



## PARKSIDE GALLERY NEWSLETTER

**JANUARY 10, 2017**

**Happy New Year!**

**PARKSIDE re-opens on January 14<sup>th</sup> at 10:00 am**

Please join us this coming Saturday, January 14<sup>th</sup>, from **1 to 3 pm** for the Opening Reception of **Robert Keziere: The Days of Augusta.**

The reception will be hosted by the Stemetewuwi "A Gathering Place" Friendship Centre and there will be Bannock and tea and stories from local elders.

On display will be the 1972 photographs and audio recordings of Mary Augusta Tappage of Deep Creek-who lived just north of Williams Lake.

Former Vancouver Art Gallery photographer, Robert Keziere, beautifully captured the extraordinary life of Augusta who was a community leader. Augusta has been the subject of a book by Jean E. Speare, and a NFB documentary which will be shared on Saturday. The film is about 15 minutes in length and she talks about her remarkable life and her time as a child at St. Joseph's residential school.

The gallery will be set up with kitchen table, chairs, a bed and even a wood burning cook stove to give visitors the feeling they are visiting Augusta's cabin which had neither electricity or running water.

We at Parkside are very excited about this special opening reception! We hope you can join us!

*The photos will be on display in Parkside's Main Gallery from January 14th - February 4 2017*



Rob working on set up



Neil checking out the new art



Barb sharing the importance of the Augusta show with Tara (Free Press)

### **THANK YOU PARKSIDE VOLUNTEERS**

Thank you to **Barb Brown, Denise Swift** and **Rob Diether** for their work on setting up the current show **The Days of Augusta** in the Main Gallery.

Also thank you to **Susan Kruse, Tom Godin, Sheryl Fremlin, Kathy Crawshay** and **Neil Pinkett** for their work on getting the Members' Gallery ready for the opening this Saturday, January 14th!

## **A Question Your Brain Should Ask Everyday: "What one thing am I grateful for today?"**

This question can change your brain, and your life. Science has a lot to say about this. It turns out that gratitude is good for your brain.

Ralph Waldo Emerson once said, "Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." I like this a lot.

Do you remember the old story of the house with the golden windows? It tells of a little boy who would look across the sprawling meadows outside his house every morning and see in the distance a house with golden windows. He would stare and revel in the radiant beams streaming his way from far away. He asked his father one day if they could visit the house with the golden windows. The father obliged, and they started to walk. They walked and walked until they approached the house. The young lad stood perplexed. He saw no windows of gold. But a little girl inside saw them staring at her home and came out to ask if they were looking for something. "Yes." replied the boy, "I wanted to see the house with the golden windows that I see every morning." "Oh, you've come to the wrong place." she said quickly. "If you wait here a little until sunset, I will show you the house with the golden windows that I see every evening." She then pointed to the house in the distance - the home of the little boy.

This story contains a powerful truth: Developing an attitude of gratitude starts with simple awareness. Sometimes the things that are the hardest to see are the things right in front us.

Gratitude, like most things, is a habit. First we form habits, and then they form us. What would happen if you got a small notebook, and once a day wrote down one or two things that you are grateful for? What if you kept it simple:

- "I'm grateful to the stranger in the white truck who let me merge into traffic today."
- "I'm grateful for the big smile that the person at the check-out gave me today."
- "Yes my back hurts today, but I'm so grateful that it isn't broken."
- "I am grateful for the food on my plate this morning."

Every now and then you could go back and read a few pages from previous months. Remember, your brain gets good at what it does. Neurons that fire together, wire together. You are literally wiring your brain for gratitude. And your brain will start to see things everywhere to be grateful for. Eventually, gratitude will be as effortless for you as breathing. You will have literally sculpted your brain to have a bias for gratitude. Neuroplasticity is amazing.

Here's what science says happens when you start and maintain a gratitude log:

1. Your long term well-being increases 10%. That's the same impact as doubling your income! (Positive Psychology Progress)
2. Sixteen percent fewer physical symptoms. (Emmons, University of Cal.)
3. Nineteen percent more time exercising. (ibid.)
4. Ten percent less physical pain. (ibid.)
5. Eight percent more sleep. (ibid.) ...who couldn't use more of that?
6. Twenty-five percent increased sleep quality. (ibid.)
7. Thirty percent less depressive symptoms. (PPP)
8. Increased vitality and energy. (numerous studies)
9. Significant decrease in systolic blood pressure. (R.W. Shipon, Temple University, 2007)
10. Gratitude lets you live longer. (Findings from the Nun Study)

And one more, gratitude makes you look good to others.

So why not get a notebook and get started? Watch your brain change. And then watch the people around you change.

Here's something else to read: [Brain Bulletin #91 - Words Can Change Your Brain](#)

And this: [Brain Bulletin #76 - The Charles Schulz Philosophy](#)

Congratulations on learning something about your brain today. The Brain Bulletin is committed to help you to do just that. If you missed any Brain Bulletins you can find them in the Brain Bulletin Archive: [Brain Bulletin Archives](#)

## In The Recipe Gallery: Tom's Bannock

- 3 cups of flour.
- 2 tablespoons of baking powder
- 1.5 cups of milk (sour milk is fine)
- 3 tablespoons of cooking oil
- Dash of salt if desired

Mix flour and baking powder together in large bowl. Add cooking oil and milk to dry mix and stir with a spoon and then knead by hand. If dough is too sticky dust with flour and continue to knead. Shape into a large flat ball and place on dry cookie sheet and bake at 350 degrees for 40 to 45 minutes or until bannock has a nice tan. Whole wheat flour bannock will take longer to bake.



