

PARKSIDE ART GALLERY

OCTOBER 2017 NEWSLETTER

A picture is a poem without words. Horace

In the Main Gallery until October 13th

ART in "The Little Birds That Fly-a celebration of the beauty and wisdom of birds" show is going to be given away to good homes.

Free to a good home: If you would like a painting or a poem from the current show, and you think you could offer it "a good home", then you need simply put your request for the art into the ballot box at the gallery. All Katie needs is your phone # and inspiration. There is a list at the box of all the works in this show that are "free to a good home."

ALSO every Thursday at 10:00 a.m. Katie Kidwell will be performing live the songs for this show: Oct. 5/12



OCTOBER 11th at PARKSIDE

Momentum Productions Presents LIVE Music @ Parkside Art Gallery with Kris and the Blues Machines- PLUS a nightcap of DJ Ole Fashion!

Returning favourite Kris Wood of Blackberry Wood performing his one man show Kris and the Blues Machines is not to be missed! Kris Wood, with all the excitement and entertainment of a full band!

\$10 at the door
Doors open at 7:00
Show starts at 7:30
EVERYONE WELCOME

KRIS AND THE BLUES MACHINES is Kris's blue side!

Kris usually travels around the country with a carnival of Circus musicians that go by the moniker of BLACKBERRY WOOD but every once and a while he gets the urge to travel the great unknown all by his lonesome and yell out the blues!!! Childhood memories include being told to sit in front of the kick drum, to keep it from slipping, in his dads Blues band and getting his first guitar from band members!!!

Musical adventures have followed Kris around all his life and this newest finds him traveling with his trusty companion "The Contraption" which plays samples of old marching drums, New Orleans rhythms, and earliest jazz drums as well as many fun orchestral sounds!!!

This ain't no normal solo guy with guitar and don't be surprised if you find yourself feeling the urge to move all the tables and make room on the dance floor to shake it good :)

Music is the movement of sound to reach the soul for the education of its virtue. Plato

OPENING OCTOBER 19 – Trish is going to show her collection of felted alpaca garments, Kathy has homespun sweaters, mittens and slippers as well as her homespun wool to display and Claudia will show her felted garments with the Canada 150th Birthday theme along with up-cycled dresses. Trish, Kathy and Claudia will be at Parkside all day, on the 19th, for their opening. It is going to be fun!



Wearable Art

- *Claudia Ring*
- *Kathy Mouat*
- *Trish Chung*

October 19 - November 11

*Opening Reception Thursday,
October 19, from 10 am - 4 pm*

*Parkside Art Gallery
401 Cedar Avenue
100 Mile House, B.C.*

*Questions? 250.395.2021 or
ParksideCentre@shaw.ca*

The South Cariboo Arts Culture Society ANNUAL GENERAL MEETING

Wednesday, November 1st @ 5:30 pm in the Studio (downstairs) at Parkside. We encourage and welcome all SCACS members to attend and be involved.

PARKSIDE CALL FOR EXHIBITION PROPOSALS FOR 2018 EXTENDED

We invite artists, individuals and groups to submit proposals for exhibition at **Parkside Art Gallery**. Preference is given to those who reside in the South Cariboo as our mandate is to present the works of local artists and artisans. However if you have a unique proposal we can and will give it consideration. Deadline for submissions for the 2018 year is **Oct. 31st, 2017**. Drop in at the gallery to pick up a submission form, or email us to request one be sent to you, parksideartcentre@shaw.ca

TEA AND TOES UP READ FOR OCTOBER: What trees teach us about life and happiness.

Trees can save your life, and make you happy and mentally strong, according to a new wave of writers. Lindsay Baker explores the rise of the literary tree hugger.

"Trees are sanctuaries," wrote the German poet and philosopher Herman Hesse. "When we have learned to listen to trees... that is home. That is happiness." In his book *Trees: Reflections and Poems*, Hesse makes the philosophical case for trees, and how they are the key to essential notions of truth, beauty, home, belonging and happiness. The phrase 'tree hugger' may have long been used as a term of ridicule, but it seems Hesse might have been onto something.



