



F E B R U A R Y 2 0 2 6

CANADA'S COMMUNITY FOR PASTEL ARTISTS

www.pastelartists.ca

What have you been up to...



"Walking on Sunshine II"

Profile of an Artist

Cathy Lorraway PAC

From the President's Easel - February 2026

Happy New Year to All

I hope this will be a happy and productive New Year.

I usually treat myself to some play-time in the studio in January. After the busyness of the holidays, I need some time to play, to learn something new and to challenge myself.

That play-time feeds the creative and questing part of my psyche. One of my favourite questions to ask myself is "what if . . ."

"What if" opens the door to creative play but you must release yourself from judgments (especially the negative ones). Instead, focus on Process Over Product. Oddly enough, the more you focus on "process" the better the "product" will become.

Its very easy to desire a finished painting but become so embroiled in the end product that we lose our sense of play.

While in art school, one of my teachers started our class off with:

"OK you guys, you have a 100 crappy paintings to do so lets get on with it!"

Another great bit of advice came from a teacher I adored, Dwight Harmon . . . he said "Punch a hole in the middle of your paper. Good, now you've wrecked it and have nothing left to lose, so go crazy on it!"

While I haven't punched the hole in the paper, I have "gone crazy" on a piece that I thought for sure I had wrecked. To this day, its one of my favourite paintings, not because it is great art, but because it reminds me what can happen when you let go.

Treat yourself to some fun this year, give yourself the gift of play and release yourself from expectation.

*Happy Pasteling,
Joan*



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Profile of an Artist

Cathy Lorraway PAC

*Reflections of
Spring on the
Twiss Road Trail*



In the spirit of new year's resolutions, and the reflection that comes with a milestone birthday and a recent car accident, I have recently adopted a "If not now when?" frame of mind. My art journey began when I first saw Gloria Burgoin's beautiful pastel paintings while painting en plein air. At first glance, the colours were so rich and vibrant, I thought they were oil paintings! She encouraged me to go to my first PAC conference in 2018 where the love affair with pastels began in earnest. After workshops and courses with Holly Sneath, Helen McCusker, Jessica Masters, Clarence Porter and online Pastel Live conferences, my process and style evolved. My studies at the Ontario College of Art Drawing and Painting program (A.O.C.A and BFA) and my experiences as a former high school Art and Photography teacher all helped to provide the foundation for my current art practice and teaching style. In a full circle experience, this past May I had the pleasure of teaching a workshop on "How to Paint Water Reflections" at the Pastel Artists Canada conference

My landscape paintings have been inspired by my love of nature, travel and environmental conservation. Painting "plein air" often using pastels, allows me to portray colour and ambient light patterns quickly. Using media and mark making in a gestural, loose way, I record colour notes and my sensory memories: e.g. the changing light of cloud patterns and stunning impact of light filtering through colourful fall trees. In the studio, I further explore my reference studies with colour exploration, compositions and textural effects to create larger artworks in pastel as well as acrylic or oil. For example, I might employ impasto techniques to portray environments rich with natural textures e.g. fallen leaves. Metallic underpaintings might help convey the shimmer of moonlight or reflections on the water. Pastels on a suede board substrate help to convey a dreamlike atmosphere. My paintings are an exciting journey which blend my initial sensory experience on location with my exploration and imagination in the studio

This past year was a very encouraging one! Some paintings are like good race horses...I was honoured to

have "Walking on Sunshine II" juried into the International Association of Pastel Societies' 2025 Fall Webshow – 47th Open Division, win Third Place in the "People's Choice Award" at the Oakville Art

