

ISLANDARTS

MAGAZINE

Supporting Western
Canadian Artists

Sept & Oct 2020
Issue # 51

Feature Artist

**Rob
Owen**

www.islandartsmag.ca

Cover:
Summer Trail
by Rob Owen, 40 x 30"

Thank You John Warden

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

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



ISLANDARTS

MAGAZINE

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Sooke Arts Council Opens Art Center

The Sooke Arts Council have opened a Gallery, Teaching Center and place for community groups to meet. In these uncertain Covid times it took a leap of faith and a high degree of dedication from our members to make the dream a reality. Members in all disciplines have an opportunity to showcase their work in the gallery and instructors are holding classes.

Classes are not limited to visual arts: music lessons, weaving, public speaking courses and other disciplines as well as a meeting place for small groups can be booked, as well as personal art shows can be booked for two week spans.

We have made a great effort to be Covid compliant so it is safe for all. Sales the first two days were over a thousand dollars and artist teachers have signed up for class time. Linda Gordon is offering acrylic classes for beginners, and teaching the technique the masters such as Emily Carr and Vincent Van Gogh are famous for. Linda Anderson is imparting her watercolour knowledge, and Maurina Joaquin is teaching the art of hand lettering and calligraphy.



The first show which opened Aug 15 included an homage to Sooke Councillor Brenda Parkinson and Lili Wilde an internationally recognized artist, both of whom passed away last year.

The Arts Council is publishing Volume Two of "Art & Word", a compilation of images and writing which will be available in time for Christmas gift giving.

The Gallery located at 6596 Church Road by Sooke Road. It is open 11 am to 4 pm Weds to Sunday, with classes Monday and Tuesday as well as at nights. Information can be found at Www.SookeArts.Ca



We would like to take this opportunity to thank everyone involved in helping make this year's show a great success. We celebrated our 34th Anniversary as the show was re-imagined into a virtual event.

We were truly overwhelmed by the enthusiasm from our artists, our sponsors, the arts community and all of the patrons who bought art.

We look forward to 2021 and bringing the finest artists from Vancouver Island and BC's coastal islands together for our 35th Anniversary event.

Thank You

sookefinearts.com

Please Note: You are welcome to view and purchase the artworks online until September 30, 2020.



www.heathermarybrown.ca
905 Ravenhill Rd. Port McNeill
250-956-4629

**HEATHER
BROWN**
artist & potter



Note from your Editors:

Susan Schaefer / Jeff Shields
& Chace



Summer has flown by. We hope you have had some summer fun while still managing to stay safe.

We went away for a brief excursion to Penticton. I have some artwork at the Summerland Art Gallery and Penticton Art Gallery and it was important to connect with them.

We had nice visits with family and friends which was truly needed. There was no hugging involved, which seemed wierd, but lots of stories, and loads of belly laughs.

One of the highlights of that trip was the Bob Ross exhibition at the Penticton Art Gallery. Like many of you, I spent the 80's watching Bob Ross paint happy little trees, in awe of how he could knock off a painting in only half an hour. Read all about it on page 9.

We are thrilled to see that folks are embracing this new digital format. We have had more new clients then ever before, as a result we've added an additional 4 pages - that's 50% more pages since we started our digital adventure. We are so proud of this issue, as we continue to work on new ways to improve IAM online presence. **Enjoy!**

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Celebrate 25 years at Arrowsmith FCA Pre-Christmas Show



The Arrowsmith Chapter of the FCA (Federation of Canadian Artists), is excited to celebrate their 25th Anniversary at The Old School House (TOSH) Art Centre in Qualicum Beach BC.

This year has presented all of us with "Covid" challenges, but with TOSH now open, the celebration promises to be exceptional. Equally exciting is that you can not only visit the show in person - Brown Gallery at TOSH, but you can also view the show online. You can visit/revisit our show and share the link with friends and family.

The Arrowsmith FCA <https://arrowsmithfca.ca> was founded 25 years ago by a few local artists who wished to collaborate and learn from each other, as well as to represent successful artists in the community. The chapter has thrived over the years and now boasts over 70 accomplished artists from Nanaimo to Campbell River and every point in between. Our artist members are looking forward to displaying their artworks that they have created in anticipation of this show.

This 'celebration' show will feature 40 pieces using acrylic, oil, water colour paints, pastels and media in the Brown Gallery at TOSH. All 40 artworks can be viewed by visiting the virtual show: <https://www.theoldschoolhouse.org/exhibitions>

The 25th Anniversary Arrowsmith FCA Show runs October 5th through December 17th. The opening reception and awards ceremony are scheduled for October 14 at 2 pm where you can meet the artists, in-person, or on Zoom.

All works are available for sale.



25th Anniversary
FALL JURIED EXHIBITION



FEDERATION of CANADIAN ARTISTS

October 5 - December 17
Opening Reception Wednesday **October 14, 2 PM**
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Photography Studio

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Studio Nine

Deb Peters
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Denise MacDonald
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Dianne Mercredi

TOSH 10

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Susan White
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See Me @ TOSH in Qualicum
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Gina Adams - Carver, Sculptor, Painter

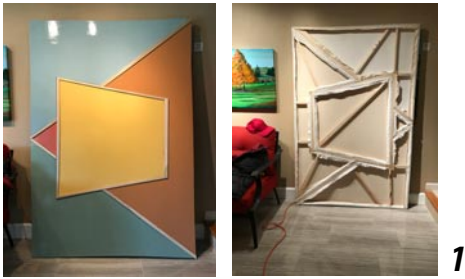
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All proceeds from
the sale of Gina's art
will go to the
Port Alberni SPCA

THANK YOU!

Studio 8 - upstairs @ The Old School
House Arts Centre, Qualicum Beach BC



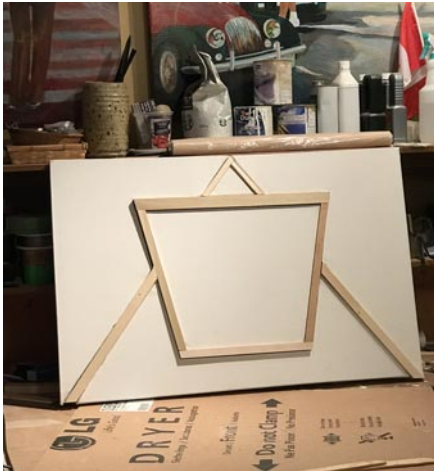
1



2



3



4



5



6

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.

