

A MESSAGE FROM
COLIN SHAPIRO & ARINA BINGELIENE

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.

The team that has helped organize the art show includes Deena Sherman, who has corralled the artists and Ilana Rosen who 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. We would like to particularly thank our children and adolescent sleep centre manager, Dragana Jovanovic, and our secretary, Jasmin Delos Reyes, who

amazingly manage to deal with the increasing volume of work in a very professional manner.

We also would like to welcome our new team member in the sleep clinic, Dr. Adit Margalot, who has training in Neurology and sleep.

We want to take this opportunity to wish Dan Hagler farewell as he will retire in March 2017.

We are looking forward to see you at 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 in Shanghai, China and immigrated to Canada in 1995. He learnt painting at the age of 4, with the focus on western master paintings 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. He was a multi-award winning artist both in Canada and China including the “Best of the Show” in Society of Canadian Artists’ Members Annual Art Show in 2012. His work is represented in private and public collections across Canada, Hong Kong, Australia, Japan and China.

Choi says it is his intention to truly express his subject ‘as it is’ together with his own inner feeling. His colours are sweeter and less violent, with richer & freer brushstrokes which represent the moment while he paints.



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ANDY DONATO

Andy Donato was born in Scarborough. After graduating, he worked as a layout artist for Eatons. In 1971, he joined The Toronto Sun and in 1974, he started cartooning full-time as editorial cartoonist, as well as the Art Director. In 1993, he was appointed Corporate Art Director. He is still the main cartoonist for the Sun but on a freelance basis.

Andy has received many awards and accolades including the National Newspaper Award in 1976 for editorial cartooning, Best Editorial Cartoon in the World from the Montreal Salon of Cartoons, the Metropolitan Toronto Police Annual News Award for Cartooning in 1993 & 1997. In 1985 & 1986, Andy served as President of the Association of American Editorial Cartoonists and in 2000 -2001 was President of the Association of Canadian Cartoonists.

Andy has had one-man exhibitions in Toronto, London, New York and Johannesburg.

“Bent Realism” is Andy’s newest style, it includes paintings from neighbourhoods in Toronto, and places such as the streets of Italy.



Sandkey Stalker

To the
Youthdale Child and
Adolescent Sleep Centre

Best wishes on all of your endeavors

Sincerely,



**Dr. Deema Abdul Hadi &
Dr. Hussam Taha
Family Physicians**

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Stoney Creek, ON L8G 1G4
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LILLI GILLMAN

E ducated both in
Canada and the
United states, Lilli
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 Gillman explores the
nuances of the human body in
dreamy landscapes and alludes
to the secrets we all share.
Her sculptures in stone,
clay and glass, as well as
her paintings, can be found
in private art collections
throughout Canada and
the United States.



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Youthdale Child and
Adolescent Sleep Centre*

REBECCA LAST

*F*or over a decade the Light and Energy crossing Rice Lake has inspired the paintings of Rebecca Last where her studio-cabin is located.

She has exhibited for over two decades and been represented by Edward Day Gallery and Gallery Moos. She has taught studio and art history in China and, for Sheridan College in Canada and Italy.

Her work has been featured on CBC, in a UN Report on Climate Change, Southern Living Magazine, Canadian House & Home, The Globe & Mail, Toronto Life, Conde Nast Traveller and 2015 Cottage Life Magazine's story on her Rice Lake work. Her painting Chiaroscuro is currently installed in Frank Restaurant at the AGO.



Studies in Light & Energy no. 103

*With
compliments
from*

Naveed Siddiqui
and
Azmeah Shahid

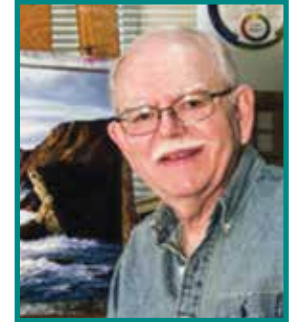
DOUGLAS PURDON

DOUG PURDON was born in Toronto and graduated from the Ontario College of Art (AOCA).

His work has appeared in International Artist Magazine, Magazin Art (Fall 2013) and numerous other publications. Doug is an elected member of The Society of Canadian Artists (SCA), The Ontario Society of Artists OSA. and professional member of the Arts & Letters Club of Toronto. He is a member of Winsor & Newton's Fine Art Collective, (FAC).

He was awarded the Museum Purchase Award at the 26th Annual Mystic International Marine Painting Exhibition and has just been accepted into this year's exhibition. In 2007 his solo exhibition, opened at the Arts and Letters Club of Toronto.

He is represented by Quinn's of Tweed and Westmount Gallery. His paintings are in many corporate and private collections and the City of Toronto.



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MAHLA SHAPIRO

*M*ahla Shapiro is both a visual artist, visual arts instructor, and is soon to be the mother of two, in Vancouver BC.

Building a Visual Arts curriculum for grade four this year, Mahla is inspired to both teach and learn alongside her students.

Mahla is also part of an Open Book Art Collective; a group of seven female artists who read a novel, meet and create work based on the book. Most recently, the group has their next opening on October 2nd to be up for a month at Van Dusen Gardens in Vancouver, on 'The Signature of All Things' by Elizabeth Gilbert. Some of the work Mahla created for that show is exhibited and for sale here in Toronto in this exhibition.

