



Breastfeeding Art Expo Catalogue





Breastfeeding Art Expo

Influencing Change Through Art
June 2017 - June 2018

Welcome to the



BREASTFEEDING ART EXPO

A Community Art Project — Awareness Through Art

15 COMMUNITY
ART PROJECTS

200 COMMUNITY PARTICIPANTS

35

COMMUNITY
PARTNERS

65

INDEPENDENT
ART WORKS

+



FILM VIGNETTES

Watch short films that tell community stories.



RESOURCES

Access and use our Art Catalogue and Teacher's Guide.



EVALUATIONS

We would love to hear from you! Fill out an evaluation form today.



SIX EXPO LOCATIONS

Visit the Expo in Kelowna, Vernon, En'owkin Centre, Trail, Williams Lake, and Kamloops.



GUIDED TOURS

Take a free guided tour; for school groups or the public.

www.BreastfeedingArtExpo.ca



KCR

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

Thank you to:



Interior Health
Every person matters

vancouver
foundation



BRITISH COLUMBIA
ARTS COUNCIL
An agency of the Province of British Columbia


CENTRAL OKANAGAN
FOUNDATION
empowering generations to give.



First Nations Health Authority
Health through wellness

HF
THE HAMBER
FOUNDATION

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Exhibition Overview

The Breastfeeding Art Expo is an exhibition of 15 community art projects and 65 independent artworks by citizens of the Okanagan, Thompson Cariboo and Kootenay regions of British Columbia. This Art Expo has been called a passionate comment and a provocative display on the culture of breastfeeding in our communities, in our country and around the world.

The community art projects were created by teams of professional artists and community participants of different ages and heritages. The independent artworks were also created by professional artists and by many people who have not previously created art. Together they've told breastfeeding stories through painting, sculpture, photography, poetry, dance and short films. Each art piece and story is memorable; the heroic and the beautiful.

A most worthy aspect of the Breastfeeding Art Expo is that it will be shared and travel to six communities across the Interior Health region of British Columbia: Kelowna, Vernon, En'owkin Centre (Penticton Indian Band), Trail, Williams Lake and Kamloops.

Breastfeeding is a personal life experience for all involved, mother and baby, father and extended family, and friends. We encourage all visitors to the Breastfeeding Art Expo to actively participate at our collage wall. Here you can take up a pencil, pen, or glue, and add your own thoughts or pictures to the collage. There will be live art drawing of breastfeeding women at some of the locations. Please give us your feedback by filling out an evaluation form. You can view all the art, videos and resources, and participate through social media at www.breastfeedingartexpo.ca

We will provide tours for visitors so we can tell you about the artists, their art, and their stories, and for you to engage with us and tell us your stories.

A Teacher's Guide and Student Tours will be a unique opportunity for youth to learn about breastfeeding as a component of their health and nutrition curriculums; even a component of the economics and politics involved in health care costs; and to give them the information about the love and wonder of the most natural human gift we can give.

At the end of the Breastfeeding Art Expo in 2018, we will publish a guide on how we developed and organized the entire project. We will share our lessons learned. We know this will be useful for individuals, artists, and community or health organizations who wish to pursue an art project reflecting any topic of health.

The Breastfeeding Art Expo is a truly special way to bring awareness about breastfeeding. When information is presented as art, music and dance in all its dynamic forms, then awareness makes a greater and longer lasting imprint. Everyone who sees the Expo will talk about their rational and emotional reactions and those conversations will increase awareness of breastfeeding within the family and the community. And that makes it a success.

It was a complete honour and absolute joy for me to work with the artists of the community art projects and each independent artist. We didn't know going into this project what level of interest we would receive. And we were thrilled by the truly amazing number of responses we received from artists who wished to participate. Their enthusiasm and commitment as they explored different art mediums and told amazing stories of breastfeeding is what gives this Art Expo its character and strength.

It is also exciting that we are able to display this breastfeeding art collection in six different locations; from traditional galleries, a shopping mall, and a First Nation community centre.

Wherever you are in the world, I know there are many more breastfeeding stories to be told and I believe you will keep telling your stories. We also need to talk and advocate for our health system to teach, encourage and support women to breastfeed their babies at the hospital and at home and in our communities.

The Breastfeeding Art Expo is a Canadian one-of-a-kind, but I hope it will lead the way for on-going art and health projects in our global communities.

Karen Graham, RD, CDE

Principal Curator, Breastfeeding Art Expo
Public Health Dietitian, Interior Health

Acknowledgments

In January 2014, Kelowna Community Resources (KCR) and Interior Health (IH) signed a Memorandum of Agreement to work collaboratively on this multi-layered project. Thank you to the KCR Board Members who got behind this project recognizing its long term benefits.

Interior Health

The IH Breastfeeding Advisory Council understood this project for its distinctive presentation through art, to stimulate dialogue about breastfeeding. The original ideas for this project emerged from within the IH Population Health program under the direction of the Manager, Heather Deegan, with input from her Public Health Dietitian team. Kady Hunter was the lead on the innovative Teacher's Guide. The Project Coordinator and Principal Curator was Karen Graham with her passion and determination to make this project happen from concept to delivery.

Steering Committee

This project was guided by the Steering Committee members (page 8-9), who travelled from across the IH region to attend meetings. Their collage of ideas developed the vision and framework for this project. Thank you all for your time and commitment.

Artists and Community Partners

The core, the energy and the excitement of any art expo comes from the artists themselves. A huge thank you is extended to every single artist who contributed; this includes all the community project artists, community partners and organizations, the independent artists, the hired artists and the videographers. Artists, Videographers and Community Partners are all listed in this Catalogue.

Art Galleries and Gallery Curators

What is an art expo without a place to show your work? Breastfeeding was a different art topic and not all art locations that were approached felt comfortable to be a host. Those that did were enthusiastic! Appreciation is extended to all the galleries and other expo locations and gallery curators (see pages 11-13) who assisted the Principal Curator, Karen Graham.

Editors

Editors are the word experts and thinkers who help bring together our words in the best way possible. Karen Graham was the primary editor for all the project resources. Other editors were involved in the production of grants, Roslyn Graham and Julie Steffler; the Teacher's Guide, Kady Hamilton as writer and Joanne Seiff as editor; and this Art Catalogue, Aaryn Secker and Janice Madill (Easy English). Reviewers of key sections were done by staff from IH, KCR and Lea Geiger, the Provincial Coordinator, Baby-Friendly Initiative, Perinatal Services BC.

Designers

Designers then take those words and graphics and photos and turn them into joys to read: thank you to Aaryn Secker for designing this Art Catalogue, Seiko Lee-Hem for designing the Teacher's Guide, and Jennifer Nichols for designing the project Infographic.

Volunteers

Thank you to the many volunteers. Rick Durand deserves special mention for his dedicated volunteerism through all phases of the project. Several people helped in the project's development phase: Carrie Harper, Marijanel Knight and Patty Kilback. We are thankful for all the people stepping up to help with the "on the ground" roll out of the Expo in the six communities.

Financial Sponsors

Our financial sponsors outlined on page 2 and the back cover supported the short term and long term goals of this project: Interior Health, Vancouver Foundation, BC Arts Council, Central Okanagan Foundation, First Nations Health Authority and Hamber Foundation. Thank you for believing in us.

Thank you to everyone for making this awesome project happen!

Ellen Boelcke, MEd, Executive Director

KCR – Community Resources.



KCR

COMMUNITY RESOURCES

Enhancing Lives - Connecting Communities

Expo Steering Committee

2014 to 2018

Co-Chair and Treasurer: Ellen Boelcke, MEd, Executive Director of KCR – Community Resources. Ellen has 30 years of government and community experience in the social sector. She has guided KCR to be a vibrant organization that provides valuable and broad community services.
Gerry Gardner, KCR Finance Manager, manages this project's accounts.

Co-Chair & Project Coordinator: Karen Graham, RD, CDE, Interior Health (IH). Karen is a Public Health Dietitian in Kelowna, a Certified Diabetes Educator and published author. Karen's supervisor is Heather Deegan, Manager of Population Health, who supervises nine other Public Health Dietitians in the Region.

Secretary & Certified Lactation Consultant/Volunteer: Linda Kersche RN, BSN, ICBLC, is an IH Maternity Care Public Health Nurse. She has assisted mothers and babies in their homes and clinics for over 10 years.

Breastfeeding Support Member: Lisa Ford, BA Psych, Family Friend Coordinator, KCR. The Family Friend program is partnered with the Kelowna Breastfeeding Café, now in its fifth year. Lisa is a Breastfeeding Counsellor, Birth Doula and a dance instructor.

Artist/Volunteer: Lynne Grillmair, BA in Art History from UBC and fine art training from Alberta College, Red Deer. A full-time painter, she teaches art workshops in her Brisco studio and in Invermere.

Artist/Volunteer: Robert Simkins is trained in fine arts at Okanagan College in Kelowna and Emily Carr College of Art in Vancouver. He owns and operates Robert's Custom Framers Gallery in Kelowna.

Teacher/Volunteer: Jonathan Derksen, BA, BEd. Jon is a teacher for School District 23 in Kelowna and has taught in Vancouver, Bolivia, and the Himalayas. His interests include drama, video and journalism. For his standing in the International Peace Prize Contest, he was presented to His Holiness, the Dalai Lama.

Indigenous Representative Member: Rhonda Jules is a Secwepemc First Nation woman who works at the Sexqeltqin Health Centre at Adams Lake Band, near Chase BC. Rhonda helps support breastfeeding with her community members.

IH Practice Lead, Aboriginal Health: Danielle Wilson, MPH, is a member of the Tla-o-qui-aht First Nation and has worked for IH since 2011 and previously as an Environmental Health Officer for Health Canada.

Immigrant Representative Members: Upkar Grewal and Tahira Saeed, work with the South Okanagan Immigrant & Community Services in Penticton, where they assist newcomers in settling and integrating into Canadian society.

Community Member/Volunteer: Christopher Seguin, BA, works as the VP Advancement at Thompson River University in Kamloops, with skills in international relations, cultural liaisons and capital fundraising and grants.

City of Kelowna Member, Non-Voting: Caroline Ivey, Community Coordinator for Cultural Services, including arts and culture, and grant coordination.

Past Contributing Committee Members:

Christine Hawkins, Honors BA, Co-Chair, 2014-2016. Prior to her retirement, Christine was the Family and Employment Services Manager at KCR.

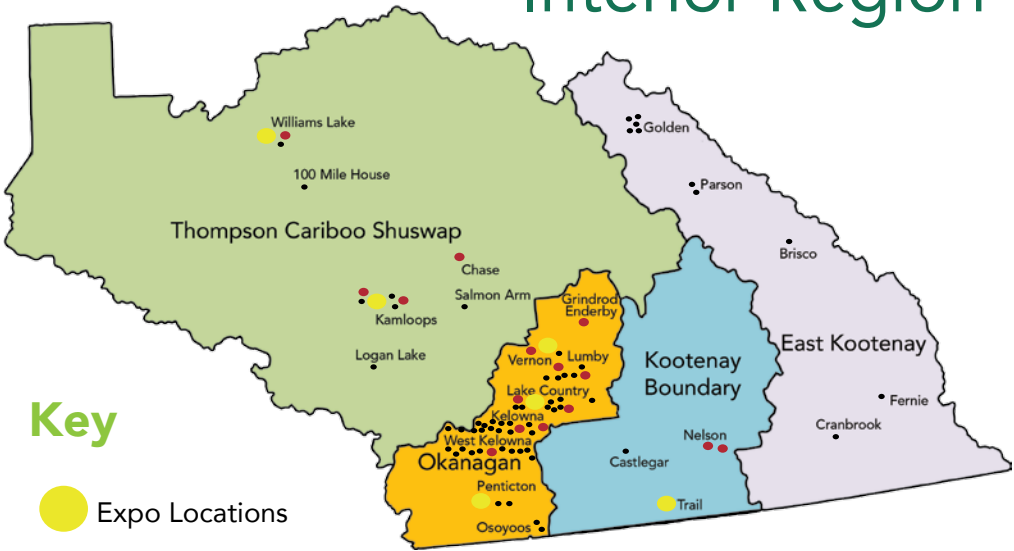
Virginia and Alana Aspinall, Indigenous Representative Members, 2014-2015. This mother daughter team continue a tradition of many generations of breastfed mothers and daughters from Nlaka'pamux First Nation near Merritt.

Alan Bass, Media Specialist/Volunteer, 2014-2016. Alan is Professor Emeritus from the School of Journalism, Thompson Rivers University in Kamloops.

British Columbia



Interior Region



Key

- Expo Locations
- Community Art Projects
- Independent Artworks

Expo Locations and Dates

FREE GUIDED TOURS

Tours for the public and school groups will be available at all locations. This is a fun opportunity to learn about all the stories behind the art pieces. To confirm tour dates and times please email Karen Graham at karen.graham@interiorhealth.ca or visit www.breastfeedingartexpo.ca

Contact individual galleries for hours and to confirm Expo dates.

Kelowna

Opening: Friday, June 2, 2017, 7:00pm - 9:00pm

Expo Dates: June 2 - 24, 2017

Location: Rotary Centre for the Arts, 250-717-5304

Location: Alternator Gallery, 250-868-2298

Gallery Curators: Shannon Lester (Rotary) and Megan Bowers (Alternator)



Rotary Centre for the Arts

Expo Locations and Dates

Vernon

Opening: Thursday, July 27, 2017, 6:00pm - 8:00pm

Expo Dates: July 27 - September 29, 2017

Location: Vernon Public Art Gallery (VPAG), 250-545-3173

Location: Gallery Vertigo, 250-503-2297

Gallery Curators: Lubos Culen (VPAG) and Brigitte Red (Gallery Vertigo)



Vernon Public Art Gallery



Gallery Vertigo

Penticton

Opening: Thursday, October 5, 2017, 6:00pm - 9:00pm

Expo Dates: October 5 - November 9, 2017

Location: En'okwin Cultural Centre, 250-493-7181

Gallery Curator: Tracey Kim Bonneau



Photos from the En'okwin Gallery

2018



VISAC Gallery

Trail

Opening: Friday, January 12, 2018,
6:00pm - 9:00pm

Expo Dates: January 12 - February 23, 2018

Location: VISAC Gallery, 250-364-1181

Gallery Curator: Kristen Renn

Williams Lake



Station House Gallery

Opening: Thursday, March 8, 2018, 5:00pm - 8:00pm

Expo Dates: March 8 - 31, 2018

Location: The Station House Gallery, 250-392-6113

Gallery Curator: Diane Toop

Kamloops

Opening: Saturday, March 31, 2018, 6:30pm - 8:00pm

Expo Dates: Month of April, 2018 (both locations)

Location: Kamloops Art Gallery (KAG) - Open Gallery

Location: Sahali Mall

KAG Open Gallery Contact: Emily Hope

Sahali Mall Assistant: Tara Swain



Kamloops Art Gallery



Sahali Mall

Special Expo Events

Attend special events at each Expo! Check out www.breastfeedingartexpo.ca to discover the events happening at an Expo near you.

Examples of events:



Participate in an interactive collage creation: Bring your own photographs and pictures related to breastfeeding to add to the collage. A variety of related pictures, posters, and other images will be available for you to cut and paste. You can even take some of these pictures with you to create a collage at home.



Live breastfeeding body painting or body casting.



Watch artists doing fast sketches of breastfeeding women.



Viewing of Milk documentary - Kelowna, June 3:

Milk takes an artistic and intimate look at the politics, commercialization and controversies surrounding birth and infant feeding over the canvas of stunningly beautiful visuals and poignant voices from around the globe. Inspiring, informative, provocative and sensitive, *Milk* celebrates bringing a new life into this world with a strong call to action and reflection. Screenings will be followed by panel discussions.

Other locations to be announced. To learn more about the documentary, visit: www.milkhood.com



Pillars of Support Dance:

Cultural and contemporary dancers will perform an engaging five minute dance portraying pregnancy and breastfeeding. See page 33 for details about the dance.

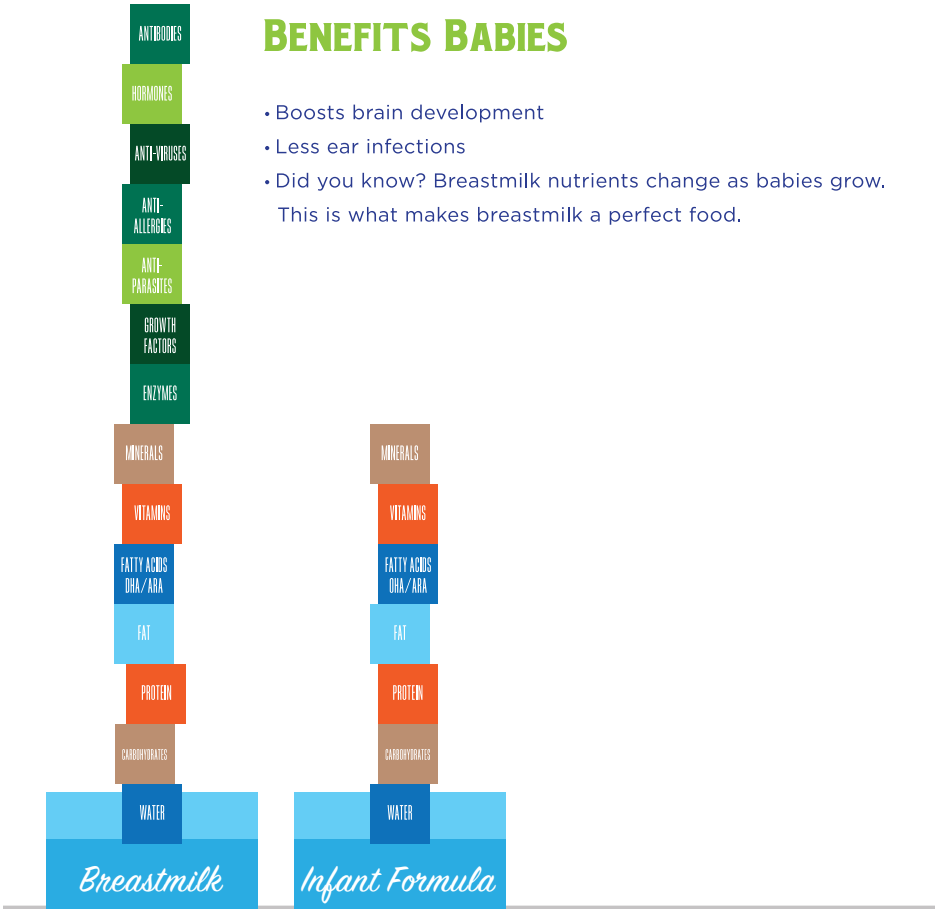
The Importance of Breastfeeding



IMPORTANCE OF BREASTFEEDING

BENEFITS BABIES

- Boosts brain development
- Less ear infections
- Did you know? Breastmilk nutrients change as babies grow.
This is what makes breastmilk a perfect food.