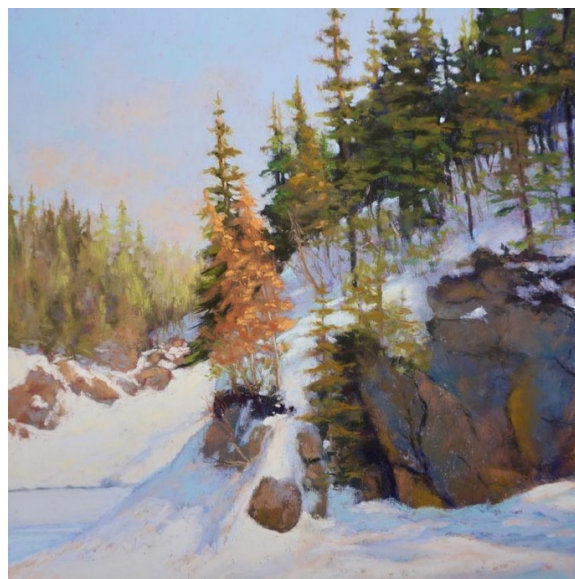
Society's 60th anniversary show, "Connections" as well be a part of Pastel Artists Canada Purely Pastel Open Exhibition. I also was juried into the Pastel Society of Eastern Canada's 30th Anniversary Exhibition, Pastel Artists Canada 14th Annual Members Only Online Exhibition, the Colour and Form Society's 73rd Open Juried Exhibition, the Burlington Fine Art Association Juried Show, and the Fine Art Society of Milton's Juried Show. Last summer I also participated in "Harmony Together 2025", an exhibition of 8 Korean and 8 Canadian Artists held at Queen Elizabeth Park Gallery in Oakville.

I am currently one of the Artists in Residence at the Art Gallery of Burlington and teach classes and give workshops at the Dundas Valley School of Art (Pastels for the Petrified) and other local art organizations. I am an elected member of the Ontario Society of Artists, Canadian Society of Artists and hold Pastel Artist Canada Signature Status. In 2024 I chaired the Burlington Fine Art Association's Juried show and am past president for Arts Burlington and past exhibition coordinator of their BFAA Fireside Lounge, (now Gallery). I enjoy meeting other pastel artists and sharing this wonderful medium and hope to meet some kindred spirits in the future. You can follow me on Instagram at @cathylorrawayart and receive my quarterly newsletter and learn about my upcoming workshops and exhibitions on <http://cathylorrawayart.com>

