

Heidi E Mack

Visual Artist 613 572 1035 heidi@heidimack.ca

**ART EXHIBITIONS:Photography on Canvass and wood,
Acrylic/Mixed Media and Encaustic**

Juried Art Show

 Open Studio, Faculty of Education, Queen's University,
Kingston, Canada

Public Art Shows

 “Spiraling Upward”, Les Saisons, Chelsea, Canada

 Artist Studio Tour, Kingston, Canada

 “Uncomplicated,” , Tea Room, Coffee Shop, Kingston,
Canada

 Sima Sushi, Kingston, Canada December 2013 - February
2014

Published

 Front book cover “Psyche's Children” by Catherine Joyce,
2008, Wanova Books Chelsea Quebec.

 Five photographs chapter break pages in poetry book “That
Not Forgotten” by Bruce Kauffman 2012, Kingston, Ontario.

Work Experience:

- Hand painted card business 1989-1992 (Kingston Farmer's
Market and Craft Sales
- Over 65 art and photography pieces sold since 2006. *Artist*

Bio and Statement: i only have a few memories of elementary school, one of them is the exhilaration of coming in from lunch recess and seeing the classroom transformed – desks pushed together, covered in white paper, containers of water and paintbrushes... those were some of the most delighted and excited times in school for me... i don't have any formal art training save a few workshops here and there and one undergraduate general sculpture and drawing course. what I do have is an intuitive sense and a willingness to experiment and trust that my body knows things that my brain doesn't and to use art and materials to respond to that knowing. i just play and experiment and imitate and engage. i once got juried out of an artist's tour because i didn't have an approach – “all over the place” one of the jurors wrote. perhaps that is my style. my art reflects who i am, where i am, what i need, how i feel, what i ache for and what pains me, what i am passionately engaged in at that moment (my paintings are always done in one fell swoop or they sit for years because i can never find that same place, energy, person, again). painting brings me into the moment, invites (demands) my relentless thoughts to stop leading the way. painting lets my body choose: paint, style, medium, size, colours, textures, poetry. i listen. the body never lies. and when i listen, i connect to what i paint and that matters to me – that the painting was created from essence not thought or “shoulds” – something authentic. in the storybook the velveteen rabbit, the skin horse says to the rabbit: “ when you are real, you cannot be ugly, except to those who don't understand”. so what, to some, might look/feel like a persona crisis in my art “style”, to me, looks like truth: i am many selves and i am no self. somehow that presencing can be what ties all of these pieces together. that, and a connection to the earth, ecology, laughter, balance, slowness, wind, and water.

