


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



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

\$400

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

\$400

indrani1001@yahoo.com



Chorus Girl

Acrylic, 20 x 20 in

\$275

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.

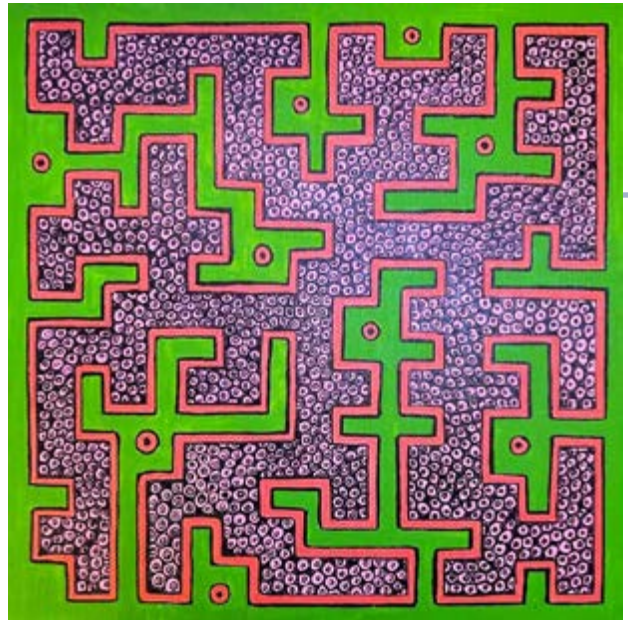
In the *Structure* series, I created a bird's eye view of an imaginary series of three-dimensional mazes. We can almost feel that we could get lost in them while enjoying the simplicity of the forms.

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
\$150
www.vivianeast.com
vivian.east@gmail.com

