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MAGAZINE

Showcasing BC Artists

Summer 2020 • Issue # 50

Feature Artist

**Cindy
Mawle**



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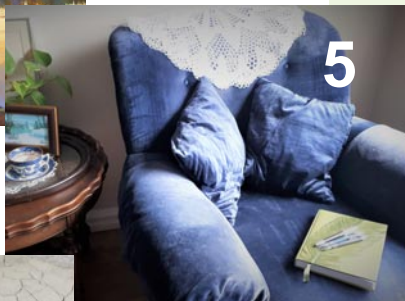
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This Issue



Features

The Art of Journaling by Carrie Powell-Davidson - 5

Nature's riot of colour Jessica Ruth Freedman - 8

Feature Artist - Cindy Mawle - 12

Colours of Hope by Katharina Rout - 15

IAM Isolation Show - 16

Stephen Cole in India - 18

Gardening for Art by Susan Schaefer - 24

Departments

Message from the Editor - 4

Recipes - 20

Colour by John Warden - 21

Marketplace - 28



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Note from your Editors:

As we muddle our way through to our new normal, may you enjoy our virtual issue.

Rather than stop production, and be defeated by the virus, we felt this was the best solution. Once I wrapped my head around the idea of not going to print, I got excited about the possibilities. There is no restrictions on the number of pages to print which meant having more white space. When people were sending in their articles I could tell them "send me as little or as many words as you like." Plus I didn't need a 6 week deadline before going to press. It was rather refreshing to have this freedom.

I know some of you still like a printed edition. I too love the whole print industry; right from being in the back rooms of the print shop, listening to the sounds of the printing press, to the feeling of excitement as the first sheets come off. We knew this day was coming, and the virus has pushed us into the virtual world.



We would like to thank everyone who contributed to this issue of Island Arts Magazine. We would like to thank our feature artist Cindy Mawle.

I found this whole 'isolation' thing had been too long. Having an edition to design gave me creative energy while keeping an eye on the arts. Thank You!

Wishing you and your loved ones great health and happiness. Be kind to each other and yourself. Wash your hands!

Susan Schaefer / Jeff Shields & Chace
ps: having puppy kisses helps a lot too



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Craig & Wendy Carmichael - Gone RVing

Thank you to all of our loyal canvas printing clients. Many of you have become dear friends. After 10 years we are ready to slow things down and enjoy life in our RV.

Patrick Roycroft, new owner of Island Exposures Gallery has a bright new location in the Corfield Plaza in Parksville, and as of May 1st will continue to offer high quality custom printing on both paper and canvas. Patrick has been our associate for more than 6 years and we are delighted to leave the business and our clients in his capable hands.



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The Art of Journaling

By Carrie Powell-Davidson

For many people, this pandemic has left them feeling like their life is out of control. For me, that feeling was most strongly felt in 2013 when every aspect of my life had become unravelled.

‘We can’t always control what happens to us but we can control how we respond to it’ has always been one of my mantras. I decided that if the only thing I could control at that time was me, then I was going to be a better, healthier, slimmer version of it.

A friend loaned me a book by Julia Cameron entitled, ‘The Writing Diet.’ As a writer who wanted to lose weight, the concept appealed to me. After all, if you’re writing, you can’t be eating! While I expected to lose some of my girth, I was completely surprised to discover what would become one of the most valuable tools in my life; my journal.

I have kept diaries pretty much since the age of ten. A journal, while it may contain the events of the day, is not a diary. It is so much more than that. My journal is my personal counsellor who listens to me whenever I want, without judgement or consequence. It gets the stress of confusion, fear, anger or grief out of me and onto paper so I can look at it more rationally. Together, we set goals and define the action needed to meet them. My journal has become my best friend!

Every person’s journal is as unique as the reasons are for keeping one. However, the act of writing down anything let alone our lives, can be a daunting task

for many. Cameron lays out some simple techniques to get us started:

1) Buy a journal - some people prefer a coil bound scribbler while others invest in beautiful hard cover journals with artwork that reflect who they think they are. I would also invest in 2-3 beautiful and easy to hold pens.

2) Create your writing location - My spot appeals to my senses. It has a great view, old comfy furniture, natural and soft light, plants, artwork, tea cup and relaxing music.

3) Set aside writing time. Cameron is famous for her concept of, ‘Morning Papers’ where three pages of anything get scribbled down to start the day. Morning Papers were the catalyst for my marathons of journaling as I find myself more philosophical at that time of day.

4) What to write? There are no limits here. Just get started and before you know it, you will have to be told it is time to stop. Cameron offers a few exercises that help while reminding us to write like no one is ever going to read it. They’re not, of course, unless you want them to.

My journaling got off to a slow start with a few general statements (i.e. I need to make a few changes in my life) but once I began to trust in my journal’s confidentiality, I was able to unleash more of my under-

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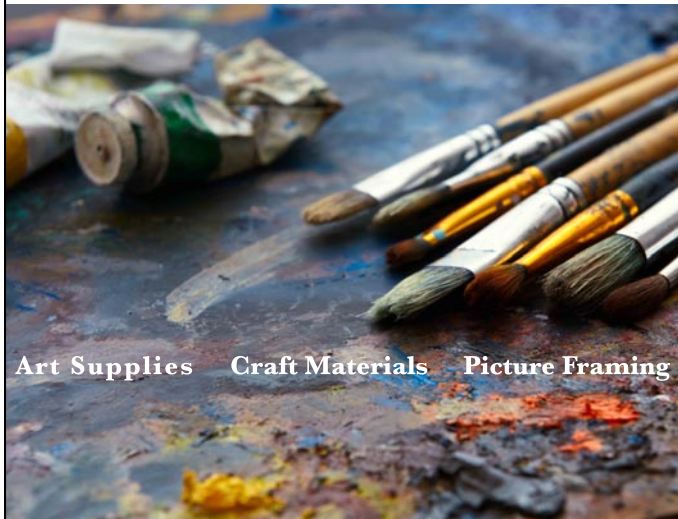
belly. I went deeper into my own psyche and explored pieces of me that I showed no one. I asked targeted questions such as, what is one thing I don't like about my job and how do I feel about it? I answered them, asked more questions and kept answering until I either felt resolved or I found new paths to explore that gave me solutions to problems I didn't even know I had. Those were my, 'a-ha!' moments and I had many of them. It got to the point where I couldn't write fast enough and my 15 minute morning sessions turned into three hours. The only breaks I took were to uncramp my hands, ponder an overwhelming possibility or shed a few tears at a naked truth.

The reasons I keep a journal today vary but one fact remains the same; my journal has become the single most important tool for everything I do. Even if it sounds a little cliché, journaling has definitely led me to my path of self-discovery and a better me. It has certainly got me through these tough times of CoVid-19. Happy journaling!

