

The Phoenix

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SELF-HEALTH

THE MENTAL HEALTH PODCAST

BY STUDENTS, FOR STUDENTS

Launches October 10 at
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If you want to share
your mental health
story on the show, or
would like to contrib-
ute your own writing,
email us at
eic@thephoenixnews.com.

Letter from the Editor,
As the season ushers in cold dark days and midterms, it is more pressing than ever to address the silent enemy on campus: mental health. In our Feature, we discuss the importance of self-care, what it means and how it fits into a busy student lifestyle, no matter how impossible that may seem.
And now, the most exciting news. This issue marks the promotional launch of The Phoenix News' first ever podcast Self-Health, hosted by yours truly and produced by Heatwave Radio. Students struggling to stay sane get real about their mental health and share their personal experiences. We've all heard countless times on campus "Start the Conversation," but the conversation hasn't really started - that is, until now.
As someone who has long struggled with mental health, I felt that this project would help people like me who felt alone, confused or hopeless about their struggle. I want everyone with mental health issues to know that you're not alone, in anything you're suffering with. Skeptical? Listen to the podcast.
And for those few, rare, normal people out there: this podcast is for you too. Because you help us by understanding - even just a fraction - what we're going through. This podcast is all about genuine, raw, uncensored testimony. The conversation starts now.

Brie Welton

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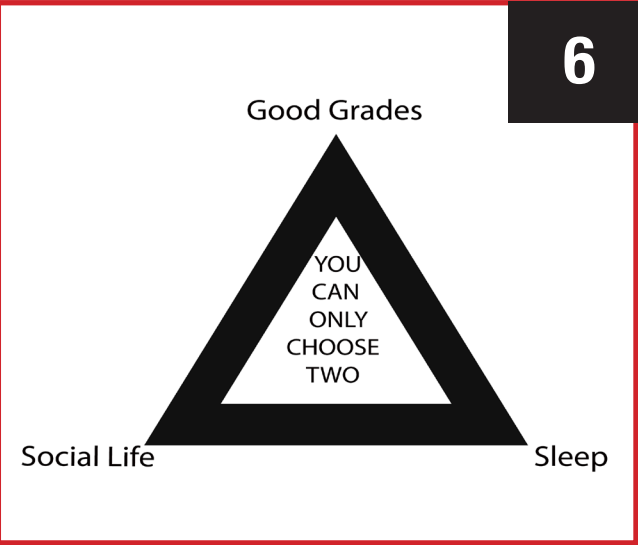
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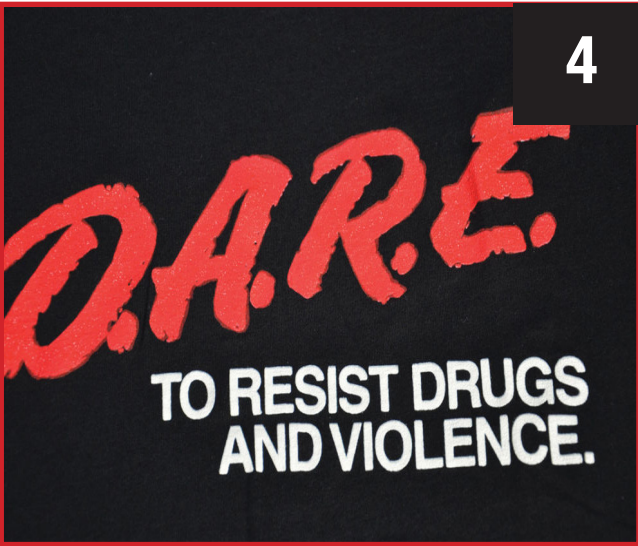
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// LIFE

WHO WANTS TO BE A BREWMASTER?

Brad Tomlinson from Kettle River Brewing discusses what it takes to brew beer for a living.

