Samantha Beau

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Education

Studied art as a major in college

Exhibitions

2010 - Gold Coast City Council Arts Exhibition

2018 – Aspire Petite Collections

2019 – Burleigh Heads Art Prize May

2019 – Solo Exhibition Tweed Gallery Cafe

2020 – Solo Exhibition Art Post Uki Feb 27th -6th April

Awards

2019 – Semi-finalist Doug Moran National Portrait Prize

2015 – Nominated for Telstra Business Women of the Year

Samantha in the Media for her art

Samantha is an established best-selling author and celebrity nutritionist. She appears regularly in papers, podcasts and on National TV.

Her art is attracting interest in the media as she brings joy to her community with her street chalks and uses art to raise money and awareness for causes and charity.

Her art and story has been shared in the media multiple times: Gold Coast Bulletin, BlankGC and Ocean Roads Magazine.

Aspirations

Samantha is passionate about the environment and raising awareness of causes dear to her heart.

Her deep desire is to be a renowned Australian artist.

She envisages her art in various galleries around the world.

WEDNESDAY OCTOBER 16 2019

Sam in the running for Moran art honour

AURA NELSON
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GOLD Coast artist and um of three has made it rough to the semi-finals of e richest art prize in Austra-a.

Best-selling author and nu-ritionist, Sam Beau Patrick, of Mermaid Beach, had made the ut with her entry for the ac-laimed Doug Moran National Portrait Prize, *which carries a irst prize of $150,000 — 50,000 more than the covet-d Archibald.*

"It has similar entry criteria the Archibald — a portrait f someone known or un-nown to the person and only esidents of Australia can nter," she said. "All styles are ccepted but essentially it must e a painting and not a photo-raph or sculpture."

Ms Patrick has entered her ortrait of Maree Heron, a ocal Vietnam War veteran idow and it is titled *War Widow*.

"My aim with this work is to ring attention and gratitude o people who not only fought n the frontline, but also those ack home," she said.

"Maree is typical of women in her situation — when her husband, Johnny, came back from the Vietnam War, he wasn't the same man.

"He would drink and at times, be abusive and often broody. The war seemed to have stolen his spark."

Ms Patrick said his wife also went through a post-war re-adjustment phase with him.

"He died six years ago at the age of 62 and Maree has had to pick up the threads of her life," she said. "She is a typical war widow who has now thrown herself into her local community and soldiers on without a husband."

Ms Patrick, who is also a nurse and alternative health practitioner, said she would love to see her portrait win for a few reasons.

"The first obviously is for the accolade and honour, the second the prize money as I am a single mum with three children," she said.

"Lastly, I would like to show gratitude and respect to all our servicemen, who are still away or back home. *Without them we wouldn't have our safe shores and freedom.*"

Ms Patrick said this year, the judges were looking for a piece that captured the eye and got people thinking.

Three judges, including a member of the Moran family, will choose the finalists, who will each receive $1000. The winner will be announced in Sydney on October 30.

Visit Ms Patrick's Instagram site on samantha_beau_artist.

Gold Coast artist Sam Beau Patrick with her artwork, War Widow.

Image by Lamp Photography

LOCAL ARTIST UP FOR NATIONAL PORTRAIT PRIZE

The Doug Moran National Portrait Prize is the richest awarded art prize in Australia. The brief is for Australian artists to paint a portrait of someone known or unknown to them and to interpret that person's look and personality. The thousands of hopeful entries are culled to semi-finalists, then a final 30 (all of whom receive $1000) and a finalist winner, who receives a whopping $150,000.

In quite a career coup, Gold Coast artist Samantha Beau has been selected as a semi-finalist with her portrait 'Maree Widow of a War Veteran'. We asked Sam to give us an insight into her career and her portrait of Maree, ahead of the approaching finalist announcement.

Why did you choose Maree as the subject?

The reasons were many. She has been a nanny to my kids for 12 years and her husband Johnny was a returned Vietnam veteran. Over the years I have got to know Maree and Johnny. Johnny was quite depressed and negative after the war. Many war casualties are psychological and not physical. My son seemed to help him find the happy switch again and it was wonderful to see. I painted him for the Archibald 6 years ago and then he died later that year at 62 yo. Maree now soldiers on and seemed a perfect representative of a veteran's widow.

