



# CHRYSALIS

*A Collection of Art  
by  
University of Ottawa Medical Students*



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LAYOUT DESIGNER // JOANN LAU

Chrysalis

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uOttawa Arts in Medicine

Aesculapian Society

University of Ottawa, Faculty of Medicine Roger Guindon Hall

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Canada

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Ottawa

# Editors

## Chrysalis

*As the butterfly becomes,  
the caterpillar is becoming...  
A chrysalis constantly changing.*

- JLL

*The 4th Annual Faculty of Medicine Art Show is an event organized and hosted by medical students in the Arts in Medicine Interest Group (AIM), which celebrates and recognizes the artistic talents and expressions of our students.*

*Our theme is Chrysalis, highlighting the metamorphosis of thought patterns, beliefs, and behaviours as we journey further into the long trek of medical training. This is a memoir of the now - the tipping-point of peering into the future of who we are to become to provide the best possible patient care and holding onto the bright-eyed spirit that embarked on this path.*

*Editors and AIM Co-executives (from left to right):*

*Thuy Linh Do, Jasjit Singh, Johnathan Lincoln Lau & Abhilasha Patel*



# Special Thanks

*Arts in Medicine would like to thank the University of Ottawa Faculty of Medicine, the Undergraduate Medical Education, the Department of Innovation in Medical Education, and the Aesculapian Society for funding this project. We would also like to thank our advisors, Ms. Lynn Bloom and Dr. Pippa Hall for their valuable advice and assistance at every step of the way. In addition, we'd like to recognize the Facility Manager and the Roger Guindon Library for generously providing space for our collection. Moreover, we would like to acknowledge all previous Arts in Medicine executives for laying the foundation for the Art Show as well as its memorable booklet.*

*Lastly, we would like to thank our Layout Designer and Editor Joann Lau.*



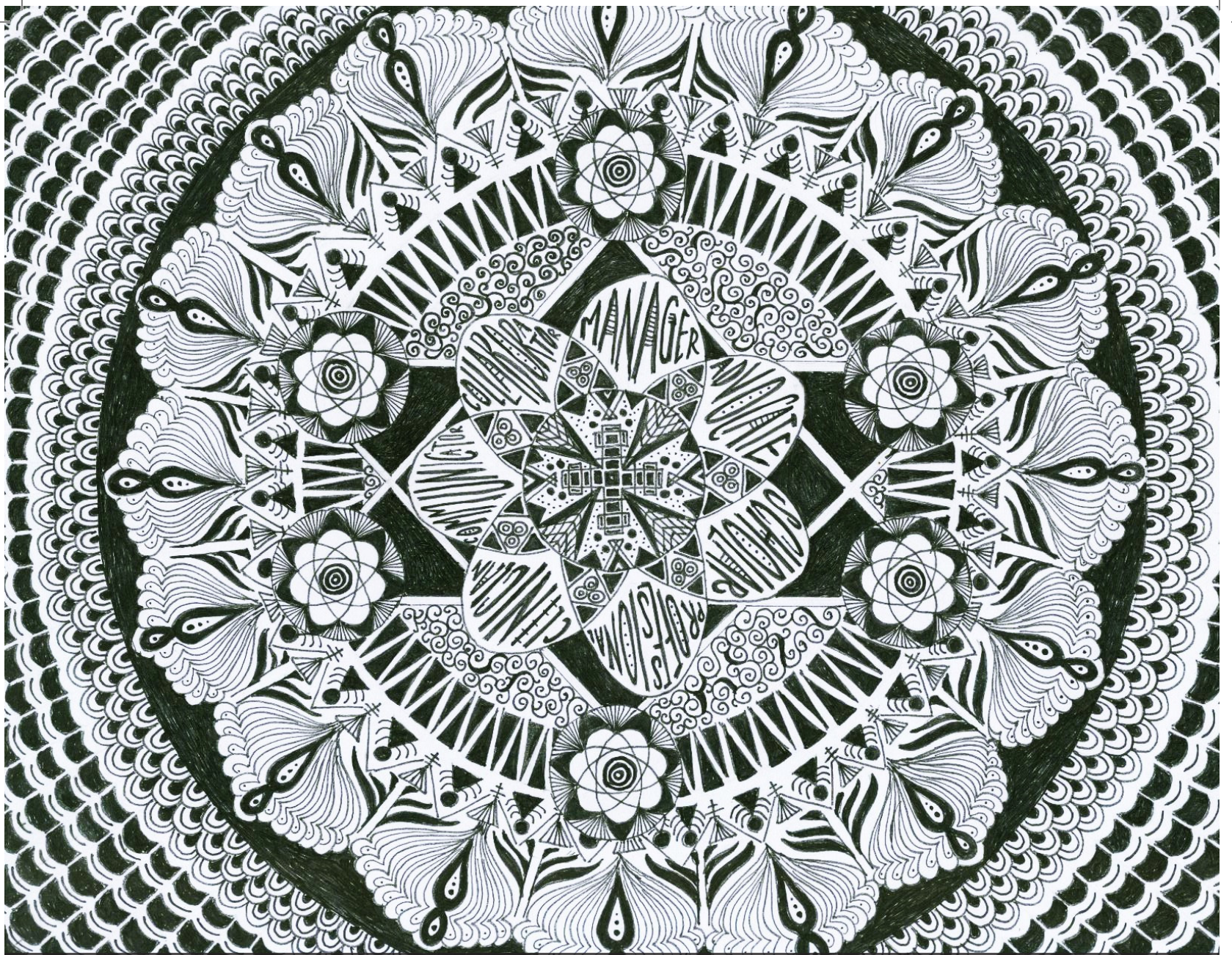
*Ms. Lynn Bloom*



*Joann Lau*



*Dr. Pippa Hall*



## *What the Future Holds*

As I near the end of my undergraduate medical education, I have reflected on the skills and values I have gained and what there is yet to learn for the future. I have undoubtedly grown in the past four years and I am hopeful that my path will continue into Family Medicine. This piece was inspired by the uOttawa competencies for Family Medicine which are written into the piece.



