


WOMAN
Visual Arts Salon Exhibition

March 2, - March 29, 2023

 Heliconian Hall, 35 Hazelton Avenue, Toronto

www.heliconianclub.org

WOMAN



INTRODUCTION

WOMAN

Do you see

The walk of fear, hastening
The grinding work of, never stopping

Do you see

The secrets that bind, hideous
The silent scars that scream

Do you see

The power in the body, glistening
The stalks of will growing upward, reaching

Do you see

The depths of yearning, untouched
The unborn tears, collecting

Do you see

The contentment, coming
Colours moving, finding a place

Do you see

WOMAN

Artists

- 5 Helaine Becker
- 12 Patricia Bello
- 14 Claire Bonenfant
- 16 Irina Dubinski
- 21 Vivian East
- 25 Dougal M. Haggart
- 30 Tina Manttari
- 33 Catherine Maunsell
- 39 Barbara Muir
- 43 Marjut Nousiainen
- 46 Susan B. Power
- 49 Rosemary Tannock

HELAINÉ BECKER

Artist Statement

My current art process is entirely digital, i.e., I paint on a computer. Nevertheless, my pieces are still hand-painted. I use a stylus as my brush, and pixels as my paint. On the macro scale, digital painting fits somewhere between art photography and classical painting techniques – the synthesis of O’Keeffe and Stieglitz, if you will. On the micro, my own digital artwork also exists in a liminal in-between space, shifting back and forth between abstract and representational, concrete/physical (the Print) and metaphysical (the Pixel).

The pieces in this show speak directly to my experiences as a woman, and as an artist.

Bio

Helaine Becker is both a digital artist and the bestselling author of more than 90 books for children, including *A Porcupine in a Pine Tree* (Scholastic Canada). Her art has been exhibited in Society of Canadian Artists juried shows, the Aird Gallery, the Ontario Society of Artists juried show, Keller-Williams Gallery Space, the Square Foot show, and Neilson Creative Centre. Helaine is the Visual Artist in Residence for the Toronto Heliconian Club.



Helaine Becker
Divinity
2023
Digitally Painted Original Print
on Archival Paper
16 X 13 in framed

www.helainebeckerart.com
helaine@helainebecker.com

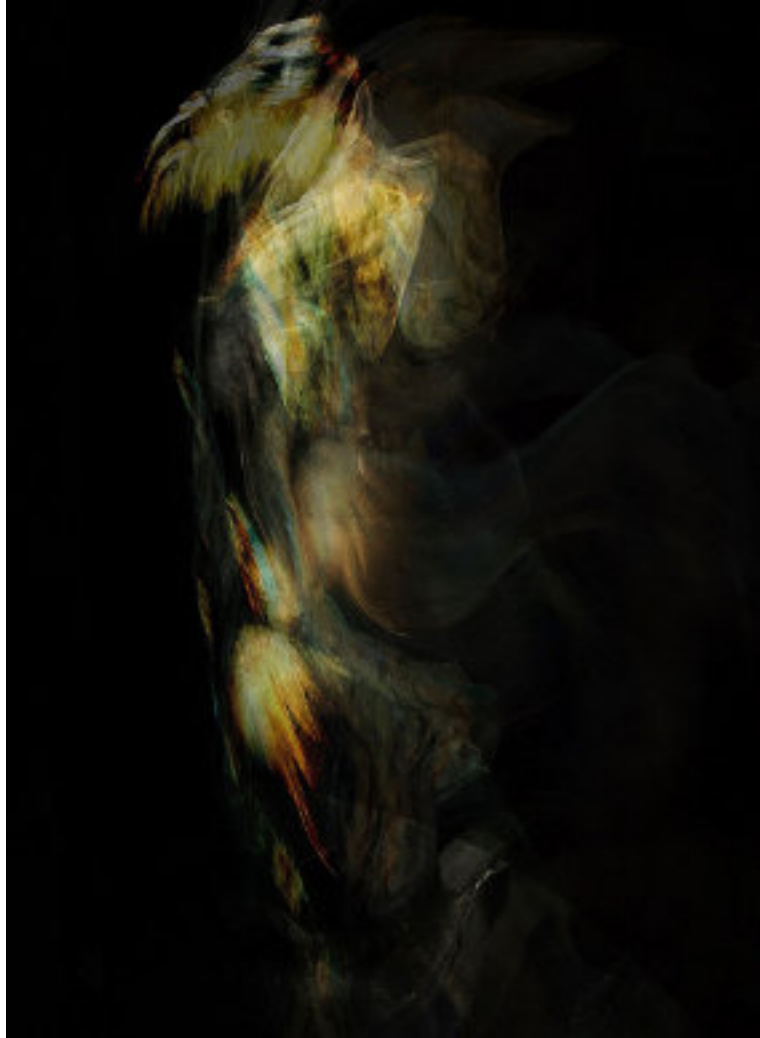
Helaine Becker
Portrait of Flora
2023

Digitally Painted Original
Print on Archival Paper
20 X 16 in framed

www.helainebeckerart.com
helaine@helainebecker.com

Portrait of Flora is my F-U response to Andy Warhol, whose graphic, silkscreen-printed images completely removed the artist's hand, and presented a woman as surface glamour only. In his grids, Marilyn Monroe was not a person. She became nothing but a symbol of masculine desire, reduced to flat meaninglessness, and reproduced endlessly for male consumption.

