

Art Exhibition

October
18 to 25, 2014

Monday to Friday
7:30 a.m. to 9:30 p.m.
Saturday and Sunday,
8:00 a.m. to 6:00 p.m.

Metro Hall Rotunda, 55 John Street, Toronto
Opening Saturday Oct. 18, 6 to 8 p.m.
and Sunday Oct. 19, noon to 3 p.m. (with children's choir)

Youthdale
Child and
Adolescent
Sleep Centre

in support of the
**Youthdale Child and Adolescent
Sleep Research Program**

For details visit: www.sleepontario.com



Welcome to the 6th Annual Art Exhibition in support of the **YOUTHDALE FOUNDATION - SLEEP PROGRAM!**

Each year this program has supported a different research project on topics as diverse as:

- Fetal alcohol syndrome
- A biological marker for childhood depression
- Links between sleepiness and obesity in children
- Adolescent driving with and without sleep deprivation

This year the funds will go to support a project on Sleep in Children with Cerebral Palsy.

The artists exhibiting kindly donate 50% of the proceeds of the sale to charity which allows the purchasers to receive a tax receipt equal to 50% of the purchase price. Please support the artists and buy their work not only for the value of the

work itself, but also to support this great cause. This project has been planned by a new (but older) member of our team, Gerry Hollinger, a respirologist who has relocated from Guelph where he ran a sleep program for many years.

In an attempt to bring some degree of variety to the art on display we have - for the first time - book artist, George Walker, whose works can be seen in the display case. His 80 series work on Leonard Cohen, created in honour of Leonard Cohen's 80th birthday, was released earlier this month and already there have been a number of books purchased by libraries and institutions. The Tom Thomson book is the last one available for purchase from the 39 series work, a number symbolic of the artist's short 39 year life. Both books are number 26 in their series, a special number at the Youthdale Clinic, as we consider this the age that adolescence ends.

A MESSAGE FROM
COLIN SHAPIRO & ARINA BINGELIENE

While most would think adolescence ends earlier, this age is significant because it defines when the brain stops “growing”!

The team that has helped organize the art show include Aviva Blacher who has been responsible for the eats and other important tasks, and Manoj Enjati who has kindly arranged for the music at both of our openings as well as the children’s choir on Sunday. Deena Sherman has corralled the artists and Ilana Rosen has, as always, produced the booklet currently in your hands. If all the art is already sold, do not be shy to tear off the back cover and use it as a donation card.

We would like to thank all those involved with the smooth running of the Youthdale Child and Adolescent Clinic. I would like to particularly thank our secretary Jasmin Delos Reyes who seamlessly orchestrates a program that is continually increasing in size. I would also

make special mention of Raul Daza who, until earlier this year, was the financial controller for all the Sleep Ontario Clinics for the past 3 years. He is here to buy a painting and show continued support. We wish him all the best at his new job at the CIBC. We welcome Aileen Tran who has filled Raul’s position at the Sleep Ontario Clinics.

A special feature this year is the children’s art and all the kids’ art on sale for \$100 with a full charitable tax receipt. Whether it be by buying an artists’ work, a child’s painting or by making a donation, we are grateful for your support of our research that we believe will help many patients with related problems. We hope you enjoy the show and thank you for your support!

Best wishes,

Colin Shapiro

Program Director

Arina Bingeliene

Exhibit Organizer

YOUTHDALE CHILD AND ADOLESCENT SLEEP CENTRE

The Youthdale Child and Adolescent Sleep Centre focuses on sleep and sleep disorders in children and adolescents. We serve and provide care for patients from all over Ontario and from around the country. We cover a wide spectrum of sleep problems with the philosophy that “if children have poor sleep it will impact their physical growth, their academic performance and stop them from reaching their full potential”.

Our multidisciplinary team includes psychiatrists, a developmental pediatrician, a consultant general pediatrician, a pediatric neurologist, a psychologist and a respirologist with Dr. Joseph Barbera being the Medical Director. Dragana Jovanovic is the Laboratory Manager and Dr. Inna Voloh is the Assistant Manager.

Youthdale services include: an initial sleep consult; family and patient counseling and overnight polysomnography (the sleep study) to evaluate for variety of sleep disorders. We also conduct daytime sleep studies such as the Multiple Sleep Latency Test (MSLT) to assess levels of daytime sleepiness, the Maintenance of Wakefulness Test (MWT) to measure level of alertness, and actigraphy to monitor sleep over a prolonged period (typically two weeks) while the patient is doing day-to-day activities. We are the only health facility that we are aware of that offers Dim Light

Melatonin Onset (DLMO) tests for clinical purposes. This test measures melatonin levels and is helpful for discovering and understanding disturbances in the human biological clock.