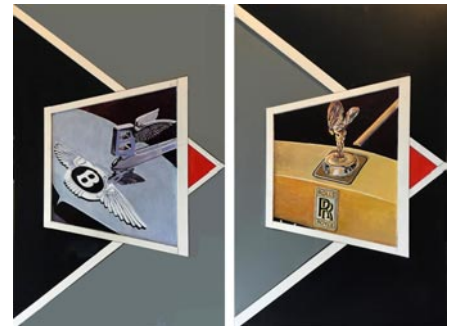
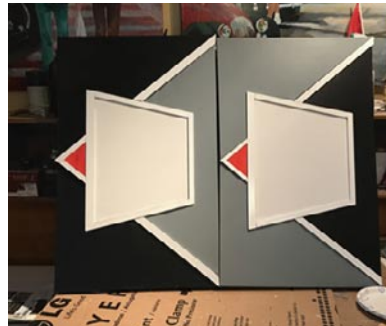
5) Back of finished panels A and B. My 9 iron is there for size reference.

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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Bob Ross - Happy Little Accidents

made it's Canadian debut in July at the Penticton Art Gallery in BC.



If I used the phrase “happy little tree” many of you would immediately think of the man with the gentle demeanor, who could magically put together a painting in a half hour time slot - Bob Ross.

We welcomed him into our living rooms during the 80's and 90's. In return he encouraged us to try - “Boy we have a lot of fear when we first touch a big old blank canvas. But once you get over that, that's when you really, really being experiencing the joy of painting...”

Here is an artist whose name and work is well known internationally. Bob Ross's legacy continues to grow.

His history is interesting. At 18 he enlisted in the United States Air force where his first posting was at the Eilson Air Force Base in Anchorage Alaska. It was there he started to take painting classes. Frustrated by his painting instructors at the time, it wasn't until the 1970's that he stumbled across a show called The Magic of Oil Painting, hosted by the German painter, Bill Alexander. Bob was mesmerized by what he saw and took lessons from Bill, becoming one of Bill's best students. In 1982 Bob Ross started coming into our living room where he would magically produce a painting in under 30 minutes.

We asked McKaila Ferguson, MSc, Collections + Communications Manager how this show came about. This is what she had to say...
have a listen!



Perhaps the attraction of the exhibition is that we all knew and loved Bob Ross and that it takes us back to a quieter and simpler time in our lives. There is no doubt that this man touched many lives, as opening day at the Penticton Art Gallery brought in 400 patrons - allowing 15 guests at a time and social distancing.

On until Sept. 13th, 2020 at www.pentictonartgallery.com



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Working with Gouache

by Brian Buckrell

www.brianbuckrell.com

Working with gouache was often the medium of choice for illustrators, however, it lost popularity in the past few decades. Now, the medium has become popular again, particularly for plein air sketches. Some very high profile artists are using it: Scott Christensen, Kathleen Dunphy and Carol Marine to name a few. In this time of Covid, with no workshops and little gallery activity, I was finding time to try new things. Gouache was on my “play list”.

Gouache is a water based medium, more opaque than watercolours, and dries quickly, but can be reworked long after the artwork is completed. It dries with a matt finish and is normally framed behind glass.

I worked in gouache at the Watts Atelier in California a decade ago. A gouache class was required before working in oils - as the gouache can be reactivated and blended making a good

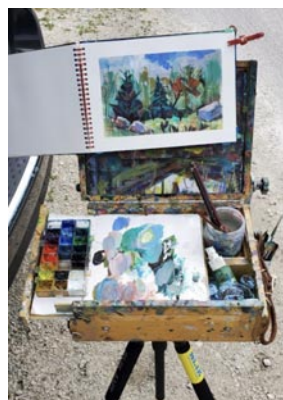


My grand daughter – 6x8 on illustration board using gouache at the Watts Atelier a decade ago

first step in learning portraiture. Today, my interest would be in its use for quick plein air sketches, working with a fast-drying medium requiring a small amount of equipment. What I did not like was that most using it were content to frame behind glass.

So I explored what others were using for supplies and equipment (there are many good gouache demos on You Tube). I tried a variety of approaches. In the end I settled on working with gouache in dried form in a small watercolour palette. I dug out my old 9x12 Gorilla box, which I had not used in a decade, and found I could

carry everything I needed - paint tubes, paint palette, mixing surface, brushes, drawing needs, water mister and water bottle and a mix of 6x8 and 8x10 painting surfaces. If I could make the medium work I had the makings of a small, light, self-contained system with only a tripod to add. Great for easy carry and quick set up.



Gorilla Box 9x12 on Tripod, plastic paint holder and working on disposable palette paper.

My next issue was the surface and the general need to frame the pieces behind glass. Most would be simple sketches on watercolour paper or illustration board but hoped that I could work on hard surfaces and seal them to avoid the need for glass. I practiced on mdf (medium density fibreboard) board, illustration board and terra skin (stone paper). Each was a unique experience with a unique result. In my testing the paint reactivated immediately on contact with water - as expected. I first tried lightly brushing an isolation coat (a sealing polymer coat used on acrylic paintings) with a soft brush. The polymer seals well but even with a minimal brush application I could not avoid activating some of the paint. So then I tried hair spray (what I use to secure a graphite or charcoal sketches). One spray reduced the reactivation but two or three make the paint secure. With that I could apply an isolation coat without



Sealing paint surface with Krylon Kamar Varnish – used outside

difficulty - so I had an option for hanging without glass. I next tried an acrylic based varnish (Krylon Kamar Varnish) spray which worked well. So I now have choices if I wish to frame without glass.



sketch done on Canson Multi Media Board

What really pleased me was how well it worked on mdf board coated with gesso. So I had an archival cheap surface with the possibility of securing the finish - but accepting that it would be semi gloss - not the "true" flatness of the medium.



On gessoed MDF board 6x12 - simple stylized shapes

I also tried adding "tooth" to each of the surfaces using a layer of Liquatex Clear Gesso - which leaves a grainy finish I quite like.

Most artists working in gouache squeeze out from tubes onto a Stay Wet Palette or on a wet paper towel. Using it that way would add time that I did not want to spend. So I found artists who were using it in dried form – like panned water colours. That I liked, so I purchased a small plastic divided box with a good seal and used that to hold my paints, then reactivated with a water mister and wet brush as needed.



Now to paint. I had the box out a few times and also tried a few pieces in the studio. I am a mark-maker layering painter using acrylics, an approach I found also works well with gouache. I found it to be very fast and easy to work with – easily doing a quick sketch in 30 minutes.