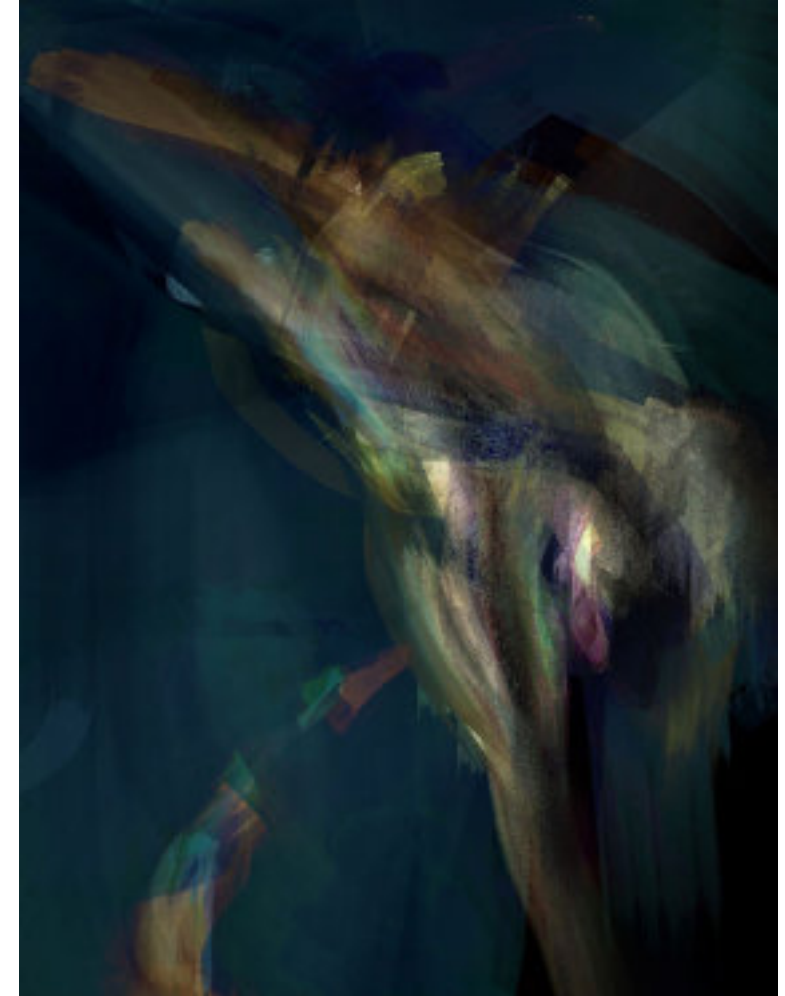




Helaine Becker
Flow I
2023
Digitally Painted Original
Print on Archival Paper
16 X 13 in framed

www.helainebeckerart.com
helaine@helainebecker.com

Flow I and *Flow II* are also the antithesis of Warhol. He strove to depict nothingness – art that was all surface, devoid of meaning. My Flow series is the opposite. It used meaningless abstractions, inspired by scarves swirling in an air current, as the starting point. As I worked, each shape acquired a soul, a personality drawn from my own subconscious understanding that we create meaning for ourselves. In the series of paintings that emerged, the ephemeral nothingness of air and light transformed into an enduring physical/digital object, a portrait of a woman also made of air and light.



Helaine Becker
Flow II
2023
Digitally Painted Original
Print on Archival Paper
16 X 13 in framed

www.helainebeckerart.com
helaine@helainebecker.com



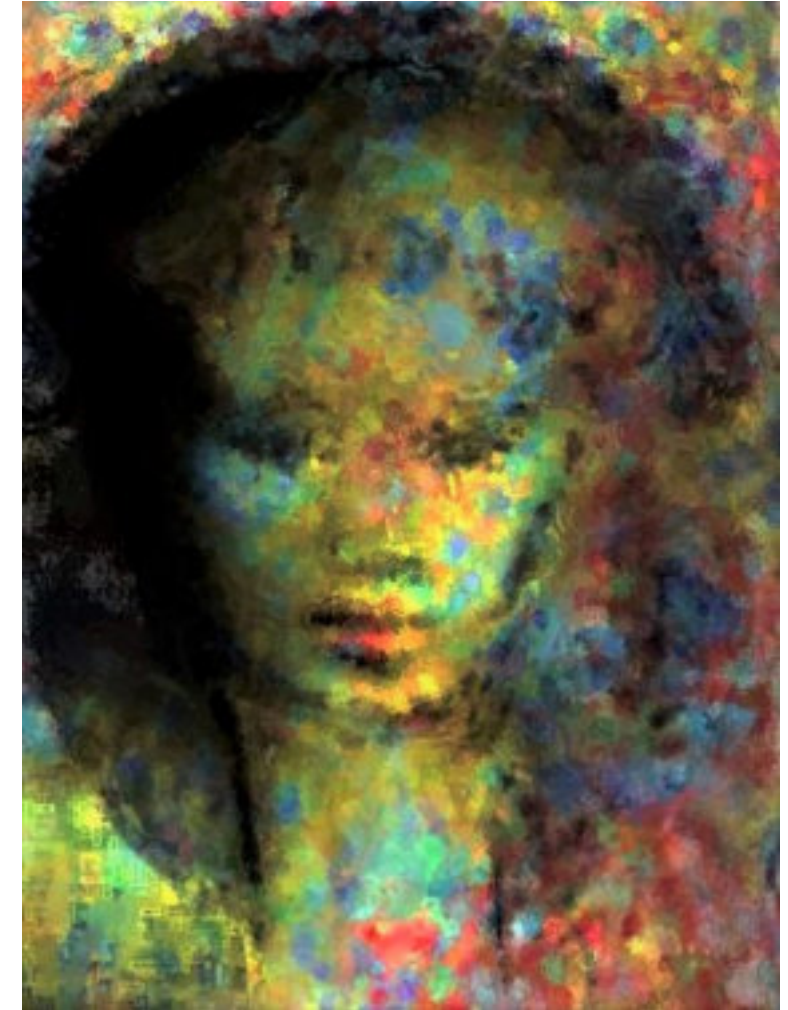
Helaine Becker
Portrait of Flora - April
2023
Digitally Painted Original
Print on Archival Paper
16 X 13 in framed

www.helainebeckerart.com
helaine@helainebecker.com

In *Portrait of Flora*, I painted nine separate images, each based on the same starting point – an example of ordinary womanhood. Each image in the grid, while sharing obvious similarities with each other (we all share more than 99% of our genes with all other human beings), is still different from all the others. Together, they reflect the multi-faceted nature of all human personality and identity. The paintings also represent woman as the goddess, Flora, imbued with life-giving properties and divinity. Flora changes with the seasons, as do we all.

