

ART from the HEART



2024

June 7 + 8

West End
Cultural Centre

Now a project of



artbeat
studio



SPONSORS

A special thanks to all our sponsors and supporters...



SINCE 1937



Prairie Studio Glass



Welcome to Art from the Heart 2024!

When people think or hear about Winnipeg (and Manitoba), they think art. Visual art, music, theatre performances, polar bears and sculpture gardens...we are creative people. Art from the Heart was founded to acknowledge that artists come from all walks of life. The less barriers one encounters when hoping to display and showcase their gifts and talents – the better!

Gallery space is expensive, which is often prohibitive. The best paints are not cheap. And time, as we know, is the most valuable commodity of all. The artists here today don't have the opportunities that an ever-filled bank account would provide them – but they all share a love for art and creating. They put in the hours and hard work and applied their talent, not necessarily to sell something – but because they have to create. Art drives them. You will see that as you walk around, and maybe you will even go home with something for that wall at home that is crying out for colour! As mentioned everywhere, the artists here today keep 100% of their sales.

We'd like to thank our generous sponsors that made this event happen, whether through money sponsorships or prize donations. Thank you also to the volunteers that are giving their time to make this a successful event, which we are sure it will be. And of course, thank **you** for coming.

When Artbeat Studio offered to take on this project, it wasn't because anyone there thought it would be easy. It was because they knew it wouldn't be, but that it was vital for our city's arts community. **Art from the Heart** started in 2000, and it didn't go away – it was on hiatus. We are certain it is back for good, so see you again next year!

-Kevin Brooks, Event Coordinator



Upbeat Artworks

Visit us on the second floor of Portage Place
or online at www.upbeatartworks.com



A gallery boutique supporting local artists.



Seduta * Art

BOOKBINDING*
PENS+PENCILS*
NOTEBOOKS*
INK*
PAINTS*
PAPERS*
EMBROIDERY*
STICKERS*
LINOCUT*
STATIONERY*

Dive into a world of creativity at Seduta- your destination for unique + hard-to-find art supplies.

Located in Winnipeg's Exchange District, our store awaits you with a curated selection of art supplies + stationery.

Whether you're a seasoned artist or a budding creator, find everything you need for your next masterpiece.

91 ARTHUR STREET
IG: @SEDUTA.ART



I know that Artbeat saves lives, because it saved mine.

– Diamond Doug Keith, Artbeat Studio Alumnus

Art played a big role in my recovery, it helped me bolster my self-esteem, sharpen my creative process and gave me a voice to express myself.

- Nigel Bart, Artbeat Studio Founder

When someone is viewing a painting of mine and their eyes light up with a smile, it warms my heart and we have a beautiful connection at that time because I know they get it!

- Kathleen Crosby, Artbeat Studio Alumnus

From 2005-2007 I attended Artbeat Studio where I regained my love for art making and weaving. I wouldn't be where I am today without them, and I will be forever grateful for the work they do. It feels amazing to be able to give back to the community that has supported me and helped give me the confidence to follow my dreams.

-Tara Davis, Artbeat Studio Alumnus



Daria Tretiak

Daria is a Ukrainian artist. A student of the National Academy of Fine Arts and Architecture in Kyiv. Was born in Chernihiv. Lived and studied painting in Kyiv. Moved to Winnipeg due to the beginning of a full-scale Russian invasion of Ukraine.



Mack Parman

Mack is a queer, trans, non-binary fibre artist living on Treaty One Territory. They work in many forms of fibre arts, but create primarily in crochet. They're inspired by nature, creepy things, and the general weirdness of the world.



Chloe Everly

Born in Winnipeg in 1981, Chloe drew stick figures as a child. Her Grade 1 teacher noticed her attention to detail and told her mother to “keep her in art.” Her passions are nature, trees, animals, and the cosmos, done with fantasy elements and some abstraction. She keeps returning to the theme of the keyhole, which represents a gateway opening into a detailed, almost microscopic, exploration of different worlds – offering a sense of mystery and open-endedness she sees as emblematic of her own personality.