Our staff is engaged in education of visiting physicians, fellows and medical students, sleep technicians and technologists. Youthdale conducts presentations and workshops on sleep and its disturbances in children and adolescents in schools and communities. Lectures to educators, social workers and students are done on a regular basis. The clinic organizes monthly academic rounds on pediatric sleep (organized by Dr. Azmeh Shahid).

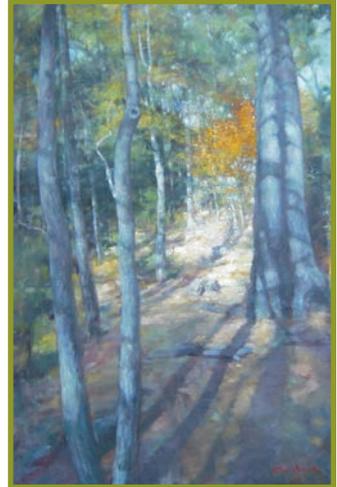
A Pediatric Sleep Day is organized by our program director Dr. Colin M. Shapiro, who is a professor at The University of Toronto, and staff scientist Dr. Sharon Chung. This brings together world class pediatric sleep experts and professionals interested in children and adolescents’ sleep to provide an educational experience for all who are interested. This has recently been combined in a two-day meeting with the Youthdale Neuropsychiatry Program. The director of the neuropsychiatry program is Professor Paul Sandor.



CHARLES CHOI

Charles Choi was born 1967 in Shanghai, China and immigrated to Canada in 1995. He learnt painting at the age of 4, with the focus on western masterpaintings and their creation. In recent years, his focus has been on 'Concrete Expression' - the combination of fundamental painting skills, personal touch and a contemporary approach. Last year he won the "Best of the Show" in Society of Canadian Artists' Members Annual Art Show.

Choi say it is his intention to truly express his subject 'as it is' together with his own inner feeling. His colours are sweet and gentle, with rich and free brushstrokes which represent the moment in which he paints.



Path1



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educated both in
Canada and the
United states, Lilli

Gillman earned a BA in Fine
Arts at Concordia University
in Montreal.

She is a founding member of
Stoneworks and Company, and
a member of the Women's Arts
Association of Canada.

Lilli explores the nuances
of the human body and in
dreamy landscapes and alludes
to secrets we all share. Her
sculptures in stone, clay and
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REBECCA LAST

“**R**ebecca Last adds to our love of Canadian landscape painting with a fresh new vision. We experience in awe its beauty and the drama of its energy and power” - states senior Canadian artist Helen Lucas.

Rebecca Last studied art in Toronto, Vancouver and Italy, earning a Masters in Art History, University of Toronto and Honours Bachelor of Fine Arts, York University. She was awarded a fellowship from The Virginia Center for the Creative Arts and was Artist in Residence at the Banff Center, Hambidge Arts Center, Georgia, USA. She lived in China, lecturing at Nanjing N. University.

An arts educator for over two decades in Canada and Italy for Sheridan College, she now offers art classes at her Toronto studio. Her artwork is featured on the September issue of SLATE.



Chaos Clapsed

To the
Youthdale Child and
Adolescent Sleep Centre

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Sincerely,

Dr. Deema Abdul Hadi

Family Physician

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RUTH OPPENHEIM

Ruth Oppenheim studied art at the University of Cape Town as well as York University. She graduated with a degree in Creative Studies and a Bachelor of Education. Her career has been varied, ranging from puppeteer, potter, teacher and art consultant with York Region Board of Education.

Ruth has always been engaged in making art and she is now able to concentrate on painting full time. Ruth is a member of the Willowdale Group of Artists and has exhibited in a number of juried and non-juried shows. Most recently her work has been included in the Paper Mill Gallery, Toronto; The Law Office Art Gallery, Sunderland and in the juried exhibition, Koffler Rocks at Wychwood Barns for the Koffler Centre of the Arts.

Ruth lives and works in Toronto.



Untitled #3



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NAOMI POLLAK

Naomi Pollak was born in Johannesburg, South Africa and emigrated to the United States in 1977. Her daily life is a balance involving her devotion to her family, her career as a geriatric physical therapist, and to painting and drawing.