Sketch done on Opus Watercolour Pad – sketch with Sharpie pen



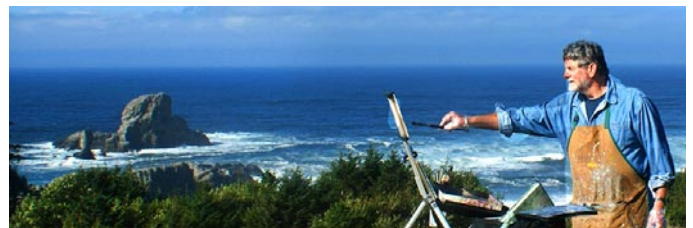
Plein air sketch 6x8 on Terra Skin paper - drawing with Sharpie



I have worked with gouache for about a month now. And what have I got? A small, light, plein air kit that contains all I need, using a medium that is very user-friendly and works well for fast sketches. It will probably become my go-to kit for travel. Give it a try!

BRIAN BUCKRELL

Comox Valley Artist



For Galleries and Workshops visit:
www.BrianBuckrell.com bbuckrell@shaw.ca

Feature Artist

Rob Owen



Whiffin Morning, 14 x 11"

Originality, color mastery and sound painting techniques bring vitality to all of Rob Owen's work. His artistic talents have developed through a dedication to painting and the physical act of creating hundreds of paintings.

Rob once asked one of the Limners (Jack Wilkinson) how he could become a good painter. The response was, "go and make bad paintings for a few years"! He believes that Wilkinson meant he should push his creative limits and keep striving to grow as an artist, be original and work to develop his painting method.

Recognition of Rob's work includes an Award of Excellence (one of the top awards given) and several Jurors' Choice Awards at Sooke Fine Arts, with at least one successfully juried and accepted entry each year since 1996. Other awards include; a Best in Show and several Jurors' Choice Awards from the Federation of Canadian Artists, and a top ten selection at the B.C. Festival of the arts.

Bold, sometimes offbeat, always energetic, Rob's work speaks of risk, balance and a strong commitment to originality and the creative process.

Rob Owen - Q & A

Can you tell us a little bit about yourself?

I was born in the foot hills of west central Alberta and grew up in various locations in that province, moving frequently through out the province as my father followed his work as an oil field worker. I now live in Victoria BC.

How long have you been painting?

I have been painting full time for about 23 years but as most artists have been a doodler' most of my adult life. My 25 year occupation as a sign painter introduced me to a variety of commercial and graphic art including hand lettering, air brush vehicle murals, wall murals and pin striping.

Have you always wanted to be a painter?

My interest in being a serious painter really took off when I entered the Sooke Fine Art show in 1996. I won the jury's choice award and sold two paintings. That introduced me to a whole new group of friends and associates that were seriously interested in painting.

Why do you prefer oils to other mediums?

My preference for oil paint came from the fact that as a Sign Painter I worked mainly with oil based paints. This experience with oil paints allowed me to be more familiar with the solvents and the chemicals used in oil painting.

On your website it says 'Rob's work speaks of risk'... please explain.

I have always felt as a creative person, one should pursue all opportunities to be original as much as possible and avoid the pitfalls of formula painting or be market driven to the point it affects your ability to be original to the best of your ability.

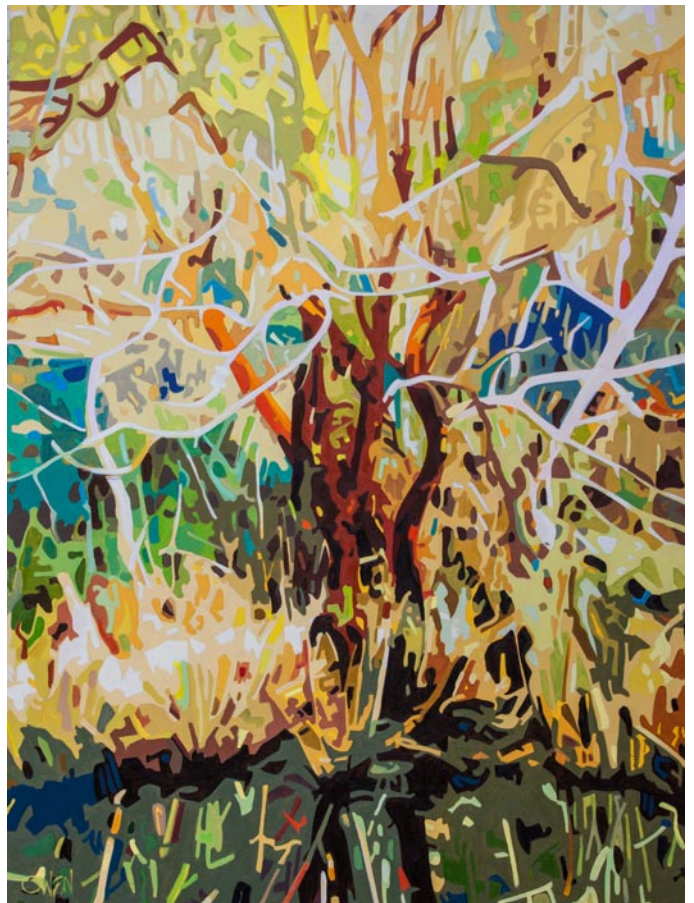
What do you like to do when you are not painting?

My main other interests are golf and hiking, both of which give me an opportunity for much needed physical exercise and fresh air.

What books are you reading?

Presently I am reading Josef Albers - Interaction of Color.

rob-owen.pixels.com



Madrona Reflections, 28 x 36"

Blackwater Forest, 60 x 45"





PAINTING WITH (MS) by Ward Schell

“Lean on You”, 2019 acrylic on panel, 12 x 48”

Ward Schell, full time prairie artist, has been effected by multiple sclerosis for the past 20 years. He lives in Moose Jaw Saskatchewan with his daughter Simone and his wife Jen, the director/curator of the Moose Jaw Museum and Art Gallery. His artwork is represented by the Slate Gallery in Regina Saskatchewan.

found in any direction, as well as on the ground. By using a viewfinder as my guide, compositions come to life on the ground below me and begin to reveal the intimacies of their environments.

The life cycles in nature that I’ve witnessed below me, and in my work, took on a much more poignant meaning when I sensed the frailties of nature beginning to reflect in my own body. I recognized that I had begun to lose sensation in some of my appendages and shortly after seeing a neurologist, I was diagnosed with MS. Throughout the new challenges that I had to confront and explore, my relationship with nature became even more personal as I began to adjust to my new world.

In the early stages of the diagnosis my left hand and arm were most affected. Being left handed, I wondered how it would affect my painting ability. My grip stayed relatively strong for several years and I was able to paint without disruption, but when my grip and control faltered a



“Blue Stump”, 2013, acrylic on canvas, 48 x 60”

“ Although I spend a majority of my time in doors or in a controlled environment out of doors, when I’m in nature I feel an intense affinity to the space that I am in. By being a part of nature, I believe we all carry that inherited sense of knowingness to nature and the natural world. That connection to me is replete with mystery, wonder and respect.

