

artbeat annual 4

Cespariti

artbeat annual 4

Celebrating Spirit



No man has the right to dictate what other men should perceive, create or produce, but all should be encouraged to reveal themselves, their perceptions and emotions, and to build confidence in the creative spirit.

Ansel Adams

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healing and empowerment through creative endeavour

vision

Enabling consumers of mental health services to engage in artistic expression that promotes recovery, empowerment and community.

mission

To provide studio space, community and opportunity for creative initiative to facilitate mental, spiritual and economic health.

Artbeat Studio is a non-profit registered charity providing services free of charge to the participants. Artbeat Studio is located in Winnipeg, Manitoba's historic Exchange District, an area which is renowned for its artistic community. This centrally located studio is easily accessible by artists from across the city. The intended beneficiaries include each participant artist, their caregivers, the local inner city community, and society as a whole.

message from the editor



There is no artwork without a process, a journey. When I began to explore a title to describe the work in this book I engaged in a process similar to that of finding an exhibition title. Considering Wunderkabinett, group 7 and C'est comme ça- the illustrious bowl of nuts-- group 8, I struggled to see a connection.

I began thinking about the celebratory aspect of the Wunderkabinett and the humorous element of C'est comme ça- "it is what it is." My search continued to include theatrical drama, playfulness, humour, comedy, amusement, joy, all terms that fit both groups. After several possibilities, one term stood out, *Esprit*, having lively wit and spirit. The phrase *esprit de corps*, a sense of union and common interest in a group, is especially apt. Both groups and their artwork expressed intense creative spirit and energy, not to mention great collaboration.

Artbeat Studio has uncovered a wealthy resource of creativity in Manitoba artists with mental health issues, and will continue to do so. That resource is not diminishing. Despite the painful and debilitating effects of mental illness on the individual and their circle of support, not to mention the burden on the healthcare system, Artbeat has proven that using art in a multifaceted recovery approach can and does lead to recovery and contributing membership in community life.

It is with great enthusiasm that I deliver a collection of artworks that deserves a standing ovation and an encore.

A handwritten signature in black ink that reads "Nigel Bart". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Nigel Bart BFA
Studio Facilitator
Editor



message from the lieutenant governor of manitoba



As the Queen's representative in Manitoba, I am pleased to serve on the honorary board of Artbeat Studio.

As you publish the fourth volume of Artbeat Annual, it is clear that there was a need in the community that has been so capably filled by Artbeat's staff and volunteers. Encouraging artistic expression is a gift to the individual and blessing to the many art enthusiasts who value the creative results.

Manitobans living with mental illness have a valuable ally in Artbeat; a place of acceptance and inclusion where they can explore their artistic talents or develop new ones. This therapeutic approach to recovery is a positive, productive

way to help people fulfill themselves despite their personal challenges.

Congratulations to the board, staff and volunteers for your work on behalf of Manitobans with disabilities. I wish you continued success.

The Honourable John Harvard, P.C., O.M.
Lieutenant Governor of Manitoba

missive



Throughout history, artists have used brush, paint and passion to interpret the vast range of human experience. Through their perspectives and works, they have challenged attitudes, explored new ideas and enlightened audiences. In short, they have helped us better understand our own world.

These worthy creative traditions continue at Artbeat Studio, where its artists are helping the greater community better understand how people can live with—and triumph over—mental illness.

I am honoured to share my admiration and respect for Artbeat's artists, benefactors—the Bart family—board and supporters. I congratulate each of you for the outstanding works you are creating as well as your efforts to erase the stigma and discrimination associated with mental illness.

A handwritten signature in black ink, appearing to read "Michael Kirby". The signature is fluid and cursive, with a long horizontal stroke at the end.

Michael Kirby
Chair
Mental Health Commission of Canada



missive



Each human experiences the world from a unique perspective; with different sights, sounds, smells, tastes, feelings, thoughts and emotions. Each experience affects the mind, body, heart and spirit. For some, thinking, feeling and perceiving become painful and disruptive, consequently

causing suffering.

Some can express their experiences as art and are able to share it with the rest. Artbeat finds those people and provides opportunity, space, encouragement and publicity.

This fosters growth, awareness, understanding and interaction for all. Thank you to the artists and to Artbeat. Don't ever stop.



Dr. Bob Steinberg
Associate Professor
Department of Psychiatry
University of Manitoba
Service Chief (PsycHealth Centre):

Child and Adolescent Acute Assessment Service
Intensive Child and Adolescent Treatment Service

missive



I am well acquainted with the pain caused by mental illness, not only to the individual who suffers from it but to his or her entire circle of loved ones.

