

## NOCTURNE ART EXHIBIT

December 1, 2022 - January 29, 2023

 Heliconian Hall, 35 Hazelton Avenue, Toronto

[www.heliconianclub.org](http://www.heliconianclub.org)

## SHOW CATALOGUE

# NOCTURNE



THE HELICONIAN CLUB  
WOMEN LIVING IN THE ARTS



# NOCTURNE

---

## Artists

- 4 Patricia Bello
- 7 Claire Bonenfant
- 9 Sara Craig
- 11 Irina Dubinski
- 17 Vivian East
- 23 Florence Guttman
- 29 Dougal M. Haggart
- 33 Mirren Hinchley
- 39 Catherine Maunsell
- 44 Susan B. Power
- 47 Joanne Shenfeld
- 50 Patricia Stamp
- 59 Rosemary Tannock

# Patricia Bello

## Artist 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.

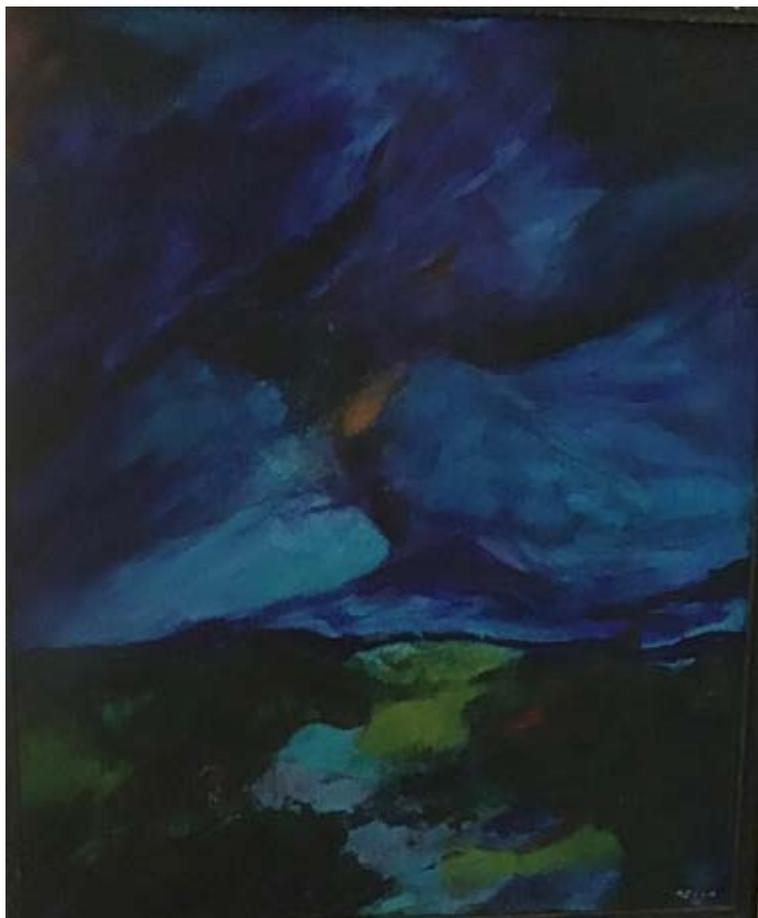
For Patricia, painting is about colour and its inherent urgency—demanding a response. She is fascinated and energized by what she sees and imagines. Striving towards legibility, yet preserving invisibility, she is driven by the desire to engage the viewers to participate in their attempts at seeing and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

Patricia Bello  
*A fine Balance*  
2022  
Acrylic  
24 X 20 in

[pmbello@hotmail.com](mailto:pmbello@hotmail.com)





Patricia Bello

*Untitled*

2022

Acrylic

26 X 23 in

[pmbello@hotmail.com](mailto:pmbello@hotmail.com)

# Claire Bonenfant

## Artist Statement

**Through the Night** The nocturne is a study of light and dark as experienced from the perspective of the night.

We experience the shades, more than the tints, the not yet known rather than the day's reality.

We must pass through the holes our errors have created to free our essence.

The watcher and the watched recognize their bond as the shadows of the night disperse.

## Bio

Claire is a graduate of OCAD and has practiced art since the early 80s. She has participated in group shows in the Toronto and Ottawa areas. From 1995 to 2003 she specialized as a muralist, commissioned by individual clients. She has created sets for community theatre, as well as a line of painted furniture and decorative screens.