Adapted from: Educational games at www.breastmilkcounts.com

See the original 3D hand painted signs by Lucas Glenn at the Expo.

The Importance of Breastfeeding

BENEFITS MOMS

- Helps moms lose pregnancy weight
- Reduces risk of type 2 diabetes and heart disease
- Protects moms from breast cancer and ovarian cancer

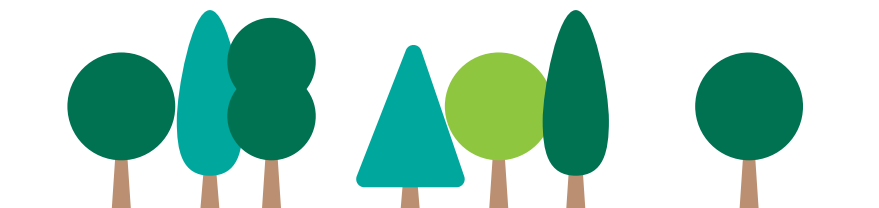


BENEFITS FAMILIES & COMMUNITIES

- Breastmilk is free — it saves money!
- Families spend less time in clinics and hospitals
- Reduced spending on emergency and health care services

BENEFITS THE ENVIRONMENT

- Breastmilk is made by moms — not industry
- No packaging
- Ready to serve — no heating required



Key References:

BC Government's Review of Breastfeeding Practices and Programs (2012):
<http://www.health.gov.bc.ca/library/publications/year/2012/breastfeeding-jurisdictional-scan.pdf>

Breastfeeding Series in The Lancet (2016):
<http://www.thelancet.com/series/breastfeeding>

10 Steps to Successful Breastfeeding

10 STEPS

TO SUCCESSFUL BREASTFEEDING IN HOSPITALS

- 1. A written breastfeeding policy in hospitals*
- 2. Ongoing training for all healthcare staff*
- 3. Conversations with families about the importance of breastfeeding*
- 4. Skin-to-skin contact for moms and newborns immediately following birth*
- 5. Show mothers how to breastfeed*
- 6. No sugar water or formula for newborns, only breastmilk*
- 7. Allow mothers and newborns to stay together*
- 8. Moms breastfeed as often as babies cue hunger*
- 9. No soothers for breastfeeding babies*
- 10. Continue support from hospital to home*

Adapted from: The Baby-Friendly Initiative,
Breastfeeding Committee for Canada



YOU HAVE A
Right
TO A MINIMUM
STANDARD OF
GOOD CARE

See the original 3D hand painted signs by Lucas Glenn at the Expo.

10 Steps to Successful Breastfeeding

Hospitals that best promote breastfeeding follow these steps.

What are the 10 Steps?

These are the best practices that support breastfeeding in hospitals and health facilities from the World Health Organization (WHO) and UNICEF. These steps protect, promote and support breastfeeding. The 10 Steps were developed in 1989. The Breastfeeding Committee for Canada interpreted them in 2011. Baby Friendly Initiative is the formal accreditation name of the best practices monitored by the Breastfeeding Committee for Canada.

How many hospitals in Canada follow the 10 Steps?

Even though breastfeeding has big benefits and saves a lot of money, fewer than 10 hospitals and only about 30 clinics across Canada are accredited by the Baby Friendly Initiative. Mothers need hospitals to use the 10 Steps to help them succeed in breastfeeding.

Why should hospitals follow the 10 Steps?

Research shows that the 10 Steps work. When hospitals and health facilities follow these guidelines, women are significantly more likely to breastfeed, and to breastfeed for longer. When a baby is born, positive support to mothers is important to make breastfeeding work. With this support, mothers are more likely to breastfeed longer. When a baby is put skin-to-skin on a mother's chest within a half hour of birth, research shows this helps a good latch for early and easier breastfeeding.

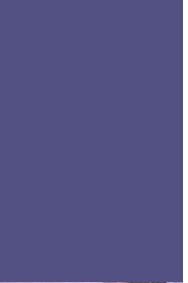
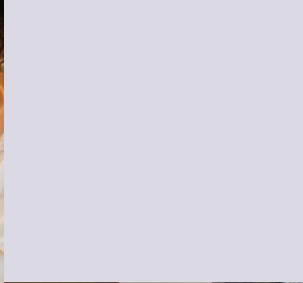
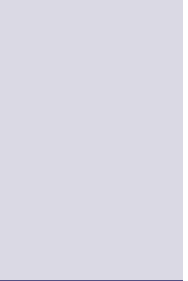
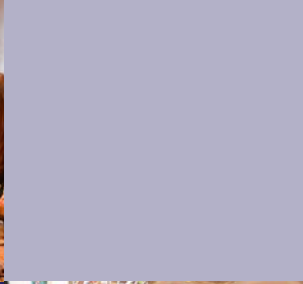
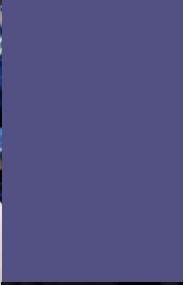
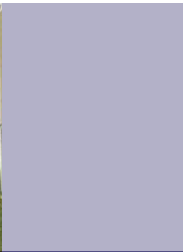
For more information about the 10 Steps and for the detailed descriptions of each step go to: www.breastfeedingcanada.ca

It's the
LAW

*Did you know? You have
the right to breastfeed
your baby anywhere.*

British Columbia Human Right Code





Community Art Projects

Community Art Projects

1 Baring Our Breasts



Project Goals: To build confidence in moms to feel comfortable to breast-feed in public. To increase the public's awareness of breastfeeding and breast health by displaying a collection of beautifully painted and decorated plaster-casted breast casts.

Lead Artist

Angela Safire Jones

Medium

Plaster and mixed media

Locations

Slocan Valley and Nelson

Size

Approx. 2' x 2' x 1' each

Community Partner: Family Place Nelson, Kootenay Kids.

Project Participants: Five women and one man posed for the body casts and six Kootenay artists painted the plaster casts – some women were both model and artist.

Project Artists: Rebecca Bessette, Nicole Hobbs, Nathan Stewart, Kelly Shpeley, Jen Green, and Avrell Fox.

Art Process: The lead artist met with six families to discuss and record their experiences around breastfeeding. Six individuals volunteered to be models for seven upper body plaster casts (one was casted twice, once when pregnant, and then again when pumping her breasts). These casts were created by the lead artist. A rubber baby was used for the baby model. The artist plastered, sanded and primed these casts, creating canvasses for painting and decorating. The artist then shared the pertinent stories with six artists who worked their magic and artistic interpretations to create these unique art pieces.

2 Breastfeeding in Focus



Project Goals: Teach digital photography skills to women at the Vernon First Nation Friendship Centre and give them the confidence to take photographs of each other breastfeeding. To professionally photograph women attending the Vernon Breastfeeding Café to celebrate special breastfeeding moments.

Lead Artist

Renée Leveille

Medium

Photographs

Location

Vernon

Size

2' x 3' - Participant pieces

2' x 2' (or 3') - Lead artist pieces

Community Partners:

The Pregnancy Outreach Program at the Vernon First Nations Friendship Centre, and Vernon Breastfeeding Café.

Project Participants:

Four women from the Pregnancy Outreach Centre and six breastfeeding women and their families from the Vernon Breastfeeding Café.

Art Process: Photography skills and concepts were taught to the participants from the Friendship Centre during a workshop. The participants then had the opportunity, under the guidance of the lead artist, to capture and create images of each other breastfeeding. Renée edited the final images for consistency and created a canvas with the participants' work.

Renée created six additional canvases from her photographs of mothers from the Vernon Breastfeeding Café. A number of these breastfeeding sessions were in public spaces. People passing by stopped to give encouragement and watch the photoshoot.

Community Art Projects

3 Breastfeeding Olympics

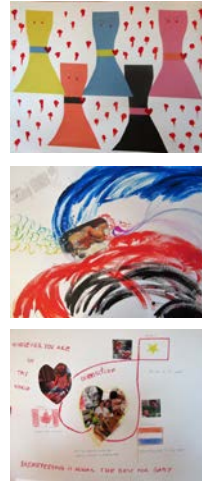


Project Goals: Educate grade 10 and 11 students at Studio9 School about breastfeeding. Offer them the chance to write related poems and do a Poetry Slam presentation. Teach the students photography skills while taking breastfeeding related photographs.

Lead Artists Erin Scott and Rebecca Siewert	Host Organization Studio9 School
Medium Written and spoken word, photographs, audio	Community Partners: Centre for Arts and Technology (CATO), and Kelowna Breastfeeding Café.
Location Kelowna	Project Participants: Seven grade 9-11 Creative Writing students at Studio9, and three CATO Engineering students.
Size Audio and screen	

Art Process: Students learned about breastfeeding through instruction, observation, guest speakers, and meetings with mothers. After a mentorship and writing period, the student poets worked with CATO sound lab students to record their performances. The students went into the community to take breastfeeding related photographs. Then they performed their poems at a local café for parents, teachers and the public. At the same time, their photographs were projected onto a screen behind them. Additionally, the lead artists developed poems and matching photos. The result is a collection of multimedia pieces including a book of the photographs and poems.

4 Cultural Expressions



Project Goal: Support a group of diverse Canadian immigrant women to tell their stories and share their knowledge about breastfeeding through art.

Lead Artists

Fiona Neal and Cheryl Hann

Medium

Acrylic paint and paper collage

Location

Kelowna

Size

4' x 4' - Lead artist's piece

3 - 8" x 10" - Participant pieces

Host Organization

Kelowna Community Resources

Community Partners:

KCR – Community Resources, South Okanagan Immigrant & Community Services, and Vernon & District Immigrant Services Society.

Project Participants: Three women immigrants of diverse cultures attending KCR programs.

Art Process: Participants met, shared stories and food, and created art. The women were asked to creatively express themselves in the three themes of competence, confidence, and connection using words, colour, and images. The women's stories were transformed into individual participant art pieces.

The themes and feelings that emerged inspired the lead artists' final art piece, a large, vibrant, two-dimensional abstract painting.

Community Art Projects

5 Down by the Lake



Project Goals: Normalize breastfeeding in public spaces using artwork with representations by mothers and children aged 6-11 years old. Have fun with children using collage and paint with a focus on mammals nursing their young.

Lead Artist

Sarah Parsons

Medium

Mixed media

Location

West Kelowna

Size

8' x 5'

Community Partners:

Suk'w̓təmsqilx̓ West Kelowna Arts Council (SWAC), Westbank First Nation, and Central Okanagan Home Schoolers.

Project Participants: Working with the community partners, 10 children aged 7-12 and the mothers, fathers, or caregivers of the children.

Art Process: The parents and caregivers recorded their experiences of breastfeeding in a journal over a period of two weeks. The artist then photographed the journals, tearing and cutting selected parts to be incorporated into the artwork. After viewing images of mothers breastfeeding (humans from many cultures, as well as animal mothers), the children were given canvases and art supplies to depict their interpretations of breastfeeding. The finished piece is a collage of the photographs, sketches, words and messages from parents and children.

6 First Moments



Project Goals: Follow an Aboriginal mother and her family in their traditional breastfeeding journey. Use photographs to observe the steps that ensure successful breastfeeding. Create a Métis-Aboriginal pictorial representation of this journey.

Lead Artist

April Mazzelli

Medium

Photographs

Location

Kamloops

Size

61" diameter

Community Partners:

White Buffalo Aboriginal and Métis Health Society, Lii Michif Otipemisiwak Family and Community Services, Breastfeeding Matters in Kamloops, and BC Nurses Union Aboriginal Leadership Circle.

Project Participants: One pregnant woman and her family and support persons.

Art Process: The artist sought input for the art piece from the participant and her family, and Aboriginal and Métis elders. The artist photographed the mother with her newborn, from the first minutes and hours after birth. She reconnected with the family when the child was two years of age. The artist edited and designed the photographs and created a one-of-a-kind art piece representing the Medicine Wheel.

Community Art Projects

7 Go with the Flow



Project Goal: To inspire thoughts about the beauty of breastfeeding. The sight of a mother breastfeeding a baby is as beautiful as the BC landscape and as natural and essential to life as the water that flows through it.

Lead Artists

Cathy Stubington and
Mary Anne Domarchuk

Medium

Teacup mosaic and mixed media

Location

Enderby and Grindrod

Size

4' x 3' x 4' (including base)

Community Partners: Runaway Moon Theatre, Enderby & District Community Resource Centre, Healthiest Babies Possible Program

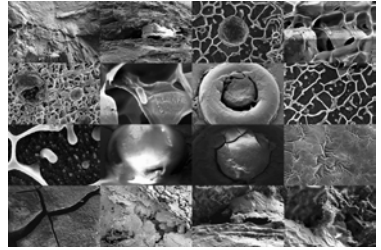
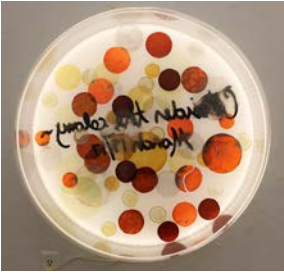
(Enderby), Splatsin Health Centre, Curly Willow Farm, Enderby Downtown Businesses, North Okanagan Regional Library (Enderby Branch), Armstrong, Enderby and Salmon Arm Thrift Stores, Enderby Strong Start Program.

Project Participants:

Enderby and Splatsin community members, members of partner organizations, local artists including Stephan Bircher, Laurie Richards, Keith Richards, Jasmin Wright, Claire MacDonald and Sonia Domarchuk-White.

Art Process: At "Tea Parties" held at local Parent-Tot drop-in groups, participants were asked to create a plasticine model of what they thought a breastfeeding fountain would look like. Discussions about the challenges, rewards and politics of breastfeeding were facilitated. Forty models resulted and exhibited in 15 downtown Enderby storefronts for 2 weeks in May, 2016. These models informed our fountain design. Thrift stores donated teacups; these were broken into mosaic tiles at a community "Smashing Teacup Party". Local artists built the frame and waterworks, tiled and grouted the fountain. The fountain was unveiled at the Enderby Branch of the North Okanagan Regional Library and exhibited for 2 weeks in May, 2017.

8 Human Milk Project



Project Goals: Engage university microbiology professors and students in an exploration of human milk. To photograph the human milk with a high power microscope to explore what is not visible to the human eye, to communicate with scientists, and inspire both further artistic and scientific research.

Lead Artist

Maureen Smith

Medium

SEM photography, plexiglass, LED, petrie dishes, acrylic, epoxy, vellum, chocolate medium, blood agar, nutrient medium, and bacteria cultured from human milk, paper, charcoal, acrylic and oil paint

Location

Kamloops

Size

29" round; 26" x 34"; 2' x 16"

Community Partners:

Thompson Rivers University
Department of Biological Sciences,
Emily Carr University of Art and
Design, and Breastfeeding Matters
in Kamloops.

Project Participants:

Microbiology professors and one
undergraduate student, and
mothers from the community who
donated their human milk.

Art Process: The lead artist, a Registered Nurse and 4th year art student, provided information about breastfeeding and human milk to the participating microbiology student. Donations of fresh, refrigerated, and frozen milk were stained, examined microscopically, and photographed with assistance from the professors. The lead artist created an artistic response to the properties of human milk. The final piece is a collection of the photographs, the professors' responses, and the artist's own visual response. The results of the project were presented at a regional conference at Thompson Rivers University.

Community Art Projects

9 In Good Hands



Project Goals: Inspire a group of multi-generational women to discuss breastfeeding and create a life-size sculpture of a breast-feeding mother and her baby. To teach a variety of art forms using paper maché and mixed media.

Lead Artist

Shannon Wilson

Medium

Paper maché

Location

Kelowna

Size

29" x 29" x 5'

Community Partners: The Tuesday Gals, and La Leche League Canada-Kelowna.

Project Participants:

The Tuesday Gals (a self-led group of 10 retired women), and additional informal participants including men, women, and children who added their "hand prints" to the sculpture via social media and a Pop-Up Art-Stop.

Art Process: Shannon Wilson led the Tuesday Gals in five, two-hour paper maché workshops. While creating the sculpture, the woman spoke and wrote messages about their experiences of breastfeeding. The sculpture rests on a box covered with select words from these conversations and writings.

Once the sculpture was made and the artists added their hand-prints in gold, it was displayed in a "Pop-Up Art-Stop" where visitors could add their handprints. A coil book accommodated additional handprints. Guests of the Expo are encouraged to add their messages and handprints to this book.