My father was diagnosed as manic depressive in his late teens and committed suicide in his early sixties. What I remember most vividly about him were his endless efforts to make things beautiful around him, simply, with flowers or colours, and to express himself in writing. I can see those efforts, now, as being absolutely critical to his self-preservation. That is why I believe strongly in the philosophy of Artbeat Studio, in

its attempts to create an environment where people who suffer from mental illness are encouraged to find their voices and express themselves in a myriad of ways.

Not every person who suffers from mental illness is artistically inclined but, for those who are, that expression is absolutely vital to life and to the feeling of being connected to the world. There should be an Artbeat Studio on every city block.

Miriam Toews
Author



Bradley Guiboche

Bradley Guiboche was born and raised in Winnipeg, MB. He is primarily self-taught and has been drawing since the day he first picked up a pencil. Bradley excels in a variety of mediums including acrylic, watercolour, oil, pastel, conte, charcoal, and pencil. He pulls vibrant images from his interactions with nature, dreams, and his imagination. Bradley is an easygoing, witty, straight-to-the-point person who is hardworking and absolutely committed to any project he takes on. Bradley's kind and accepting persona allows him to fit in anywhere and with any personality he encounters. Bradley believes art truly defines the person he is today.



Stevie Ray Vaughan, 2008
Acrylic on Foamcore
32" x 40"



The Eighth Floor

Silver sliding doors, jaws of steel,
step inside, swallow me whole
push button lights guide the way,
ascending now floor by floor
getting closer, closer...

I awake covered in sweat
the slow burn, another late night cigarette;
where the shadows come back like ghosts
reminders of a previous life
back down dim lit hallways, to a room, a dying wife;

and on this memory's stage
where each thought holds script and the turning page
nurses, needles, and morphine
still play their parts in my head
harshest of truths, you'll never be coming home again;

and though the tears have learned to solidify
it is my heart that refuses to say goodbye;
and in this theater of pain I stay
to relive the memories of yesterday,

where the smell and taste of cancer
still lingers in blood and breath.

I was not made to understand the cruelty of death;
where neither time nor distance can close this memory's door
I still ride the elevator....To the eighth floor.

Time

The thud of a judge's gavel,
sentenced to walk
a circle of prison yard gravel.
And in the days, months, and years
we fall further behind;
There is no Hollywood ending
on the killing fields of time.

Gerald Herron

Winnipeg poet Gerald Herron was born in Scarborough, ON. Largely self-taught, Gerald's powerful poetry is characterized by a freeform style. He is influenced by both musicians and poets including Jim Morrison, John Lennon, Jimi Hendrix, and Dylan Thomas. Gerald describes himself as meticulous, process-oriented, and a slow worker.

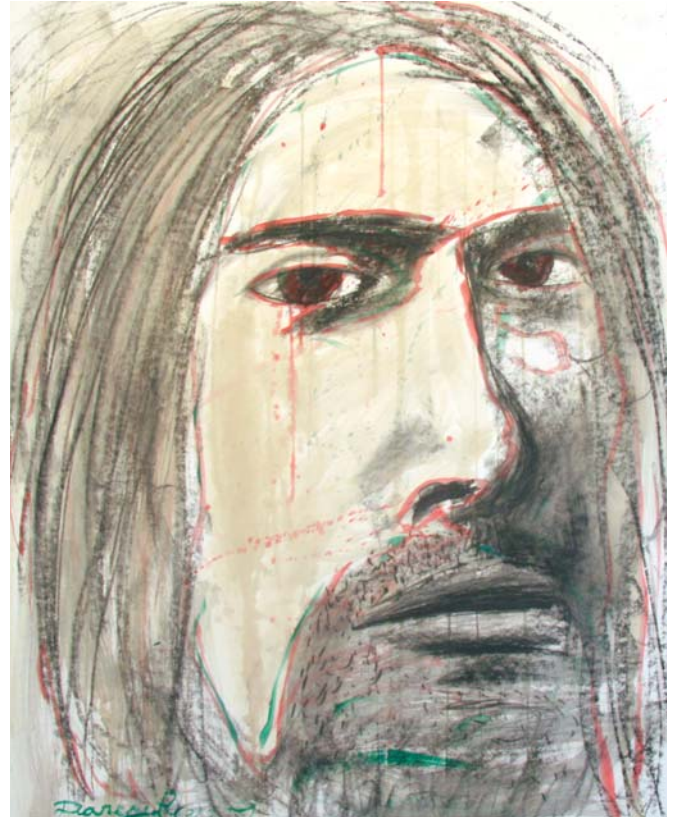
Through his poetry, Gerald strives to "look beyond the superficial." He also feels his art to be a unique means of expressing traumatic life experiences. During his residency at Artbeat Studio, Gerald published *Pieces of my Soul: A Work in Progress*.