Though busy as a teacher and mother, Mahla continues to maintain her studio practice on Granville Island as well as in her new studio where she more recently has combined print media and embroidery on the same surface.



Ask-and-Find

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participants on a most
worthwhile event!*

on behalf of

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and the
Pindoff
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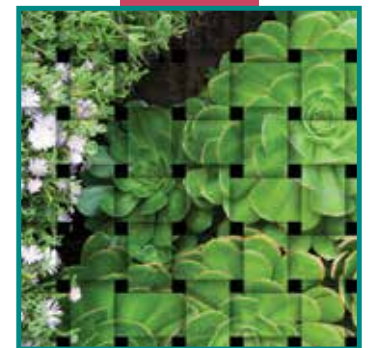
DEENA SHERMAN

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>



Weave Green Succulent

*With
compliments
from*

Dr. Payman Hajiazim

ALAN STEIN RCA

*A*fter 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 time spent on Georgian Bay and in Newfoundland.

His books and paintings have won several awards, 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.

*2017 Exhibits:
Summer 2017, Christina Parker Gallery,
St. John's, Newfoundland
The English Harbour Arts Centre,
Trintiy Bay, Newfoundland
Fall 2017, Roberts Gallery, Toronto, Ontario.*



View From Naples

*With
compliments
from*

Dr. Colin Shapiro

GILBERT STRUDWICK

Gill Strudwick left his chosen career as a Commercial illustrator and designer in 1991 and began life as a fine painter. He is an elected member of the Society of Canadian Artists and the Portrait Society of Canada. He's always had a love for painting the outdoors. In 2007 Gill completed a Bachelor of Fine Arts from York University in Toronto. While at York he was asked to explain the colour mixing process to the class. He has also taught beginners and advanced students.

Gill has had joint exhibitions in Toronto, Barrie, Collingwood and at the McMichael Canadian Collection in Kleinburg, Ont. His work has been displayed in the following galleries: Karr Gallery, Toronto Ont., Elca London Gallery, Montreal, Que., White Rock Gallery, White Rock, B.C., Harbinger Gallery, Waterloo, Ont., Yellow House, Toronto, Ont.

Awards and Acceptances:

1971 - 2nd Prize, Canadian National Exhibition, Toronto

1992 - First Prize, Simcoe County Arts & Crafts Association, Collingwood Ont.

1998 - Finalist in a national art competition, Tyndale College, Toronto

2004 - Elected to the Canadian Society of Canadian Artists

See his work at :

www.gilbertstrudwick.com

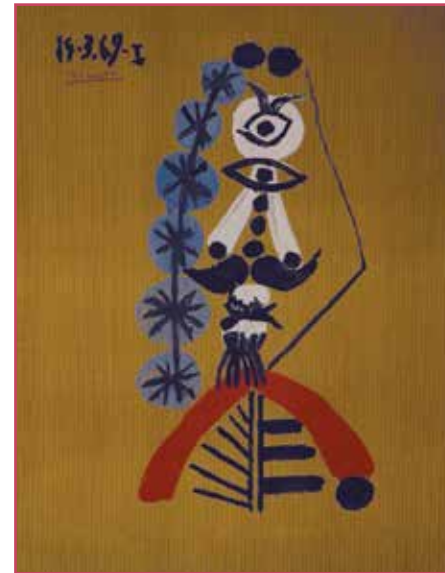


Hidden Garden

*With
compliments
from*

Dr. Arina Bingeliene

PICASSO - ART AND THE THEATRE



*In honour of secretary
Jasmin Delos Reyes
for her hard work and commitment*



The Youthdale Child and Adolescent Sleep Centre is dedicated to the assessment and management of a variety of sleep disorders in children and adolescents

The clinic provides:

Comprehensive sleep assessment

Overnight polysomnography

Daytime testing (MSLT and MWT)

Dim Light Melatonin Test (DLMO) and Actigraphy Test

*Educational sessions for schools
(for teachers and students)*

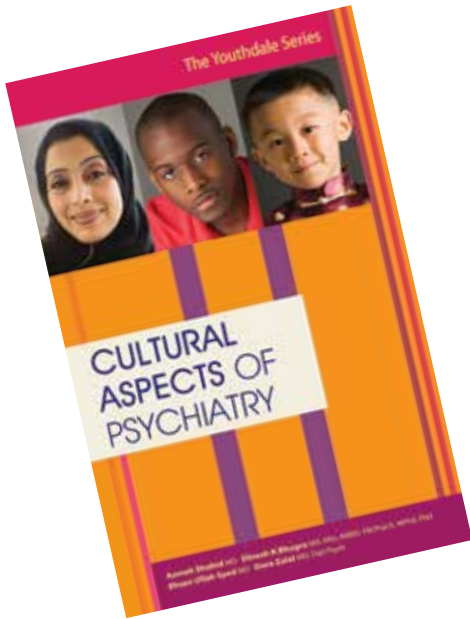
Youthdale Child and Adolescent Sleep Centre
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Tel: (416) 703 0505 Fax: (416) 703 0507
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*In honour of secretary
Barb Watkinson
for her hard work and commitment*

The International Sleep Clinic
West Parry Sound Health Centre



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Publications from Youthdale