Recycled Realities (Lia)

Lia is an artist originating from Manitoba. She enjoys working with acrylic paint and collage.

If you enjoy her artwork, please check out Recycled_Realities on Instagram.



Molly

Molly's art is very much confusion first, realization after. She loves when she looks at her art and sees multiple potential meanings behind it. Molly has created things from personal experiences and hardships she has gone through.



Kaizic L. Fontaine

Kaizic has been making art his whole life. He was born in Winnipeg in 1999 into a family of artists, whose art was on the walls and whose encouragement was in his heart. Kaizic's method is to experiment loosely with backgrounds, paying serious attention to foreground images. Much of his public work is acrylic and acrylic marker on canvas and wood, but he also uses collage and linocuts. "I make art because I have to" Kaizic says.



Ember Boulay

Ember has been creative forever, but only got more serious about art after realizing they're transgender and started transitioning. It has helped give them an outlet to process the difficulties and challenges in life.



Anna Ehrlich

Anna is an artist from Germany who came to Winnipeg in 2018. "Art has always been my passion and the perfect way to express my creativity in many different mediums. From pencil sketch or pastels to aquarelle and oil paints - I love to use and experiment with all of them. My favourite subjects are nature, fantasy and surrealism."



Leo

"Leo's" art is a form of healing for her. Learning new art and beading techniques at places like Studio 393, Studio Central, Winnipeg Adult Education Centre and during her residency at Artbeat in 2022. She has always been creative, but during COVID she found being creative a way to help her cope with life's traumas. She paints, beads, draws, takes photos, makes trees of life and much more. She uses her knowledge to help teach others how to do these things as well.



Spookybat

Tannis, a self-taught Indigenous artist from Winnipeg, has had a passion for drawing since childhood. Using sketch pencils and ink, she brings her inspiration from video games, movies, and music to life. Not only does she aspire to be an artist, but she's also working towards becoming a tattoo artist. Tannis hopes to inspire other Indigenous artists to share their artwork with the world.



Ren

After many years of battling mental illness, Ren still doesn't know how they ended up in Studio Central. As a volunteer, they were gently encouraged to make some art as well. They gave visual and written art a chance. Now, they truly believe that all people have something inside that wants to come out in the form of art.



Jodi Hildebrand

Jodi Hildebrand is a Winnipeg-based artist who produces brightly coloured and expressionistic work, while also revealing subtle undertones of political and social commentary. Her art currently reflects a curiosity towards human beings and their relationship to the land. The materials she uses reflect her consideration of the landscape upon which she resides, some of which are sourced from her surroundings. "I am a member of MAWA, and a supporter of the Pembina Fibreshed."



Prairie Studio Glass

Your Art Glass Destination since 1978

Classes - Supplies - Custom Art Glass

587 Sargent Ave.

204-783-1117

www.prairiestudioglass.com

Proud Supporter of Arts in our Community.



Long & McQuade
MUSICAL INSTRUMENTS 

long-mcquade.com

3 locations in Winnipeg
including
1845 Pembina Highway
204-284-8992

sales · rentals · repairs · financing · music lessons · online shopping

Proud sponsors of Art from the Heart

We're Johnston Group. Work Life Wonderful.





Trung La

Trung is a happy person. He loves to draw, and art has helped him overcome challenges in life. He will not let disability stop him from doing the things he loves.



Jayme Syposh

Jayme is a person working to improve their mental health. They are a current resident at Artbeat Studio (come see the group biannual on June 20th!). Making things/art helps improve Jayme's self confidence, build identity, find and create moments of joy, and provides space and time for reflection.



Ildiko Nova

Ildiko is a local multi-disciplinary artist. Her artistic background includes various mediums and experiences from painting to design. She loves to paint portraits, city scenes and animals. Her illustration work is about storytelling and juxtaposition, she enjoys putting elements together that are unusual or unexpected. She also likes to experiment with different materials, repurpose and reclaim recycled objects. Trained as a community worker, her activism includes giving voice about the lives of underprivileged people.



