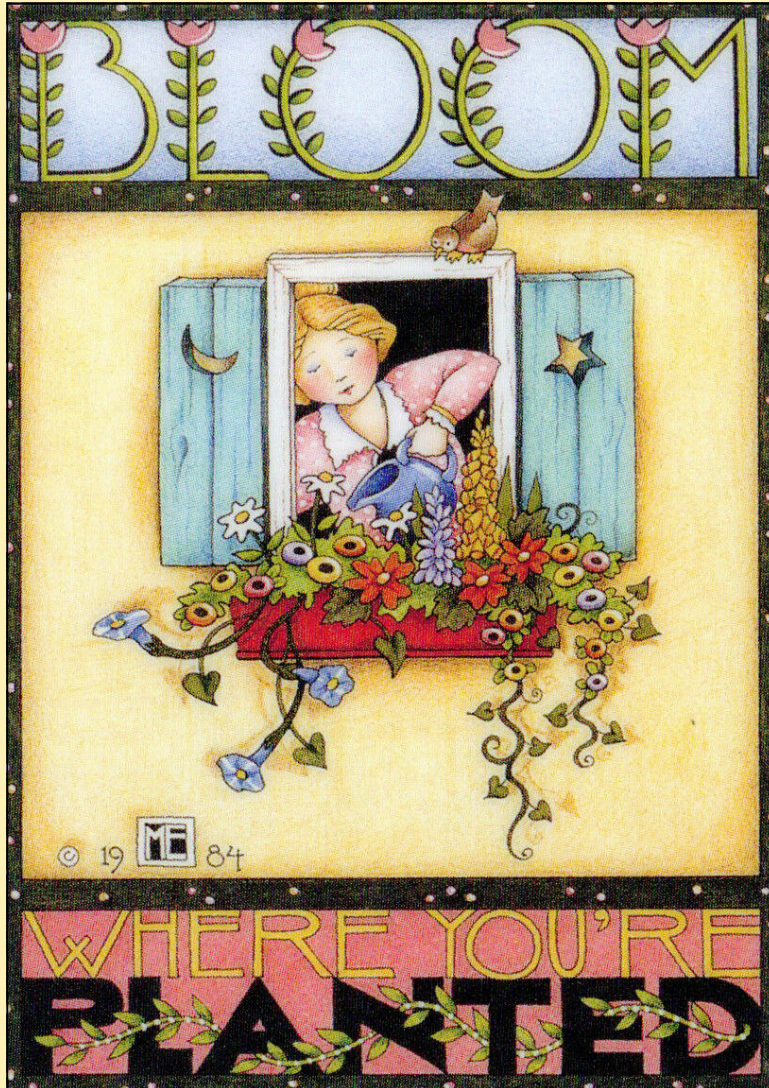




Art Chat

SAANICH • PENINSULA • ARTS • AND • CRAFTS

The Mid-November 2020 Issue~~ Bloom Where You're Planted!



This time-honoured saying seems poignantly appropriate these days. The November issue features members who are “blooming where they are planted”, and in the Last Word, I share some heartwarming stories– bright spots in the midst of the Pandemic!

Next Art Chat & E-mails

Send Art Chat submissions for the next issue by December 1st,
to **Heather Maciak** at artchat.spac@gmail.com.

Send website submissions to **Nick** at webadmin@spacsociety.com

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Vice President: **Position available!**

Executive Assistant: **Position available!**

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Editor's note: I know that you would never want to insult your beloved SPAC Board...right?!

But if you need some ammunition for someone else, then these great classics, sent to me by **Janet Remmer**, might just do the trick (and besides, I have this empty half page in the newsletter, and **Janet's** piece fits perfectly!)

These glorious insults are from an era "before" the English language got boiled down to 4-letter words....reflect back and enjoy!

A member of Parliament to Disraeli- "Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy." -Walter Kerr

"He has all the virtues I dislike and none of the vices I admire." -Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." -Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." -William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book; I'll waste no time reading it." -Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." -Mark Twain

"He has no enemies, but is intensely disliked by his friends." -Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." -George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second... if there is one." -Winston Churchill, in response

"I feel so miserable without you; it's almost like having you here." -Stephen Bishop

"He is a self-made man and worships his creator." -John Bright

"I've just learned about his illness. Let's hope it's nothing trivial." -Irvin S. Cobb

"He is not only dull himself; he is the cause of dullness in others." -Samuel Johnson

"He is simply a shiver looking for a spine to run up." -Paul Keating

"In order to avoid being called a flirt, she always yielded easily." -Charles, Count Talleyrand

"He loves nature in spite of what it did to him." -Forrest Tucker

"Why do you sit there looking like an envelope without any address on it?" -Mark Twain

"His mother should have thrown him away and kept the stork." -Mae West

"Some cause happiness wherever they go; others, whenever they go." -Oscar Wilde

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." -Andrew Lang (1844-1912)

"He has Van Gogh's ear for music." -Billy Wilder

"I've had a perfectly wonderful evening. But I'm afraid this wasn't it." -Groucho Marx

~Updates~

Here are the latest announcements!

Membership Fees Due

The new 2020/2021 Membership Form and the new Webform are posted on the SPAC society website. Please read the form carefully as there are changes from last year. As the New Membership Chair, I am asking that all information on the form be filled out by New and Returning members.

Remember that in order to be eligible to enter the 2021 SPAC Spring Show, the Membership Form and Payment must be received prior to December 31st, 2020; however, I am asking that you please have your forms and payments in before December 20th, so that we can all enjoy the holiday season.



You may still use the 2020/2021 Membership Form that is posted on the SPAC website <https://spacsociety.com/membership>. The paper form that you are familiar with must be printed out, filled in, and sent one of three ways:

1. Via Canada Post to SPAC Membership Chair, P.O. Box 2542, Sidney, BC, V8L 4B9 with your cheque.
2. Via E-mail. Scan the completed form and send to membership@spacsociety.com and pay your fee by E-transfer to <http://treasurer@spacsociety.com>
3. Via your cell phone - take a clear picture, in good lighting of the completed form and send it to membership@spacsociety.com and pay your fee by E-transfer as above.

Tracy Pike, Membership Chair tpike@spacsociety.com

A special Welcome Back Door Prize Draw, Featuring Artworks by Members of the SPAC Board!