Daniel Greene
Life Editor

Quitting your day job, dropping out of school, and becoming a brewmaster sounds pretty far fetched—but it might not be as implausible as you think it is. According to Brad Tomlinson, Head Brewer at Kettle River Brewing Company here in Kelowna, the demand for brewers in British Columbia is greater than you might think. There are over two hundred breweries in British Columbia, and that number is growing, meaning now might be the best time to get into the industry. With so much to learn, it can be intimidating trying to figure out where to begin. But according to Tomlinson, it all starts with one simple step: drink a lot of beer. “Start with home brewing,” Tomlinson says. “Hang out at breweries, chat with peo-

ple. I find in this industry people are more than willing to answer questions.” Tomlinson says he has always been eager to help new brewers on their path to success, a path that involves constant

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For me, the job feeds all of my needs.

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learning, trial, and error. But if you are already a successful home brewer looking to improve your skills, then you can always enrol in a formal training program at one of a number of schools across Canada.

Niagara College, Olds College, and SFU are just a few of the institutions across Canada that offer training in beer brewing. Many of these programs offer not only the skills



Photo by Lauren St Clair/ The Phoenix News

necessary to become a successful brewer but will also delve into the science behind the fermentation process.

But, as Tomlinson is quick to point out, “even if you come out of one of those programs, you can’t really expect to walk into a Head Brewer’s position. You still gotta clean kegs.”

Being a brewmaster is not all about creativity. They

have to be meticulous and must love to work with their hands. “For me, the job feeds all of my needs,” Tomlinson says. “I need something creative, I gotta wrench on stuff, and I gotta have fun.”

Like many successful brewers, Tomlinson started out as a home brewer. “I started with kits from Safeway, then upgraded to all grain,” he says.

In the end, however, it was worth it. Tomlinson started working for Kettle River Brewing just over three years ago and has been hard at work ever since.

It remains that with some research, and a passion for brewing, there’s no better time to become a brewmaster than right now.

FREEBIKE: NEW FORM OF TRANSPORT ON CAMPUS

Freebikes are exactly what they sound like: free bikes

Daniel Greene
Life Editor

Those greenish-yellow bikes scattered around campus are the newest product from Freebike, a bike sharing company that will be offering its services to UBCO. The company is currently in a preliminary stage of development, but hopes to receive permission to operate on UBCO property in the near future. The bikes are activated with an app, and after using it to scan the bike’s QR code, users

can choose whether they want electrical assistance or not. According to Freebike’s website, with electrical assistance, the bikes can reach speeds of up to 22 kilometres per hour and can travel a maximum distance of ten kilometres per charge, making the bikes one of the fastest forms of transportation around campus. The Freebike philosophy centres around excellent operations, bicycle quality, and positive user experience. But most of all, the company believes in providing a sustainable form of transportation that is accessible to the

largest number of people. The electrical assistance option makes Freebikes accessible to more people, regardless of individual levels of physical fitness, and the use of regenerative braking technology increases the company’s sustainability and the bicycles’ overall efficiency. Despite the company’s name, however, you will have to pay to use Freebikes. For the past few weeks, Freebikes have been free for students to use, but solely as a means of testing the market. “We are studying how people use the bike so we can match

our price scheme in a fair way and ensure the best business for everybody,” says Parisa Sharif, one of Freebike’s employees. “The name ‘Freebike’ is a symbol for how we created our venture, it wouldn’t have been as accurate of a business model without the feedback of customers which we gained from the test trial.” Currently Freebike is looking for more investors in order to expand the company and put more bikes on the road. It is unclear whether or not Freebike intends to compete with already established bike sharing companies in wKelowna

such as Dropbike, a company that charges one dollar per hour for its services. Founder and CEO of Freebike Jonathan Itamah says that in the future, once the company has established itself on campus, there will ideally be charging stations as well as a tiered pricing scheme, meaning that the cost of use will vary depending on whether or not the user wants electrical assistance or not. But until then, the executives at Freebike will be hard at work analyzing data from their now completed free trial period.

DARE.

35 YEARS LATER



Are We Still Saying “No” to Drugs?

**Fear in the Classroom:
A Savage Journey to the
Heart of the Adolescent
Mind.**

Daniel Greene
Life Editor

If you attended elementary school after 1983 in Canada or the United States, then odds are you have some recollection of listening to some menacing police officer standing at the front of your classroom explaining to you the myriad ways that marijuana will ruin your life.