10 nour·ish/'nəriSH/



Project Goal: To desexualize the act of breastfeeding and refocus the public's perception of breastfeeding back to the feeding and nurturing of a child and examine why it causes public controversy.

Lead Artists

Angela Hansen and Farah Canuel

Medium

Encaustic wax sculpture

Location

Lake Country

Size

31" x 31" x 8-15" each

Community Partner:

Mamas for Mamas

Project Participants:

A callout to Mamas for Mamas members was made for mothers to share breastfeeding stories. From these submissions, three local women posed for upper body casts and shared their breastfeeding experiences with the artists.

Art Process: The artists interviewed mothers who had breastfed in the past or were currently breastfeeding and chose women with diverse stories, body-types, and ages. The body molds were made with alginate, an organic polymer which captures fine details. Beeswax was then poured into the mold and a wax cast was created.

Physical position, surface treatment, and colour choice symbolize the mothers' stories while milky tendrils reference the connection between all women. Beeswax was used to parallel the connection between mothers and bees to homes, food, protection and community.

Community Art Projects

11 Nurturing Community



Project Goals: To empower women and youth in First Nations communities by capturing breastfeeding stories through photographs. To build community by revealing the support networks that are available to all breastfeeding families in the Vernon area.

Lead Artist

Paulina Otylia Niechcial

Medium

Photography

Location

Sylx Traditional Territory/Vernon

Size

26" x 17" - 3 Lead artist's pieces
8" x 10" - 19 Participant pieces

Community Partner:

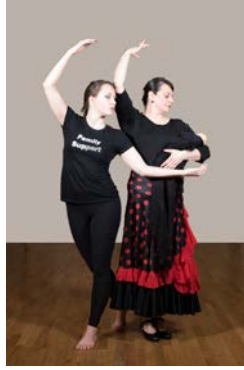
Okanagan Indian Band (OKIB)

Project Participants:

Three First Nations women from the OKIB prenatal program and their family/support persons. One exceptional OKIB First Nations youth with an interest in photography, culture and health to assist in the photoshoots and act as a community guide.

Art Process: Breastfeeding women were recruited by the OKIB community health nurse and paired with the lead artist and OKIB youth project partner. During this time, the lead artist (Paulina) and her partner (Maria), followed each woman through their first year after the birth. Using photography, they showcase each woman's determination to breastfeed and the people who supported and encouraged them along the way. At the end of the photographic journey, the final images were selected as a joint decision process between the mothers and the artists. These images were used to create a photographic support network for each mother.

12 Pillars of Support



Project Goal: Through dance, photovoice, and art, identify fathers, grandmothers, aunts, sisters, and health care providers representing Canada's multicultural community as essential partners in ensuring a healthy start for breastfed babies.

Lead Artist

Tasheleia Marangoni

Medium

Cultural and contemporary dance with music, photography, and art

Location

Kelowna

Size

39" x 55" - *Mother's Milk* painting
12" x 18" - Each photovoice

Community Partners: Perinatal Mood Disorder Awareness Ltd., Intercultural Society of the Central Okanagan, and Kelowna Arts Council.

Project Participants: Four cultural dancers, four contemporary dancers, Angela Roy and musicians of Barefoot Caravan, Tanya Lipscomb of Mama Lion Records, and one photographer, Michael Breakey.

Art Process: Each dancer had their photograph taken with a breastfeeding support person to create a group Photovoice and form the basis of storytelling and discussion around breastfeeding. The dancers identified key words from their photo to develop a storyline and collaborated with the lead artist to choreograph a five minute dance. The dancers practiced during several sessions over three months. The musicians composed and recorded a unique multicultural piece. The choreography was performed and recorded in full costumes, set to the accompanying music.

Community Art Projects

13 Revealing Truth



Project Goals: Educate high school students about breastfeeding through interactive class workshops; encourage students to further explore their feelings and knowledge about breastfeeding through art.

Lead Artist

Erica Konrad

Medium

Mixed media encaustic wax

Location

Nelson

Size

32" x 40" - Lead artist piece

59" x 41" - Student panels

Community Partners:

L.V. Rogers Secondary School, La Leche League Canada – Nelson, and Apple Tree Maternity.

Project Participants:

Nine high school students.

Art Process: An interactive workshop was facilitated for 20 students by the lead artist and the Global Perspectives and Social Issues teacher. Presentations were made by community partners including health professionals. The students were encouraged to explore and write down their feelings about breastfeeding. Nine students later took part in an art retreat where they were taught the medium of encaustic. Each student painted several breastfeeding-themed encaustic panels. The artist also created her own encaustic painting using some of the students' words from the workshop.

14 The Fabric of Motherhood



Project Goal: To provide opportunities for mothers to talk about their feelings, and barriers and solutions to long-term breastfeeding in their First Nation community or Williams Lake through the artistic process of collaborative art making. Increase mothers self-confidence to connect to their cultural heritage of breastfeeding.

Lead Artist

Karen Irvine

Medium

Art quilt

Location

Williams Lake

Size

4' x 4'

Community Partners:

Cariboo Friendship Centre

Project Participants: Five women who attend the Friendship Centre's Pregnancy Outreach Program who were either breastfeeding or have breastfed, other professional quilters from the community, and professional photographer Laureen Carruthers.

Art Process: The lead artist led two quilting training workshops. A professional photographer took pictures of each mother breastfeeding in a private setting. Each mother chose their favourite photo, which was then copied in black and white, modified to a sketch image, and enlarged. They were encouraged to do the quilting process, and although one mom did so, the others found embellishing the piece with art chalk more feasible with their busy schedules and young babies. The lead artist completed two of the quilted compositions. The mothers completed their art pieces over a period of 7-10 weeks with support from the lead artist. Each mother received a copy of her own breastfeeding photograph and art piece as mementos. The photos and art pieces were displayed on a large fabric-covered board.

Community Art Projects

15 Traditional Spirit



Project Goals: Explore the topic of breastfeeding and its importance within the Secwepemc culture. Create art to empower women and families. Examine the cultural loss caused by residential schools and the looting of Indigenous cultural artifacts and transform this into positive attitudes, visibility, and options for breastfeeding in our families.

Lead Artist

Tania Willard

Medium

Digital illustration with archive photograph; relief painting using lino cut blocks

Location

Chase and Secwepemc Territory

Size

8.5" x 11" - 11" x 17" prints

Community Partners:

Adams Lake First Nation Family Circle, Little Shuswap Lake First Nation, and Neskonlith First Nation Health Services.

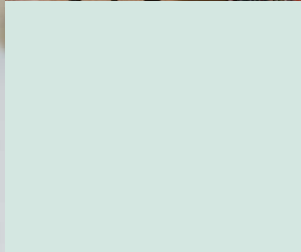
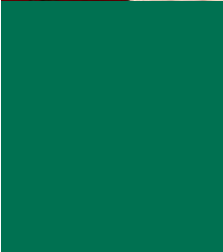
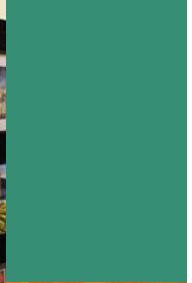
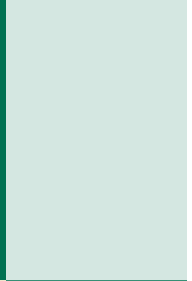
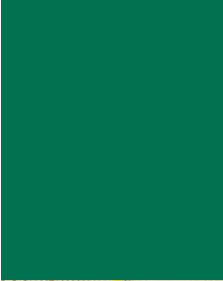
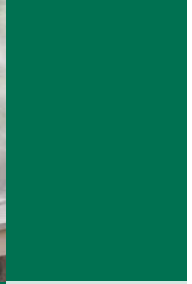
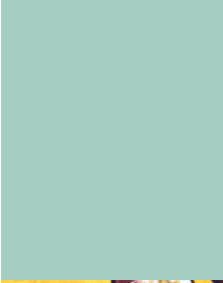
Project Participants:

Expectant or breastfeeding mothers, their families, traditional teachers, and health workers within the participating First Nation communities.

Art Process: In a culturally safe environment in workshops at Adams Lake First Nation and Neskonlith Indian Band hall, the lead artist met with young mothers, traditional teachers, and community health workers to talk about breastfeeding. Participants shared their stories, thoughts, and feelings. Working together, they created a framework for collaborative lino cut prints. Secwepemcstn words, materials, and images were incorporated. This project helped create important conversations about breastfeeding.

Thank You to Our Project Partners:

Adams Lake First Nation "Family Circle"
Apple Tree Maternity
BC Nurses Union Aboriginal Leadership Circle Caucus
Breastfeeding Matters in Kamloops
Cariboo Friendship Centre, Pregnancy Outreach Program
Central Okanagan Home Schoolers (Westbank)
Centre of Arts and Technology (CATO)
Emily Carr University of Art and Design
Enderby and District Community Resource Centre
Family Place Nelson (Kootenay Kids)
Intercultural Society of the Central Okanagan
Kelowna Arts Council
Kelowna Breastfeeding Café
KCR – Community Resources, Immigrant Services
L.V. Rogers Secondary School
La Leche League Canada-Kelowna
La Leche League Canada-Nelson
Lii Michif Otipemisiwak Family and Community Services (LMOFCS)
Little Shuswap Lake First Nation "Baby Circle"
Mamas for Mamas
Neskonlith First Nation Health Services "Baby Circle"
Okanagan Indian Band
Perinatal Mood Disorder Awareness Ltd.
Runaway Moon Theatre Arts Society
Shuswap Family Resource Centre
South Okanagan Immigrant & Community Services
Splatshin Health Services (Splatshin First Nation)
Studio9 School
Suk^wTəmsqilx^w West Kelowna Arts Council (SWAC)
The Tuesday Gals
Thompson Rivers University, Department of Biological Sciences
Vernon and District Immigrant Services Society
Vernon Breastfeeding Café
Vernon First Nations Friendship Centre, Pregnancy Outreach Centre
Westbank First Nation
White Buffalo Aboriginal and Métis Health Society



Independent Artworks

Independent Artworks



A Family Affair

Maureen Warner, West Kelowna
Paverpol garden sculpture
12" x 15" x 8"

Sitting on an outdoor bench is a mom feeding her baby. Beside her sits the baby's father with a younger child sitting in his lap. I breastfed four children, one to 18 months. I am so happy that both my daughter and daughter-in-law breastfed their little ones as it is best for mother and baby. I'm an ex-elementary school teacher who ran a daycare for 15 years. In retirement I discovered the medium of Paverpol (a fabric hardener). You impregnate fabric in Paverpol then wrap it around a frame, then you sculpt and create. I have been doing pieces for about 12 years and love it so much; I took the teachers course and now give occasional classes. With this medium, your imagination is your only boundary.

Baby's Gratitude

Carlene George, Penticton Indian Band
Photograph selfie with cell phone
8" x 10"



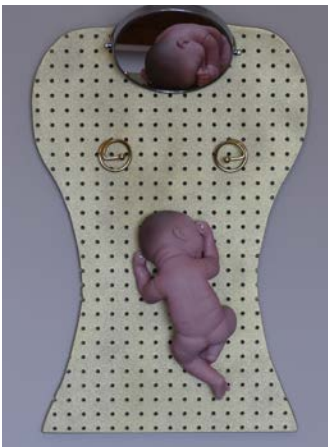
I am a proud mother of two boys. It was difficult breastfeeding in the beginning, but in the end it was the best two decisions I've ever made. My son struggled to latch. A nurse finally noticed he had a tongue tie. After that was fixed I got extreme mastitis. With everything that was happening I just wanted to give up, the thought was so emotional. When my son looked up at me and we made eye contact that encouraged me to not give up. Further along, with other foods, I breastfed my son until he was 13½ months. I took this picture with my cell phone while I was nursing him. With his hand on my chest I felt his gratitude toward me for not giving up on breastfeeding.

Body Memory

Jane Tevelein Doel, Golden
Clay sculpture, glazed, Raku-fired
18" x 13" x 8"



As part of my work as a clay artist, I have been privileged to make Plaster of Paris body casts for pregnant women, from which I make clay pieces of art. This clay piece is of a woman who had thought she would never be able to have a child. In fact, she gave birth to twins. For me, the image is primeval. It is about being a woman, the nurturing power of the body, and the preciousness of life. The moment captured is about the readying of the body to separate from the child and to continue that process of nurturing.



Breast Crawl

Rick Durand, West Kelowna
Mixed media: wood painted with
man-made objects
20" x 30" x 8"

The challenge I faced with this piece was to go back 30 years and relive the feelings and emotions I had during one of the most profound times of my life; the home births of our two children. An indelible image in my mind is the moment that each helpless newborn was placed on my wife's abdomen struggling upwards, the breast crawl, for nourishment. The image in the mirror is my wife's view of her newborn. The peg board, like a gym climbing wall, represents the difficulty of the breast crawl and the newborn's need for extraordinary strength. The brass nipples stand out in this piece since the sole focus of the newborn is to latch on.

Independent Artworks



Breastfeeding

Rebecca Geddes, Kelowna
Charcoal and pencil
11" x 8.5"

As a University of British Columbia 3rd year Midwifery Student, I am inspired by birth as well as my time spent in Kelowna with Malachite Midwives and their birth community. My drawing shows a mother soon after the birth of her baby at home, and an early latch. In this quiet private moment we witness the amazing transition from pregnancy into motherhood. Midwifery is a merge of medicine, science, art and family communication. During birth, we allow others into a deeply vulnerable and important moment in our lives. Midwives have an important role in supporting women during birth which can ease and facilitate the transition to early skin-to-skin contact, early breastfeeding and successful long-term breastfeeding.

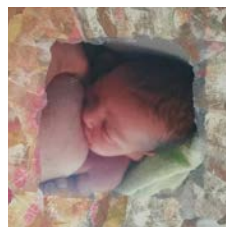
Breastfeeding an Adopted Baby

Katrina Osborne,
Kim Bauer and
Marg Graham
West Kelowna
Mixed media

27" x 40", 12" x 12", and
15.75" x 19.75"



First Latch



Ready to Go

This collaborative art piece is inspired by Katrina Osborne's remarkable story of never having been pregnant yet successfully breastfeeding her adopted baby boy. Yes, it is possible! Katrina says, "I knew women had breastfed adopted babies, that there would be challenges and it would require effort, but that science would help." Within two months of the baby's birth, Katrina's breasts were overflowing with milk and she was feeding her baby. Kim Bauer worked closely with Katrina to help interpret her adoptive feeding journey. They also photographed and transferred to the assemblage Marg Graham's acrylic painting of the breast ducts.

Breastfeeding at Midnight

Marty Ryan, Parson
Etched copper disc
10" diameter



I am a retired art teacher and counsellor, a mother of three sons, and an Artist working in etched copper and painting a variety of themes. I etch the copper like the printmaking process. I use a saltwater bath that is connected to a solar panel that eats any copper not protected by a blockout, such as paint or rubber cement. My third son was a night owl and his story is shown here. We bonded in a special way every night when he had his twelve o'clock feeding. Everyone else was asleep and it was our time. Breastfeeding can start a lifetime of dialogue. As the baby looks in your eyes and you talk and he goes sounds. It's one of my cherished memories.



By Design

Charla Maarschalk, Lake Country
Acrylic painting
30" x 24"

Eugene Patterson, an American journalist, civil rights activist and Pulitzer Prize winner, said, "Good story tellers make every line count. There are no throw away lines." My art process makes every stroke count in building a bridge between my own judgement and a stranger. I deconstruct the human relationship with abstract connections between color, texture and human experience. The model for this painting was a friend from my hometown in Newfoundland. The photos I love most are family photos where siblings are with mom and baby. I converted the photograph to large scale gestural faces and explored the layers of human identity of mother and child and sibling.

Independent Artworks



Celebrate Breast Milk

Rick Durand, West Kelowna

Mixed media: varnished wood panel with man-made objects and sayings

24" x 36" x 7"

I am married to the love of my life with two kids who were breastfed and are now adults. For a man, breasts are attractive, and as a father they are the first step in providing good nutrition to my children. I wanted an art piece that celebrated both components of breasts. The two breasts (ceramic balloons) in a nursing bra are located in the most visible spot on the board to get your attention. The sayings on the message boards are to get you to think about breastfeeding and breast milk. My "sound bites" focus mainly on breast milk since I consider it very underrated.



Connection

Lynne Grillmair, Brisco

Acrylic

20" x 24"

Connection is inspired both by a Renaissance painting of Madonna and Child, and by my own mother. I wanted to showcase the regal demeanour and loving expression of a nursing mother. I remember my mother always looking well dressed and beautiful when she was pregnant and breastfeeding my two younger siblings. In her day, women didn't breastfeed in public but at home she fed the babies openly at the table while we ate our dinner. For this painting I chose a woman with elaborate, colourful headgear nursing her three year old son. The blue colour expresses holiness and devotion of mother to child.

Contentment

Urbania (Bonnie) Bruckner,
West Kelowna
1/12" scale room box miniature
11.5" x 10.5" x 10.5"



I was born in Holland during World War II when there were milk rations, and my mother breastfed me along with someone else's baby who was in need. When I came to Canada in the 1960's, it was common for women to not breastfeed, yet my grandchildren are all breastfed. The focus of this display is the nursing mother outside, watching her other child happily playing. In my displays I always try to incorporate food and in this case it is breastmilk. I also try and add a book, to encourage literacy. I use different materials such as Bunka thread and steel wool for the wisteria, Polyfilla for the people, linen cording for the chair and leather for the carriage.



Dad's Gift

Rick Durand, West Kelowna
Mixed media
38" x 24" x 8"

Breastfeeding was done by mom, and the gift I gave to my two kids was to be there as much as I could to experience and share their growing up. I tried to be there during good times (bathing and bedtime reading) and the bad times (sickness and diaper patrol). Bath and dress time items are showcased on this piece of driftwood that I collected from along Lake Okanagan. The sunglasses are for outdoor activities like a walk or the swings, the camera to capture memories, a notebook to write down those special moments, and a measuring tape and pencil to record growth. The teething ring and musical toy are for playtime. The book for quiet time with dad.