This year, to encourage registrations for membership during the Pandemic, we are pleased to announce that we will have random draws for door prizes from those who have registered, featuring artworks donated by SPAC Board members.

The following have volunteered to donate a piece of art to this worthy and exciting cause:

**Gillian Bennett, Kate Compton, Heather Corbitt, Nikki Drummond,
Jody Lamont, Darlene Letendre, Heather Maciak, and Wendy Woollard**

And here are just a few of their offerings. To be eligible, all you have to do is renew your membership (above)!



Silver infused bronze
leaf earrings by
Darlene Letendre

Enamel heart brooch
by **Gillian Bennett**



Fabric collage,
"Good Day for Sailing"
by **Wendy Woollard**



Tiny clay village
by **Heather Maciak**



Watercolour,
"All in White"
by **Kathryn Compton**



Silver infused bronze
double leaf earrings
by **Darlene Letendre**

The Annual Point of View Challenge...the results are in!

The Chick a Dee-dee-dee photo won the Point of View Vote!
Below is the winning photo, right, and the collection of eleven thumbnails, left.

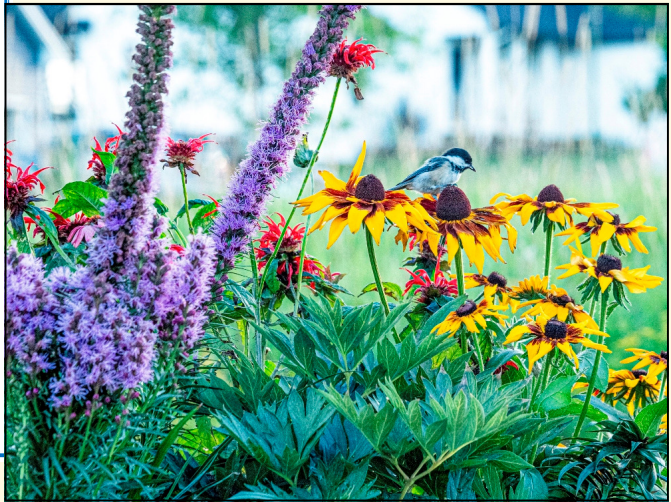
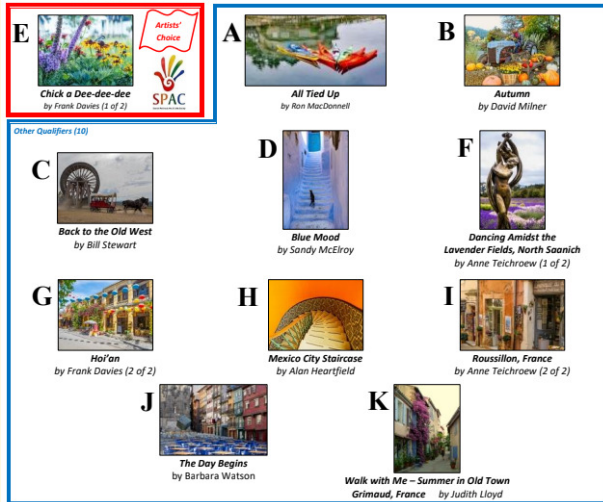
You are encouraged to do wondrous art with this photo. Use your imagination, be creative, and have fun. Any medium, all art forms welcome. We do ask that you keep the size to under about 18x24".

Remember – Point of View is just that – YOUR point of view of this photo.

If you have any questions, please contact Lois Brown at spacmem@shaw.ca

Point of View will be displayed at Mary Winspear for the months of March and April 2021.

Lois Brown, Point of View Chair
spacmem@shaw.ca



Saanich Peninsula Hospital Exhibit

We are really pleased to report that three pieces of art were sold from the Hospital Exhibit in October.

- Susan Shaw's** watercolour, 'Follow the Leader'
- Toni-Rose Carvalho's** acrylic, 'Towing the Line'
- Angela Wyatt's** Photograph, 'Barred Owl'

Volunteers are still not allowed into the hospital, so a change-over is not planned.

If any SPAC member would like their pieces returned from the exhibit, please contact me at sanpenexhibit@spacsociety.com and we will arrange to have the work removed and delivered to you.

Sylvia Alderson and Toni-Rose Carvalho
Hospital Exhibit Chair and Co-chair



Follow the Leader



Barred Owl



Towing the Line

SPAC's Fabulous Mini-Workshops- Member Preview Coming Soon!

Thank you to all our members who have graciously signed up to teach during our Fabulous February Mini Workshops. We have a wide selection of classes once again this year, and we can't wait to offer you a student preview.



With over 20 workshops, there is sure to be something for everyone. Our student preview period is a great opportunity to plan your month's activity for this friendly, physically-distanced, creative learning opportunity. Be assured, we have a safety plan in place and continue to update it with best practices to ensure your safe participation.

Watch out for our preview announcement email, coming soon!
We are looking forward to seeing you in February!

Lynn Calliste, Mini-Workshops Chair,
and **Trish Boyes, Sharon Hetherington, Robyn Quaintance,**
Lillian Tetreau and **Nicholas Woollard**, Mini-workshops Team

2021 Spring Show

Thank you, all members who responded to our survey, regarding a spring show in 2021. Special thanks to **Kate Compton**, who managed the survey for me. The survey showed that there were plenty of artists interested in displaying art, and enough willing volunteers to make the show a GO.

Mary Winspear is enthusiastic to have our "in person" show, with strict Covid compliance, based on current rules. Obviously, if things change, for better or worse, that will be revisited.

For now, we forge ahead!

The show will have to look very different:

- Entry will be online. The form and info will be on the website. There will be "buddies" to help!
- Intake will be an all day affair, and each artist will have a specific time.
- The display will be hung in rows with no crossover traffic.
- Art will be hung by artist, in zones, for easy access.
- Sales will be cash and carry. Each artist will be asked to enter an extra piece or 2 to replace sold items.
- Tickets will be sold in advance, through Mary Winspear, on a timed entry basis.
- Attendees will have a limited time in the hall.
- Pickup will also be a timed affair.
- No Patron Night, No jurying, No Gift Shop.
- Everyone will wear a mask, probably use gloves, and/or hand sanitizer, and be socially distanced.

I am very grateful to my Show Committee, most of whom have agreed to continue this year. I could not do it without them.

