**Transcription: In Conversation with Clare Yao (video)**

BERNADINE FOX: We're coming to you from the unceded traditional territory of the Squamish, Musqueam, and Tsleil-Waututh Nations here at Britannia Art Gallery to introduce to you Clare Yow, one of the artists exhibiting here during the month of March. Clare, you're a photographer and a visual artist, maybe you can tell us a little bit about the work that is hanging at Britannia right now.

CLARE YOW: My work at the Britannia Art Gallery currently is a 29 conceptual art series titled "commonwealth." It is a series of photographic and video works in which I turn the camera lens back onto myself to contemplate the physical and emotive weight of four foods: a durian, salt, eggs, and milk. I really wanted to return to my body as a site of inquiry and resistance, grappling with its ties to various lands and belongings as a Chinese-Canadian immigrant, settler, feminist woman and soon to be parent at that time. My performances with these four foods was a way of exploring their connections to ideas around homelands and citizenship, racism and white supremacy, corporate greed, and violence against bodies and the land, as well as the grief related to holding all of these issues close to me for quite some time.

BERNADINE: Could you spend some time talking about maybe a particular piece that people might see there?

CLARE: Mhm! Yeah, so there's a piece in the show in which I'm engaging with salt, and the piece is called "A Luxury We Cannot Afford," and then in brackets "are they worth their salt." And it's both a photograph and a digital video. In the work, I was crouching by the Salish Sea balancing 10 kilograms of salt on my back. And for me I really wanted to use salt because of its significance to the climate crisis, oceans, bodies, preservation, purification, destruction, and above all, value.

So in the video, a violent pour of water eventually compresses the mound on my back, adding further weight as it drips off. I was thinking a lot about people, worth, and resource extraction, particularly around the issues of missing and murdered Indigenous women, and man camps, water, and land protectors, and the devastations of the opioid crisis in this predatory economy and colonial nation state. I really wanted to question what it means to care for others beyond one's radius, and to recognize and challenge complicity and complacency in the face of violence and oppression.

BERNADINE: That was Clare Yow, one of the artists at the Britannia Art Gallery. Her work will be up from March 2nd to April 1st down here at 1661 Napier Street in the heart of east Vancouver. Hours of operation are on our website along with a contact form if you would like to contact Clare in person about her incredible work. When you come down, do come down with your QR code readers in hand, so that you can access all of Clare's work.