Independent Artworks



Dear New Mom

Selina Metcalfe, Salmon Arm

Photograph postcards

8.75" x 21.75" x 4.5"

Each postcard is 5" x 7"

I am a professional photographer specializing in maternity, birth, and breastfeeding. For three years I have participated in the annual Public Breastfeeding Awareness Project (PBAP). Its goal is to help normalize breastfeeding. For PBAP I photograph moms breastfeeding in public and everyday locations.

I am a mom of two boys, ages 15 and 9. When I was breastfeeding my boys, I didn't feel ashamed of it, but I never felt fully comfortable feeding in public. I hope that these images will help new moms to relate and feel comfortable wherever they choose to feed their children. Read the special messages on the back of each postcard written by the mom in each image.

Descansar

Charlene Hodge, Logan Lake

Oil painting

25" x 21"



Descansar is Spanish for "to rest." I am a Medical Radiographer and self-taught artist specializing in oil painting. It was the experience of travel to other countries, prior to childbearing, that built up a higher level of confidence in myself. As an artist and new mother in the early 1980's, travelling in Guatemala, I was captivated by this mother. What intrigued me was the cultural differences, mainly the age of the child being nursed. This mother reflected what I was experiencing with my own babies. The reflection of contentment, peace and security that the image "Descansar" represented, was then and now the reason why this image remained in my private collection for three decades.

East African Mothers

Stanley Meldrum, West Kelowna
Pen and ink
28" x 20"



My art piece is a combination of French Impressionist Pontillism and East African Tinga-Tinga. It is created from hundreds of thousands of minute dots. Tinga-Tinga is a form of abstract art, mostly animal, developed by Edward Tingtinga in 1968 in Tanzania. I based the picture upon my almost 20 years of life experiences and inspiration from the people of Tanzania, Kenya, Malawi, Mozambique, Zambia and Ethiopia. In these countries, breastfeeding is a perfectly natural occurrence and fact of life, it does not matter at all where or when, the baby or toddler is nourished and soothed at the mother's breast. It is my opinion that breastfeeding is part of why East African children are very much at peace with themselves and their surroundings.



Embrace

Brandy Barry-Wyatt, Kelowna
Acrylic
30" x 30"

I work mostly with acrylics and sometimes with pastel. My approach to art is to make animals come alive with movement and color. Animals have meant so much to me in my past and present. I want to capture their essence and character in my work as best I can. I look forward to making a difference for both animals and humans alike in my creations. I wanted the piece to reflect the warmth of a mother's embrace and the feeling of comfort surrounded with that. It is a brief moment in time when you're truly connected with the nurturing of your greatest love.

Independent Artworks



Enfolded

Erica Hawkes, West Kelowna

Acrylic

18" x 36"

I work in a few distinct styles, cubist Impressionism, curvism and Nouveau 7, this piece being cubist Impressionism. *Enfolded* looks at the love and connection between a mother and child and on a bigger scale the connectivity of all humanity. Breastfeeding is an amazing force that causes you to cry at the immenseness of motherhood and simultaneously feel daunted by the huge responsibility. We make mistakes along the way, but do our best to love and care for, to feed and nurture, to encourage and help our children grow into responsible, caring, empathetic adults.

Family Picnic

Enid Petherick, Golden
Acrylic on masonite panel

20" x 16"



As a graduate in Fine Art from the Ontario College of Art, I worked at the Royal Ontario Museum as a Diorama Artist, and I now live near Golden. This painting asks the question, "What if" and wonders "if only" we felt so comfortable in our bodies that we could enjoy a picnic in pristine surroundings, clean environment, sunshine on our skin and Mama nursing Baby openly in the healthiest way possible... naturally.

Firstborn

Claudia Punter, Osoyoos
Pencil drawing
6" x 8"



I am a 60 year old mother of two children. My children were born in hospital in Switzerland; this was before we immigrated to Canada in 1993. My drawing is from a photograph that my sister took while I was in the hospital with my first born when he was only a few days old. I needed surgery after he was born and if I would have given birth a century ago, I would have died from the hemorrhage. It was 8 hours before I was well enough to feed my baby and it took a while until we got used to each other. He had to learn to suck and I had to learn how to handle such a little human being! I breastfed him until he was 18 months old. Now we live 1000 km apart but our hearts, our souls are as close as on that day when the picture was taken.



Generation to Generation

Pat Raphael Derrickson, Westbank
Acrylic on canvas
16" x 20"

As a breastfeeding mother I wanted to paint a picture that showed the connection between mother and child. Breastfeeding is something that is done generation to generation and by women around the world. The feeding of a baby that is nestled in your arms creates the teaching of safety and reassurance.

Independent Artworks



Happy Hour

Claudia Punter, Osoyoos

Watercolour

15" x 12"

I am a retired veterinarian. I am originally from Switzerland and have lived in Canada since 1993. I am a mother of two children that I breastfed for about 18 months each. This was a long time ago! Knowing how sad the situation in factory farming is, to make cheap meat by keeping sows in gestation crates, and never being able to move around, sniff their young or cuddle with them, I am happy to see that there are still farmers with hearts!

Have Breast will Travel

Rick Durand, West Kelowna

Mixed media on manikin

4' x 2' x 18" plus suitcase



My wife and I travelled the world with our breastfeeding babies hassle free and we were never homesick for them. To feel comfortable to breastfeed while travelling one must be supported to breastfeed at home. The large nation flags that adorn the front portion of the breastfeeding manikin represent the top 50 countries with the best ranking for mother and child health (Save the Children survey, 2015). Breastfeeding hospital policies that support mothers to breastfeed have a significant impact on mother and child health. The nations with the highest ranking are placed at the top (neck area), and the flags of the nations with lower ranking are placed below in descending order. Canada ranks 20th and still has improvements to make.

Herculean Ordeal

Jenny Long, Penticton
Acrylic on cradled panel
36" x 36"



This painting came from a discussion with several courageous mothers whose dreams and strong desire to breastfeed were shattered despite their months of determined efforts. Here are their words: There was no option in my head other than to breastfeed, so it was devastating; I felt like this horrible parent with faulty boobs (now I know, I had insufficient glandular tissue); I had no skin-to-skin for ten hours, then he wouldn't latch; I felt paralyzed and angry when breastfeeding was not working; I got so much conflicting advice; it is a very big deal when breastfeeding doesn't happen; I didn't get help with formula feeding; emotionally draining; I felt I was judged; In the end we found our own way, but it was not easy.



Hold Onto Your Dreams

Karen Graham, West Kelowna
Mixed media collage
20" x 24"

I was born in Nairobi, Kenya and brought up with Africa in my heart. It was normal to see moms breastfeeding their babies at the markets or while sitting with friends under a shade tree – laughing and talking. Babies were carried on their bodies with a brightly coloured cotton cloth called a kanga. The kanga border on this collage reads Muishi Maisha Mema in Swahili which means Live a Good Life. When it was my time to have babies I knew I wanted to breastfeed too. I was so in love with this natural and wonderful process that I started collecting thousands of pictures of women breastfeeding and of animals feeding their young. My dream was to create a breastfeeding collage to cover my basement walls. This is a snapshot of my dream, from the enveloping warmth of Africa to breastfeeding my children. Hold onto your dreams and make them your reality.

Independent Artworks



Humpback Whales with Calf

Walt Collins, West Kelowna

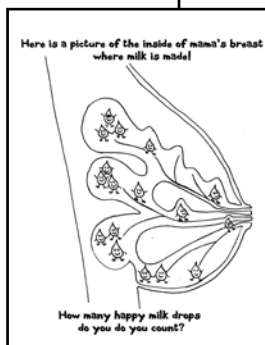
Chlorite carving

13" x 20.5" x 14"

Humpback whales are amazing animals. Before moving to the Okanagan two years ago, I lived in Port Alberni on the West Coast for 32 years, where humpbacks swim and breach offshore. As a carver, when I see a piece of raw stone in the quarry, the stone tells me what to carve. When I saw this piece of chlorite, I knew it would be humpbacks. The stone even told me the whales' positions. Then as I carve, everything else develops around it. For this piece I added in the harbour seals, and the kelp – where the humpbacks spend some time nursing their calf and trying to hide from predators such as orcas.

I Can Learn About Breastfeeding Too

Rebecca Geddes
& Cherie Toronchuk,
Kelowna/Victoria
Colouring book
8.5" x 11"



Breastfeeding is thirsty work!
Draw mom another glass of
water to drink!



Rebecca completed her masters in print making and sculpture and Cheri has a passion for art and women's health, both are studying to be midwives. They created this colouring book for older siblings (aged 3+) molding their interests in art, birthing, and breastfeeding. The book idea began as part of a breastfeeding course, but they continued to work on it collaboratively. "Our goal was to de-stigmatize breastfeeding and make breastfeeding imagery more accessible to the public. We also wanted to provide a fun and engaging activity for siblings with anatomically correct, and positive breastfeeding pictures."

I Hope the Baby Wakes Up Soon

Marty Ryan, Parson
Etched copper disc
12" diameter



I loved breastfeeding my three sons. They were all very different. My eldest son ate like clockwork every four hours and my third son loved to breastfeed at night. My second son was premature and he would eat for a few minutes then fall asleep. My breastfeeding challenge with him was which breast to use. It's easy with hungry eaters that empty a breast but with him being a nibbler, my breasts were always full and I was waiting for him to wake up. This heavier gauge copper plate shows one breast empty and the other is a full movable breast. The piece gets its colours from heating the copper with a torch. It is etched with our family symbol of Japanese maple leaves.

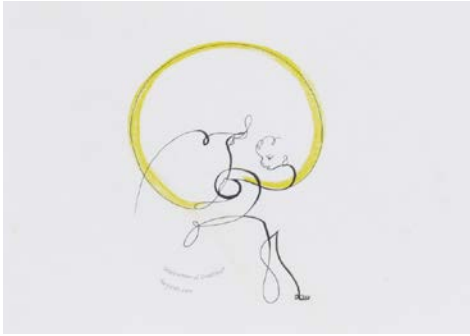


Immunity Unlocked

Rick Durand, West Kelowna
Mixed media
24" x 26.5" x 3"

Through human history, breastmilk's antibodies, immune factors, enzymes, white blood cells and nutrients have provided powerful immunity giving infants an immunity "jump" significantly improving their health. The ancient unlocked padlock in the centre is a replica of the type used 2,000 years ago and represents the evolved immunity of breast milk. The blue background is the sea of the corporate world. The closed smaller locks without keys represent infant formula companies worldwide; this type of lock was patented in 1857, just eight years before the first infant formula was patented. No infant formula contains the immunity boosting ingredients that match the natural immune substances of living breastmilk.

Independent Artworks



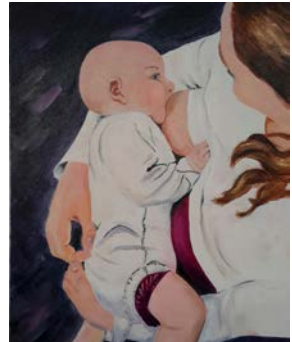
Introduction at Breakfast

Mary Kate Woodward, Castlegar
Ink and pastel on paper
14" x 12"

I am an artist who specializes in drawing. My works are simplifications and abstractions using reductive line. They illustrate relationships between and personalities of the subjects. This drawing describes a mother nursing her baby while introducing an older sibling to the new baby. The drawing celebrates breastfeeding while in no way criticizing those who do not. A halo recalls religious art's symbolic depiction of idealized beings and events. Here the family, mother, infant and older sibling, participates in a healthy, normal practice which boosts baby's immune system and helps bond family members. Continuous line binds the family together. The major, darker line emphasizes the main subjects.

Just Before the Latch & We Match

Lynn Capling, Williams Lake
Acrylic on canvas
12" x 12" and 16" x 19"



The paintings are of my daughter and 14 month old grand-daughter. When my daughter was breastfeeding, I took her bra shopping for a comfortable well-fitted bra, and later bought a second one, magenta-coloured, for her baby shower. I chose magenta, because my daughter loves colour, and the second one because after all you need one to wear while you wash the other. She had bought diaper covers in a variety of bright colours to make changing diapers more fun. The day I took the pictures she had commented on the matching bra and diaper cover. So I named the second painting *We Match*. As a breastfed child and a breastfeeding mother myself of two children, we are an unbroken chain of breastfed babies.

Kelp Nursery

Walt Collins, West Kelowna
Chlorite carving
17" x 17" x 20"



Chlorite stone is imported from India. I chose it because it is dark green, almost black, and harder than soapstone. The stone was cut with a chain saw, then I spent over 200 hours carving and polishing it. This sculpture is of two mother orcas (killer whales) with their calves swimming amongst the kelp. A baby orca weighs about 400 lbs at birth and needs an extremely high fat milk to grow quickly. The calf has 5-10 second suckles of mother's mammary glands, but feeds several times an hour, 24 hours a day. The bonding between mother and calf is intense, and the calf will continue to nurse for a full year.

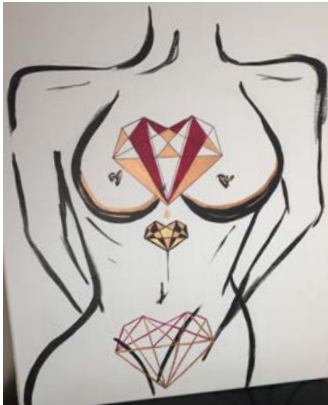


Life Keeper

Victoria Grant, Kelowna
Mixed media
3' x 4'

Images of women celebrating the act of breastfeeding their babes have been depicted throughout art history for millennia. *Life Keeper* was inspired by a series of carvings on a Roman marble sarcophagus of a young boy, Marcus Cornelius Statius, around 150AD depicting scenes of his brief life. I was drawn to the sculptor's attempt to render the marble image in three dimensions coupled with the element of pattern present in the mother's hair, gown and the chair she sits upon. *Life Keeper* reflects the juxtaposition of both 2 and 3 dimensions having minimal resemblance to the beginning of its creation, establishing a history of its own throughout the creative process.

Independent Artworks



Liquid Gold

L'wren Farkas, Fernie
Acrylic on canvas
16" x 20"

Due to cervical cancer and a stroke, I was told no babies for at least a year which devastated me. When I was finally able to become a mother, complications from my stroke caused me to struggle with breastfeeding. I never gave up trying and was eventually able to feed on my own and nursed Franzeska Rose for 14 beautiful months. I am now 34 and this painting is one of my first since the stroke. It represents the love for a mother's milk, the liquid gold, and loving myself although given so many health challenges.

Love Letter to Isabella Claire

Arlene Currie, West Kelowna
Acrylic and oil on canvas
24" x 30"



I am drawn to vibrant colours and engaging, edgy compositions. My daughter-in-law, Bambi Smith and my granddaughter Isabella inspired this piece. I composed the painting from photos, and Bambi's thoughts are found in her love letter.

"My precious Isabella, you are only moments old and yet, you knowingly suckle my breast. My deep love for you motivates me to breastfeed. With my breast-milk, the perfect food, and with the love and protection of your daddy, your big brother, and me, I have faith that you will thrive. My wish is that one day you will become an amazing young women, one who will have the desire to create a more beautiful world. Welcome to our family, Isabella."

Love Poured In

Audrey Borland & Rachel Jacobs
Lake Country
Photograph on canvas
11" x 17"



We created this image of Audrey's daughter Naomi, who has enjoyed hundreds of litres of breastmilk donated by mothers in our community. The web of women who collaborated to provide milk for Naomi was touching and powerful. We think about the love poured into each bag by the lactating mothers, and we certainly pour love into Naomi as we snuggle up with a warm bottle. We hope our art piece encourages women to seek donated breastmilk if they are facing lactation roadblocks (for example, adoption, medical issues and low supply). Secondly, we hope it encourages women to donate milk. We campaign for blood donors, please also consider donating your milk.

Maquay

Sue Hall, Kelowna
Natural materials
25" x 66" x 11"



This breastfeeding mother is new to my *Gatherer Series* that I began 20 years ago. I start with a king palm sheath; over the years they have become more elaborate. They are an expression of ancient practices and of myself today as a hunter/gatherer. I find and gather all materials and transpose them into something completely different and beautiful. Nature's colours and textures and the movement of the land and sea inspires my work. *Maquay* got her name from the manifests (cargo documents) of ships that sent freed American slaves to Liberia in Africa in the mid 1850's; for many this was a double injustice.

Independent Artworks



Milk

Giovanni Vidotto, Kelowna
Photograph
24" x 16"

Milk was created in a burst of spontaneous excitement about new life having lunch. The child is fresh, pure, and innocent. She is pleasantly distracted by my lens, and oblivious to the notion that her feeding to some is distasteful. She does not understand how far we have drifted from the miracles of birth and human sustenance; she knows only the warm reassurance of her mother's breast, and the yum of mother's milk.

Mother and Me

Verity White, Vernon
Watercolour and pastels
7" x 5"



I am a ten year old artist and I used to love watching my little sister breastfeed. In the mornings we would cuddle in my parents' bed. That is when the breast-feeding happened. I remember that breastfeeding was one of the happiest experiences of my life, and that, "mommy milk", was one of the best tastes I have ever tasted! I did this piece of art myself in my spare time at the age of seven. I drew it on white computer paper, then painted it with water colour paints, photo-copied it and then coloured it with pastels. Although the baby is not actually breastfeeding in the picture, the mom and baby are very close.
Fun Fact! Did you know that breastfeeding is the healthiest way to feed a baby?