Darcy Kerr

Darcy Kerr, Winnipeg artist, was born and raised in Clandeboye, MB. His primary medium is acrylic paint and he also enjoys experimenting with clay, soapstone, pencil, coloured pencil, and spray paint. Primarily self-taught, Darcy began drawing at a very young age and enjoyed studying art in high school. His influences include graffiti art and music culture, and his style shows elements of expressionism.

Darcy is an especially enthusiastic and dedicated artist who feels a true sense of accomplishment after finishing a piece.



Kurt, 2008
Charcoal, Acrylic & Coffee on Mat Board
32" x 40"



Grand Central, 2008
Digital Photograph
12" x 8"



Poppy, 2008
Digital Photograph
12" x 8"

Simon Marc Krueger

Winnipeg artist Simon Marc Krueger primarily focuses on photography. He is particularly interested in exploring images of nature, architecture, and geometric figures through his camera lens. Other mediums Simon has explored include painting and diorama construction.

In 2001, Simon received his first digital camera, and has been actively pursuing photography ever since. He studied engineering at the University of Manitoba, and continues to explore architecture in Winnipeg through his photography. He describes himself as being analytical, a perfectionist, and he takes pride in a job well done.

Simon aims to describe his identity through his art and to capture the world as he sees it, placing the viewer in his shoes.



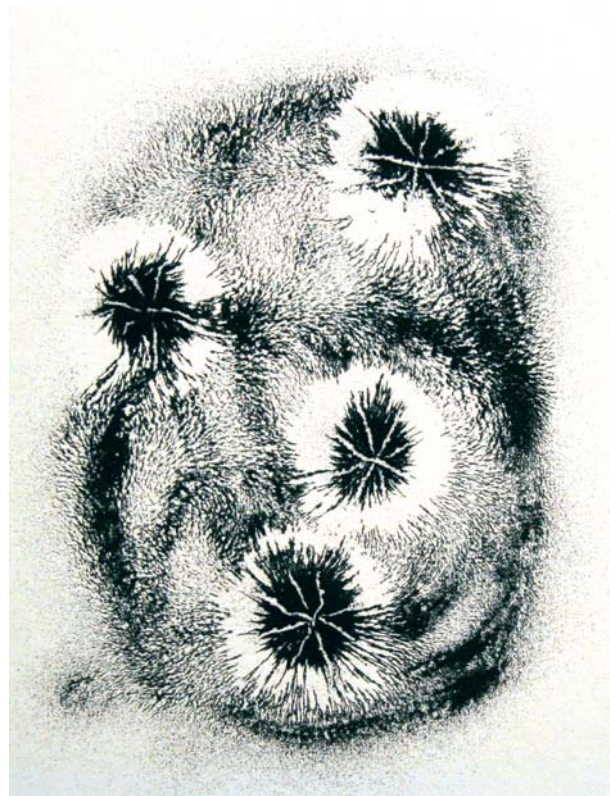
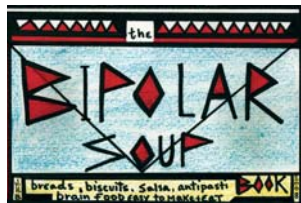
Postmodern Impressions, 2008
Digital Photograph
20" x 16"



John Benningen

Winnipeg artist John Benningen has spent most of his adult life working as a chef. John gravitated to creating art in the early 1990's as a counterweight to balance the demands of busy restaurant kitchens in Toronto. John is an honours graduate of the Stratford Chef's School in Ontario, and a graduate of Business Administration at Red River College in Winnipeg. His mediums are eclectic, including cooking, painting, and sculpture often using objects from nature, including "magnetic sand" collected from the shores of Lake Winnipeg, MB.

During his residency at Artbeat Studio, John published the *Bipolar Soup Book*, a cookbook for the mental health community focused on stimulating, maintaining, and enhancing brain function.



Birth, 2008
Granular Magnetite on Canvas Panel
11" x 14"



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Esprit
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The Artbeat Studio Board meets monthly. The board is policy driven and is active in addressing governance-related issues. The Executive Director and the Studio Facilitator make presentations to the board and inform the board on governance related issues.

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Artbeat Studio saved the following resources by printing the pages of this book on chlorine free paper made with 10% post-consumer waste.

WATER	SOLID WASTE	GREENHOUSE GASES
113	7	23
GALLONS	POUNDS	POUNDS



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