Artist: Andrea Zumrova

Canada has entered its 150th year and this piece is a celebration of what it means to be Canadian. We carry in our hearts (figuratively) the values of being a Canadian. The maple leaf sprouts from the heart as it does on trees that dot the Canadian landscape. The design vaguely resembles aboriginal art which pays tribute to the original Canadians.



*On The Inside*

# SHAT TERED

To those that suffer from anxiety, memories are a curse and become frozen in the mind. Even the most pleasant memories can shatter over time to one's own icy demeanor; every recollection shattering it further until the cracks are so deep you can't see the end.



# FROZENRECALL

The mind can be a maze with all of the memories that we hold. Some of us become trapped in these memories, repeating our mistakes again and again, reliving the agony of past experiences. Depression takes out the exit to our maze, and leaves it feeling cold and deserted.

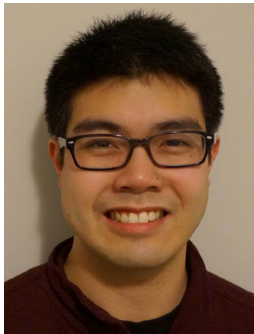


Artist: Sonam Maghera



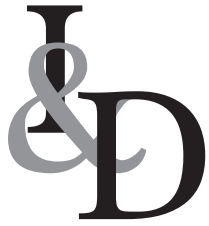
# *The Music of Medicine*

Artist: Lorenzo Madrazo



Musicians tune and temper their artistry through the combination of a mind knowledgeable in their craft and a heart filled with passion for what they do. Similarly, medicine is best tempered when physicians practice with both a sharp mind and a compassionate heart.

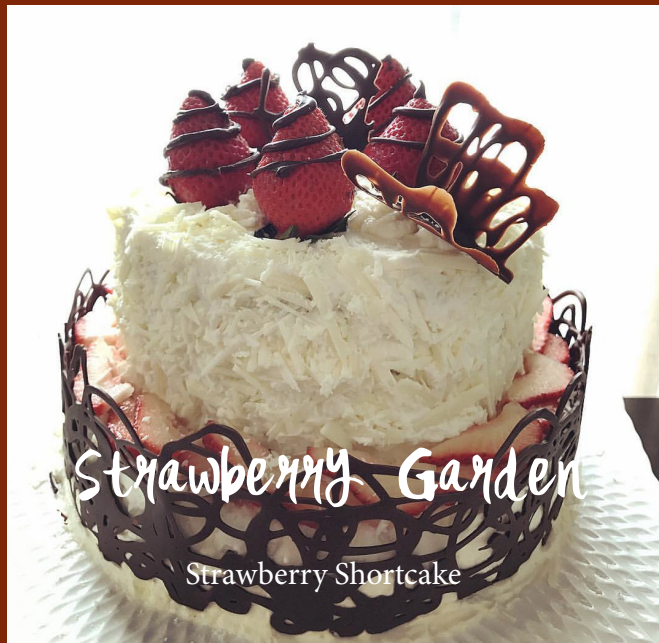




Artist: Aili Wang

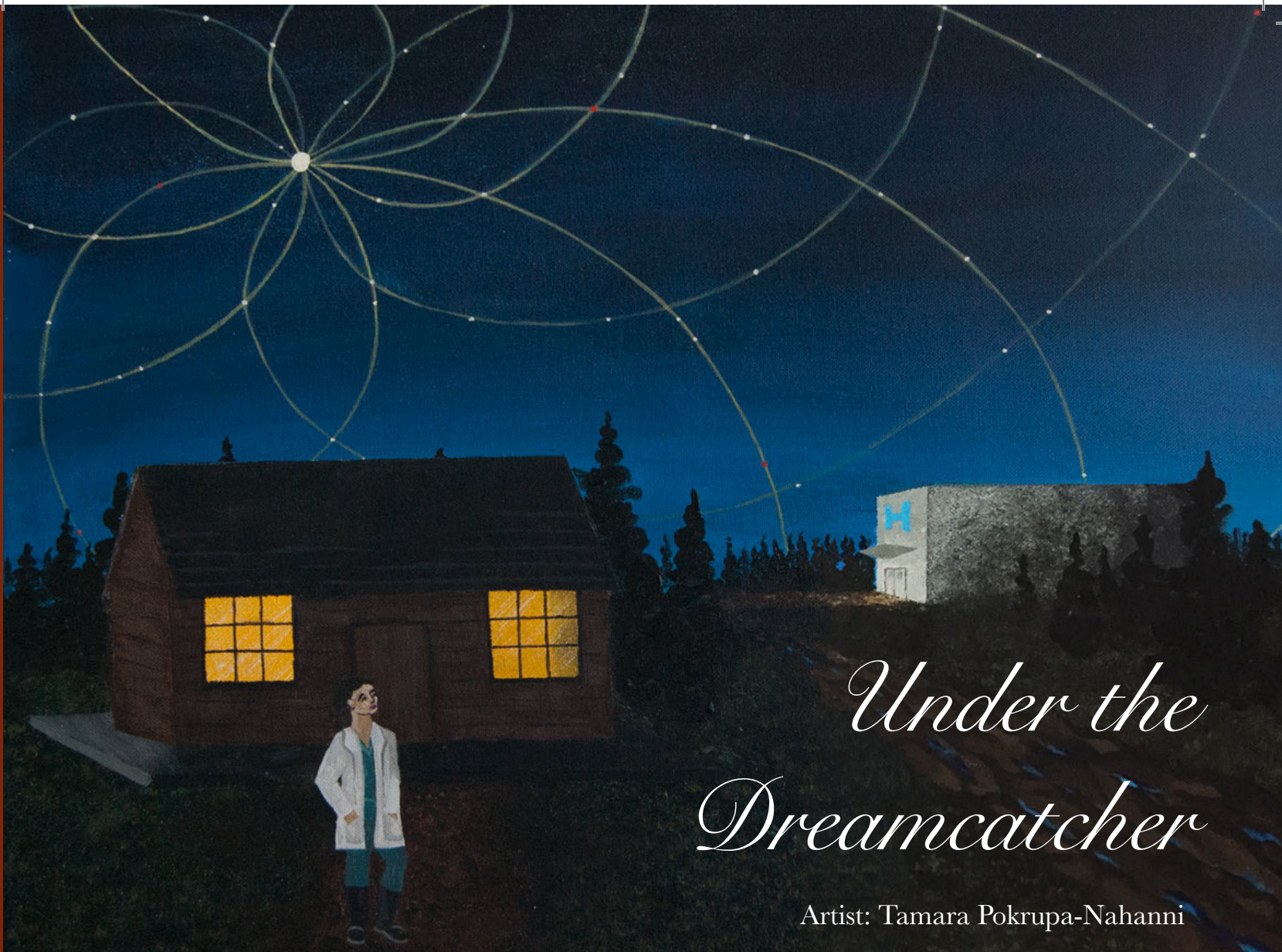
“So, here you are  
too foreign for home  
too foreign for here.  
Never enough for both.”  
- Fragment from “Diaspora  
Blues” by Ijeoma Umebinyuo





