


**A** is for Abstract . . .

Shapes, Colours, Gestures, Marks, Space, and

# *All that JAZZ!*

EXHIBITION CATALOGUE

February 29 – April 3, 2024

 Heliconian Hall, 35 Hazelton Ave, Toronto

**Open to the public:**

Saturday March 2, 2 – 5 pm

Wednesday, March 13, 4 – 7:30 pm

and through March, by appointment:

contact [rentals@heliconianclub.org](mailto:rentals@heliconianclub.org)



THE HELICONIAN CLUB  
WOMEN LIVING IN THE ARTS

## PARTICIPATING ARTISTS

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# Patricia Bello

## BIO

Patricia Bello is a Toronto artist who received her Bachelor of Arts degree in 1970 from the University of Chile, where she studied Design. After moving to Canada, she attended the Ontario College of Art and Design (OCAD) and graduated in 1990.

For Patricia, painting is about colour and its inherent urgency—demanding a response. She is fascinated and energized by what she sees and imagines. Striving towards legibility, yet preserving invisibility, she is driven by the desire to engage the viewers to participate in their attempts at seeing and interpreting the world.

She uses different media to capture the fleeting nature of the moment and mood: powerful, free strokes predominate in fast drying watercolours and acrylics, and more reflective moods are expressed in oils.



*Untitled*

2012, Acrylic, 32 x 30 in

titabello88@gmail.com

# Indrani De Silva

## ARTIST STATEMENT

As a self-taught Artist - I love saturating canvasses with vibrant colours and heavy textures.

Growing up in beautiful Sri Lanka, I was fascinated by the abundance of beautiful flowers, the sheer splendor of nature, all forms of dance, animals and humans - to name a few.

My favourite way to express myself is by painting abstract faces.

As a result, almost on all occasions, when creating a piece, a face emerges amongst the brush strokes – so I use my wild Imagination to work with the images that speak to me.



*Jazzed up*  
Acrylic, 26 x 22 in



*Chorus Girl*  
Acrylic, 20 x 20 in

indrani1001@yahoo.com

# Vivian East

## ARTIST STATEMENT

The *Boogie Woogie* series was inspired by a trip to a small fishing village in Mexico. I got great pleasure out of seeing the colourful geometric patterns that embellished many of the small businesses on the main road. I decided to explore the use of pattern on pattern in these small mazes.

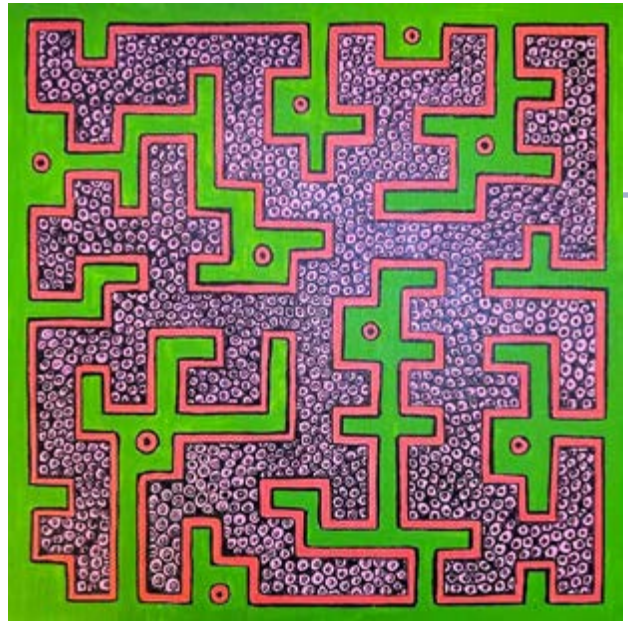
In the *Structure* series, I created a bird's eye view of an imaginary series of three-dimensional mazes. We can almost feel that we could get lost in them while enjoying the simplicity of the forms.

## BIO

Vivian East holds a BA from the U of T, a Diploma in Design from Sheridan College, and a BEd from OISE/UT. Vivian taught art and other subjects for the TDSB for twenty years. In 2010, she and her daughter opened Freehand School of Art in North Toronto.

In 2022, she joined the Heliconian Club, and is currently on the Board of directors.

Vivian works in a variety of media and has recently begun to focus on landscape painting in oils to celebrate her travels throughout Canada.