Her art is increasingly influenced by her spiritual explorations.

She has had several students and accepts commissions when time allows.



Claire Bonenfant  
*Through the Night*  
(Final image not available at print  
date. Above is work in progress.)  
2022  
Oil on Canvas  
30 X 36 in

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

# Sara Craig

## Artist Statement

When **Nocturne** was proposed as an art show theme, I immediately imagined outside vignettes. A partial moon over an ocean – a flickering gas street light on a foggy night in Venice - low light with the man-made world in the shadows, objects implied. My imagination soars at night yet I consider those percolating moments as restful and synonymous with recharging. I love the early night as it is a bookend to a day and to punctuate the 24 hours, sometimes a bath is in order “to get off the old”.

The very late night, minutes before dawn, is my favorite time. It signifies the unpredictable unknowns ahead and yet because the city is quiet the good possibilities can be imagined without distraction.

## Bio

Sara Craig has been a multimedia/interdisciplinary artist for over 25 years; music, dance, visual art and film. She just presented her solo visual art show *Thoughts Full Less* in the Heliconian Hall – November 2022.





Sara Craig  
*Suds*  
2022  
watercolour  
8 3/4 X 11 in  
(frame 17 3/4 x 19 3/4)

[saramcraig\\_design@hotmail.com](mailto:saramcraig_design@hotmail.com)

# Irina Dubinski

## **Artist Statement**

We might think of the night as the time of passive rest, relaxation, and oblivion – only an interlude to get us from one day to another. However, many difficult jobs are routinely done overnight; and with my Nocturne pieces, I intended to give recognition to those who work tirelessly while others sleep. Like my horse and rider, couriers dash to deliver messages and warnings, missives and packages; and like an owl who wakes up to hunt for her young, many work night shifts to provide for their families. Mothers rise to care for their babies, and countless prayers are breathed into the night sky. Even a sweet little toddler, peacefully cuddled up on her pillow, is in fact hard at work, busily processing the learnings and memories of the day, and moment by moment, growing into the person she is meant to be.

## **Bio**

Through my art, I strive to create empathy beyond beauty, and meaning that transcends aesthetic value. My subjects of choice include people and animals because in portraying them, I feel most connected with the beauty of Creation.





Irina Dubinski  
*In the Beginning*  
2022  
Acrylic on canvas board  
22 X 28 in

[www.irinasart.ca](http://www.irinasart.ca)  
[irina.dubinski@gmail.com](mailto:irina.dubinski@gmail.com)

Irina Dubinski  
*Midnight Message*  
2022

Acrylic on polypropylene  
textile  
55 X 39 in  
(including the frame)

[www.irinasart.ca](http://www.irinasart.ca)  
[irina.dubinski@gmail.com](mailto:irina.dubinski@gmail.com)





Irina Dubinski

*Owl*

2022

Acrylic on canvas

20 X 16 in

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

[irina.dubinski@gmail.com](mailto:irina.dubinski@gmail.com)

Irina Dubinski  
*Prayer*  
2022  
Acrylic on canvas  
20 X 16 in

[www.irinasart.ca](http://www.irinasart.ca)  
[irina.dubinski@gmail.com](mailto:irina.dubinski@gmail.com)





Irina Dubinski  
*Sleepyhead*  
2022  
Acrylic on canvas  
26 X 26 in

[www.irinasart.ca](http://www.irinasart.ca)  
[irina.dubinski@gmail.com](mailto:irina.dubinski@gmail.com)

# Vivian East

## Artist Statement

The landscape paintings were inspired by a road trip in the rain at dusk when the clarity of consciousness seemed to become blurred and subliminal. This led me to take my painting of Tombstone Mountain in Yukon and transform it into a dreamscape by introducing an extra-terrestrial visitor. It seemed natural, then, to turn my attention to the larger cosmos where we are discovering forces almost beyond our comprehension. The *Cosmic Implosions* were created by the natural forces of heating and cooling pigmented wax.

## Bio

Vivian studied Fine Art at the University of Toronto and Textile Design at Sheridan College. She ran a business called “Viverie” in the 70s, taught screen printing through the TDSB’s continuing education program in the 80s, and starting in 1990, she taught middle school art for 20 years. Upon retiring, she and her daughter opened the “Freehand School of Art” in North Toronto and Vivian began to focus on oil painting. In 2020 Vivian made the decision to start working full-time in her studio.