“Baking makes me feel like a magician. It gives me the power to escape from conventional expectations. The same ingredients can lead to endless outcomes. I am not a baker, but a brave thinker. Bakers follow their recipes to create predetermined flavors and presentations, whereas I allow my imagination and creativity to take over, and turn my vision into reality.”

Artist: Linh Do (Thuy Linh Do)

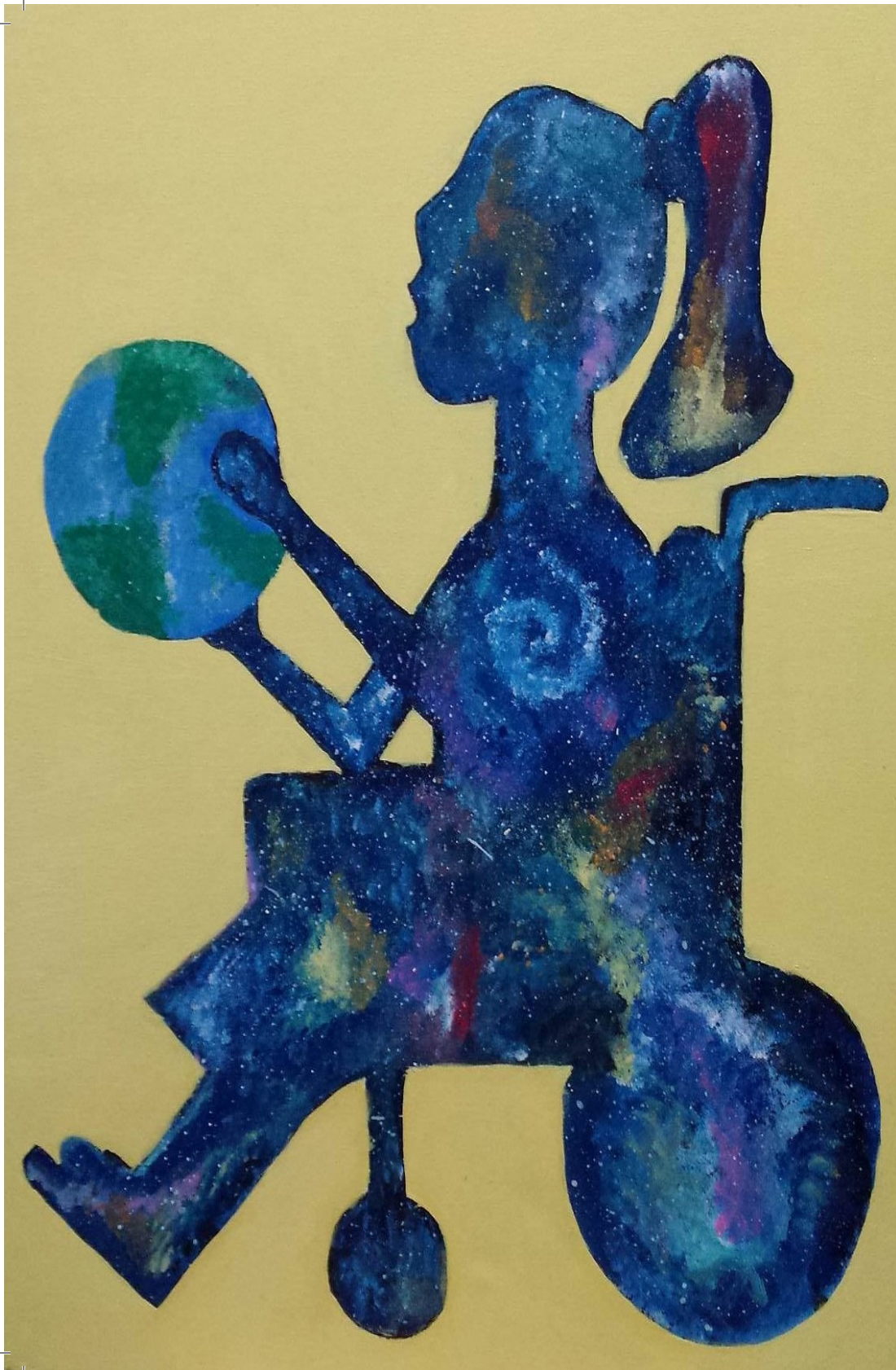


# *Under the Dreamcatcher*

Artist: Tamara Pokrupa-Nahanni

In late April, we cross the muddy roads to Weenebayko Hospital, Moose Factory. 'We' are the medical students who travel by airplane to this remote First Nation reserve. This acrylic painting is a reflection of the two types of health care provided to the community: the Dreamcatcher in the sky and the hospital in the background as symbols of Indigenous and Western medicine respectively. As Canada's northern communities experience barriers to health distribution, the promise of complementing Western medicine and local indigenous healing methods could not only save lives but also harmonize these two valuable practices.