Carrie Powell-Davidson has been a free-lance writer for over 40 years. She offers writing services through her business, Write For You! 250-954-9681 or martinisanyone@shaw.ca

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FAQ's on Painting Materials & Techniques David Langevin Artworks

After many years of writing technical Q&A articles, as well as doing countless presentations and workshops on 'the craft of painting', here is a quick overview of the most frequently asked questions (FAQ's).

Q. What is the best support for paintings?

A. Untempered hardboard.

Q. Is commercial primer or house paint from the hardware store suitable as a ground instead of gesso?

A. No.

Q. Can I use gesso to cover an area that I want to re-do, or over an old painting before painting over it?

A. No.

Q. Can I paint oils over acrylics?

A. Yes, but only on a rigid support.

Q. Is it OK to dilute my oil paints with solvent, and my acrylics with water?

A. Only in very small amounts.

Q. Can I thin my oil paints with more oil?

A. No.

Q. Can you explain the 'Fat Over Lean' principle in oil painting?

A. Briefly, do not paint a fast drying color over a slow dryer. Also, a color with high oil content (fat) should be painted over a pigment with low oil content (lean).

Q. Is it safe to mix different brands of paint?

A. Yes, as long as they are of the same quality.

Q. Is it important to use good brushes?

A. Yes, for oils and watercolors. Acrylics, not so much.

Q. Are oil paints more toxic than acrylics or watercolor paints? A. No.

Q. Are acrylic paints permanent?

A. Yes.

davidlangevin.com

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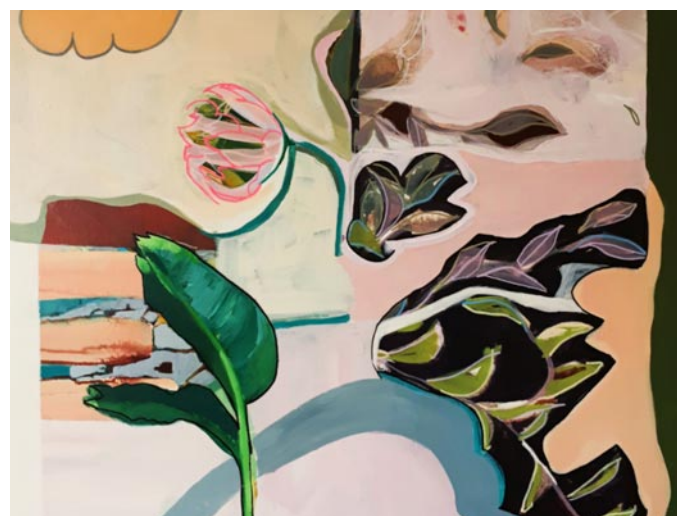
Freedman is one of the artists participating in Art Vancouver, which has been postponed until to Sept. 24–27, because of COVID-19.

“These days, the traditional way of selling art through a gallery is changing,” she said. “Many galleries are shutting their doors due to increasing rents and a growing online marketplace. Art fairs give individual artists an opportunity to connect directly with new collectors. I also love the communal spirit of the artists working and showing together. There is a lot of sharing of process and information that goes on at these types of events. Since I live on the West Coast, Art Vancouver is the best art fair to participate in, and Vancouverites are a knowledgeable art bunch.”

She said she likes to create fresh work for each art fair. “I consider carefully the city, people, environment and sizes of artwork,” she said. “At this Art Vancouver, I will be debuting some non-traditional materials in my paintings, all while keeping the abstract botanical theme. My aim is to always create work that uplifts and inspires, and I attempt to do this through colour, theme and design.”

Freedman works in acrylic, ink and mixed media. She has exhibited internationally and her work is in private and public collections around the world. On her website, she notes, “My journey through life can only be described as an artistic DIY.” She says she “was always the child who wanted to be left alone to explore and discover” and yet that it is her “path in life to share my art to celebrate connection, serenity and humour and to share this journey together.”

continued page 9...



Nature's riot of colour Jessica Ruth Freedman

reprinted with permission by
Jewish Independent

A harsh critique early in her career didn't stop Victoria-based Jessica Ruth Freedman from doing what she loves – painting – and becoming a successful artist.

“I was born in Montreal, and then my brother and I were whisked away to Kibbutz Ein Dor in the Galilee,” Freedman told the Independent. “After a few years there, we returned to reside in Calgary. I attended what was then called the Calgary Hebrew School-Talmud Torah. I was filled with the love for Jewish lifecycle events, food, and being part of a community. Apart from a fabulous school experience, one episode of failing an art assignment in kindergarten stands out. We were told to pick a rock and paint it like a ladybug. Creatively, I painted it black on red, rather than red on black, so that the white dots would stand out better. I sadly was singled out as an art failure in front of the whole class!

“Fast forward a few years, a career as a contemporary dancer, yoga teacher and accountant, [then] I returned to my love of painting,” said Freedman, who has a bachelor of arts, with a major in dance and a minor in fine arts, from Simon Fraser University. “At this time, I had moved to Victoria to chase the warmer weather and, after a few holidays in nearby Hawaii, I was hooked on representing the juxtaposition of botanicals versus the urban in my artwork.”

“Many artists will agree that one needs to look inward to find the source of creation,” Freedman explained of her need for both solitude and community. “Even realist painters rely on an internal compass based on technique and free expression. As a Jewish person, I honour the spirit of creation within me, and I also pay tribute to the concept of tikkun olam, the repair of the world. I feel fortunate to explore the creative side of myself for a living, but I also feel it’s necessary to do good work in the world. This might mean volunteering for Jewish events, donating my paintings to charity auctions, or just being a positive person with a solution-focused outlook.”

For Jewish community members who come to see her work at Art Vancouver, the dates for which will be released in the near future, Freedman said, “Surprisingly, a fair amount of Hebrew – my first language – appears in my paintings. If readers come visit my booth, I’ll look forward to pointing it out!”

Though she paints the natural world, Freedman noted a certain irony – she is not very good at caring for actual plants. “I am lucky that I can send my husband out to purchase plants – I paint them and he cares for them,” she said. “I am mostly fascinated by the riot of colour, of chaos, that Hashem has let loose in the natural world. The process of growth and decay, while natural, is obviously hard on us humans but is a natural part of life. I am also very interested in urban design that incorporates the natural world in ways that increase sustainability, beauty, communication and wonder.”

www.jessicaruthfreedman.com



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Love is the Core of Everything

A Blessing Poem

by Barbara Botham, April 2020

May your home always be big enough to hold all opinions expressed there. May their validity always be acknowledged and may there be space enough for each opinion to inhabit its own zone and may there be a space where opinions meet and converse.