We are just at the beginning of the long process to mount this show. As details become firmed up, we will pass the information along on Art Chat, or by email.

Please remember that in order to enter art show, **YOU MUST RENEW YOUR MEMBERSHIP** by Dec 31.

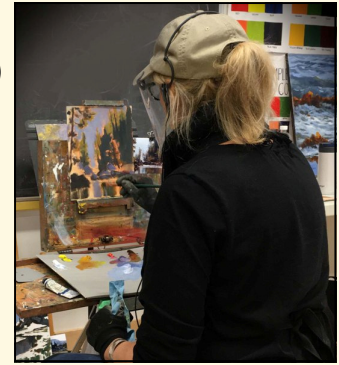
For now, **FINGERS CROSSED** that the virus allows us to have our show.

Wendy Woollard and **Lois Brown**
Spring Show Convener and Co-convener



Gaye Adams: October 23 to 26

Gaye Adams' workshop, *Creating Compelling Light*, was a great success, as members (below) will attest! **Gaye** worked with Workshops Chair **Kate Compton** and McTavish Academy to have safe workplace plans in place. The group of 16 participants was split into two groups. One group attended the workshop in the morning; the other group took their places in the afternoon. Each session was four hours (our regular workshop is normally six hours). The loss of time was compensated by additional one-to-one time with **Gaye**, which allowed her to give more time to each student.



The students were excited about this extraordinary, immersive opportunity to take their paintings to another level entirely! They learned how to create compelling light in their paintings, how to see them and how to paint them. It was a wonderful experience!

Kathryn Compton •

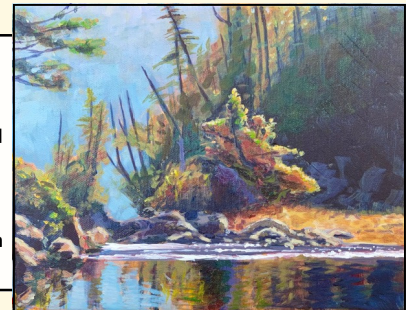
Claudia Nordin- What a wonderful workshop. Gaye is an amazing teacher. Really enjoyed the variety of painting activities.



Keith Levang- Gaye took me back to basics with values, colour theory and how to create light. She stressed the important relationship between neutrals and saturated colours. All in all a very good workshop for me!



Dan Nordin- Wonderful workshop! Gaye is not only a phenomenal artist but an exceptional teacher as well. Important steps are practiced, revisited, and explored in a manner that is bound to improve anyone's skills. Had a great time.
[Editor's note: Dan's paintings are currently featured at the Village Gallery in Sidney!]



Colleen Noren- This is my painting from the workshop. I tried working in oils which I haven't done in a long time. Gaye's directions helped. Her workshop was about *Compelling Light*. She said bright against bright cancels, bright against dull enhances. She also mentioned we should squint to see the blocks of colour. When you mix more than 2 colours the colour becomes desaturated or neutral which is good for backgrounds. I think I got that right! Gaye does a lot of plein air painting so that is something for me to think about in the spring.



Marni Siddons- Having a chance to learn from Gaye Adams was super. She is very friendly and although she had us work hard the time flew by. The Covid precautions were well done and it was nice to have a table allotted to each participant.



Kate Compton & Kerry Seifried: Colour, Contrast & Cacophony!

A Two-day Acrylic Workshop (November 14 & 15)



Kate and Kerry's workshop took place last weekend, and was fully booked, with a waitlist!

On day one, the instructors taught students how to mix colours, as well as use colour to move the viewer's eye around a painting.

Kerry Seifried guided them through recognizing colour values and using them to make their paintings appear three dimensional by creating the illusion of depth and distance.

Then on the second day, Kathryn Compton guided them through applying that knowledge, painting a loose floral with a negative technique, and then a larger landscape with light and impact, applying powerful colour combinations gleaned from the day with Kerry.



It was an exciting two days~ watch for images and read all about it in next month's Art Chat!

NEW WORKSHOP!

Juve Furtado

Coming TO SPAC March 19 to 21, 2021

WATERCOLOUR POURING 3 Day Workshop \$285!



Letting Loose with Watercolor is BACK ON!!! This is an introduction to watercolour pouring and spattering, and is suitable for beginners and intermediate students who want to experience a loose approach to watercolors. It is a fun, intuitive approach to painting that can produce interesting and unpredictable results. Juve will touch on the importance of composition and light in a painting and how to use masking fluid effectively. He will be sharing his color palette and the materials he uses. Participants will have the opportunity to observe, ask questions and receive assistance where needed. He will cover the various stages of his painting process, including stretching of watercolor paper, the use of masking fluid, pouring and a spattering of watercolor, and adding the final details to complete the painting. Lastly, he will discuss how we can present our work without glass.



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Juve is a self-taught artist, and his preferred medium is watercolor. He is a Signature (AFCA) member of the Federation of Canadian Artists, North and Central Okanagan Chapters.

We will be running two classes of ten students each, just as we did with the **Gaye Adams** workshop, in order to adhere to safety protocols for COVID. The tuition will be ROCK BOTTOM - \$285 for a 3-day workshop! I think it is really going to be worth it!



Juve has already looked at his course content to ensure he can get us finished projects within the smaller timeframe, and he is really excited about coming!

The three days will run two classes:
9am - 1pm
2pm - 6pm

LISTS ARE FILLING UP NOW! If interested, contact **Kathryn** at workshops@spacsociety.com or visit the website at spacsociety.com to register now!

Kathryn Compton •

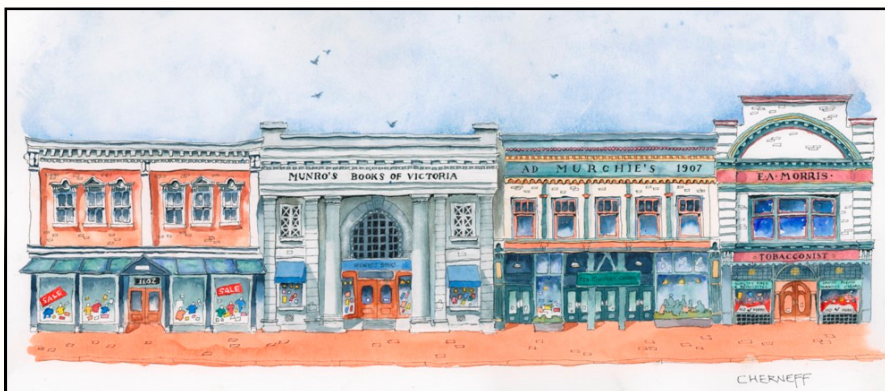
SPAC Members, Keeping Busy!

