

ARTIST STATEMENT.

“Traditionally, my work has been investigative & meditative with social and political commentary thrown in. More recently though I have been pulled into a more personal and visceral contemplation which has meant my work has become more reflective of the lived experience for many of us journeying through traumas, inequality and despair.”

For me it's completely about process, meditative, visceral and somatic experiential painting and creating. I am all in! Playing and exploring with the effects I can produce and how that all bounces around. I use found objects, acrylics, oils and mixed media, collage etc., I play with colour and their meanings, with automatic writing and drawing inspired by my life's interactions and experiences as the source of inspiration for my work. Whether I am painting or writing it is purely about losing myself in the medium... the message reveals itself.

When I am writing which is often the way I start my painting, I can spend hours manipulating the shapes, spaces, rhythms and textures of words, finding the imagery and tempting the senses to see, taste or feel the patterns. No matter what I am making, I am honoured to be a creative who can find a space for sanctity and resolve when I can revel in the freeness of expression. Even when, moments after, I spend time reducing it down to lines and shapes and layered combinations that resonate with each other to draw the audience inward, it must be participatory. I want others to also feel the intimacy of that liberation I feel from my first expression to my last.”

A common thread in the work processes is the persistent feeling to include grids juxtaposed against organic and distilled forms and strong colors and markings. There are always layers and spaces reflecting maturity, calm and order in a chaotic world. The final stages of my paintings are an opportunity to create a restorative and reflective experience for the viewer com participant. Incorporating my ***'Sharing Space – Collecting receipts'*** modality as part of exhibitions has opened up an avenue to access the uninhibited contributions on our collective trauma and journeys that broaden the representation of those lived experiences related to me through various forms and media.

As an artist, I continue to be inspired by Louise Bourgeois, Mark Rothko and Georgia O'Keefe, my eternal loves for their emotive and sensorial work. Other movements and artists such as Theosophists and Supremacism's Blavatsky, Malevich, Klee and Kandinsky as well as Mondrian, Albers, Sonia Delauney and so many others along that style who used pure colour for its emotive and spiritual integration continue to influence my approach to painting. Social performance and Installation Artists Carol Walker, Theaster Gates and Marina Abramovic also influence and inspire me among so many other writers, creators and conversations.

CARLA I. ARMOUR

Artist Designer Performer Writer Coach

ARTIST BIO:

Over the past 34 years she has participated in shows and exhibitions in many islands in the Caribbean, in the US, Europe and Namibia (Southern Africa). These included the International Art Project **'Women of the World, a Global Collection of Art'** (1998), submissions and readings for Literary Festivals, an International Artist Exchange, **'Carambolage'** (1998) with 8 artists from Austria and Dominica, a solo exhibition at the **National Art Gallery of Namibia** (2006) and recently, the UK based project **'Wheel 'n Come Again'** (2016), a dynamic Film & Arts program managed by Legacy Film UK for which exhibitions and events venues included Onca Gallery, Hastings Arts Forum and a 2 day program at **Fabrica**, Brighton in December 2016. She also exhibited and performed at the **Caribbean Arts Festival in Barbados** in March 2017 and at the **Strand Center for the Arts in Plattsburgh New York** (March 2018) in a group exhibition Post Hurricane Maria entitled 'Here Comes the Sun'. Armour's work is in private and public collections across the world and she continues to show at various fairs and curated shows in the Caribbean and the US. In 2019 with Hurricane Maria as her muse, she **installed STILL Waters Dominica and London**, her first solo shows in years which were both very well received and complimented. The shows used highly emotive and interactive environments to tell the emotive journey of overcoming displacement and trauma.

Carla Armour is a mixed media Artist as well as a Pilates & Wellbeing Coach who lives and works in the British seaside city of Brighton & Hove. After graduating from Parsons School of Design (NYC) and the New York Restaurant School, she returned to her Caribbean Island, Dominica. Her first venture was to revisit artists to curate and install a group exhibition of paintings and sculptures held in 1988 which she also participated. Splitting time between working in hospitality, crating experiences, the culinary and visual arts, Armour immediately found avenues to express her creative penchant through a myriad of media.

Recognition came over the next 10 years with invitations to participate in regional and international exhibitions delivering her message through abstract symbolism; paintings, fashion, conceptual and installation art, poetry and spoken word performances. Armour is well known for her Lifelines series, employing tribal symbols, hints of a spiralling collapsed DNA Helix and prehistoric glyph images and markings which continue to influence and inspire her work. With a multimedia approach, her current work more deeply explores shared interactive space, colour relationships and effects alongside ritualistic elements. Social and political commentary remain central to her pieces which deliver emotive emersion for reconnaissance, remembrance, resolve and redemption.

To view and purchase Carla's work please visit her [Facebook Page](#). Carla can be met in person at her Studios at Harmony Vi;;a in Dominica and most often in the seaside city of Brighton & Hove at her [Red Herring Studios in \(England\)](#), Her work is also available globally on [Saatchi Art Online](#).