May your ceiling always be high enough to allow all ideas to rise unfettered. May those ideas always be viewed with calmness and receptiveness allowing for reasonable debate, built upon, or offered gentle redirection.

May all of the emotions, occurrences, glances, expressions, both internal and external, sit upon a solid foundation of respect, with enough pockets to hold all the ideas, opinions, humour, love, joy and everything else that resides in the residence.

May the only infection in your home be laughter, always close enough to the surface to be able to blossom at every appropriate moment, helping to relieve all hearts, and sweeten our isolation.

May love rise into every height, slip into every crack, drip into every foundation, whirl into every thought, so that, when the time is right, it serves to lighten our soul by finding softness in the present moment, and as we look back.

May all the above be achieved by each of us, not with a mask, nor kid gloves, nor full body armour, but with an open heart, a smiling heart, a soft heart. May we all recognize that love is at the core of everything. May we live it.



ART VANCOUVER 2020 RESCHEDULED

Vancouver, B.C. – The Vancouver International Art Fair is now re-scheduled for Sept. 24–27, 2020, at the Vancouver Convention Centre West.

As all levels of government in Canada and the rest of the world work towards ending the COVID-19 pandemic, Art Vancouver 2020 made the decision to reschedule this year's exhibition in order to ensure the safety of our participating exhibitors and attendees.

Art Vancouver welcomes artists, galleries and attendees from all over the world. During this postponement, Art Vancouver will continue to work diligently, adding new artists and galleries.

The Vancouver International Art Fair is a four-day event held at the Vancouver Convention Centre. More than 100 artists will display over 1,200 pieces of artwork. The art fair also includes an extensive program including the Speaker Series and panel talk, art demonstrations, guided tours and art classes.

Art Vancouver was founded in 2015 by the Vancouver Visual Art Foundation. This local non-profit works to promote local Vancouver and British Columbia artists both within their community and across the world.

artvancouver.net

BEACHCOMBER IMPRESSIONS: “PLEIN AIR” CLAY EXPLORATIONS

by marie paquette

While growing up with my feet sinking in the dark blue clay of the river in Saint-Jean-sur-Richelieu, Québec, I didn't know I would, one day, be a ceramist. I still wonder why it took so long to discover such a joyful passion for clay...



I love the quietness of hand building. This intimate dialogue with clay requires my constant attentiveness to what is taking shape under my eyes and my availability to respond to the in-

tention of the clay. Most of all, I love the unpredictability of the creative journey.

I prefer free formed textured clay objects; that is why I only hand build. This making technique allows me to alter the surface of the clay before shaping it, so I am always looking for new texturing material.

A five minutes walk from where I live in Nanoose Bay, Beachcomber Park, with its incredible rock formation, has plenty of fabulous surfaces to offer.

On warm sunny days, at low tide, when the rocks are dry, I can be seen in the park with small blocks of clay and a few slabs.


With Garry oaks and arbutus watching my back, Mount Arrow-smith looking at me from the other side of the bay and the Strait of Georgia vanishing into the north-west, the blocks are pressed and the slabs stretched against the chosen rock in assertive gestural motions to “impress” its design into the moist clay.



It is then time to hand build each object: hollowing the blocks and pulling/pushing the clay from inside to shape goblets and boxes, assembling the slabs into vases or shaping them into plates and trays.

Once glazed and fired, each piece has its own “rocky” character! Those “Plein air” hand building sessions, under the watch of curious sea lions and serious bald eagles, are deeply gratifying.

marie.paquette.blogspot.com.



The tree is ever present in my existence and my art;
rooted in change which is a part of everything that is....

www.cmawle.com

Cindy Mawle grew up on Vancouver Island, amongst a playground of forests and beaches. Her adventurous, independent and determined nature as a child evolved into the driving force behind her creativity today.

Over the years Cindy has self directed her art education by tirelessly experimenting with different styles and mediums although acrylics have held her steadfast since 1995. She has filtered and transformed the results of this journey into her own unique style.

Cindy's paintings mostly depict the Vancouver Island area that she calls home but also includes still life and depictions of childhood moments into her prolific portfolio.

Cindy exhibits her work in various galleries on Vancouver Island where she resides. Her work has sold nationally and internationally. She paints from her studio in the small mid-Island community of Bowser.

When did you first know that you'd like to become an artist?

The term "artist" covers a lot of territory. I believe as humans we are all artists to varying degrees. As a child I drew, sculpted, wrote stories and imagined whatever I could think up.

continued page 13...



My earliest art related memory was walking into my grade one class for the first time and heading towards the plasticine that was lined up on the shelf in the back of the class. Plasticine!! I was ecstatic! I was quickly pulled back to the teacher and that was the moment the realism of the world hit me. That plasticine was only to be played with when the teacher allowed it (rarely)...and one had to behave in order to get your hands on it. This was a problem for me back then but it became a challenge to overcome as an adult.

It's that challenge that drove me to dig my determined heels in for 30+ years. I always managed to put aside the space and time to work on my skills in and out of life's responsibilities. The last 15 years back home on the Island has allowed me to double down and focus intently on my work. I suppose taking oil painting classes at 12 was what maybe started the painting wheels turning.

Please explain your deep connection to the forest?

The connection began early in my life. My childhood home was surrounded by majestic cedars. I grew up climbing trees, building forts in their branches, making trails, hiking or horseback riding in the Sooke hills. My family camped in the Port Renfrew and surrounding areas every summer, back when you could drive out on a Friday night and camp without having to book in advance.

I then moved to Alberta in the late 80's. There's nothing like moving to a visually unfamiliar place to make you clearly see what you took for granted back home.

Every year I drove to the Island and revitalized myself with West Coast energy. This energy I painted on canvas in the form of forests and beaches while back in Alberta. I was asked more than once, "Can't you paint barns and fields?" Nope. I moved back to the Island in 2004 and have been solidly connected to my "forest sprite" soul once again.

You seem to have a lot of fun with the Art Nouveau/Folk Fusion paintings. How did that come about?

I love to write but have followed my love of painting the most diligently. Writing transports me into a world I can't access with paint in my representational style.

I needed to find some way to express my imagination. After a one day workshop with Grant Leier I was able to break through the wall and use the techniques he taught to meld my imagination with paint on canvas.

My landscape and trees are more about my deep, wordless feelings and connection with the natural world. I usually begin with a feeling and match the image to express it taking myself to the location in my mind.

My Art Nouveau/Folk fusion paintings are about re-composing and reviving my memories and thoughts in such a way that they reflect what perhaps my mind has distorted, embellished, polished or snipped away at.

I most always start with a whimsical tree then allow my imagination to go from there. I have no idea how the story will illustrate

itself. After the basic design is drawn out I connect it with flow of line, shape and color, pulling it together in a way I would not have been able to do 10 years ago.