What, pray tell, have your fellow SPAC members been up to over the past number of months?! The inspiration for this page came from **Bob Cherneff**, who wrote to tell me how much he'd enjoyed reading about the Dubancis in the last Art Chat issue. He also sent an image of a pen and ink and watercolour he had just finished, and he told me what he's been up to lately (including that he has lots and lots of acorns and perhaps, assuming the squirrels leave a few for him, he may borrow his wife's hot glue gun and try his luck!)

Bob's email gave me a great idea~ to write to members in my little fan club (ie: those who'd written to thank me for the latest issue), and ask them for images of recent artworks, along with write-ups: what inspired them, how did they go about capturing it, and, if it was for sale, what was the size and price? Then I asked them to tell me something interesting about how they've been coping with all of this- have they gone on day trips or short holidays, cleaned out their kitchen cupboards, repainted their studios, bought way too many supplies online? What are their joys? Their frustrations? And I got some great replies~ read on!

From Bob Cherneff:

During the summer I completed a street view along Government Street (shown at right— see description, below). My first pen and ink work focused on foreign subjects using photos taken on my travels in Europe. For example, the Parthenon, Lion Gate in Mycenae, Burggarten Tor in Rothenburg ob der Tauber, and Durer's house in Nuremberg were all done in ink without colour. My first pen and ink with watercolour was the Place Royale in Quebec City. After this I thought I should have a look at what was available closer to home. There is a lot to choose from in Victoria and I have found several worthwhile subjects: the Loo Tai Cho building in Chinatown, the old Bank of Montreal Building which is now the Irish Times Pub, as well as the Malahat building. The four buildings along the west side Government from Fort Street to Morris Tobacco are visually interesting and historically significant subjects, so why not put them together in one picture (above, right)? From left to right we have the Southgate & Lascelles building (1869), Munro's Books (originally Royal Bank of Canada, 1909-10), the Mahon Building, now Murchie's (1907), and the iconic E.A. Morris building (renovated in 1909). Obtaining a reference photo presented a problem. The narrow street width plus trees made it impossible to stand far enough away to take an unobstructed photo of all the buildings together. My solution was to use property layouts from the CRD Regional Map to measure building widths, which gave me a good idea of scale for width, and then I used various images from the web and Google Street view to guesstimate height and fill in the details. My first step was to do a preliminary sketch of each building to sort out problems and figure out how to handle architectural details. Next I did two versions of the final picture. I wasn't pleased with the way I handled windows with the first rendition so I did a second with revised window treatment.



I swapped my Government Street painting with the husband of one of my wife's friends from college days, Nick Russell. Nick is active in Victoria's history and heritage buildings and has published "Glorious Victoria Homes" and "Victoria Then and Now: Postcards from the Past". My picture in trade for two of his books, a bottle of wine, and the knowledge that it has gone to a home where it will be appreciated seemed like a good deal.

Meanwhile, I am back to acrylic paint with waterfalls and autumn aspens as subjects.

From Jennifer Bennett:

Pictured is one of my driftwood mandalas, which I created all spring. A mandala is a circle of healing energy. I displayed them at Alexander's Coffee shop in September.

The combination of beach walking — looking for the perfect pieces of driftwood — and the slow process of putting them together was the perfect antidote to Covid stress. I'd been inspired by a huge driftwood wreath on a gate on First Street in Sidney.

They are 12" across, and they sell for \$25 each.

Contact **Jennifer** at xyzennifer@gmail.com



From Irene Corman:

Here is my newest creation, made of polymer clay, on a steel cable with a magnetic clasp. The earrings are combined with sterling silver. What inspired me and what was I trying to capture? Well, my inspiration was the notion there can be beauty in difference, and my colours were inspired by the colours of a tropical ocean. It is for sale, at The Gallery at Mattick's Farm, along with a number of other pieces. What have I been doing? Lots of outside time walking my dog Tahl, hiking some and finding new trails. No sock drawers have been re-organized or anything else for that matter, much as I wish I could. I am involved in the design and development of a new and really innovative Masters' Program at Royal Roads University called Master's in Climate Action Leadership, as well as learning how to do workshops on Zoom. **Irene's website is** www.bluedogbaydesigns.com



SPAC Members, Keeping Busy! continued from page 8

From Colleen Noren:

This is an acrylic painting I just finished of the cliffs at Cowichan Lake. I took some photos with my phone on the way back from a trip up the lake. We have a trailer at Cowichan Lake and that is where we spent many days in the summer. It is such a beautiful place that there is always inspiration. It seems that I can't seem to capture all the inspiration I see. The painting is 16 X 20", and it is for sale, \$350.

For the first part of the Covid pandemic I was quite glad to stay home and paint, but eventually that subsided!! When the weather was nice I had small groups over for a visit outside or in our garage with the door open. That worked quite well. Recently I attended the workshop at the McTavish Centre with Gaye Adams and that was inspiring and I thought very safe with all the precautions that were installed. [See Colleen's workshop painting and write-up on page 6]. The only short trip we have taken is to visit our son and his family in Nanaimo. It is always delightful to visit our granddaughter. I also like to knit so with the weather not so pleasant I'm hoping to start an afghan for our couch. And yes, eventually I'll get to cleaning out some cupboards. The newsletter is always an inspiration to me. It is so great to see what others are doing. I'm so glad I joined SPAC a few years ago.



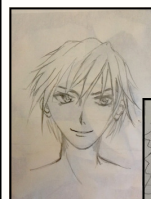
From Kate Compton:

Kate tells me that she has been "Painting in the time of Corona" to play off the Nobel prize-winning author Gabriel García Márquez's book, "Love in the Time of Cholera". She has completed a number of paintings since the end of March, all in oil. Of the several that **Kate** sent to me, I've chosen three- two with interesting stories, and one that I just plain love. "Lily" is an 11 x 14 in oil on cradle panel, and was a commission.