Helaine Becker
Zenobia
2022
Digitally Painted Original
Print on Archival Paper
7 x 5 in

www.helainebeckerart.com
helaine@helainebecker.com



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
Women
1986
Watercolour
17.5 X 13.5 in

pmbello@hotmail.com



CLAIRE BONENFANT

Artist Statement

The Feminine Field is influenced by Kabbalistic Tarot concepts. The field I have represented begins with the gold which symbolizes the Unmanifest. From here there emerges points of consciousness which, when in motion become the Yods, the straight lines of intention, the masculine outpouring. The Feminine field develops simultaneously as the containment and organizing principle for all this directed force. She is the first possibility for manifestation, the impulse behind the formation of time and space, and all that they contain.

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 **The Feminine Field**

2023

acrylic and ink on canvas

29.5 X 8 in

clbonenfant@gmail.com

Claire Bonenfant **Earth woman**

2023

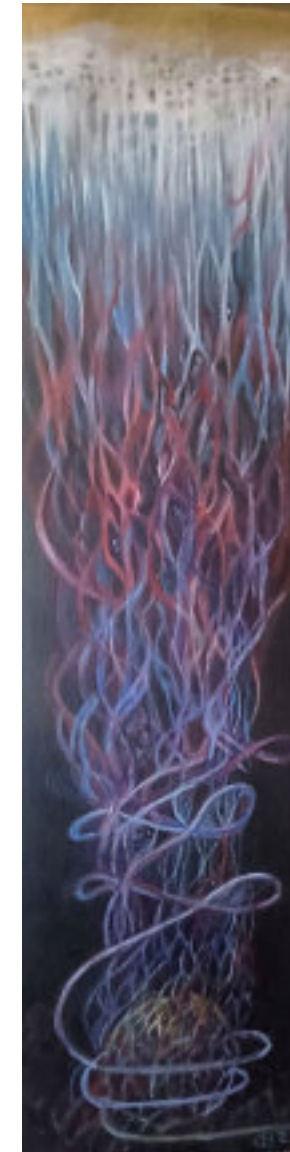
acrylic and ink on canvas

29.5 X 8 in

clbonenfant@gmail.com

Earth woman is the feminine field embodied in human form. At the base of the Kabbalistic Tree in the slowest dimension of earthly time and space, she is nonetheless the perfect microcosm of the creative dynamic which is the expression of All That Is.

As Above so Below.



IRINA DUBINSKI

Artist Statement

Over the past year or two, I have been especially attracted to the themes of motherhood and childhood. As a result, I painted many women and girls; young and old, joyful and thoughtful, visibly pregnant and first pondering the news, with babies in their arms and grieving their losses. Yet, motherhood is only one possible and certainly not defining facet of being a woman. Therefore, for this show I chose a group of paintings that show a woman as a snap-shot in time, representing her past, present, and future.

Bio

I am a largely self-taught artist, working primarily in acrylics. My expressive style utilizes loose brush strokes, bold colours, semi-abstract representation, and additional elements. I also enjoy up-cycling household fabric in place of canvas to reduce waste, and learning digital painting. Through my art, I strive to create empathy and meaning that transcend 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

Remember

2022

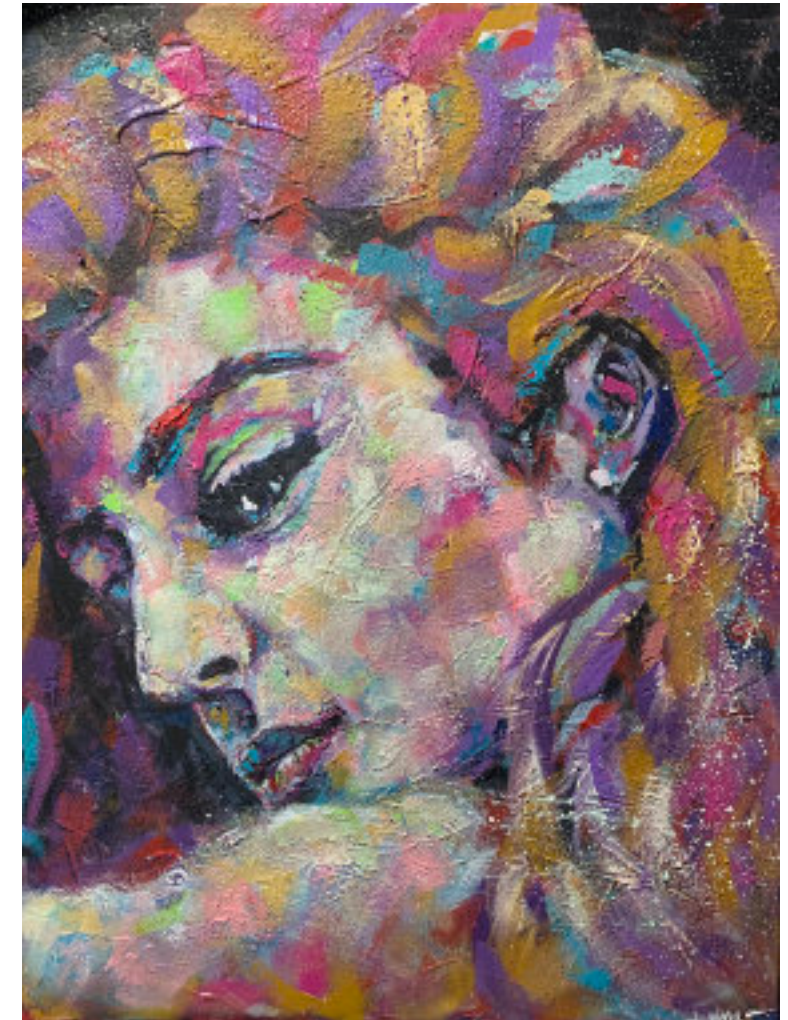
Acrylic on canvas

24 X 18 in

www.irinasart.ca

irina.dubinski@gmail.com

“Remember” shows a woman looking over her shoulder - in a sense, the audience is already in her past, and so is everyone who has ever judged and controlled, helped and shaped her, become part of her memories and who was left behind.