© Clare Curtis

Suffolk-based print-maker and illustrator Clare Curtis is among the contemporary artists inspired by trees and woodland (Credit: Clare Curtis)

Now 'tree time' is enjoying a resurgence in popularity – on social media the tree hashtags #treesofinstagram and #lovetrees are rapidly proliferating. And the practice of *Shinrin-yoku*, the Japanese term for 'taking in the forest atmosphere' or 'forest bathing', is currently back in fashion as a popular type of preventative health care and healing in Japanese medicine. In recent years, there has been a sharp rise too in tree literature, with new books on the subject appearing regularly – among them *The Hidden Life of Trees* by Peter Wohlleben, *Strange Labyrinth* by Will Ashon, *The Long, Long Life of Trees* by Fiona Stafford and the allegorical tale *The Man Who Planted Trees* by Jean Giono, to name just a few. So why the recent tree obsession? Why are writers and artists so drawn to trees as a subject? What can trees teach us? Can trees actually make us happy and more tranquil?

Not that trees are a new subject in literature, of course. Hesse is just one of many authors, poets, artists and philosophers who, over the centuries, have been inspired by trees and woodland. Other examples include 19th-Century English poet John Clare who wrote in rural dialect and whose poem *The Fallen Elm* explores the freedoms both lost and gained with industrialization, when swathes of ancient woodland were felled. William Wordsworth's poem *It Was an April Morning*, meanwhile, captures the beauty and promise of a tree in Spring.

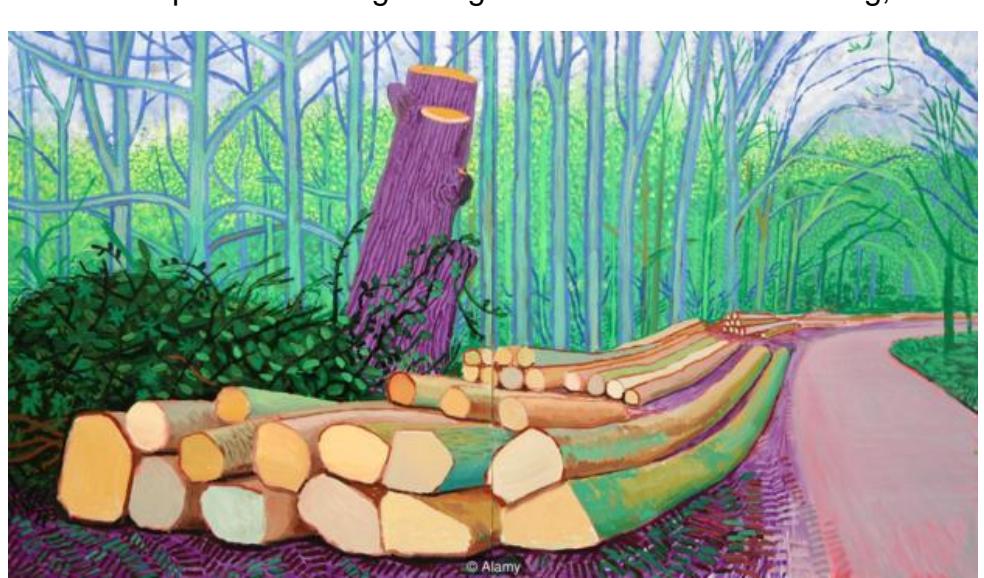


German artist Anselm Kiefer frequently depicted forbidding forests and woods in his paintings, such as in this detail from *Resurrexit* 1973 (Credit: Peter Horee/Alamy)

Among the tree-themed books to emerge recently is an anthology, *Arboreal: A Collection of New Woodland Writing*, which explores the literature, history, mythology and folk culture of trees and woodland. It features essays by architects, artists and academics as well as by authors who have an association with or affinity to trees and forests. Contributors include poet Zaffar Kunial, authors Tobias Jones, Helen Dunmore, Ali Smith, Germaine Greer, Richard Mabey and more.

Forest for the trees

Arboreal contributor Fiona Stafford, also the author of *The Long, Long Life of Trees*, points out that the current tree obsession in literature is part of the burgeoning trend for new nature writing, which is at least partly related to awakening concern about the environment. "But new writing about trees is also part of very old literary traditions," she tells BBC Culture. "The paradox of pastoral is that it always seems to be harking back to a lost rural world, but at the same time, it's always springing up again in new forms with urgent contemporary relevance."



