



FOOD FOR THOUGHT

CINDY POLEMIS

The Arts Society Fylde

Lowther Pavilion Theatre

1 November 2023 at 2.00pm

All being well, we will be able to welcome today's speaker in person on her first visit to The Arts Society Fylde. Cindy Polemis takes one of life's essentials as her topic today - food. As she points out, food is essential to our survival, and it is certainly one of the great pleasures of life. Sharing meals with family and friends - however modest or extensive the offering - is central to much of our social interaction. It is therefore, no surprise that artists have chosen food images in their works as motifs for deeper meaning.

On that basis, there's a lot more to food paintings than meets the eye. Cindy Polemis will present, she assures us, "a veritable tasting menu of images and objects to whet your appetites and give us all some food for thought".

On that basis, we might have to pick up a cake on the way home!

CINDY POLEMIS

Cindy Polemis is an art historian and an independent lecturer and tour guide. She has a BA in History from Oxford University and as a mature student she graduated from Birkbeck College, London University with a BA and then MA in History of Art.

She spent many years as a radio producer and presenter for BBC World Service. Since 2016 she has been an official art guide at Tate Modern and Tate Britain and has lectured independently. She is an accredited lecturer for The Arts Society and has also recently delivered numerous online lectures in conjunction with Art Historical London and The Royal Overseas League. She has worked as the Visual Arts correspondent for Standpoint Magazine in the UK.



Cindy has accumulated a wide range of art historical knowledge ranging from 18th century European and British art to the contemporary international art scene. She has been an official art guide for both Frieze and Frieze Masters art fairs in London.

Cindy tells us that she loves to share her passion and enthusiasm for art with her audience in an engaging and accessible way: her lectures are "stimulating and fun and she always sends her audience away thinking differently about what they have seen and heard".

SUGGESTIONS FOR FURTHER STUDY

Food in painting (Kenneth Bendiner); Food in Art (Gillian Riley); Scoff (Pen Vogler); Catalogue from "*Feast and Fast*" (Fitzwilliam Museum)

Image: Still Life with a Lobster, 1660, Joris van Son (1623–67) Fitzwilliam Museum (by permission)