Irina Dubinski
A Balancing Act
2022
Acrylic on canvas
48 X 24 in

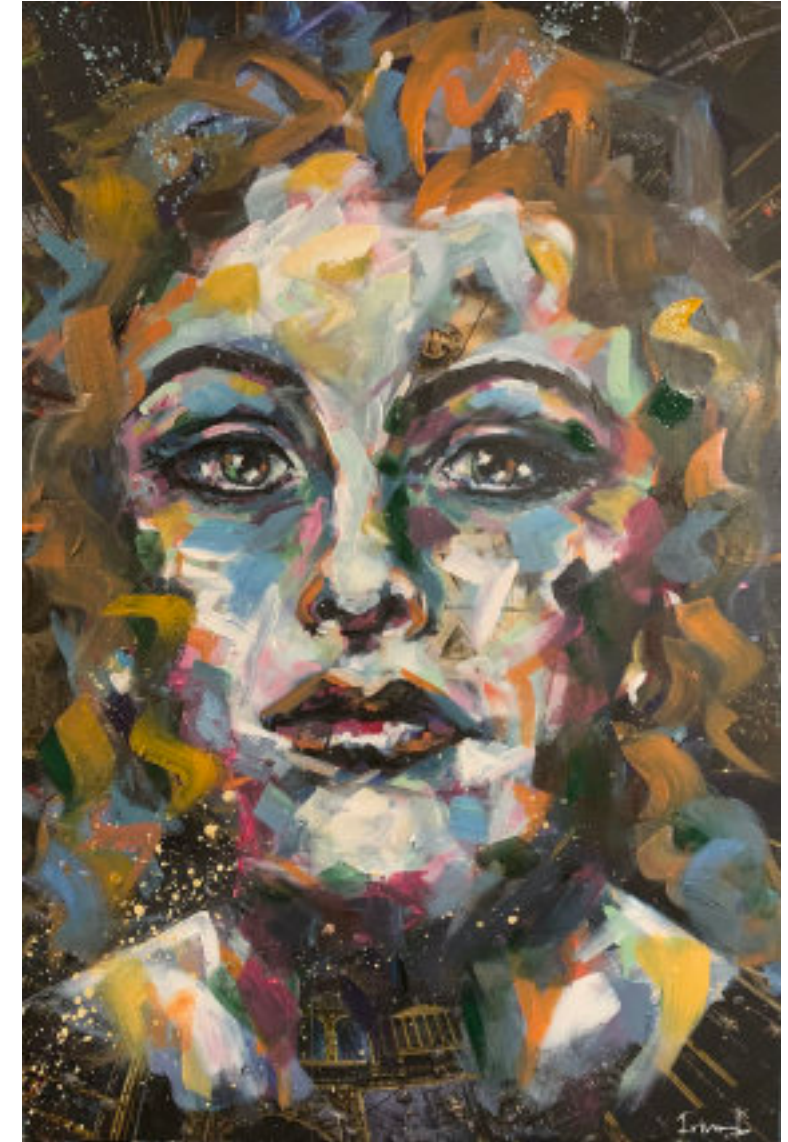
www.irinasart.ca
irina.dubinski@gmail.com

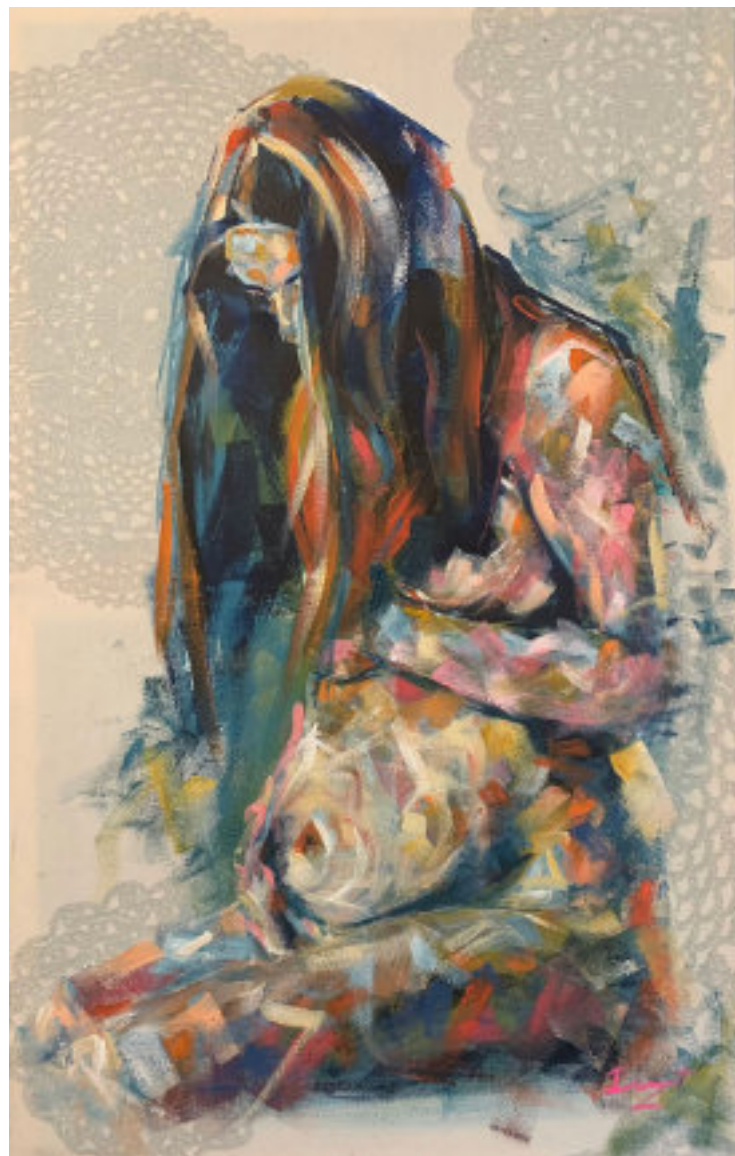
“*A Balancing Act*” represents life in the present, filled with competing priorities and self-discovery, balancing authenticity with loyalty, staying “true to self” with “fitting in.”