CARLA I. ARMOUR

Artist Designer Performer Writer Coach

Art Exhibitions highlights (participation through works of Art/Paintings)

2021	Barbados	10th Caribbean Fine Art Fair Barbados , March 11-15, 2020, Courtney Blackman Grand Salle Gallery, Bridgetown, Barbados
2020 - 2021	USA	Social Reckoning—Emelek: A tribute to Dr. Martin Luther King Jr. , 15 Dec 2020 to 15 Jan 2021 Abrazo Interno Gallery of the Clement Soto Velez Cultural and Educational Center, New York City, New York, <i>“Social Reckoning” taps into the details of what makes the Civil rights Movement part of the history of civilizations and cultural heritage, though, in different approaches by 7 artists who encompass a different set of issues.</i>
2020	USA	Collaborations, Red Carpet Gallery, Brooklyn, NY – December 6 – 31 Contemporary art by 13 Caribbean artists
2020	Barbados	10th Caribbean Fine Art Fair Barbados, March 11-15 Courtney Blackman Grand Salle Gallery, Bridgetown, Barbados
2019	USA	Group Exhibition part of Miami ART Week. Contemporary Art & Collectibles At The Breakwater curated by Anderson Pilgrim & Daniel Hort. Miami Beach, Florida
2019	UK	Solo show – ‘STILL Waters. London’ A multimedia Interactive Installation & Paintings Exhibition. The Tabernacle, Nottinghill, London, England.
2019	Dominica	Solo show – ‘STILL Waters. Dominica’ A multimedia Interactive Installation & Paintings Exhibition. Old Mill Cultural Center, Canefield, Dominica
2019	USA	Group Exhibition. Akwaaba Gallery curated by Anderson Pilgrim of Diaspora Now. Newark, New Jersey
2018	USA	Group Exhibition ART Basel Fringe event. Group Exhibition. Contemporary Art & Collectibles. At The Breakwater curated by Anderson Pilgrim. Miami Beach, Florida
2018	Dominica	Group Exhibition. National Independence Exhibition. Old Mill Cultural Center. Commonwealth of Dominica
2018	USA	Participation in Red Hook Open Studios at Pioneer Works, Brooklyn Curated by Donna Mason. Brooklyn, NYC, USA
2018	USA	Group Show, ‘Escapes’, Brooklyn Waterfront Artists Coalition, Salon Gallery, Red Hook, Brooklyn, NYC
2018	USA	Group Show, ‘After Maria’, Brooklyn Waterfront Artists Coalition, Salon Gallery, Red Hook, Brooklyn, NYC
2018	Dominica	Group Show. Vetivert Gallery, Roseau
2018	USA	Group Show. Here Comes the Sun. Strand Center for the Arts, Plattsburg, New York
2017	Barbados	Caribbean Fine Art Festival, Bridgetown Barbados

CARLA I. ARMOUR

Artist Designer Performer Writer Coach

2016	Brighton, UK	Group Show at the Fabrica as part of Wheel 'n Come Again Project <i>Installation & Performance piece with Spoken Word with an exhibition of paintings</i>
2016	Hastings, UK	Group Show at the Hastings Arts Forum Gallery as part of Wheel 'n Come Again Project
ongoing	Dominica	Permanent Collection at the Old Mill Art Cultural Center, Dominica
2006	Namibia	Permanent Collection at the National Art Gallery of Namibia
2008	Dominica	National Literary Festival. Pieces based on the novel 'Unburnable'
2006	Dominica	Participant in the Emancipation Exhibition, Old Mill Cultural Centre
2006	Dominica	Participant in the DOMFESTA Exhibition, Old Mill Cultural Centre
2006	Namibia	One-Woman Exhibition; Reconnaissance. Opened with Performance Poetry National Art Gallery of Namibia
2005	Namibia	Light and Shadow, A Workshop Exhibition with German Artist Erika Krause, National Art Gallery of Namibia
2000/ 05	Global	Invited to represent Dominica in the "Women of the World" A Global Collection of Art. A Traveling Exhibition with 174 Women representing 174 countries
1999/ 2000	Caribbean	"The Urban Life in the Caribbean Region" a traveling exhibition organized by the Cariforum Cultural Center Represented Dominica with 4 other artists
1999	Dominica	National Independence Art Exhibition. Old Mill Cultural Centre
1998	St. Lucia	Group Exhibition, Bay Gardens Hotel
1998	Austria	Organizer and participant in the Artist Exchange "Carambolage" with 4 artists from each country Roseau, Dominica and Vienna, Kunste Hall, Austria
1998	Dominica	"Connections" – series w/ E.A. Toulon, Fort Young Hotel
1998	Dominica	Carambolage Bon Voyage Exhibition with Etienne, Toulon & Nassief. Iris Dangleben Gallery
1997	St. Lucia	Group exhibition with Caribbean Artists for St. Lucia Jazz Festival, Modern Art Gallery
	Dominica	National Expo, Government State House.
	Dominica	DOMFESTA National Art Exhibition, State House.
	Dominica	National Independence Art Exhibition. Gallery #4
1996	France	"Remp Arts" -International Art Exhibition, Townhall of Langres.
	Dominica	DOMFESTA Art Exhibition, Fort Young Hotel
	Dominica	"Our National Heritage" National Independence Art Exhibition. Gallery # 4