According to the Foundations Recovery Network, by 1994, the Drug Abuse Resistance Education (DARE) program was being taught in schools in every state in

America. And to be fair, the program's objective has been fairly simple and admirable since its beginnings in the 1980s. By introducing young children to the existence of peer pressure and a variety of common street drugs, the program's creators hoped to give children the tools necessary to “Just Say No.” Ironically, however, numerous studies on the efficacy of the program have shown it to do just the opposite.

The Foundations Recovery Network cites longitudinal studies that show a positive correlation between the teaching of DARE in schools and an increase in youths' cannabis, alcohol, and tobacco use. What's more, those youths who were studied also

showed symptoms of lower self esteem later in life when compared to students who did not receive any DARE teaching.

Much of the criticism the program has received in the last decade focuses not on DARE's message, but on the methods used to share that message. Some have argued that police officers should not be the only ones teaching children about drug use, suggesting instead the use of psychologists and counselors, two types of professionals who are better equipped to address the important relationship between drug abuse and mental illness.

But, in my personal experience, some of the program's teaching methods are simply

awful. When I was eleven years old, the DARE program was taught in my grade 5 class over the span of a few weeks. After learning that marijuana would give me acne, cancer, and brain damage, the class concluded with the signing of a supposedly legally binding contract banning me from ever doing drugs.

For me, it's really no wonder that ten years later many of the students of the DARE program have since rebelled against it, have tried all kinds of narcotics, hallucinogenics, uppers, downers, and the like. How many people, I wonder, can trace their interest in hallucinogenic drugs back to their days as grade 5 students, at the same time learning of the euphoric

effects, and the mysterious dangers, of drugs such as LSD and mushrooms. In my experience, the leaders of the DARE program were not so much worried about teaching us why the drugs were dangerous as they were determined to teach us to fear them.

Thankfully, DARE has made a number of changes to their program in the last few years. Teachers do not rely as heavily on scare tactics or the influence of police officers any more, and lessons focus much more on real life scenarios. But for many of the original students of the DARE program, the damage has already been done, and as a result, a lot of contracts have been broken.



NEWGENICS: THE INSIDIOUS PERSISTENCE OF EUGENICS IN CANADA.

Alberta's Sterilization Act may be long gone, but its effects, and the ideologies that produced it, still linger.

Daniel Greene
Life Editor

Dr. Claudia Malacrida, Professor of Sociology at the University of Lethbridge, presented a lecture on Alberta's history of eugenics at the Kelowna Library on September 20. Among those in attendance were professors and students from UBCO, along with a number of inter-

ested members of the public. At the heart of Dr. Malacrida's presentation was the concept of "Newgenics," or the idea that dangerous, but seemingly benign, forms of eugenics still persist in today's society.

Eugenics is the supposedly scientific process of limiting the reproduction of certain individuals for the purpose of controlling the occurrence of par-

“ Society often infantilizes people with disabilities, assuming that they simply do not have sexual urges, or that for one reason or another they lack the capacity to lead positive sex lives. ”

ticular biological traits. Unfortunately, those who are most often the subjects of eugenics are people with mental disabilities.

Dr. Malacrida's lecture highlighted some of the blatantly violent, or "active," forms of eugenics that occurred in Alberta for years under the 1928 Sterilization Act. Under this act, individuals who were deemed to have an IQ below seventy were forcibly sterilized.

Once sterilized, many of these people spent years, if not decades, in institutions in rural parts of the province, far removed from society and segregated by gender to prevent the possibility of socialization with the opposite sex. The effect was that many of these individuals left these institutions completely incapable of healthy social interaction.

While, thankfully, such horrendous practices have been outlawed across Canada for decades, Dr. Malacrida argues that many forms of "passive" eugenics still exist today. Many of these passive forms still involve restricting the reproductive rights

of people with mental disabilities.