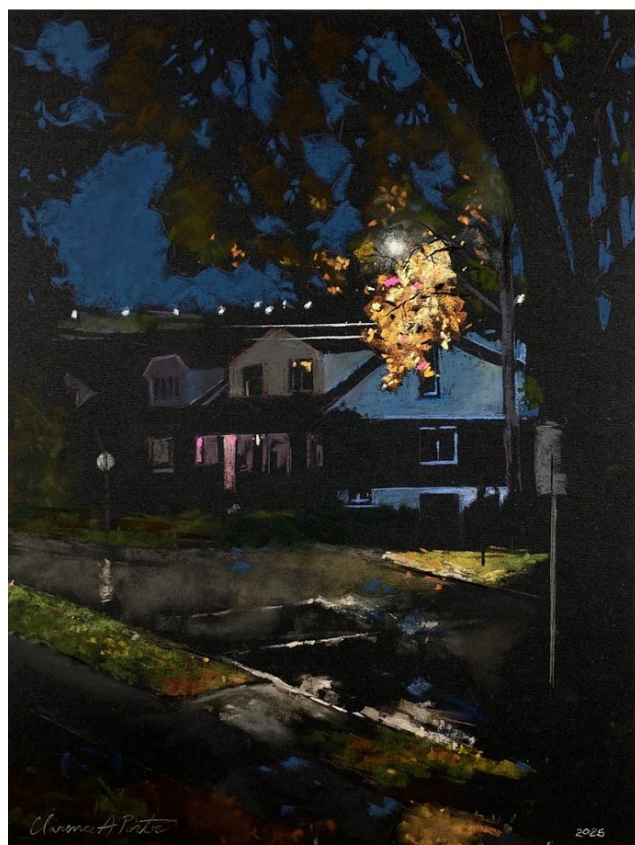
2025 14th Annual Online Exhibition



First Place: Lousie Renee - Perseverance



2nd Place: Susanne Proulx – Juches sur le roc

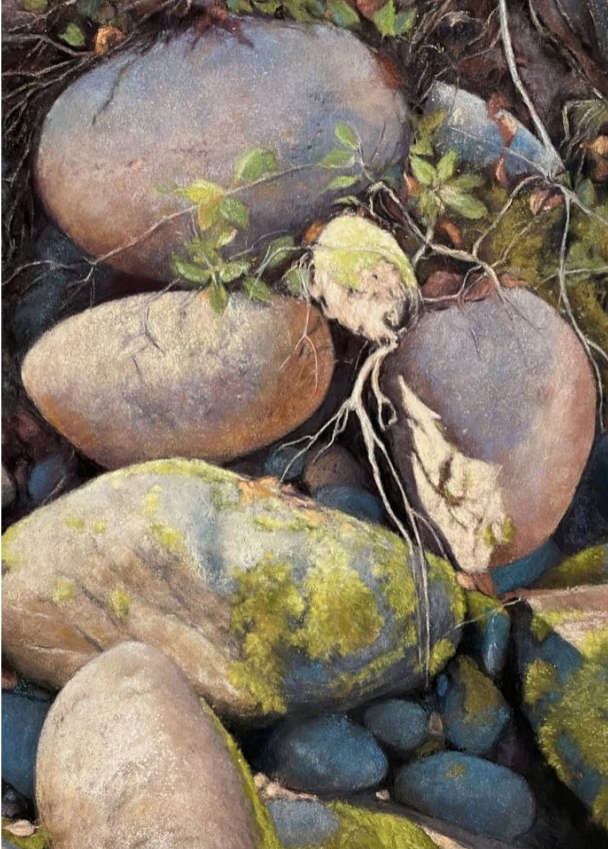


3rd Place: Clarence Porter – A Rainy Night on Park Row



Heather Law Award: Shadow of the Wild – Danielle Deschamps

Honorable Mentions



Susan White – Delicate Balance



Margaret Moore – Journey Back to the Navajo Spirit



Kathy Hildebrandt – What Will Her Future Bring



Denise Nonomura – Solitude



David Shkolny - Twilight Spruce

What have you been up to?

Margaret Moore

The Dakota 3Q25 competition was the first competition that I have ever entered and I was thrilled to be awarded Honourable Mention.

Then in December, I received word that the same painting won an award in PAC's annual competition.

Entering competitions and joining art clubs are new to me. I have been painting for years but don't even have a web page. I'm a newbie.

In May/24, I had the incredible opportunity to visit and photograph Antelope Canyon. Our Navajo guide casually mentioned that I had been here before. I felt such a spiritual connection to this sacred place that I knew that he was right. It was my journey back.

Painted on Sand Pastelmat paper. Dimensions are 11" x 15" and it was drawn with soft pastels, pan pastels and pastel pencils."

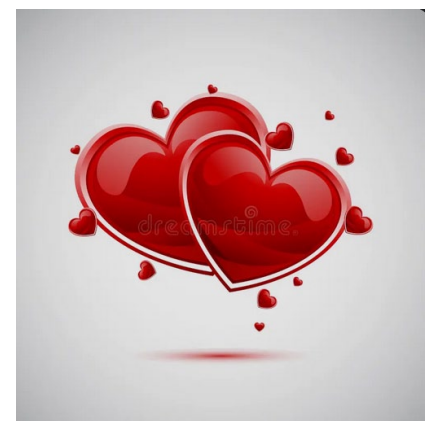


Congratulations!

Journey Back to the Navajo Spirit
Honorable Mention PAC Annual online competition

"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."

- John Wooden



Fulya Bulur

I wanted to share some of my pastel adventures for the Feb newsletter.

I taught multiple soft pastel workshops at Visual Arts Mississauga and at the Small Arms Inspection Building as part of the Lakeshore Art Trail and Mississauga Festival of Trees. I also participated in an exhibition.

1. Dec 2025 Mississauga Festival of Trees, Soft Pastel Workshop painting "Glass Ornaments"
2. Oct 2025 Lakeshore Art Trail , Soft Pastel Workshop painting "Wild Irises"
3. Oct 5 Visual Arts Mississauga, Soft Pastel Workshop painting "Fall landscape"
4. Nov 2025 Exhibition - "I love Riverwood" - Lilacs in Soft Pastels"



"Glass Ornaments"



"Wild Irises"



"I Love Riverwood"



"Fall Landscape"

Brenda Matsen, PAC



When Black isn't Black - Pastel on Pastelmat
10 in. x10 in.

I am happy to share that my pastel "When Black isn't Black" was a finalist in the "Strokes of Genius 17: The Best of Drawing" competition and will appear in Artists' Magazine and American Artist's special edition of The Best of Drawing Winter 2026 publication. I was later surprised to receive a couple complimentary copies of Pastel Journal (Issue No. 152) in the mail and thrilled to discover my pastel was among those chosen from the Strokes of Genius 17 competition to appear in Pastel Journal's article "Making a Mark - Strokes of Genius Sneak Peek".

