

SHERI BAKES
*WONDERLAND
TRAIL*

MARCH 2023

FOSTER/WHITE
GALLERY



Right: Sheri Bakes
River to Stream
oil on canvas
30 x 30 inches

Cover image:
Sheri Bakes
Into The Mist
oil on canvas
54 x 54 inches



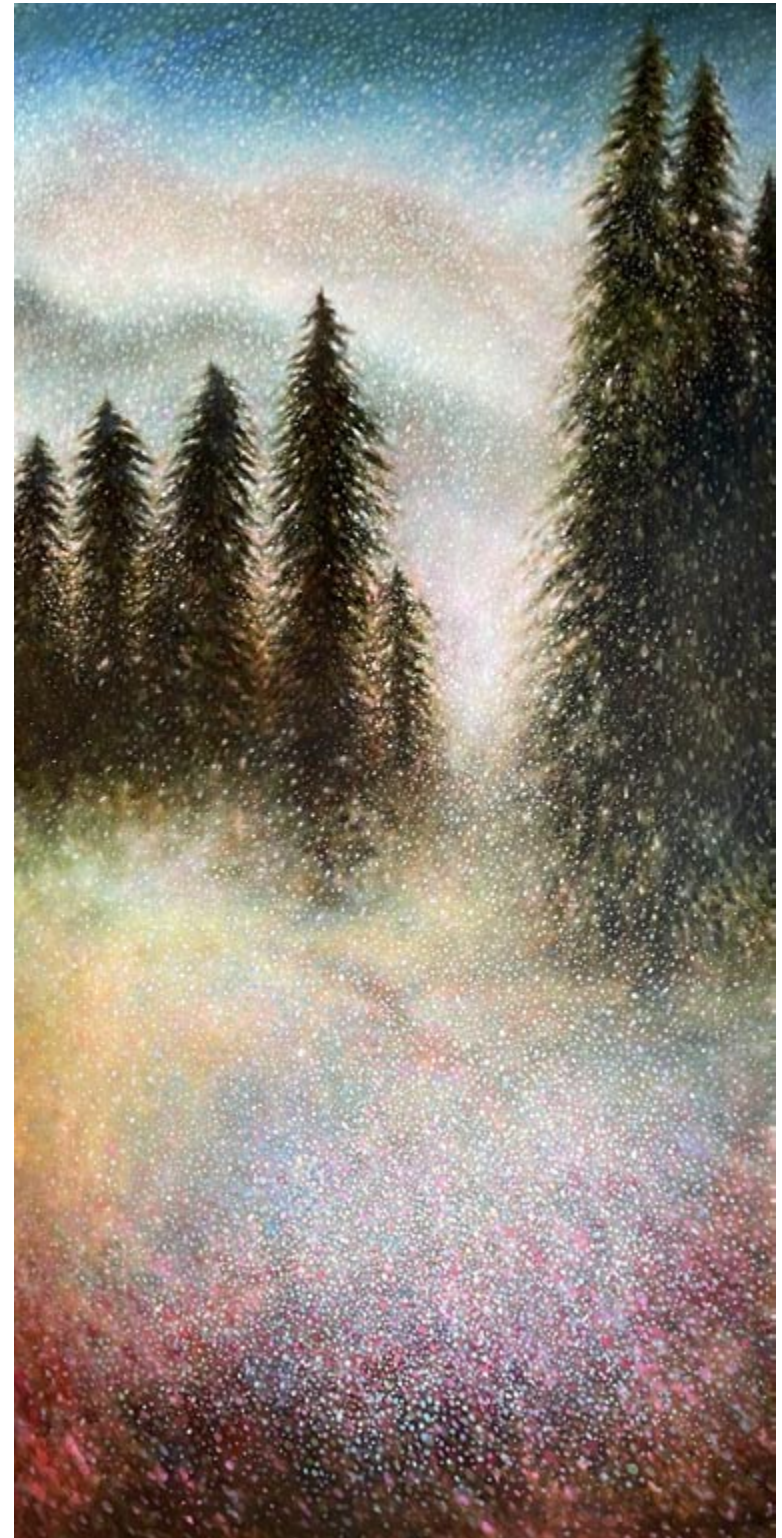
SHERI BAKES
Wonderland Trail
2023

Sheri Bakes' new series of landscape paintings was inspired by her close friend Dr. Janet Adam's three-day, 93 mile hike/run along The Wonderland Trail on Mt Rainier this past summer.