# THE POWER TO TRANSFORM

Artist: Joanne Joseph

I made this painting to remind myself of my experience at Roger Neilson House, a Children's Palliative Care Centre at Ottawa. The children here have taught me to look past the disease and connect with the human being behind it. I painted the universe to symbolize the wonders contained within each child I got to meet. I painted the world in the child's hand to indicate that these children, through their journey have touched and uplifted many lives including mine. Just like these children, every patient that we will get to meet have wonders of their own and the power to transform us. As aspiring physicians we need to look past the disease to discover this.

# TRUE BRAVERY

Our family faced a great distress last year when both of our grandparents passed away from different types of cancer. We were inspired to create this piece to show how death isn't always as ruthless as it seems. The thorns symbolise suffering and death caused by an illness, while the lilies symbolise the challenges overcome by the person during their illness journey. The thorns eventually give rise to the flowers that adorn the lion, showing that suffering and death has the power to transform a person to wear the crown of bravery. Death and suffering is what makes life beautiful and worth treasuring.



Artists: Joanne Joseph & Marianne Joseph



Note: This art piece was inspired from: [https://www.google.ca/search?q=lion+drawing+half+face+and+skull&espv=2&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKewjd3ZmS-r\\_RAhVIBsAKHXTY-D5oQsAQIGw&biw=1228&bih=607&dpr=3.13#imgrc=G12cMK33wUbr3M%3A](https://www.google.ca/search?q=lion+drawing+half+face+and+skull&espv=2&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKewjd3ZmS-r_RAhVIBsAKHXTY-D5oQsAQIGw&biw=1228&bih=607&dpr=3.13#imgrc=G12cMK33wUbr3M%3A)

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## *By Force of Will*

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Analogous to theme of Chrysalis is the idea of transformation.

The first step of creating a costume is making a sketch, fastidiously planning out each detail. Then I draft a “pattern”, which maps out the cuts of fabric that will be tailored together. The armor and props too are made from scratch, sculpted and hand painted. Trimming, hemming, styling of the wig all breathes life into the costume. Until, finally, all the pieces come together, creating temporary transformation. A character briefly brought into reality.

