

LIST OF WORKS

SYMPTOMS

1. Youth's a Stuff shall not Endure	oil on panel	20cm x 23cm	2006
2. Headache	oil on panel	25cm x 28cm	2007
3. Sleepless Night	oil on panel	58cm x 48cm	2008
4. Shirtfront	oil on panel	52cm x 72cm	1980
5. Rotten Potato	oil on panel	38cm x 15cm	2009
6. Burnt Out	scratchboard	10cm x 8cm	1998
7. Irritable	scratchboard	20cm x 25cm	2007
8. A Prairie Winter Between Us	oil on panel	15cm x 20cm	2008
9. Drunkard's Lantern	oil on panel	13cm x 15cm	2008
10. The Bottom of the Steps	oil on canvas	52cm x 61cm	2007
11. Life and Death	oil on canvas	58cm x 76cm	2008
12. The Bombing of Baghdad	scratchboard	13cm x 20cm	1991
13. My Child , Her Child	oil on panel	92cm x 88cm	2008
14. Wrung	oil on canvas	61cm x 76cm	2007
15. Heart of Stone	oil on canvas	61cm x 76cm	2007
16. Heart of Glass	oil on canvas	61cm x 76cm	2008
17. Knot	oil on canvas	61cm x 76cm	2009

MEDICINE

18. Pandora's Box	oil on canvas	37cm x 32.5cm	2009
19. I Feel..... Bad	collage	60cm x 45cm	2009
20. Tears of God	oil on canvas	92cm x 100cm	2007
21. Nightstand	oil on panel	30cm x 23cm	2009
22. The Parting of the Sea	oil on canvas	76cm x 92cm	2007
23. Water	oil on panel	25cm x 15cm	2008
24. Food	oil on panel	25cm x 20cm	2009
25. Convalescence	oil on canvas	76cm x 92cm	2008
26. Trumpet flower, Tea and Lemon"	oil on panel	32.5cm x 40cm	1998
27. Bermuda in my Pocket	oil on panel	25cm x 23cm	1998
28. Bermuda Currency	oil on panel	30cm x 25cm	1998
29. Back to Canada	oil on panel	40cm x 32.5cm	1998

SMALL BLESSINGS

30. Dollar Store Shot Glass	oil on panel	16cm x 19cm	2008
31. Hot Bath	oil on panel	21cm x 24cm	2007
32. Nova Scotia Mayflowers	oil on panel	26cm x 29cm	2009
33. The Funnies	oil on panel	30cm x 20cm	2008
34. Fragrant Soapwort	oil on panel	24.5cm x 30.5cm	2007
35. Coffee and the Newspaper	oil on panel	32cm x 21.5cm	2008
36. Paints and Chocolate	oil on panel	25.5cm x 21cm	2008
37. A Letter	oil on panel	22cm x 16.5cm	2007
38. Johnny-jump-ups	oil on panel	15cm x 18cm	2000
39. Wild Strawberries	oil on panel	17.5 x 13cm	2008



I would like to gratefully acknowledge the generous financial support of the N.S. Dept. Of Tourism, Culture and Heritage, the Mental Health Foundation of Nova Scotia and the Pope Foundation.



I would also like to thank Myrtle Corkum of the Mental Health Foundation of Nova Scotia, Carol Tooton of the Canadian Mental Health Association, Nova Scotia Division, Bruce Campbell, Director of St. Francis Xavier University Art Gallery, Candy Mudge of the Inverness County Centre for the Arts, Lois Yorke, Director of Public Services at the Nova Scotia Archives, Jeff and Beth Parker of Lygtesome Gallery, Antigonish, Ruth Young, Gordon Morrison, Greg MacGuire, Nancy Turniawan, Advocate Printing and Publishing, Maritime Digital Printing and friends and family for their encouragement and support for this show.

Gillian McCulloch is a Nova Scotian artist, born in Halifax but now living in Antigonish. She studied Fine Arts at the Nova Scotia College of Art and Design and Illustration at Sheridan College in Brampton, Ontario. She has exhibited her work in numerous solo and group shows since 1981 and is represented by the Lygtesome Gallery in Antigonish, Nova Scotia www.lygtesome.ns.ca and the Secord Gallery in Halifax, Nova Scotia. www.secordgallery.com

This exhibition is available as an artist talk and power point presentation.

For more information please contact:

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St.Francis Xavier University Art Gallery , Bloomfield Center, Antigonish, Nova Scotia, Canada
February 10 - March 8, 2009 Opening Reception - Thursday, February 12, 7pm 902-867-2303 email: gallery@stfx.ca

Inverness County Centre for the Arts, Inverness, Cape Breton, Nova Scotia, Canada
June 5 - June 29, 2009 Opening Reception - Sunday, June 7, 2pm 902-258-2533 email: icca@sympatico.ca

Nova Scotia Archives Chase Exhibit Room, 6016 University Avenue, Halifax, Nova Scotia, Canada
August 5 - August 28, 2009 Opening Reception - Wednesday, August 5, 7pm 902-424-6075 email: www.gov.ns.ca/nsarm

Back cover: Youth's a Stuff shall not Endure, oil on panel, 20cm x 23cm, 2006

Cover: Tears of God, oil on canvas, 92cm x 100cm, 2007; Convalescence, oil on canvas, 76cm x 92cm, 2008



PANDORA'S BOX

The Descent into Depression and the Healing Return Journey

PAINTINGS by GILLIAN MCCULLOCH



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PANDORA'S BOX

Pandora's Box is an art show designed to take the viewer gradually into the dark world of depression but then bring them back full circle to the light again. Gillian McCulloch is neither a doctor nor an expert on depression but as an artist has tried to describe her own personal experience with this illness in visual images to add to the growing discussion about this mental health issue.

SYMPTOMS

These paintings portray what depression feels like.

Symptoms vary from person to person. Some people eat too much, others not enough. Some people sleep too much, others not enough or worse not at all. These conditions can lead to an inability to focus and complete tasks which may cause low self-esteem or spur inappropriate outbursts of anger or frustration. A good description of what depression feels like would be emotional and physical exhaustion.

If this illness is not addressed some people may turn to "self-medication", alcohol or drugs, which can make matters worse. Depression as an illness may not kill a person but if the symptoms become unbearable, a person may be tempted to take their own life to end the pain. For this reason depression can be a life-threatening illness. How many divorces, addictions or overdoses, unexplained car accidents and suicides are due to untreated depression?

If you or anyone you know seems to be suffering from these sort of symptoms please visit the doctor and ask for more information.



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MEDICINE

If the depression is a chemical imbalance of the brain due to lifestyle, or a seasonal affective disorder (SAD) there are medicines to balance this. Some people fear taking drugs thinking that drugs may make them feel sluggish or that they will become addicted. In fact the opposite may be true. One may feel that one is finally waking up and is more energized. Finding the right medicine may take some time but is worth the search.

Once on an even keel, healthy food and water and good eating habits should nourish the body. Learn about food and drinks and household or work chemicals that stress the body and avoid them. For those that miss the sun and struggle during the winter months there are SAD lamps, Vitamin D and if possible a winter trip to a sunny country. Avoiding stress in our busy lives is difficult but finding balance and making time for rest is essential.



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SMALL BLESSINGS

Once life comes back to normal again the small blessings of life gain a greater significance. There are many of these small moments such as having a laugh with friends or seeing the smile of a baby. These few paintings remind us of some of the small joys of life that collectively make life worth living.

Though depression is a very frightening illness it teaches us about the physical limitations of our bodies. We need to continuously seek balance in all aspects of our life. We learn that the body is fragile but also that the spirit can be strong.