

A MESSAGE FROM  
COLIN SHAPIRO & ARINA BINGELIENE

the exhibitors were classmates at a school in South Africa.

We have attempted to have some variation in the items offered and the box that was specially prepared to show some hand printed books last year has now been pressed into service to display the jewelry designed by Norbert Pirk. I am particularly appreciative of the effort by our secretary in Parry Sound, Barb Watkinson and her husband Jamie who have created a single item which is 100% tax deductible and will be sold by silent auction. In general 50% of the price goes to the artist and they kindly allow 50% to go to the Youthdale Foundation Sleep Program. For the latter a tax receipt will be issued.

We would like to thank the team who have helped to bring this exhibition to fruition. This includes Ilana Rosen, Doug Purdon, Steve Selesnick (artist), Asmaa Abumuamar, Mariann Szekeres, Candice Heikoop, Aileen Tran and Deena Sherman.

I would like to thank the advertisers of this booklet which constitutes a significant proportion of the funds raised for this worthwhile cause.

I would encourage you to attend the opening on October 1st, 2015 and I hope you will encourage friends to come see it as well. While the one major thrust is to raise funds for children's sleep research, the other is to increase the awareness of the issue of children's sleep problems and we hope to achieve both of these.

If art is not your thing, please don't be shy to make a donation.

Best wishes,

**Colin Shapiro**

*Director, Youthdale Child and Adolescent Sleep Centre*

**Arina Bingeliene**

*Psychiatry Fellow and 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 sweet and gentle, with rich and free brushstrokes which represent the moment in which he paints.



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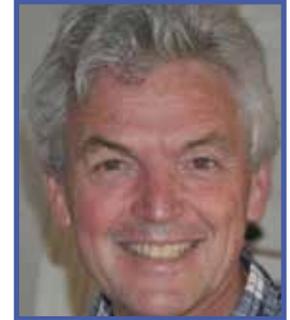
[www.cpapdirect.ca](http://www.cpapdirect.ca)

ASHLEY DAVIDOFF

Ashley Davidoff is a physician and artist who lives with his wife Naomi and four children near Boston, Massachusetts. His work combines the beauty of nature with the internal magnificence of the human body. By integrating rendered photography, medical images, and painting, he creates art pieces that reflect his love and understanding of human form and function. As a youth in South Africa, Dr. Davidoff learned the importance of creative expression as a tap and flamenco dancer.

The driving intellectual force is presented in a program called The Common Vein, which unites art, nature and biology (thecommonvein.com). This web-based educational program emphasizes simplicity of principles that underlie complexity of detail in biology and medicine. More than 500 of the artist's original works can be found on ArtinAnatomy.com.

Dr. Davidoff's multicultural background and interdisciplinary creativity provide a unique and exciting perspective of biology, medicine and art.



*Sleep and Dreams*

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HARRY ENCHIN

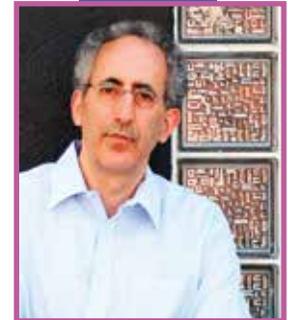
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The series has been exhibited at numerous art fairs in Canada, the United States and Mexico. The work has been included in public, institutional and corporate collections and is supported by the Ontario Arts Council and Toronto Arts Council.

For more information, visit  
[www.torontomomentsintime.com](http://www.torontomomentsintime.com)



Motorcycle Cafe

*To the  
Youthdale Child and  
Adolescent Sleep Centre  
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**Family Physician**  
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LILLI GILLMAN

 Educated 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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REBECCA LAST

Rebecca Last studied in Toronto, Vancouver and Italy, earning a Masters in Art History at the University of Toronto and Honours Bachelor of Fine Art, at York University.

She has lectured, taught and lived as Artist in Residence at The Banff Center and internationally in China and USA; awarded a Fellowship from Virginia Centre for the Arts.