Boogie Woogie #2

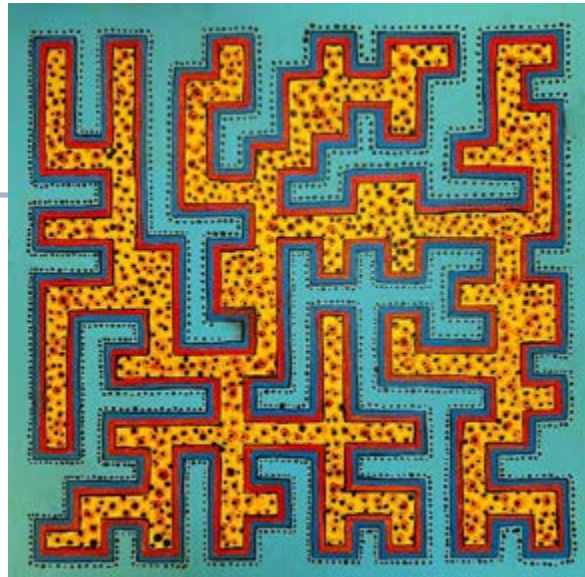
2019

Acrylic and permanent marker on
panel

12 x 12 in

\$150

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



Boogie Woogie #3

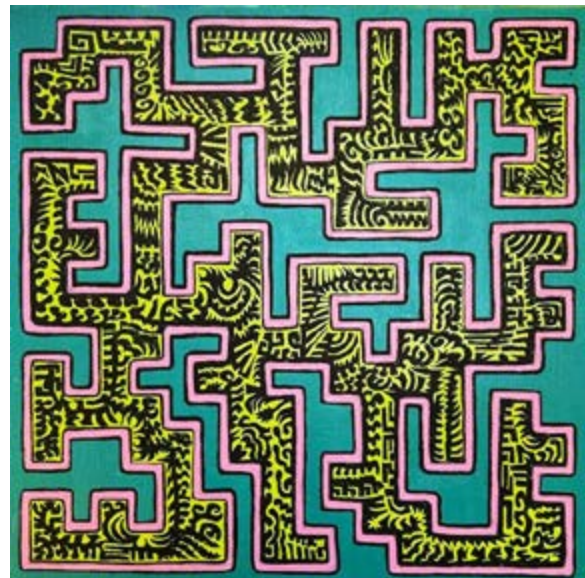
2019

Acrylic and permanent marker on
panel

12 x 12 in

\$150

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



Structure #1

2020

Oil on Panel

12 x 12 in

\$150

www.vivianeast.com

vivian.east@gmail.com



Structure #2

2020

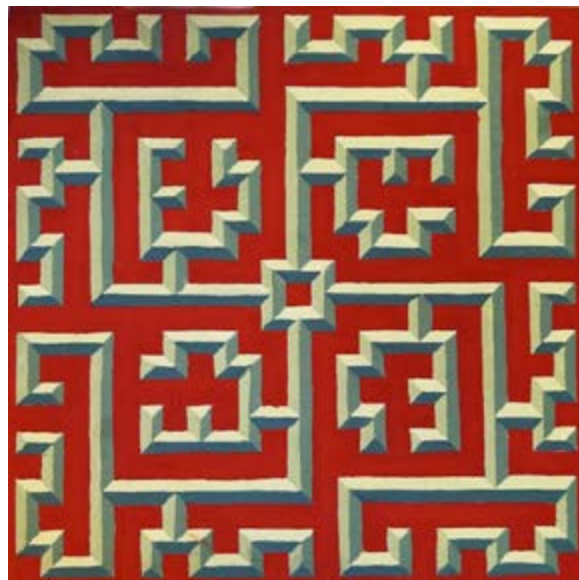
Oil on Panel

12 x 12 in

\$150

www.vivianeast.com

vivian.east@gmail.com



Structure #3

2020

Oil on Panel

10 x 10 in

\$100

www.vivianeast.com

vivian.east@gmail.com



Structure #4

2020

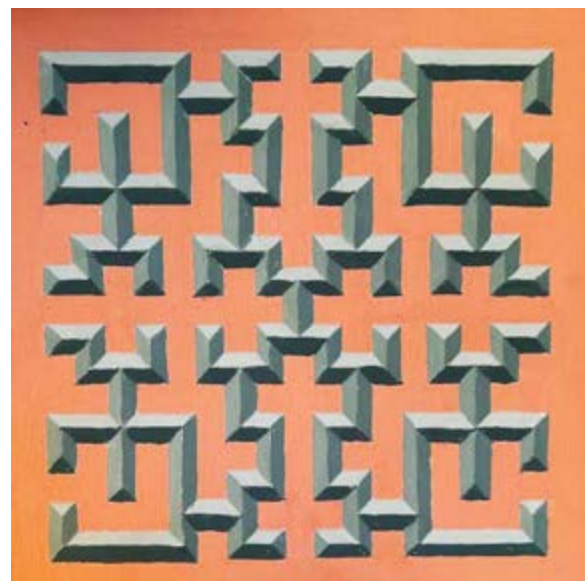
Oil on Panel

10 x 10 in

\$100

www.vivianeast.com

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

\$350

floguttmanart@gmail.com

Floating in the Wind

2018, Acrylic on Canvas, 24 x 36 in

\$500

floguttmanart@gmail.com



High Notes

2023, Acrylic on Canvas, 16 x 20 in

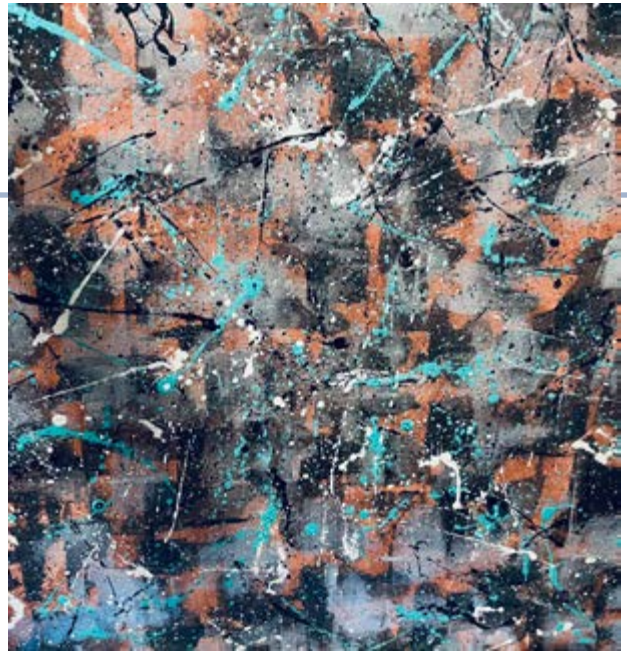
\$300 (Framed)

floguttmanart@gmail.com





Through the Window
2023, Mixed Media on paper, 24 x 18 in
\$250 (Framed)
floguttmanart@gmail.com



Galaxy
2023, Acrylic on Canvas, 24 x 24 in
\$400
floguttmanart@gmail.com

What Comes Around 3

2021

Mixed Media on Watercolour Paper

12 x 16 in

\$350 (Framed)

floguttmanart@gmail.com



Busy Day

2023

Acrylic on Canvas, 16 x 20 in

\$350 (Framed)

floguttmanart@gmail.com



From the Rooftop
2023, Acrylic on Canvas
16 x 20 in (Framed)
\$350
floguttmanart@gmail.com



Blow Your Horn
2023, Mixed Media , 18 x 24 in
\$250 (Framed)
floguttmanart@gmail.com





Movin' On

2021, Acrylic on Canvas, 24 x 24 in

\$400

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

\$150

www.cmaunsell.com

cath.maunsell@icloud.com

Carnival

2023, Acrylic on Canvas, 18 x 24 in

\$480

www.cmaunsell.com

cath.maunsell@icloud.com



It's All About Colour

2024, Acrylic on paper, 18 x 24 in

Unframed \$440, Framed \$650

www.cmaunsell.com

cath.maunsell@icloud.com



Breakouts

Acrylic on paper, 14 x 19 in
Unframed \$270, Framed \$430
www.cmaunsell.com
cath.maunsell@icloud.com



Mystery...

