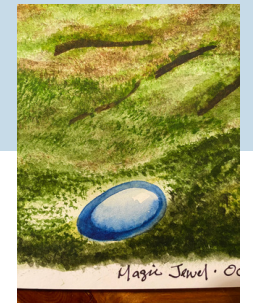
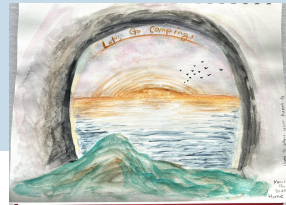
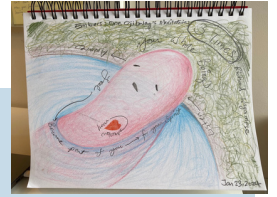
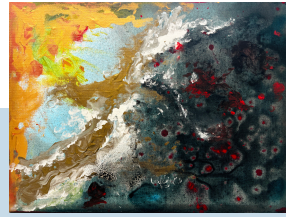


BC Brain Wellness Program's Creative Collective  
Presents

# OUR COLLECTIVE COLLECTION

*curated just for you!*

## MARCH'S CREATIVE COLLECTIVE CREATOR

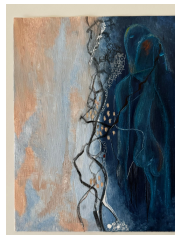


NATALIE WONG

*"The process of creating will change us as human beings, not so much the products. And there is no substitute for it and no one else can do it for us. We have to step outside of the box and into our power to do what we can to grow." –*

*Natalie*

## FEBRUARY'S CREATIVE COLLECTIVE CREATOR



KERSTIN LUETTICH

*"Art starts with one line. Let loose and put on music and don't think – just start. It's not ability, it is passion." – Kerstin*



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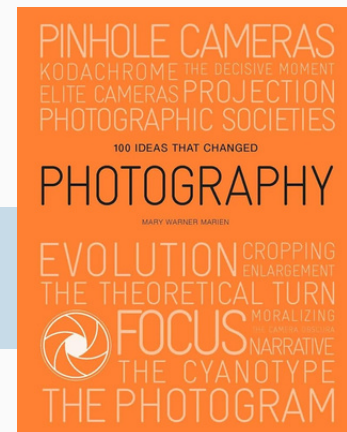
## 100 IDEAS THAT CHANGED PHOTOGRAPHY

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### **100 Ideas that Changed Photography**

*was written by Mary Warner Marien.*

*This compelling book chronicles the most influential ideas that have shaped photography from the invention of the daguerreotype in the early 19th century up to the digital revolution and beyond. Entertaining and intelligent, it provides a fascinating resource to dip into. Arranged in a broadly chronological order to show the development of photography, the ideas that comprise the book include innovative concepts, cultural and social incidents, technologies, and movements..."*



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## CRANBERRY ORANGE MUFFINS

### **Cranberry Orange Muffins**

*by Sam Hu*



*"Cranberry Orange Muffins are soft, fluffy, buttery, and moist. Loaded with cranberries and orange in every bite, these muffins are winter's answer to blueberry muffins. They are quick and easy too – taking just 10 minutes of prep work with simple baking staples before you have a batch of delicious cranberry muffins for a week's work of snacks, breakfast-on-the-go, or dessert."*

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## AN EVENING WITH JANE GOODALL

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### **An Evening with Jane Goodall , April 12th, 7:00 PM PDT**

Queen Elizabeth Theatre, 630 Hamilton St, Vancouver, BC V6B 5N6

*"The Jane Goodall Institute of Canada presents An Evening with Jane Goodall: Celebrating 90:*

*Dr. Jane Goodall's talks never fail to inspire people of all ages as she recounts her unique experiences as a young woman working alone in the rainforest and her hope for a future where people live in harmony with nature. Special Guest and Canadian icon, Jann Arden, will host a fireside chat with Dr. Jane following her lecture."*



**Exploring Traditional Gouache (zoom), April 12th 2024, 11:00 AM PDT**

*with Ian de Hoog*



*“Join Ian de Hoog for an engaging demo on the art of small painting studies using traditional gouache. Gouache, a versatile and vibrant medium, allows artists to explore colour, texture, and form in a manageable format. In this session, we’ll delve into the basics of gouache painting, focusing on creating small studies that pack a punch.*

*Ian will guide you through the essential techniques of working with gouache, from colour mixing to brush handling. You’ll learn how to effectively capture light and shadow, experiment with different brush strokes, and refine your compositions on a small scale.”*

## *A Cloud of Cherry Blossoms*

**WRITTEN BY BASHO MATSUO**

A cloud of cherry blossoms;  
The temple bell, —  
Is it Ueno, is it Asakusa?

How many, many things  
They call to mind  
These cherry-blossoms!

Very brief —  
Gleam of blossoms in the treetops  
On a moonlit night.  
A lovely spring night

suddenly vanished while we  
viewed cherry blossoms



**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)**