This painting was created in studio from a photo I took while travelling and visiting family in northwestern Canada. I found the color of this Black Bear to be quite interesting. A Black Bear that isn't black...

She's blonde! While black is the most common color for Black Bears, they can also be brown, cinnamon, blonde and even white. Having grown up in northern British Columbia I had seen lots of black bears and even brown ones but never anything lighter. She reminded me of the cinnamon black bears I had heard my dad talk about while I was growing up.

Beverly Thompson

I'm just getting up to speed again with my painting after life interfering with my time at the easel.

This painting was done after a trip to one of my favourite places in Canada, Lunenburg, N.S. It's of quintessential Lunenburg; fish shacks and bright yellow dories. It has a whimsical mood.

I have done a few shows locally, but would like to do more.

I love attending Joan Larson's workshops.



"Dories at Rest" - 11" X 14" - (Sold)
Soft Pastels, Carbothello Pencils on Canson

Catherine Sheppard, MPAC

There is something to be said about going back to basics. Black and white basics.

When starting a pastel painting, I like to put elements into black and white first before adding any colour.

This helps to put into perspective my lights and darks.



After the trace down, I will use a white charcoal pencil to place in the whites, then I like to use black gouache for the black areas. The gouache and the charcoal pencil will not move once you put pastel on top so you have to be very careful to be precise when you put in your black especially. It cannot be erased.



Now you can move down your picture and start adding in the colour.



Belted Kingfisher - 11 x 14 on pastemat.

This species has a large head with a shaggy crest. Its long, heavy bill is black with a grey base. These features are common in many kingfisher species. Both sexes have a slate blue head, large white collar, a large blue band on the breast, and white underparts. The back and wings are slate blue with black feather tips with little white dots. The female features a rufous band across the upper belly that extends down the flanks. Juveniles of this species are similar to adults, but both sexes feature the rufous band on the upper belly. Juvenile males will have a rufous band that is somewhat mottled while the band on juvenile females will be much thinner than that of adult females.

The belted kingfisher's breeding habitat is near inland bodies of waters or coasts across most of North America, within Canada, Alaska and the United States.

The belted Kingfisher is often seen perched prominently on trees, posts or other suitable watchpoints close to water before plunging in headfirst after its fish prey. They also eat amphibians, molluscs, insects, small mammals, small birds, reptiles and berries.

Karen Spurrell, PAC

2025 was a whirl wind year for my artistic projects and it looks like 2026 will not be any different. I started out the past year picking a theme and sticking with it, which is not easy as an artist as often we can get side tracked.

I participated in juried shows, art auctions to raise money and providing to the business side of my art by supplying new work to the gallery and local shops that support me.

Therefore very busy and surprisingly it was a good year of sales which doesn't happen often. I also finally obtained the PAC designation which was exciting! 2026 has started off with four new paintings completed and more to come, its going to be a busy one again!

2025 fundraiser for the Crownsnest Pass(CNP) Public Art Gallery was a success. All four of my paintings sold, to help raise money for their new facility. A very good cause as communities need their art and culture venues.



CNP Public Art Gallery



Last Light 8 x 10 Soft Pastel- SOLD At InFlux



Prairie Sunrise Sky 10x8 soft pastel- SOLD at Fundraiser



First Snow 8 x 10 Soft Pastel-SOLD at Fundraiser

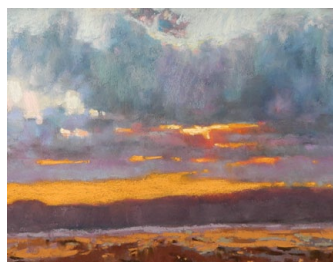


In 2025 I entered the Members Juried Art Show Allied Arts Council of Pincher Creek, The Lebel Gallery. One painting was selected and was on view for month of Dec.

As well provided new work to be sold in the gallery shop. I just dropped more off for 2026 as most of first drop sold!



Evening Sky Over Marsh Soft Pastel- SOLD at Gallery



Orange Crush Soft Pastel-SOLD at Gallery



Waterton Gray, Green Blue No1 Soft Pastel -SOLD at Gallery



One of my hikes Waterton Park

Ann Duckett, PSEC, PAC

Nature, in the 21st century, deeply fascinates me. It is an endless source of wonder- living territory where light, colour, and mouvement are in constant transformation.