Mothers' Eleutheromania

Kaylyn Leanne Taylor, West Kelowna
Photograph in wood frame and book
24" x 20" - framed photo
9.75" x 8.25" - book



As a professional photographer specializing in the first year of a child's life, my motto is "Capturing your heart through the lens". Eleutheromania is an intense desire for freedom, in this case, to breastfeed freely. *Mothers' Eleutheromania* is a beautiful full-colour 100 page hardcover photo book, hung by silver chains from the bottom of the original framed image used for the outline of the book. I photographed 50 breastfeeding moms, including young and older moms, twins, and tandem fed siblings. Each mom chose two photos from her session to accompany her own breastfeeding story. This project inspired new and expecting mothers to take a positive leap into the incredible journey of breastfeeding.



Mother's Love

Parboni Ghosh, Kamloops
Mixed media: water and poster colours
22" x 18"

I love to work on Indian folk style called Madhubani. Traditionally, fingers, twigs or matches are used to apply the paint on homemade paper, but I have applied some modern techniques using brushes. My painting portrays the indispensable need for breastfeeding. The colours express love, serenity and fertility in our social lives. Two mothers belonging to separate regions come together in a common enclosure. The Sun God with lotus depicts the tree of life. Concisely, my art work molds traditional Madhubani art with contemporary Indian values, influenced by traditional Canadian Indigenous symbolism of the eagle.

Independent Artworks



Mother's Milk

Noëlle Nadeau Khoo, West Kelowna
Mixed media on canvas
24" x 24"

The cornucopia of colour in my painting represents the different life giving energy of the hundreds of nutrients, proteins, and active immunity factors in breastmilk. The inherent strength and life force of mother's milk nourishes baby and connects mother and child on a very visceral level. I am grateful to have had an easy and positive experience breastfeeding my son. I was lucky to be supported by friends and professionals who encouraged breastfeeding and all its merits. This painting encompasses acrylic paint, acrylic medium, sand, fine glitter and lastly, varnish.



Naturally Nursing

Enid Petherick, Golden
Acrylic on canvas
18" x 24"

I breastfed my two daughters, and over the years we have had the privilege to watch animals in the wild breastfeeding their young. When our daughter was 18 months old, she was playing by Lost Lagoon in Stanley Park, and she was nude. A shocked voice full of disbelief and outrage croaked: "Look at that child!" Animals nurture their young without hiding the fact or the young. Humans hide the act of nurturing (and often the child) as if feeding your baby were shameful. I wanted to depict a normal activity in a serene and healthy environment. Because it is 2017!

Now and Then

Dianne Postman, West Kelowna
Acrylic
16" x 20"



Recently I have been fascinated with painting nostalgic "antique" scenes like this one from the 1930's – 1940's. In this era, women were less likely to breastfeed openly. I wanted to capture the quiet joy of the mother with her child in the privacy of their home. The painting is done in monochromatic tones similar to photos from that time. The concept for the painting was inspired by my daughter-in-law breastfeeding my one-year-old granddaughter.



Nurturing

Julia Trop, West Kelowna
Soapstone sculpture
8" x 7" x 6"

Motherhood is what inspired this piece. *Nurturing* is all about encompassing love, and the many facets of life and depth of relationships we create in our journey on this earth. Sometimes we are the giver, sometimes the receiver, but all of the time we rely on each other to get us through life. Being held in the physical or metaphorical arms of those who support us, we gain nourishment, strength, and maturity.

Independent Artworks



One Accord

Charla Maarschalk, Lake Country
Acrylic painting
30" x 30"

All artists can relate to "artist block". When the art piece you are envisioning isn't working out the way you want it to or thought it would. This was my experience in painting this piece of a breastfeeding mother. I needed to let it sit for a while – focus on my vision, and let the painting speak to me. I realized that what I wanted to express was how the breastfeeding experience goes beyond the mother and child pair and bonds the entire family. *One Accord* reflects the togetherness of family and the children who create a family from a couple. As parents we think our children are entirely ours, but sometimes the bonds and dynamics between siblings can grow and evolve deeper and larger than we could even ask for.

Our Mammal World

Enid Petherick, Golden
Acrylic on canvas
30" x 40"

Our home is in an isolated, semi-wilderness location. Over the decades we have had many animals as cohabitants, while others occasionally pass through. A mountain goat ambled off the mountain and along our lane. As I worked at the kitchen counter, I looked up at a moose with beard still dripping from the pond staring at me. Another year, up early to finish hanging a studio show, I took my coffee to the back deck...and stopped. Wow! A cougar appeared from behind the outhouse. Deer and bear are regulars. We watch and see what dedicated, astute and caring parents these animals are. And each one nurtures its child naturally!



Picnic Baby Style

Linda Toews, West Kelowna
Water-based oils and acrylics
24" x 20"



My primary focus and love is canvas. Because I am curious about people and enjoy the diversity intrinsic to each human being, I most enjoy drawing people, especially children because of their untouched innocence. Without art, music and good food, life would continue but in black and white. These gifts are what put colour in our lives. This painting uses warm and inviting tones against the backdrop of beautiful Lake Okanagan. You see a mother breastfeeding in a park while her older child takes a moment from her play to tenderly kiss the baby.



Pride of Life

Esther, Kamloops
Acrylic on canvas
16" x 20"

I am over the moon and proud that my art piece is part of this amazing Expo. The piece was inspired by the theme of a woman's role in providing nutrition, "pride of life", to her child. Creating this piece has now encouraged me to explore using words and language as ways to express myself through my art. I was born in Toronto, but grew up in the city of Golden, British Columbia, and currently live in Kamloops. Someday, I hope to return to the place that is dearest to my heart though, which is Nelson. I enjoy painting with acrylics, crocheting, and listening to the likes of Leonard Cohen.

Independent Artworks



Primates Mothering

Sherilyn Williams, Kelowna

Acrylic on canvas

4" x 4" Snow Monkey, 6" x 6" Gorilla, and 4" x 4" Orangutan

My daughter, who is a doula, lived in South Africa for ten years, and my travels and stays while there and in other parts of the world, strengthened my appreciation of culture and inspired my paintings. I wanted to express the intimacy and bonding of a mother and baby that happens when breastfeeding. There is a feeling of *Nurturing* as the mother Japanese snow monkey embraces her twins. *Tenderness* is what is expressed between the mother African gorilla and her baby through their eye contact. And the mother Sumatran orangutan suckling her baby is *Contentment*.

Ren Ki7ce, Ren Tmicw

Julianne Peters, 100 Mile House

Pencil crayon on acid-free paper

12" x 17"



Translated from Secwepemc, this piece means "My mother, my home". I am Secwepemc First Nation woman from Tsq'escen, Canim Lake. I enjoy creating art and learning about my Secwepemc traditions, language and culture. Mothers, our first caregivers, carry us within while our spirits grow into the universe. We slowly manifest into being as she protects our souls. She soothes us with a light whisper and her vibrant heartbeat encourages us to persevere; providing us all that we need in life. In times of darkness the moon's light reminds us we are not alone, our ancestors illuminating in the backdrop contently. These stories told across the nations remind us that we all return to Our mother, Our home.

Return to Source

Michelle McCullough,
West Kelowna
Alcohol ink art tile
12" x 18"



As a self taught artist, I have been creating for over 30 years. I love Alcohol Inks as they are vibrant and beautiful. This piece began as a non-porous ceramic tile that I painted with the high pigment alcohol-base ink. The way the ink dries means no two pieces are ever the same. I created this piece as I am passionate about the benefits of breastfeeding and getting back to our natural state of survival and balance. The tree represents the mother that, like the tree, does so much to all by giving life and nutrition, and helps us grow and build community. It's essential to All! She is an Earth Tree Goddess, feeding her infant, forever giving.



Rhapsody in Blue

Arlen Jacobs,
Lake Country
Photographs
8" x 12" each

I am a father of three children who watched his wife become a proud, nursing mother. My art piece includes five photographs: *Smile* shows the play and happiness before nursing. In *Paint*, my wife applied bright blue face paint to our son's foot. *Love* and *Tired* show the constant change of movement when our baby nurses. Our kids were most active at the start of nursing; kicking and swinging. Theodore has painted his own movements! *Sleep* is the moment of contentment when baby is fed and satisfied emotionally. Breastfeeding is not static, and can be seen to be a fully interactive skin-to-skin experience for both mother and baby. The collection captures their tender and strong bonding.

Independent Artworks



Rock-a-bye Baby

Glenna Turnbull, Kelowna
Custom cut glass and stone
9" x 12"

I am a free spirited single mother of two who works as a photographer, writer and stained glass artist. This piece was designed to relay the primitive and natural instinct for a mother to put her baby to her breast, from the stone age to present day. It was created using slices of polished Brazilian agate, art glass, and a lot of imagination.

Rough Start: Strong Finish

Tanya Osborne, Kelowna
Photography memes
24" x 12"

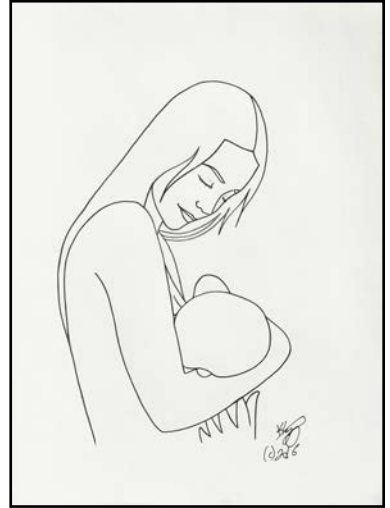


My first born child was put in the Neonatal Intensive Care Unit after birth, and I was told not to touch him. This was very hard. Breastfeeding was not started until three days after the birth. Breastfeeding training for me, as well as sucking training for my baby, had to take place. During this time we kept lots of skin-to-skin contact between baby and mom, and baby and dad, and I continued to pump my breasts. After a tiresome and painful five months, I finally felt that mom and babe were in sync and breastfeeding was fully established. Now, two years after giving birth, we breastfeed morning and night. Thanks to my husband Brendan for taking the photos and supporting me to not give up.

Simple Love

Katherine Eggleston, Kelowna
Ink drawing
8.5" x 11"

I am a graduate of the Fine Arts Program at the University of British Columbia Okanagan. I hope to enter into the Video Game or Tattoo industry in the future, and I have been independently selling my work for over a year. I wanted to create as simple a drawing as possible, depicting a mother and her child sharing a bonding moment. I did not shade, colour, or highlight the drawing, and drew the entire body as a single line, excluding the face. Love is simple, and I felt my art should show that.



Slow Poke

Jetta Williams, Kelowna
Pencil on sheet music
18" x 12"

I am an artist from Kelowna, getting back into art full time after raising a family for ten years. Portraiture is my favourite subject, and doing art on old copyright-free sheet music combines my love of piano and art. The portrait is inspired by a friend of mine who just had a baby and posed for me. *Slow Poke* is a 1952 pop Billboard song hit. It resonated with me as my daughter was notorious for being a pokey breaster, but we kept plugging away. She would take 5 hours to drink 8 ounces of my breastmilk. I never got anything done! The punch line of the song is "so I guess I'll just be a slow poke too". A message for moms to take the time to slow down and enjoy being with your baby.

Independent Artworks



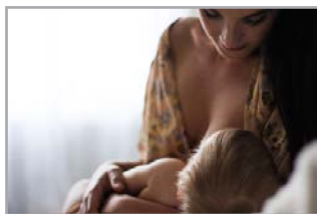
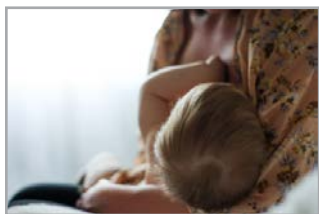
Tandem, First Hours & Lunch Date

Becky Litz, Cranbrook

Photographs on medium-density fiberboard

24" x 16" and 10" x 8"

I am a photographer specializing in birth, newborn, children and families. Three different mothers were photographed. *Tandem* is a 6 month old baby breastfeeding alongside his 2 year old brother. This picture is a keepsake because it was one of the last days of breastfeeding before the older brother weaned himself off the breast. *First Hours* shows the early moments of feeding after birth with the father at hand. *Lunch Date* is a young mother having a sandwich while young baby feeds at her breast.



The Bond

Natalie Sky, Kamloops

Photographs

12" x 8" - Trust & Protection

16" x 11" - Joy

I am a 24 year old photographer. These three photos, entitled *Trust*, *Joy*, and *Protection* represent the special and beautiful bond between the mother and her baby. Breastfeeding is more than just providing food for the baby. It is the start of a lifelong love relationship. The baby snuggles into the warmth of mom and is comforted by her familiar scent and the gentle beating of her heart. Mom gazes down lovingly at her nursing baby as "love" hormones are slowly released into her body solidifying *The Bond*. Andrew Klassen crafted the driftwood frames.

The Natural Choice

Nath, West Kelowna
Acrylic on exhibition wood panel
24" x 24"



Nath is a self-taught Canadian Visual Artist born and raised in France who recently moved from Ontario to West Kelowna. This piece, represents a mother who has chosen breastfeeding over the bottle. She feels serene while feeding and bonding with her baby under the sun. The magnifier glass represents the scrutiny/discrimination breastfeeding women can be subjected to. Females as represented by the Venus symbol, naturally create the most perfect food for their young. Nurturing comes from the old French "noureture", nourishment in English. It means feed and protect but also care for and encourage growth. In my view, breastfeeding should be welcomed in our society!



The Suckling Pod

Karen Palmer, Lumby
Porcelain clay sculpture
18" x 10" x 5"

Karen has been a ceramic artist and instructor for 17 years. She creates pieces that are decorative and functional using various clay bodies. The pod is a favorite place for mom to share with her babe as she feels secure, relaxed and at peace while bonding to her child who is suckling her breast. Babe is satisfied and falls into a deep sleep while the pod gently sways with the love that is created between the two. *The Suckling Pod* was created from a solid piece of high fire Porcelain clay that was hand sculpted and hollowed out. Two coats of a black slip were painted and dried to a leather-hard stage, then metal tools were used to hand carve the design freeform.

Independent Artworks

Watchful Eye

Enid Petherick, Golden
Acrylic on canvas
16" x 40" (2 panels)

I live near Golden, on the edge of forest where bears are our nearest neighbours. Over many years we have watched Mama Bear nurturing and training her babies. From the windows we have watched the cubs on their education tours; around the house, sit on the outhouse step, up the sauna steps to inspect the deck, and up and down the garden rows (preferred vegetable is dandelion). We know Mama is near, but not always visible. She nurses them under a fir tree, and feeding time over, they are sent to bed in the upper branches while Mama gets much earned rest beneath.



What's That Sound

Rachel Jacobs, Lake Country
Mixed media:
6" x 24" x 5"

I returned to work while each of my three babies was still nursing. Breastfeeding while away from baby means that milk must be expressed at regular intervals, regardless of environment. As a mechanical engineer, I often find myself in places not traditionally set up for nursing mothers. I have pumped breastmilk at copper mines and sawmills, on airplanes and in cars. Before I returned to work while nursing, I was appalled at the idea that mothers might have to pump in public washrooms. Now that I've been in this situation myself, I see that people are very supportive once they understand what I'm doing. I hope this exhibit will encourage working mothers to expand their comfort zone and continue breast-feeding once back to work.

The Independent Artworks and Community Projects will be available for sale or display in July 2018 at the completion of the travelling Expo.

Would you like to buy one of the Independent Artworks?

The Price List is available at each host gallery as well as online at www.breastfeedingartexpo.ca. Please note that a few of the pieces are not for sale.

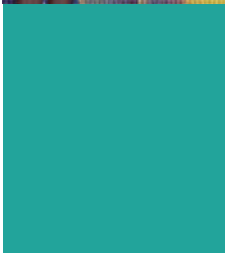
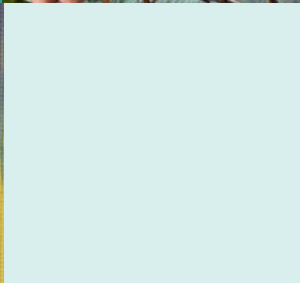
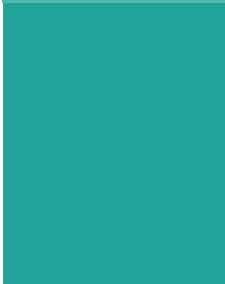
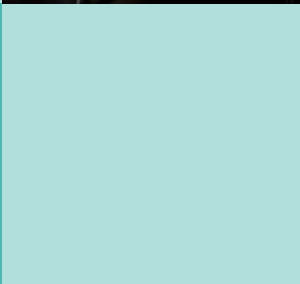
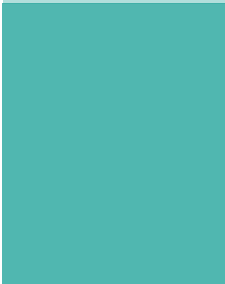
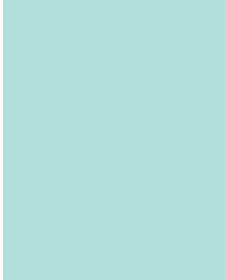
In the Art Catalogue all Independent Artworks are listed with unframed dimensions. The Price List details framed and unframed sizing and pricing.

Would your community organization be interested in having one of the Community Art Projects donated to your organization to display?

If so, please send an email with a one paragraph description of why your organization would like a piece donated and how it would be displayed. We will consider all requests. Email: info@breastfeedingartexpo.ca



Did You Know? There's a new breastfeeding emoji. Use it in texts and social media to help promote conversations about the Expo and about breastfeeding.