Boogie Woogie #1  
2019, Acrylic and permanent marker on panel  
12 x 12 in

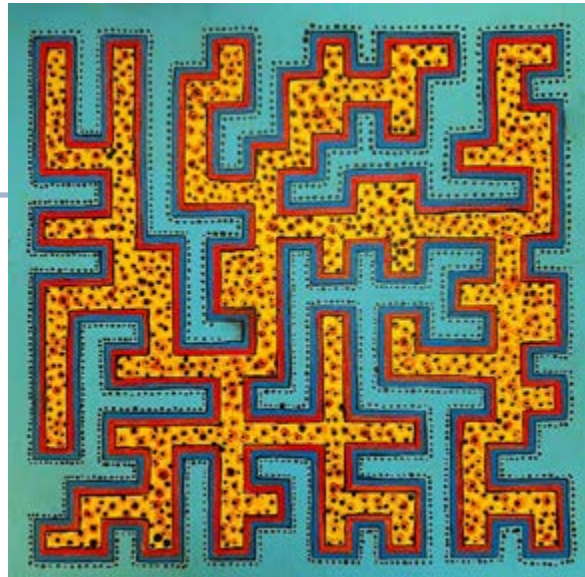
[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)

*Boogie Woogie #2*

2019

Acrylic and permanent marker on  
panel  
12 x 12 in

[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)

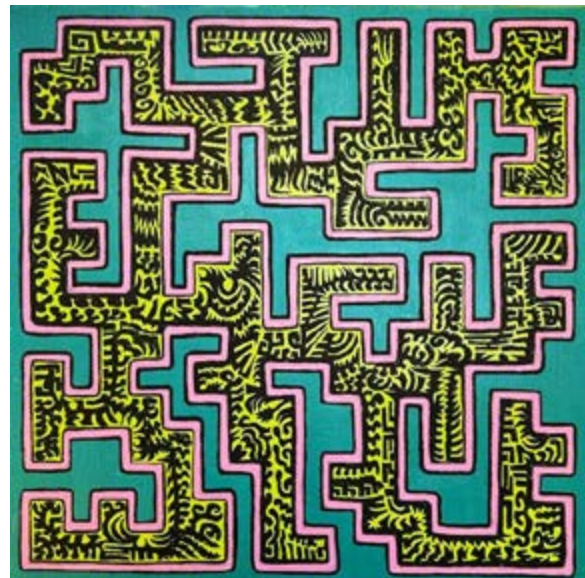


*Boogie Woogie #3*

2019

Acrylic and permanent marker on  
panel  
12 x 12 in

[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)



*Structure #1*

2020

Oil on Panel

12 x 12 in

[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)



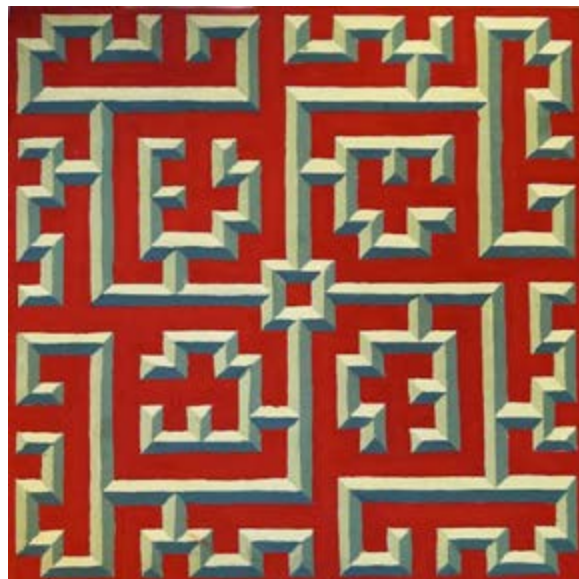
*Structure #2*

2020

Oil on Panel

12 x 12 in

[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)





*Structure #3*

2020

Oil on Panel

10 x 10 in

[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)



*Structure #4*

2020

Oil on Panel

10 x 10 in

[www.vivianeast.com](http://www.vivianeast.com)  
[vivian.east@gmail.com](mailto:vivian.east@gmail.com)



# Florence Guttman

## ARTIST STATEMENT

My artwork reflects my love of colour, shape and movement. I relate my abstract artwork in this show to my enjoyment of jazz. As in jazz, the art is free flowing with highs and lows, sometimes structured and sometimes unstructured. The abstract pieces, like jazz, convey layers and nuances from pure intensity to mellow smoothness.

## BIO

Florence has loved to draw and paint since childhood. Throughout the years she has enjoyed exploring various forms of art from pottery, to stained glass to her present passion for painting both in watercolour and acrylic.