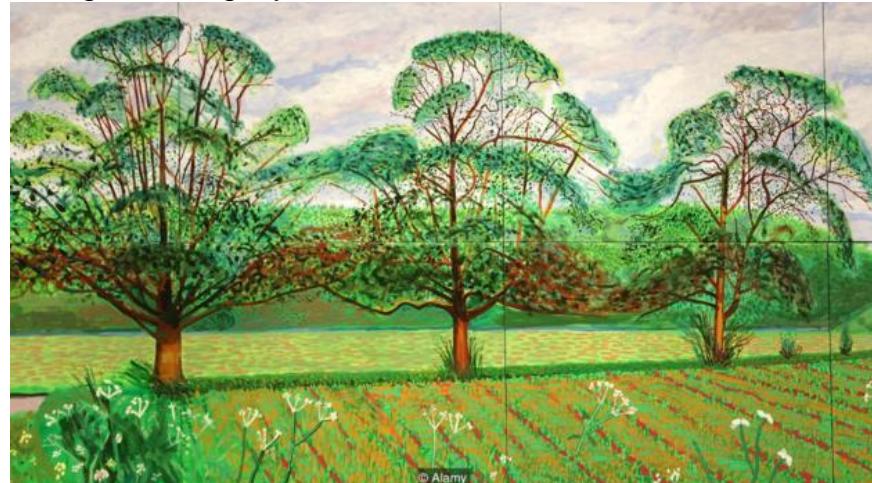
"Hockney makes quite common trees seethe with energy and brilliant, unexpected colour," says author Fiona Stafford, as in *Felled Trees on Woldgate* from 2008 (Credit: Alamy)

Since childhood, Stafford has had a love of trees. "Trees seem to create a different world within themselves, not just in terms of the wildlife but as imaginative spheres where things seem possible that might not be in the everyday working world." She finds something "very soothing", she says, about "a huge familiar object that is so full of life and just quietly nurtures all the things that live within its canopy." Stafford points to classic children's literature from Robin Hood to *The Wind in the Willows*. "And Frances Hardinge's recent award-winning book *The Lie Tree* may well be a classic of the future."

Trees connect us to others and also the past or future - Fiona Stafford

Stafford is also interested in how visual artists are inspired by and interpret the subject. Her favorite "David Hockney," she says. "Who paints trees and woodland with such passion and intensity that what might have seemed a fairly unremarkable scene is utterly transformed. He manages to discern the character of individual trees and make quite common trees seethe with energy and brilliant, unexpected color."

The work of John Crome and Gustave Courbet have explored the subject of the oak tree, which has mythical status as an emblem of strength and dignity.



The woodland of David Hockney's native Yorkshire inspired his series of iPad drawings and paintings, including *Three Trees near Thixendale* from 2008 (Credit: Alamy)

Stafford also explores the darker side of woodland, which is, she says, "engrained in European folktales". From the Grimm Brothers to the Russian tales of Baba Yaga. "Fear of what danger might lurk in thick forests is imbibed through stories like *Little Red Riding Hood* or *Babes in the Wood*. But there are also sophisticated adult versions of dark trees, which Dante understood in *The Dark Wood*. Sylvia Plath and Robert Graves have also drawn on dark forest imagery." And of course many visual artists – among them Anselm Kiefer – are drawn to the intense, dark side of trees and forests as a subject.



Tree hugging is derived from an incident near Jodhpur in the 1730s, when a group of women staged a protest to save their woodland, and lost their lives (Credit: Cultura RM/Alamy)

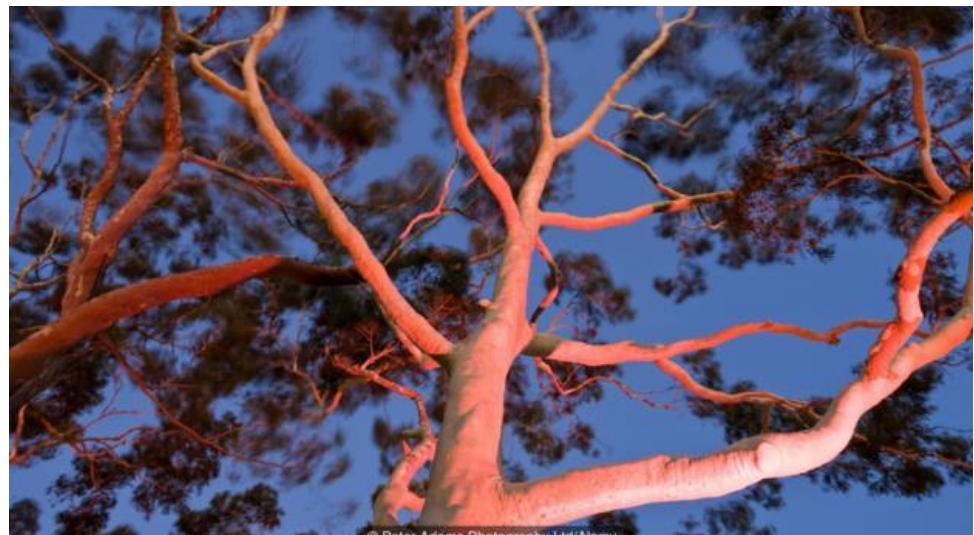
Despite these references though, in the end, trees emerge as a force for good in most of the recent writing on the subject. Does Stafford think trees can make us happier? "Trees appeal to all the senses," she points out. "Fresh smells, the sound of moving leaves and birdsong, the texture of the bark – all of these are appealing, especially in modern cities... They connect us to others, whether contemporaries or those in the past or future. If you plant a sapling that may take 200 years to reach its full