Publications include Cottage Life that did a story on her artwork this summer, Southern Living Magazine, Toronto Life, Canadian House & Home and The Globe & Mail and the cover of SLATE in 2014.

Her painting "Through Silence" was featured in the documentary Climate Change Report presented in Warsaw to the United Nations. In 2014 Last's work was included in "Shifting Ecologies" in New York City.



*Cadmium Light*

*With  
compliments  
from*

Naveed Siddiqui  
and  
Azmeah Shahid

RUTH OPPENHEIM

Ruth 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 visual arts 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. She is a member of the Willowdale Group of Artists and an associated member of the Canadian Society of Artists. She has exhibited in a number of juried and non-juried shows. Most recently her work has been shown in the Leaside Public Library and Art Square Gallery.

Ruth lives and works in Toronto.



*Fragments*



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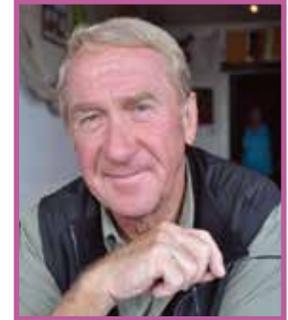
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NORBERT PIRK

Norbert Pirk is a retired educator who has been expressing his creative side by making custom jewelry for more than 25 years.

Norbert has taken several courses at George Brown, the Halliburton School for the Arts and through the auspices of the Association of North American Goldsmiths.

He likes to work with semi-precious stones and silver. His work can be seen by appointment or at the studio tours in the Collingwood area.



Duo



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NAOMI POLLAK

Naomi Pollak derives her inspiration from the many circumstances which she encounters in her daily life, her community and the natural palette of the nature around her.

Naomi paints at the Evanston art center where she is able to interact with other artists and study with Ken Minami. Her work has been displayed in libraries and has been accepted for inclusion in juried art shows in Illinois.

Her compositions include figure drawings, still life and landscape paintings. When not painting, she works as a geriatric physical therapist in home health care.



Peonies

*With  
compliments  
from*

Dr. Payman Hajiazim

MALINDA PRUD'HOMME

*M*alinda Prud'homme is a talented Mixed Media and Portrait Artist working from her cozy studio in Toronto's Art & Design District.

Her passion is creating impressive work that expresses the message that ALL women; no matter their age, size, ethnicity, or personal style; are uniquely beautiful exactly as they are.

When she is not creating original art she loves to put her brushes to work on custom requests. There is nothing more fulfilling than creating a piece that will be cherished for generations to come.



*Self Portrait*

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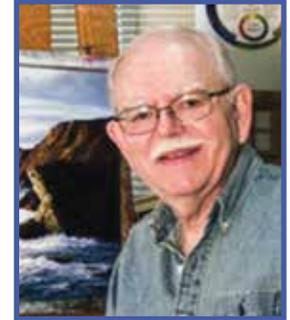
DOUGLAS PURDON

**D**OUG 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. He is an elected member of The Society of Canadian Artists (SCA), and The Ontario Society of Artists OSA. He is also a professional member of the Arts & Letters Club of Toronto.

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 Studio 737 and Westmount Gallery. His paintings are in many corporate and private collections and the City of Toronto.



*Barometer Rising*

*With  
compliments  
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Sleep Research Unit, TWH

A F S A N E H S A F A R I

*A*fsaneh Safari is a fine artist and graphic designer born in Teheran, Iran.

Her foremost focus in all her works is human and its interaction in this abstract and mystical world, which is mostly hidden from our senses. Her works express her interest about these interactions, as life is the most intricate and complex topic ever known to humankind.

It is not an easy undertaking to express these interactions, however, it is conceivable to define them through deliberate observation and then trying to make correlation between our experiences and how they relate to the world and humanity.

Afsaneh's attempt is to recreate and share these realities and experiences to be able to capture eternity for a moment.