The photos that Janet shared of this life affirming trip became the focal point for this body of work. What initially were intended to be abstracted, minimalistic paintings that conveyed a felt sense of the trail evolved into a desire to make location specific landscape paintings; mountains, trees, and expansive views.

Intertwined in the artist's process is the relationship with her close friends who help keep her grounded and supported. This special kinship and shared love for wild spaces suffuses the paintings with emotional warmth, depth, and wonder.

Sheri Bakes
Ascending to Summerland
oil on canvas
60 x 30 inches





Sheri Bakes
*Wind and
Wildflowers*
oil on canvas
42 x 48 inches

Sheri Bakes
Grove
oil on canvas
18 x 18 inches





Sheri Bakes
Trail
oil on canvas
18 x 18 inches

Sheri Bakes
Elevation
oil on canvas
48 x 48 inches



Sheri Bakes in conversation with her friend Dr. Janet Adam

This show is based on a close friend's three day, 93 mile hike/run along The Wonderland Trail on Mt. Rainier.

My friend is Dr. Janet Adam, a veterinarian who owns a vet hospital on southern Vancouver Island. She is an ultra-marathon runner and often shares her long distance running experiences and photo images with me. Janet's trail run this past summer on Mt. Rainier was a life-affirming trip for her and I wanted to paint images from her journey. Initially I thought I'd make abstract, minimalistic paintings in attempt to convey a felt sense of this trail on Mt. Rainier. What ended up happening is a desire to make location specific landscape paintings; mountains, trees and expansive views. I wanted to experience this imagery my friend had run through and wanted to find myself inside of it in paint.

I've asked Janet a few questions which she has generously answered. She has given permission for her answers to accompany my artist statement for this show. My close friends are a big part of process. We text, message and talk daily, often multiple times a day. They keep me grounded and keep me company when I'm not busy painting and they greatly contribute to my well being and happiness. I'm very grateful to Janet for sharing her incredibly strong mind and her joy of running and deep connection and love for wild spaces.

SB: What is the name and location of the trail?

JA: The Wonderland Trail is a circumferential route around Mt Rainier. There are several access points, but I started in Longmire, and went clockwise.

SB: What is the distance of the trail? How long did it take you overall?

JA: The complete trail is 93 miles. A permit is required to use the backcountry campsites, in order to limit the amount of hikers at any one time. If you do not use backcountry campsites, you are able to do the trail without a permit. In order to do so, the first day from Longmire to Mowich camp site is 34 miles., with 10,000 feet of climbing. The second day goes from there to White River in 26 miles, and the final day goes back to Longmire. A combination of hiking and running is required to get the distance done in the daylight.

SB: What dates did you go?

JA: I did the trail August 18, 19, and 20th.

SB: Was there anything specific that drew you to this specific location or trail?

JA: I've been ultra running for almost ten years, and was looking for a multi day adventure that would push my limits. I've done multiple 50k races, a few 50 milers, and one 100 miler, but the idea of doing long days on the trail with minimal recovery and the need to sleep outside was an exciting challenge. This particular trip was made more palatable because of a company called Aspire, who provided campground amenities, food, and transportation for people's gear, meaning I could travel light. It was a small group of 11 runners total. I really love the Pacific Northwest, and I did the circumference trail around Mt St Helens in 2019, and the chance to go around another large volcanic mountain was really appealing.

SB: You mentioned that it was a life affirming experience. Not sure if you're comfortable sharing more about that but if so, can you describe what you mean?