Dr. Malacrida used the example of a girl diagnosed with fetal alcohol spectrum disorder at a young age and who was consequently forced to take birth control pills at the age of 14, "just to be safe." Dr. Malacrida also offered the example of "Debbie," a girl with Down's syndrome whose mother intentionally fed her misleading information about sex and pregnancy as a means of keeping her from pursuing sexual relationships.

Even though Debbie had a long-term partner with whom she was close, she was too scared to ever engage in sexual activity because her mother had convinced her that sex would lead to pregnancy, which would apparently lead to her having to give up her baby. Debbie could not conceptualize a healthy sex life because she had been deprived of the information necessary to do so.

According to Dr. Malacrida, stories such as Debbie's are not unique. Society often infantilizes people with disabilities, assuming that they simply do not have sexual urges, or that for one reason or another they lack the capacity to lead positive sex lives.

Both of these assumptions are wrong, but they are ubiquitous and often stand in the way of individual sexual freedom. For example, many facilities that house people with disabilities in Canada take measures to prevent both the acts of masturbation and consensual sex between people with disabilities by banning the use of locks on doors and disallowing individuals to have loved ones spend the night together. Dr. Malacrida argues that we have to be careful when we use words such as "special" because of their ability to cause real negative consequences for those labelled as such. As a society, we need to ensure that everybody, regardless of ability, has the right to their own sexuality, and the information necessary to make healthy choices.



photo by Lauren St. Clair

//FEATURES

SELF-CARE?
WHAT'S THAT?

The meme that we all know, a triangle as old as time: Good grades, social life, enough sleep – you can only choose two.

And although the joke may yield a few chuckles, it has become a damaging and hard-hitting reality.

Melissa Weiss
Features Editor

According to a 2015 study, students identified the top three stressors that impact their academic success as stress (38%), sleep difficulties (26%), and anxiety (26%). In an age where these statistics seem to be ever-increasing, these numbers need to be taken seriously. For many, the answer lies in self-care.

According to the Oxford English Dictionary, self-care is defined as “the practice of taking an active role in protecting one’s own well-being

and happiness, in particular during periods of stress”.

A quick Google search suggests dozens of self-care tips: go cloud watching, splurge a little, have a self-date, plan a two-day holiday for next weekend. There are even self-care tips geared directly towards students: make sure your body gets six to eight hours of sleep each night, eat healthy and balanced meals. Meditate and practice relaxation techniques. Heck yeah. Nailed it.

Clearly, I’m being facetious. On top of a full course load, I work two jobs, am part of one

of the course unions on campus, volunteer on a monthly basis, and see my family and friends every once in a while, if I’m lucky. Like many students, I’m hinged to a barely-breathable budget. And also like many students, I struggle with my mental health.

So what does self-care look like for me?

From a personal standpoint, the seriousness of self-care may be overshadowed by its attached stigma. While so much of my future hinges on the importance of grades, it seems foolish – or even irresponsible – to make room

for a bubble bath or hike up Knox Mountain. For some, the term “self-care” also elicits the feeling of mental wellness – or lack thereof. Because of this, students often minimize their need to focus on their wellbeing. Maybe they know someone who struggles with mental health, and they don’t want to be stigmatized under the same umbrella.

One UBCO student, who wished to remain anonymous, said: “While I outwardly am an advocate of mental wellness, and encourage others to speak freely about their mental health,

I’m secretly afraid to be discriminated against. I’m afraid to be diagnosed because I don’t want to be seen only as a diagnosis. I’ve tried using several apps on my phone designed to reduce anxiety and depression, but I never seem to have the motivation to continually use them to see any real benefit.”

That leads to the question, what happens when the typically suggested self-care methods backfire?

“I got a yoga membership recently because I’ve heard a lot of information about the benefits of yoga and medi

Good Grades

YOU
CAN
ONLY
CHOOSE
TWO

Social Life

Sleep

tation for mental health,” another anonymous student began. “While going out to classes has created a community that I’m beginning to feel I belong to, every day at the end of class we have a shavasana where we essentially lie still and try to clear our minds. I feel like this could be beneficial for some people, and perhaps I just need to practice it more, but I constantly have anxious thoughts and feelings come flooding in. These anxious feelings will stay with me hours after the class has completed, and I’m at a loss for how I can stop them.”