Irina Dubinski
Hedy's Dream
2022
Acrylic on up-cycled canvas
print
27 X 18 in

www.irinasart.ca
irina.dubinski@gmail.com

“*Hedy's Dream*” is a portrait of a woman imagining her future.





Irina Dubinski

Zoe

2022

Acrylic on up-cycled textile

36 X 24 in

www.irinasart.ca

irina.dubinski@gmail.com

“Zoe” (which means “life”) signals that the future is both already here and is yet unknowable, and that the beginning of one life is never possible without the existence of another.

VIVIAN EAST

Artist Statement

The name “Mother Superior” refers to the propensity for Lake Superior to create clouds and weather events. The woman symbolizes fertility and her actions represent the formation of clouds and rain; hence, life itself. The background was painted on the shore of Lake Superior and the foreground in the studio.

The collages depict the effect on women by catastrophes, with Modigliani’s painting representing the eternal generalized woman.

Bio

Vivian holds a Bachelor of Arts degree from the University of Toronto, a Diploma in Design from Sheridan College School of Design and a Bachelor of Education Degree from OISE/UT.

She taught Visual Arts for the TDSB from 1989 to 2009.

In 2010, Vivian and her daughter opened Freehand School of Art, a North Toronto institution.

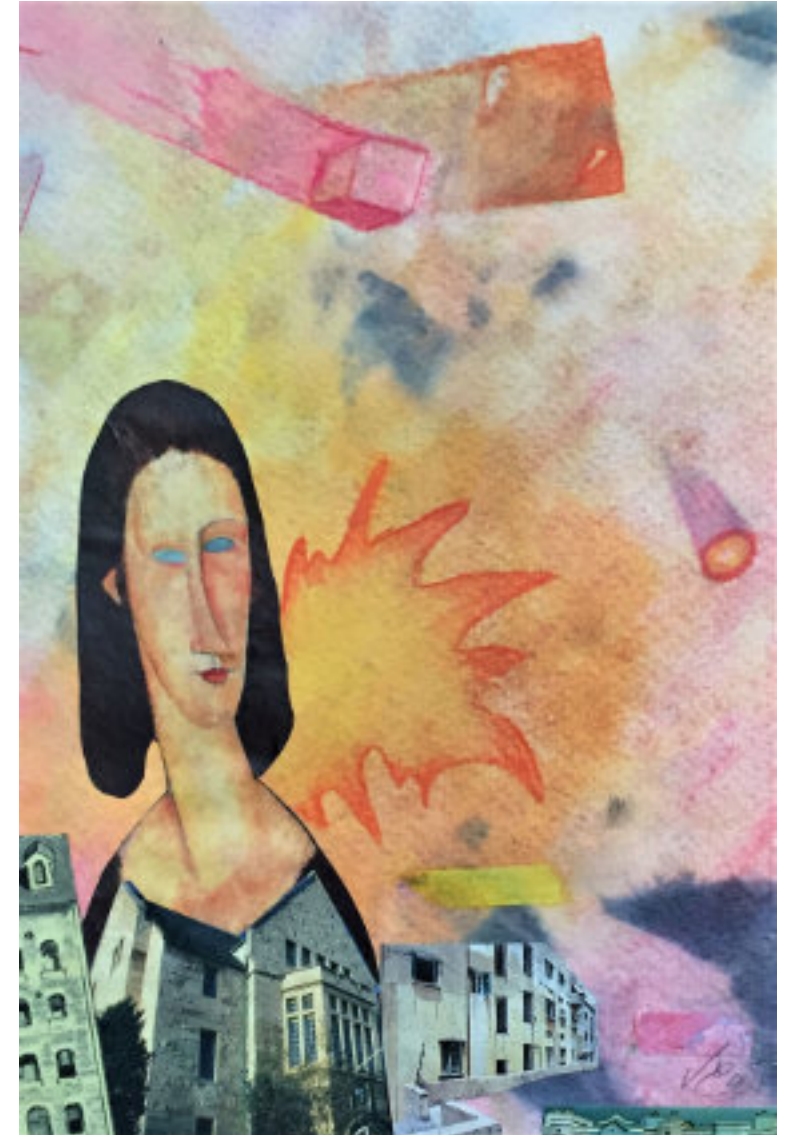
In her studio practice, she focuses on oil paintings, predominantly landscapes.



Vivian East
Mother Superior
2023
Oil on Canvas
16 X 20 in

www.vivianeast.com
vivian.east@gmail.com

Vivian East
War
2015
Mixed Media on Paper
8 X 5 in
NFS
www.vivianeast.com
vivian.east@gmail.com



DOUGAL M. HAGGART

Artist Statement

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

Bio

I worked as a lithographic stripper, typesetter, graphic artist and web designer. Since retiring, I am exploring what I can make by hand – painting in acrylic, watercolour, oil and gouache.

I haven't left the world of print and web behind though; I enjoy grouping several of my images to make picture books. My latest, “*Thirty-Six Views: Adventures in Painting Toronto, 2012 – 2022*”, is published online at www.dmhaggart.ca.