stature, you are pledging faith in the future and offering a gift to the generations yet to be born. That's a pretty good feeling."

"Trees are poems the earth writes upon the sky," wrote Lebanese-American poet Kahlil Gibran. (Credit: Peter Adams Photography Ltd/Alamy)

The Woodland Trust in the UK is a strong promoter of 'tree time' as a way to make us feel better in body, mind and spirit, and claims that our immersion in nature calms our spirit and helps us cope with stress. The Trust collaborates with Common Ground on a seasonal periodical *Leaf!* that shares art, poetry and stories about trees. It is also working on a modern version of The Charter of the Forest, which was originally drawn up in England in 1217, hot on the heels of the Magna Carter, and looked at our rights and responsibilities in relation to the nation's forests, including issues such as grazing of pigs and the lighting of fires.

The Charter for Trees, Woods and People is the 21st Century equivalent, and is to be published in November this year.



Tree time

"'Tree time' can be grounding for those undergoing stress," agrees Tobias Jones, an author who is among the contributors to *Arboreal* and **who spoke on a panel at the Hay Festival** to discuss the subject. "Nature deficit syndrome is real, and I'm convinced that the woodland setting is the most healing environment there is," he says. Jones has established a community in the UK, the Windsor Hill Wood, "a refuge for people in crisis". It is also the subject of his most recent book *A Place of Refuge*.

In the woodland you are facing your fears – Tobias Jones

When Jones was researching an earlier book *Utopian Dreams*, he saw how mental health was improved by living in woodland. According to the author, trees are a panacea for anguish and anxiety. This is partly due to the 'forest bathing' notion, but also because "Woods can be frightening, eerie, spooky places, and in the woodland you are facing your fears." And also, he says, the arduous and time-consuming work involved in being self-sufficient in a woodland – cutting wood to heat accommodation, making furniture and other essentials out of the wood from the forest, is therapeutic and peaceful. He points to 'coppicing', the practice of chopping trees down at ankle length in order to re-grow, as analogous. "There's something about trees being laid low and cut off in order to regenerate that is good for people's mental health and sense of continuity and rebuilding their lives."

Trees have always been emblematic, as seen in this ancient engraving of winged protective spirits and the sacred tree of life. (Credit: Heritage Image Partnership Ltd/Alamy)

In *Arboreal*, the poet Zaffar Kunial describes how a laburnum tree in the back garden of his childhood home in Birmingham became meaningful to him, giving him a sense of rootedness. "It became known in the family as 'my tree,'" he says. "And it came to represent time and continuity and being rooted, particularly as I had parents from two different continents." Kunial's poem *Fielder* describes how, while looking for a lost cricket ball, he finds himself unexpectedly in the undergrowth of woodland, "a shady fingernail of forest", and has a moment of clarity, like "a stopped clock". He is, he says, interested in "the prismatic quality of light in woodland, and how the light seems to be in blades, with the trees seeming to chop up the light. When you see bluebells in a woodland they look hazy, almost like a reflection of the sky. It throws me out of balance, throws my sense of time." Lebanese-American poet Kahlil Gibran was equally inspired by the subject: "Trees are poems the earth writes upon the sky," he wrote.