CARLA I. ARMOUR

Artist Designer Performer Writer Coach

	Dominica	“High Noon” with Arnold Toulon, Karla Trummer and Andrew Manley, Iris Dangleben Gallery
1995	Dominica	A celebration of Dominica’s emerging artists DOMFESTA Art Exhibition, Iris Dangleben Gallery
	Dominica	“What is an Artist - An Awakening” Arts Guild of Dominica, Iris Dangleben Gallery
1988	Dominica	Reunion '88 Art Exhibition a group show of Dominica’s Artists, Anchorage Hotel

CARLA I. ARMOUR

Artist Designer Performer Writer Coach

CURRICULUM VITAE:

Personal Details

Carla Armour
Hove, East Sussex, UK.
Red Herring Studios, Wellington House, Unit 5 Camden Road, Portslade, UK
Tel: +44 (0)7470466502
Email: Carlaarmour3@gmail.com
Skype: carla.armour
Website: www.carlaarmour.com
Nationality Dominican and British/EU
Mother Tongue English

FORMAL STUDIES:

Master's Degree

Oct 2008 – Oct 2009 University of Brighton Brighton, UK
• **Master of Arts Degree in International Event Management**
- Dissertation Title: Developing & delivering 'authentic' destination experiences through Heritage Events

Culinary Arts:

Jan 1987 - August 1987 **New York Restaurant School** New York, USA
• **Certificate in Restaurant Management & Culinary Arts**
- Culminated in a one month attachment at the 5 star 1400 room, Grand Hyatt Hotel, New York.

AAS Art & Design

Sept 1984 - May 1987 **Parsons School of Design** New York, USA
• **Associates Degree in Visual Art and Design, major in Fashion Design.**

OTHER TRAINING:

Wellbeing,
Health &
Fitness

April 2006 **New Insights Life Coaching Ltd.** Brighton, UK
- **Life Coaching Course**

2003 - 2006 **Exercise Trainers' Academy (ETA)** South Africa
- **Personal Fitness Trainer & Pilates Trainer**

2004 **Renee Watson Pilates Studio** South Africa
- **Comprehensive Pilates Instructor**

May 2003 – March 2004 **Virgin Active Health Club** Namibia
- **Group Fitness Manager** – Trained in all Virgin Active Group activities

Proposal Writing
& Project
Management

April to July 2014 **Global Environmental Fund/Small Grants Project** Dominica
- **12 week Proposal Writing course**

2002 EU Funded TA to NGO's for the Dominica
- **Framework Setting Seminar & Logical Framework Analysis**

2000 CDB & Caribbean Program for Economic Competitiveness St. Lucia
- **Project Management Training for Private Sector Organizations**

CARLA I. ARMOUR

Artist Designer Performer Writer Coach

MEDIA & CULTURE:

Radio &
Television

- Television & Radio: host, broadcaster, anchor and producer on various programs.
- Theatre and Carnival performances, set & costume designing & construction
- Author / contributor to articles, documents, newspapers, magazines & books

Mar 2000 – Feb 2001 DBS Radio & DHTA Dominica

- **Producer & Host “Talking Tourism” (Live Radio Show)**

July 1999 – Feb 2000 Marpin Telecoms & Broadcasting Dominica

- **Host** - Live Breakfast Television magazine, “Good Morning Dominica”

Apr 1995 – Apr 1997 Dominica Writers’ Guild “Review”
Dominica

1988 – 2009 International Tourism & Cultural Marketing & Promotions

- **Representative & Presenter**

**DIRECTORSHIPS
CORPORATE &
PUBLIC
APPOINTMENTS**

1982 – 2015 Anchorage Limited. Hospitality & Tourism company Dominica

- **Director / Company Secretary (from 2007)**

2000 National Development Corporation Dominica

- **Director**

**ELECTED
APPOINTMENTS:**

Executive positions in Public & Private Sector, Social & Cultural organizations:

1997 – 2002 SHAPE Dominica

Society for Heritage & Architectural Preservation & Enhancement

- **Founding President**

Feb 2000 – Oct 2000 Dominica Hotel & Tourism Association (DHTA) Dominica

- **President**

Nov 1999 – Feb 2000 Dominica Hotel & Tourism Association Dominica

Director

1995 – 1997 Dominica Writers’ Guild Dominica

- **Treasurer/Secretary & Vice President (Volunteer Capacity)**

Nov 1989 - Mar 1992 Dominica Hotel Association Dominica

- **Executive Secretary (Volunteer Capacity)**