Vivian East  
*Cosmic Implosion #1*  
2022  
Encaustic on Panel  
12 X 12 in

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



Vivian East  
*Cosmic Implosion #2*  
2022  
Encaustic on Panel  
12 X 12 in

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



Vivian East  
*Into the Light*  
2022  
Oil on Canvas  
24 X 36 in

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



Vivian East  
*Rainy Road*  
2022  
Oil on Canvas  
18 X 24 in

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



Vivian East  
*Visitation at Tombstone*  
2017 - 2022  
Oil on Canvas  
24 X 36 in

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

# Florence Guttman

## **Artist Statement**

I have always explored various forms of art and my pieces reflect my love for colour, shape and movement.

My pieces for Nocturne reflect moods at dusk and at night. There is an element of darkness but the vibrancy of the moon or shining lights add colour and excitement to the night.

## **Bio**

Florence has loved to draw and paint since childhood. Throughout the years, she has explored various forms of art from pottery, to stained glass to her passion for painting.

Florence is an artist who uses watercolour and acrylics to create florals, landscapes and abstracts. She loves to spend hours on the beauty of the fine details of landscapes and florals and thrives on the boldness, vibrant colours and creativity of her abstract works.

Florence has worked with various recognized art instructors to develop and enhance her skills and style.



Florence Guttman  
*Autumn Trees at Dusk*  
2022  
Acrylic on Canvas  
24 X 24 in

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



Florence Guttman  
*Dancing in the Dark*  
2022  
Acrylic on Canvas  
24 X 24 in

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



Florence Guttman

*Fireworks*

2022

Acrylic on Canvas

16 X 20 in

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



Florence Guttman  
*Nightlight*  
2022  
Acrylic on Canvas  
24 X 30 in

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



Florence Guttman  
*Under the Palm Springs Moon*  
2022  
Acrylic on Canvas  
12 X 16 in

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

# Dougal M. Haggart

## Artist Statement

**Giant:** Inspired by song by Stan Rogers and memories of China Beach. A long time ago I went with friends to camp on Vancouver Island. We were 15, but my brother still worried at so many women being “unprotected.” The other thread woven into this imagined scene is Stan Rogers’ song “Giant.” **Joe’s Convenience:** The shop on the corner is a chaos of signs, an archeological dig almost, reflecting what we need in changing times. The TTC sign is remnant from when Joe could sell tickets. Along with perennial essentials(COFFEE and pumpkins), Joe sells any number of KN95 masks. **Last day on the Bay:** Stuck in the city, I yearn to be by the water in the fabled Muskokas.

## Bio

I worked in the print industry even Before Computers, and in graphic and web design and development after the onset of their dominion. Since retiring, I am exploring painting in acrylic, watercolour and gouache.

I seek to convey what I see, so when you look through the window of the frame you share the echo of what “made me stop”.



