

BC Brain Wellness Program's Creative Collective  
Presents

# OUR COLLECTIVE COLLECTION

*curated just for you!*

## AUGUST'S CREATIVE COLLECTIVE CREATOR



### SHERRY ABRAMSON

*"I kept trying to get good enough, to be an 'artist', but realized that really making art was the creative outcome I needed."*

*"Art has helped me get in touch with my own feelings, to explore beauty and to learn to hope again."*

## BEACH AT SCHEVENINGEN IN STORMY WEATHER

### **Beach at Scheveningen in Stormy Weather**

*was painted by Vincent van Gogh in 1882.*

*"This early painting reflects van Gogh's practice of painting outside in an effort to capture all the elements of nature.*



*While living in The Hague, van Gogh made regular trips to Scheveningen, a nearby fishing village. He had begun to experiment with oil paint, and he set up his easel on the bleak stretch of beach and worked directly on his canvas in the windblown sand. His strong and bold approach to the composition, using broad horizontal zones to delineate sand, water, and sky, was matched by his thick and expressive application of pigment. His compulsion to capture his observations on the spot reflects his awareness of contemporary Impressionism."*



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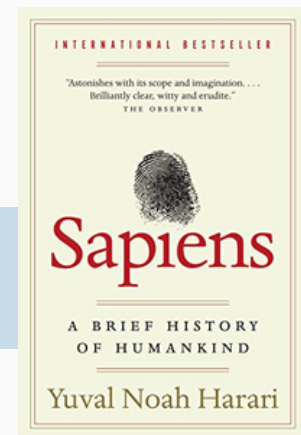
## SAPIENS: A BRIEF HISTORY OF HUMANKIND

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### **Sapiens: A Brief History of Humankind**

was written by Yuval Noah Harari in 2011.

*"In Sapiens, Dr. Yuval Noah Harari spans the whole of human history, from the very first humans to walk the earth to the radical -- and sometimes devastating -- breakthroughs of the Cognitive, Agricultural, and Scientific Revolutions. Drawing on insights from biology, anthropology, palaeontology, and economics, he explores how the currents of history have shaped our human societies, the animals and plants around us, and even our personalities..."*



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## EGGPLANT STUFFED WITH RICE AND TOMATOES

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### **Eggplant Stuffed with Rice and Tomatoes**

by Martha Rose Shulman



*"Travel anywhere in the Mediterranean region, and you will find stuffed vegetables. In Provence, they tend to be filled with meat (a way to stretch leftover stews), but in the Middle East and Greece rice and grain fillings prevail. Regional cooks make abundant use of fresh herbs like parsley, dill and mint, and sweet spices like cinnamon and allspice. Fragrant stuffed vegetables can be made ahead of the meal and served hot or at room temperature. They don't require a lot of patience to assemble – they just need a long simmer and then a rest to let the flavors mingle and intensify."*

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## CREATIVE MORNINGS

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### **Fok-Shuen Leung (in person), September 8th, 2023, 8:15 AM PDT**

SFU Woodward's – Goldcorp Centre for the Arts

*"The global theme for September is 'simplicity' and we are honoured to host a renowned mathematician and award-winning UBC professor, Fok-Shuen Leung.*

*Dr Leung is a faculty member in the Mathematics Department at the University of British Columbia, where he is Undergraduate Chair and Professor of Teaching. He obtained his doctoral degree in Mathematics from the University of Oxford. He is a winner of the Canadian Mathematics Society Excellence in Teaching Award, the Pacific Institute for the Mathematical Sciences Education Prize, and two-time winner of the Killam Teaching Prize."*



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# *Snow-Capped Mountain*

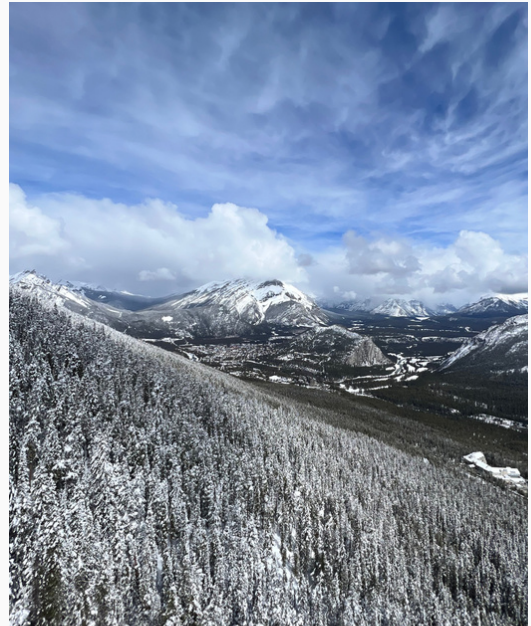
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**WRITTEN BY HILDA CONKLING**

Snow-capped mountain, so white, so tall,  
The whole sea  
Must stand behind you!

Snow-capped mountain, with the wind on your forehead,  
Do you hold the eagles' nests?

Proud thing,  
You shine like a lily,  
Yet with a different whiteness;  
I should not dare to venture  
Up your slippery towers,  
For I am thinking you lean too far  
Over the Edge of the World!



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**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)**