In my paintings I explore the representational documentation of nature within the micro confines of shape, colour, contrasts and texture of surface. This exploration takes me below the familiar purviews of the horizon line and allows me to inhabit the boundless forms hidden beneath the casual gaze across the expanding landscape. My fascination with the micro landscape relinquishes the single focal point from my compositions and permits me to explore the multiple characteristics of the lower landscape and its surfaces.

Like all portrayals of landscape in paintings or photographs, my work renders a singular moment in time that has been composed by nature itself. The preoccupation of searching for that perfect postcard location becomes irrelevant. Beauty is everywhere in nature and can be

few years ago I knew that I needed to find a solution. It never occurred to me that I would give up painting, I just had to find another way to do it.

Inspired by the American Realist painter Chuck Close (who used studio aides to paint after suffering a spinal artery collapse), I retrofitted the easel in my studio with a rod and pulley system that guided my hand. Wearing a brace on my wrist and attaching a cord to it, I was able to manipulate my hand with the pulley, sliding it left and right, up and down. The new system worked well for me and I painted without interruption for a couple of more years until it became too physically exhausting to manipulate as my MS slowly progressed. It was then I decided that I would try painting with my right hand which had been spared the damage of the disease.

I began my experiment by switching the brush to my right hand for about an hour each day. For those of us who have tried using our opposite hand to get a sense of how it feels, it was very foreign, awkward and slightly uncomfortable. The seamless connection that I had from my brain to my bush wasn't there with my right hand. I needed a lot of practice and patience if this was going to work. Everyday for about a year I continued to switch my brush over to my right hand, gradually increasing from one hour a day to actually feeling comfortable enough to complete my first painting right handed. Since then I completed my last solo exhibition painting right handed.

"Forest Fringe", 2020, acrylic on panel, 12 x 36"



"Undercover", 2016, acrylic on canvas, 48 x 36"

My sense of focus had systematically shifted from the distraction of the process of painting, back to the emotion of painting. I have always considered my approach to painting more as drawing with colour and the new results revealed a consistent if not a more gestural application in my brushstroke. Whatever the results ended up being, I was just thrilled to still be sitting in front of my easel!

Painting and nature remain essential parts of my life as I embrace the future. Just as nature adapts and responds to its environment I will continue to adapt and respond to mine.

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Valerie Harty of the Metal Art Studio

After a holiday on Vancouver Island, Valerie and her husband Françoise decided that after they retire in Calgary, they would move to the island.

As rock collectors they became members of the Parksville and District Rock and Gem Club. As luck would have it, one evening at a meeting, Tracy Gibbons, the lead instructor from the North Island College in Campbell River was speaking about their jewellery program. After speaking to Tracy and having a tour of the North Island campus, in 2017 Valerie decided to jump into the program. They pulled their trailer up to Campbell River and for the next year Valerie became a full time student. She was totally engrossed in the art of making jewellery, often staying late working on her designs.

The instructors were great, letting the students develop their work. By the end of the class Valerie had found her own style of jewelry making. She likes clean, smooth lines. She also likes to include rocks into her designs, bringing her two passions together.

She now has a 'dream come true' studio at Maker Space in Parksville BC where she creates and teaches. Her students start with a beginners class, allowing them to get to know the tools and how they work. Once they can handle the tools on their own, they can 'drop-in' at the **Metal Art Studio** and work on their own, with Valerie available to help when needed.

Her husband Françoise is also at Maker Space creating carvings from the invasive Scotch Broom. He also carves the rocks for Valerie's creations.

The Metal Art Studio is located at 133 McMillan St. in Parksville BC (just underneath the McMillan Arts Centre.) Contact Valerie by email: vharty@live.ca or see her ad on **page 29**.



Perry Haddock - started this mini series in early May of 2020, by which time he'd been in isolation for two months due to the CoVid pandemic. As the days went by...well...you can see the results of being cooped up in his studio with nothing but a mirror and a few small canvasses!

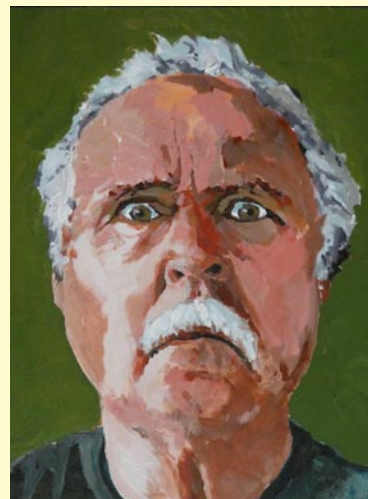
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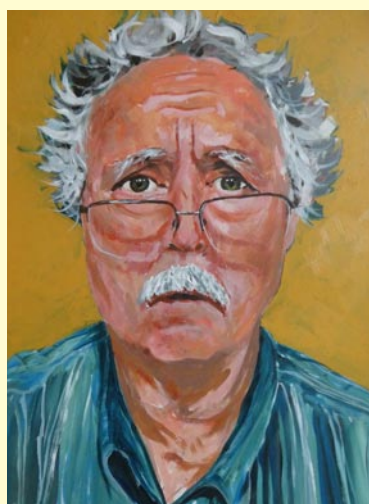
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Self Portrait



What could possibly go wrong?



When life gives you lemons...



Campbell River Arts Council

The Banner Project!

Since 1992, the Arts Council has been organizing the Annual Banner Project which features hand painted banners created by local school children, families, organizations and artists. These banners are hung throughout the City. Look for the banners in Willow Point, Pier Street, Shoppers Row, St. Ann's Road, Spirit Square and The Spit.

For Canada's 150th Celebration, the Arts Council produced "150 Banners for 150 Years". This was the largest banner project to date.

Our 28th annual street beautification project was transformed into a community art initiative this year. To make the best of difficult times during the Covid-19 pandemic, the Arts Council decided to transform the 2020 Annual Banner Project into a Community Art Initiative. Rather than banners from school groups being hung around Campbell River this summer (since those

are self-isolating in school classrooms at the moment!), we opened it up to families and individuals who want to share a message of joy, hope, and community spirit. What a great opportunity for families to have their art on display!

We provided basic supplies, instructions, and delivered them safely to doorsteps. We received over 130 amazing banners this year.

Thanks to BC Arts Council for supporting the Campbell River Arts Council with regular funding and the City of Campbell River - City Hall.

Cloverdale Paint is an ongoing sponsor of the Banner Project supplying the paint needed to create these beautiful banners. And this year River Ink Printing and Signs sponsored our beautiful window display next to the Tidemark.

