Lynden Cowan Biography, OSA, SCA, FCA, AAA, SOVA, SAFC

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I try to share some of the beauty of an area and hope that it will entice the viewer to enjoy more of what Mother Nature has to offer in the outdoors, and hope that they will engage in protecting and trying to improve our environment.

As a self- taught artist, I prefer oil paint on canvas, and for the most part, using triple zero brushes for working on fine detail. Growing up, summers were spent at my grandmother's home in rural Nova Scotia, where I played by the ocean, ran through the woods, and more, so this influenced how I paint and select subject matter and I am known to include something alive in every artwork.

Paintings are meticulously rendered from multiple layers of thinly applied paint, and small strokes pick up the desired natural light, leaving the viewer with the sense that they are standing right there, as part of the painting.

Through the week I paint in my studio at home, but on weekends you most often find me in my studio at the Alton Mill Art Centre.

Paintings have been exhibited in various galleries over the years in London, England, across Canada and the United States, as well as other opportunities such as Langdon Hall in Cambridge.

A proud elected member of the Ontario Society of Artists, the Society of Canadian Artists, the National Oil and Acrylic Painters Society of North America, and is a Signature Member of Artists for Conservation, the Federation of Canadian Artists, the Allied Artists of America, and I formed a group of exhibiting artists known as the Southern Ontario Visual Artists… SOVA, found online as SOVA Art Group.

Years ago, I formed an art incubator for the City of Brampton, at their request, with a couple of close friends, and it was called Beaux Arts Brampton, but after twelve years as Vice and President, not finding any time for my own artwork, I resigned from there and moved my studio to the Alton Mill Arts Centre. When I left, the Board that was in place then, followed me, and that is how SOVA was formed.

My work has come fifth from seventy- two countries in the American Art Awards, as well as two other pieces tying third and sixth from sixty- three countries, and last spring I was one of twenty -two women artists selected from Ontario for the Art Gallery of Hamilton, and presently have work being exhibited in the Twist Gallery in Toronto.

Always feel honoured to be selected as a juror, and I have juried for various groups such as the Ontario Society of Artists, Steve Wilson Gallery and the Federation of Canadian Artists.

Thank you for inviting me, and have fun in Italy :)

Lynden