The idea of tree hugging began in India in the 1730s with a tribe of nature worshippers

The phrase 'tree hugger' is considered by some to be an insult, suggesting a hippy-dippy dreamer, out of touch with real life. In fact, the derivation of the much-maligned tree hugger comes from a scenario that was all too real. The idea of tree hugging began in India in the 1730s, when the maharajah wished to build a new palace in a village outside Jodhpur that was also the home of the Bishnoi people, a sect of nature worshippers. The maharajah ordered the destruction of some ancient trees in the village to make way for the new palace, and Amita Devri and other female members of the Bishnoi bravely protested by surrounding the trees and wrapping their legs and arms around the trunks to protect them in a peaceful protest. Tragically, they made the ultimate sacrifice. They were beaten back by the tree fellers, and it is said that 353 protesters were axed to death before the maharajah finally intervened.

There is more to the term tree hugger than meets the eye, and the same could be said of trees themselves. Or as metaphorical tree hugger Herman Hesse wrote: "In their highest boughs the world rustles, their roots rest in infinity; but they do not lose themselves there, they struggle with all the force of their lives for one thing only: to fulfill themselves according to their own laws, to build up their own form, to represent themselves... Nothing is more exemplary than a beautiful, strong tree."

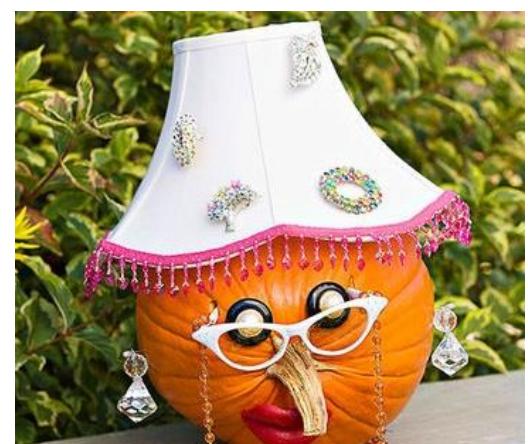


AND OCTOBER IN THE RECIPE GALLERY – FUN WITH PUMPKINS

You don't stop having fun because you get old, you get old because you stop having fun. Unknown

Granny Gourd

Decorate your pumpkin to look like a funny old lady. You'll need a fringe lampshade, old reading glasses, and buttons or costume brooches. The lampshade becomes a hat, the reading glasses can perch on her stem nose, and the buttons or brooches make for boo-tiful eyes (earrings).



Humpty Dumpty Pumpkin

Is your garden lacking in Halloween spirit? A pumpkin dressed up as Humpty Dumpty makes the perfect wall topper. Make the spring like legs out of construction paper, paint on simple facial features, and add a painted funnel for a hat.

Pumpkin Spider

Don't forget to grab a mini pumpkin when you go to the pumpkin patch -- to make a scary spider! Paint the mini pumpkin black, then glue on black chenille stem legs, googly eyes, and a mouth made from white craft foam.





Glitter Pumpkins

Bring your pumpkin outside and let it shine. Apply craft glue in stripes and sprinkle on fine glitter in the colors of your choice. Your pumpkin decorating duties will be done in a snap!

Painted Pumpkins

Set up an outdoor painting station so kids can add funny faces to their gourds. Let them use both sides of the pumpkin to get creative. Your children are bound to come up with some unique designs this Halloween



And Candy Corn Pumpkins



Jazz up your jack-o'-lanterns by putting cute edible faces on them. Grab some candy (like candy corn), toothpicks, and glue to make your pumpkins come to life with silly expressions. Warning: the results might be downright silly!

Parkside Members | 9th Annual Christmas Bazaar | Nov 18 – Dec 23

We are calling on all of our local craftspeople to show their crafts at the Christmas Bazaar. If you are a Cariboo craftsperson who creates sculpture, metal, pottery, leather, wood, books, fine art jewellery, glass, chocolates or any other craft - then our annual Christmas Bazaar may be the perfect place to market it!

The majority of the sale revenue from the sales of crafts goes directly to the artist, and only a small portion (25%) goes toward the maintenance and operational costs of running Parkside Art Gallery, which also contributes to a vibrant and healthy arts community in 100 Mile House.

If interested in sharing your crafts in our Christmas Market pop into Parkside and ask for information on selling through Parkside.

PARKSIDE HOURS

**Tues-Fri 10 am – 4 pm
Saturday 10 am-3 pm
A Volunteer non-profit society**

**LOCATION/CONTACT
401 Cedar Avenue in 100 Mile House, BC.
Box 1210, 100 Mile House BC, V0K2E0
250-395-2021**

Website: www.parksideartgallery.ca

Facebook Page: <https://www.facebook.com/parksideartgallery>