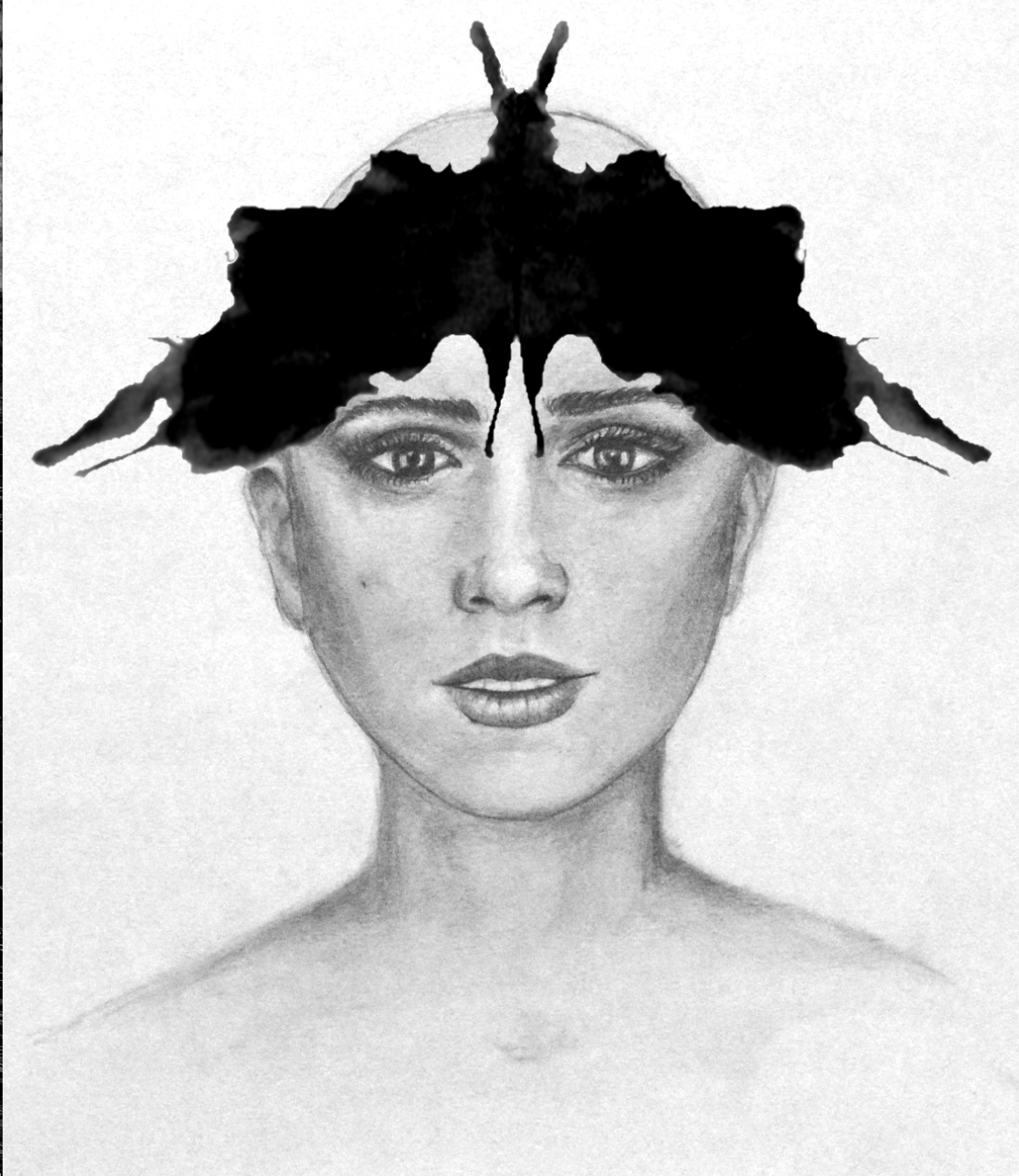


Model, costume,  
editing: Lisa Xuan



Photography: Carl Ian

# TELL ME WHAT YOU SEE

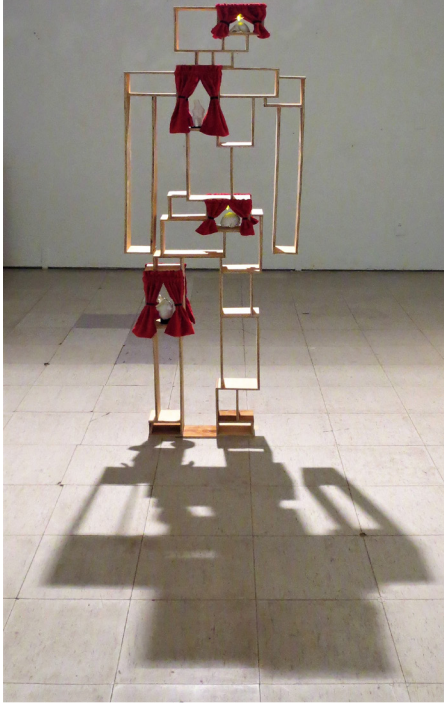


The Rorschach test was popular in the 1960's as a means to measure personality and emotional stability of an individual. It was believed that one's past experience would influence what an individual sees in the inkblots. The inkblot used here was one of the original ten used in the test; it is overlaid on top of a portrait to represent a mask. Have you ever projected your past onto someone else? Do you really see *them*, or only the mask that you maybe unknowingly put on them?



Artist: Tetyana Maniuk

Boxman



The Heart



Boxman



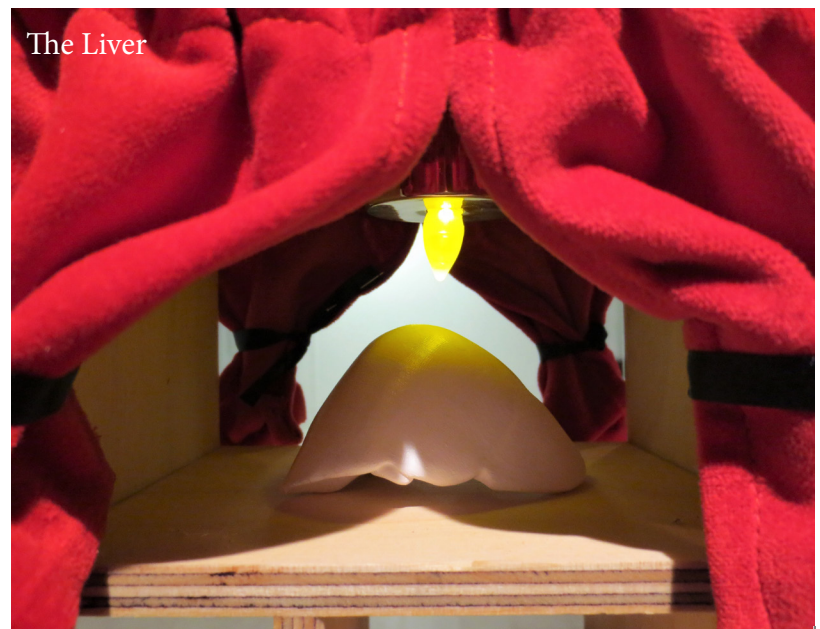
Skin Deep



## A Jumbled Showcase

Artist: Angela Richmond

Angela Richmond (22) started as a self-taught artist and is now currently studying in her third year of visual arts with a minor in psychology at the University of Ottawa. There she is specializing in painting and drawing, though she loves to dabble in other mediums like photography, film and sculpture. Her art is more detail orientated, reflecting the beautiful complexities she sees in nature and in people. Her works submitted here are experimental. Both explore and emphasize the placement of organs, muscle and bone within the human body, thus finding new connections.



The Liver

# Supporting Life

Just like a chrysalis, there is fine balance in nature. Humans are great examples of this precious balance. Just like a tree, we gather strength from our roots, from our connections. We rely on our bodies, and spines, to keep us well supported and well grounded. From this balance we can then flourish into something beautiful and full of life. And when we flourish together, we flourish greater than if we were one.