What are you most proud of in your career?

I am most proud of the fact I have stuck with something long enough that I am happy with the result. I have decided that painting is much like life:

- 1) You have to trust the process
- 2) There's going to be an ugly stage.
- 3) Hard work and determination pays off.

continued page 14...



Cindy Mawle

...continued from page 13



4) It's you who controls the brush perhaps not the bristles...but they come with the brush and you have to put up with them

What books are you reading?

I read books to stop my hamster wheel brain so I can sleep at night. Many times I walk into the library and grab a random book or two and head home. I have found some interesting reads that way.

I love historical fiction or a good story telling biography. I feel that if I am going to focus my time on the reading of a book, I want to learn something. I love to place myself into a character, fictional or not and try to understand what it was or is like living in another time, culture or place.

James Michener's novels are long but fascinating. Emily Carr's "Hundreds and Thousands" is always within reach as is Eckert Tolle and others like him when I need to adjust my perspective on life. ~

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SIDNEY PHOTOGRAPHER SELECTED FOR PRESTIGIOUS NATIONAL EXHIBITION



April 25, 2020: Online Virtual Ceremony – photographer Dave Hutchison, has had 4 image(s) selected for exhibition in a national Salon celebrating the best of Canadian professional photography.

Dave's image 'Drop In Time' in the Fine/Art class, won the prestigious Best in Class award at the Professional Photographers of Canada's 2020 annual competition; a national exhibition celebrating the best of Canadian professional photography. It also was selected for inclusion in the Professional Photographers of Canada's 2020 Loan Collection.

www.davehutchison.ca

Dema Maksod – Colours of Hope

by Katharina Rout

Art is a wound turned into light,” said famously Georges Braque, the French painter and sculptor who survived two world wars and created works full of light and colour.

In her intensely colourful work, the Syrian painter and sculptor Dema Maksod, who now lives in Nanaimo on Vancouver Island, tells a similar story of transformation.

Dema Maksod was born in Syria and first studied psychology at the University of Damascus and later painting and ceramic sculpture at the Walid Ezzat Institute of Fine Art. Her academic training prepared her well for experimentation and innovation.

She uses unconventional materials for her sculptural work and jewelry and applies acrylics not just with brushes but also with her fingers and even with dried grass, leaves, pot scrubbers, or sponges. “I fling paint, smear pain, and drip paint,” she says. “That way I create multiple layers from which I carve out the shapes I want.”



Her gift was soon recognized. Maksod participated in solo and group shows in Syria, Turkey, Lebanon, Jordan, and Egypt, and her pieces made it into collections through Europe and the Middle East.

But all that changed in 2011 when the war in Syria broke out. After a rocket-propelled grenade destroyed Maksod’s studio, home, and all her art in Damascus, she was forced to return first to her parents’ home on the coast before moving to the relative safety of Beirut. In Lebanon, she continued to paint and soon began to use her art in workshops and volunteer projects to support other Syrian refugees, especially women and children.

“My art has undergone dramatic changes as a result of the civil war,” she says now from the safety of Nanaimo where she arrived in November 2017.

Maksod’s paintings do not tell a single story. “Art,” she says, “helps us to avoid simplistic views of the human experience.” Many of her paintings tell the stories of women, and while some bear signs of trauma, pain, anger, or despair, many also signal hope. Flowers, birds, cats, and other symbols connect us to a larger world outside us and to the regenerative forces of nature.

Settling into Canadian life, Maksod has become part of a community again and has had exhibitions at Vancouver Island University in Nanaimo and at The Old School House in Qual-



icum Beach. In 2019, she won Nanaimo’s Arts and Culture Newcomer Award.

Her current work is joyous.



“The Living Room Theatre” is a project whose paintings connect viewers to a place of happiness—the living room, after all, is the place we grew up in and know ourselves loved and safe and where we exchange our stories. It is a space for stories about love, birth, growth, death, politics, and religion, and even makes room for our animal friends. “The Living Room Theatre,” says Maksod, “is the beginning of all possibilities.”

Or as Georges Braque put it, “Art is a wound turned into light.” ~

Welcome to IAM Isolation Show

Artists have always been known for their resilience. Here's what some have been up to during their isolation.



Yvonne Maximchuk, Simoom Sound



Arctic Fluffy, by Sharon Quirke,
West Vancouver



Skies Alive, by C. Nilsson, Comox



The girls from Cathouse Gallery took advantage of a sunny day to sache around the Arrowsmith Golf Course. Sheena McCorquodale, Qualicum Bay



Star at the Campbell, Maria Sorboe, Campbell River

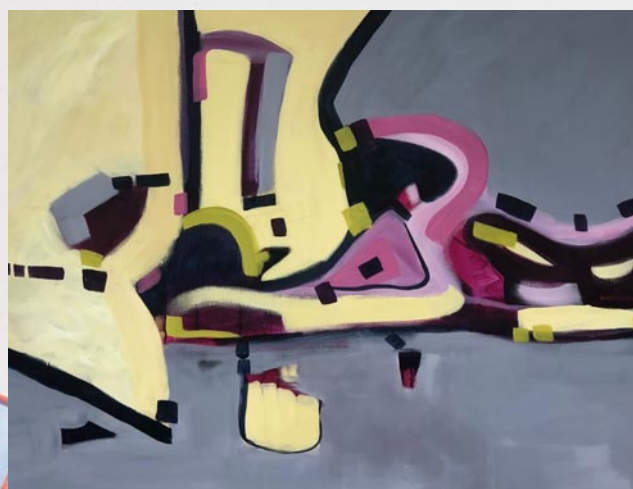
High-solation
by marie paquette,
Nanoose Bay



"I am working on a personal challenge this year. 52 koi/ 52 weeks. I started planning it in December, and I have been making and posting them to Mud Otter Pottery Instagram and FB once a week since January. The lockdown has facilitated my ease of continuing this project as we now past week 17 of the year.

Building a series outside of my production line is freeing for me. Eventually I will have a showable series, that documents 2020, in a unique way."

Kathleen Scott - Mud Otter Pottery,
Texada Island



Your Brother Went That Way,
by Sharon A. Stone, Victoria



Ruth Steinfatt - Sidney BC
Little Qualicum Falls - watercolour
and Japanese papers collage



"I found solace in painting my roots - the prairies. At a time when everything was so serious it was fun to paint whimsical pieces." Susan Schaefer, Parksville

As you may recall from the spring 2020 issue, Stephen Cole from Gabriola Island was chosen as a Canadian Artist to participate in the 2020 Global Art Festival in Gujarat, India.