Dougal M. Haggart

*Giant*

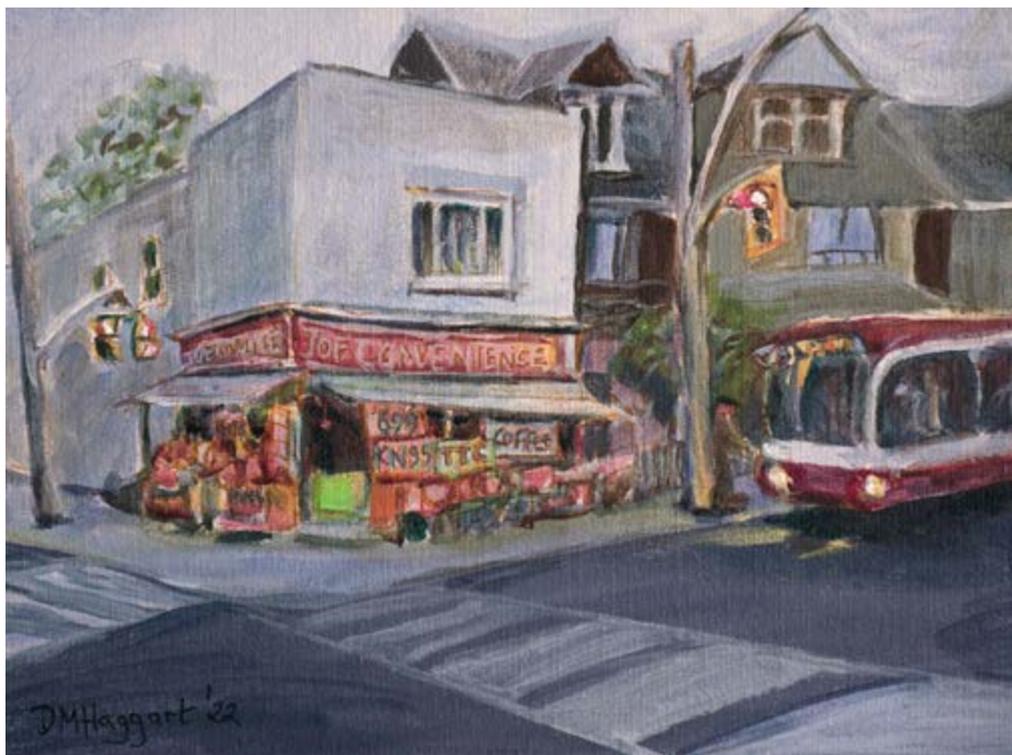
2022

Acrylic on canvas

18 X 24 in

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

[dougal@dmhaggart.ca](mailto:dougal@dmhaggart.ca)



Dougal M. Haggart

*Joe's Convenience*

2022

Acrylic on canvas board

9 X 12 in



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

[dougal@dmhaggart.ca](mailto:dougal@dmhaggart.ca)



Dougal M. Haggart

*Last day on the Bay*

2020

Watercolour and gouache on  
paper

15.25 X 10.5 in

After a photo  
by Susan B. Power.

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

[dougal@dmhaggart.ca](mailto:dougal@dmhaggart.ca)

# Mirren Hinchley

## **Artist Statement**

Over the past several years there has been an organic evolution in my painting style. I have found a way to express my inner emotions. My colours have become more dynamic, my marks bolder, twisting, curving, spiraling, and slashing in all directions across the canvas using credit cards, brushes and sponges. Physically and emotionally, I feel liberated from self-imposed constraints. Creative energy has been released that has been pent up in me and I have let myself go and let it flow out of me onto the canvas. I have discovered my true self. Painting has become the anchor in my ever-evolving life.

## **Bio**

Mirren Hinchley is an emerging, abstract painter who took up painting after a successful career. Her painting process is based on experiential learning. She has been able to let herself go & express her creativity every time she starts a new canvas. She wants her paintings to reveal her joy of colour & texture, to entice & inspire the viewer to think & talk about what they have just seen. Her works have been in juried Canadian shows, galleries in Milan, the UK & Venice.



Mirren Hinchley  
*One Dark and Stormy Night*  
2020  
Acrylic on black canvas  
40 X 30 in

[www.mirrenhinchleyart.com](http://www.mirrenhinchleyart.com)  
[mirren.hinchley@icloud.com](mailto:mirren.hinchley@icloud.com)



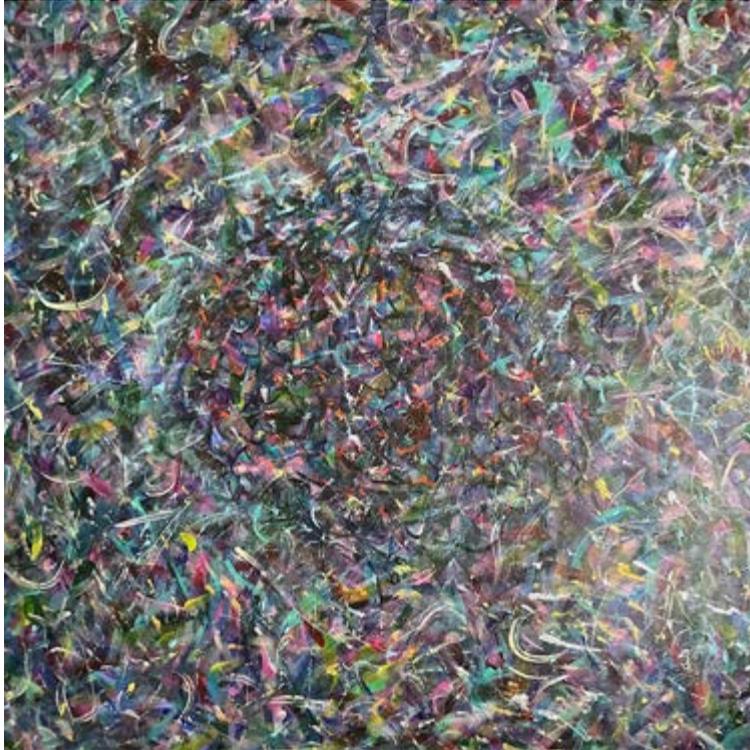
Mirren Hinchley  
*Star Light Star Bright*  
2022  
Acrylic on wood panel  
24 X 24 in

