



Iron willed

Fergus sculptor Tyzo David Toccalino named to Sculptors Society of Canada

Joanne Shuttleworth
jshuttleworth@guelphmercury.com

GUELPH — Perhaps you've seen his work — in the hood liners of the Viper, the Prowler and many Chrysler and GM products produced between 1992 and 2002. Maybe you noted his trademark spring tube assembly in the eight-wheeled amphibious light armoured vehicles produced by General Motors.

No? Tyzo David Toccalino has managed to earn a good living for more than 25 years as a welder-fitter, but after being accepted into the Sculptors Society of Canada earlier this year, you won't have to look under the hood of a car to see his best work.

His sculptures, made mostly from scrap metal he reworks and welds together, will be part of a new member's exhibit that runs from Dec. 10 to Jan. 9 at the Canadian Sculpture Centre in Toronto.

"It's a real validation," said Toccalino, 58, who lives in Fergus. "It's the highest honour for sculptors."

Born in Oakville, Toccalino studied creative art at Sheridan College in his youth and later focused on sculpture in a special program in Kingston.

In 1975 he entered five pieces of art in the Fergus Fall Fair art exhibition that was juried by Ken Danby.

Danby loved his work and offered to act as esthetic reference — a mentor of sorts — and Toccalino said he benefitted from Danby's constructive criticism of his work.

But marriage, mortgage and children forced Toccalino into a regular job and for 20 years he honed his skill in industry, although he made some sculptures in his spare time, exhibiting during the Fergus Elora Studio Tour in 1992 and 1995, and in 2001 at the Elora Writers Festival.

A new employer allowed him access to equipment and spare metal in his off-hours and from 2004 to 2006 he produced a great volume of work. His living room and rec room hold at least 100 sculptures of all shapes and sizes.

Two years ago, though, Toccalino was diagnosed with throat cancer, which required sur-



NICK IWANYSHYN, GUELPH MERCURY

Sculptor Tyzo David Toccalino discusses his work this week at his Fergus home.

gery and a course of radiation therapy. Describing the experience as exhausting, gruelling, life-altering and humbling, Toccalino has become introspective after the fight of his life.

"There's no such thing as a bad day any more," he said.

Or a bad year, it seems. This year, Toccalino has been cancer-free, he married his second wife, Maggie, and was invited to join the society — the only new member for 2008.

"Toccalino's thought-provoking work uses a visual language of negative and positive space within welded cut steel forms," Judi Young, president emeritus of Sculptors Society of Canada and co-director of the Canadian Sculpture Centre, wrote in an email.

"Generally speaking, when positive and negative components are incorporated within a work, we immediately think of opposites. But in this case, they're not necessarily opposites. More than one view is purposely juxtaposed, engaging the viewer upon further inspection. Even though they're abstract, they're quite representational . . . piquing the audience. Toccalino's steel forms are quite spiritually and visually uplifting."

Toccalino calls himself a scavenger, preferring to use found or reclaimed objects as the jumping-off point for his work.

"I've always been intrigued by found objects. I like to find stuff at the wreckers and modify it," he said.

► SEE TOCCALINO ON PAGE B2



An untitled work of Tyzo David Toccalino.

guelph

after dark

Find out what there is to do in Guelph after the sun goes down.



music tonight

Run With Kittens

where: Jimmy Jazz
when: 10 p.m.
cost: no cover

Kent MacMillan

where: Manhattans
when: 7 p.m.
cost: no cover

saturday

Europe in Colour

with Modernboys
Moderngirls
where: Jimmy Jazz
when: \$10
cost: TBA

Get the Funk Out

with DJ Charless
where: Albion (upstairs)
when: 9 p.m.
cost: no cover

etc.

saturday

'A Christmas Carol'

Reading of Dickens' classic tale in support of local charities
where: Dublin Street United Church
when: 7:30 p.m.
cost: \$15 available by phone at 519-766-7675

I will start my diet on Monday . . . again

I know all the excuses one makes about losing weight and getting fit. I was a master at creating them.