She has studied mostly at the Evanston Art Center in Illinois with several different teachers, including Ken Minami and Eleanor Spiess-Ferris. Her work has been displayed in libraries, and accepted for inclusion in juried art shows in Illinois. Her paintings are mostly in oil and her drawings are in charcoal.



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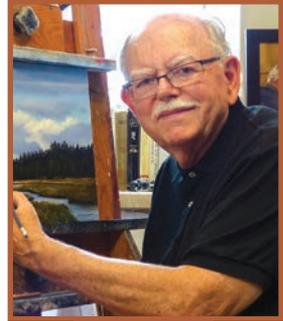
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DOUGLAS PURDON

DOUGLAS PURDON was born and lives in Toronto. He is a graduate of OCA. His preferred medium is oil, but he also works in watercolour and acrylic. He was profiled in the autumn edition of *Magzin-Art*. His work has also appeared in *International Artist Magazine* and other publications. He is an elected member of OSA & SCA.

His work has been included in exhibitions in Canada, the U.S. and Britain and has participated in the Youthdale Sleep Centre art exhibition since 2011.

He is represented by Studio 737 and Westmount Gallery. His paintings are in the permanent collections of Mystic Seaport Museum, Scottish National Tourist Board, Toronto Public Library, City of Toronto, Co-Operators Insurance, The Arts and Letters Club of Toronto and many other corporate and private collections.



Kilt Rock

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and
Azmeah Shahid

MONIKA ROSEN

*m*onika Rosen looks through the lens of water in an attempt to shed light on what it is like to navigate the modern world. As a fluid element that absorbs and conforms to many environments, water becomes a symbol for adaptability, potential, transition and change. Borrowing from a visual history that connects the subconscious to water, her paintings inhabit the space of the mind, the place where our internal and external realities meet.

Monika was raised in Thornhill, and completed her BFA Honours from Queen's University. Upon graduating, she went on to practice and show as an Artist-in-Residence in Manchester (UK), Assisi (Italy), and Saint Andrews, New Brunswick. She has also shown in Valencia, Spain, as well as Kingston and Toronto. She is currently based in Toronto, where she paints and experiments across different media in her downtown studio.



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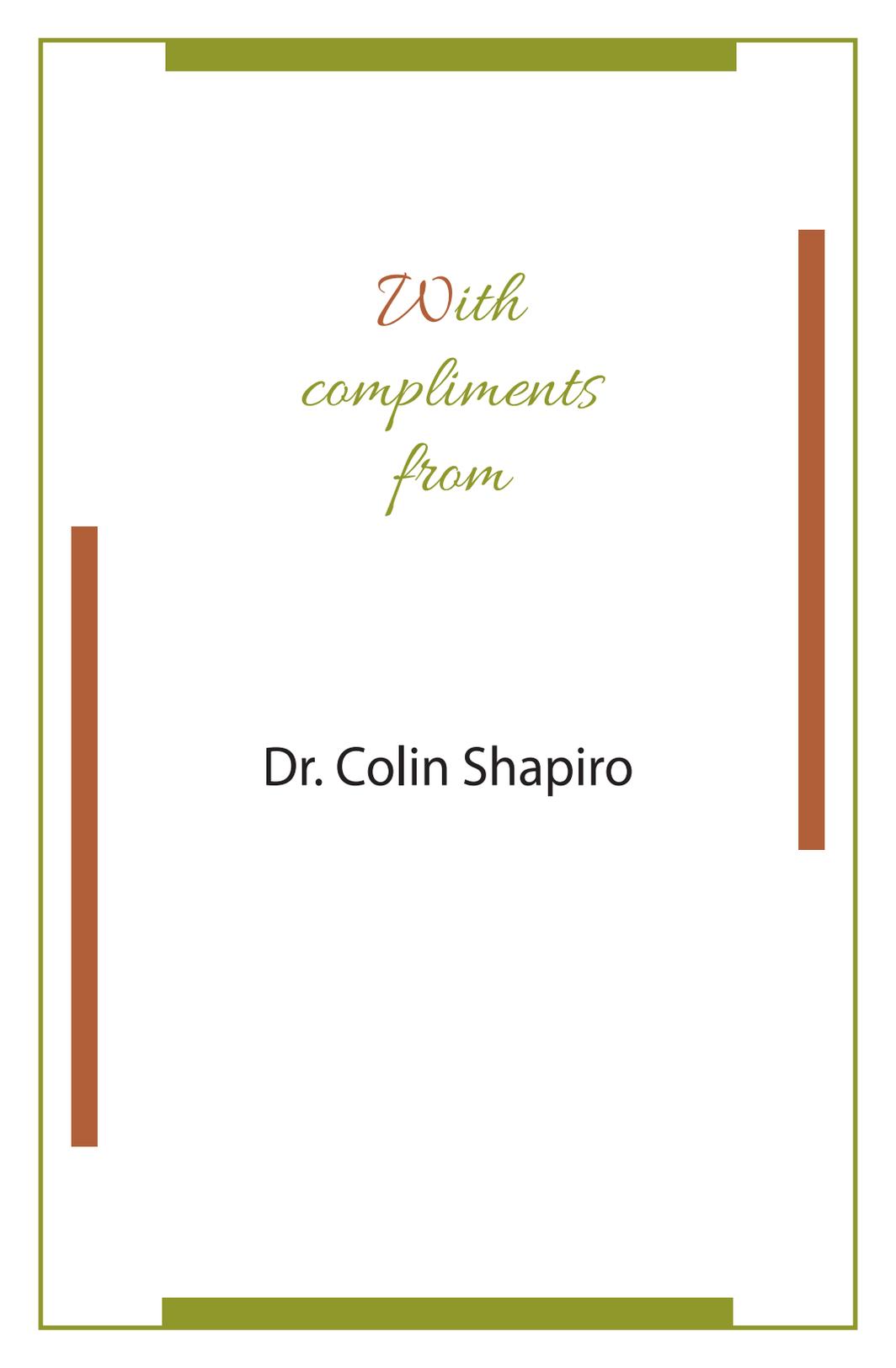
MAHLA SHAPIRO

