

# *Inhale/Exhale . . . Until the Last Breath*

**Katherine Steichen Rosing**

*Abel Contemporary Gallery, No.5*

April 21 – June 5, 2023

*Inhale/Exhale* contemplates intricate connections between forests, watersheds, and climate. The work in this exhibition juxtaposes the duality of contemporary existence, straddling the psychological crevasse between environmental anxiety and sheer joy in the profound beauty of these ecosystems. Rosing is particularly interested in the interconnections within forested watersheds, like the carbon and water cycles, and increasingly focuses on the inseparability of each organism and element within an ecosystem.

With their breath, forests stabilize the local water cycle and sequester carbon, purifying the air we breathe. Trees siphon groundwater into the trunks through labyrinthine root systems, reducing flooding and recycling the purified water back into the atmosphere through the canopy as part of photosynthesis.

The monochrome *Sentinels*, created by burning holes into linen painted with India Ink, became a meditation on fire and carbon, symbolizing forests burning, while *Prophet*, references a declining grandmother tree. In contrast, the saturated colors of the *Water Shields and Damselflies* paintings celebrate sublime mysteries and the persistence of life in northern forests and their watersheds. This work emerged after a recent artist residency at Trout Lake Research Station.

Humanity is looking to forests for our survival. However, changing environmental conditions are accelerating due to changing climate, threatening the ability of forests to survive in their native habitats. Deforestation continues to rapidly destroy the lungs of our planet – demolishing entire ecosystems to accommodate consumerism, rampant population growth, and wasteful habits. Yet, the world remains a beautiful place, full of promise that can renew our spirits if we are present, in the moment, with every little being, visible or invisible, we share this planet with and keep in mind the wisdom of Greta Thunberg -- “*But I've learnt that no one is too small to make a difference.*”

*This exhibition is supported (in part) by the Women Artist Forward Fund and the Forward Art Prize.*