About the Artists

About the Artists

Brandy Barry-Wyatt



Linda the Giraffe

At eight years old, Brandy would draw horses all day and night. Brandy's grade school art teacher, Francis Fine, gave her advice that still rings true: "With art, your biggest mistakes are sometimes your greatest work." Brandy studied 2D and 3D animation at the Centre for Arts and Technology and creates chalk menu boards and signs, commissioned paintings, and wall art and graffiti. Currently, she works mostly in acrylics and brings animals to life.

Website: www.facebook.com/BBWArt/?ref=page_internal

Kim Bauer



Lost and Found

Kim is a self-taught mixed-media artist and a lifelong crafter, with a background in interior design. Inspired by nature, she believes in leaving a light footprint. She creates primarily with thrifted or found materials, and enjoys exploring different techniques and mediums. Kim is continually learning and evolving as an artist. She lives in the beautiful Okanagan Valley with her husband and son.

Website: www.facebook.com/FrayedNestStudio

Michael Breakey



Burrowing Owl Vineyard

Michael was the photographer for the Photovoice for Community Art Project *Pillars of Support*. Originally from Quebec City, Michael is a fine art photographer based in Kelowna. He has been a freelancer for newspapers, teaches workshops, and is an active volunteer in several professional associations, including the Canadian Association for Photographic Art. Michael's passions are landscape and available light portraiture.

Website: www.michaelbreakey.com

Urbania (Bonnie) Bruckner



Collection on a Saw

I am married and love to spend time with family and friends. I have enjoyed artistic pursuits, including the creation of dollhouses, miniatures, and individual dioramas. Virtually every part of the dioramas I build myself. I have a miniature saw and I work a lot with different types of material such as clay, polymers, threads, leather, cotton, etc. If you are a creative person, doll house creations can be very rewarding. Over the years I have found it to be a very relaxing and enjoyable pastime.

About the Artists

Audrey Borland



Nexus Door Knocker

Audrey is both an engineer and a social activist, which has led her to a position aiding educational improvements for youth. She enjoys the outdoors and traveling with her loved ones. Audrey tries to take the time to appreciate the beauty that surrounds us and to capture a few images, such as the one above, a door knocker in Naxos, Greece.

Farah Canuel



Emerging

Farah Canuel is an artist living and working in Kelowna, BC. She has a BFA and B.Ed. from University of British Columbia. She works in a painterly manner using mediums that are non-traditional, like thin set and faux fur, as well as more traditional mediums like acrylic and encaustic. Conflicted by the argument of when intent is imbedded in art, before or after its creation, she consciously chooses to work in two ways by either inserting meaning and intent at conception, or allowing it to develop within each painting.

Website: www.farahcanuel.com

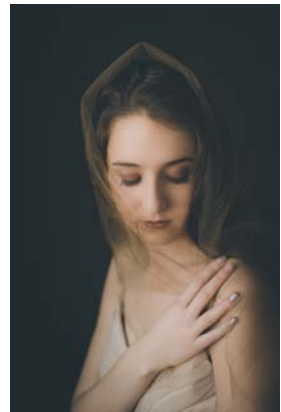
Lynn Capling



Solar Power

Lynn is best known in Williams Lake for her stone and silver jewelry, but she also enjoys painting, gardening, and fiber arts of all kinds. Most of her paintings are acrylics and the Breastfeeding Expo gave her the incentive to try portraits. She and her sister Sandy, just completed a show at the Station House Gallery in Williams Lake which celebrated the night sky in paintings. Recently retired from teaching math and science, she now has more time to paint and enjoy her granddaughter.

Laureen Carruthers



Quiet Focus

Lauren was the photographer for the *Fabric of Motherhood* Community Art Project in Williams Lake. Always interested in photography, her professional career was inspired by taking one-of-a-kind images of her three beautiful boys. She is a passionate and creative artist who captures the essence of her clients through the lens of her camera. Ongoing study and experimentation allow Laureen to create photographs that exceed the expectations of her clients.

Website: www.laureencarruthersphotography.com

About the Artists

Walt Collins



Sandpiper Beach, Hornby Island

Walt is a self-taught artist. As a child he painted a mural on his bedroom wall with felt pens – and he's never stopped creating. Walt works in a variety of styles and media. He creates striking sculptures from materials such as soapstone, alabaster wonder stone and chlorite. He also paints original large murals for buildings, paintings, and portraiture of humans and pets.

Contact: waltercollins195808@yahoo.com

Arlene Currie (Plumpton)



Reflections of Spring

Arlene has a degree in Art Education and a diploma in Art & Design from the University of British Columbia. She is drawn to vibrant colours and pushes visual boundaries by using edgy and engaging compositions. She works in oils, acrylics and watercolours. She says, "Just the idea that a picture could tell a thousand words beckons me to paint." Her creativity includes poetry, interior design, hair styling, and she teaches art to children and young adults.

Contact: arlenecurrie@gmail.com

Pat Raphael Derrickson



Message from the Universe

Drawing since childhood, Pat completed the two year National Aboriginal Professional Artist Training program at En'owkin Centre at Penticton Indian Band. This program attracts Indigenous artists from across Canada and includes storytelling, performance and different art mediums. Pat enjoys multi-media, sculpture, leather, painting and ink. Her work is sold at Suk'wtemsqilt'w West Kelowna Arts Council (SWAT).

Jane Tevelein Doel



Bugaboos Snowpatch

A Columbia Valley ceramic artist, Jane has had several solo shows, has been juried into B.C. Festival of Arts four times, and has attended a residency at the Banff Centre. Her work is in numerous private collections, and a 2010 CKCA Major Projects grant allowed Jane, together with artist Marty Ryan, to collaborate on Embodiment, a series of women's torsos, paying tribute to victims of violence. Presently working on raku-fired tile paintings, she also gives clay and raku firing workshops.

Contact: janetevelein@gmail.com

About the Artists

Mary Anne Domarchuk

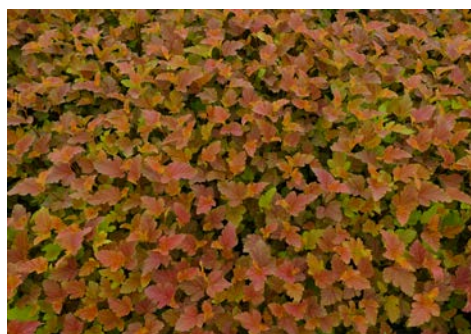


Asparagus Mask

(Made for Runaway Moon Theatre)

Mary Anne has been the Public Health Nurse at the Enderby Community Health Centre since 2002 and has over 20 years experience working with breastfeeding families. Mary Anne also sits on the Board of Runaway Moon Theatre and has participated in Runaway Moon projects every chance she gets since 2004. Mary Anne has been delighted to participate in this progressive project allowing her to bring together her passion for art, breastfeeding and health sciences.

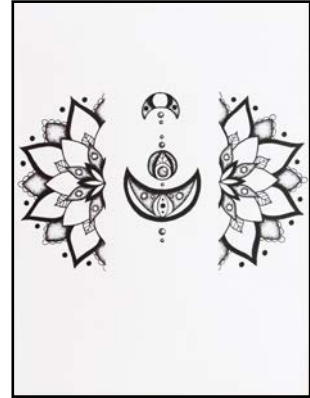
Rick Durand



Amber Jubilee

For 35 years, Rick has been a professional plant breeder of trees, shrubs, perennials, and roses; this artistic pursuit involves selecting plants that have beautiful properties, as well as cold hardiness. Rick bred Amber Jubilee Ninebark that was chosen for Queen Elizabeth II's 60th Anniversary coronation celebration in Canada. He recently redesigned critically acclaimed horticulture guide books. He also won a national award for design of ceramic prairie fruit.

Katherine Eggleston



Sol et Luna

Katherine is a 24 year old self-employed artist, designing various tattoos and art commissions. She was the sole artist on a game entitled *Code Age*, a video game for students wanting to learn computer coding, and assisted on a set of mini-games to help students learn basic Japanese. A graduate of the Fine Arts Program at The University of British Columbia Okanagan, she hopes to enter into the Video Game or Tattoo Industry.

Website: www.keggleston-art.wixsite.com/keggleston-art

Esther



Owl

Esther has always seen the world through an artist's lens, being particularly inspired by still-life and nature, as well as conceptual art. As a young woman, she explored techniques going to art college in Nova Scotia. Now, many years later, she is re-discovering her love of visual arts. She previously lived in Kamloops and has recently moved to the East Kooteney area of BC and hopes to volunteer at her local art gallery in the near future.

About the Artists

L'wren Farkas



Till We Meet Again My Friend

L'wren graduated from the Alberta High School of Fine Arts. She focuses on painting and photography. At the young age of 30 she had a stroke and cervical cancer. Her recovery over the next year put her art work and life on hold. When her daughter was born, there were complications with nursing because of effects of her stroke, but she persevered and was able to successfully breastfeed. Her daughter brought new and amazing joys into her life, and now two years later, she has started to paint, create and craft. She is happiest when she's playing in the mountains or lakeside.

Rebecca Geddes



Elemental Canoe

Rebecca's training includes a Bachelor of Science at UBC, training in counselling, and her Masters of Arts and Cabinetry Certificate from Sydney, Australia. She is presently training to be a midwife. She has taught a combination of science and fine arts, and co-founded and co-directed an arts centre in Sydney Australia that welcomes, encourages and supports all disciplines, backgrounds, abilities and ages to engage in creativity.

Website: www.rebeccageddes.com

Carlene George



Dream Catcher

When Carlene was in high school her Dad taught her how to make dream catchers. Ever since, she has enjoyed art and continues to make dream catchers as well as jewelry and baby teething necklaces. Her Dad had a heart attack and a quadruple bypass while she was 8 months pregnant with her first son. He has recovered and is an inspiration of strength to Carlene. This dream catcher is made from willow, sinew, beads and a hawk feather. She loves butterflies and the two on her dream catcher represent her two sons.

Parboni Ghosh



Buddha

Art is an important part of Parboni's life. She has undergone a junior diploma in fine arts in India. She loves to work on Indian folk style called Madhubani. Traditionally fingers, twigs or matches are used to apply the paint on homemade paper, but she applies some modern techniques such as using brushes. Parboni's husband works at Thompson Rivers University in Kamloops, and she was delighted to participate in the Breastfeeding Art Expo.

About the Artists

Lucas Glenn



Hand-lettered signs

Lucas Glenn is an artist, designer, and self-confessed workhorse 🐎. In his day-to-day, Lucas helps organizations look good and communicate effectively. Crafting hand lettered signs and designing problem-solving visuals are two of his favourite ways to help. Lucas hand-painted the signs shown on pages 2 and 16-19.

Website: www.lucasglenn.ca

Karen Graham



Doodle Art: Jungle

At age 13, Karen completed her first work of art with felt pens: the 1972 Doodle Art, Jungle. Karen's passion of interweaving colours and patterns from doodling, developed into creating collages. She completed her first collage at age 16 to cover her bedroom door! She went on to collect thousands of pictures on many themes and created many collages. The breastfeeding pictures remained in folders but not forgotten, and they became the inspiration for this public Breastfeeding Art Expo; Karen is the Project Coordinator and Principal Curator.

Website: www.karengraham.ca

Marg Graham



Ponderosa Pine

Marg is an 87 year old grandmother who breastfed her three children and loves art. She had her first art show, at the Kelowna Rotary Arts Centre glass cases in 2016, a collaborative show with her husband Bill. Marg is a retired nurse who draws and paints in oils, watercolours, acrylics, pencil, pen, pastels and wax (batik). She has enjoyed many crafts – sewing, knitting, and leather work. Marg says "It is my art that is the record of the wonderful places we have lived, worked and travelled around the world."

Victoria Grant



Miguel's Shirt of Many Colours

Vicki graduated from the University of Calgary with degrees in Art History and Fine Art, Photography, and was awarded the Creative Achievement Award. Vicki references art history when contemplating the foundation of her art; often surprising herself when a meaningful piece is completed while enjoying the process of creation. Vicki's experience in health care calls her to artistically investigate sensitive subject matter pertaining to the elderly, women and mental health issues associated with cultural expectations.

Website: www.meaningfulartbyvickigrant.wordpress.com

About the Artists

Lynne Grillmair



Last plein air 2012

Lynne has a degree in Art History from UBC, with updates at the Alberta College of Art and Red Deer College. She started painting full time in 1996, embarking on an artist's journey which allows experimentation rather than commercial production. She enjoys plein air landscape painting. She was the watercolour artist on an Indigenous story book. She has had numerous solo and group art shows and her works have sold privately and to galleries. She also teaches art workshops for students.

Website: www.lynnegrillmair.ca

Sue Hall



Clarinda

Sue's art is inspired by natural materials from the earth, and the places she has lived. In the early 1970's she worked in a weaving studio in Montreal, then opened a weaving store in Vancouver, ultimately turning to commissioned pieces for private collectors. She later became involved with handmade papers and basket weaving and has shown at a variety of art shows.

Website: www.suehallartist.com

Cheryl Hann



Traversing

Cheryl is a self-taught abstract artist who has exhibited in shows across the Okanagan. She is a Registered Nurse with a wide range of integrative training from across North America. She is passionate about the creative process, bringing it into her work in holistic health, stress management and wellness coaching.

Website: www.insightoutoriginals.com

Angela Hansen



Collected Memories

A graduate from Emily Carr College of Art & Design, Angela's work is recognized for its organic-inspired imagery, sculptural qualities, and texture. Her art has been exhibited in the Okanagan, Kootenays, and was recently juried into *In Flawed Abundance*, an encaustic exhibition hosted by the International Encaustic Artists Association. In 2016 she won awards for Technical Excellence and People's Choice at *Waxing Poetic: Encaustic Art in the Okanagan*.

Website: www.angelahansenart.com

About the Artists

Erica Hawkes



Wisdom

Erica studied design at Colorado Institute of Art in Denver and Vancouver Community College. One of her painting styles she calls Cubist Impressionism. She separates the colors of a scene and paints it back in using geometric shapes and lines. Another of her styles she calls Nouveau 7 landscapes, where she borrows elements from the fabulous group of seven in Canada and the beautiful flowing lines of the turn-of-the-century Art Nouveau.

Website: www.hawkesfineart.com

Charlene Hodge



Despair

My first introduction to art was a course I took as a young woman that incorporated art with health healing. Over the years I dabbled with art working primarily in oils and had good sales, but often art took a back seat to my busy family and work. My paintings are reflections of life that intrigue audiences, or deliver an important message. I've recently completed a series of large environmental paintings and in retirement I plan to do more painting, and explore wood and stone carving.

Karen Irvine



Cariboo Caribou

Karen is passionate about quilting and has taken training courses and quilted with the Williams Lake Quilters for 14 years; they make quilts for local families in need. Karen's art quilts have won 1st and 2nd in art shows. Karen is a Registered Nurse, Lamaze Certified Childbirth Educator, Certified Doula, and Certified Lactation Educator and Consultant.

Arlen Jacobs



Prairie Wish

Arlen researches and creates with fervent passion. His most recent projects are a handheld air conditioner for the golf course and an automated nano-brewery. Arlen loves photography and music – his record player and bass guitar are the only things in the house he won't let the children play with.

About the Artists

Rachel Jacobs



Solar Powered Sunflower

Rachel is a problem solver and a trained engineer. She currently travels from The Kootenays to the Cariboo helping sawmills upgrade their electrical equipment. She says it often feels like work interrupts her Okanagan vacation! She loves swimming in our lakes and skiing on our mountains. Lately she's been painting faces and creating colored ice sculptures with her children.

Angela Safire Jones



Safire with her Guitar

While working as an Occupational Therapist Assistant in New Zealand, Safire realized the health benefits of play, art and music. She loves to sing and play guitar. She apprenticed with Slocan Valley Animator and puppeteer, David Orcutt. She has performed and facilitated "Art of Play" Programs for children at festivals, schools and events around the world. Her breast cancer community art project called "Busted" involved over 50 women and artists.

Website: www.safirejones.com

Erica Konrad



A Thirsty Crow

Erica is a professional artist working and teaching at several Nelson locations including her Hidden Creek Arts Centre. With a degree in Environmental Studies she interprets scenes from nature in abstract expressionist form, and utilizes non-toxic materials, especially encaustic (beeswax and tree sap). Erica has held nine solo exhibitions, has won several awards, and is published in several print and digital publications.

Website: www.ericakonrad.com

Renée Leveille



Perfection

Renée left her career as a Teacher and graduated from the Western Academy of Photography. She then established Baby Bliss and Wedded Bliss Photography in Vernon and does academic photography training. She has studied different cultures and recently discovered her own Métis heritage. She has developed a unique and compelling style of mentorship and photography.

Website: www.babyblissphotography.ca

About the Artists

Becky Litz



Blossom

Becky is a photographer specializing in birth, newborns, children and families. Her goal is to capture a story and timeless emotions in photographs so that they can be preserved for a lifetime. As a professional photographer, she searches for discrete angles and crisp images.

Website: www.beckylitzphoto.ca

Jenny Long



William S

Jenny has a Fine Arts degree from Okanagan (University) College in Kelowna. She specializes in abstract expressionist portraits. She does commissions and exhibits her work at her own gallery, Little Long Studios, and at Tumbleweed Gallery. She teaches art at wineries and locations around the Okanagan. Live painting is one of her passions – it challenges her to bring her art into a public realm and feeds her need to be inspired by the present moment.

Website: www.jennylongpainting.com

Charla Maarschalk



Photo by Jessica Balfour



The Kiss

Charla has a Fine Arts degree from University of Calgary. Following a 12 year career as a photographer, and always a painter on the side, she became a dedicated acrylic painter 5 years ago. Now she often photographs the subjects she wants to paint. Charla paints faces, large scale gestural faces that explore the layers of human identity. She does commissions and a large number of art shows including two solo shows.