Kate's second painting is called "Winter Snack", and actually came out of an obsession for painting horses. A friend showed her some pictures of wild horses, taken by an Alberta photographer named Joe Harley. Although she has painted some of his horses (mostly with permission), the painting of the baby crow is the one that caught my eye. Also interpreted from a photograph by Joe Harley, "Winter Snack" is 14x18", oil on cradle board, and \$390, framed, in case you, too, fall in love with it.

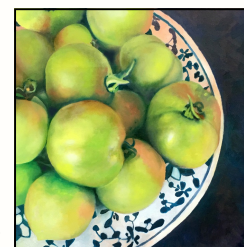
"Southern Bounty", the third painting, is also available, and is 12x12", oil on masonite board, and \$310, framed. **Kate's** parents were from very different backgrounds: her father was from the South while her mother was a silver-spoon baby out of New York. Her mother had never learned to cook, as she came from housekeepers and in-house cooks. So when she and **Kate's** Dad were in the South, wherever they went, mostly little dives in the South, she managed to wheedle some great recipes from the kitchen cooks, who sometimes even allowed her to watch in the kitchen. She learned to cook many other things in their travels, but no matter where they went, she ALWAYS kept enough green tomatoes to fry!



In addition to her own painting, Kate said, "I started a series of live, virtual classes with the grandkids, teaching the teen one to draw anime (the Japanese term used for cartoon/graphic novel characters), and teaching the younger ones basic drawing using the grid method. I would send them a list to assemble for the "class" such as: 8x10 mixed media paper measured in two inch squares, water cup, and four paint colours. Then we would use either Face Time or Messenger Video to connect in real-time. Once Mom helped get them online, she would be "dismissed" so the kids could paint outside the lines all they wanted! I have a camera set up for online demonstrations, and would take them through drawing and painting our "lesson". All of them LOVED how the grid method turned their marks into a drawing they could recognize! And true creativity came during the paint portion, where all manner of colour combinations could be used (and were!) for our subjects. It was a fun time for them and allowed me to keep in touch during this non-travel time.

subjects. It was a fun time for them and allowed me to keep in touch during this non-travel time.

Kate's website is www.kathryncompton.com



From Janice Campbell:

Janice sent me this mouth-watering image of fish and potatoes on an open grill, and she told me, "I cannot remember if I caught them, perhaps one of them- and it is hard to tell whether they are all rainbows or cut-throat. I have friends in Washington with whom I once worked and we are inveterate campers/fishermen. They taught me and I am pleased to say that I clean my own fish, treating it like a biology lab! You haven't lived until you have had trout, fresh caught that day, sizzling on an open fire. Deeeelicious! I caught this little rainbow at a lovely little rest-stop lake along the Okanagan Connector with my broken pole, just to



prove to myself I could still use the pole. First cast in and bang!



The Covid crisis has kept us all on tenterhooks for some time. It is hard to believe that this has been going on now for some nine months. Perhaps there will be a baby boom this winter! Anyway we are trying in our own ways to cope and move on, even if not far and at a snail's pace. I have stayed home mostly, except for a little ten-day trip to the Kootenays and Penticton wine country in September. It was great fun, and encouraging to see people "being safe" everywhere and getting to see some new places. The little town of Castlegar was mostly closed due to Covid, but is worth a visit simply for the fantastic permanent and

rotating sculptures. It is worth the walk to see them all. This artist (at right) used re-bar for some of the bark as well as the exposed roots: really wonderful.

I took a wee sketch pad and did some doodling, but I'm not a plein air person; I'm still getting used to that. I do take a lot of photos that I use for painting referencing. This is a painting I completed this summer for a friend who loves dragonflies. As she lives in the US, who knows when she will actually get it!"



Places to go, things to see!



Look what's Happening at the ArtSea Gallery!

November 20-26, 10 to 4

'INSPIRED'
... BY NATURE
... IN METAL

Nov 20-26
10-4

ArtSea Gallery
9565 Fifth St.
Sidney BC

Karen Lancey
Metal Mermaid Welding

December 11-17, 10 to 4

ArtSea Gallery Dec 11 - 17

CURATING THE HOLIDAYS
ART FOR THE BODY, TABLE AND WALL

November 27- Dec 3, 10 to 4

JIN CHUNG
SOLO ART SHOW

INVITATION TO FALL

ArtSea GALLERY
Sidney, BC

Nov. 27 to Dec. 03, 2020
10am to 4pm Daily

December 4-10, 10 to 4

Spark! Artisan Village
A Celebration of Functional Beauty

Melissa Henkelkes
Karinna Thompson
Pete Thompson
Evelyn Miller
Tobias Tomlinson
Dawn Kozal
Caylene Watt
Julia Maria Lucasi
Sue Suttner

Glass*Pottery*Sculpture*Candles*Soaps*Painting*Fiber Arts*Pottery*Jewelry*Winkys

*December 4-10, 2020 * ArtSea gallery in Tulista Park, 9565 5th Street, Sidney * Show Hours 10-4 * Contact: Sue (250)552-2935 *

Lois Brown Watercolour
Terri Haines Textile Artist/Quilter
Heather Maciak Tiny House Depictions
Sophia Morrison Acrylic Painting
Linda Rajotte Silver Jewellery
Flo-Elle Watson Porcelain Painter

December 11 - 17 10am - 4pm
ArtSea Gallery Tulista Park, 9565 5th Street, Sidney

CURATING THE HOLIDAYS
ART FOR THE BODY, TABLE AND WALL

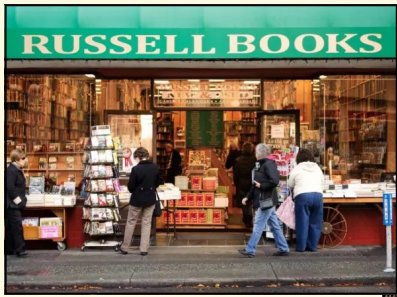
Please come and enjoy our creativity.
The show will be set up to facilitate physical distancing. A maximum of eight guests are invited to enjoy the exhibition at a time. Artists may be demonstrating their techniques. Hand sanitizer will be provided at the entrance and counter, and contactless payment options are available for debit and credit cards.