JA: This was one of the only organized events I've done that isn't a race. There was no ego involved in it, just a chance to experience an amazing trail. I took time to appreciate the phenomenal scenery, and paused to filter water from the innumerable streams coming from the glaciers. I had no real grasp of the scope of the climbs before I got there, you could be going up for a full three miles, with no end in sight. And you do that over and over again, each time dipping back down into deep forest before cresting the top of a hill to see the top of the mountain beside you and have glaciers literally right beside you. The exhaustion and muscle soreness at the end of each day were really significant, and the idea of getting up and doing it again was super daunting. The fact that I got myself moving and continued along the trail every morning was really confirmation that the physical and mental work I've put in made me strong enough to do it.

SB: Any thoughts on what you enjoy most about ultra marathons and long distance trail running?

JA: I've put a lot of thought into this, because many people in my life think this whole endeavour is crazy. I think there are two sides of running that keep me doing the sport. First, the time I spend in nature, physically using my body keeps me strong and healthy. I get the chance to let my brain process a lot of things and let stressful events from my day to day in my career become less weighty. The moments of flow where my legs move over the trail feeling effortless is a hard joy to match with any other experience.

The other side of distance running is the ability to cover large distances on my feet gives me the chance to see things and experience places that most of the world never gets to see. Most people visit Rainier National Park and see a fraction of what's out there. I feel that even though I may not have been able to spend weeks there, I managed to cover a huge amount of ground, and saw parts of the mountain that most people don't get the chance to experience.

SB: Anything I didn't ask that you'd like to add?

JA: I've done one race since this experience — the comparison along the way made me realize that I really don't have any desire to "race" anymore. I do see myself doing more of these adventure style events, however.