Florence continually experiments with colour, shape, line and texture. Her abstract works display the use of various materials, tools and techniques to create bold, vibrant paintings.



*Soundwaves*  
2020, Acrylic on Canvas, 24 x 20 in

[floguttmanart@gmail.com](mailto:floguttmanart@gmail.com)

*Floating in the Wind*  
2018, Acrylic on Canvas, 24 x 36 in

floguttmanart@gmail.com



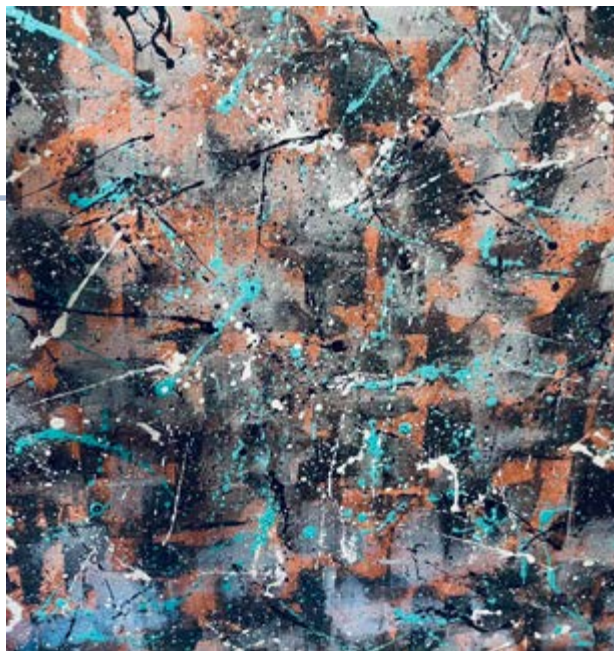
*High Notes*  
2023, Acrylic on Canvas, 16 x 20 in  
(Framed)

floguttmanart@gmail.com





*Through the Window*  
2023, Mixed Media on paper, 24 x 18 in  
(Framed)  
floguttmanart@gmail.com



*Galaxy*  
2023, Acrylic on Canvas, 24 x 24 in  
floguttmanart@gmail.com

*What Comes Around 3*

2021

Mixed Media on Watercolour Paper

12 x 16 in

(Framed)

floguttmanart@gmail.com



*Busy Day*

2023

Acrylic on Canvas, 16 x 20 in

(Framed)

floguttmanart@gmail.com



*From the Rooftop*  
2023, Acrylic on Canvas  
16 x 20 in (Framed)

floguttmanart@gmail.com



*Blow Your Horn*  
2023, Mixed Media , 18 x 24 in  
(Framed)

floguttmanart@gmail.com





*Movin' On*  
2021, Acrylic on Canvas, 24 x 24 in

[floguttmanart@gmail.com](mailto:floguttmanart@gmail.com)

# Catherine Maunsell

## ARTIST STATEMENT

For me painting is sensuous, visceral and intuitive. I love the feeling of pushing paint around. I begin with a very limited idea - a mood, a feeling or perhaps an experiment with line or some other mark - anything more detailed and concrete derails my process. I generally choose a dominant colour palette. I set down my first marks, usually with some idea of whether I want this to be a primarily organic or geometric painting. I lay down some lines and shapes and I'm off!

I am an emotional painter who responds to the marks and the colours, as I paint, never certain where I will finally land! Sometimes the initial marks get to survive as laid down but as I engage in the process of reviewing and revising, painting over and scratching through, reworking shapes and adjusting colour, they may disappear or change beyond recognition. Creating a finished painting is a process of addition and subtraction. Having spent 36 years of my working life in a rigid, rule-bound, para-military organization I delight in making changes to a work: scrubbing out, painting over, scratching in, covering up with collage... rules be damned!