Through dry pastel, as well as photography and printmaking, I explore what quietly calls to me. I follow lines as they unfold, linger in the curves, depth and listen intently to the way the light settles on color. My work seeks to hold a moment in time.

My creative process is guided by the attraction to the sublime in nature that threshold where beauty becomes emotions. I move freely between figuration and abstraction, allowing forms to dissolve, image to breathe. I observe, I feel and I am moved by the nature around me. Color is my most faithful companion, it speak to me, it carries emotion, it continue to surprise me. Through my work, I invite the viewer to pause, to enter a space of contemplation and to reconnect with the living beauty that surrounds us.

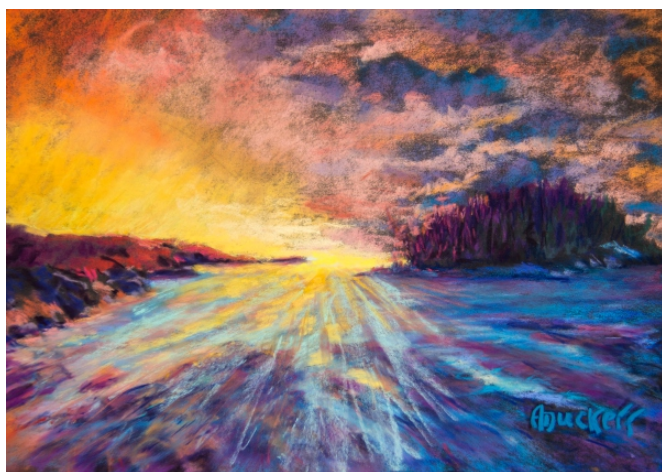
I hold a certificate in Visual Arts from Université de Quebec a Trois-Rivières. Master pastellistes through out the world have giving me approaches, techniques that I gradually woven into my work. These encounters have help me develop as an artist with my own visual language, work ethique and passion.

My work has been recognized through several distinctions; from Honorable Mention both National and International exposition and Creative Award.

I am a Signature Member of Pastel Artist Canada and Societe Pastel of Eastern Canada, president of Lanaudiere Arts and Colors, a Founding Member of the 6 Visions Collective, many time jury member with Culture Lanaudiere and Curator of the Saint- Damien Expositions.



Là ou le soleil se couche



À la découverte



Le temps des pissenlits

KC Caldwell

Hi! My name is KC Caldwell and I am new to Canada (2021) but not new to the joys of soft pastel. This is a love affair that will never end.

In 2014, I was browsing through the magazines in a Barnes & Noble bookstore when the cover of a Pastel Journal grabbed my attention. It featured the work of Liz Haywood-Sullivan, an American pastelist from Massachusetts. I was mesmerized and determined right then to learn this skill even though I had no previous art experience.

Fast forward a decade, and during that time I attended numerous pastel and oil painting workshops, participated in a few shows, served on the board of an art gallery, and founded the nonprofit California Central Coast Pastel Society (3CPS) in my living room with a group of 9 pastel enthusiasts. I guess you could say I caught the pastel bug! Over the next few years, our society grew to nearly 100 members. Sadly, we were a victim of Covid and it folded in 2023, but for several years we had a lively time and learned so much from each other.



A few months ago, I joined PAC. I'm excited to meet you! I live in the Comox Valley on Vancouver Island where I paint in my home studio. This past fall, I shared a booth with 3 other women artists at an outdoor show and I sold a couple of pieces. Currently I have a piece hanging in the juried exhibit called Transitions at the Comox Valley Airport (YQQ). If you're visiting the area, please consider this an open invitation to contact me. I would love to show you around and enjoy a coffee or tea together.

*"It is only when we take chances
that our lives improve. The initial
and the most difficult risk we need
to take is to become honest."*

- Walter Anderson





We have had people ask us how to advance within the Pastel Artists of Canada - PAC

Go to our website <https://www.pastelartists.ca/>
Under the Membership tab go to "Become a Member."