What have you tried to achieve with the portrait?

Maree is indicative of many women her age. She married young and has stuck by her husband through thick and thin. Many soldiers that have returned from war zones, even peace keeping deployment, have unreconciled scars and hurts. The shrapnel of war is not always visible. It can penetrate into one's soul and stay there, haemorrhaging joy until it is removed, and healing can occur. I think many don't receive the guidance they need to do this important healing step.

I wanted to capture Maree's happy disposition but pay tribute to the women she represents. Her silhouette reveals the veteran's anguish of being alone, against a khaki toned horizon. Loneliness and despair are rife.

What do you hope to achieve with the portrait and message?

Well, winning will be a game changer for me and my three children. I have worked hard for many years and been a single parent has been a juggle. The prize would change our lives for sure. The other message is that I want to convey is one of gratitude. Gratitude for the men and women who have been to war to fight for our democracy and way of life, and for those who are married or partners to them.

Natalie O'Driscoll

The finalists will be announced as this edition of Blank goes to print. The final winner will be announced on 30 October, 2019 on the portrait prize website. You can follow Sam on her Insta @Samantha_beau artist or order commissions through her website samanthabeau.com. She also has a

REAL PEOPLE OF THE GC

SAM BEAU PATRICK

AS TOLD TO DENISE RAWARD

THIS MERMAID WATERS WOMAN ROSE TO PROMINENCE SPEAKING OUT ON NATURAL HEALTH. NOW SHE'S ABOUT TO LAUNCH HERSELF IN A NEW CAREER DIRECTION

I grew up in Hobart, Tasmania in an Italian family. My mother died when I was 12 and that was an absolute game changer. Relatives helped out and I eventually ended up with my grandpa, my Nono.

Having those years with him was gold. It made me very independent at a young age. I started working at 13 and at 17 enrolled in nursing and lived in at the hospital, as you did in those days.

When I look back on the things I saw at 17 ... it made you grow up. It was life and death: gunshots, delivering babies, emergencies, resuscitations. Often it was just you and another person doing what you could.

After my training I moved to Melbourne and worked in the emergency department of the Monash Medical Centre. I played sport at a high level – lacrosse and water polo – and got my clinical care qualification at uni.

When I think back on that time, I don't remember sleeping. I was either working, partying or playing sport. I had an absolute hoot but, after four years, I burnt out.

I took some time out and travelled through Asia and when I came back, I decided to have a change and got a job in the pharmaceutical industry. I loved it and was quite successful at it. I travelled the world.

I worked in pharmaceuticals for nine years, got married in that time then had another big career change.

I enrolled to study natural and complementary medicine at university. I'd always loved nutrition and food – I'm Italian, I thought the natural and holistic approach was the right way forward. Our system is so heavily weighted towards drugs and surgery and it just didn't sit right with me.

I started my own clinic on the Gold Coast. There's a high drop off rate of natural practitioners still being in the game, even five years later, but that's where my business skills kicked in. I worked one on one with patients and began speaking at events and gatherings. That took off and led to media appearances and I've written five books on natural health, including two bestsellers.

My area of specialisation is women's health, particularly hormonal issues. I suppose that came out of my own hormone meltdown when I walked out of my marriage in 2004.

At the time I had no idea what was going on. I felt like I was on a non-stop treadmill and just couldn't enjoy life. I think a lot of women can relate.

I did a saliva test and found my male hormone was through the roof and that explained a lot. Women are made to think they're broken when they're going through menopause and they're offered a pill. But it can be managed naturally.

Women just need the tools and someone to hold their hand. It's all about balance. Rest is critical, and reflection.

I put together retreat programs to help women transition to taking their power back, being true to themselves. I think it helps to get them out of their day to day. There's nothing more beautiful than an older woman who's got it all in balance.

I've been outspoken on health issues over the years. I was talking a long time ago about the widespread deficiency in vitamin D in Australia. I've been on about nutrition for years too. Australians are quite malnourished.