### *Firestorm*

2023, Acrylic on paper, 10 x 8 in

SOLD

[www.cmaunsell.com](http://www.cmaunsell.com)

[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Carnival*

2023, Acrylic on Canvas, 18 x 24 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*It's All About Colour*

2024, Acrylic on paper, 18 x 24 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Breakouts*

Acrylic on paper, 14 x 19 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Mystery...*

2023, Acrylic on Canvas, 9 x 12 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*All That Jazz*

2023, Acrylic on Paper, 22 x 30 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Intersectionality*

Acrylic on Paper, 15 x 22 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)





*Ouch*  
2024, Acrylic and Collage on Paper, 20 x 14 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*There's A Lot Of Conflict*  
2023, Acrylic on Paper, 24 x 18 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Paddle to the Sea*

2023, Acrylic on Paper, 22 x 30 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*A Good Vintage*

2024, Acrylic on Paper, 15 x 22 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)

*Let the Sun Shine In*  
Acrylic on Paper, 18 x 24 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Dancing on Teal*  
2024  
Acrylic on Gallery Mount Board  
8 x 10 in,  
[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Oil Pastels in an  
Over-The-Top Mat*

2024, Oil pastel with  
Acrylic Wash on Paper, 12 x 17 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Dancing in the Sky*

2024, Acrylic on Gallery Mount  
Board, 8 x 10 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)





*Contemplation*  
2023, Acrylic on Paper, 30 x 22 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Old News*  
2023, Acrylic and Collage on Paper, 25.5 x 20.5 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Dancing on Ochre*

2024

Acrylic on Gallery Mount Board

8 x 10 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Leverage*

2024

Acrylic on Paper, 10 x 8 in

[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)





*Hello Hygge*  
2023, Acrylic on Paper, 24 x 18 in  
SOLD  
[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Woman's Mind In Multi-Tasking Mode*  
2023, Acrylic on Canvas, 24 x 20 in  
[www.cmaunsell.com](http://www.cmaunsell.com)  
[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)



*Heatwave*

Acrylic on Paper, 22 x 22 in

SOLD

[www.cmaunsell.com](http://www.cmaunsell.com)

[cath.maunsell@icloud.com](mailto:cath.maunsell@icloud.com)

# Barbara Muir

## ARTIST STATEMENT

My paintings and drawings express the joy I feel looking at the world. *Colours of Joy* definitely captures that feeling. No matter what I'm creating artistically I want to share the beauty I see, or in this case, that I imagine.

In recent years, our time in Nova Scotia at our 100+-year-old schoolhouse every summer has been a visual gift. Being near water is my idea of happiness. In Toronto we regularly go and visit a beautiful park by the lake. In the Maritimes we love walking on our favourite beach.

This piece is abstract – 100% out of my imagination. Unlike works where I'm trying to create something that looks like the subject matter – this piece grew organically, and I loved every minute of painting it.



*Colours of Joy*

image shows work in progress  
2024, Acrylic on Canvas, 48 x 36 in

[www.barbaramuir.com](http://www.barbaramuir.com)  
[barbara.muir@sympatico.ca](mailto:barbara.muir@sympatico.ca)

# Marjut Nousiainen

## ARTIST STATEMENT

“Know When to Fold ‘em.”

The fun of working but always making decisions - too much green? Red? One more brushstroke - or not? I work from intuitive feelings but ironically also from deep worries about the Planet. Also I wander around and am free to do whatever artwork feels right. Obsessive works include series using leftover wools, plastic clutter etc.

## BIO

Member of Toronto Heliconian Club, Arts and Letters Club of Toronto, Toronto Estonian Group of Artists (EkkT) and Don Valley Art Club.

Art entitled “See Plastic Sea” won “Award of Excellence” at DVAC Spring Show 2023 at Todmorden Gallery.

Thankful to all the kind wonderful artists I know!



*Do I Hear Music?*

Acrylic

34 x 27 in

marjut@sympatico.ca



*Imagined Landscape*

Acrylic on Mylar framed

49 x 37 in

[marjut@sympatico.ca](mailto:marjut@sympatico.ca)

# Patricia Stamp

## ARTIST STATEMENT

“Cactus”

These cactuses are twice-removed from their habitat in Central America to the Canary Islands: first as transplants, part of the illustrious Spanish sculptor César Manrique’s vision to transform the architecture and volcanic landscape of his home island of Lanzarote; and second, as migrations from representation to abstraction, as I transform their spiky essence into cosmology.