For other students who require part-time or even full-time employment to afford

being a student, the demands of coursework, extracurricular activities, and a job leave little time for much else.

When asked what their experiences with self-care included, another anonymous student replied: “Last semester, I was registered in six courses, and I worked fifteen hours a week. It got to the point where I was so overwhelmed with coursework I would swallow caffeine pills with black coffee just to stay up late enough to get my assignments done. I was averaging three and a half hours of sleep a night. Sometimes I skipped meals or ordered fast food because I didn’t have time to cook. But sure, why not use all my extensive free

time to get a nice expensive pedicure to decrease my stress levels? Sounds great.”

And the stress doesn’t end once classes are over.

For some, it has only just begun: “I’m an alumna and I now work casually at my job. In addition to not having health benefits because I do not hold a permanent position, I also do not know when my next shift will be. I have constant anxiety that spikes in times of high stress. When things get especially busy in my life I feel like I can’t afford the time to set aside to look after my mental health. Between needing money for rent, utilities, food, credit card bills, and

dealing with student loan repayments – what other choice do I have?”

According to the earlier 2015 study, “academic performance and stress exist in a cyclical relationship, whereby increasing stress can negatively impact academic performance, and poor performance then contributes to increased stress.”

So we can use the triangle metaphor all we want, but in reality it’s the circle we need to worry about. If you have the time, resources, and capacity for self-care, by all means, indulge- get that manicure, go to that super rad concert, spend a weekend getting lost in the woods.

Sometimes, however, self-care doesn’t equate to self-indulgence. It can mean making sure you have all your reading prepared for class the night before, so you don’t have to stress about it in the morning. Or maybe it’s spending the afternoon decompressing with a friend while re-watching *Gilmore Girls*. Or listening to the latest Drake album on the bus ride to school. But of course, these methods might be inaccessible too.

Maybe the triangle isn’t a triangle at all. At its core, self-care is about being responsible to yourself. The answer is never black and white.



The paramount importance behind self-care

Ellie Longman-Rood
Contributor

With midterms looming and temperatures dropping, it's inevitable that university life will start to get stressful. However, during this time looking after ourselves should not go down the drain. To ensure this doesn't happen, campus has facilities to aid us. The first point of call is the Health and Wellness Centre. From doctor's appointments to counselling, they are there to aid student well-being from a holistic approach. One of campus's most notable programs also offered is BARK. With drop in sessions every Friday at 4:30 from October 19th, this is a popular way to close the books for an hour or two to take a breather. Studies have shown that physically being able to walk away from work or the problem helps students' ability to maintain a healthy mental state. Once you leave the building, you are actively able to walk away from the work in

order to keep your room as a neutral zone. The campus trails, such as the Pine Trail, are another option to be able to step away from the textbook and take breather. Of course, what is an essential part of all of this is determining what aspect works for you. Maintaining mental health is not, nor should it be, a one size fits all approach. Whereas buying a book and sitting in a coffee shop downtown for a few hours is what one person considers looking after themselves, for another this may make matters worse or may not help at all. If you ask any person in medicine, the brain is the most complex organ. Therefore, we must treat it accordingly. An athlete wouldn't approach a marathon by pushing their muscles to their limits for months on end without rests; the same path is needed for our brains in education. It is essential not to underestimate that self-care is just as paramount in preparing for an assignment as any other element of the academia involved.



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// ARTS

THEORY BEHIND THE BIOLOGY OF DANCE



Is there an evolutionary motivation behind raving and moshing?

Willa Holmwood
Arts Contributor

From two-stepping, to twerking, to fist-pumping fun - the art form of dance has reached many cultures across the world; but why do humans gather at music festivals to bop in a rhythmic cult-like motion for hours on end? The answer can be traced to the roots of human evolution.

Back in the age where Wi-Fi didn't exist, and chicken nuggets hadn't been invented yet, survival was a key

concern for our ancestors. When walking in groups, the sound of footsteps was loud and compromising. This would reduce the

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Intense twerking and head-banging skills should get you the most dates at a club.

