

Camozzi to launch Galaxies Sept. 30

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A mixture of magnificent and moving colours on the cover — blues, purples and greens amongst them — foreshadows the vibrancy about to be discovered in Antigonish artist Anne Camozzi's new book *Galaxies*.

On Sept. 30, at the People's Place Library, a book launch will take place starting at 4 p.m. It will begin with a few brief speeches about the book and, at around 4:30 p.m., conclude with a mix-and-mingle with an opportunity to chat with the author and others who helped contribute to the book.

Camozzi said she has been working on *Galaxies* "intensely" for two years, although the actual project started around five years ago. She noted a car accident in 2012 "interrupted" the work.

"Two years ago I decided to resurrect the project and do it ... so I've been really working hard," she said in talking to the Casket Sept. 5.

Camozzi said, while all of the art had been done previously, a big part of putting the book together was selecting which art pieces to use and in what order.

"And then, what I was going to write," she said. "When I originally had the idea, when I talked to (Dr.) Ken MacKinnon about it, he thought the idea of looking at the art was like healing meditation.

"But I had this idea to do poetry too. At first I was trying to write a line of poetry to fit each painting but then it became one big poem, so the writing of it, and the writing of the story in the



Well-known Antigonish artist and writer Anne Camozzi has released a new book — *Galaxies* — which, from the author notes to begin the book, "was especially created to provide distraction from pain and suffering."

Richard MacKenzie

middle (*Beyond*), went through many, many drafts and, probably, it took me three months to select the art."

The selection process involved narrowing down pieces to 30, with 11 to be chosen from that number.

"So I kept rearranging the order of the art," Camozzi said.

"The colours were all really carefully selected for specific reasons. Among other things, warm colours, reds, oranges, yellows, for example, if you have a lot of pain, that will wake up your pain. They're 'wake-up' colours so I was deliberately trying to stay away from that, for example.

"I wanted the first part of the book to be done in really soothing blues, greens, purple tones ... there is a lot of that tone in the

turn pages and 'just the right size' design which makes it easy to hold and transport.

"I made mock-ups and gave different sized mock-ups to people, one person who was doing dialysis, another who was doing chemotherapy, and asked 'what size works best?' Camozzi said.

"That, for me, was a consideration because I've spent a lot of time myself in hospitals, in treatment, waiting for doctors, waiting for things and I have hand issues. It came to a point where I couldn't hold most books, I just couldn't do it, and I also couldn't turn the pages. So the grade of the paper I chose was carefully chosen so that the pages would be easy to turn but they wouldn't rip if you didn't have good hand control.

"All of those things were very carefully considered."

She talked more about the outside of the book.

"The cover of the book is meant to be tactile so, if you stroke it, it has a silky feeling," she said.

"At the same time, it's durable enough that, if you want to use it in a hospital setting, you could wipe it with rubbing alcohol and nothing happens to the cover.

"So I put a lot of money into the production of the book because I wanted it to be institutional friendly and also feel silky.

"The cover itself was a lot of

work ... I must have stroked 100 book covers until I said 'ah, this is the cover I want,'" she added with a chuckle about her unusual research.

"I wanted the book to feel like a treasure and be a treasure. So the production of it, the paper, cover, there was a lot of thought, work and research that went into that aspect of it."

And as the back cover testimonials articulate, it was well worth it.

From Trudy Eagan, former executive vice-president, CAO, and member of the board of directors for Sun Media Corporation:

"This unique guide uses captivating art and powerful words to reflect emotions and calm the mind. Anne restores your soul in this visually stunning treasure. Time spent with *Galaxies* will make your heart sing."

From John Graham-Pole, M.D., MRCP-UK — emeritus professor, Pediatric Oncology and Palliative Care, co-founder and co-director, Centre for Arts Medicine at the University of Florida.

"*Galaxies* is a work of transcendent beauty. Visual and written images offer anyone with pain, suffering, chronic or life-changing illnesses, a vision of serenity, grace, even divinity. Every hospice, palliative care unit, and place of care should have a copy. A truly healing work of art."

Trudy Eagan's healing work of art.