

1-877-2BE-CALM - ARTIST BIOS

B.C. Nature Sounds (# 1)

In this unique recording you can hear calls from the Northern Resident Orcas reverberating underwater in the deep fjords. Thank you to Pacific Biological Station, Fisheries and Oceans Canada for this recording.

Dylan Thomas (#2 Indigenous Stories and Songs)



Qwul'thylum (Dylan Thomas) was born in Victoria in 1986, and is a Coast Salish artist from the Lyackson First Nation of Valdes Island. Although Dylan grew up in the urban environment of Victoria, he was exposed to Coast Salish art at a young age because his family continues to participate in their culture and tradition. This exposure ignited a lifelong passion for Coast Salish art and, eventually, led him to seek guidance from established artists. Dylan received training in jewelry techniques from the late Seletze (Delmar Johnnie) and apprenticed under Rande Cook in all mediums of the art. Dylan's artwork has been published in the *Journal of Mathematics and the Arts* (Taylor and Francis), and in *Contemporary Art on the Northwest Coast* by Karen & Ralph Norris. Dylan has been featured in many art shows across the continent, and in 2013 – alongside Rande Cook, lessLIE, and

Francis Dick -- was featured in the Art Gallery of Greater Victoria's Urban Thunderbirds/Ravens in a Material World art show. In 2016, Dylan held his first solo exhibit, *Sacred Geometry* at Alcheringa Gallery in Victoria. Along with Rande and Delmar, Dylan's other artistic influences have been the late Art Thompson, Susan Point and Robert Davidson.

John Barton (#3 Poetry)



John Barton's twenty-eight books, chapbooks, and anthologies include *Polari*, *Seminal: The Anthology of Canada's Gay-Male Poets*, *We Are Not Avatars: Essays, Memoirs, Manifestos*, and *The Essential Douglas LePan*, which won a 2020 eLit Award. His twelfth collection of poems, *Lost Family: A Memoir*, a book of sonnets, was published in September 2020 by Signal Editions. The Porcupine's Quill published *The Essential Derk Wynand* in November 2020. He lives in Victoria, where he is the city's fifth, first male, and first queer poet laureate.

Thérèse Bussièrès (#4 Poésie en français/ Francophone Poetry)



Je demeure sur l'île de Vancouver, à Victoria, depuis près de 12 ans. Ma carrière d'enseignante m'a permis de profiter de ce coin de pays magnifique et inspirant. Cependant, je suis née et j'ai grandi à Québec. Septième d'une fratrie de huit frères et sœurs, l'autonomie m'a été enseignée très jeune. Ma mère, qui était une artiste multidisciplinaire incroyable, m'a éduquée dans un univers créatif. Ma curiosité et l'appel des arts ont tracé la voie vers différentes passions, l'écriture, la peinture, le dessin, la couture, le théâtre, la photographie... Jeune adulte, je me suis mise à la poésie. J'ai réalisé rapidement que toute forme d'art possède sa propre poésie. La pratique artistique m'a poussée vers la connaissance et l'expression de mon être véritable. C'est un souffle indispensable à ma vie. La Création est le chef-d'œuvre poétique le plus grandiose! Et, nous en faisons partie, nous sommes donc tous des artistes!!

Originally from Québec City, I have been living in Victoria for the last 12 years. My career as a teacher has allowed me to enjoy this magnificent and inspiring part of the country.

I was born the seventh child of a family of eight, which taught me to become independent at a fairly young age. I was raised in a creative environment, thanks to my mother who was an incredible artist with multidisciplinary talents.

Nourished by an insatiable curiosity towards many artistic fields, I was able to explore diverse passions, such as writing, painting, drawing, sewing, theatre and photography... As a young adult, I started to compose poetry and quickly realized that all art forms contain their own poetry. The artistic process has allowed me to know myself and reach my true essence. Today this creative inspiration is essential to my life.

The masterpiece of any poetic inspiration is Creation itself! As parts of it, all of us are artists

Kathryn Calder (#5 Contemporary Music)



Kathryn Calder is a musician, songwriter, and record label and studio owner based in Victoria. For the past 15 years, Kathryn has been recording and touring as a vocalist/keyboardist with indie rock group The New Pornographers. She has also released three solo records, five albums with Immaculate Machine, and one album with her latest project, Frontperson.

Composing musical scores for feature films has been another focus of Kathryn's in recent years, including 'A Matter of Time', a documentary about her mother's battle with ALS. Kathryn is the founder of Oscar St. Records, an artist-run boutique record label based on Vancouver Island. She also owns The Hive recording studio with her husband,

producer/engineer Colin Stewart.

Calder is currently Chair of Victoria's Music Advisory Committee, tasked with researching and providing advice and direction to City Council and staff on the planning, development, and implementation of a Victoria Music Strategy. In July 2019, Calder was selected as Artist in Residence for the City of Victoria for a two-year term. Kathryn loves her hometown of Victoria and is dedicated to promoting the arts on the Island and in B.C.

Hale & Hearty (#6 Instrumental Music)



Hale & Hearty is a husband and wife duo made up of Rachel Capon and Eli Bender, with cellos and other stringed things.

Founded in Florida between a tide pool and a motel parking lot and forged into reality in a garage in Toronto, they now call Victoria, BC home.

Hale & Hearty are the self-styled floor fiddlers every F-hole lovin' audience is hunting for.

Children's Laughter (#7)

Often the sound of children laughing can have a contagious effect. We hope you enjoy this compilation of children laughing, featuring Owen (6), Arthur (2), Davey (3), Emmie (1.5), Ruby (6), Owen (3), August (1), and Owen (3) discovering the whoopee cushion for the first time.

Rachel Worth-Cappell (#8 Guided Meditation)



Rachel Worth-Cappell is a Doctor of Naturopathic Medicine in Victoria, BC. She has a BA in Philosophy from the College of Wooster and a Doctor of Naturopathy degree from the Canadian College of Naturopathic Medicine. Working as a naturopathic doctor and teacher, she has clinical experience in the application of nutrition, acupuncture, herbal medicine, physical medicine, naturopathic counselling, and nature therapy.

Prior to her work as a naturopath, Rachel was a whitewater canoe guide working in remote Canadian wilderness; she carries the wisdom of the river forward in her practice, as she aims to reconnect her patients to the awesome healing power of nature. At the core of her philosophy is the understanding that our bodies hold the capacity to heal themselves. Rachel works to support through a wholistic approach to gently guide you back to your own state of health and right relationship with the natural world.

You can find Rachel in Victoria at Sacred Grove Naturopathic, teaching workshops on nutrition, dreams, foraging or wilderness medicine courses through Wilderness Medical Associates. When she's not in the city, find her guiding on rivers around Vancouver Island and Ontario.

Matthew Cardinal (#9 Ambient Music)



Matthew Cardinal is an Indigenous musician based in amiskwaciy (Edmonton, AB). He uses a variety of synthesizers and samplers to create melodic and delicate music that shifts from drones and lullabies to sparkling beats and walls of sound. Cardinal's debut album *Asterisms* is out now on Arts & Crafts.