Vivian East

Plague

2015

Mixed Media on Paper

8 X 5 in

NFS

www.vivianeast.com

vivian.east@gmail.com



Dougal M. Haggart
Interesting Story

2023
Acrylic on canvas mounted on
panel
27.5 X 19.75 in

www.dmhaggart.ca
dougal@dmhaggart.ca

I saw Lily Tomlin in “*The Search for Signs of Intelligent Life In The Universe*” in 1985. Recently I sketched her on TV playing a “Grandma” pleased by a show of a spine in her grand daughter. These memories appeared on my canvas as this spirit-woman with a wide grin, holding a flame, listening to the – messenger? dæmon? – on her shoulder. I have no idea what it all means.

And that’s the truth.



Dougal M. Haggart
**Kensington Market
Moment**

2022
Gouache on paper
7.5 X 10.5 in

www.dmhaggart.ca
dougal@dmhaggart.ca

Brilliant grass grows on the “living car” parked on Augusta Avenue; a tiny lawn to relax and read. I went to thank the “model” after sketching her and she asked me how it went. From the timbre of their voice, I felt

some ambiguity about assuming the “she”. So I asked should I use “they,” and they smiled.

“Unless someone is asking me out to dinner, I don’t get specific about it.”



Dougal M. Haggart
Dougal, in process, 1 of 4
2020
Mixed media: block print,
digital print and acrylic on
canvas
16 X 20 in

www.dmhaggart.ca
dougal@dmhaggart.ca

I spent years in the print business, in a way recapping the progress of print production – from relief printing and etching, to hot and cold type, to offset press, to silkscreen, to digital screen. I chose to make a relief print to reverse the portrait I drew looking in a mirror. The “signature” is a digital laser print that deliberately emulates a Japanese *gago in*. I follow a tradition of my craft by its placement as a printer’s mark in the page “border.”

Dougal M. Haggart
Red Leader, Riverdale Park
2022
Acrylic on canvas board
12 X 9 in

www.dmhaggart.ca
dougal@dmhaggart.ca

Starting on location, I added the figures at home, from the briefest glimpse of two children leaving the park, the girl in the omnipresent “princess” skirt, impossibly bright red. The trees across the ravine do not really march up the slope like scoops of green ice cream, but hey, it’s *her* adventure.



TINA MANTTARI

Artist Statement

By nature I am a storyteller, so I paint stories. The characters and settings are exaggerated. Truth, realism and exactitude are optional. I want viewers to buy into the story and make it their own.