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ability to hear approaching predators and potential dangers. If humans synchronized their steps in a rhythmic motion, it would enable them to notice these issues

in advance. This allowed for a defensive team to assemble and protect the tribe before being viciously murdered by Simba and Nala.

One method that was particularly useful could bring humans together in a way that made them appear united and strong. Coordinated movements promoted social cohesion and generated a robust response to threats. Today we call this method dance. Intimidation became an excellent tactic for scaring off predators. Through an almost hypnotic-like experience, dance was able to connect and direct people towards a common enemy. Another evolutionary as-

pect of dancing involves one of the most primitive needs of humanity — sex. Attracting potential mates is an issue that was present at the beginning of life, and still remains at the forefront of many human conquests. Before the times of Tinder and muscle cars, getting a date was a lot more difficult. The expression of love through clear language, as Shakespeare so nicely demonstrated, was also not a possibility.

By displaying health and fitness through rhythmic body movements, potential mates were able to assess if a partner was adequate. Dance provided a framework for judging who could

Photos by Andrew Memije/
The Phoenix News

commit to raising successful offspring. According to this theory, intense twerking and fundamental head-banging skills should get you the most dates at a club. Though the application of that is yet to be determined.

Perhaps the mosh pit of sweaty students, the smell of spilled beer, and the vaporous cloud of questionable smoke go beyond a pure enjoyment for musical pleasure. Dance is innately ingrained in our humanistic mechanisms for survival and reproduction.

CALLING ALL METALHEADS

**The Armstrong
Metal Fest
is open for
band
submissions**

**“ Are you in a
Metal band?**

**Do you have
friends who shred
like no other?**

”

band: Apollyon / photo by Chris Geistlinger

Turn the page for more info!



band: Neck of the Woods / photo by Chris Geistlinger

It's Time for Submissions: The Armstrong Metal Fest is open for auditions.

Well, the time has come for another year of Armstrong Metal Fest Band Submissions. This is an excellent opportunity for bands to gain exposure to a broad audience and to make great connections with promoters and your peers. For the past ten years, the

Armstrong Metal Fest has been supporting local bands and giving them a stage to rock. They have also brought many international acts to Armstrong.

This is not only great for tourism, but it is excellent for these local bands who want to make a difference in the metal scene to gain exposure and make long-lasting connections in the music industry. This is a perfect opportunity for any student who is in or knows someone

trying to pave their own way in the metal scene. Submissions are currently open and will remain so until November 1st, 2018, so there is still time to submit your best material for consideration!

For those of you that aren't familiar with this festival, it is a weekend where the underground metal community gets together for three days of music and fun. Approximately 700 metalheads make the trip to Armstrong for the

weekend for camping, enjoying the offerings of approximately 40 acts, participating and watching wrestling events and also having group scavenger hunts! It's pretty amazing for a festival to promote community as much as they do.

Another amazing fact about the festival is that there is such a respect for the grounds that there is no trace of trash left after they are done. West Metal Entertainment is

a non-profit society that puts on the Armstrong Metal Fest, but they also give bands opportunities to play different venues throughout the region. This includes all-ages shows, as they are trying to foster a passion for music in youth as well as adults.

This is a great festival to support and a fantastic opportunity for the musically inclined students. Give it a chance and good luck with your submissions!

PREDATOR: THE DANGER OF TONAL BLURRING

Blockbuster blurs the lines between comedy and drama, and loses its' audience.

Pierre Frigon
Arts Contributor

The Predator is a fearsome monster, but director Shane Black messed with an even bigger monster: not deciding on a tone.

I had suspicions about this movie right when Shane Black was announced as the director. As a director, he is best known for his buddy cop action comedies, "Kiss Kiss Bang Bang" and "The Nice Guys." Both are great satires on the action genre, and really great movies. However, the most mainstream movie he's made was 2013's "Iron Man 3".

Though Iron Man 3 was a solid movie, it suffered massively

from overplaying comedy which hurt the underlying emotions. At its core, the film is about a superhero suffering from PTSD and an existential crisis, and him learning to overcome it. However, none of it is felt because Shane Black thought he could have equal parts comedy and drama throughout the entire movie.