Sheri Bakes
Tahoma Twilight
oil on canvas
36 x 66 inches

Previous page: Sheri Bakes
An Origami Of Wind
oil on canvas
30 x 36 inches

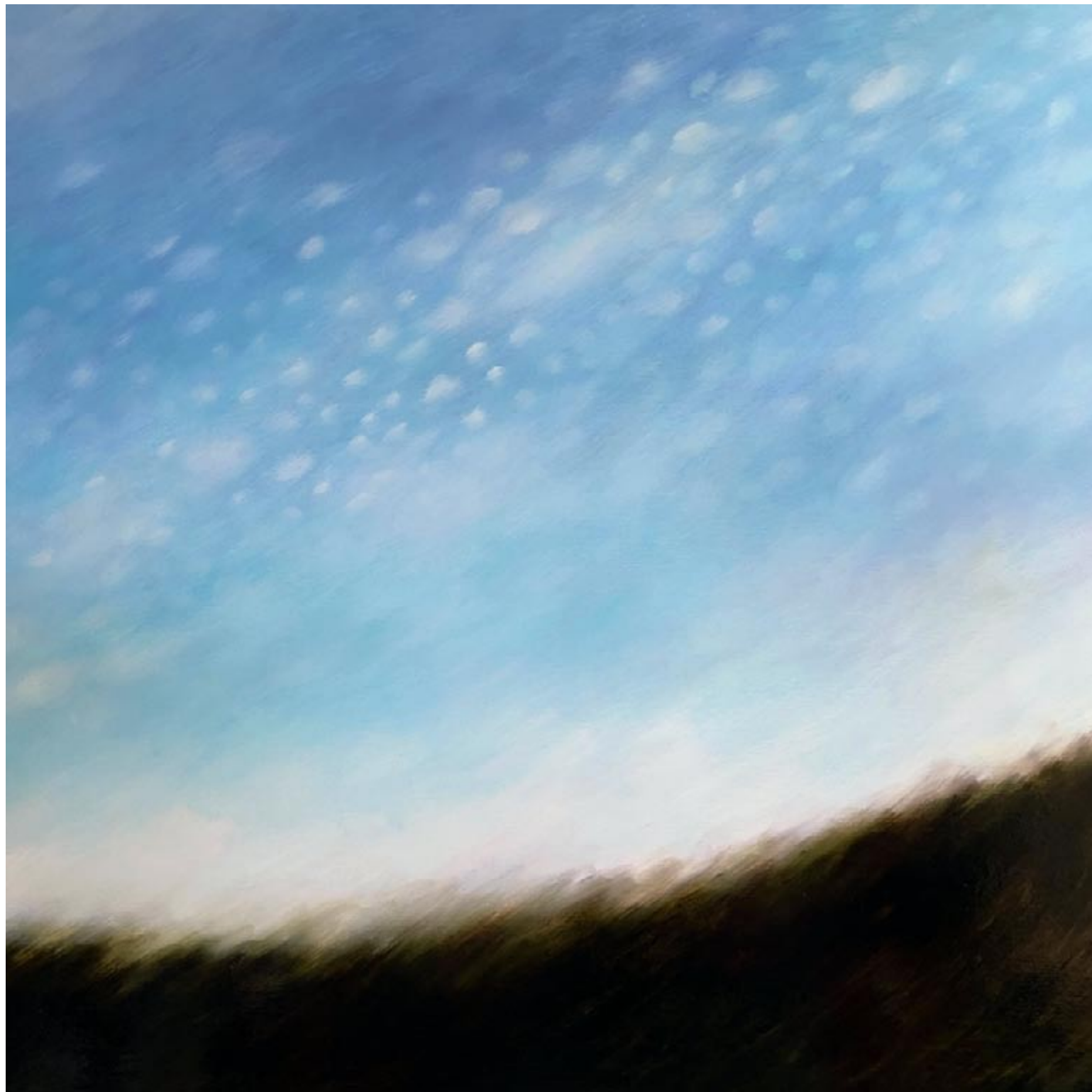


Sheri Bakes
Summerland Alpine
oil on canvas
54 x 54 inches



Sheri Bakes
Clearing
oil on canvas
42 x 48 inches

Sheri Bakes
Breathe
oil on canvas
30 x 30 inches

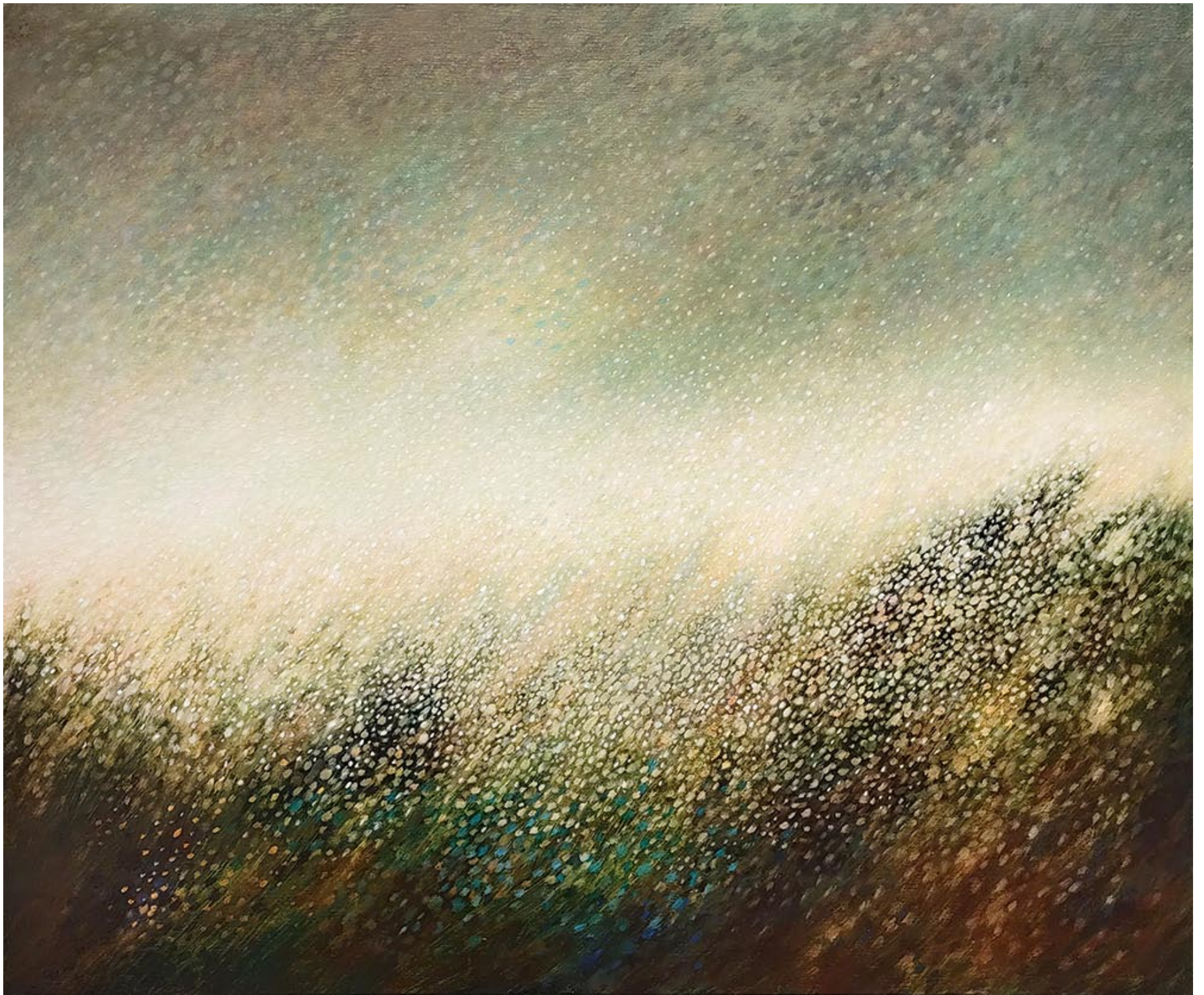




Sheri Bakes
Paradise Meadow
oil on canvas
54 x 54 inches

Previous page
Field Opening
oil on canvas
30 x 36 inches







Sheri Bakes
Into the Night
oil on canvas
30 x 60 inches

Previous page
Sheri Bakes
Alpine Breeze
oil on canvas
30 x 36 inches

SHERI BAKES

Education

- 2000 Vancouver Art Therapy Institute, Vancouver, BC
- 1999 Malaspina University-College, Nanaimo, BC
- 1998 Malaspina University-College, Nanaimo, BC
BFA, Emily Carr Institute, Vancouver, BC
- 1997 Diploma, Fine Arts, Emily Carr Institute, Vancouver, BC
- 1995 Diploma, Fine Arts, Malaspina University-College, Nanaimo, BC

Solo Exhibitions

- 2023 'Wonderland Trail,' Foster/White Gallery, Seattle, WA
- 2022 'The Company of Stars,' Bau-Xi Gallery, Vancouver, BC
- 2020 'Breathe,' Bau-Xi Gallery, Vancouver, BC
- 2019 'Empathy for the Earth,' Bau-Xi Gallery, Vancouver, BC