"I have no personal philosophy of art. I do it because I enjoy doing it"

artist Marilee Shapiro Asher
- 102 years old



Dianne E. Nelson

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In September of 2019 Jeff and I (the editors of IAM) had the pleasure of attending a one week cooking class in lovely Tuscany Italy. The class was hosted by Organic Tuscany. This is one of the recipes that we made and thoroughly enjoyed and have made it several times on our return to Canada. Enjoy!

organictuscany.org

Slow-cooked green beans in a tomato sauce

Servings: 8

This is a signature dish of the late great Mario, the multitasking father of Tina who used to be one of our amazing instructors at our cooking classes in Italy. You may say that you like your green beans to be firm and crunchy, but after tasting this dish you may also appreciate their sweet, melt-in-the-mouth quality when slow cooked.

500g / 1 lb fresh green beans, topped and tailed
20 large, ripe cherry tomatoes, cut in half
(or a small can of good tomatoes)
2 carrots
2 onions
2 large sticks of celery
2 tablespoons extra virgin olive oil
8 leaves fresh basil
Coarse salt

Chop the carrots, onion and celery very finely and put in a heavy-based frying pan in the cold oil. Cook for about 5 minutes and add the green beans.

Add the tomatoes. Season generously with coarse salt and cover. Cook covered for about 30 minutes on a medium heat, stirring occasionally.

When the pan is half full with vegetable juices, uncover and cook down on a low heat, until most if the liquid has evaporated (around 15 minutes).

Turn off the heat and add the basil leaves, torn into pieces.

The secret to this recipe is to overcook the beans to the point of caramelizing them.



One of our lovely instructors



Another feast coming together in the kitchen



Tuscan Countryside, painting by S. Schaefer

Even though we did not get the chance to make this recipe, we did make the traditional gnocchi with two different sauces. This recipe sounds delicious and it is one that we will be trying, once we harvest our squash.

organictuscany.org

Baked Squash Gnocchi

Servings: 10



These are not like boiled gnocchi at all, but are creamy balls of squash baked in a tomato sauce. Guests who come on our cooking courses in Italy say that they are one of their favorite fall dishes.

1kg (2 lb) butternut squash (or similar)
2 onions
3 cloves garlic
1 kg (2 lb) tomatoes, skinned
basil, a few leaves
2 tablespoons heavy cream (optional)
olive oil
150g (1 1/4 cup) white flour (you may need more or less depending on how wet your squash is)
100g (3 oz) parmesan cheese

Peel the squash, remove the seeds and cut into 2 cm (1 inch) cubes. In a heavy-bottomed pan, begin to stir-fry the squash in a good splash of olive oil. Add salt and pepper.

Peel and chop the onions and garlic. When the squash has softened, add the onions and garlic to the pan and continue to fry for a few more minutes. Turn off the heat when the onion begins to brown.

In a saucepan, combine a splash of olive oil, the tomatoes and the torn basil leaves. Cook on a low flame for 10 minutes.

Transfer the squash mixture to an appropriate container and use a hand-blender to process. Return the mixture to the pan. Heat the mixture. Begin adding flour to it, little by little, stirring constantly.

When the mixture is considerably thicker but still creamy (almost stiff mashed potato consistency), stop adding flour, turn off the heat and allow to cool a little. It will thicken further.

Pour the tomato sauce into a large shallow ovenproof dish. If using, add the cream to the tomato in swirls.

With 2 spoons, make walnut-sized balls of squash mixture and place in the sauce. Sprinkle with parmesan.

Cook for 15-20 minutes on 180°C/350°F, until the cheese is browned.



Gnocchi, ready to be cooked



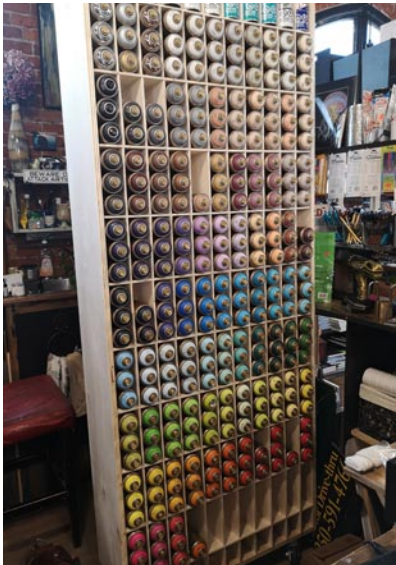
One of our fabulous side trips to Certaldo

Product Review:

Montana Gold Spray Paints
by Iron Oxide Art Supplies Nanaimo BC

The German spray paint maker, Montana, has 3 lines of paints: Gold, Black and White. Each has unique qualities designed for specific purposes. The Gold line was made for creators and artists. It enjoys compatibility with other mediums such as acrylic paints. It can add instant depth and speed up an artist's process greatly.

This low pressure, extremely highly pigmented paint allows for smooth precise control. It can be used on many different substrates including: paper, canvas, metals, wood, concrete and more.



Iron Oxide Art Supplies has added over 100 colors to our inventory. With a variety of grays and neutrals, soft pastels and fluorescents, primaries and everything in between. You can pair this paint with a variety of caps which alter the spray width, texture and shape. Our huge range of Crafters Workshop stencils can

help make textured backgrounds happen in seconds! Saving time and adding inspiration.

Some tips for those who would like to try these for themselves.

- There is a ring under the cap that must be removed by pulling the cap off and turning the can upside down. Save this for future use as it stops the cap from depressing when not in use.
- Shake vigorously before use for approx. 2-3 minutes (some pigments need more than others) This can be a great warmup for your arms before painting!

