

VOLUME 12 | ISSUE 4 | JULY

# MAC-TALK



Make Art. Be well.

# JULY SCHEDULE

We will start with our MAC meeting on the 2nd and the BBQ on the 5th. For our Artist's Day, we will study Gustav Klimt. (Note there may be nudes). Louise Houle will complete the second Watercolour Classes, and Sandra Bowen will present two classes of Mixed Media.



## NUDES

Teresa received some feedback that a MAC member was upset by seeing nudes in the MAC program. Portrayals of the human body are often seen in the art world, so we will alert people to the possibility of nudes being included in the Artist Day presentations. There will be a note on the monthly schedule, and it will be mentioned in the MAC-Talk for that month.

# BBQ

Our annual BBQ Fundraiser will take place on Friday July 15th at Burnaby Mental Health at 11:45am to 1pm. There will be small canvases for purchase, art cards for sale, hot dogs (\$2), and drinks (\$1). Please invite your friends!

MAC members need to be at Burnaby Mental Health Outpatient Services at 10:30am. We will be setting up our barbeques for cooking the hot dogs, assembling the metal racks for displaying our art, and arranging the art card table. After the sale is over, we will take 30 minutes to put things away, so plan on being at BMH until 1:30pm. No MAC at Edmonds on July 5th.

You are Invited to

## ***My Artist's Corner*** **BBQ Fundraiser**

***Friday July 05***

***11:45 am to 1:00 pm***

**At Burnaby Mental Health**

**Outpatient Area**

**Hot Dogs \$2 Drinks \$1**

**Clients & Staff Invited!**

**Art for \$30 & Art Cards for Sale**

***Make art. Be well.***



***myartistscorner.ca***



**Opus Art Supplies**  
*By All Means Create*

Ella and Neena  
participated in the  
OPUS Outdoor  
Painting Challenge!

THEY REPORTED THAT IT WAS  
FUN TO BE PART OF THE EVENT,  
EVEN IF IT WAS A VERY HOT  
DAY.

# CARMEN, BRENDA, AND NEENA HELP AT RIDE DON'T HIDE

Canadian Mental Health Association hosted the eighth annual Ride Don't Hide on June 23 in over 25 communities across Canada. Ride Don't Hide is the largest mental health bike ride in Canada with almost 10,000 riders and hundreds more family members, friends, and volunteers across Canada taking part, raising more than \$2 million each year for CMHA. The major fundraiser for mental health in the Lower Mainland, the ride took place at Burnaby's Swangard Stadium. Neena and Brenda planned their activities for kids and managed to get all the materials to the Ride. With assistance from Carmen, they thought everything through beforehand for colouring, gluing, and assembling. They also sold our art cards to raise money for MAC. Thank you, Carmen, Brenda, and Neena for making sure MAC was represented at the event. And thank you to Ruth for picking up the materials to return them to MAC!



ridedon'thide

PRESENTED BY

*The Medicine Shoppe*  
PHARMACY

# MAC IN JUNE

Cathy Reimer led us in the second session of Printmaking, Jim Keayes taught a Wild Wonderful Acrylic Abstract, and Sandra Bowen facilitated 2 classes in Mixed Media.

The animal for this month was the peacock!



## JULY 1ST *Things to do on Canada Day*



**Burnaby's** Canada Day Celebrations take place at Edmonds Park, right behind the Edmonds Community Centre! These events will run from 11am-2:30pm. There is also a celebration at the Village Museum (11am-4:30pm), PLUS a free concert at Swangard Stadium (5pm-10pm).

**New Westminster** celebrates Canada Day in Queens Park (11:30am-2:30pm).



# JULY 2ND MAC MEETING

1. We will be talking about fundraising for MAC, including our July 5th BBQ Fundraiser at Burnaby Mental Health.
2. We will introduce the new Members Handbook.
3. There will be door prizes!

Help us with our social media presence!

## SOCIETY CORNER

We need some support to keep MAC in everyone's mind on Facebook and Instagram. Connect with Teresa at (778) 855-1704 or at [myartistcorner.1@gmail.com](mailto:myartistcorner.1@gmail.com). We think it would require 3 hours a month.

## FLOWER POWER

*Check out the show at The Network Hub*

Starting the last week of July, New West Artists will be presenting, "Flower Power" at The Network Hub on the second floor of the New West Quay Market. Six MAC artists will participate including Carmen, Neena, Lem, Barb, Dawn, and Shamin. The Network Hub is open weekday afternoons, so check it out in August.