Looking at "The Predator", the movie had the problems of "Iron Man 3" but turned up to 11. "The Predator" franchise started as a pure action franchise and has maintained that status until now. This movie supported the classic action elements, and then added (lazy) comedy, coming of age elements, blockbuster superhero stuff, and extremely gruesome gore. As a result, being an audience member, these all melded into a mind-numbing stew of schlock.

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If the movie can't decide what it wants the audience to feel... it means that the filmmakers were too scared to take any risks. And a movie that doesn't take risks is a movie that has failed.

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Tone and genre are massively crucial for movies because they decide what an audience is feeling at any given moment. They are what makes people laugh, cry, and everything in between while watching a movie.

But if the movie can't decide what it wants the audience to feel, and tries to stuff all these emotions into one production (a common problem with blockbusters), it means that the filmmakers were too scared to take any risks. And a movie that doesn't take risks is a movie that has failed.

Predator is one of the goriest movies I've personally seen. So, to go from cheesy comedy and action hero scenes to ultra depressing and gory action just felt jolting and confusing.

As a result of this, as well as multiple problems with editing, casting, writing, pacing, and story, I would not recommend watching this movie anytime soon.

TO DO:
contribute to the
Phoenix News!
at:
eic@thephoenixnews.com

ART CLASSES FOR THE CREATIVE SOUL

The Kelowna Gallery has a wide selection of classes and workshops planned for this fall!

Curtis Woodcock
Arts Editor

The Kelowna Art Gallery is starting their fall season of Art classes set to run from September to December, with a variety of mediums to choose from.

Classes are offered by a plethora of local talent to those who have an interest in getting guidance in a number of areas including drawing, painting with acrylics or watercolors, printmaking, and mixed-media.

Artists including Lee Claremont, Brenda Dureault, Jim Elwood, Sharilyn Kuehnel, Sarah Lewke, Susan Burnham Neilson, Sarah Parsons, Kyle L. Poirier, Heidi Thompson, and Rena Warren will be helping these informational learning sessions,

and encouraging aspiring artists to hone their skills.

The aim of these workshops is to help foster people's creativity, as well as show them how rewarding it can be to participate and create visual arts. The classes are open to

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Encouraging aspiring artists to hone their skills

”

beginners, and geared towards them, though the artists are also making room to help those at an intermediate level further their craft. As a beginner, one can expect to learn the basic principles of a preferred medium

while having a safe space to discuss, explore, and express through new creations.

Instruction is designed to be motivating, inspiring, and most of all supportive. The courses run for six weeks and cost \$160.00. Gallery members get to save \$30 with a reduced rate of \$130.00.

The Gallery is also offering workshops, for those who would rather not commit to a full class. Workshops are hosted on Saturdays from 10 am until 3:00pm, where attendees are paired with a skilled artist and immersed in a project they are passionate about. The workshops offered include: Finding the Abstraction in Nature, An introduction to Life Drawing, Introduction to Screen Painting, Knit Wire Jewelry.

A full list of all classes and workshops is available on the Art Gallery's website at www.kelownaartgallery.com.



photo submitted
by the Kelowna Art gallery

LOOKING FOR EXHIBITIONS AT KELOWNA ART GALLERY?

Two Exhibitions worth your time: Woven Together and A Cultivating Journey: The Herman H. Levy Legacy

Allyza Aligabo
Assistant Arts Editor

Two of the exhibitions featured in the Kelowna Art Gallery are Woven Together and A Cultivating Journey: The Herman H. Levy Legacy.

Woven Together is a group exhibition that showcases works of Indigenous artists which reflects practices from both West and East, epistemologies of the tribes, as well as intertribal memories and stories passed down generations. One can also view the layers of the basket as the weaving of wisdom and knowledge cultivated over time. Artists featured are Meghann O'Brien, Tania Willard, Meagan Musseau, and Ursula Johnson. The exhibition is curated by Jamie Isaac and will be available until October 7th, 2018.