Based in Vancouver, BC, Mahla Shapiro is a multidisciplinary artist, often combining different processes to create unique work. With a BFA from Emily Carr University of Art and Design, and a Bachelor of Education from UBC, Shapiro now works as a painter in her studio on Granville Island, as well as teaching Visual Art and creating curriculum at the secondary level.

Currently, Shapiro's work is influenced by the natural environment on the West Coast, specifically the Oregon Coast, and Tofino BC. Both the water and the landscape continue to open Shapiro's curiosities and creative pursuits in a variety of media.



Water

The page is framed by a thin olive green border. At the top and bottom, there are thick olive green horizontal bars. On the left and right sides, there are thick brown vertical bars. The text is centered in the white space.

*With
compliments
from*

Dr. Colin Shapiro

DEENA SHERMAN

Deena Sherman photographs event photography but her true passion is travel and nature photography.

She has been published internationally including in Time Magazine, the Sydney Morning Herald and the London Sunday Times. She was a featured photographer in "South Africa's 10 Best".

Deena lives in Thornhill, (north of Toronto) with her husband and two kids.

For more photos by Deena, please visit her website:
<http://anglesphotography.photoshelter.com>



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MANJIT SINGH CHATRIK

*M*anjit Singh Chatrik is an artist with a passion for delving into the depths of life and expresses his revelations through painting.

Born in 1947, to a large Punjabi family with little means, 'Art' was not the career choice supported by his family. However, in pursuit of his passion, Manjit earned a scholarship to attend Delhi College of Art from which he graduated with a degree in Commercial Art in 1972.

He has since expressed his creativity illustrating watercolours commissioned by prestigious studios in the Middle East and North America.

Manjit currently resides in Quebec and focuses on creating intimate expressions that embrace life. A master in the fine art of watercolour, Manjit's work portrays his travels and explorations in several lands and is inspired by spirituality, yoga & nature.
www.chatrikart.com



BREEZ

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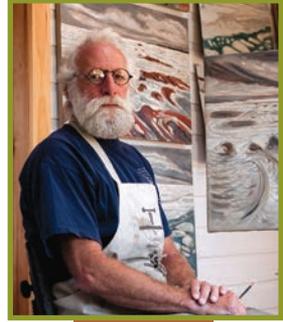
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Dr. Arina Bingeliene

After art school in Toronto, Alan Stein studied under Patrick Reyntiens at Burleighfield School in England and then letterpress printing with Bill Poole. In 1988 Alan established a painting studio and The Church Street Press in Parry Sound where he designs and hand-prints limited-edition books, illustrated with his own wood engravings.

Recent books feature collaborations with Canadian authors Al Purdy, Douglas LePan, P.K. Page and Michael Crummey. His paintings are influenced by travels overseas and summers spent on Georgian Bay.