The month-long Global Art Festival was hosted by the Tourism Corporation of Gujarat Ltd. where the artists create and show artworks and participate in cultural events. A time for celebration, collaboration and an opportunity to experience the wonder of India, Stephen spent most of January in India doing just that.

Stephen Cole is a self-taught, multifaceted visual artist and sculptor residing on Gabriola Island BC. For the past 40 years India has been the one place on earth that has been calling him. From her ancient wisdom and deep spirituality, India reaches through time and pushes the boundaries of tomorrow.

Stephen Cole in India

“My attitude going to India was to leave Canada behind, accept what comes my way and learn. I arrived in Ahmedabad, Gujarat three flights and 29 hours later from Nanaimo. We went straight to sightseeing where I saw incredible temples, monuments and stepwells. Traffic was chaotic and the food, dance, laughter and beautiful people crowding around wanting a photo, filled all our senses.

After a long journey into the desert, we arrived at our art camp at the Toran Rann Resort. Excited to get started, myself and another amazing sculptor, Dotun Popoola, found tools and supplies requested were not there and we could not work on anything we came here to do for another two and a half weeks. I experimented with a few new materials including epoxy clay, of which I made a piece to add to the Let it grow series. Evenings, we often went into the white desert to walk on salt crystals or visits to little shops for Chai tea. We were treated like rock stars and participated in a fashion show and a concert where we ended up on stage in a music video.

We headed back to Ahmedabad and we had VIP seats at the International Kite Festival and had some more sightseeing in store for us. Dotun and I skipped out on some planned city adventures to buy scrap metal for him and some tools for me in Vadodara. Three of us rode through crazy traffic on a motorcycle with an arm load of tools.

...continued on next page



Camel Ride



First Day of Touring



Our Huts at Night



Working on Water for Life



Back in the desert I found the compressor didn't work adequately, the power converter blew two of my grinders and the new diamond blades didn't cut the stone. Out of desperation, I got an Indian grinder and Dotun welded one of my blades to it. Scary, but it was the first thing to work for me. I wanted to create something that connects us all - something to celebrate. I saw a splash from a drop of water as it hits the surface of calm water.

As I carved, thoughts of people I had met, places I had seen came to mind and the wave flowed over the edges and around to abstract impressions of India. I decided to finish the stone by texturing it. I usually let the materials guide my work. This was my first piece that was directed by tools and time.

My time In India was amazing and these are only a few memories. The Indian people were all helpful, generous, good-humoured, kind and ready to sing, dance and celebrate at a moment's notice. I was told if you go to India the world you come home to won't be the same. Wow, I had no idea how true that statement would be."

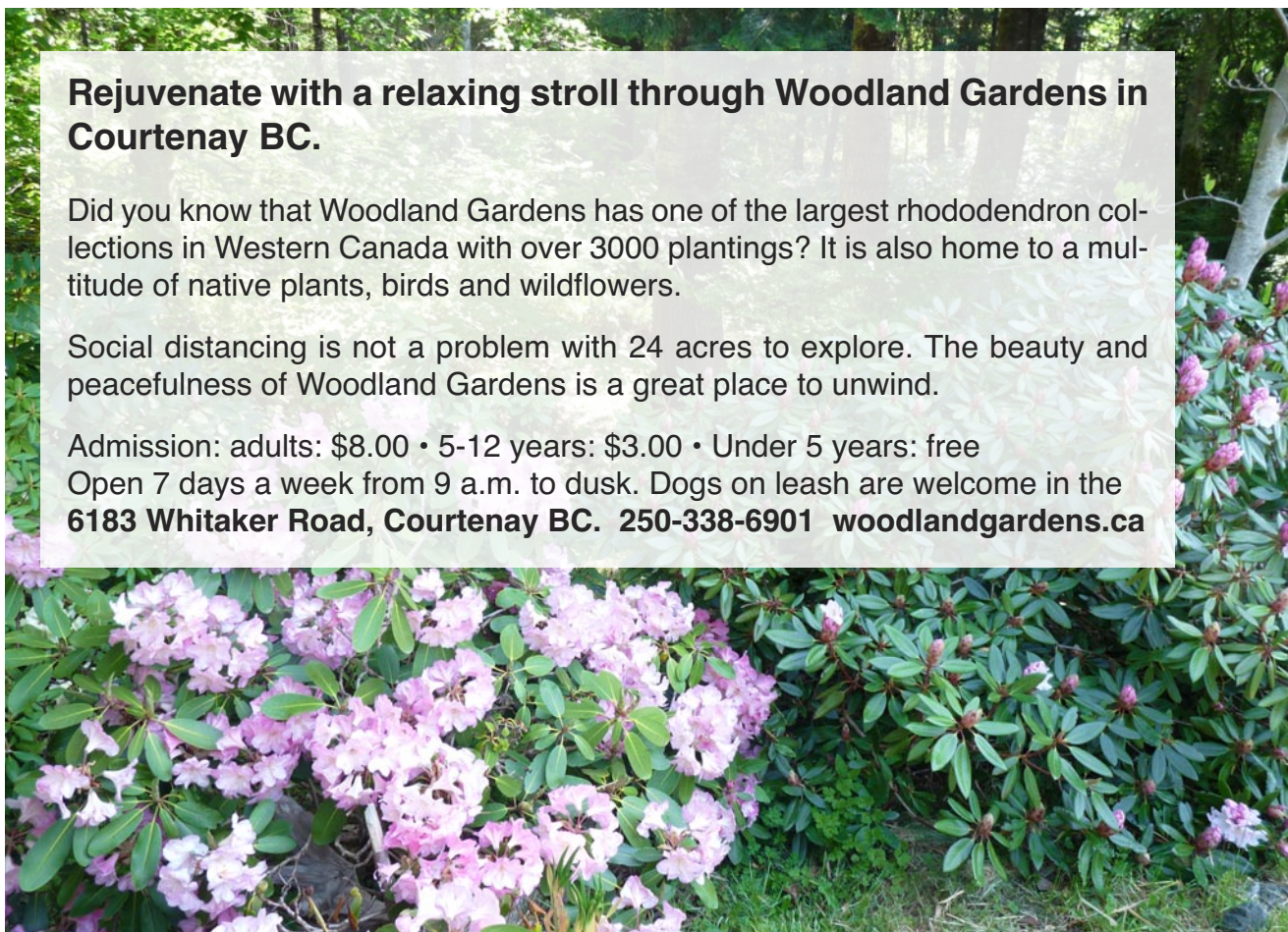
www.stephencolefineart.com

Rejuvenate with a relaxing stroll through Woodland Gardens in Courtenay BC.

Did you know that Woodland Gardens has one of the largest rhododendron collections in Western Canada with over 3000 plantings? It is also home to a multitude of native plants, birds and wildflowers.