For more information on any of these shows, go to artsea.ca/artsea-gallery/whats-happening/

One of the joys of the Pandemic has been the rekindling of reading books! If you are in need of reinforcements, here are two great options for gently used books:



Beacon Books (a Sidney tradition) is at 2372 Beacon Ave. W., and all of their books are on sale at 25% off until the 21st! Look for SPAC member Joan Byers when you're in the shop!



Russell Books, at 747 Fort St. in Victoria, offers both new and used books.



Oak Bay Artists' Exhibition Fall 2020

NOVEMBER 21 & 22, 11:00AM-4:30PM

TIME SLOTS:
11:00AM-12:15PM,
1:15PM-2:30PM, OR
3:30PM-4:30PM

A free registered art exhibition in the Carry Oak Room at Monterey Recreation Centre.

ADVANCE REGISTRATION IS REQUIRED TO ATTEND.
Call Oak Bay Recreation Reception at 250-595-7946 to register, or register online: oakbayrec.perfectmind.com

All Public Health Guidelines will be observed (physical distancing, contact tracing, sanitizing, and mask wearing highly encouraged). Once registered, if unable to attend, please call Oak Bay Recreation Reception to cancel so that someone else can take your place, as event attendance is limited.



Bloom where you're planted...on Vancouver Island!

I constantly marvel at how lucky we are to be living on Vancouver Island, surrounded by the beauty of nature! Walk out your door, and you are surrounded by things to make you smile!

The next time you go for a walk, look for brightly coloured leaves. Even with the wind and rain, there are still a few on the trees, with many more on the ground. When we lived in Calgary, leaves in the fall begged to be crunched through on a walk, so I was surprised to discover that here, they are often too wet to be crunchy. However, they make great "tattoos" - watch for them on wet sidewalks!



Toadstools from tiny to enormous and dewy spider webs are some of my favourite photography subjects, and they are everywhere right now- this is their season!



Woodland trails crisscross our Peninsula- go to www.victoriatrails.com/trails/?sort=difficulty&filter= where they are even sorted by difficulty: easy to challenging! And North Saanich publishes a booklet that outlines many smaller trails throughout the district- see the online version here: northsaanich.ca/wp-content/uploads/Parks-and-Trails-Booklet.pdf Keep an eye out for painted rocks while you're out there- little bright spots!



If your walk in the woods didn't give you enough exercise, go out and rake some leaves- it'll remind you of those teenage years when this was one of your chores. And if you're really feeling like a kid, you can jump in them afterwards (or maybe have a grandchild do it). Some of the leaves in our yard are bigger than dinner plates!



Further afield, consider taking a day trip. Hop on a ferry and go to one of the Gulf Islands, or drive out to one of our beautiful lighthouses- both Fisgard and Sheringham Point are easy drives from here. There is a lovely little hike down to Sheringham Point Lighthouse, a wonderful restaurant called Shirley Delicious (with patio seating) at the turn-off, and from there, you are only two kilometers from French Beach, with its sweeping views of the Olympic Mountains.

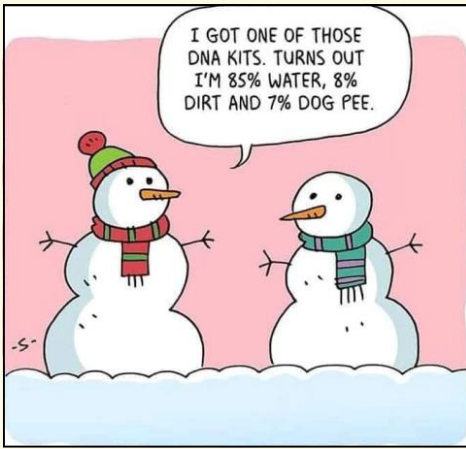


And last but far from least, when was the last time you marveled at a beautiful sunrise or sunset? Sunrises are a bit on the early side these days, at 7:27am, but sunsets are early enough that you can catch one before dinner, at 4:30pm!

So, don't feel sorry for yourself if you're stuck at home, and you can't travel right now- bloom where you're planted!



Things to tickle your funny bone :-)



I was at lunch with an old friend & pointed at two elderly ladies across the room and said, "That will be us in ten years."
She said, "That's a mirror".



A man and his wife were awakened at 3am by a loud pounding on the door. The man got up and opened the door to a drunken stranger, standing in the pouring rain, asking for a push. Not a chance, said the husband- it's 3 o'clock in the morning!" He slammed the door and returned to bed. "Who was that?" asked his wife. "Just some drunk guy, asking for a push", he answered. "Did you help him?" "No, I didn't. It's 3 in the morning, and it's pouring out there!" "Well, you have a short memory. Can't you remember, three months ago, when we broke down and those two guys helped us? I think you should help him. God loves drunk people, too, you know." The man sighed, got dressed, and walked out into the pouring rain. He called out into the dark, "Hello, are you still there?" "Yes!" "Do you still need a push?" "Yes, please!" "Where are you? I can't see you in the dark." "Over here, on the swing!"

Editor's note: I bet you didn't see that one coming! :-)

...and here's one that isn't funny at *all*!

From the Editor: You never know what you're going to find when you go on Google. Type in "Bloom where you're planted", and in addition to many renditions of the famous image on the cover of this issue, you'll find sites that claim its origin in the Bible (although not in those exact words). Add "communities" to the search, and you come up with heartwarming stories like the two that comprise the Last Word for this issue. I hope that you'll enjoy them as much as I did when I discovered them.

"Everyone Wins after Clinton kids 'Plant a Little Sunshine' with Cheerful Sunflowers."

by Barbara Rodin, for the Ashcroft-Cache Creek Journal

The Village of Clinton was recently recognized by British Columbia Communities in Bloom as one of the three winners in the 2020 "Bloom Where You're Planted" province-wide community showcase program.

This past spring, Clinton CiB sponsored its first "Plant a Little Sunshine" contest, which encouraged kids in the community to grow sunflowers. Nearly 40 young gardeners took part, planting hundreds of sunflowers throughout the community. Despite a less than ideal growing season, many of the seeds grew, some of them spectacularly, providing bursts of colour around Clinton.



All of the successful growers — the kids who remembered to water their flowers — received certificates. Those who grew the tallest sunflowers, or the one with the most heads, or who provided pictures showcasing their flowers and their smiles, were awarded prizes: starter kits for next year containing planters, seeds, fertilizer, and gift certificates for free ice cream.