Sandra Heavens

Watercolour Pastel Artist

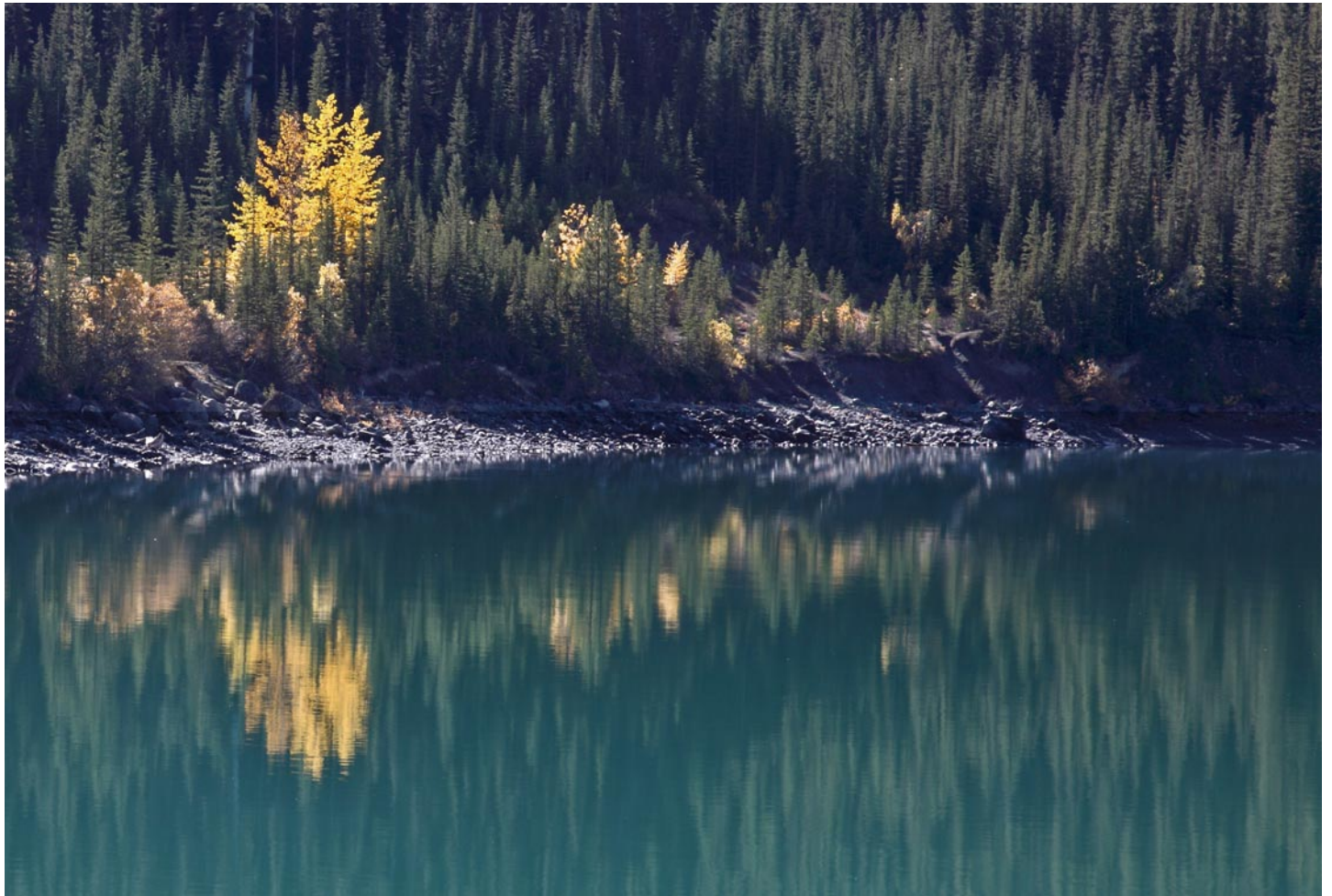


artist-on-the-go (on instagram) • 403-477-1988

- Turn cans upside down and spray out before storing.
- We recommend working in a well ventilated area. Using a ventilator that removes gases, vapors and particles from the air. Wear gloves.
- Wait for full curing, 1-2 days, before using other mediums overtop.
- Experiment with how far the nozzle is from the surface for different results.

Whether you are a seasoned spray paint artist or just a beginner, a can of Montana Gold is a treat to use. From the jingle of the can to the hiss of beautiful paint coming out of the nozzle resulting in gorgeous color being laid down. The sheer number of different effects from minute changes in angle or slight pause will astound you! Have fun!

Willow Friday
Owner, Iron Oxide Art Supplies
www.ironoxideartsupplies.com



Stillness in Motion

By John Warden

It was early afternoon by the time I arrived at Alberta's Upper Kananaskis Lake. With the sun high in the sky, it wasn't particularly prime time for photography. I hadn't been to the lake before though, so I thought I'd have a look before heading for home.

It was late September and I'd come to Kananaskis Country for the turning of the larches. Walking along a path by the water's edge, I was immediately drawn to a splash of yellow just along the shoreline. Not a larch, but the yellows leaves of an aspen. The fall colours of K-Country were certainly providing a voice for the currents of nature. But it was the reflections in the water that demanded my attention. The aspen and spruce trees of the montane forest were seemingly dancing in the blue green waters of the lake. Here illustrated were the words of T.S. Elliot, 'at the still point, there the dance is'.

In dance there is movement and that's the draw of this composition, the dance of green on green. And yet...the sentiment is of stillness. There are no shimmers in the water, no trees or leaves waving in the wind. Here, there is stillness in motion.

In the yellow leaves of an aspen I have found 'the still point of the dance'.

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www.hansenrosshouse.com



Artist in Residence at the Hanson - Ross House

A chainsaw carver shared his creative process with people thanks to a gallery owner's creative idea to help artists during the pandemic.

Douglas Lingelbach had art shows lined up this year, until the pandemic hit. With no business prospects, he went into isolation but kept creating. Meanwhile, gallery owner Connie Chaplin was in a similar situation. She decided that to help creators and her business, she'd start an artists-in-residence program.

It's been successful for both parties. Douglas Lingelbach has been inundated with requests for his carvings. It has driven traffic and awareness to the Hanson-Ross House. Win - Win!



This image was sent to IAM by one of our many FaceBook friends. Thank you.

“Masking the Fear of CoVid 19”,
by Sanyukta Dutta from Delhi, India
email: sanjuktanath@yahoo.com





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Go into the arts. I'm not kidding.

The arts are not a way to make a living. They are a very human way of making life more bearable. Practicing an art, no matter how well or badly, is a way to make your soul grow, for heaven's sake.

Sing in the shower. Dance to the radio. Tell stories. Write a poem to a friend, even a lousy poem. Do it as well as you possibly can.

You will get an enormous reward.

You will have created something.

Kurt Vonnegut



David Netterville
Comox Valley Artist



"Study in two colours"

Tel: 250 338-0002
Email: david.netterville@telus.net

ARTIST SHOWCASE



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www.catherinetaron.ca

Perry Haddock, SFCA



www.perryhaddock.com

Wendy Schmidt
Wildlife Artist



www.wendyschmidt.ca



An Artist's Musings by Susan Schaefer

All About the Dog

It seems that my days are filled up with the dog. What is Chace doing? Does he need to go outside? When has he last had a pee or poo? Is he bored? Has he had enough exercise? I wonder if he is happy here?



Over 10 years ago we said goodbye to Cheyenne, our shepherd/collie cross who I rescued from the SPCA in Regina Sask. He was a super dog. He came into my life when I needed him. I was living on an acreage in southern Sask. and I needed a friend. He became my constant companion. He wasn't perfect. He ripped through many screen windows, until I realized the problem. He

had been locked up for the first 6 months of his life and he was having no more of that. He would rather stay home, and lay on the deck outside of my house, then be inside the house. He made many friends in the Qu'Appelle Valley and he grew into an awesome dog.