Website: www.charla.ca

Tascheleia Marangoni



The African Dancer

For 20 years, Tascheleia has taught, performed and choreographed dance including six dance productions. In various dance studios, she teaches ethnic and folk dances, belly dancing and world beat dance. She is trained in Art Therapy and is a mixed media artist, including murals, canvases and calligraphy. In 2012 she was awarded the Queen Elizabeth II Diamond Jubilee Medal for her advocacy work in the area of post-partum depression.

Website: www.tascheleia.com

About the Artists

April Mazzelli



Daisy Love

As a Registered Nurse with specialized breastfeeding training, April follows moms through pregnancy, delivery, and the early months. 15 years ago she took photography classes and began photographing pregnant women and their newborns. April's breastfeeding photographs have been used to promote Breastfeeding Matters in Kamloops. Part of her life journey has been discovering her Métis heritage, and photographing Aboriginal families.

Michelle McCullough



Tree of Courage

Michelle, a self-taught artist, has been creating for 30 years. She currently creates Alcohol Ink Art Tiles. She begins with a non-porous ceramic tile, then applies the high pigment ink with an alcohol base; as she works, the alcohol evaporates, leaving the ink. Michelle loves the way the inks react to each other. She says you can't create two identical pieces due to the chemistry of the inks. She loves to share the healing process that happens when we create art from the heart.

Website: www.art-flow.biz

Stanley Meldrum



Marley

While living in Tanzania, Stan joined the School of Tinga-Tinga in Oyster Bay, Dar es Salaam, and learned the techniques of Tinga-Tinga abstract art. His own unique version of Tinga-Tinga combines with pointillism. He applies the technique with good quality paper and gel pens. Just one piece can have from 400,000 to 5.5 million dots. One mistake can ruin many weeks of painstaking work, yet Stan says his art is a stress reliever.

Website: www.peachlandview.com/tag/meldrum

Selina Metcalfe



Arms of Love

As a professional photographer, Selina's work is focused on, but not limited to, birth story and breastfeeding portraits and documentary, and candid family sessions. Birth and breastfeeding story portraits allow for private capturing of beautiful, emotional and life-changing moments in time. Selina is self-taught and constantly improving with new techniques and collaborations. Her images provide treasured photos that help to tell a family's story.

Website: www.ihanaimages.ca

About the Artists

Nath



Blasée

Nath is a full-time self-taught artist. Born and raised in France, she was exposed at an early age to Picasso, Miro, Cocteau, Matisse, Dali, Braque and Le Corbusier architecture. She has travelled the world including Canada's north, and her art is influenced by diverse cultures. Her recognizable work has clean lines and is pencil drafted then painted with acrylic on wood. Her works have been displayed in solo and group shows, and some reside in private collections in Canada and France.

Website: www.nathartistcanada.com

Noëlle Nadeau Khoo



Love and Above: Joy

Noëlle is an abstract mixed media painter. She has her Bachelor of Fine Arts from University of British Columbia and diploma in Fine Arts from Langara College in Vancouver. She worked as an artist and taught art for over ten years in Vancouver before returning to the BC interior. Her artwork has been in five solo exhibitions, many group shows and is represented by ARTE Funktional in Kelowna and Vernon, BC. Noëlle feels original art can be healing and transformational.

Website: www.noellenadeaukhoo.ca

Fiona Neal



Odyssey

Fiona is an award-winning abstract artist who mostly works in acrylics. She has a BA in Fine Arts from Sheffield Hallam University. Her work has shown in six solo art shows and many juried Art Exhibitions. Fiona also worked with brain injured adults as an Occupational Therapy Assistant, using art as communication therapy. She is a seasoned facilitator and has developed the popular ART 4 SELF© workshops that links creative art with health benefits.

Website: www.fionanealabstracts.com

Paulina Otylia Niechcial



With Child

Paulina is a photographer, outpost nurse, and doula. She works in remote, northern BC First Nations communities. Her role includes providing breastfeeding education and support. Through photography, she helps empower mothers to trust in their bodies and, in turn, many have become breastfeeding champions in their community. She started a photography club in Gitxaala, believing that creative expression can make a powerful contribution to a healthy community. Paulina established Otylia Photography four years ago and specializes in weddings, maternity, babies, children and families.

Website: www.otyliaphotography.com

About the Artists

Katrina Osborne



Grandma Roots

Growing up with a grandmother that created beautiful quilts, Katrina loved how fabric could tell a story or elicit a feeling. At a young age, she created with fabric and tutored other kids in drawing. Later she branched out to pencil, charcoal, acrylics, water colours, photography, sculpting, and mixed media. Creating has extended to repurposing furniture, remodeling houses, gardening and the written word. She is a Technical Writer but is never without an art project on the go.

Tanya Osborne



Wedding Memories

Tanya says, "I am a mother, a wife, a daughter, a sister and a friend." She began scrapbooking 10 years ago as a way to celebrate her friends and family. Due to the time limitations of a young family, she now does online scrapbooking. She also says, "I'm a novice creator, a dabbler in art. When I have more time, I would love to do more art." She has done painting, crocheting, pottery and charcoal sketching, mostly self-taught. She loves animals, and has a special soft spot for rabbits!

Karen Palmer



Bella

Karen has been working and teaching fired stoneware clay since 2001. Studies include the Australian National University's Distance Ceramics Diploma program, and art semesters in Jingdezhen, China and Canberra, Australia. She says, "My art is influenced by instructors from around the world including Greg Daley, Joan Bruneau, Suzanne Wolf and Takashi Usuda."

Website: www.pedaltothemetalpottery.com

Sarah Parsons



Night Windows

Sarah teaches art to adults and children at Studio 113, The Rotary Centre for the Arts in Kelowna. She has exhibited her colourful and whimsical paintings in a variety of art shows. She often creates mixed media art on wood. Her inspiration is the beautiful swirling landscapes of the Okanagan Valley, animals, nature and story-telling. Sarah has coordinated two community-based art events: *Papergirl Kelowna* and the *Birthday Sketch* project.

Website: www.facebook.com/sarahparsonsalt

About the Artists

Julianne Peters



Photo by April Roberts



Sumec – Life/Spirit

Julianne says, “Weyt-k, Tsq’escenemc ell Secwecwpemc ri7, Hello, I am of the Canim Lake People (near 100 Mile House), and a Shuswap Person.” She studied Silk-screen and Sculpture at Thompson Rivers University, otherwise self-taught. Her interest in her First Nations Culture has grown, and she wanted to express her art pieces in this modality. She says, “Traditionally, the Secwepemc (Shuswap) did not practice art as the Coastal First Nations did through totem poles; but we decorated our everyday tools. My art is Neo-Aboriginal Art. It may be similar to other Aboriginal Art, but is unprecedented.” Her career is in the Electrical Trade, yet Art is part of her being.

Enid Petherick



Reverence

As a graduate in Fine Art from the Ontario College of Art, Enid worked at the Royal Ontario Museum as a Diorama Artist, and now lives near Golden. Enid works in acrylic on canvas, masonite panels, and rag paper. Her art follows certain themes such as the destruction and loss she has seen in the valley where she lives with her husband in the BC Rocky Mountains, and celebrates the wild animals that live around their home.

Website: www.enidpetherick.vcn.bc.ca

Dianne Postman



Sunday Picnic

Dianne spends many hours at her easel painting and creating. She explores vibrant colours mainly using acrylics. She says, "Nature provides my inspiration although recently I have been inspired by the 'the old days' using mixed media to tell my stories." Her working career was spent in the BC Pacific Northwest where she exhibited at various galleries. Now living in the Okanagan, she is involved in the local art community both in Peachland and West Kelowna.

Website: www.diannepostman.com

Claudia Punter



Black Capped Chickadee

Claudia paints in acrylics and watercolours, and carves soapstone. Through workshops, she has been inspired by well-known artists. Her work has shown in various galleries, restaurants and wineries throughout the Okanagan Valley and are in the homes of art collectors in Canada and Europe. Claudia's love for people and nature is expressed in her art.

Website: www.claudiapunter.com

About the Artists

Angela Roy



Tanya Lipscomb & Angela Roy



CD Cover: Echoes

Angela does vocals and percussion in her band, Barefoot Caravan. She cowrote the dance music used in the *Pillars of Support* Community Art Project with Tanya Lipscomb of Mama Lion Records. Angela teaches interactive rhythmic and performing arts for K to grade 12 using percussion from around the world. Angela says, "Music and the arts are a gateway to knowing ourselves; a window to the soul. This is why music is so important in the world today."

Website: www.barefootcaravan.ca

Marty Ryan



Thunderstruck

Marty is a painter and also works in copper and bronze. Her water-based oil painting subjects are diverse and include abstract or realism. Her copper works range from large etched and hammered bowls to jewelry, and her famous copper bookmarks. Marty began bronze casting in the 1990s at Red Deer College, and has created unique sculptures.

Website: www.parsonart.ca

Erin Scott



*Against charcoal stones, thin white lines
spread as veins. Little place markers
of rock divots, settlements of salt. Flanking
the rocks with runways of tidal strokes,
it tastes poor on the tongue but looks sweet
as sugar. Without water to infuse with,
the salt bakes in the sunshine as remnants
of ocean's switchback desire for land.*

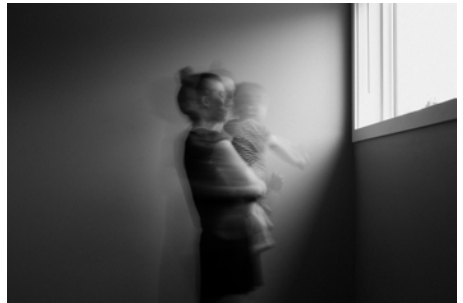
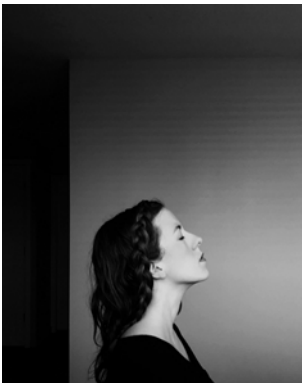
*Here, it is all the buoyancy we need
to navigate deep waters. To float on.*

Ode to Salt

Erin has a Creative Writing degree from University of British Columbia Okanagan. She focuses on performance, community and audience discourse, and sound experimentation. Erin is well known in the Kelowna Spoken Word scene. She has participated in two community development art projects. As a member of the Inspired Word Café collective she helps to organize events and workshops. She is also a freelance performance poet.

Website: www.erinhscott.com

Rebecca Siewert



Self Portrait

Rebecca is a film photographer who specializes in maternity, newborn, and family photo sessions. With her lens she captures families in their natural environment (usually at home) with a photojournalistic approach. Rebecca says, "Film photography is unique in that, unlike digital photography, what you see is what you get, much like live performance. The juxtaposition of photography with written and performed word has a powerful impact."

Website: www.rebeccasiewert.com

About the Artists

Natalie Sky



Golden Memories

Natalie has always loved the realm of creativity and the expression of the soul. She says, "I have travelled, graduated, and lived just enough life to know that the creative mind, and pursuing what you are passionate about is important." She started practicing photography in high school and continues to be enthusiastic about it. Natalie's goal is to capture moments and memories in a way in which the viewer sees not just an image, but an instant in time that evokes an emotional response.

Website: www.nataliesky.ca

Maureen Smith



Heart

Maureen pursues symbiotic careers in science and arts. She is a Public Health Nurse who mentors mothers to breastfeed. She is in her 4th year of her Bachelor of Visual Arts from Emily Carr University of Art and Design. Her artistic work is fluidly exploding with experimentation and research into various media and ideas. She says, "Exploring the boundaries beyond culturally acquired medical knowledge is a thicket that has caught my attention."

Cathy Stubington



A Scene from 21 Ways to Make the World Last Longer

Cathy has a MFA in Performance and Interdisciplinary Studies from the University of British Columbia Okanagan. She studied art for two years at the Nova Scotia College of Art and Design, obtained a BA in History from McGill University, and has special training in play therapy and theatre. She won the Okanagan Arts Award in 2012. For 15 years she has been the Artistic Director of Runaway Moon Theatre Arts Society.

Website: www.runawaymoon.org

Kaylyn Leanne Taylor



A Lavender Smile

Kaylyn is a West Kelowna professional photographer specializing in capturing wedding, maternity, birth, newborn and family memories. During a grade 12 photography class she realized her passion for photography and went on to graduate from Centre of Arts and Technology (2010). Ever since, she has been in the Okanagan growing her business while raising her son.

Website: www.kaylynleannephotography.com

About the Artists

Linda Toews



Junkyard Cat

Linda's art is inspired by the beautiful Okanagan with lake and mountain views at every turn. Her preferred mediums are water-based oils, acrylic and more often mixed media. She loves working with resin. Linda hopes that her paintings will bring pleasure, inspiration and colour to those who see them.

Website: www.etsy.com/ca/people/rltoews2

Cherie Toronchuk



Examples from a Series

Having worked extensively with infants, children, and families, Cherie is passionate about early childhood education and development. She obtained her BA in psychology from UBC in 2012, and went on to complete her Master's degree in Child and Youth Care at UVic in 2015. Cherie is interested in finding ways to enhance the health and well-being of children, families, and communities, and hopes to pursue these goals by combining art, research, and education.

Contact: cherietoronchuk@gmail.com

Julia Trops

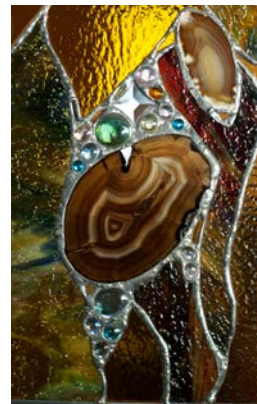


Alexa 9

Julia has a Bachelor of Fine Arts, University of Lethbridge. She draws, paints, photographs, sculpts and writes. Gallery Odin shows her work. She was the Director of the Kelowna Museums, and co-developer of the Okanagan Arts Awards. She is an avid advocate for the arts and founder of Livessence Society for Figurative Artists and Models, Studio 113 Cooperative, Okanagan Erotic Art Show, and Sukwtemsqilxw West Kelowna Arts Council (SWAC).

Website: www.juliatrops.com

Glenna Turnbull



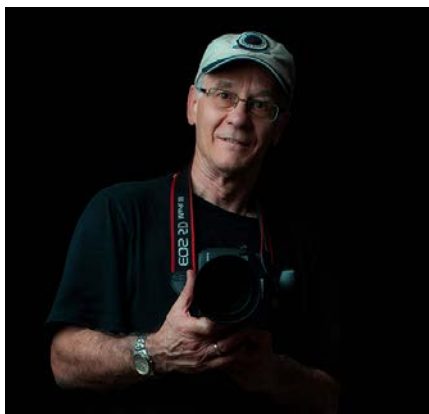
Birthing Rocks

Glenna creates unique stained glass art in her home studio. She draws inspiration from nature and often works outside. The beauty of stained glass is all about light and composition. She incorporates prisms and beveled glass, stones and agates, and customizing pieces using grandma's old crystal dishes or grandpa's favorite Jack Daniels whiskey bottle! She makes feature pieces for windows or walls, sun catchers, tea light holders and seasonable pieces.

Website: www.glassheart.ca

About the Artists

Giovanni Vidotto



Ballerina in Repose

Giovanni's interest is people. He strives for authenticity and seeks to capture not only form, but also soul. Giovanni explores the unvarnished dimensions of human experience and aims to reveal what is genuine and true. His lens seeks the beautiful imperfections, idiosyncrasies and peculiarities that characterize individuals to proclaim that there is no standard of beauty, only a multiplicity.

Website: www.gioklik.ca

Maureen Warner



Girls Beach Day

As a child, Maureen knit and did origami and paper maché. She taught arts and crafts at a summer program for young people and enjoyed it so much that she went into education at U.B.C. She continued crafts while teaching, raising a family, and running her own daycare. Maureen says, "One can only make so many afghans, and when I saw Paverpol sculptures I just had to find out how to make them. I now do Paverpol workshops so others can get hooked too!"

Contact: mwireart@shaw.ca

Verity White



Owl

At only 10 years of age, Verity is interested in many mediums of art, but especially any type of painting and beading. Verity says she is proud of her piece of art because it took her two days to create. Verity is pictured here at 18 months old.

Tania Willard



Basket Rescue Operation

Tania has been a professional practicing artist for over ten years in paint, printmaking, new media, basketry, video, 3D imagery, solar prints, and Indigenous community projects. She draws from a sense of community and social justice as well as aesthetic inspiration from her First Nations background. Tania has had four solo exhibits and exhibited throughout Canada and a few international exhibitions.

Website: www.taniawillard.ca

About the Artists

Jetta Williams



Mad Hatter

Jetta's first sold pieces were wildlife scenes in the 1990's, then she put her pencil down to raise her children, restarting art work in 2010 to study portraiture and forensic art. From 2012-2015, she worked as a forensic artist. Jetta now works in pencil, pastels, acrylics, music sheets and mixed media. Her choice of subject is usually one in which the eyes of the subject can capture the viewer. She now works as a full-time artist.

Website: www.artalive.ca

Sherilyn Williams



Autumn by the Lake

Sherilyn is a mixed media acrylic painter. She uses handmade paper, fabric, string, muslin and found objects. She says, "I have been inspired by many museums and art galleries around the world where I've lived." She was part of the Topanga Artist Community in California. Her formal training was at Fanshawe College, School of Design in London, Ontario. She was commissioned in Canada, the United States, and South Africa.

Contact: shewilliams@shaw.ca

Shannon Wilson



Impressions of Light

Shannon, a graduate from the Capilano University Studio Arts Diploma program, works in ceramics, sculpture (including paper maché), paint, mixed media, drawing, and printmaking. She has worked at the North Vancouver Arts Council, Kelowna Art Gallery and Kelowna Museums. She currently teaches art classes for the City of Kelowna, and "Paint and Sip" for Okanagan wineries; and teaches acrylic painting at her home studio.

