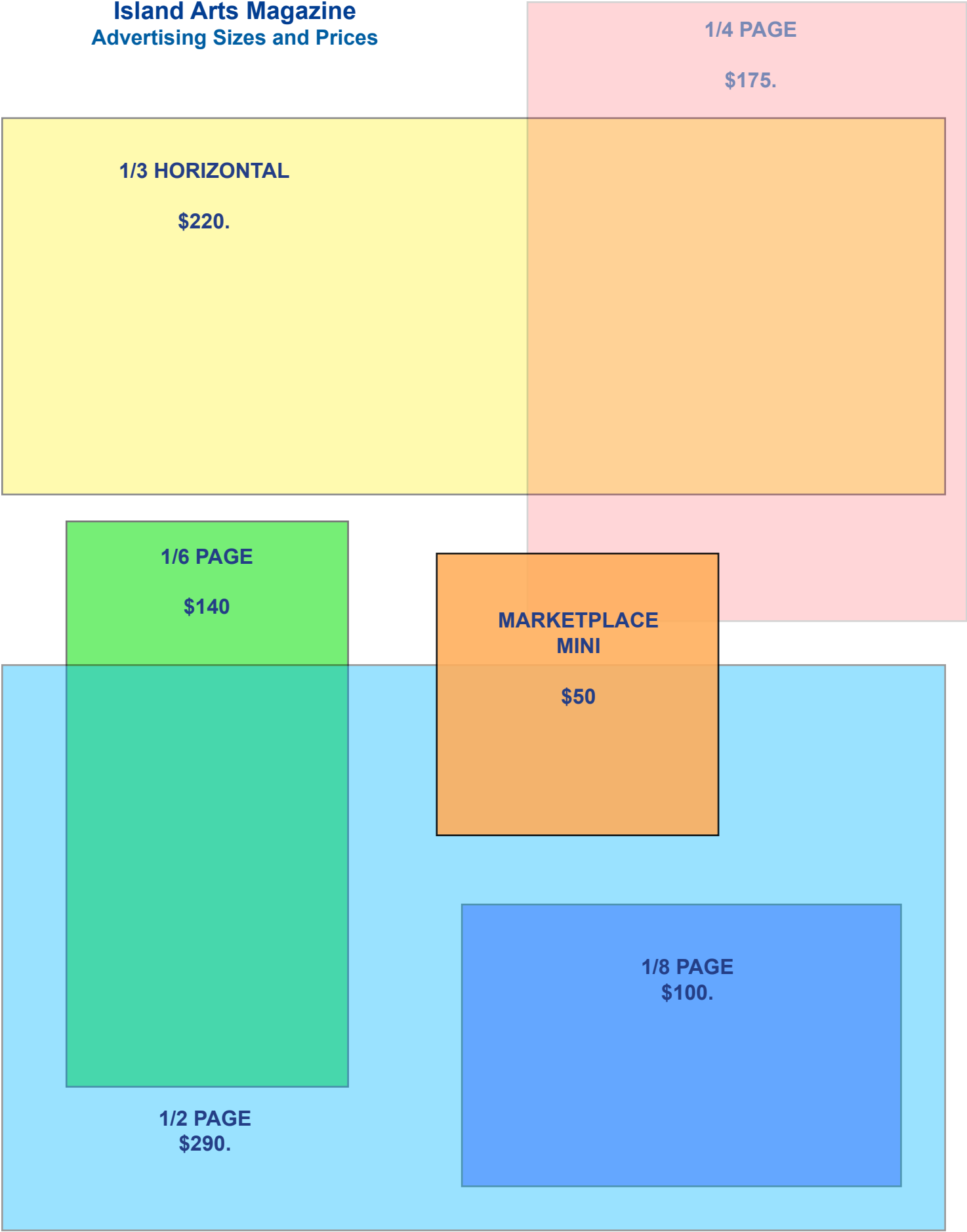
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# Season's Greetings



Right On Time, 24 x 24", artist Susan Schaefer

Island Arts Magazine we would like to wish you a healthy, happy and colourful 2024. We thank you for your patronage and continued support as we enter a new year.



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Next Issue - March 2024

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