'Landscapes,' Foster/White Gallery, Seattle, WA
- 2018 'Open the World,' Bau-Xi Gallery, Vancouver, BC
- 2017 'Wind Songs,' Bau-Xi Gallery, Vancouver, BC
'Celestial Navigation,' Foster/White Gallery, Seattle, WA
- 2016 'Stars in Flowers,' Bau-Xi Gallery, Vancouver, BC
'Falling for the Sky,' Bau-Xi Gallery, Toronto, ON
- 2015 'Even in the Dark,' Foster/White Gallery, Seattle, WA
'Flowers for the Dark,' Bau-Xi Gallery, Vancouver, BC
- 2014 'Into the Life of All Things,' Bau-Xi Gallery, Toronto, ON
'A Meaningful Life,' Bau-Xi Gallery, Vancouver, BC
- 2013 'Windsong,' Foster/White Gallery, Seattle, WA
- 2012 'Sure as the Weather,' Bau-Xi Gallery, Toronto, ON
- 2011 'Arrangements,' Foster/White Gallery, Seattle, WA
'Let Nature Speak for Itself,' Bau-Xi Gallery, Vancouver, BC
- 2010 'Special Places Initiative,' Bau-Xi Gallery, Toronto, ON
'In Lieu of Flowers,' Bau-Xi Gallery, Vancouver, BC
'North Cascades,' Foster/White Gallery, Seattle, WA
- 2009 'Immortal Beloved,' Cella Gallery, Los Angeles, CA
'Tree of Life,' Bau-Xi Gallery, Vancouver, BC
'The Sun Will Shine Regardless,' Bau-Xi Gallery, Toronto, ON
- 2008 'Voices: Howe Sound,' Foster/ White Gallery, Seattle, WA
'The Silent Treatment: Desolation Sound,' Bau-Xi Gallery, Vancouver, BC