Two people from the BC Landscape and Nursery Association helped judge the entries for the "Bloom Where You're Planted" contest, and they were very impressed by what they saw. "Plant a Little Sunshine" was awarded third prize, and was singled out for the project's youth engagement. As a prize, the Village of Clinton will receive 20 terracotta self-watering planters, to be used around the community.

Yvette May of Clinton Communities in Bloom notes that as a result of the "Plant a Little Sunshine" initiative, "Clinton looks brighter. The birds benefit. We all win!"



Bloom where you're planted

Excerpted from an article by **Eileen Benthall** for the Riverhead Local

(the Town of Riverhead is located on the East End of Long Island, approximately 70 miles east of New York City).

July 5, 2020

The tourist season is upon us here on the North Fork, whether locals are ready or not. I've been living in our little bubble up on Sound Shore Road, so last weekend, when I went to one of the local farm stands, I wasn't prepared for the number of people on the road and at the farm stand. For the most part, people are wearing masks — which I appreciate as a mom caring for a young adult with disabilities who is especially vulnerable to infections. Our doctor made this comment to me in an email which caused me to pause: "With all interactions, there may be some risk; our goals are to minimize them as much as possible." His words helped me realize that we are in this for the long game. We will remain close to home until there are viable treatments and/or vaccines that can protect individuals like my daughter. The risk is just too great. As social as my daughter is, she really enjoys her little life at home. We've expanded her art gallery from "Jo's Cottage" — an old converted shed in the backyard in which many of her pieces are displayed — to the walls of our living and dining rooms. Realizing that Jo's jobs in the community — folding boxes and napkins and stamping bags in exchange for discounts on donuts, burgers, and her beloved "cup of Jo" at North Fork Donut Company and Love Lane Kitchen -- will also be on hold for the foreseeable future, I was looking for ways to help her feel part of the larger community at large.

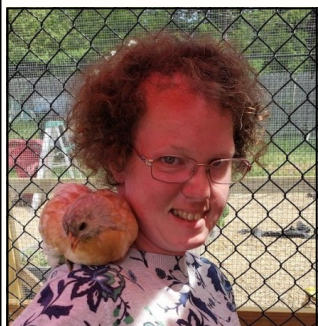
Thus entered the chickens.

Johanna's first "job" was collecting chicken eggs, for which she was paid in eggs on our neighbor's farm, before we moved to our current home. Truthfully, she probably only collected the eggs ten times in the nearly 20 years we lived there. But it made a huge impact on her — second only to folding boxes at the donut shop in exchange for donuts.

Soon Jo will be collecting our own chicken eggs from the nesting boxes in a coop that was adapted to be at the correct height to accommodate Jo's balance and abilities. We will consume what we can. (Omelets anyone?) But Jo will also be selling them out



of her surrey bike to our neighbors and friends! Johanna is very excited to develop this new entrepreneurial adventure and create her own opportunity to work from home.



Bloom where you are planted. One phrase has come to mind throughout this pandemic time and has helped guide our strategies for keeping our daughter safe. The phrase “bloom where you are planted” means so much more to me and gives me hope for Jo’s future. Though Jo’s community habilitation program is likely to be centered at home for the foreseeable year at least, there are so many wonderful opportunities for growth and hope.

The inspiration for raising chickens came as I sat in my garden. I looked at the four beds my husband and I constructed a year ago, and imagined pretty chickens sitting on Jo’s lap and running around the garden. The chickens would also supply our family with eggs and entertainment — or as Johanna calls it, “eggertainment” — because every word now having anything to do with chickens can now be started with “egg.” I’d like to think it was a mix of divine inspiration and advocacy that led me to this fowl pursuit.

It wasn’t that we didn’t have enough to do with caring for three dogs, an elderly cat with nine lives, doctor appointments, and the daily life of caregiving. Still, I realized early on in quarantine that my daughter’s opportunities for daily life and activities were moving from the local community to our own home and backyard. I didn’t want to relegate her to a life of socialization and activities on ZOOM for the next year while the healthcare professionals and government politicians argue about how to proceed and win the battle against coronavirus. I saw raising chickens as a way for Jo to learn more about nature (she loves birds and dogs) and to hone her skills at collecting eggs and selling them to our neighbors and friends. Between her artwork, music, and caring for her service dog and chickens, I knew we could inspire more hope for Jo’s future and do something fun!

The first few weeks of raising chicks were a little challenging. My husband agreed to build a coop, as long as I was willing to take care of the day-to-day tasks of raising the chickens. Actually, he rebuilt a website for a coop company instead and bartered for our coop. As I started researching types of chickens and what they needed, I was a little overwhelmed until I found a flock — of people — on Facebook. It’s a friendly group of people with a lot of great information on raising chickens.

I’ve learned a lot about life from raising chickens. Boundaries are important and necessary. When the chickens were babies, we housed them in an extra-large plastic container and we kept them in the house in an area of our bathroom that had been under construction since the fall. They needed to be kept warm and dry with a heat lamp. They were so tiny and fuzzy and fun to hold — for about three weeks. But when they started jumping out of the box and exploring the house — one had an affinity for breaking out and appearing in the kitchen — I told my husband to build the run quickly so they could at least be outside during the day. Every space we gave them, they were eager to break out of and explore until one night I found them perching over Jo’s shoulder watching her brush her teeth! While most chicken mamas worry about their flock’s first night in the coop, I was more than happy to tuck them into their little house and say “good night.” Yes, boundaries are very good and our chickens have their chicken world and I have mine. We can meet in the garden but never again in the house!

Protect your flock. Although I was unaware when I purchased the chicks, one of them is a rooster. I loved this chicken above all from the very beginning. He sought me out as the leader and caretaker. Maybe he realized that I was there to protect the flock from hunger and the unknown perils of the world. We named him “Goldie” because he’s a beautiful golden-laced Wyandotte and he stood out from the rest of the flock. I knew Goldie was the alpha-chicken by the way the others seem to respond and by the way he ran to greet me and our golden retriever puppy. He even let the puppy sniff him and get close to him and then he pecked the puppy on the nose to let her know who was the boss. Goldie protects the flock. We have hawks and vultures that fly around above us and in the woods behind our house. I loved watching them — until we started raising chickens and I realized they were predators. When a hawk is overhead the songbirds make a wild raucous that sounds like a siren. I run to out to check on the chickens whenever I hear that sound. By the time I arrive, Goldie has already corralled the hens safely in the coop. I thank him for being the best rooster ever and close the door to the run. Goldie protects the flock and reminds me that families are our most precious treasures.