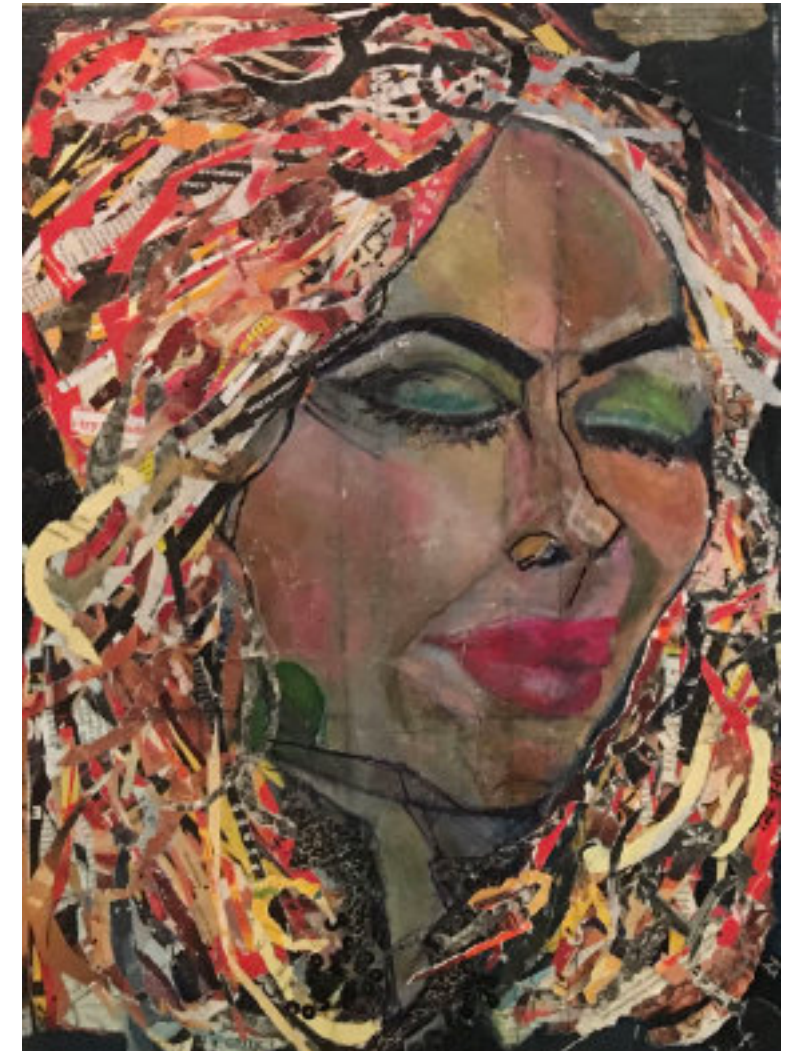
Bio

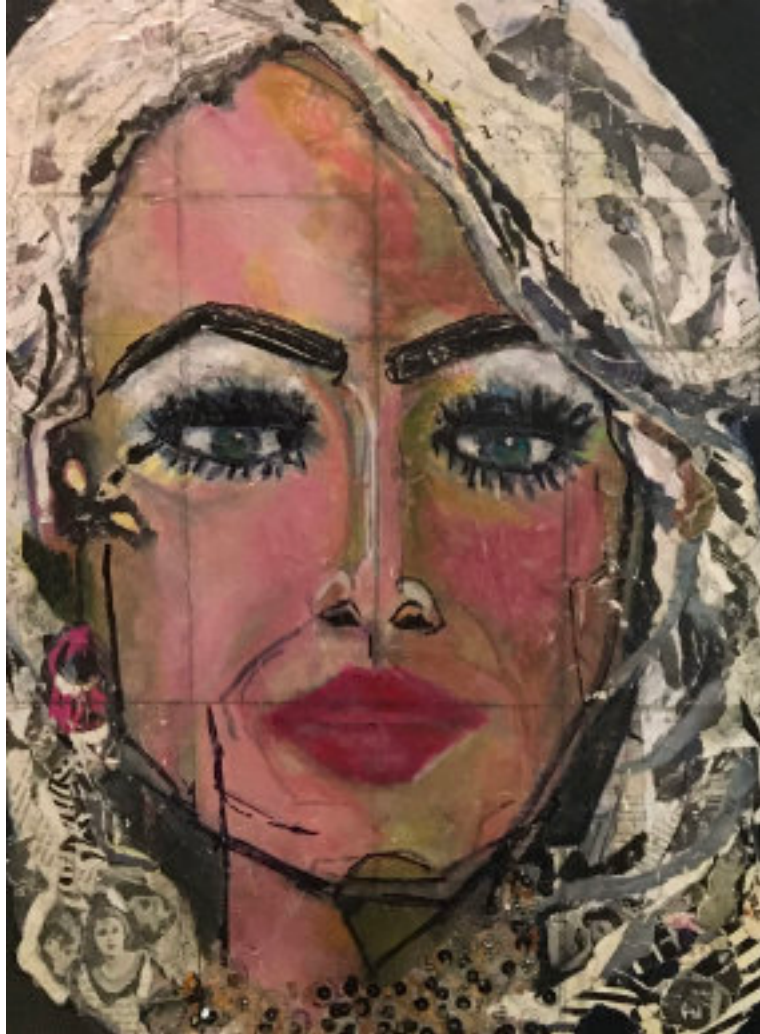
Soon after retiring from Seneca College, King Campus, Tina was accepted in the Adult Art Programme at Central Technical School. It was a dream come true.

She was encouraged to find her signature style. Today she paints with hard bold colours, uses mixed media and re-jigs her subjects to create a feeling.

Tina Manttari
Party Girl 1
2022
Mixed media
24 X 18 in

www.tinamanttariartist.com
tm.manttari@icloud.com





Tina Manttari
Party Girl 2
2022
Mixed media
24 X 18 in

www.tinamanttariartist.com
tm.manttari@icloud.com

CATHERINE MAUNSELL

Artist Statement

In the 90s I began painting in watercolour, trying to represent what I saw. 30 years later I am painting what I feel and what I imagine, primarily working in acrylic sometimes with additions of graphite, charcoal, watercolour crayons, oil pastels, oil sticks, inks, collage, self-printed papers and found objects.

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

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.



Catherine Maunsell
This from the Mind of a Woman
2023
Acrylic on Canvas,
Gallery Mount
48 x 36 in
SOLD
www.cmaunsell.com
cath.maunsell@icloud.com

The Woman Show presents a particular challenge to me in terms of representing a woman or women, so I choose to offer some paintings created by *this* woman, whose ideas and images that have been marinating for over seven decades!



Catherine Maunsell
Multi-tasking Brain of the Working Mum
2023
Acrylic on Paper
22 X 30 in
www.cmaunsell.com
cath.maunsell@icloud.com



Catherine Maunsell
**Woman 1950:
Captive in her Kitchen**
2023
Acrylic on Paper
18 X 24 in

www.cmaunsell.com
cath.maunsell@icloud.com



Catherine Maunsell
Women in the Wild
2023
Acrylic on Paper
18 X 24 in

www.cmaunsell.com
cath.maunsell@icloud.com



Catherine Maunsell
Colour Out Loud #2
2023
Acrylic on Paper
16 X 20 in

www.cmaunsell.com
cath.maunsell@icloud.com

BARBARA MUIR

Artist Statement

The paintings I'm presenting for this exhibition have great significance for me. The woman in two of the paintings -- *The Writer's Life*, and *Tea Alone*, was a former teaching colleague of mine at Seneca College in King City. She moved to Ottawa with her husband, and is a well-known novelist now. What I enjoyed about painting these images were the endless Skype calls, and the many photos the writer sent me. I was trying to capture family life, and how families (women) cope with raising young children, working and having time with their partners. And I was happy with the results.

The Invitation is about anticipation. The painting is cheerful – in a happy setting, and the feeling is one of quiet excitement about something wonderful that is about to happen.

My paintings focus on joy – no matter what the subject. The positive aspects of life have never been more important for our well-being in the current world.



Barbara Muir
The Writer's Life
2013 with 2023 updates
Acrylic on canvas
30 x 30 in
Part of a series about family life.
The woman is a novelist

www.barbaramuir.com
barbara.muir@sympatico.ca



Barbara Muir
Tea Alone
2013 with 2023 updates
Acrylic on canvas
30 x 30 in
Life when the children are in bed

www.barbaramuir.com
barbara.muir@sympatico.ca



Barbara Muir

The Invitation

2017 with 2023 updates

Acrylic on canvas

30 x 30 in

Anticipation– something
wonderful is going to happen

www.barbaramuir.com

barbara.muir@sympatico.ca

MARJUT NOUSIAINEN

Artist Statement

The works for this show represent my own views on what women face.

Bio

My arts represent what comes from the heart. Work in an obsessive way, with exploration as key.

Music and Lyrics: “Canada in Harmony” “Returning”

Book: “Conversations at the Table”

Member: Arts & Letters Club, Toronto Heliconian Club,
Don Valley Art Club and Estonian Group of Artists, Toronto
Knight, Order of the White Knight, Finland.

Impresario Award: Lahti Men’s Choir Finland

Solo Art Show at Arts & Letters Club, Toronto Feb. 2020.