As a natural medicine practitioner, you've got to be so careful. You're not allowed to say

"THERE'S NOTHING MORE BEAUTIFUL THAN AN OLDER WOMAN WHO'S GOT IT ALL IN BALANCE."

you can "treat" or "cure" anything – only the mainstream medical profession can say that. At times I've felt I've always had my hands tied behind my back and that can be frustrating. After 16 years of it, I think it's time for my next career change.

I've always loved my art. It's just something I've always done. I know all about struggling artists trying to make a living. I've always had a good income, I've still got three kids aged 18, 14 and 11 but it's time. I've just completed a major commission so that's my kick-starter.

There are a few things on my bucket list: to see my art in galleries in New York and to be interviewed by Ellen (Degeneres) because I dream about how many women I could reach through her.

I'd still like to keep offering my women's retreat programs because they do such good, and to have more time to work with the charities I've always supported. That work has always been very important to me.

So, it's an exciting path ahead. That's where I'm heading now. There's no Plan B.

Gold Coast Bulletin

December 25, 2018 12:00am

A Gold Coast mother has been told to get rid of her chalk drawings which adorn her specially painted fence — by her children.

Samantha Beau, an artist, author and nutritionist, said she had been adding her chalk drawings to her Rio Vista Boulevard, Mermaid Beach fence for the past three years.

But now that her kids were teenagers, they were embarrassed by her artwork — because all their friends know where they live.

'They want me to stop drawing — but I wont'

CHRISTMAS FUN A Gold Coast mother has been told to get rid of her fun Christmas chalk drawings that adorn her specially painted fence — but she won't.

Sam Beau-Patrick of Mermaid Waters has turned her front wall into a communal blackboard for anyone to draw on. PICTURE: JERAD WILLIAMS

Drawing on inspiration with a blackboard menu to feed the soul

LEXIE CARTWRIGHT

IN a time when terror grabs the headlines and fear strikes before hope, Gold Coast mum Sam Beau-Patrick has taken it upon herself to colour people's worlds again.

The Mermaid Waters naturopath decided to turn her front wall on Rio Vista Blvd into a communal chalkboard. In the space of a week it has become an eye-catching mural on which passers-by have drawn elephants, rainbows and dogs.

From Uber drivers stopping on their way to pick up revellers, to artists who haven't held a pencil in 30 years, Mrs Beau-Patrick, 45, has been blown away by the popularity of something so simple.

"It was just for fun," the mother of three said. "I wanted to lighten up the neighbourhood but just thought it'd be my neighbours and friends drawing on it.

"I was wrong. I've met so many new people who have heard about it and deliberately stopped by so they can draw on my wall.

"It's really special to me to see how excited people get. I think we've lost a sense of community spirit in a fear-driven society.

"When I tell people about it they automatically say 'it's going to get vandalised, it's the way we're wired'.

"The chalkboard is defying that and making people happy."

Mrs Beau-Patrick has a sign encouraging the community to gather and be creative on the board, which conveniently features the weather report.

She said she was forced to wash off the scribbles and artwork after three days so new artists could stake their claim.

CHALKING UP MURAL STUNNER IN MERMAID

ROSEMARY BALL

A GOLD Coast artist who wows the community with ever-changing giant chalk murals on her property wall says she hopes her latest work will spark wildlife debate.

Mermaid Waters resident Samantha Beau started a community art chalkboard on her Rio Vista Blvd front fence four years ago.

Since then young and old have stopped to admire and draw on her wall.

"As an experiment I painted my front fence, left chalk, and encouraged people to visit and draw," she said.

"It often does not last long because of the rain, but that is why it is so special. Everyone loves it.

"When I travel to Sydney and Melbourne the art scene drives the community. I want that for the Coast."

Ms Beau completed her latest mural yesterday featuring "vulnerable native wildlife".

"I am so passionate about the topic and it's vital to talk about it," she said.

Gold Coast Division 12 council candidate Zac Revere said Sam's artworks were well-known and a unique local attraction each Christmas.

"It is something I and all locals look forward too," he said. "I'd encourage everyone to have the discussion about endangered species."

If the rain doesn't get it beforehand, the latest mural will be at the Rio Vista Blvd wall, Mermaid Waters, until December 31 when she will wash it off and start again.

Samanth Beau hopes her wildlife mural in chalk on her fence in Mermaid Waters will begin an important discussion about Australia's endangered species. Picture: TIM HARGREAVES