A Cultivating Journey: The

Herman H. Levy Legacy is centered around Dr. Herman Herzog Levy, a businessman and philanthropist from Hamilton who was also an avid collector of art. Around the 1980s, he generously donated his collection of over 185 works that traversed over five centuries to the McMaster University, the earliest being from the 15th century. His collection reflected his dominant interest in Impressionism and Post-Impressionism and featured artists like Vincent Van Gogh, Claude Monet, Gustave Courbet, Mary Beale, Camille Pissarro, Chain Soutine, and so on. This exhibition was organized and circulated by the McMaster Museum of Art and is curated by senior curator, Dr. Ihor Holubizky. With admission, a complementary guided tour is held Tuesdays at 6PM and Saturdays at 1PM until October 27th, 2018. The last day of viewing is October 28th 2018.



The Woven Together
exhibit / photo by Kyle L.
Poirier

CATHARSIS THROUGH CREATION IN FIPKE

The origin of the charcoal stairwell Wolf

Curtis Woodcock
Arts Editor

As students walk through the halls of the Fipke building between classes, getting coffee or just catching up with friends, they may notice a lone wolf that decorates the stairwell. This beautiful piece has no signature, no mural, no defining literature indicating why it was created in the first place. The legend of its creation was passed on to me by a source close to the artist who wishes to remain anonymous. The information that will be imparted was graciously shared and will be handled with the utmost care and respect. The mysterious artist used to sit strumming on their guitar staring off at an empty blank wall, getting lost in the music trying to make sense of the loneliness that comes with disconnection. This was during a particularly difficult period of trying to figure out their place in the world, dealing with stalled research and the resulting anxious procrastination.

The artist felt a despair that many of us students know all too well, that blind panic and binge working to catch up.

One frosty November evening the artist was making the journey up past the University Centre building and noticed words that only became obvious under the dark of night; “you belong here.” Venting the foreboding that was felt on Facebook, a quote from a friend inspired the unknown artist to create a masterpiece while their research was running.

“Stopping by the woods on a snowy evening” by Robert Frost. “The woods are lovely, dark, deep, But I have promises to keep, and miles to go before I sleep, and miles to go before I sleep.”

Immediately the artist remembered they had charcoal in their bag and set out to create what is now

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known as the Fipke Wolf. Armed with excitement for a new medium, not much practice and some climbing shoes this mysterious individual climbed up the wall and channeled their creativity and emotional landscape into a lone wolf. Applied with tissue paper, of various textures, and staining their lips black it was akin to a cathartic finger painting experience, with a sophistication that only comes with experience. A few weeks later the artist decided to

go and complete their new addition to the Fipke building, adding a forest for the lone wolf to live in. The artist cherished the feeling of accomplishment that comes with successfully pulling off an original and emotional inspirational burst. Over time, happy rumblings flowed from the mouths of the passersby in the building, and it was gratifying that people enjoyed the Wolf and the art brought something pleasant to their day. Eventually, the art curator for the University wanted to acquire it as part of the University’s art collection.

Trying to keep their anonymity, the artist communicated through their friend and wrote a response, signing it with a single charcoal

thumbprint.

Although they were flattered, the artist was slightly upset about the curator’s focus on ownership instead of process. To quote the artist’s response directly: “I am however humbled and slightly embarrassed by the implied personal ownership of the work. I drew it outside of ownership, and in a temporary medium because that is all that it is, an image that will exist in that space for a while. I certainly like that it is there for now, and I’m glad others do. I never intended to get credit, and had assumed that it would be taken down quickly. To me, art is the process, not the product. I sat in the stairwell, looking at the wall, and thought ‘Why do they make stairwells so bor-

ing?’ This space could make you feel something other than emptiness. I enjoyed the process of making it, and this process is what matters to me. The drawing came from a place of deep frustration to create some inner peace. Hopefully, it does something like that for someone other than just me.”

A fixative agent was eventually sprayed over the piece so that it would become a permanent instalment in the Fipke building. It was a pleasure covering the emotional journey and creative process that brought about the Fipke Wolf. Next time you are about to pass by it take a moment to reflect on the process and on your own little inspirational bursts.

