

140



*Fantasy/Fantasma*, mixte media, 24 x 36 in.



*Happy Hour/5 à 7*, mixte media, 36 x 30 in.

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most finished. It has taken a good dose of endurance, perseverance and work to make it so.

Much as when she decided one fine morning to offer 30 of her paintings to an agent, Multi Art, in order to kick start her career as a full time painter, Lacaille has acted on her intuition in moving to Costa Rica.

She is harvesting the fruit of 20 years of work, which has allowed her to give a gift of laughter through her gestural paintings which are, above all else, designed to amuse.

Anyone who has seen her work knows that her style as a painter includes elements of intense vibrant colours and simple sensual curved forms. Her figures are generous and sensual and share an intimate complicity. There is no false modesty in her paintings. There is a sense of pure, born-of-the-moment pleasure and freedom, almost of hedonism.

"When you don't put up barriers, when you stop attempting to control yourself as you have been taught to, then you can reveal the essence of your soul, like a child being watched playing without knowing he or she is being watched."

If life in the Tropics conjures up images of blissful ease, nothing could be farther from the truth for Lise Lacaille who still works five or six days a week, in spite of the fine weather and beautiful scenery. She leads a structured and disciplined life to meet her deadlines.

A typical day starts by putting on some music to help her enter into her creative zone, a space she will stay in for the rest of the day. She won't notice a thing that happens outside of her studio as she stays concentrated on her work. Towards the end of the afternoon she will put down her brushes