2023, Acrylic on Canvas, 9 x 12 in
\$160
www.cmaunsell.com
cath.maunsell@icloud.com



All That Jazz

2023, Acrylic on Paper, 22 x 30 in
\$660 Unframed, \$960 Framed
www.cmaunsell.com
cath.maunsell@icloud.com



Intersectionality

Acrylic on Paper, 15 x 22 in
\$330 Unframed
www.cmaunsell.com
cath.maunsell@icloud.com





Ouch

2024, Acrylic and Collage on Paper, 20 x 14 in
Unframed \$270, Framed \$460
www.cmaunsell.com
cath.maunsell@icloud.com



There's A Lot Of Conflict

2023, Acrylic on Paper, 24 x 18 in
\$440 Unframed, \$650 Framed
www.cmaunsell.com
cath.maunsell@icloud.com

Paddle to the Sea

2023, Acrylic on Paper, 22 x 30 in
\$660 Unframed, \$960 Framed
www.cmaunsell.com
cath.maunsell@icloud.com



A Good Vintage

2024, Acrylic on Paper, 15 x 22 in
\$340 unframed, \$530 Framed
www.cmaunsell.com
cath.maunsell@icloud.com



Let the Sun Shine In

Acrylic on Paper, 18 x 24 in
Unframed \$440, Framed \$650
www.cmaunsell.com
cath.maunsell@icloud.com



Dancing on Teal

2024
Acrylic on Gallery Mount Board
8 x 10 in, \$150
www.cmaunsell.com
cath.maunsell@icloud.com



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

2024, Oil pastel with
Acrylic Wash on Paper, 12 x 17 in
\$350 Framed, \$210 Unframed
www.cmaunsell.com
cath.maunsell@icloud.com



Dancing in the Sky

2024, Acrylic on Gallery Mount
Board, 8 x 10 in
\$150
www.cmaunsell.com
cath.maunsell@icloud.com





Contemplation

2023, Acrylic on Paper, 30 x 22 in
\$660 Unframed, \$960 Framed
www.cmaunsell.com
cath.maunsell@icloud.com



Old News

2023, Acrylic and Collage on Paper, 25.5 x 20.5 in
Unframed \$530, Framed \$700
www.cmaunsell.com
cath.maunsell@icloud.com

Dancing on Ochre

2024

Acrylic on Gallery Mount Board

8 x 10 in

\$150

www.cmaunsell.com

cath.maunsell@icloud.com



Leverage

2024

Acrylic on Paper, 10 x 8 in

Framed \$150

www.cmaunsell.com

cath.maunsell@icloud.com





Hello Hygge
2023, Acrylic on Paper, 24 x 18 in
Unframed \$440, Framed \$650
www.cmaunsell.com
cath.maunsell@icloud.com



Woman's Mind In Multi-Tasking Mode
2023, Acrylic on Canvas, 24 x 20 in
\$530
www.cmaunsell.com
cath.maunsell@icloud.com



Heatwave

Acrylic on Paper, 22 x 22 in

Unframed \$490

www.cmaunsell.com

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
\$4,000

www.barbaramuir.com
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

\$500

marjut@sympatico.ca



Imagined Landscape

Acrylic on Mylar framed

49 x 37 in

\$800

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

\$140

Cactus: Big Bang

2016 / 2024

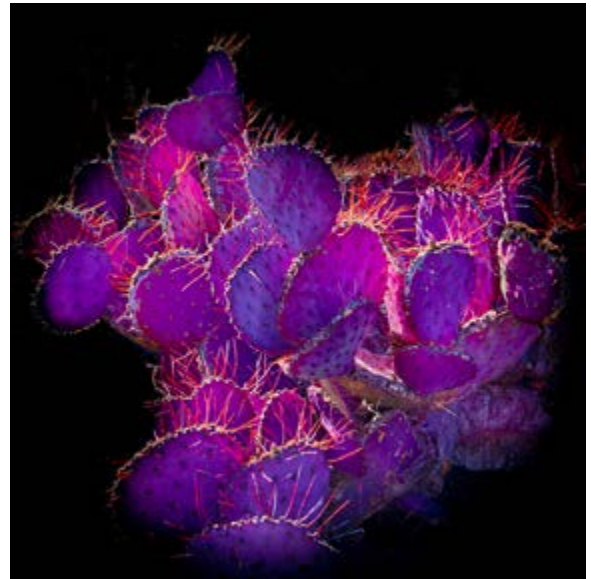
Giclée photo print on fine art canvas

14.5 x 16 in

\$140

www.patriciastamp.com

pstamp@yorku.ca



Cactus: Expansion

2016 / 2024

Giclée photo print on fine art canvas

14.5 x 16 in

\$140

www.patriciastamp.com

pstamp@yorku.ca



Cactus: Fibonacci

2016 / 2024

Giclée photo print on fine art canvas

14.5 x 16 in

\$140

www.patriciastamp.com

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)

\$1,250

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]

\$275

www.instagram.com/rostan9

tannockr@gmail.com

Junction

2023

Gouache and wax pastel on Yupo
watercolour paper

10.5 x 13 in [Framed 17.5 x 20]

\$275

www.instagram.com/rostan9

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]

\$275

www.instagram.com/rostan9

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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