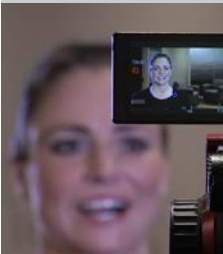
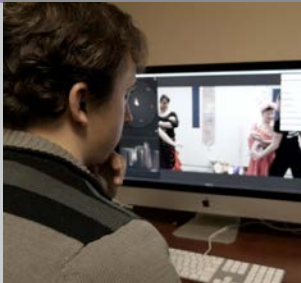
Website: www.shannonwilson.ca

Mary Kate Woodward



Model with Jade Bracelet

For many years, Mary Kate has been an art instructor, an artist with many art exhibits (solo and group), and a published author. Her preferred artistic language is line, though she is also a printmaker. Mary Kate works primarily with ink and graphite to create the lines and their variations, sometimes adding a touch of colour. Recent drawings focus on simplification, abstraction and exaggeration to facilitate design and flow of the line.



Videography

Reflections on the Breastfeeding Art Expo



Interviews with Heather Deegan, Manager of Population Health for Interior Health and some members of the Breastfeeding Art Expo Steering Committee: Karen Graham, Lynne Grillmair, Linda Kersche, Rhonda Camille, Ellen Boelcke and Lisa Ford. Teacher Jonathan Dersksen speaks to the importance of involving youth in the topic and the value of the Teacher's Guide.

Independent Artworks



In addition to the 15 Community Art Projects, the Breastfeeding Art Expo includes submissions from Independent Artists. The Expo includes 65 Independent Artworks by 55 Independent Artists. This film follows four of the Independent Artists: Rick Durand, Katherine Eggleston, Kaylyn Leanne Taylor and Charla Maarschalk.

PROJECT 1: Baring Our Breasts



Artist Angela Safire Jones collected breastfeeding stories, then plaster cast the busts of women and one man, some with babies. Each cast was then painted and decorated by community artists who interpreted the women's stories through art. Interviews with Safire and one of the community artists, Kelly Shpeley.

PROJECT 2: Breastfeeding in Focus



Artist Renée Leveille talks about her process in photographing breastfeeding mothers and teaching moms to feel comfortable to photograph others. Caroline Huisken, from the Vernon Friendship Centre says “what makes me feel good is seeing moms connecting with their babies”. Renée’s photography client Cynthia Wood shares her experience of being photographed.

PROJECT 3: Breastfeeding Olympics



There is a second film of the poetry reading.

Artists Erin Scott and Rebecca Siewert teach spoken word poetry and film photography to Grade 9-11 students from Studio9 Independent School of the Arts in Kelowna. There are interviews with Teacher Heather Crowne, and students Joleen Gregg, Abbey Broadland and Zoe Welch including short clips of their poetry presented at their launch at a local café.

PROJECT 4: Cultural Expressions



Artists Cheryl Hann and Fiona Neal work with Canadian immigrants to create an acrylic abstract painting reflecting multicultural diversity and the shared experience of breastfeeding. They reflect on the rhythm and emotion of their collective art process. The participants create their own art pieces that speak to the meaning of breastfeeding and mother’s milk in their culture, with an interview by Erin Chen.

PROJECT 5: Down by the Lake



Artist Sarah Parsons works with breastfeeding mothers and children to create a mural depicting breastfeeding in a whimsical light with the goal of normalizing breastfeeding in public. Participants Rochelle McFarlane, Tara Albas and Joseph Chan describe the art process and what the mural means to them. Michelle McCullough from SWAC Art Council hopes everyone will see it.

PROJECT 6: First Moments



Métis photographer and nurse, April Mazzelli is passionate about early and sustained skin-to-skin contact between mother and baby to support successful breastfeeding. Spotted Fawn and Ryan Minnabarriet share their breastfeeding story and how photography helped retain those important first moment memories. Patrick Savard, Board President of Lii Michif Otipemisiwak Family and Community Services talks about the importance of breastfeeding for strong Métis families.

PROJECT 7: Go with the Flow



Artists Cathy Stubington and Mary Anne Domarchuk of Runaway Moon Theatre take the “curious idea” of a breastfeeding fountain and make it a reality. Their extraordinary community approach included smashing tea cups, clay workshops and the design and creation of a working milk fountain. Hear from participants Justine Drosdovech and Nicole Temple, and Runaway Moon Outreach Worker Jasmin Wright.

PROJECT 8: Human Milk Project



Artist Maureen Smith merges science and art to explore breastfeeding in a truly unique way by photographing microscopic images of human milk and interpreting it artistically. In the laboratory, she works with Microbiology professors and students at Thompson Rivers University in Kamloops. Hear Dr. Naowarat Cheeptham, Dr. Mairi MacKay and Dr. Soumya Ghosh. The project was presented at an Intercultural Conference held at the University.

PROJECT 9: In Good Hands



Artist Shannon Wilson and the "Tuesday Gals", a multigenerational group of women, work together to create a mixed media paper mache life-size sculpture of a breastfeeding woman placed on a decorated box. Participants Elfe Shukla and Lucie Parent-Papi talk about breastfeeding and the benefits of community art.

PROJECT 10: nour-ish/'nəriSH/



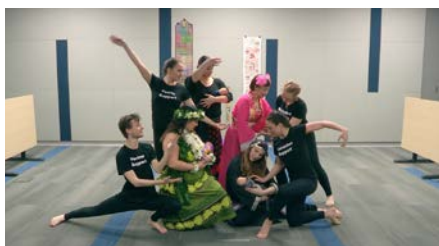
Artists Angela Hansen and Farah Canuel use encaustics to cast the bodies of breastfeeding mothers, then paint and design the casts to reflect the mothers' stories. Shannon Christensen of community group Mamas for Mamas helped in the call out for participants. Shannon Nystrom and Katharine Russell, as well as participant partner Jesse Van Grunbaum, talk about what made this project important.

PROJECT 11: Nurturing Community



Artist Paulina Niechcial photographs breastfeeding mothers at Vernon First Nation in the traditional pit house and outdoors, while mentoring youth Maria Alexis. Abbie Wilson, Lightning Rose Jameson, Ashlyn Mcammond and Andrew McWilliam talk about breastfeeding supports and the importance of normalizing breastfeeding and empowering women and their families.

PROJECT 12: Pillars of Support



There is a second film of the complete dance.

Artist Tascheleia Marangoni has choreographed a multicultural dance depicting positive support for breastfeeding. Photos and stories are captured in photovoice. Linda Norman from the Kelowna Arts Council talks about the importance of creativity and art in our well being. Dancers Lahaina Barranda and Melanie share thoughts about the role of dance in expression.

PROJECT 13: Revealing Truth



Hear Nelson highschool students Talel McBriar, Amelia Bressey, and Ella Korth talk about how this project got them thinking about breastfeeding, art, and the environment. Artist Erica Konrad, works with encaustics and natural materials, and links with the school and community partners including Dr. Lisa Sawyer from Apple Tree Maternity and Kady Hunter, Interior Health Dietitian.

PROJECT 14: The Fabric of Motherhood



Artist Karen Irvine helps young mothers such as Madison Langlands and Danikka Murphy create quilts or chalk paintings from their own breastfeeding photographs. Barb Jones from the Cariboo Friendship Centre in Williams Lake helped make this project happen. Tatjana Lauzon, a Public Health Dietitian says linking art to health tells our important stories.

PROJECT 15: Traditional Spirit



Artist Tania Willard talks of the impact of residential school experiences, and works with Adams Lake, Neskonlith, and Little Shuswap First Nations, and community members to explore breastfeeding and art within Indigenous cultures. Katelyn Matthew, Rhonda Camille, Leanne White, and Pamela Richard share stories.

Cinematic Journey



Mastermind team including Peter Cameron-Inglis, Jordan Nicholson, Mason Pridham, and Brooke Ballam tell their story of what it was like to film these 20 films, travelling several thousand miles to capture the perfect story. They heard breastfeeding stories from almost a hundred community members and artists, giving them a unique perspective and impact.

About the Videographers

Mastermind Studios

We stand by the Mastermind's Perfect Recipe for a Great Video: A shot of professionalism, expertise and quality, mixed with storytelling. Mastermind Studios pursues endeavors that leave the world in a better position than it was at the start of the project. Peter Cameron-Inglis says, "Video is the most powerful medium to communicate your message."

The Breastfeeding Art Expo video production was filmed over two years from over a hundred interviews, with hundreds of hours of film editing and resulting in twenty 3-5 minute vignettes. Two of the vignettes were filmed by Watershed Production, with editing completed by Mastermind Studios.

Ashley Legebokow, Associate Producer



Ashley graduated with her Bachelor of Journalism in 2014 from Thompson Rivers University; her specialties are communications, marketing, social media marketing and backend internet search optimization.

Jordan Nicholson, Cinematographer, Editor



Jordan has a proven track record for producing emotionally compelling stories that resonate with the intended audience. He has worked with the Vancouver Directors Guild and prepared commercials for CTV, Global, and Shaw. Jordan Graduated from the Interior Film and Television Training Center.

Brooke Ballam, Assistant Editor



Brooke is a TRU alumnus, graduating in 2015 with a Bachelor of Arts degree in Theatre. He landed at Mastermind Studios in June of 2016, when he was brought in to assist with a heavy editing workload. He also occasionally helps with shoots and voice-overs for sponsor videos.

About the Videographers

Mason Pridham, Videographer, Editor



Beginning his career in TV broadcasting, Mason has brought his professional camera experience, his post-editing knowledge and enthusiastic spirit to the Mastermind Studios team. Mason's excitement for new projects and clients brings passion into the quality of his work.

Peter Cameron-Inglis, Producer, Videographer, Editor



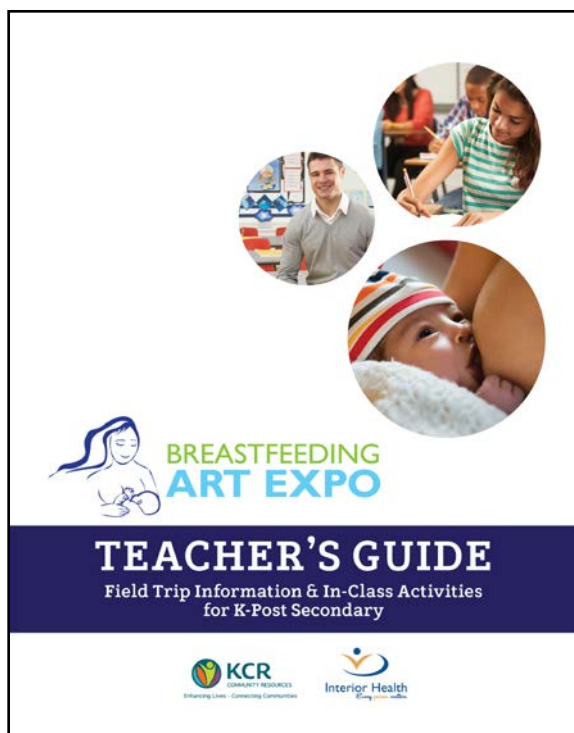
Peter started Mastermind Studios in 2010 with the idea that every person has an amazing and important story to tell but most need some help with the right formula to get that message heard and shared. With Peter's diverse and successful business background and passion for supporting meaningful causes he has assembled an amazing team of Masterminds that help make a positive difference in the world through video.

Watershed Productions Inc.

Amy Bohigian



Amy leads Watershed Productions Inc., a video production company based in Nelson, BC, directing and producing projects with a mission to create social impact. Amy was named Nelson BC's cultural ambassador in 2014. She runs the Summer Film Camp for Youth and is a faculty member at Selkirk College.



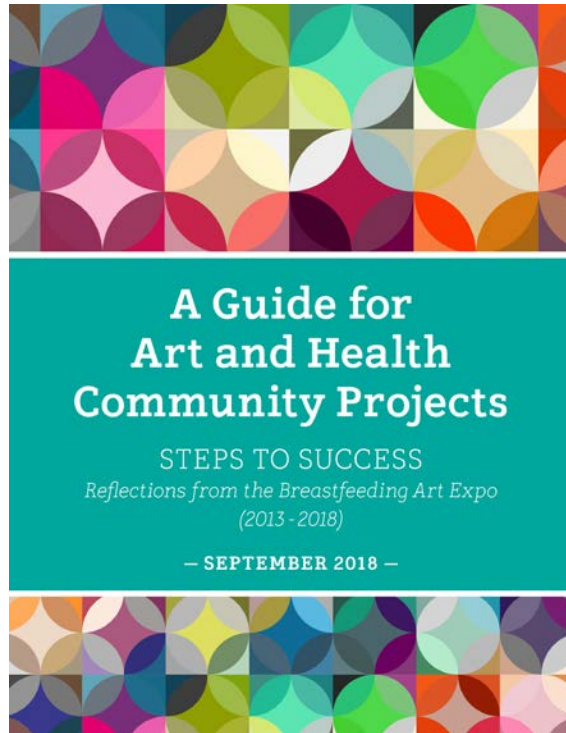
The Teacher's Guide is an innovative resource for teachers who wish to bring their students to the Breastfeeding Art Expo. Evidence shows that students are often receptive to new ideas and ways of thinking and the Breastfeeding Art Expo will expose them to a novel community-based art and health project.

The Teacher's Guide includes:

- Discussion points and activities (15-25 minutes) for introducing breastfeeding in the classroom
- A list of grade-appropriate art pieces at the Expo
- Activities and assessments for debriefing with students after the Expo
- Tips for talking with parents about breastfeeding education and the Expo
- Additional resources and activities

The Teacher's Guide is not intended to be a breastfeeding curriculum but rather to provide teachers with the information they need to feel comfortable to initiate breastfeeding education in their classroom, address questions from parents and other teachers, and engage their students in a unique community arts and health project.

The activities and discussion points in the Guide have been grouped by grade-level to ensure the information is age-appropriate and reflective of the content in BC school curriculum.



This guide is for you if:

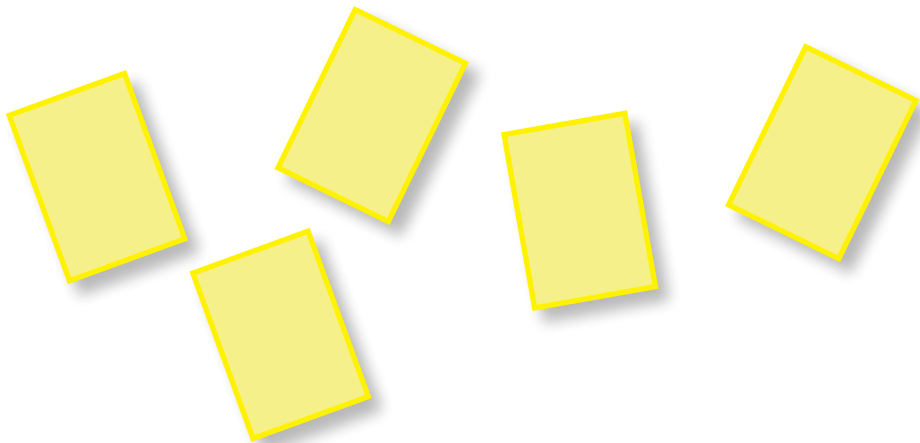
- You are a professional artist, or a community non-profit organization, an Indigenous group, health organization, or business.
- You would like to set up an art and health project, small or large, but don't know where to start.

This Guide will be published in the fall of 2018 with input from KCR – Community Resources, Interior Health, Arts Council of the Central Okanagan (ARTSCO) and key community partners on the Breastfeeding Art Expo. This guide will look at successes and challenges of the art and health process as we experienced it during the almost five years of the Breastfeeding Art Expo. Based on our experiences, the Guide sets out steps to follow to create a small or large art and health project. We hope this information will inform future art and health projects.

Available Fall 2018 at www.breastfeedingartexpo.ca

Join the Conversation!

Share your thoughts:
Post a sticky note at the Expo.



Fill Out a Survey in hardcopy or online.

We would love to hear from you.

 THE UNIVERSITY OF BRITISH COLUMBIA

Breastfeeding Art Expo Visitor Survey

1. How many of the Breastfeeding Art Expo art projects did you view?

2. Did seeing the Breastfeeding Art Expo help you to...

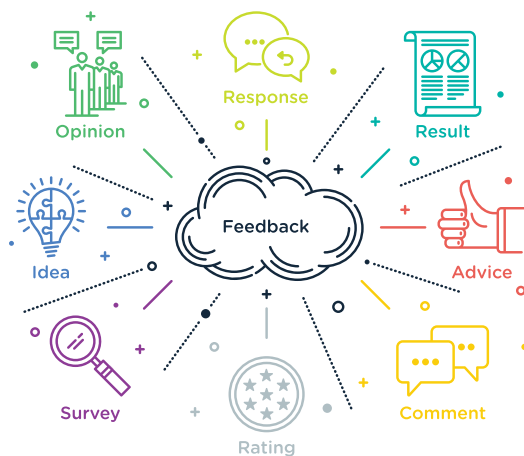
3. How would you rate your experience seeing the Breastfeeding Art Expo?

4. Would you recommend the Breastfeeding Art Expo to others?



Evaluators: Dr. Mike Evans, Director, Institute for Community Engaged Research for University of British Columbia Okanagan and Lindsay Harris, PhD student, Lead Evaluator.

The findings from the evaluation will be posted in late 2018, when the Expo is completed, at: www.breastfeedingartexpo.com



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Breastfeeding Art Expo Catalogue

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www.breastfeedingartexpo.ca

info@breastfeedingartexpo.ca



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