Koon Berens

Koon berens is an indigenous artist who loves to create woodland style art. Most of her artworks have been inspired by her childhood and experiences.



Sam Taylor

Sam Taylor is an 18 year old transgender artist from the North End. They've been creating art their entire life and are glad for this chance to exhibit some of it! They enjoy creating semi-abstract pieces, and love hearing the different interpretations people have and it gives them the freedom to express anything.



Megan Tyler

Megan has been drawing for her entire life. She took art throughout school, and found it a wonderful outlet. She became serious about her art after Grade 10, when a teacher gave her strongly supportive input. She discovered art journalling and has been filling up sketchbooks ever since. She often combines this work with words and collaged representational images which she selects from old magazines from antique shops and thrift stores. Megan adds that her art gives her purpose and keeps her alive.



Essabii

Ester Adibrata draws inspiration from East Asian pop culture in their work. Through digital illustration, they strive to craft bold, clean, and harmonious pieces that reflect their heritage, memories, and passions. Currently, they're pursuing studies in Game Development Art at Red River College Polytech. Connect with them on Instagram @essa.bii to see more creations!



Dianne Dequino

Dianne is a queer Filipino creative who recently moved to Winnipeg. They love making art of all sorts. "Sad Clowns" reflect the performance they deliver everyday as a neurodivergent person, often concealing their true self behind layers of make-up, humor, and exaggerated expressions.



Fran

Fran was born in Winnipeg and feels a strong connection with the unending prairie sky. She has been doing art in some form since about age seven. She has been influenced by all the strands of Canada's multicultural society which reflects in her mixed media creations. Fran situates her own art on the borderline between art - where originality is expected - and craft, where tradition and workmanship are key. "My pieces are emotionally driven, which in turn gives me emotionally therapeutic value." Frances said.



Vanessa Willms-Wong

Vanessa has been exploring different art mediums from a very young age. Her current art era predominantly explores handmade paper, watercolour paint, and ink. She draws inspiration from plants which she has been studying and working with all of her adult life, mushrooms, and her recent travel adventures.



Stephen Sigurdson

Stephen Sigurdson Stephen is a self-taught artist that paints and writes poetry to cope and empower himself, while living with a mental illness. He paints with encaustic wax and loves the colours and textures of the works. Stephen has been in previous Art from the Heart shows, Icelandic Festival, Red River Ex, the Kathleen Crosby Gallery, and Cr8ery.



Kathleen Shellrude

Kathleen Shellrude, a mixed media and ceramic artist based in Treaty Territory 1 (Winnipeg). She channels her experiences with disability, mental health, and addiction into her creations. With 7 solo exhibitions, 3 curated shows, numerous group shows and co-founding Higgins Studios, she's a prominent figure in the local art scene. Explore her work at [@kshellrudepottery](#) and [@kshellrude](#) on Instagram, or find it at Tara Davis Boutique, Radiance Gifts, and Upbeat Artworks.

Art makes our community more vibrant.

ACU proudly invests in organizations like **Artbeat Studio** that celebrate local talent and support low-income artists in our community while promoting inclusivity and diversity in the arts.

We're proud to support events like **Art From the Heart Winnipeg** that help build a thriving arts community.

Join us!

Bank on values. Become a member.

1.877.958.8588 | acu.ca






VIVIAN SANTOS

CITY COUNCILLOR-POINT DOUGLAS



*Supporting the return
of Art from the Heart!*

CITY HALL, 510 MAIN STREET 
WINNIPEG, MB R3B 1B9

204 986 8401 

VSANTOS@WINNIPEG.CA 
VIVIAN SANTOS.CA




Leah Gazan

Member of Parliament
Winnipeg Centre 

*Congratulations to all
the artists showcasing at
Art from the Heart!*

Constituency Office
892 Sargent Avenue
Winnipeg MB R3E 0C7

204-984-1675
leah.gazan@parl.gc.ca

 @leahgazanMP  /LeahGazanMP  @leahgazan





Tiffany Rose Elston

Working with ink and watercolor, Tiffany is an intuitive artist who uses abstract expression to deal with depression and anxiety. Tiffany works with blacklight inks and metallic watercolors for a special look that can only be seen in person, in the right light. She maintains a studio in the Exchange District.



