



PARKSIDE GALLERY NEWSLETTER Vol. 6, No. 1

Parkside re-opens on Tuesday, January 14th at 10 am

PARKSIDE CELEBRATES 20 YEARS IN 2020

The year 2020 marks our twentieth year of operation as Parkside Art Gallery. Many of those who contributed to its inception are still actively involved. The dedication of volunteers continues to make memorable experiences possible within our home of Parkside Art Gallery. We have much to celebrate as we mark this 20th year milestone.

OUR FIRST SHOW FOR 2020 AT PARKSIDE

Our Community | [LOVE CARIBOO WINTERS](#) | Feb 1 with Opening Reception from 10-3

Call out to all who love winter in the Cariboo

Join us in creating art for our next show “**Love Cariboo Winters**” -

To celebrate our 20th Anniversary at Parkside we would like to start the year off with a celebration of life in the Cariboo with a show titled “Love Cariboo Winters” with 100 Things we love to do in the winter in the Cariboo! A few ideas to get you thinking...

Snowmobiling, skiing, ice-fishing, snowshoeing, snow-boarding, curling, snowman building, dogsledding, bird watching, tracking, bonfires, hot chocolate parties, winter trees, winter skies, frozen waterfalls, para sailing, ice boating, snapping the whip, hockey, bocce on ice, curling, snuggling by the fire, hibernating, reading, quilting, knitting, reading, woodcutting, woodstoves, snow shovelling, and anything else you can imagine!

The show will be completely focused on **OUR LOVE OF WINTER** and will open at the Parkside Art Gallery on February 1.

We are asking for the public to create images of WINTER to line the walls of the gallery. Whether you are an artist or not, this is your chance to illustrate, paint, sculpt, photograph, knit, write or otherwise represent winter for the show. Artwork can be done in any style from detailed to abstract as long as you identify the activity that you are illustrating. Here's how to get involved – send an email to Parkside saying you'd like to take part and what medium you plan to use and your winter activity.

Completed art work can be dropped off from Tuesday, January 14th until Wednesday, January 29th with the show opening February 1st.

Artwork need not be framed and hanging will be quite casual; push pins will be employed for artwork on paper for instance, so if you value your work, make sure it is protectively framed and ready for hanging.

If you wish to sell your art you will require a membership to the gallery (\$15) but if you wish not to sell there is no entry fee.

For more details call Parkside Art Gallery at 395-2021, or drop by or send an email to parksidecentre@shaw.ca

LATEST NEWS ON THE PROJECT “ART FOR EVERYONE”

We are the grateful recipients of a \$2,000 gift from the local Legion, to be used toward the purchase of a bench seat/wheelchair lift. This will provide accessibility to every person wishing to enter the main area of our gallery. Added to our existing fund, we now hold \$8,000, approximately 25% of what will be required to install this lift to the main stairwell of our premises.

As a registered charity, we will provide tax-deductible receipts for those wishing to make a donation toward “Art for Everyone” at Parkside Art Gallery. You may know of somebody who used to have access, or perhaps has never been able to enter the premises due to an inability to manage the stairs. Somebody you care for may eventually require support to join a celebration on our premises. This is an opportunity for you to exercise your generosity and compassion, to open your heart and be part of something bigger.

The year 2020 marks our twentieth year of operation as Parkside Art Gallery. Many of those who contributed to its inception are still actively involved. This year, via our newsletter, we will ask some of those persons to reflect back upon those early days and share with us what inspired them to pursue this dream for our community.

The dedication of volunteers continues to make memorable experiences possible, as we welcome creativity and expression into our lives. We have much to celebrate as we mark this milestone and invite you to join us in these activities, which will be featured throughout the coming year.

IN OUR RECIPE GALLERY: BANANA-MAPLE MUFFINS

INGREDIENTS

- 1/3 cup extra-virgin olive oil
- 1/2 cup maple syrup or honey
- 2 eggs
- 1 cup packed mashed ripe bananas (about 3 bananas)
- 1/4 cup milk of choice or water
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 3/4 cups whole wheat flour
- 1/2 cup old-fashioned oats, plus more for sprinkling on top
- 1 teaspoon turbinado (raw) sugar or other granulated sugar, for sprinkling on top



INSTRUCTIONS

1. Preheat the oven to 325 degrees Fahrenheit (165 degrees Celsius). If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray
2. In a large bowl, beat the oil and maple syrup together with a whisk. Add the eggs and beat well. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins**, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon in total), followed by a light sprinkling of sugar (about 1 teaspoon in total). Bake muffins for 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months.

UPCOMING WORKSHOPS AT PARKSIDE

HOW TO MAKE A WINTER SOLSTICE MARZANNA

Join us to make a Winter Solstice Marzanna on Saturday January 18, 2020 from 10 to 3 at Parkside Art Gallery.

Marzanna is the Goddess who represents winter and the winter moons in December, January and February, the time of death and rebirth.

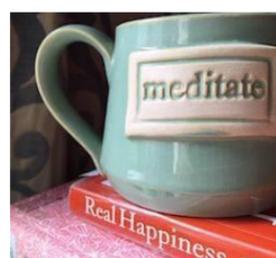
Bring dried grass, twigs and sticks to create the body and scraps of fabric, felt and wool to create your own Marzanna.

All the Marzannas created can participate in the upcoming winter show.



MEDITATION

If you are interested in **meditation** check out <https://100milehouse.shambhala.org>



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**

www.facebook.com/parksideartgallery/
[Email parksidecentre@shaw.ca](mailto:parksidecentre@shaw.ca)
<http://parksideartgallery.ca>

***THANK YOU! Thank you to all our members who have renewed their memberships for 2020.
Without your valued support Parkside wouldn't be possible. We thank you!***

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