[www.mirrenhinchleyart.com](http://www.mirrenhinchleyart.com)  
[mirren.hinchley@icloud.com](mailto:mirren.hinchley@icloud.com)



Mirren Hinchley  
*The Big Bang Theory 2*  
2022  
Acrylic on wood panel  
36 X 36 in

[www.mirrenhinchleyart.com](http://www.mirrenhinchleyart.com)  
[mirren.hinchley@icloud.com](mailto:mirren.hinchley@icloud.com)



Mirren Hinchley  
*The Cosmos*  
2022  
Acrylic on wood panel  
36 X 36 in

[www.mirrenhinchleyart.com](http://www.mirrenhinchleyart.com)  
[mirren.hinchley@icloud.com](mailto:mirren.hinchley@icloud.com)



Mirren Hinchley  
*Third Rock from the Sun*  
2022  
Acrylic on wood panel  
24 X 24 in

[www.mirrenhinchleyart.com](http://www.mirrenhinchleyart.com)  
[mirren.hinchley@icloud.com](mailto:mirren.hinchley@icloud.com)

# Catherine Maunsell

## Artist Bio

I began by painting the observed world but now I paint what I imagine, not what I see.

I begin each painting without too much planning... perhaps a starting shape or some testing of colours.

I am an emotional painter who responds to the lines, shapes and 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.

For many years, I worked behind locked doors, in a variety of correctional settings. My free-wheeling painting provided the perfect antidote to the rigidity of my work life in a para-military organization.



Catherine Maunsell  
*Looking West from My Balcony*

Acrylic on Paper  
16.5 X 20.5 in

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

Catherine Maunsell  
*Nearly Nightfall 1*

Acrylic on Paper  
11.5 X 8.5 in

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





Catherine Maunsell  
*Nearly Nightfall 2*

Acrylic on Paper  
11.5 X 7.5 in

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

Catherine Maunsell  
*Nocturnal Surprise*

Acrylic on Paper  
9.5 X 7.5 in

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



# Susan B. Power

## **Artist Bio**

I have been a member of the Visual Arts Section of the Heliconian Club for several years. I am a keen painter in watercolour and pen and ink with a particular interest in still life and the figure. My work appears regularly on the walls of the club. I am also the co-convenor and organizer of the Monday life drawing sessions here at the club.

Susan B. Power  
*Twilight*  
2021  
Mixed media  
16.25 X 20.375 in

[susanbarbarapower@hotmail.com](mailto:susanbarbarapower@hotmail.com)





Susan B. Power

*Night Light*

2021

Mixed media

15.625 X 20.375 in

[susanbarbarapower@hotmail.com](mailto:susanbarbarapower@hotmail.com)

# Joanne Shenfeld

## Artist Statement

These imagined winter landscapes evoke light and hope on the longest night of the year.

## Bio

My work has appeared in juried shows at Gallery 1313, Heliconian Club, North Toronto Group of Artists, Leslie Grove Gallery, John B. Aird Gallery, Tarragon Theatre, Toronto Public Library, Lift Ground Print Studio/Gallery and the Wychwood Barns Art Market.

My paintings have been featured on the covers of the Life Section of the *Toronto Star*: <https://bit.ly/2Rgb4xF>, and the poetry book *To Measure the World* by Karen Shenfeld (Ekstasis Editions, 2020) <http://ekstasiseditions.com/recenthtml/measuretheworld.htm>. In 2022, I was selected to paint a utility box at 11 Marquette Avenue in Toronto for the Bell Box Murals Project.