My chickens also remind me that simple things can bring us some of the greatest joys. I’ve always been a morning person. When I was growing up- my mom often said “Well, you’re up with the chickens.” I guess her words stuck in my subconscious. A little more than half a century later, I realize that I was born for a backyard farm life. When I wake up in the morning- after I’ve given Jo her meds and settled her with coffee, I head outside — dogs in tow — to the garden and to let the chickens out of the coop. They greet me with their cute little clucking sounds and follow me around as I get their food and water set up. Sometimes I just sit in the garden and listen to their funny little sounds. They mostly hang out by my feet and some come close enough as if they are ready to ask me a question. “Got blueberries?” The dogs stare through the fence, patiently waiting for me to complete my garden contemplations so they can have breakfast. A peace settles in my soul as the sun rises above the trees.

Johanna’s hair is finally growing in after these most recent brain surgeries. The left side of her head hasn’t been operated on as much as the right so her hair is a little longer and curlier. One curl drops onto her forehead and even sometimes hangs near her left eye. The chickens are noticing Jo’s curls. Two of Jo’s favorites- Sophie and Speckles- like to sit on Jo’s lap and play with that curl, wondering if it’s a worm. Now we call it “Jo’s chicken curl”. I asked Jo last week if she wants me to trim the chicken curl. She shook her head no, laughed, and answered; “My chickens like simple things like my chicken curl. I like to keep it simple.”

I like simple things too — like the sun rising on the garden and chickens clucking around my feet. And I love to watch Jo

laugh as she plays with her chickens and her dogs. Some of the best lessons in life are the ones learned in the simplicity of life. I'll take a simple life done in love over chaos any day. If your life has gotten too complicated, simplify it as best you can. Maybe raise some chickens. They like watermelon, curly hair, and they'll make you smile.

One day at a time takes on new meaning in pandemic life. The other day a friend of mine posted one line on Facebook that I have been thinking about over the past week: "I just have to do whatever I can in my own little world." The words jumped off the page at me and inspired me. I thought about the truth of my friend's words every time I felt overwhelmed by the news — and even just by the day-to-day tasks of finding what I need at the store. There's no such thing as running into a store quickly anymore.

Between standing in lines and sanitizing hands and wearing masks and social distancing, simple tasks have become more complicated. Thoughts about the future are a little overwhelming. Even for those of us who are more accustomed to dealing with trials and difficulty, 2020 and beyond is a little harder to bear.

The truth that I can "do whatever I can in my own little world" helps me to breathe again. This statement reminds me of another one of my favorite mantras: "One day at a time." For people who deal with chronic illness, sometimes even one day at a time is a bit longer than we can imagine. Over the years, there have been periods of extreme stress and difficulties where I could only set myself on getting through the next few hours. Our regular struggles of a brain scan with worrisome findings, occasional seizures, and neurological deficits are magnified by the COVID insecurities. But that mantra worked, because I eventually got to the end of a day and then started all over again.

Believe in the impossible and protect the vulnerable. We are all tired and in need of more strength to get through these crazy times. I have lots of reasons to be tired; autoimmune issues and caregiving are definitely on the list. Over the last few weeks, my daughter had an increase of seizures due to a larger bleed in her brain. This prompted another brain MRI, and a trip into NYC to see the neurosurgeon to be sure she's safe to watch this one at home.

Jo's doctor and I looked at the brain scan on the computer and then at Jo. We were shaking our heads — amazed at the miracle standing before — smiling as she proudly held out a gift for her doctor. Jo wrapped the gift in a pretty fall napkin and stuck it in a paper cup: a chicken egg from "Jo's Chicks." She beamed from ear to ear when the doctor said that he was going to eat it for lunch. It's likely the most expensive egg he's ever eaten. Our chickens need only produce 3,000 more eggs for us to break even on this pandemic endeavor at homesteading!

As I write this we are beginning celebrations for my daughter's 24th birthday. If you'd have told me 24 years ago, when I brought my last baby home from the hospital, she'd be in the hospital having brain surgery three months later, I wouldn't have believed you. And if you said that over the next 24 years there would be even more brain surgeries, I would have been too overwhelmed to take another step. [Jo has a rare neurological disease-CCM3- which causes frequent hemorrhages, seizures, and hydrocephalus in her brain.] But instead, by taking one day at a time and doing whatever we could in our own little world, we've witnessed almost a quarter-century of miracles. Rather than being overwhelmed by tomorrow, I am grateful for today. If you're feeling overwhelmed, you are not alone. Reach out to a friend who's been here before. Do what you can in your own little world to make this crazy time better and take it day by day. I promise, you will see miracles and enjoy life — one day at a time. •



Parting thoughts



One of the promises I made myself at the beginning of the Pandemic was to go through the many years of things we've squirreled away, a lot of them, sentimental, and find new homes for them. I didn't realize how difficult this would be until I started opening boxes. I re-bonded with toys and clothes that had belonged to my children when they were little, and keepsakes and collectibles that I'd forgotten I even owned (but which didn't make them any easier to part with). Many of the things that I unearthed were easy decisions— back into boxes they went, destined for various charities. But what to do

with the half dozen boxes that held those treasured memories?

My daughter told me about an experience she had when she took her own children's clothes and toys to the Women in Need charity in Victoria. She said the women doing the intake were so appreciative, so careful as



they unpacked her possessions, that it gave her a warm feeling, knowing that they were surely destined for 'good homes'.



So, I went on the WIN website (womeninneed.ca) and read through their programs, their vision, their mission: "To support women along their journey between crisis and wellness." Then I watched their video, of a woman collecting up and donating her things, including a teddy bear, and then of a mother and two children shopping at a WIN store. It showed the little boy discovering the bear that had been donated by the woman, falling in love with it, and being allowed to take it home. Sometimes, aiding the less fortunate can seem like an over-

whelming task, but seeing it through the eyes of one little boy brought it all into focus for me, and I suddenly knew where the "good home" for my treasures could be found. Watch it at youtu.be/CiotR8DiDE0 •

