

The IFOPA proudly presents to you a Legacy Member . . .
Jack Sholund - Founding Legacy Member
by Nancy Sando



Jack, now 56 years old lives in Grand Rapids Minnesota. In 1966, at age 9, he was diagnosed with FOP at Minnesota's Mayo Clinic in Rochester. He attended schools in Hibbing, Minnesota where he graduated from Hibbing High School in 1975.



Jack became interested in artistry as a young man. With the encouragement from long time family friend and fellow artist, Marian Wirtanen, Jack excelled in learning the patient process of working with watercolors. He works on a variety of mediums from canvas, wooden objects (boxes, vases, ornaments, bookends) and snow globes. His watercolor paintings are detailed and even contain hidden critters on the larger formats. Jack can be found displaying his artwork at local art exhibits which he enjoys doing since he likes having people view his art. Jack also shows the people at exhibits how he paints even with his disability by switching hands to accomplish his

specific artistic task. His artwork is displayed in his own small gallery in the home where he lives. Jack also does commissioned pieces of art that customer's request. This has resulted in several one-of-a-kind paintings by Jack of cabins, lakes shores, wildlife and pets. His work has been accepted into the Sister Kenny Art Show every year since 1976 and his various pieces have been selected by THASC and Courage Center for the mass production of greeting cards.



In Jack's non-painting hours he takes pleasure in spending time meeting people and hanging out with his family on the lake where he grew up. Some of his hobbies include coin collecting, photography, reading, computers and listening to a wide range of music.



Jack with his family during Christmas.

During Jack's younger years, he recalls taking many trips by car (without a personal DVD or CD player!) He and his family explored the US from the Midwest to the West Coast as well as Florida and Arizona. Jack and his parents attended the first FOP Symposium held in Philadelphia. Here Jack personally connected with many friends he had only written to previously. He now finds it enjoyable to catch up with his friends through email or on Facebook. Jack is an easy going FOP veteran of the IFOPA. He likes simple foods like spaghetti and lemonade. He has a liking towards crime/ drama / TV shows like CSI or Person of Interest. Jack was quick to volunteer his favorite movies are Harry Potter and The Lord of The Rings. Jack liked Harry Potter so much he named his dog, Hermione after one of its characters.

When asked what dreams or goals Jack wanted to accomplish in his life, he paused then said, “When I was in my early 40’s I always wanted to reach 55.” Jack has now passed that age so he is now working on his new wish list! Jack’s ultimate goal in art is to complete 3000 paintings and he currently is at 2950. He considers himself to be very lucky to have such wonderful parents that encouraged him with his artwork and taught him to always treat others as you would want to be treated. His extended family is also a big influence in his life and Jack continues to strive to improve in his art by exploring new subjects. Jack hopes his artwork puts a smile on people’s faces.

Jack recalls being a pen-pal of Jeannie Peeper’s before the IFOPA began. He will be forever indebted to Jeannie for her dedication throughout the last twenty-five years. Jack has gained many long lasting friendships from being a member of the IFOPA as well as continuing to increase his health knowledge from communicating with its members and medical team. Jack will always treasure the friendships he has made through the IFOPA.



Hermione and Jack hanging out.