Joanne Shenfeld  
*Winter Solstice I*  
2021  
Mixed Media on Paper  
12 X 12 in (19 X 19 framed)  
Framed

<http://joanneshenfeld.weebly.com>  
[joanneshenfeld@gmail.com](mailto:joanneshenfeld@gmail.com)



Joanne Shenfeld  
*Winter Solstice II*  
2021  
Mixed Media on Paper  
12 X 12 in (19 X 19 framed)  
Framed

<http://joanneshenfeld.weebly.com>  
[joanneshenfeld@gmail.com](mailto:joanneshenfeld@gmail.com)

# Patricia Stamp

## **Artist Statement**

Over the years, I've noticed that the lights seem more vibrant as the days get darker. On several magical occasions, those inner lights have shone with a special aura of community and delight. One of those occasions was a Chinese Lantern Festival, filled with giant, glowing depictions of places, people and animals – both real and fictional – made of steel, paper and plastic. The Festival was the largest ever held outside Asia. At the opposite end of the scale of community was an annual Halloween Pumpkin Walk. The pumpkin carvings shone a bright, intimate light on the imaginations and humour of my neighbourhood's children.

## **Bio**

Patricia Stamp has been taking photographs since she was eight, on five continents and many islands. She has always been attracted to the margins of place, time and mind, looking for the beauty and meaning to be found in the world's liminal places, at the interface of elements ... and in this case, the interface between night and light, a human fascination since we invented fire.

Patricia Stamp  
*Inner Lights: Chinese Lantern*  
*Festival #1, Toronto*  
2007  
Framed Archival Pigment  
Print  
10 X 8 in

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





Patricia Stamp  
*Inner Lights: Chinese Lantern  
Festival #2, Toronto*  
2007  
Framed Archival Pigment  
Print  
10 X 8 in

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



Patricia Stamp  
*Inner Lights: Chinese Lantern*  
*Festival #3, Toronto*  
2007  
Framed Archival Pigment Print  
8 X 10 in

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



Patricia Stamp  
*Inner Lights: Chinese Lantern  
Festival #4, Toronto*  
2007

Framed Archival Pigment Print  
8 X 10 in

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



Patricia Stamp  
*Inner Lights: Chinese Lantern*  
*Festival #5, Toronto*  
2007  
Framed Archival Pigment Print  
8 X 10 in

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



Patricia Stamp  
*Inner Lights: Pumpkin Walk #1,*  
*Don Valley North*  
2015  
Framed Archival Pigment Print  
8 X 10 in

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

Patricia Stamp  
*Inner Lights: Pumpkin Walk*  
#2, Don Valley North  
2015  
Framed Archival Pigment  
Print  
10 X 8 in

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





Patricia Stamp  
*Inner Lights: Pumpkin Walk #3,  
Don Valley North*  
2015  
Framed Archival Pigment Print  
8 X 10 in

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

# Rosemary Tannock

## **Artist Bio**

Rosemary Tannock is a retired Professor of Special Education and Psychiatry at the University of Toronto and a Senior Scientist in Neurosciences and Mental Health at the Research Institute of The Hospital for Sick Children, Toronto. Recently reactivating her childhood passion for drawing, her art education and training has been self-directed and focused on drawing, life-drawing, watercolour, and composition. She studied initially at the Houston Museum of Fine Arts School in Texas (1969-70) and after a 45+ year hiatus she took courses at the Anne Tannenbaum Gallery School at the Art Gallery of Ontario and en plein air workshops with several Canadian artists. Currently, she is completing a 2-year online Guided Study Program with American artist, Thomas W Schaller.

Rosemary is also a member of the Don Valley Art Club and has participated in several juried and other exhibitions. Two of her paintings received awards from the International Watercolour Masters World Contest (Highly Commended, 2021; Top 200 Merit Award 2022 out of 3724).



Rosemary Tannock  
*Milos at Midnight*  
2022  
Watercolour on 140 lb Baohong  
Masters Choice Rough  
watercolour paper  
11 X 15 in [Framed: 14 x 18]

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



Rosemary Tannock

*Night Rider*

2022

Watercolour on 140 lb Arches

cold press watercolour paper

10 X 14 in [Framed 13 x 17]



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

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

© 2022 Toronto Heliconian Club, Toronto

All reproduction rights for each work of art are retained by the artist.

## 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.

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

# NOCTURNE



THE HELICONIAN CLUB  
WOMEN LIVING IN THE ARTS