*Cactus: Infinity*

2016 / 2024

Giclée photo print on fine art canvas

14 x 14 in

*Cactus: Big Bang*

2016 / 2024

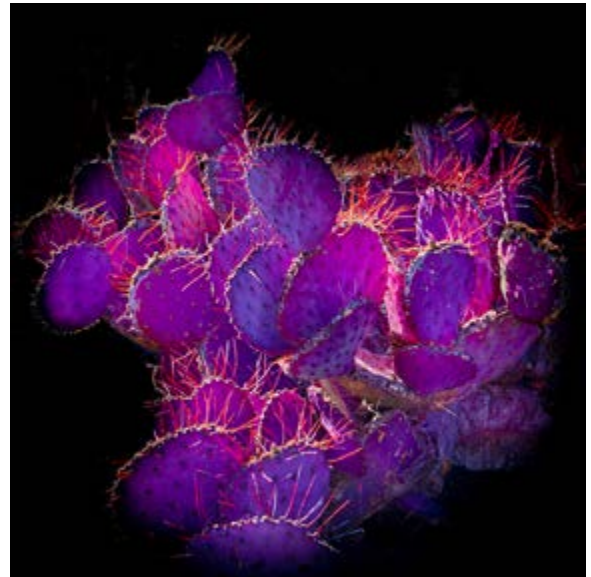
Giclée photo print on fine art canvas

14.5 x 16 in

SOLD

[www.patriciastamp.com](http://www.patriciastamp.com)

[pstamp@yorku.ca](mailto:pstamp@yorku.ca)



*Cactus: Expansion*

2016 / 2024

Giclée photo print on fine art canvas

14.5 x 16 in

[www.patriciastamp.com](http://www.patriciastamp.com)  
[pstamp@yorku.ca](mailto:pstamp@yorku.ca)



*Cactus: Fibonacci*

2016 / 2024

Giclée photo print on fine art canvas

14.5 x 16 in

[www.patriciastamp.com](http://www.patriciastamp.com)  
[pstamp@yorku.ca](mailto:pstamp@yorku.ca)





# Naomi Tal

## BIO

Naomi Tal is a school psychologist, specializing for over 20 years in helping children and adolescents who experience anxiety, depression, anger or self-regulation difficulties that interfere with their everyday functioning. She has worked at the Toronto District School Board and in private practice. She is currently a senior psychologist at the Red Oak Centre.

Naomi holds a B.A. in Fine Arts (U of T) and a Ph.D from OISE/UT. She has attended painting/contemporary practices and life drawing courses at many art schools over the course of her career.

Naomi is aiming to devote more time to her artistic expression. Her primary intention is to evoke a “conversation” between art and viewer; her style is in the “sensationalist” tradition, using raw materials, mixed media and sanding techniques to express emotion.



*Insignificance  
in a majestic world*

2024, Oil, modeling paste, on plywood  
39 x 57 in (framed)

[dr.naomital@rogers.com](mailto:dr.naomital@rogers.com)

# Rosemary Tannock

## ARTIST STATEMENT

In 2023, I was introduced to a new type of synthetic watercolour paper, called Yupo. This paper is non-porous, acid-free, pH neutral, made in the USA from 100% polypropylene. It has a very smooth surface, is completely waterproof, stain-resistant, and can be wiped clean, giving the option to return to specific areas and redo them or to build up layers of paint. One videoclip made it look easy: How could I resist?

I set aside one Saturday as a 'play day', donned a waterproof apron, and armed myself with gouache, a variety of mark-making materials, wax pastels, and a sponge roller brush!! My goal was to create non-figurative, abstract art. After creating a lot of mess, I realized that, of course, I needed to think about composition, using shape, form, colour, and line.

I felt so free to do whatever: to experiment with mark making, create stencils from the yupo paper, and make decisions about highlighting or repeating certain colours, forms, lines, as intriguing shapes emerged. I hope you enjoy viewing these as much as I did creating them.



*Winging It*

2023

Gouache and wax pastel on Yupo watercolour paper  
12.5 x 13 in [Framed 19.5 x 20]

[www.instagram.com/rostan9](https://www.instagram.com/rostan9)  
[tannockr@gmail.com](mailto:tannockr@gmail.com)

*Junction*

2023

Gouache and wax pastel on Yupo  
watercolour paper

10.5 x 13 in [Framed 17.5 x 20]

SOLD

[www.instagram.com/rostan9](https://www.instagram.com/rostan9)

[tannockr@gmail.com](mailto:tannockr@gmail.com)



*An eye on you!*

2023

Gouache and wax pastel on Yupo  
watercolour paper

10.5 x 13 in [Framed 17.5 x 20]

[www.instagram.com/rostan9](https://www.instagram.com/rostan9)

[tannockr@gmail.com](mailto:tannockr@gmail.com)





# *All that JAZZ!*

## NOTICE TO COLLECTORS

Items are available for sale during the show run but are released to purchasers after the show closes and the artist is paid.

Please arrange a purchase with staff at Heliconian Hall or directly via email with the artist.

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