Kevin Grummett

Kevin's recent work explores the relationship between light and darkness, colour and shadow. These images help him engage more deeply with his ideas and feelings about beauty, simplicity and connections. He uses photography as a means of self-expression with influences such as Wayne Simpson's story-telling and Curtis Jones's use of simplicity. He hopes you enjoy his photos.



Ursa Burdenkeeper

Ursa's father was a hunter-trapper; her mother was a sketch artist; and her brother did traditional Indigenous drawings. She moved from pen and paper to making her own clothing – both to express her individuality and to supplement the limited fashion choices found in their small community. Ursa's subjects in her drawings and paintings include nature – especially black bears – and Indigenous and Pagan spirituality. Ursa also crafts pieces from leather and other natural materials, including dream-catchers and medieval attire.



Christie Dawn

Christie loves playing with colour and experimenting with different techniques. She creates art to inspire, uplift, spark wonder and spread joy!



Alpaca Menta

Alpaca Menta is an Ecuadorian artist that loves painting and design, she enjoys including things she loves in her representations, including reminders of where she's from. Alpaca Menta currently volunteers with Craftivists United and creates in her free time. This is her first ever opportunity to showcase her artwork in Winnipeg!



Terisa Taylor

Terisa was born in Swan River, MB, and grew up on a small farm where she, her 10 siblings, and her parents lived off the land. There she learned many skills, from caring for livestock, to washing clothes with well water heated on a wood stove. Through this, she still found time to venture into the woods, drawing the wonders she there. Her art forever evolves, she teaches acrylic painting, volunteers at Upbeat Artworks, and mentors other artists. Terisa continues to explore, visualize images to paint, things to sew, places to go, and people to meet.



Light Warrior Creations

Alena Ruggles is a gender queer & neurodivergent artist. Her art varies from paintings, metal art, and mixed media pieces. Alena works with various art styles but find most pieces to be modern abstract. The topics of her pieces usually involves nature, emotional expression, and vibrant colours.



Jakob Finley

Jakob is a disabled autistic Artbeat alumni. He uses a variety of mediums to create physical manifestations of his inner child, usually weathered dystopian worlds & 'bots'. Jakob is slowly beginning a journey into studying animation, something he has longed to do since he was very young.



Morgan Webster

Morgan is a queer millennial based in West Broadway, and they work in many media. For painting, they've specialized in watercolour. In all their work, Morgan enjoys using smooth lines & flowing curves to evoke a sense of shape. The 2 paintings in this show are an exploration of using lights & darks to create the illusion of a 3D shape; they're also technical experiments in colour mixing technique. Morgan is an Artbeat alumni & leads art workshops at Studio Central. Their watercolour and leather sculpture is on display at Upbeat gallery.



Quinton Delorme

Quinton Delorme is a Cree, Two-Spirit, multi-disciplinary artist from Winnipeg, Manitoba. Quinton's visual mediums include linocut relief printing, screen printing, etching, acrylic paint, and collage. Quinton is also a performer who sings, DJs, and does drag. Their first exhibition was at Artbeat Studio in December 2022.



Zoey Garrison

Zoey (Trashbread) is a mixed media collage artist whose work often involves themes of trans issues, mental illness, medical anxiety, and neglect and politics. She also works on album covers for musicians and bands.



Jamie Vaughn

Energy Work – Jamie began training in Usui Holy Fire Reiki in July 2019 and obtained her Master level in May 2022. She found a hidden talent of art and began painting in earnest to create art pieces that would help others heal. Jamie's style began as celestial with heavenly themes, angels and spirit animals then evolved into free landscapes, beaches, wildflower fields and other challenges as her own heart healed. She also creates crystal healing bracelets and offers these to others as requested.