*Which Way*

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GREGORIO SCALAMOGNA

Gregorio Scalamogna grew up in Toronto and studied at the Ontario College of Art and Design. He attended OCAD Toronto for the first three years and completed the fourth year of his degree at the off campus program in Florence, Italy.

Upon completion of OCAD Florence in 1990 Gregorio travelled extensively in Europe and North Africa for the next four years. He loved the diversity of culture and art that Europe had to offer and in 1994 he returned to Canada eventually settling in Vancouver, BC.

Gregorio's art is inspired by nature and he continually strives to evoke and portray passion in his paintings. He embraces the creative process of painting and he hopes that his art can inspire and enrich the lives of the people who view it.



*In the Presence of Power*

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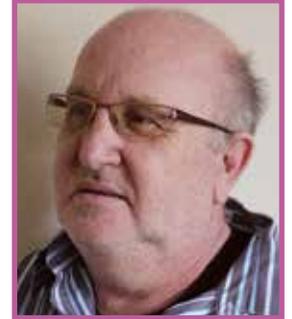
STEPHEN SELESNICK

*S*tephen Selesnick was born in Johannesburg, South Africa in 1951. He left South Africa in 1977 and currently lives in Toronto, Canada.

With encouragement from his family and friends, he has participated in shows, had a solo show in 2010 and his paintings and drawings can be seen in houses and offices in Toronto, Florida, Israel, and Washington D.C.

Stephen use acrylics, charcoal and oil pastels and usually each piece of art combines all these mediums on paper, canvas or wood panels.

*Stephen wishes the sleep clinic the best of luck!*



*The Blue Lady*

*With  
compliments  
from*

Dr. Colin Shapiro

MAHLA SHAPIRO

*M*ahla Shapiro is both a visual artist, visual arts instructor, and recently has become a mother to Shiri Bella, in Vancouver BC.

Teaching Print Media at the secondary level, 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 shown 'Dear Life' in the downtown main branch of the Vancouver Public Library; The Idiot in a Greek Orthodox Church, and upcoming in October The Duke in Vancouver as part of the Writers Festival, with author Sarah Tilley attending the opening.

Maintaining her studio on Granville Island, Mahla can be found painting late into the night while her daughter is asleep.



*Motherhood*

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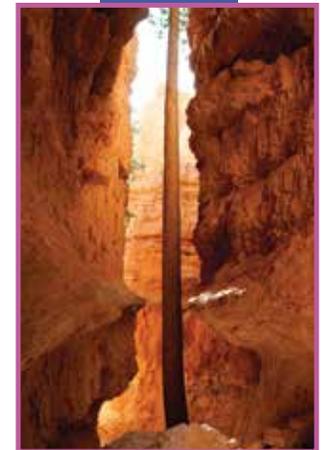
DEENA SHERMAN

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>



*Towards the Light*

*With  
compliments  
from*

Dr. Arina Bingeliene

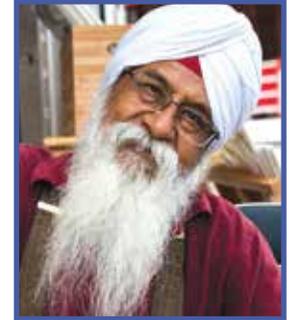
MANJIT SINGH CHATRIK

*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 and nature.  
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*Gaze*