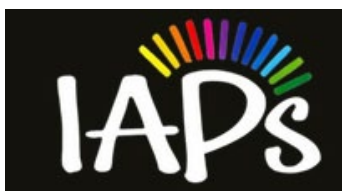
Here is what it says:

Members, in good standing, earn points towards Signature, Master, and Eminent Pastelist level status through participation in our exhibitions and by award recognition for outstanding work.

PAC signature status is awarded to active members who have been accepted into three (3) PAC exhibitions.

To earn MPAC status, members must have been accepted into five (5) PAC exhibitions and have received at least one (1) award.

Our highest designation, MPAC-EP is conferred on members who have been accepted into fifteen (15) PAC juried exhibitions and have received at least three (3) awards."



IAPS CONVENTION MEET UP

Going to IAPS? Meet up with other members!

The IAPS 2026 Convention will be taking place from June 16 - 21 in Albuquerque, New Mexico. If you are planning to attend and would like to connect with other PAC members while you are there, please let Joan Larson know at joan@joanlarson.com.

A list of all attending members will be compiled to help members connect and make arrangements to enjoy the festivities together!

To register for IAPS iapspastel.org/conventions/



2026 PAC Exhibitions

Hello and happy 2026 everyone.

One of the Pastel Artists.ca mandates is to promote our members work through exhibition participation. As part of this mission we host two shows each year. To maintain a high level of artistic quality, the exhibitions are juried by well-known national and international pastel artists. For each show, we select two jurors who have achieved their MPAC status and one juror who has achieved their MPAC-EP status.

As always with our juried shows, the jurors not only select the successful entries, but also jury them for the awards. That being said, entries into the show and awards given contribute to PAC members achieving their signature status. In addition to the recognition there are financial gifts provided to the award winners, and details of those are provided to members on the website when the call for entry opens. We have two shows planned for you in 2026 and wanted to make sure you had information right now to plan your life accordingly.

The first show this year is the 36th Purely Pastel Open Juried Exhibition which offers successful artists an in person show at the Federation Gallery in Vancouver. The second show is the 15th Annual Online Juried Exhibition which is shown only on the PAC website. The biggest difference is the Purely Pastel Open Juried Exhibition requires a few extra steps as it has a live gallery show as an outcome. For all selected entries, work must be shipped and be for sale. Members and non-members may enter this show. The online show requires no shipping or sales as it is completely online using digital images of the work and is only open to Pastel Artists.ca.

For both shows there is modest fee of \$10 per entry for members and for the Purely Pastel Open Juried Exhibition non members are charged \$15 per entry.

The following tables highlight important dates to consider for the two 2026 Pastel Artists.ca exhibitions.

36th Purely Pastel Open Juried Exhibition

Call For Entry - submissions accepted on EntryThingy	Monday March 2 nd to Monday April 6 th
Shipping Window for out of town artists	Sunday May 3 rd to Sunday May 17 th
Gallery Drop off for local artists	Sunday May 8 th to Saturday May 23 rd
Show at Federation Gallery (check gallery hours)	Monday May 25 th to Saturday June 6 th
Opening Reception and Awards (details to	Saturday May 30 th

continued on next page



2026 PAC Exhibitions

Entry pickup for local artists (check gallery hours)	Monday June 8 th
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15th Annual Online Juried Exhibition

Call For Entry submissions accepted on EntryThingy	Monday August 31 st to Monday October 5 th
Show acceptance emails sent to artists	Monday October 19 th
Award recipients notified by email	Friday November 6 th
Show goes live on PAC website	Tuesday December 1 st

We will remind you of both shows a couple of weeks in advance of the Call for Entry going live. So stay warm and paint to your hearts content. We look forward to helping you move your artistic journey forward, one painting and one show at a time.

On behalf of the PAC Exhibition Team

"Love is that condition in which the happiness of another person is essential to your own."

~ Robert A. Heinlen



St. Valentine wasn't just one person.

Many people know that Valentine's Day is named after St. Valentine. But did you know there are actually two St. Valentines? Nobody knows for sure if the holiday originally celebrated St. Valentine of Rome or St. Valentine of Terni, both of whom were martyred. Legends say that St. Valentine of Rome was a priest who defied the Roman Emperor Claudius II's ban on soldiers getting married and continuing to marry couples in secret. Other stories say that he helped Christians escape Roman prisons and fell in love with the jailer's daughter, writing her a letter signed "From your Valentine."