*"Every now and then it's good to stop climbing and appreciate the view from right where you are." Lori Deschene*

## Artist Creates World's Pinkest Pink and Makes It Available to Everyone but One Person

Pink is a nice color, but PINK is way better. Created by British artist Stuart Temple, after a decade of working with paint manufacturers from around the globe, PINK is the world's pinkest pink. If you're interested, you can buy 50 grams of it for \$4.95, unless your name is Anish Kapoor.

In 2014, Indian artist Anish Kapoor shocked the art world when he acquired exclusive rights to use the world's blackest black in his art. Developed by a company called NanoSystems, "Vantablack" is composed of a series of microscopic vertical tubes, and when light hits it, it is continually deflected between the tubes, essentially becoming trapped. Vantablack absorbs 99.96 per cent of light, which makes it the darkest pigment known to man.

Originally created for military and astronomic purposes, Vantablack also sparked the interest of artists around the world, who dreamed of using it in their works. So when NanoSystems announced that Indian artist Anish Kapoor had been granted exclusive rights to use the world's darkest black, everyone was furious. That includes Stuart Temple, who is trying to make a point by making his pinkest pink available to everyone, except Anish Kapoor.



### Shower Beer?

Need a beer in the shower? Shower Beer created by Swedish brewery PangPang in collaboration with creative agency Snask will probably do the trick.

The shower hardly seems like the best place to enjoy a nice, cold brewsky, yet some people have been doing it for years. However, the problem with showers is that they're usually quick, so you don't have the time to gulp down a whole bottle of your favorite ale. To solve the problem, a group of ingenious Swedes have come up with a smaller, stronger beer designed to be consumed while showering.

## ANOTHER THANK YOU!

Thank you to Barb Brown and Dennis Brown and denise swift for all the work they did on painting and prepping the Main Gallery! It looks brilliant! Thank you!

## 'Stepping stones': Children's book tells Syrian refugees' journey through stone art

### Stone artwork by Syrian artist Nizar Ali Badr guides viewers through author Margriet Ruur's new book: Stepping Stones: A Refugee Family's Journey.

Artist Nizar Ali Badr's illustration of Syrians travelling while carrying all of their belongings on their back inspired author Margriet Ruurs to write a children's book featuring his work.

The stone art is what first inspired Margriet Ruurs to reach out to artist Nizar Ali Badr.

"It was a picture of a mother carrying a baby, and behind her, a father is walking under a load of problems," she told host Sheryl MacKay on CBC's North by Northwest.



The picture was made entirely from stones by the Syrian artist Nizar Ali Badr. "It took my breath away because it's so beautiful."

Rather than simply clicking 'like', Ruurs decided to show her appreciation in a different way. Now, Ali Badr's images are part of her best-selling children's book Stepping Stones: A Refugee Family's Journey.



**'Stepping stones'** Ali Badr still lives in Syria. His art is meant to capture both the tragic and empowering moments many Syrian families endure after fleeing the country's ongoing violence.

Ruurs believed those images could be weaved together to tell the story of the families' resettlement.

Stone artist Nizar Ali Badr's work only lives on through pictures, as he reuses many stones each time he puts together a new piece.

"His art was so amazing, I thought this should be a children's book — I've never seen art in a book made from rocks."

Ruurs spent months to track down the artist. After finally contacting him, she spent hours on Skype late at night getting to know her new friend.

**New friends** Ali Badr lives south of Aleppo in the town of Latakia — an area that he says is relatively safe. Ruurs says he spends much of his time roaming the beach, looking for stones to use in his art.

"When he creates his art ... it's got emotion ... it's got love ... it's got hate ... it's got hope — and that's why I felt strongly that it told a beautiful story that should reach a wider audience."

Ali Badr's work captures the harrowing and often fatal journey over land and water that many Syrian families endure.



Ruurs eventually got his permission to use some of his images to put together a story about a family moving from Syria and resettling in the West.

She makes a point to never explicitly state in her writing that the family is from Syria and says the story can apply to anyone.

"To me, it's a very universal story — it's the story I grew up with with my parents, who lived through the second world war in Holland ... it's the story we grew up with."

**'The story is true'** Ruurs now lives on Salt Spring Island. When a family of Syrian refugees settled there last year she made sure to share the book with them.

"The father read it, and he started crying. And that happens all the time," she said. "To me, that means the story is true."

To listen to the full interview, click on the audio labelled: ['Stepping stones': Children's book tells Syrian refugees' journey through stone art](#)

## UPCOMING WORKSHOPS and CLASSES

The Jan 28/Feb 4<sup>th</sup> Acrylic Workshop with Bobbie Crane: 'Whiskey Jack' is full. If interested in a future workshop you can contact Bobbie @ 250-396-7721 or visit her website @ [bobbiecraneart.ca](http://bobbiecraneart.ca). Bobbie said she will doing another workshop in April.

If you are offering classes or workshops at Parkside and wish to have your contact info in the newsletter or on our Facebook page please contact Parkside and let them know.



### PARKSIDE HOURS (NEW)

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](http://www.parksideartgallery.ca)

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

And check out [parksideartgalleryca](https://www.instagram.com/parksideartgalleryca) on Instagram

*To subscribe or unsubscribe from our email newsletters or send us a note:  
[parksideartcentre@shaw.ca](mailto:parksideartcentre@shaw.ca)*

*"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of Gratitude." - A.A. Milne, Winnie-the-Pooh*