Social distancing is not a problem with 24 acres to explore. The beauty and peacefulness of Woodland Gardens is a great place to unwind.

Admission: adults: \$8.00 • 5-12 years: \$3.00 • Under 5 years: free
Open 7 days a week from 9 a.m. to dusk. Dogs on leash are welcome in the
6183 Whitaker Road, Courtenay BC. 250-338-6901 woodlandgardens.ca



Woodland Gardens is Open!

Anna Lewis's Rhubarb Cream Pie

1 baked pie shell, 9 inch, cooled

Filling

5 cups chopped rhubarb, 1/4 inch or so slices

3/4 c. cold water

1 1/2 tsp. lemon juice

1 cup sugar (I reduced it from the 1 3/4 cups it called for)

4 T cornstarch

1/4 tsp. salt

2 large eggs, separated, reserve egg whites for meringue

1 T butter

1 1/2 tsp lemon juice

Meringue

2 T sugar

1 extra egg white if you want a huge meringue!

Put cold water in non-reactive pan, like stainless steel (not aluminum). Add sugar and cornstarch and stir till cornstarch is dissolved thoroughly. Place on medium heat. I cook on a gas stove which is too hot so I use a diffuser plate under the pot and cook medium/ high. Start heating the mixture a bit then add the chopped rhubarb. Stir when needed until it starts to thicken then stir constantly until clear and thickened and rhubarb starts to soften. Have the beaten eggs ready beside the stove in a medium bowl.

Pour half the hot, thickened mixture into the eggs and stir. Pour back into the pot and cook everything a minute or two more. Don't cook so long that the rhubarb gets too mushy (though it won't change the awesome flavour even if it does).



Add 1 T butter and the lemon juice and stir. Let cool before pouring into baked pie shell. If I am in a hurry, I will put the hot mixture into a bowl that is set into another bowl full of ice. Stir occasionally and when cool enough, place into the pie shell. Then cool in the fridge for at least an hour, but overnight is actually better as the flavours become more intense. But sometimes, this is impossible, as the "pie faces" lurk around!!!!

Before serving.....

Whip the egg whites, gradually adding 2 T sugar to sweeten as they become fluffy. Beat until they hold their shape but not so much that they are "dry" (always tricky!). Pile onto pie making sure that they touch and "glue to" the pie crust. Shape into curlicues with a spatula. Place in the oven about 8" from the broiler heat. Broil but watch constantly as it only takes a minute to brown. Otherwise it will burn very quickly! You can also slow things down by placing the pie further from the heat. Enjoy! Keeps best in the fridge.

Avocado Oil Brownies

1 cup raw sugar

1/4 cup water

1 oz. 90% (or higher) dark chocolate

3/4 cups all purpose flour

1/3 cup 100% cacao powder

2 large eggs - beaten

1/2 cup avocado oil

1 tsp. vanilla extract

1/2 tsp. baking powder

pinch of salt

1/3 cup semi-sweet chocolate chips

Preheat oven to 350 F. Line a 8 x 8" baking pan with parchment paper.

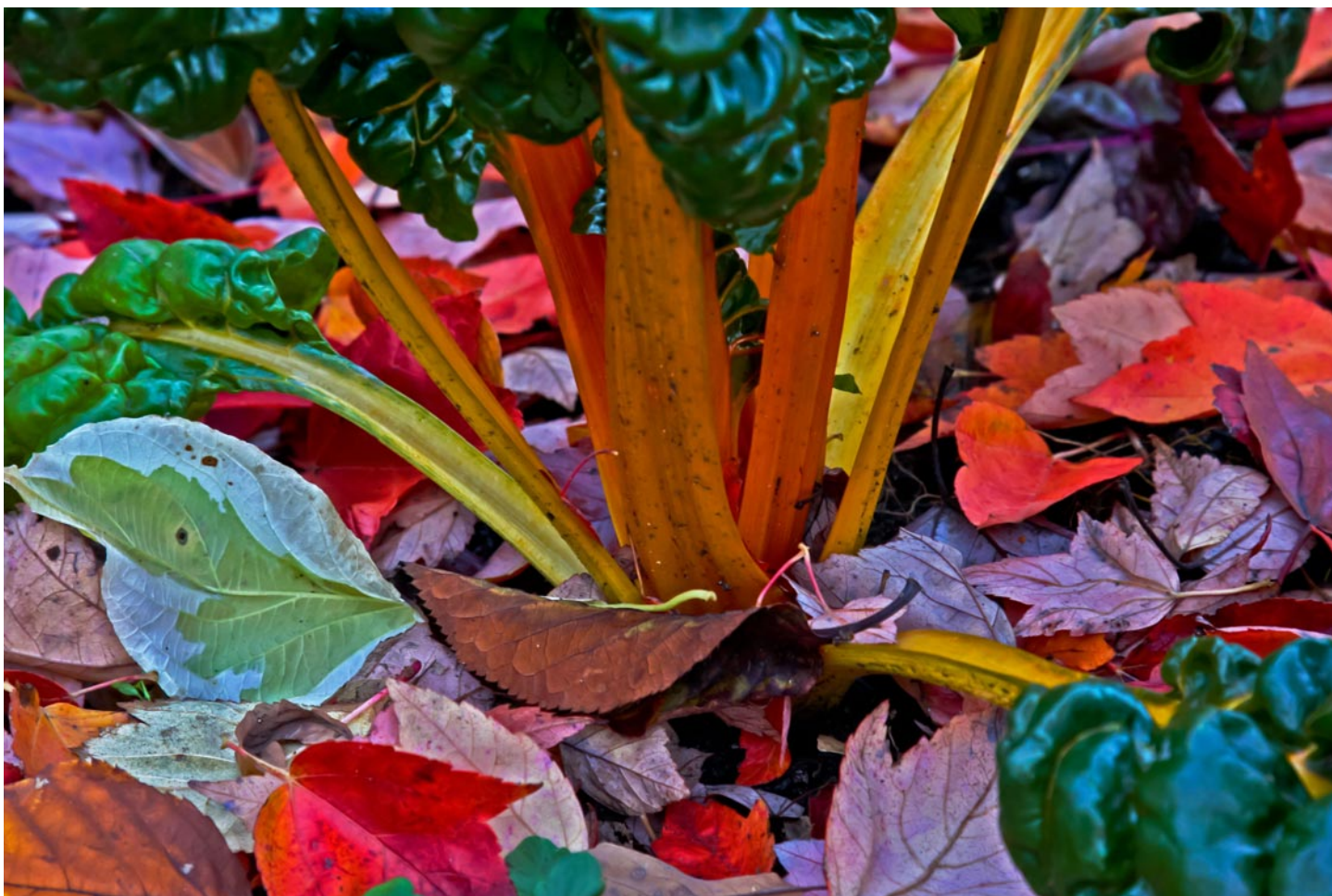
In a saucepan combine sugar, water & dark chocolate together and stir over a low heat until sugar dissolves and chocolate melts. Take off the heat.