- 2007 'Long Before the Sky Would Open,' Bau-Xi Gallery, Toronto, ON
'Learn Early to Search for Love,' Bau-Xi Gallery, Vancouver, BC
- 2006 'Vacancy,' Foster/White Gallery, Seattle, WA
'Coast to Coast: a Contemporary Look at Canadian Landscape,' The Nanaimo Art Gallery, Nanaimo, BC
The Nanaimo Art Gallery, Nanaimo, BC
- 2005 'Vanier Park,' Bau-Xi Gallery, Toronto, ON
'Night at Sea,' Bau-Xi Gallery, Vancouver, BC
- 2004 'Newfoundland,' Bau-Xi Gallery, Toronto, ON
'The Emerging Sea,' Bau-Xi Gallery, Vancouver, BC
- 2003 'Chasing the Wind,' Bau-Xi Gallery, Toronto, ON
'Pipers Lagoon,' Wallace Galleries, Calgary, AB
- 2002 'Squall: Neck Point,' Bau-Xi Gallery, Vancouver, BC
- 2001 'Penny Paintings,' H.C.R.B. Gallery, Port Theatre, Nanaimo, BC
- 1997 'The Graveyard Series,' The Closet Gallery, Nanaimo, BC
- 1996 'Arts Unlimited,' Filthy McNasty's, Nanaimo, BC
- 1989 'Sheri Bakes,' Nanaimo Arts Council, Nanaimo, BC

Group Exhibitions

- 2023 'Looking Forward,' Bau-Xi Gallery, Toronto, ON
- 2020 'Elements: Earth,' Foster/White Gallery, Seattle, WA
'Small Gatherings,' Nanaimo Art Gallery, Nanaimo, BC
- 2019 'Holiday Show,' Bau-Xi Gallery, Vancouver, BC
- 2018-19 'Extreme Imagination,' Royal Albert Memorial Museum, Exeter, UK, March 2019; Tramway, Glasgow, Scotland January 2019;
and Sainsbury Centre for the Visual Arts, Norwich, England November 2018 – January 2019.
- 2018 'Holiday Show,' Bau-Xi Gallery, Vancouver, BC
- 2017 'Holiday Show,' Bau-Xi Gallery, Vancouver, BC
- 2016 'Holiday Show,' Bau-Xi Gallery, Vancouver, BC
'Washed by Water,' Bau-Xi Gallery, Vancouver, BC
- 2015 'Deck the Walls,' Bau-Xi Gallery, Vancouver, BC
'Departure,' Bau-Xi Gallery, Vancouver, BC
'50th Anniversary Exhibition,' Bau-Xi Gallery, Vancouver, BC
'Colour Lab,' Bau-Xi Gallery, Vancouver, BC
- 2014 'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'3x3,' Bau-Xi Gallery, Vancouver, BC
- 2013 'The White Show,' Bau-Xi Gallery, Vancouver, BC
'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
- 2012 'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'Carded,' Grunt Gallery, Vancouver, BC