His books and paintings have won several prizes, and his works are included in many corporate and public collections. He is an elected member of the RCA, OSA, CSPWC, and the SCA. His work is represented by the Roberts Gallery in Toronto, the Masters Gallery in Calgary, and Christina Parker Gallery in St. John's.



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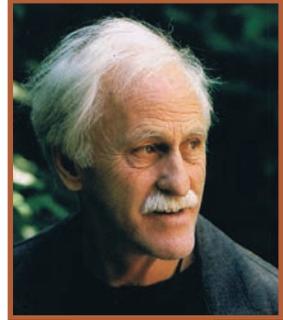
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GILBERT STRUDWICK

Gil Strudwick has again been to Greece and has some fresh new images to present.

From the spectacular views among the White Mountains near Chania, Crete, to closeups of the stone staircases in the village of Molynos, on the island of Lesbos, near Turkey. He has watercolours and acrylics, sketches and finished pieces. Next year he will be teaching at Areti Hotel 250 metres above the Aegean and he will be returning with more of the magnificence of Crete.

Gil, as one of the founders of the annual Youthdale Art Exhibition, is delighted to continue in what is becoming a tradition in the Toronto area. Enjoy!



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Kefalonia, Greece*

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FIROOZEH TANGESTANIAN

Firoozeh Tangestanian was born in the south of Iran. She has her B.F.A. in General Painting and an Advanced Diploma of Graphic Design. She currently works as a graphic designer at Hart House, University of Toronto, and as a visual artist in her free time.

As a visual artist she loves to share her passion about life through her paintings by recreating the most joyful moments that she has experienced or has seen that experienced by others through her painting's subjects and then add lots of details through shapes, motifs, colours, lines and dots to represent her emotions. She has been in more than 21 Juried and Group shows in Toronto and 10 Group Exhibitions in Iran.

*You can see her artwork at:
www.firoozeht.com*



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GEORGE A. WALKER

George A. Walker, MA, RCA, is an Associate Professor at the OCAD University.

He is the author of the popular how-to book, *The Woodcut Artists' Handbook* (Firefly 2005) now in its second edition, and is recognized for his art history book on wordless novels, *Graphic Witness* (Firefly 2007) selling over 16,000 copies. Since the founding of his press in Toronto in 1984 his letterpress printed artists' books have been collected internationally by institutions such as the University of Toronto, Morgan Library and Museum N.Y.C., Columbia and Princeton University and the Victoria and Albert Museum in London, England. His work has also been published in affordable editions by The Porcupine's Quill.

www.george.walker.com

[http://en.wikipedia.org/wiki/George_Walker_\(printmaker\)](http://en.wikipedia.org/wiki/George_Walker_(printmaker))

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Walker's medium is wood engraving, predominantly in the form of wordless graphic often biographical novels.



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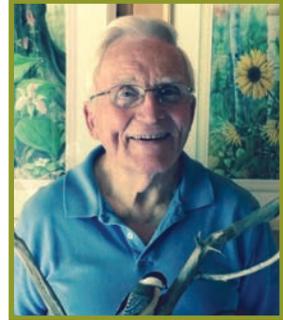
KEN WILLING

Throughout Ken Willing's life, he has been inspired by nature's beauty. Whether he is painting in watercolour, carving his songbirds, singing his own melodious tunes or tending his remarkable northern flower gardens, his personal quest has been in nature.

Ken Willing was born and educated in Toronto. He worked in engineering design and engineering project management most of his life. For more than 20 years, he has been pursuing his passions in watercolour painting and songbird carving. Both are testaments to his creative gifts.

At eight years of age on Saturday mornings, Ken would walk two miles through the City of Toronto to the Art Gallery of Ontario to take lessons from some of Canada's brightest talents. He remembers meeting Lawren Harris who told him that art could be found anywhere you looked for it. Mr. Harris talked about painting his pictures of backyards in Toronto. Lawren Harris then became a founding member of the Group of Seven.

In addition to his watercolour painting achievements Ken has won many awards for his songbird carvings.



