

# LIVE

## West Van artist digs deep

**Work addresses concept of 'hero' in thought-provoking show**

■ Heroes, an exhibition in which 20 artists from across Canada explore the meaning of heroism from a disability perspective, March 8-27 at Vancouver's Pendulum Gallery, HSBC Building, 885 West Georgia St. Part of the 2010 Kickstart Festival. Opening reception: Thursday, March 11, 7-9 p.m. Info: [www.kickstart-arts.ca](http://www.kickstart-arts.ca).

Erin McPhee

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WEST Vancouver multimedia artist Neville Grey almost didn't respond to a call to be part of a group show exploring the idea of heroism.

"I really struggled with this theme as to what it really meant, and what is a hero and what isn't and how to approach it in different ways," he says.

However Grey drew upon his inner resources, convincing himself how frustrated he'd be if he didn't rise to the occasion, and on the last day of the competition took the plunge. That move proved to be fruitful as he was ultimately one of 20 artists chosen for Heroes, opening this week at Vancouver's Pendulum Gallery.

The exhibition is just one of the many events organized as part of the 2010 Kickstart Festival, offering up art shows, performances and workshops from March 8 to 27, timed with this month's Vancouver 2010 Paralympic Winter Games. Kickstart Disability Arts and Culture is a Burnaby-based organization focused on producing and pre-



NEWS photo Mike Wakefield

**ARTIST Neville Grey works in his West Vancouver studio. He's one of 20 Canadian artists chosen to exhibit their works in Heroes, opening Thursday. Grey has two collages in the show, including *Beware of Your Heroes* (at left).**

sending works by artists with disabilities.

Often, individuals with disabilities, especially those with

visible disabilities, are regarded as heroes, says Bernadine Fox, co-curator of Heroes.

"So the whole notion of

courage and heroism, it gets very skewed," she says.

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**Supercharged**  
Dave Norona

## North Van team tackles Mt. Baker

IT was 4:30 a.m. when Mike and Andy Traslin pulled into my driveway.

Today our goal was the 10,871-foot peak of Mount Baker. This was my first time up Baker. Up until now it has only been a cool idea, something I had thought about many times while gazing at it from other peaks in the Pacific Northwest. I was, however, in good company as Mike and Andy have been up 23 times between them.

The long drive was filled with our usual mile-a-minute chatter and there were no long line-ups or problems at the border on this quiet weekday morning. Arriving at the parking lot, Mike and Andy recognized a lone 1983 Toyota camper van belonging to Dan Helmstadter, a wicked skier and mountain man who solos many epic routes during the winter. We banged on his camper and he awoke with a happy smile as he now had some guys to share this beautiful day with.

At 8:30 a.m. we left the

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**HEALTH NOTES**  
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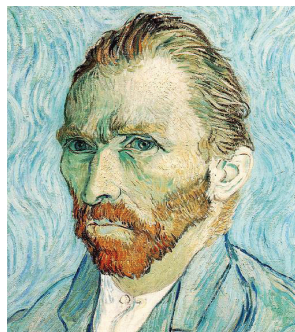
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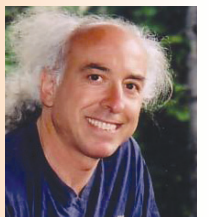
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**LIVE**

# Show explores heroism from a disability perspective

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Interested in exploring this idea, Kickstart organized the exhibition to deconstruct the notion of heroes and put it back together from a disability perspective.

"It's a really powerful show of professional artists who are coming together who just happen to also have disabilities," says Fox.

She adds she hopes the featured works encourage the viewing audience to use their own critical faculties to explore the idea of heroism.

One of Grey's collage works featured in the show came into

being as a result of a recent visit to Barcelona, Spain, a sort of pilgrimage he undertook in search of his art heroes — Picasso, Miró and Gaudi.

"I was looking for the essence of these creators," he says. "I've wanted to go there for my whole life and finally had the chance to do that recently. They'd all spent a bunch of time in the city walking around the streets creating work and I just wanted to go and experience that environment myself. I wanted to see if the sound, the feel or I don't know, the smell of the artist still existed."

*Barcelona, Searching For My Heroes*, is a depiction of what Grey found.

His second featured collage work is entitled *Beware of Your Heroes*, a more sinister piece.

"We need to constantly reassess who our heroes are and what they are giving back to us," he says.

Many of our society's heroes are simply individuals who've gained notoriety as celebrities, for example sports personalities, politicians, business people and artists.


"Even the smallest of achievements can get you that moniker. For me it's particularly troublesome," says Grey.

"I just want us to be careful in who we exemplify and for what reasons," he adds.

For example, palliative care volunteers are individuals who act out of the goodness of their hearts, not for any self-serving reasons.

"Those, I think, are the real heroes in our society, they do it because it's the right thing and proper thing to do and not because they're expecting any recognition from it," he says.

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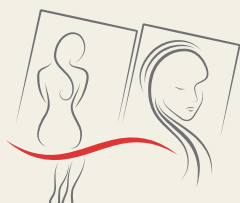
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**health notes**

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**Arthritis Chronic Pain Management:** A free two-hour forum introducing self-management skills and the principles of pain management, Tuesday, March 9, 6:30-8:30 p.m. at Capilano library, 3045 Highland Blvd., North Vancouver. Registration: 604-987-4471.

**Blood Donations:** Donors who give blood in March will receive a commemorative Vancouver 2010 pin. Clinics held Wednesdays, March 10 and 24, 2-8 p.m. at St. Andrew's United Church, 1044 St. Georges Ave., North Vancouver.

**Annual Remembrance Service:** A memorial service for families who have had a miscarriage, stillbirth or infant death, Sunday, March 7, 3 p.m. at the Terrace Cafeteria in Lions Gate Hospital, 231 East 15th St., North Vancouver. Info: 604-

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