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ALAN STEIN RCA

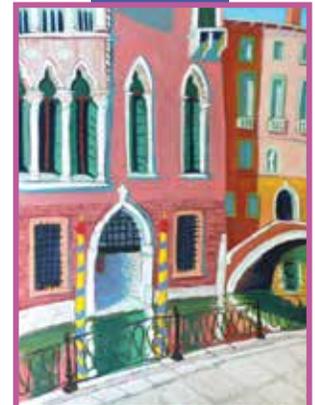
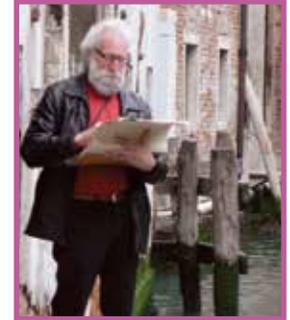
*A*fter art school in Toronto, Alan Stein studied under Patrick Reyntiens at Burleighfield School in England and then letterpress printing with Bill Poole. In 1988 Alan established a painting studio and The Church Street Press in Parry Sound where he designs and hand-prints limited-edition books, illustrated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

*2015 Exhibits:*

*Summer 2015, Christina Parker Gallery, St. John's, Newfoundland and opening November 7, 2015, Roberts Gallery, Toronto, Ontario.*



*Pink Palazzo*

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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

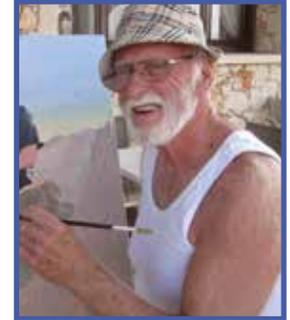
1992 - First Prize, Simcoe County Arts & Crafts Association, Collingwood Ont.

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](http://www.gilbertstrudwick.com)



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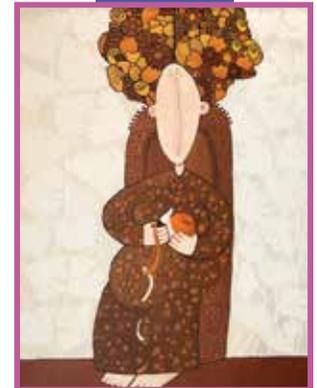
## FIROOZEH TANGESTANIAN

**F**iroozeh Tangestanian got her B.F.A. in General Painting in 1995 and continued her education and got her Advanced Diploma of Graphic Design from Seneca College, Toronto, Canada in 2007. Currently working as a Graphic Designer at Hart House, U of T 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 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 25 Juried and Group shows in Toronto and 10 Group Exhibitions in Iran.

[www.cargocollective.com/firoozeh](http://www.cargocollective.com/firoozeh)

Latest exhibitions:  
*Youthdale Art Exhibition, Group Show, Metro Hall Centre, Toronto, October 2014 & December 2013*



*Peeling an Apple*

*“Warm Wishes to the  
Youthdale Center for their  
ongoing commitment to providing  
the best service to our Kids and Youth”*

**Dr. Ahmed Al Sabbagh FRCPC, DABSM**

Sleep Medicine Specialist  
(Serving Toronto, Mississauga and Halton Region)  
Fellow of the Royal College of Physicians of Canada  
American Boards in Sleep Medicine, Pulmonary  
and Internal Medicine

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**KEN WILLING**

**T**hroughout 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.

Born and educated in Toronto, he worked in engineering design and project management most of his life. For more than 20 years, he has been pursuing his passions in watercolour painting and songbird carving.