THE SOUNDING STONE

Pottery & Ceramic Supplies

104 Trottier Bay
Winnipeg, MB
www.soundingstone.com



Joseph Koensgen is a Winnipeg wildlife and nature artist. He has always been fascinated with the world around him. His interest in animals and inclination for art meant that from an early age he was drawing and painting wildlife. His inspiration comes directly from nature and he is often going out with a camera to capture these experiences that will eventually become his paintings. His passion for wildlife conservation is a large part of why he paints, and hopes that his paintings will inspire the same in everyone who sees his art. He is a member of Artists for Conservation, and an Elected Member of the Society of Canadian Artists.

www.josephkoensgen.com

   @josephkoensgen

IJL

SINCE 1937

Discover the essence of timeless elegance at Independent Jewellers Ltd. (IJL), a Canadian-owned treasure with deep roots in Winnipeg. With a legacy spanning over eight decades, we proudly provide access to the world's most iconic brands for engagement rings, wedding bands, luxury watches, and exquisite fine jewellery.

Whether you choose to explore our extensive online collection or immerse yourself in our brand new jewellery store at 493 Notre Dame Ave., our commitment to exceptional selection and unparalleled after-sale service remains unwavering. Let us fulfill your dreams with our exquisite diamonds, fine gold, silver, and custom jewellery creations. Experience the essence of luxury at IJL, where our legacy meets your aspirations.

Independent Jewellers – Proud Supporter of the Arts in Winnipeg





Cherry Bytes Art

Cherry Blair (aka CherryBytesArt) is a self-taught, queer artist based in Winnipeg, Manitoba. They specialize in digital art, traditional paintings, stylized cartoon-style pieces, as well as pin-up art. CherryBytes aims to create beautiful art with LBGTQIA & representation through the eye of a nonbinary sapphic artist.



Shannon Drewitt

Shannon is a developing artist and a full-time mom to two daughters. She enjoys painting with different mediums as well as various types of printmaking. She was introduced to printmaking through Martha Street Studio's Youth Outreach Printmaking Program as a young adult and mother and has been experimenting with art ever since.



Raven Starr

As a child, Raven was pointed towards drawing by her brother. To find her own style, she taught herself, and began painting at age 16. Raven's main interest is animals. The result is a totemic, painterly representation of a range of fauna including snakes, crows, wolves, and tigers. "I paint intuitively – for myself in the first instance – and I have a lot of fun with it," she says. Raven appreciates the recognition she gets for her art, and takes commissions. She is also willing to sell photographic prints of her acrylic work.



Joyce Lancaster

Joyce just likes to participate in the arts.



Jack Gross

Jack was born in Winnipeg in 1992, and did drawings and crafts as a kid. He returned to art at age 26 and started painting at Artbeat. He has been particularly inspired by surrealist and psychedelic artists, especially for his collages; and has enjoyed art therapy videos online. Jack uses oil pastels, acrylic, collage, and ink pens.

Barby Hall

Barby is a self taught artist and activist whose passion is the environment/wildlife, and Aboriginal Rights. She began pencil sketching from a very young age – beloved animals, family, trees, and buildings. About 13 years ago, Barby took up painting in a big way: the colours lifted her spirits after a few traumatic incidents. She draws & paints mostly wild animals in their habitat & writes letters to the government urging them to protect our environment from destructive industry and to hold up Aboriginal Rights.



Jenna Maple

Jenna drew an Icy Siren Selkie in honour of the people from icy lands, including northern Canada. She also drew a moth to represent the people who love the moon in Asia that also end up in Canada. Jenna is multicultural and loves Canada, proudly a 'Salvation Army' patron of the arts.



RAE IS A MAN

He's a stay at home dad who probably should've stayed at home.



Nika Kamalova

Nika Kamalova is a contemporary artist from Tashkent, Uzbekistan, where she began her artistic journey at the age of four. In 2012, she moved to Canada and started a new chapter in her art career. Nika developed the skills through a combination of self teaching and formal art classes. Specializing in modern surrealism, Nika creates whimsical and playful artworks that captivate the imagination.