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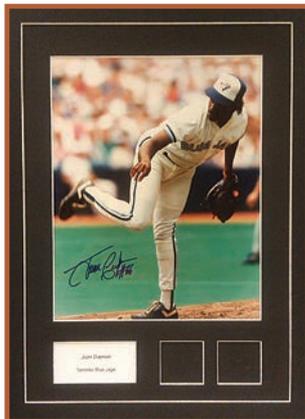
OTHER ART ON EXHIBITION

Margaritae Sorori by W. E. Henley

*A late lark twitters from the quiet skies;
And from the west,
Where the sun, his day's work ended,
Lingers as in content
There falls on the old, gray city
An influence luminous and serene,
A shining peace,
The smoke ascends
In a rosy-and-golden haze. The spires
Shine and are changed. In the valley
Shadows rise. The lark sings on. The sun,
Closing his benediction,
Sinks, and the darkening air
Thrills with a sense of the triumphing night
Night with her train of stars
And her great gift of sleep
So be my passing!
My task accomplished and the long day done,
My wages taken and in my heart
Some late lark singing
Let me be gathered to the quiet west,
The sundown splendid and serene,
Death.*



Angel



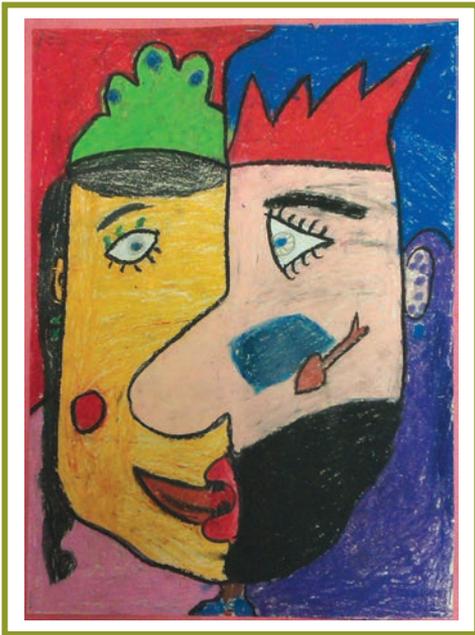
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Walker

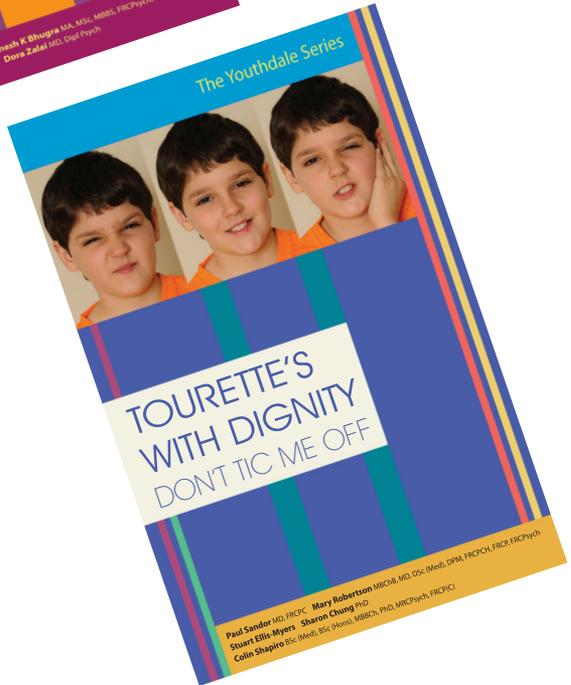
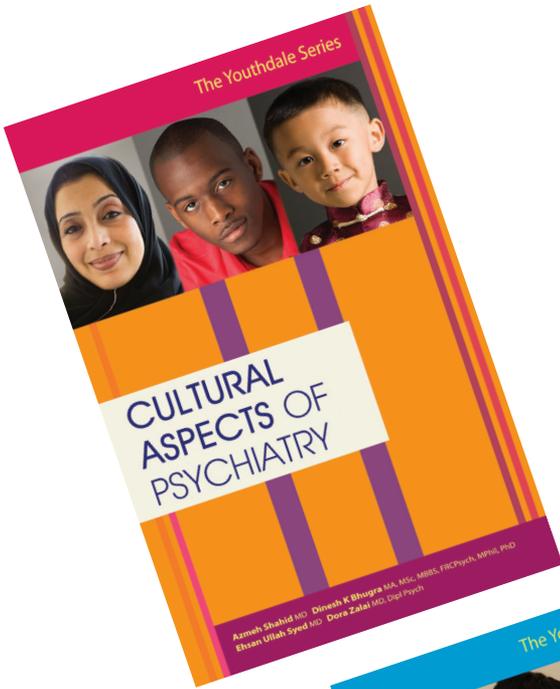
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