

BC Brain Wellness Program's Creative Collective  
Presents

# OUR COLLECTIVE COLLECTION

*curated just for you!*

## SEPTEMBERS'S CREATIVE COLLECTIVE CREATOR



### ROSEMARIE HURST

*I only hope that I can inspire others to focus on what they  
'can' do rather than on what they 'can't' do."*

## TOTEM WALK AT SITKA

### **Totem Walk at Sitka**

*was painted by Emily Carr in 1907.*

*"Totem Walk at Sitka shows the level of Carr's artistic ability after her early conservative training in San Francisco and London, England. Made during the voyage to Alaska that she took with her sister Alice, this is an important but awkward painting. She was conflicted at the time: collecting "curios" made by Aboriginal people while simultaneously grappling with the conceptual and stylistic achievements of their culture."*



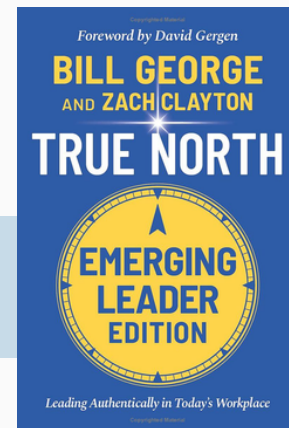
---

## TRUE NORTH: DISCOVER YOUR AUTHENTIC LEADERSHIP

---

**True North: Discover Your Authentic Leadership**  
*was written by Bill George and published in 2007.*

*“In True North: Emerging Leaders Edition, renowned leadership expert Bill George and Millennial tech entrepreneur Zach Clayton issue the challenge to emerging leaders—from Gen X to Millennials and Gen Z—to lead their organizations authentically through never-ending crises to make this world a better place for everyone.”*



---

## ZUCCHINI NOODLES WITH AVOCADO PESTO AND SHRIMP

---



### **Zucchini Noodles with Avocado Pesto and Shrimp**

*by Breana Lai Killeen, M.P.H., RD*

*“Cut some carbs and use spiralized zucchini in place of noodles in this zesty pesto pasta dish recipe. Top with Cajun-seasoned shrimp to complete this quick and easy dinner.”*

---

## CREATIVE MORNINGS

---

### **Kristy O'Leary (in person), October 6th, 2023, 8:15 AM PDT**

SFU Woodward's — Goldcorp Centre for the Arts

*“October's global theme is 'endurance' and we are excited to welcome local creative consultant, multidisciplinary systems thinker, and B Corp Ambassador Kristy O'Leary.”*

*Kristy is a multi-disciplinary creative whose practice has evolved through direct action and activism, multimedia and installation art, advertising and branding, public confidence and social license campaigning, into the world of impact management consulting. Her passion and purpose have coalesced into Decade, a boutique consulting firm with a focus on supporting companies in taking meaningful, tangible, and radical action on climate and social justice issues.”*



**Block Printing (zoom), September 29th 2023, 11:00 AM PDT**

with Myles Calvert



*“Oil-based relief printing with Speedball Ambassador, Myles Calvert. Myles will demonstrate printing with traditional woodblocks through a press and also by hand, using Speedball’s oil-based relief inks. He will also cover carving tools, Pink Speedy Carve blocks, cleaning-up methods, and a few tips and tricks for success along the way!”*

## End of Summer

**WRITTEN BY STANLEY KUNITZ**

An agitation of the air, A perturbation of the light  
Admonished me the unloved year  
Would turn on its hinge that night.

I stood in the disenchanted field  
Amid the stubble and the stones,  
Amazed, while a small worm lisped to me  
The song of my marrow-bones.

Blue poured into summer blue,  
A hawk broke from his cloudless tower,  
The roof of the silo blazed, and I knew  
That part of my life was over.

Already the iron door of the north  
Clangs open: birds, leaves, snows  
Order their populations forth,  
And a cruel wind blows.



**HAVE ANY QUESTIONS ABOUT CREATIVE COLLECTIVE?**

**WOULD LIKE TO SHARE RESOURCES TO OUR  
CREATIVE COLLECTIVE GROUP?**

**REACH OUT TO US!**

**[WWW.BCBRAINWELLNESS.CA/CREATIVE-COLLECTIVE](http://WWW.BCBRAINWELLNESS.CA/CREATIVE-COLLECTIVE)**