Artist: Melissa Maltez



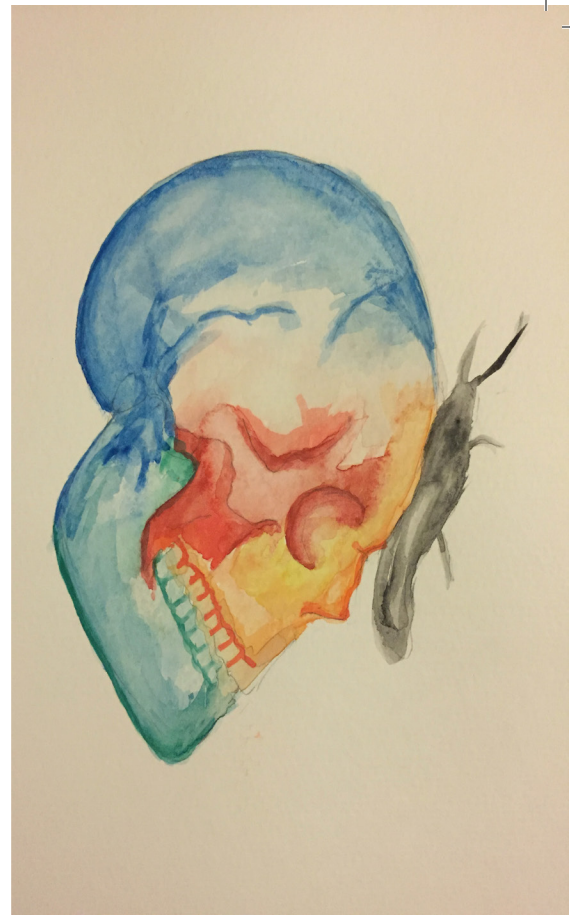
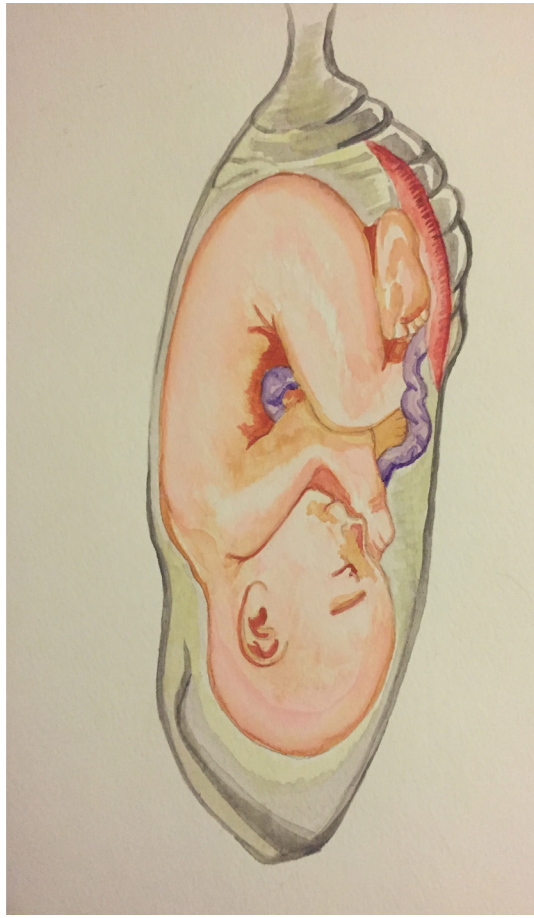
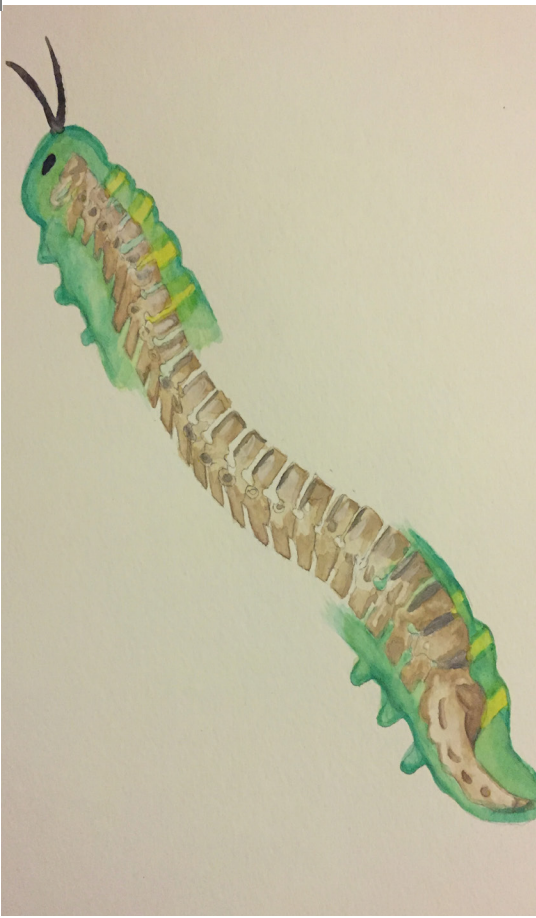


# GROW



Artist: Tharshika  
Thangarasa

In medicine, we heal. We work relentlessly, administering medication, performing surgical interventions, and, literally, mending broken hearts. Often, the wards of a hospital can appear dreary, swarming with exhausted healthcare practitioners and suffering patients. However, there is so much beauty in it all - so much potential for growth for everyone involved. Something to remember on the hardest of days.



Artist: Amy Chung

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## Medical Metamorphosis

Numerous parallels can be drawn between the biological process of metamorphosis and human development. The human body undergoes tremendous anatomic, physiologic and behavioral transformations over a lifetime. This work seeks to highlight the changes that occur from before birth to death while reinforcing our connection to the natural world.