In a large bowl put the flour, cacao powder, eggs, oil, vanilla, baking powder, salt & chocolate chips together.

Pour over the melted chocolate mixture slowly and mix all ingredients together lightly until combined - try and make sure all ingredients are thoroughly mixed.

Pour into prepared pan and even out with a spatula making sure they get into the corners. Bake in the oven for 22 minutes. Test with a toothpick - a few moist crumbs is what you want! Let them cool completely, then cut into 16 squares and enjoy!





Colour *by John Warden*

It had stopped raining, but it was a grey November day as I walked down a hill in the Kitsilano neighborhood of Vancouver. Passing a planter box in one of the front yards along Balsam Street, the colours of Swiss Chard called out to me, demanding a long slow look. Nurturing greens, cool blues, majestic violet, yellow, orange and red, a symphony of color, a choir of voices, all calling out to me from a little planter box in a residential front yard. 'Come on over and hear what we have to say'!

Ah, such a lesson.

Scientifically, colour is reflected or emitted light, but I like to think of it as the voice of light. Color speaks in a visual poetry that channels the 'long slow look' with expressions of emotion, mood and feeling. It captures me, taunts me, soothes and holds me, asking only that I slow down, look and then listen to the voice of colour.

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What our Clients are Saying...

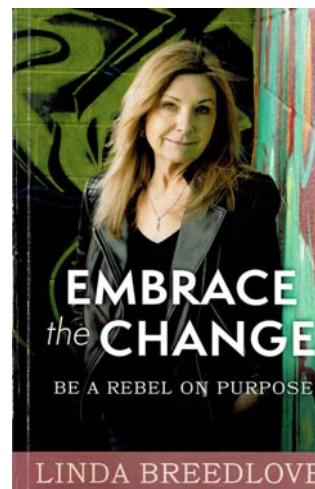
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Embracing the Change Be a Rebel on Purpose *by Linda Breedlove*

This is an inspirational book. It can be read slowly, reading one chapter a day, savouring every message, or you can devour it in one afternoon.

What started as a blog written by Linda Breedlove, for her soul purpose, has been turned into a book to share with others.

Linda is honest as she talks about her life, her struggles and how she chose to turn things around. It is uplifting and motivating. It talks about patience, gratitude, courage, fear, desire, confidence, choices and change.

It is laced with photos and motivational quotes. To quote Linda... "Be classy, sassy, and a little bad assy".

To order your copy, please contact BestSellers Publishing Academy
Lucia Monica Gorea, PhD
monica.artistic@gmail.com
or Linda Breedlove
lindabreedlove50@gmail.com

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You are never too old to set another goal
or to dream a new dream. - C. S. Lewis



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Q: You can break me without
touching me, or even seeing
me. What am I?

A: promise

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Gardening for Art

by Susan Schaefer

I teasingly tell my mother that she is the reason that I am addicted to gardening. I have a hard time passing by a nursery, as I say to my husband 'just to have a look'. I hear my mother's voice saying 'you can always find room for one more plant.'

Growing up on a farm, planting was a big part of our life. Mom had a huge vegetable garden that would feed us for the entire year. She always found time to plant flowers around the yard, using old tires as raised beds.



As an artist, I find inspiration from my garden on a daily basis. Not only do we grow nourishing organic food for our table but we have many varieties of annuals, perennials, shrubs and trees that give us an endless show of colour and throughout our lengthy growing season, here on the west coast of Canada.

Any time I need a break from the computer, or a problem with a design, I take a break and go outside for a 'walk about.' When I am looking at the flowers and letting the mind rest, I find inspiration and just like magic problems are solved and ideas are formed.

The flowers also provide endless possibilities for paintings. As the sun moves throughout the day, you can find me outside taking photos and thinking "That would make a great painting."

I like to think that my garden reflects my personality. It's fun, it's funky and it's colourful. I mix art in my garden as well. Old rubber boots become planters. Picture frames get painted and end up in a bed or hanging on a fence.

We are conscious about the environment, planting bee, bird and butterfly friendly plants and grasses. Our garden is a place of joy, a place where we can refresh and reflect, visit with our friends, play with our dog and have fun!

Quoting Audrey Hepburn, "To plant a garden is to believe in tomorrow." ~





DRAW Gallery, Port Alberni BC

Art can offer solace and comfort during difficult times. 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.

Works exhibited in the Gallery are available for viewing from home with our Online 'Gallery Beyond Walls' and by appointment, too! For each purchase we will donate 10% to the charity of your choice from our Spirit Board.

Due to the nature of the current situation, now's the time to take preventive measures and we are temporarily closing our onLocation gallery to visitors. Stay Safe! Wash your hands! We love you!

May 5th – Jun 26th Our Creative Nature - Group Exhibit

An exhibit of paintings, photographs, mixed media, glass and copper featuring work by local and Island Artists such as Jacques De Backer, Doug Blackwell, Cynthia Bonesky, Lucas Chickite, Cecil Dawson, Chris Doman, Yolande Fournier, Jan Vriesen, Jillian Mayne, Ann McIvor, Todd Robinson, Ali Spence, Ariane Terez, Susan Schaefer, Sue Thomas, Gordon Wilson, Nancy Wilson and Michael Wright.

July 7th - Aug 28th Endless Summer - Group Exhibit

An exhibition of paintings, photography, mixed media and installations by local and Island Artists. We are pleased to present Doug Blackwell aka SockeyeKing, Jacques De Backer, Cynthia Bonesky, Lucas Chickite, Cecil Dawson, Chris Doman, Yolande Fournier, Jan Vriesen, Jillian Mayne, Ann McIvor, Todd Robinson, Susan Schaefer, Ali Spence, Ariane Terez, Sue Thomas, Gordon Wilson, Nancy Wilson and Michael Wright among others.

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 or 1-855-755-0566.

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Maya Angelou

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Theory, Design & Execution

Saturday August 8

Brian Scott, B.Ed., M.Ed., DFA Hon., received his Bachelor of Education from the University of British Columbia, and his Masters Degree in Art Education from Western Washington University. His Diploma of Fine Art was received with Honours from the Vancouver School of Fine Art.

All mediums and levels welcomed.



TATJANA-MIRKOV POPOVICKI

Rich Colour & Texture

October 24 - 25: acrylic painters

Tatjana Mirkov-Popovicki is an award-winning Canadian landscape painter based in Port Moody, BC, where she emigrated from Serbia in 1994. Tatjana is a full-time painter with a passion for the west coast and mountains.