Vanessa Russell

As Vanessa works on herself, she is feeling more confident with her art. Vanessa goes to Studio Central where she volunteers as a creative assistant and inventory organizer.



Cassandra Wolfe

Cassandra Wolfe is a Two-Spirit, Métis artist from Winnipeg, Manitoba. She is a mixed media artist who works with collage, assemblage, and acrylics. Themes such as biology, nature, cosmology, and Indigenous spirituality, and how people fit into society – or don't – are other topics they focus on. Cassandra is an alumni of Artbeat and is currently a member of Cre8ery Gallery.

Rasta Crafter

These handmade Victorian dolls have evolved, as Rasta Crafter has. Mom, who was their teacher, gave them the doll pattern in the 1990s. Displayed are 2 (of 14) dolls from the 3rd Edition, The Winter Collection (2024). Each lady is unique, colourful, and properly dressed from the era (1910s) and season (winter). In this collection, each doll has their own knitted blanket contained within their purse, to carry them. Primarily, Rasta Crafter is a fabric artist, who is newly emerging into the general public arena. Previously, they have shown their wares in local crafts and farmer's markets and has been a member of the Manitoba Prairie Quilters.



Elmer

Elmer loves doing art (colouring) to show his personality and happiness. He also loves doing art because it helps hiim with his mental health. Elmer loves that he gets to do this art with his friends at Clubhouse.

Starwind

Starwind's spirit animal is a raven. They go with the flow when they create and follow the winds of fate as they create. Starwind's favourite materials are felt tip marker and paper.

Gcola

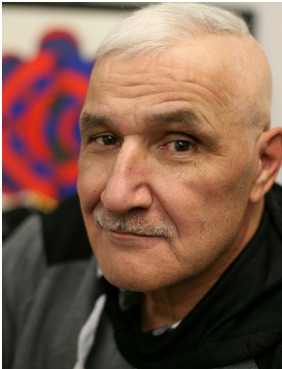
Gcola loves drawing cartoons such as a character he created named Gomo. Since he has a passion for art, he has volunteered in Artbeat Studio Central for almost 2 years. Gcola also loves digital art.



Logan Powell

If you wish to see the truth, then hold no opinions for or against anything. To set up what you like against what you dislike is the disease of the mind.

-TCP of Zen



Lionel

Lionel is an easy-going guy and loves drawing.



Tyler Karst

In Kindergarten, Tyler was already making figurines out of any material he could find: poster tack, playdough, and plasticine. His small sculptures are meant to express emotion, or occasionally, just playfulness. His drawings are often concept pieces, such as a mountain scene with a line tracing the journey to justice and wellness. Tyler says art is hard to do if you're not having fun. "Humour, which helps me relate to others, is important and positive."

DAVE'S *Quick* **PRINT**

Est. 1982

Design



Print



Deliver

204. **985-9625**

DQP.ca

"We take care of you"

**"Assiniboia Chamber of Commerce
Business of the Year Award Winner, 2022"**



Artbeat Studio

Artbeat Studio is a program which is mental health consumer initiated, peer-supported, and recovery-oriented. This community-based studio accommodates artists whose mental health, social connection, and income make it difficult for them to individually acquire a workspace to advance their artistic technique safely and securely.

Upbeat Artworks

Upbeat Artworks is a project of Artbeat Studio Inc. representing a unique collection of original artworks. Each of the exhibited works represents a part of someone's personal journey of mental health recovery through creative expression.

Upbeat Artworks provides opportunity for patrons to share this journey with each of the featured artists. Whether it's how art saves lives, art needs love, or art works. Art has a story.

Studio Central

Studio Central is a project of Artbeat Studio Inc. Programming at Studio Central aims to facilitate the production of art as a means of inspiring personal passion, connecting generations, bridging diverse groups, and serving as a catalyzing symbol of the people as a community.

Studio Central is located on the second floor of Portage Place Shopping Centre, primarily serving the Central Park and North Portage area. Its programming is offered to those aged 18 or older.



artbeat studio

INC

contact@artbeatstudio.ca | 204-943-5194 | artbeatstudio.ca