After we said goodbye, it took many years before I could think of getting another.

With my 60th birthday fast approaching, I soon thought, "If not now, when?" Folks say never get a puppy that might outlive you. Whoops I better get on it.

The search was on for that perfect dog. I wanted one smaller in size, awesomely cute, medium energy – one that we could grow old with. After much research, I decided on a Mini Aussie Shepherd.

We found a breeder close by and we made an appointment to go and see some puppies. We knew that we wanted a male pup so we held a couple, but they were all very busy. Then in the back of the pack, there was another puppy, standing by himself, just looking at us. I



Ahhhh....he was the one.

ing at us. I said "What about that one?" We picked him up and he immediately went to sleep in Jeff's arms.

On Nov. 2, 2019 we brought Chace home. Needless to say the first couple of months were very busy and stressful as we were getting to know each other. Once we had a trainer come in and help us, (not sure who he trained) we got into a nice rhythm. I'm not saying that we haven't had a few struggles and still do, but when people ask me how Chace is, my response is "he's perfect!"



Chace has brought us so much joy and funny moments, especially during the lockdown, that now we can't imagine him not being part of our lives.

In the back of my mind I always seem to have a book or two that I would like to write. This one would be called "Things I've Learned from my Dog."

Here are a few things:

- when you are tired – sleep
- when you are hungry – eat
- take time each day to play and run around
- say hi to the neighbour with vigor – even if you just saw them 5 minutes earlier
- take long walks at the beach, stopping to smell the flowers

Perhaps some day I will get to writing that book. But for now, my dog wants to go play. ~



Call to Artists

8th Annual Alberni Valley Paint Out 2020
September 12th and 13th, 9 am – 4 pm.
Sproat Lake Park & Harbour Quay.

On Saturday, September 12th Artists will paint at various locations in Sproat Lake Provincial Park BC and on Sunday, September 13th at Harbour Quay. At 3:00 PM there will be an exhibit of the weekend's work and a reception at The Starboard Grill at Harbour Quay in Port Alberni.

The public is invited to view the art and meet the Artists.

Free Event and Everyone is invited.

Supported by DRAW Gallery in conjunction with the International Plein Air Painters (IPAP) 18th Great Worldwide Paint Out.

Contact Astrid Johnston at 855-755-0566 or art@drawgallery.com for more info.

DRAW Gallery, Port Alberni BC

'Gallery Beyond Walls' offers contemporary Canadian West Coast Art in an intimate setting. Celebrating the diversity and talent of local and regional artists.

Works by gallery artists can be viewed and purchased online or on location; Sept 8 - Nov 27th Fall In Love With Art!, Group Show. Group exhibit of eclectic works in glass, wood, paint, metal and photography.

DRAW will be showcasing works by Artists such as Doug Blackwell aka SockeyeKing, Jacques De Backer, Cynthia Bonesky, Cecil Dawson, Lucas Chickite, Pamela Holl Hunt, Perry Johnston, Jillian Mayne, Ann McIvor, Shannon McWhinney, Emma Paveley, Mark Penney, Todd Robinson, Susan Schaefer, Perrin Sparks, Ariane Terez, Marla Thirsk, Sue Thomas, Gordon Wilson, Nancy Wilson among others. Also, featuring work from the 8th Annual Alberni Valley Paint Out!

We'd love to share the art with you! Bring a friend and enjoy. We hope you will drop in to check it out. Covid precautions in place for your safe viewing. Visit us Online www.drawgallery.com. and onLocation at the corner of Melrose & 8th Ave in the dynamic Alberni Valley or Call 855-755-0566.



Art and Drum Therapy for a Confined World

by Bill Helin

Great Escape

My experience as an artist has blessed me with many ways to pass time away without even comprehending time or responsibilities in my world and life, until I would nod off. Even as a child, not making any money doing my art, usually drawing with a pen or pencil, I would not even want to eat or drink until my art piece was complete.

Low Stress

I find that even writing and practicing music, both art forms in themselves too, can take you on a long private journey or escape from the real world. My favourite method of escape has always been drawing. It is so stress free and as a hobby, it stays that way. As a career of course you get rerouted into deadlines and approval of clients who are paying hard earned money for your work.

I have tried to keep my career work time to the majority of my days and play with fun projects until the wee hours of the morning but it really took a toll on my health, marriage and family time. As time went on the hobbies turned into new facets of money making with the computer becoming the most addicting fun creative tool.

Our Vibrational World

Now that I understand how our world system works and what my mentors were teaching about our respecting it and surviving health and generational curses, I am using my 35 years of drumming and singing to keep strong in my body and mind but also to keep progressive in the lifestyle of vibrational living. We are so over-



whelmed with negative Electro Magnetic Energy that our bodies and minds are very unbalanced and deteriorating. Our cells are being damaged and deadened by cell phones and other microwaving technology, especially once the new 5G network is activated.

Most people are desensitized by technology and overloaded with data and the sensationalism of mainstream media and other distractions like Facebook and YouTube. Yes they have their benefits but like all Addict they are doing plenty of damage on top of all our worlds other addictions. People are being far removed from the importance of family and community unity and replacing it with all with fun temporal adrenaline rushes.

One of my healing tools has been a system called PEMF, Pulse Electro Magnetic Field therapy. Very similar to my deer skin drumming vibrations but a lot more localized into damaged areas of the human cell system, very powerful and painless. Drumming is much more fun and cheaper and keeps me progressing in my cultural respect of such a diversified art and healing practice.

It wasn't until I spent thousands of dollars on PEMF treatments that I did some research on vibrational healing therapies and found that drums and other musical instruments were very powerful and scientifically proven to heal and enhance all living creatures and plant life. We are all living vibrations in a vibrational world, resonating wellness or negative energy.

Confinement Wellness

Bringing everything I've learned on my life journey I am thankful to still be alive and able to share the things I've learned about dealing with addictions and abuse as well as self inflicted career poisoning. I will never again take anything for granted, especially this beautiful world we live in and all the innocent creatures that live on it, especially the children.

One of the things I needed to deal with when I was suffering in excruciating pain from heavy metal poison pushing its way out of my skin was not going into the hospital for pain relief. It has always scared me to put my life into the care of pharmaceuticals if I keep in mind that, like a common cold, my pain was going to subside as the poison left my body. God only knows that for a few months I wished I was either dead or injected with morphine. I knew I was already dealing with some life threatening addictions so the last thing I needed was pharmaceutical aid, other than sleeping pills.

It's amazing that we can entrain our brains to deal with pain and stress, mainly through seeing the light at the end of the suffering trail. My natural path doctor John Yim was my first supportive teacher of hope and wellness and encouraged me to focus on draining the overflowing barrel of poison. Very thankful for all my healing mentors.