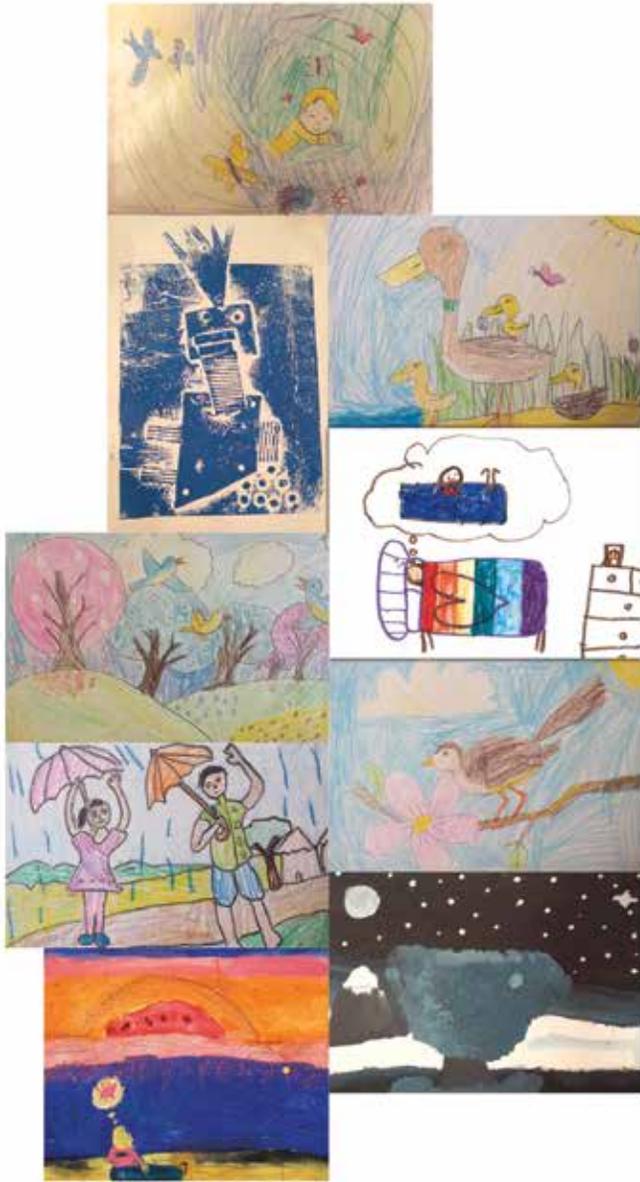
At eight years of age on Saturday mornings, Ken would walk two miles through the City of Toronto to the Art Gallery of Ontario to take lessons from some of Canada's brightest talents. He remembers meeting Lawren Harris who told him that art could be found anywhere you looked for it. Lawren Harris then 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.



*Norma's Baby*

## KIDS ART



*These are some samples of the "kids art" that are for sale at the show. They all are a full charitable donation*

## JAMIE & BARB WATKINSON

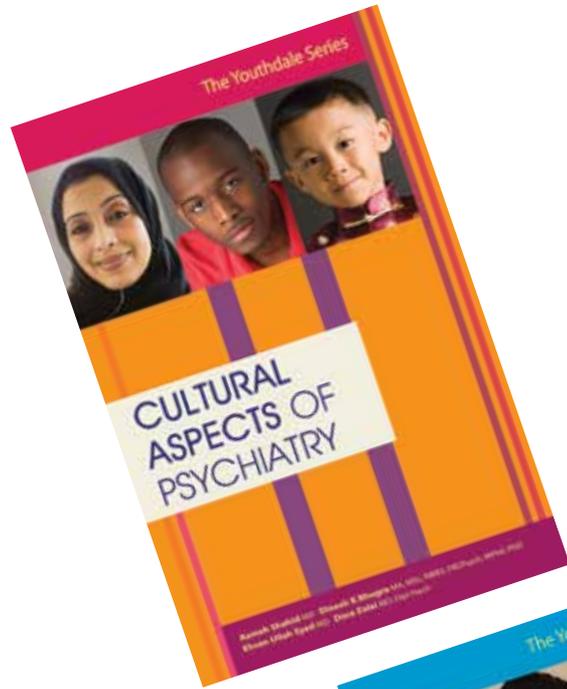
Jamie & Barb Watkinson were both born and raised in Parry sound and have been married 20-plus years.

About one year ago, they started doing custom ordered crafts for family and friends that were looking for unique ideas to display their personal items however just could not find what they wanted. Jamie started designing their ideas on paper, and it all took off from there.

They make everything from display cabinets, custom wood burning, stained glass and much more.

Jamie & Barb are currently donating a piece, not yet completed for sale to the art show. All proceeds will go directly to the Youthdale Child and Adolescent Sleep Research Program.





*Publications  
from  
Youthdale*