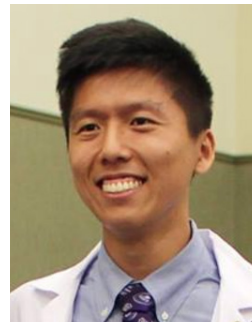


# BOTH SIDES

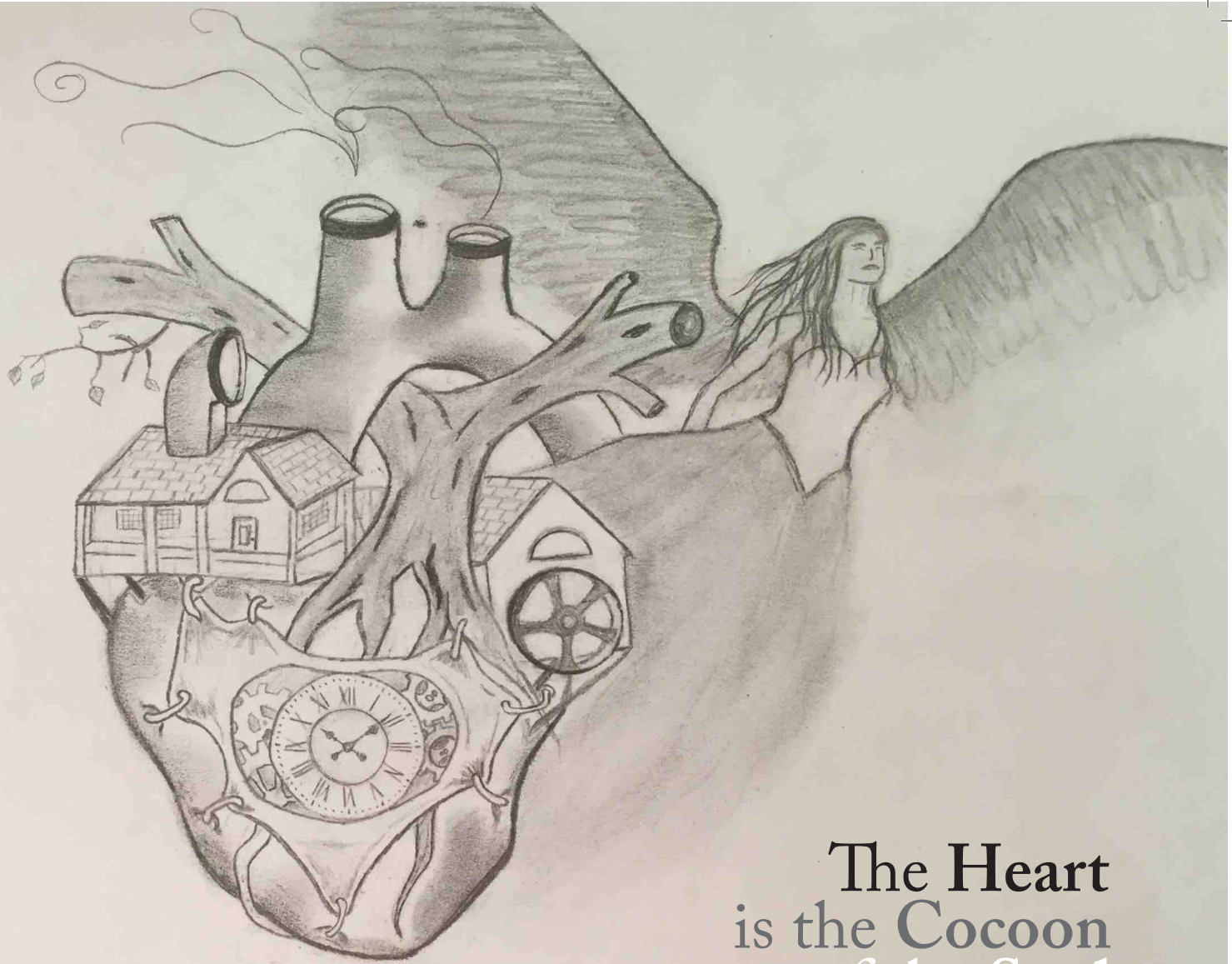
Memories and our emotions are sometimes spectacular bursts of colour, happiness, and pure joy and other times gloomy, melancholy, and unwanted. It is the balance and experience of an array of feelings that makes us full, content, and who we are today.

I made these paintings a few years ago, and the inspiration came from two pieces of my childhood, albeit, very different ones – from the videogame “Limbo” with dark undertones, and from a family photograph from Japan.

I keep these paintings in my room to remind myself that I am always changing and growing as a person – that emotions are like clouds in the sky that will come and go – and that memories are forever lasting.



Artist: Yipeng Ge



## The Heart is the Cocoon of the Soul

Artist: Alyena Alice Marie Fredette



Forsaken within, I bury the memory of a loved one in the cocoon of my soul, that is my heart. Abandoned in the currents of the universe I hide, withdrawing from all. Burned with the flame of love beyond control powerless to protect myself. Dew drops falling from my eyes into the grave of agony.

He said: "Perhaps my time seemed all too brief; don't lengthen it now with undo grief. Lift your heart and share with me. God wanted me now, God set me free."

# Beauty is in the Mind of the Beholder

This artwork piece, titled Beauty is in the Mind of the Beholder, depicts a human head represented as a pot growing flowers and arms holding his/her head. The world convinces us that we don't have everything we need within ourselves; however, the message behind this piece depicts that beauty lies within our minds.





# *The Heart Will Grow*

The Heart Will Grow depicts the human heart growing flowers. This artwork piece illustrates the importance of nurturing our heart, thoughts and emotions, as we go through challenges and various phases in our lives.

This artwork was inspired from:  
<https://www.pinterest.se/>



Artist: Naamveer Sond

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# Re:



*Jitters with the dawn;  
Eyes bright open — hopeful light  
Swallowed by gray clouds.*

*Surrounding shadows  
Glancing with no time to stop.  
Merely blood flowing.*

*Why even bother?  
Transience governs this life,  
Petals bud yet shed.*

i



*Withering away,  
Hollow ideas warranting  
Self-satisfaction.*

*Maple whirlbirds  
prouette, falling  
On desolate winds.*

ii



*Hummingbird  
Undulating  
Perched 'pon*

*Fiery lines  
Flickering strokes  
On the roof*

*You all,  
Concrete hard  
Touched by*

iii.a

# Turn



Artist: Johnathan  
Lincoln Lau (JLL)

Inspired by Canada and Jamaica, these haikus atop photos I've taken depict the relationship between my environment and thought patterns. We ride this rollercoaster of thought and sometimes we forget we're on it – constantly reacting to our physical, mental, and spiritual environments. If you don't like it, change it. I think that's crucial in moving forward with our careers in medicine.



# You Are Light



Artist: Marie Kim

**“I wish I could show you, when you are lonely or in darkness, the astonishing light of your own being” -Hafez. This picture serves to remind me that. The sickest patient, the most elusive team member, and myself on the most disheartening, discouraging of days are still brilliant in our own right; illuminating the world through our different, extraordinary ways.**

# Within

Sometimes you have to look hard  
to find what you are looking for.



