



Thank you to everyone who came out to the opening of the Cariboo Artists' Guild Opening! A great evening was had by all!

THREE ART SHOWS TO ENJOY IN SEPTEMBER AT PARKSIDE!

THE CARIBOO ARTISTS' GUILD | 35th Annual Show and Sale | until Sept 12th

THE SELFIE SHOW | Sep 14-23

SHIRLEY GIBSON-BULL | Art Next | Sep 25-Nov 7

ART NEXT: A new creation - independent of the inspiration from which it was born.



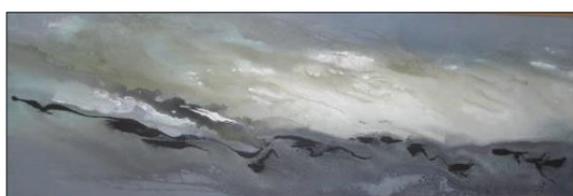
Shirley Gibson-Bull's Artist Statement

I cannot pretend that my art tells a story because I never pre-draw or even plan my paintings. That was not always the case. I had 3 years of formal study in the UK, majoring in oils, pottery and silk screen printing but then I came to Canada and took 40 years off.

Today I love to experiment! My favourite mediums are watercolour and inks - they encourage spontaneity. I pour, squirt, scumble and scrape back. I use saran wrap, sea salt, Q-tips, credit cards, rubbing alcohol and sometimes brushes!

For me, it isn't what you paint but how you paint. The journey is the important part and a finished painting is the bonus.

Drop by Parkside on Friday September 25th from 5-7 to meet Shirley and have a fun evening of refreshments and art and talk. There will be a brief artist talk at 5:30.



SOUTH CARIBOO WINTER ARTS AND CRAFTS FAIR

A reminder that the Registration for South Cariboo Winter Arts and Crafts Fair are due at the end of Sept! For more info you can contact jbhooper@xplornet.ca or call 250-2980 \$75 per booth for Nov 20, 21st at the Community Hall in 100 Mile.

KEY IT UP

100 Mile Festival of the Arts "Key it up" fundraising campaign for a new grand piano for Martin Exeter Hall is going very well! The raffle draw date is Sept 25th, 2015 at 12:00pm at the Farmers Market. There is only a few weeks left so see Bruce at the Farmers Market every Friday morning and purchase your raffle ticket to support the 100 Mile Festival of the Arts "Key it Up" fundraiser. Thank you to all that donated of help with our fundraising efforts!

IN THE RECIPE GALLERY: Rose Hip Jelly Made From Wild Fruit

Jelly is made from fruit juice and sugar. A gel structure will be achieved only if the mixture contains sufficient pectin. Often commercial pectin will be added to obtain this desired structure. Rose hips should be picked after the first killing frost for best flavor and jelling. This jelly is a good source of Vitamin C.

Extraction of juice from the fruit is the first step in the preparation of fruit jelly.

1. When extracting juice for pectin-added jelly use ripe rose hips.
2. Remove blossom remnants and stems from rose hips.
3. Wash the in cool running water.
4. Add water to cover the rose hips.
5. Bring to a boil in a covered stainless steel or enamel kettle and then simmer for 15 minutes, or until soft.
6. Cool and strain through cheesecloth or a damp jelly bag.
7. One pound of rose hips will give close to 2 cups juice.



Rose Hip Jelly Recipe

- 4 cups rose hip juice
- 7 1/2 cups sugar
- 1 box (2 pouches) liquid pectin

Measure juice and stir in sugar. Place on high heat, stirring constantly. Bring to a full, rolling boil. Add the liquid pectin and heat to a full boil. Boil hard for 1 minute. Remove from heat; Skim off foam. Pour jelly into hot, sterilized half-pint jars to 1/4 inch of top and seal with two-piece canning lids.* Process in a boiling water bath for 6 minutes (10 minutes for cold, unsterile jars).



PARKSIDE CALL FOR EXHIBITION PROPOSALS FOR 2016

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 2016 year is **Sept. 30th, 2015**. Drop in at the gallery to pick up a submission form, or email us to request one be sent to you, parksideartcentre@shaw.ca.

PARKSIDE IS ACCEPTING NEW ART FROM OUR MEMBERS FOR OUR MEMBERS' GALLERY Beginning September 9th.

AND the SELFIE SHOW is an open call to everyone in the community – IN ALL MEDIUMS

If you are showing your art in the Selfie Show you can begin bringing it into Parkside at the beginning of September. For more information or to sign up; please drop into the gallery.

Thank you to everyone who shares their art with the gallery: you enrich and support our community!



Volunteers enjoying Parkside!



AND FOR THOSE LOOKING FOR A FULL TIME VACATION IDEA?

Tired of putting up with her landlord's tantrums, a German student has decided to give up renting apartments altogether and live on trains instead!

"It all started with a dispute I had with my landlord," said Leonie Müller. "I instantly decided I didn't want to live there anymore – and then I realized: Actually, I didn't want to live anywhere anymore." So she purchased a special ticket that allows her to board any train in Germany at no charge. She now showers, changes, eats, sleeps, and even does her homework while traveling at speeds of up to 190mph. Sometimes she gets pizza delivered to the tracks at stopovers.

Leonie, 23, says that living out of trains has given her a lot of freedom and she's enjoying every bit of it. "I really feel at home on trains, and can visit so many more friends and cities," she said. "It's like being on vacation all the time. I read, I write, I look out of the window and I meet nice people all the time. There's always something to do on trains."



An unhurried sense of time is in itself a form of wealth. Bonnie Friedman

UPCOMING WORKSHOPS/ART/DANCE/MUSIC

If you wish to advertise your meetings, presentations, lessons or workshops, or anything else involving the arts, send a note to parksidecentre@shaw.ca with ATTN: Newsletter info on the arts. It's free if you or your group are a member of SCACS.

ART LESSONS with Neil Pinkett tailored to your needs. \$20 per hour for one person, \$30 per hour for groups of 2 or 3 people. Oil and acrylic painting; murals; oil pastels; pencil; ink-pen. Neil is also available to help you paint a mural in your home or business!

Enquiries: 250 397-4140 or neilpinkett@hotmail.com

ART WORKSHOPS WITH BOBBIE CRANE

www.bobbiecraneart.ca or contact Bobbie at 250-396-7721

Acrylic workshops are usually 2 day seminars with a cost of \$95- for the 2 days... plus supplies. Specific designs are instructed in these workshops with photo and instruction package included. Private lessons are also available @ \$25 per hour with a minimum 4 hour appointment.

PARKSIDE ART GALLERY LINE-UP FOR THE REST OF 2015

Cariboo Artist's Guild | 35th Annual Show and Sale: Passage of Time | Jul 30-Sep 12 (Reception 5-7pm on Jul 30)

Open call to all our members | The Selfie (all medium) | Sep 14-23

Shirley Gibson-Bull | Art Next | Sep 25-Nov 7 (Reception 5-7pm on Sep 25)

Parkside Members | 7th Annual Christmas Bazaar | Nov 14-Dec 23 (Reception Noon-4pm on Nov 14)

PARKSIDE GALLERY HOURS

Tues - Fri 10am – 4 pm, Sat. Noon - 4pm
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>



To subscribe or unsubscribe from our email newsletters or to send us a note: parksideartcentre@shaw.ca

A nap is what most people really need to stave off sleepiness and get an energy boost. Sara C. Mednick