Marjut Nousiainen
With Hope
2019
Pencil on paper
30 X 16 in

marjut@sympatico.ca



Marjut Nousiainen
**COVID War and
War in Ukraine**
2022
Acrylic ink on plexiglass
screen
23 x 31 in

marjut@sympatico.ca

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
**(Woman) From my
perspective: 1**
Pen and ink on paper
18 x 14.5 in
SOLD
susanbarbarapower@hotmail.com





Susan B. Power
(Woman) From my perspective: 2
Pen and ink on paper
18.5 x 15 in

susanbarbarapower@hotmail.com

ROSEMARY TANNOCK

Artist Bio

Upon retiring from my academic/scientific career in 2019, I have rekindled my childhood passion for drawing and painting, focusing primarily on watercolour. However, the work that I present in this show uses ink markers and photography as well as watercolour. In these pieces, I have explored chronologically the concept of 'Woman': from the tipping point of entering womanhood [Becoming You], through the strength, courage, and fearlessness of young womanhood [Baraye...Woman, Life, Freedom], the confidence and resolve of middle age to continue the challenge for woman's rights [Ain't I A Woman?], to the reflection of old age [Woman with Wordle].



Rosemary Tannock
Becoming You
2018
Photograph laminated onto
board
16 x 12 in
NFS
www.instagram.com/rostan9
tannockr@gmail.com

The tallest girl in *Becoming You* was my constant companion while I was volunteering to build a school in the Masai Mara, Kenya, who wanted to become a teacher or a doctor but told me: ‘it will be very difficult because I am a girl.’ When I gave her my hat at the end of the trip, she was so thrilled and said: “now I’m becoming you.”

Rosemary Tannock
Baraye...Woman, Life, Freedom
2023
Gray and black waterproof
ink pen
23 x 18 in

www.instagram.com/rostan9
tannockr@gmail.com

For several weeks, my imagination had merged two images [Caspar David Friedrich’s 1818 painting ‘*Wanderer above the sea of fog*’ and that of a young Iranian woman waving her hijab in the news media], which I managed to put on paper in *Baraye*. In Farsi, ‘baraye’ is a preposition that means ‘because of...’ or ‘for...’ and is the title of an award-winning protest song by Shervin Hajipour, inspired by the death of Mahsa Amini: the depicted Azadi Tower, translates in Persian as the Freedom Tower.





Ain't I A Woman is my homage to Sojourner Truth [1797-1883], a slave and an American abolitionist of slavery and a women's rights activist. She is the first

African American to have a statue in the Capitol building and is listed in the Smithsonian magazine as one of the top 100 most significant Americans of all time.

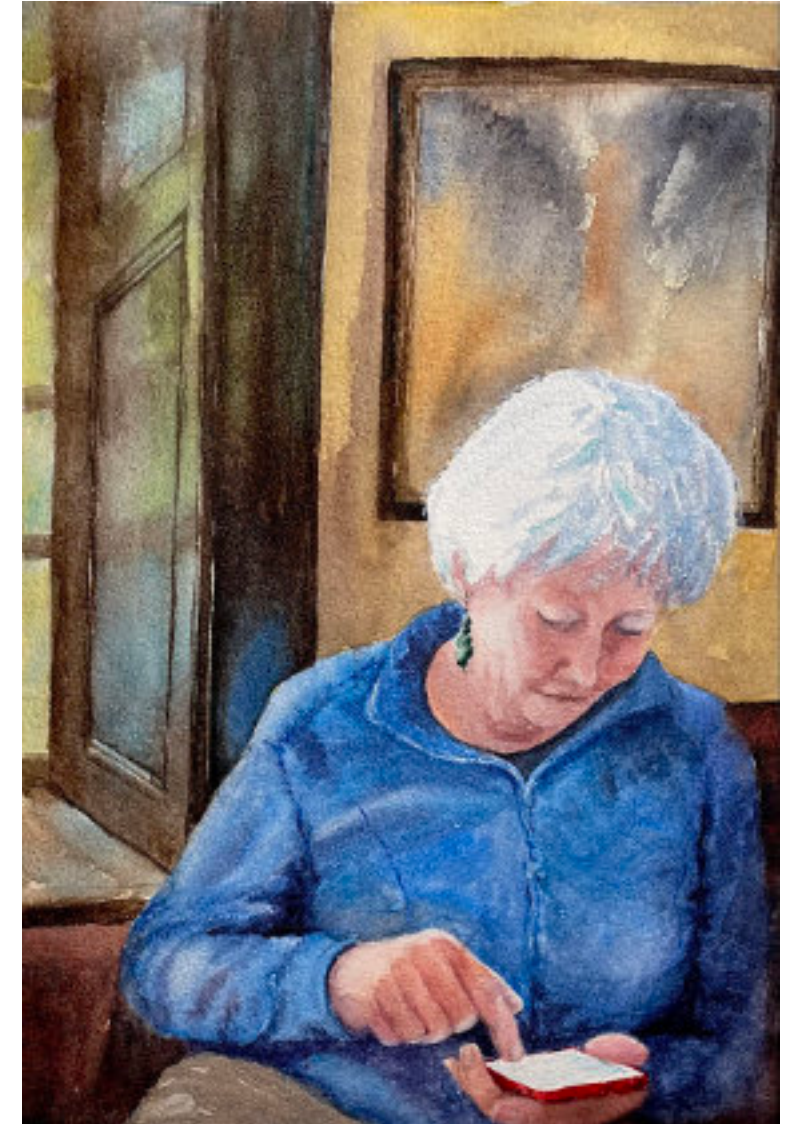
Rosemary Tannock
Ain't I A Woman?
Homage to Sojourner Truth
2023
Watercolour
22 x 28 in

www.instagram.com/rostan9
tannockr@gmail.com

Rosemary Tannock
Woman with Wordle
2022
Watercolour
20 x 16 in framed

www.instagram.com/rostan9
tannockr@gmail.com

Woman with Wordle is a self-portrait. I was resting and playing Wordle in a local pub, after scaling the highest point in the Peak District (Kinder Scout) at age 77.





THE HELICONIAN CLUB
WOMEN LIVING IN THE ARTS

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

© 2023 The Heliconian Club, Toronto

Background image by Rawpixel.com - stock.adobe.com