Artist: Usman Khan



# *Coffee House & Multicultural Night*

Photographers from left to right: Hilalion (San) Ahn, Michael Wu & Usman Khan





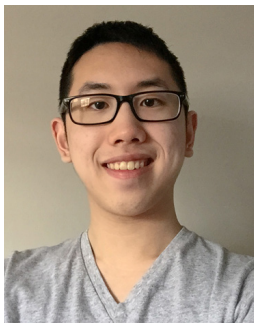
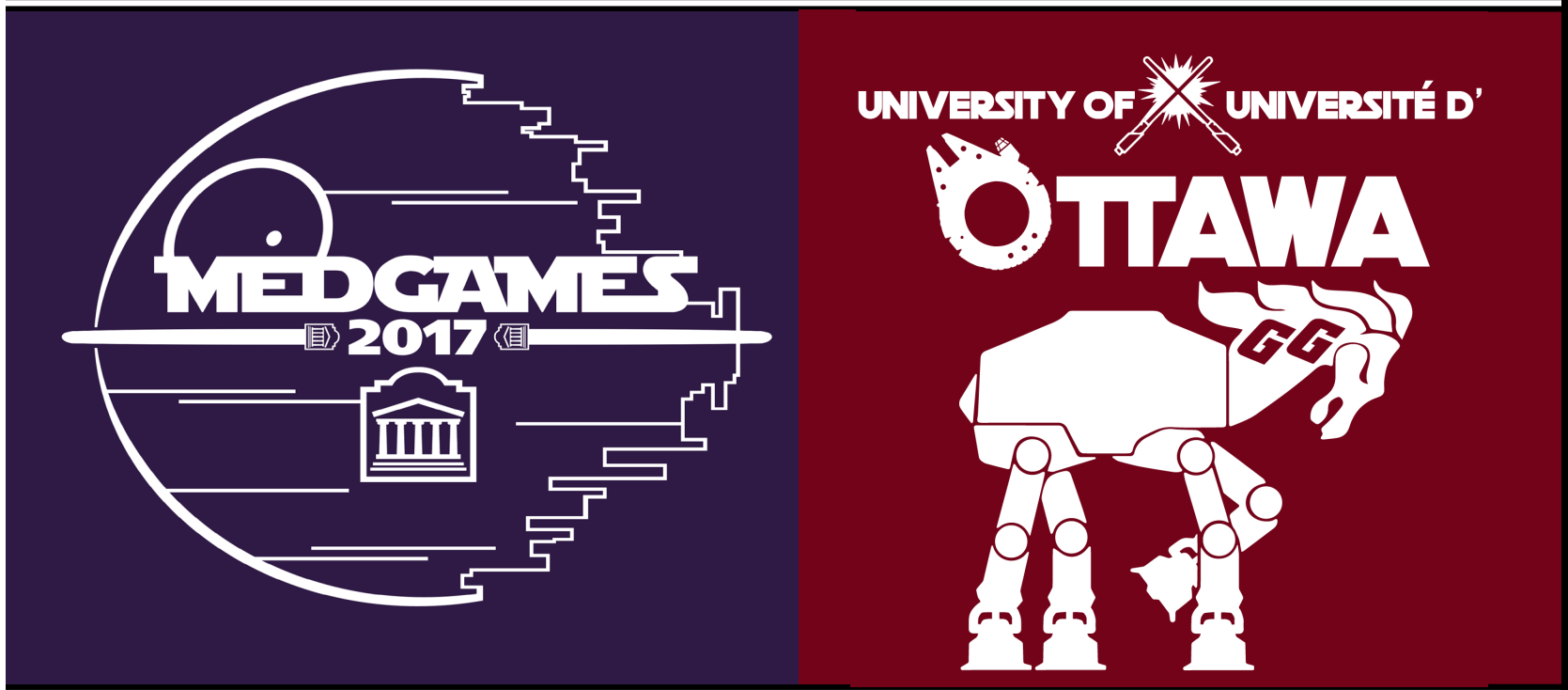
# ONE LOVE



The Arts in Medicine Interest Group at uOttawa's Faculty of Medicine creates supportive and relaxing learning spaces where medical students are encouraged to take leadership roles and teach their peers different skills. This collage showcases the extraordinary talent of medical students at our annual CoffeeHouse and Multicultural Night. These social events allow students to know peers outside of class settings, challenge themselves and attain new skills together in unfamiliar areas such as cultural dances or gymnastics. Most importantly, these events help relieve stress, foster friendships and promote cultural diversity.



# UOTTAWA MEDGAMES T-SHIRT LOGO



Artist:  
Philip Chiang

Pride and honor comes from representing uOttawa no matter where - in the public, at conferences, at work, to our friends and family, and especially at MedGames. This is the “Death Star” from Star Wars. It represents our collective strength and efforts. Although, we only use it for the good of the galaxy.



Artist:  
Ian Carrigan

“Designing this year’s uOttawa MedGames t-shirts was an opportunity to both express my pride for our Faculty of Medicine and to simply have fun playing with graphics editing software. I sought to combine symbols of both uOttawa and the Star Wars theme, notably transforming an AT-AT walker – first introduced in my favourite instalment, Episode V: The Empire Strikes Back – into a Gee-Gee.”



Artist: Sunny Xia, Aili Wang, Anson Wong, Kyle Ng, Marie Kim

Clerkship begins the chapter of our careers with especially early mornings, late nights at work, and overnight shifts. Throughout this year, our group of friends shared pictures of the sky on our various commutes. As we experience together the quiet hush of daybreak, the end of a long workday, or the peaceful downtime of post-call, it is inspiring and uplifting to know we are part of a larger community, up at all hours, towards a common goal (to not be late to rounds!).

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Students receive a Doctor of Medicine degree upon completion of Undergraduate Medical Education. The MD Program spans 147 weeks of instruction, divided into 2 years of Pre clerkship and 2 years of Clerkship. During their studies, students learn through patient contact gained in hospital, community, rural and international settings.

DIME is a non-clinical department offering teaching, research and scholarship in the area of medical education. It enables breakthrough advances across the medical education continuum, including anatomical sciences, medicine and humanities and research. DIME is committed to training leaders in health care by enhancing their skills as educators.

The Aesculapian Society is the University of Ottawa medical student body that represents current medical students at the University of Ottawa, alumni, as well as teaching staff within the Faculty of Medicine. The Aesculapian Society's primary directive is to ensure the best medical learning experience for all the uOttawa undergraduate medical trainees.