Valentine's Day has its roots in an ancient Pagan festival.

Valentine's Day also has pagan roots alongside its connection to St. Valentine. It may have originated in Lupercalia, a festival of fertility celebrated on February 15 in ancient Rome. Lupercalia was dedicated to the Roman god of agriculture, Faunus, and the founders of Rome, Romulus and Remus. It was celebrated with animal sacrifices and gently slapping women and crop fields with goat hides dipped in blood, which was thought to help fertility.

In the 1300s, it officially became a holiday associated with love.

The origins of Valentine's Day are murky. But it is thought to have been made a holiday in the fifth century when Pope Gelasius outlawed the celebration of Lupercalia. It wasn't until much later that it became associated with romance. In the Middle Ages, it was believed that February 14 was the start of birds' mating season. Chaucer cemented the connection between Valentine's Day, birds and romance with his 1375 poem "Parliament of Fowles," writing, "For this was on Seynt Valentynes day, / Whan every foul cometh ther to chese his make." The rest, as they say, is history!

Cupid has roots in Greek mythology.

Watch out around Valentine's Day, or else you may be struck by Cupid's arrow. According to Time, the ubiquitous cherub can be traced back to 700 B.C. In Ancient Greece, Eros, the Greek god of love, was depicted as a handsome young man and had the power to make people fall madly in love. Over time, he was adopted by the Romans and became known as Cupid, his image changing to the little boy with the bow and arrow. Because of his love-inspiring powers, he became linked to Valentine's Day by the turn of the 19th century.

The tradition of giving Valentine's Day flowers dates back to the 17th century.

Giving red roses may be an obvious romantic gesture today, but it wasn't always! In the late 1700s, Lady Montagu was the wife of the British ambassador to Turkey. She misunderstood a local custom of using rhyming words to convey secret messages and thought the flowers themselves that were used in the rhymes represented secret meaning. This idea of "flower language" caught on in Europe, where specific flowers could represent feelings of love, hate, regret and more. Over time, red roses became more and more linked with romance.

PastelArtists.ca

was founded in 1989. First known as Pastel Artists of Ontario, Canada, the name was changed in May of 2003 to Pastel Artists Canada. In August 2007, it was incorporated under its present name, Pastel Artists.Ca., still expressed as Pastel Artists Canada.

Pastel Artists.Ca (PAC) is a mentoring organization and as such, we encourage artists at any level to participate in our activities.

Learning and Fellowship Opportunities

If you are looking to improve your skills or knowledge of the pastel medium, PAC offers:

- Workshops with well-known instructors
- An extensive DVD library available at no cost to members
- Tips and tutorials on our website and in our newsletters
- Biannual ICAN convention
- Quarterly newsletter

Public Appreciation

PAC currently sponsors two juried shows a year:

- Annual Juried Show
- Online Members' Juried Exhibition

Membership is based on the calendar year and renewal is due on January 1st. New members joining after October 1st will have the following calendar year included with the initial membership fee.

Annual Membership:

- Basic \$50 CAD

Annual membership fees can now be paid using PayPal.

Recognition

PAC offers three levels of accomplishment:

- Signature Status (PAC)
- Master Status (MPAC)
- Eminent Pastelist (MPAC-EP)

Newsletter and Website

Our quarterly newsletter and our website offer:

Marketing Opportunities

- Posting of your teaching workshops
- Advertising solo shows
- Noting acceptance into various exhibitions

Information Resources

- Upcoming national and local events
- Tips on painting and framing
- Lending library of instructional DVDs
- New products or marketing information

Affiliations

- Pastel Society of Eastern Canada (PSEC)
- International Association of Pastel Societies (IAPS)

A graphic for newsletter submissions. It features a dark blue background with a white envelope icon in the top left corner. Below the envelope, the word "NEWSLETTER" is written in bold, blue, uppercase letters. Underneath, the text "NEWSLETTER SUBMISSIONS:" is followed by "Please e-mail Catherine Sheppard at crystalart@shaw.ca" and "DEADLINE is April 25th for May". At the bottom, the words "thank you" are written in a white, cursive script.

NEWSLETTER
NEWSLETTER SUBMISSIONS:
Please e-mail Catherine Sheppard at
crystalart@shaw.ca
DEADLINE is April 25th for May
thank you

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