When I was stuffed after "pigging out" on my favourite meal or finished off the last of the ice cream in the freezer, I would promise myself I would never do that again.

I have a list of my excuses — any of these sound familiar to you? I will start my diet on Monday. I will start my diet at the beginning of the month. I will start my diet after my holidays, my birthday, my kid's birthday, our anniversary, Halloween, Thanksgiving, company / office party, Christmas, absolutely in the New Year, when I am not so busy, tomorrow, soon . . . never.

It is time to stop "starting diets" and start changing your mindset, and finally making permanent healthy lifestyle changes that will do just that: get you healthy. The first course of action is to get over all the excuses, and forget about trying another "miracle diet." A diet is something that has a beginning and end. Instead, begin a new way of living, by clean eating, by getting more physical activity and by creating new healthy habits. Here are some ideas to help you get over the



MARLA ARNDT
fitness boot camp

hurdle of excuses.

"I don't have time to eat right!"

If you have time to eat, you have time to eat right. Everyone is busy. You have to make eating healthy a priority. It takes planning to prepare healthy meals and snacks. It also takes discipline, organization and scheduling. Anyone can do this. The key is to plan. Prepare your food and have it ready to grab anytime. That means cooking in larger quantities. I always cook up a dozen chicken breasts at a time. You can cut them up and freeze in portions and use to top on your salad, in a wrap or on its own. Always have a container of fresh vegetables washed and cut up in the fridge. Always be prepared with a healthy snack, whether in your car, your office or when just running out the door. When

hunger strikes you won't pop into the nearest fast-food place.

"I hate exercise, and I like my sweets and the convenience of fast food."

So your answer to this is to just stay overweight, unhealthy, lack energy, complain how you look, lack strength, energy, give up? You are the only one in control of your health. If this is how you want to be, then stop complaining and accept your choice. If you truly want to change then remember this: a goal is just a wish until you write it down. Simply saying "I want to lose weight" won't do. Putting a plan in place is the difference between failure and success.

"I have no time to exercise."

Are you serious? Everyone can find 20 minutes a day, three times a week. If you have time to get your nails done, watch a hockey game, chat on the phone, surf the web — you see where I am going with this? — then you have time to exercise. It is a choice. Don't wait until your health is compromised. Make the necessary changes to your schedule before your doctor does.

"I've tried everything and nothing works for me."

Have you ever stuck to a program long enough to make change? We are a society that want quick fixes, immediate change and instant results. We take years developing poor eating habits, gaining weight and then want to be healthy, fit and a perfect weight in two weeks. We continue to try the newest diet and exercise program that the multi-billion dollar fitness and weight-loss industry promises to be your solution. After two weeks of eating grapefruits, drinking crazy concoctions, lettuce leaves, starving and working out for an hour a day, you give up.

You can't live like that, and you shouldn't. The solution is to follow a sensible nutrition plan, making wise food choices and enjoying the food you eat.

You also need to move your body, find some form of physical activity you enjoy and can do on a daily basis. Create lifestyle changes you can live with. Try it, stick with it and you will get results and feel better than you have in years.

Marla Arndt is a Guelph-based personal trainer and health coach. She can be reached via her website www.frameworksfitness.com.

Christmas Concerts 2008: Join us and celebrate the holiday season! Free admission.

Amy Wark on piano
Classic Favourites and Christmas Fare
Sunday, December 07 at 4 pm

The Guelph Chamber Choir
Timeless Masterpieces and Passionate Song
Sunday, December 14 at 4:15 pm

For more information, contact Education Coordinator Aidan Ware at 519.837.0010.

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HOURS ART CENTRE/GALLERY SHOP TUESDAY TO SUNDAY, NOON TO 5 PM SCULPTURE PARK OPEN YEAR ROUND, DAWN TO DUSK
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TOP: Amy Wark BOTTOM: Guelph Chamber Choir PHOTO BY BOB HOUSSEK

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