Another blessing in my confinement was all the time I had to research the power of the human mind, body and the many spiritual teachings available, especially what I finally come to understand about the Bible and it's teaching of our Creators wisdom and prophetic understanding of our world today. Amazing that I can take all that understanding and bring it to life in drum songs and mythological stories about the raven and the thunderbird, that as mentioned in the previous chapter, connects to not only my journey but the whole human race, reflected in all mythology of all Nations. Making me question that the mythology is based fantasy or true spiritual electro magnetic beings from past civilizations. Are we going to believe true history, or are we going to believe the theoretical science of the actors on television, which I believe to be the worst thing for our well being and sanity. My experience with drum therapy and lifestyle has

given me much confidence in sharing an amazing protection from negative vibrations and energy, including the fear and discomfort of our leaders, who want us to breathe in our own tainted oxygen and stay locked up in 5G type boxes where nature and natural electromagnetic vibrations and direly needed Co2 can't keep us healthy.

My Advice and Encouragement

Yes I agree that we must respect everyone's boundaries, even if they are uneducated or ignorant to the reality of staying well and strong. That in itself is all about the humbling of our rebellious egos, and it really can be a good lesson in respecting others in all aspects of wellness and happiness. Hopefully our freedoms won't be totally controlled and formed into our governments plans to manage populations and people who have been enjoying a lot of freedom of speech and lifestyles for many years.

I am currently working on a Vibrational Lifestyle website that focuses on children's education and drum song storytelling, along with drum and art therapy lifestyles programs to help people with confinement fears and stress issues.

I will also focus on the youth who are also dealing with suicidal thoughts and the many people and elderly who are challenged with loneliness and hopelessness of our future. I have been able to escape therapeutically into many facets of creativity since I was 5 years old and will be teaching about those drawing and painting experiences on my site. It's a blessing for me to join all the other online teachers to offer some forms of distraction and nurturing of mental and health issues.

Please do more research online while the information is still available, which is truly more comforting than just watching mainstream media and Netflix entertainment. It will surprise and shock you when you discover truths about our history and world system cycles. You will also come to understand what the media and controllers of our world mean when they talk about Economic Resets and Conspiracy Theories.

Written by Bill Helin

Tsimshian/ Norwegian Artist Writer and Drum Storyteller
billhelin.com



Kelly Corbett is thrilled to announce that she was recently awarded a grant from the Canada Council for the Arts for Visual Art on a Digital Platform for Digital originals.

"Because of this grant, I will be able to create an interactive art project with the input of my social media followers and resulting in the creation of a 60 x 90" triptych. I will be documenting my artistic process and creation of the paintings on my website, facebook and instagram for everyone to follow.

In order to start my project, I put a request out to my social media followers to suggest their favourite nature spots on Vancouver Island - and they delivered! I have been able to narrow down the list to three

locations and have traveled to each of these place to photograph for reference images. The next step will be to post my best shots of these three locations on social media and ask for my followers to vote on which one should become the painting.

Once the image has been selected, I will get started on the triptych and share my process of making a large scale painting. I invite you to follow along with me.

I'd like to take this opportunity at this time to thank the Canada Council for the Arts for supporting this exciting project!" www.kellycorbett.ca

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Margery Blom - www.margeryblom.com

All About Colour - October 10 & The Magic of Light - Saturday Nov. 7

10 am - 3 pm Cost: \$100 / class. Register: www.mcmillanartscentre.com • 250-248-8185
Location: McMillan Art Gallery, Parksville BC - oil & acrylic painters welcomed



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To register contract Astrid by phone 855-755-0566 or email: art@drawgallery.com

Pacific Salmon Foundation

Invites you to enter the 2021/2022 Salmon Conservation Stamp Art Competition. Deadline Oct. 30, 2020.
www.psf.ca

Calling ALL Artists

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Anything is Possible

by Laura Jayne Furness



Allow me to introduce myself, my name is Laura Jayne Furness. I am a certified Sr.High Art Teacher, a mother to two little ones, I am happily married and we are loving living life in the beautiful, and ever inspiring Comox Valley!

My husband grew up here and I actually grew up in Kelowna BC, but came over to attend Shawnigan Lake School for my high school years. I then went onto Visual Arts at Camosun College earning a diploma and then onto UVIC to their "Art Education" program, eventually earning a Bachelor of Education degree in Visual Art.

Why am I telling you all of this you ask?! Well, because I want you to know this has been a long journey for me. I have known I've wanted to be an Art teacher since grade 7 when I saw Mrs.Barrie, my art teacher, as having the best job in the world! I didn't think anything could be better than that, and I was right!



When I was very young, my family and I visited the "Roy Henry Vickers" art gallery in Tofino, and my Dad said to me, "This could be you one day." And sadly I don't have my Dad with us anymore, but his support for what I loved to

do never waivered and the encouragement to become an artist and art teacher was always there. My parents never told me it wasn't possible and art was always encouraged and praised in my family! My Dad even had a special box he would put all our homemade cards and gifts over the years in. I am forever grateful for that. I want to be that "backbone" for others now.

A saying by Pablo Picasso always echoes in my mind when I think about my passion, "The meaning of life is find your gift, the purpose of life is to give it away." And THAT is exactly what I plan to do and this pandemic just put my dreams into "overdrive" if nothing else. It made me realize that life is short and I'm tired of watching from the "sidelines". It's time to starting living my dreams and showing others it is very possible.

I want to encourage others to follow their dreams. Look at what we can do with JUST a pencil! Take one of my classes and you will see what I mean. I want people leaving my class feeling like they have the power to create or do anything their hearts desire.

Anything is possible.

~



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Call to Artists

It is our pleasure to extend an invitation for you to enter the 2021/2022 Salmon Conservation Stamp Art Competition.

This year marks the 33rd annual Salmon Conservation Stamp Art Competition and the winning image will be selected to produce the 2021/2022 stamp. Fisheries and Oceans Canada issue the Salmon Conservation Stamp, which is purchased and affixed to the license of each tidal water angler who wishes to retain any species of salmon.

All artwork must be received at the office of Pacific Salmon Foundation by:

4:00 pm on Friday, October 30, 2020

Please visit our **website** for entry specifications. www.psf.ca

If you have any questions kindly contact by email: vents@psf.ca or call 604.664.7664

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The Old School House Arts Centre Gallery Gift Shop in Qualicum Beach BC will be reopened to visitors starting September 8th, 11- 3.

The TOSH Gallery Gift Shop includes local, independent artisans from across Vancouver Island and the surrounding coastal islands. Our Gift Shop hours for September will be Tuesday – Saturday from 11:00 am-3:00 pm.

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