- 2011 'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
- 2010 'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'Olive Branch,' Foster/White Gallery, Seattle, WA
- 2009 'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'Gallery Artists,' Cella Gallery, Los Angeles, CA
'Hot One-Inch Action,' Grunt Gallery, Vancouver, BC
- 2008 'Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'Carded,' The Butcher Shop, Vancouver, BC
- 2007 'Small Works Show,' Foster/White Gallery, Seattle, WA
- 2006 Hubert Gallery, New York, NY
'The Gift of Art: Small Works,' Foster/White Gallery, Seattle, WA
- 2005 'Bau-Xi Gallery's 40th Anniversary,' Bau-Xi Gallery, Vancouver, BC
- 2004 'Small Works Christmas Show,' Bau-Xi Gallery, Vancouver, BC
- 2003 'Small Works Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'Waterscapes,' Bau-Xi Gallery, Vancouver, BC
- 2002 'Small Works Christmas Show,' Bau-Xi Gallery, Vancouver, BC
'Variations on a Bike Theme,' Dynamo Arts Association, Vancouver, BC
- 1997 'Student Grad Show,' Concourse Gallery, Vancouver, BC
- 1996 Student Exhibit, Concourse Gallery, Vancouver, BC
- 1995 Student Exhibit, Concourse Gallery, Vancouver, BC
Student Exhibit, Malaspina Theatre, Nanaimo, BC (curate/exhibit)
- 1994 'Progressions,' Nanaimo Art Gallery, Nanaimo, BC
- 1989 'Banners in the Streets,' Nanaimo Art Gallery, Nanaimo, BC
- 1989 Local Student Art Works, Nanaimo Arts Council, Nanaimo, BC

Awards and Honours

- 2004 Artist in Residence, Pouch Cove, NL
- 1995 Award of Excellence in Photography, Malaspina University-College, Nanaimo, BC
- 1994 Liquitex Award of Excellence Binny & Smith Inc., Easton, PA
Award of Excellence in Drawing; Award of Excellence in Sculpture; Arts Club Achievement Award, Malaspina University-College, Nanaimo, BC
- 1989 District Award, Ministry of Education, Nanaimo, BC
District Scholarship Award, BC

Press and Publications

- 2021 Zeman, Adam, 'Extreme Imagination – inside the mind's eye' exhibition catalog;
Chapter 9: Phantasia: the (re)discovery and exploration of imagery extremes.
- 2019 Hosein, Lisa, 'After a Stroke...,' CBC Arts, June 4
- 2017 Euringer, Amanda, 'Art after a Brain Injury,' Canadian Art, May 18

- 2013 Parsons, Tony, "Tony's Take on Art," Homes and Living Victoria, July 24, p. 48-49
- 2012 Bentzen, Chris, 'Interview of Vancouver Painter Sheri Bakes by Hilary Henegar,' Hot Art Wet City Gallery, video
- 2007 'Intimacy through Nature,' Parkhurst Exchange, Montreal, QC
- 2006 'Coast to Coast: a Contemporary Look at Canadian Landscape,' The Nanaimo Art Gallery Newsletter
- 2004 'Nanaimo artist travelling with the wind,' Victoria Times Colonist
- 2002 'Seven Days,' Vancouver Sun, Queue
- 'Finding New Strength,' Georgia Straight
- 'Emerging Artist Rides the Wind,' Nanaimo News Bulletin
- 'Painting away Pain,' Nanaimo Daily News
- 'Inspired by the Wind, Charged with Spirit,' Victoria Times Colonist
- 1996 'An Art Exhibition of Extraordinary Proportions,' Arts Unlimited
- 'Sheri Bakes, Arts Unlimited,' (interview) Shaw Cable
- 1997 'Closet Gallery Opening,' The Nanaimo Times Newspaper
- 1994 'Progressions '94,' The Nanaimo Art Gallery and Exhibition Centre Newsletter
- 1989 'Eagle Eyed,' The Nanaimo Times
- 'Sheri Bakes,' The Nanaimo Daily Free Press
- 1988 'Budding Artists,' The Nanaimo Times
- 'Young Art,' The Nanaimo Daily Free Press

Collections

Aptitude Investment Management, Vancouver, BC
 Dominion Funding, Vancouver, BC
 Emaar Properties, Dubai, UAE
 Enunciate Conferencing, Ottawa, ON
 Swedish Hospital, Seattle, WA
 Toronto Dominion Bank, Toronto, ON
 Vancouver General Hospital, Vancouver, BC
 St. Paul's Hospital, Vancouver, BC
 UBC Psychiatric Hospital, Vancouver BC

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