Teaser Alert: SPRING 2021

David Langevin - Oil Painting - March 27 - 28

Janice Robertson - Realism to Abstraction - Dates to be determined

Hosted by Island Arts Magazine

Location: McMillan Arts Centre, Parksville BC

Register **Online** or by calling **250-586-5510**



FALL 2019



WINTER 2019



SPRING 2020

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Acrylic Classes instructor Susan Schaefer

Join a class in person at the MAC Gallery in Parksville BC, or online with ZOOM. All levels welcomed. For more information on upcoming classe please call Susan @ **250-586-5510**



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**FALL ISSUE
Deadline
August 15th**

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."

Mary Lou Cook



" Lovin' those fresh spring greens "

Photo by Darrell McIntosh, Port Alice, British Columbia

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KELLY CORBETT

Cynosure, 60 x 120", acrylic on canvas



Inspired by Schooner Cove in Tofino, “Cynosure” is something that strongly attracts attention by its brilliance, interest, etc. It is also something that serves for guidance or direction.

“It was initially a little intimidating to tackle such a large painting, however once I got started the process flowed smoothly and I feel like I learned a lot along the way.”

This painting will be on display at the McMillan Art Gallery in Parksville BC for the months of July & August 2020.

www.kellycorbett.ca



Breaking News:

McMillan Arts Centre

133 McMillan Street, Parksville, BC
1-250-248-8185

Opening Date: Thursday, June 18

Hours: Thursday - Sunday, 11am - 3pm

We encourage our Oceanside Community to shop local, and support our local artists. This summer we present the wonderful artwork of Kelly Corbett, Carla Flegel, Brian Middleton, Margery Blom, William Allen and Pattiann Withapea plus celebrated Vancouver Island artist Brian Scott,. Brian will be presenting an exclusive workshop on August 8th, courtesy of the Island Arts Magazine. Sign up now.

Our Studio will be busy with the **MAC's Summer Art Bites Program** every Sunday. Our Art Bites classes are only \$30 and include ALL of your supplies - you just need to come to the MAC and have a fun afternoon. Small classes of 6 students and one instructor follow our Covid guidelines and ensure a safe and fun art learning experience for you. This program is open for ages 8 - 108! Register early, as our Art Bites always fill up quickly.

We are very excited to present two different, stunning art experiences for our Oceanside Community. Our Digital Media Gallery will present **SURFACING**, a multi media digital experience featuring images that explore the theme of surfacing: from isolation, disconnection to renewal and hope. We send a **CALL OUT** to our Oceanside Community to send us their digital images (no larger than 1MB) to be included in our SURFACING exhibit.

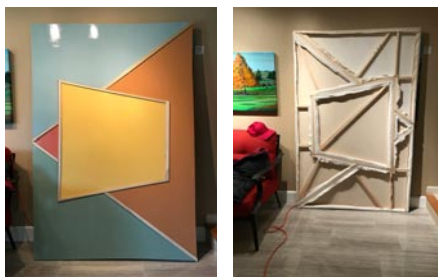
WITH GLOWING HEARTS - a display along the exterior ramp entrance to the McMillan Arts Centre. We invite anyone who wishes to create their own version of a heart image. Hearts must be weather-proof, have a mounting system at the back, and no larger than 6"X6". Be creative! Create your pieces from wood, plaster, mosaics, tile, canvas, glass, metal, plastic, or even found objects from your home! Starting on June 4th we will accept your HEART art piece.



Reserve your MAC Experience: Book online to reserve your MAC experience. We are scheduling half-hour visiting blocks between 11am and 4pm. The first reservation will be taken for 11am and last reservation will be taken for 3:30pm. We will be accepting up to 5 small groups (4 max) for each 30-minute time period.

Please visit our website **www.mcmillanartscentre.com** to learn more about our Summer Exhibits, artist callouts and to sign up for a scheduled half-hour visit to the Arts. We welcome you with virtual open arms and hearts to the MAC! Let us be the creative experience you've been waiting for in Oceanside this summer.

Jennifer Bate, Executive Director, McMillan Arts Centre and the Oceanside Community Arts Council



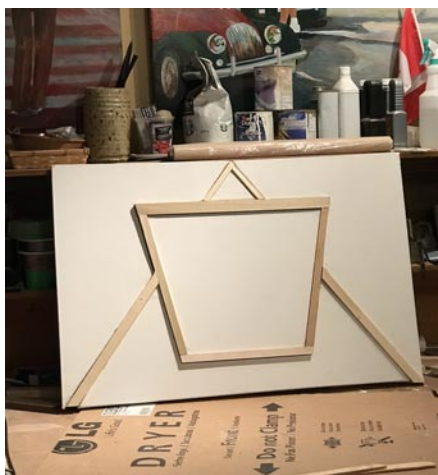
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2



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4



5



Surviving the new reality **or** How to Create Structured Canvas Art when you have to go to your room.

1) Proof of Concept: three triangles, with an inset rhomboid, 5 pieces, separated by 3/4" x 1.5" Hemlock. Overall 4' x 6'

2) Half size Diptych under construction on floor in the studio shop.

3) 10 canvases stretched and hemlock separator bars painted.

4) Panel A, 5 pieces - 2' x 3' Gessoed, assembled and ready for paint.

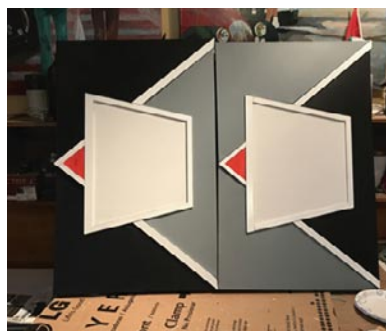
5) Back of finished panels A and B. My 9 iron is there for size reference.

6) Front of finished panels awaiting artwork. Strong graphic statement unadorned.

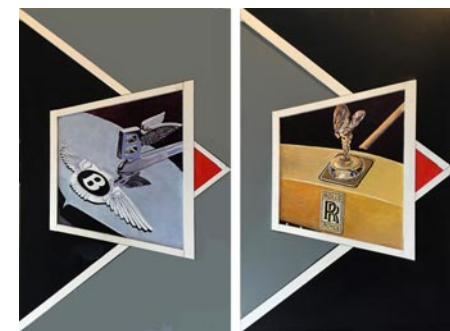
7) As the center pieces, I chose two symbols of Panache and Elegance that are always moving ahead of the times.

Richard R Alm Designer, Painter, Sculptor and Digital Print Maker, received his BA from the University of Saskatchewan in 1966, and his Signature Status with the Federation of Canadian Artists in March of 2014.

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6



7

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