



# Art Exhibition

**Youthdale**  
Child and  
Adolescent  
Sleep Centre

in support of the  
**Youthdale Child and Adolescent  
Sleep Research Program**

**November**  
18th to 30th  
2011

*The location where this piece was painted is Craigeleith Ontario, near Collingwood on the south western shore of the Georgian Bay.*

*Gilbert spent many of his early years departing from his parents' cottage, sketching and painting the bay and the Niagara escarpment, suddenly descending hundreds of metres, falling sharply off into the water.*

*His recent interest has been kindled by the purchase of a lake canoe that was built in 1900 and is still quite sea worthy. A lake canoe is sturdier and has small decks fore and aft. It can be sailed if the wind is at his back.*

*Gilbert is fascinated by the table flat shale that descends in giant steps into the bay. It speaks of ancient history with large cracks that reflect the pressure of stone crushing against stone as the earth changed and cooled. Fossils 200 million years old can be found embedded along the shore in the shale.*



*Gilbert's command of watercolour was peaking as he rendered this lovely piece. He wanted to show that even though the canoe was beached in very shallow water, it looked as though it would take off any minute by itself across the bay. The wavelets were challenging his boat, saying, "Come on, lets go!"*

**TITLE:** Beached  
**MEDIUM:** Watercolour  
**SIZE:** 42" X 29"  
**Painted in** 2005

A MESSAGE FROM  
COLIN SHAPIRO & EVA HADJIS STRUDWICK

Eva Hadjis and I are delighted to welcome you to the Third Annual Youthdale Art Exhibition.

We are especially pleased that at this exhibition we can show some of the impact that funds raised from our first fundraising have had. In the centre of this booklet you will find information about a project concerning children with Fetal Alcohol Spectrum Disorders. There is also a poster about this work in the art gallery. This has been a true "bench to bedside" success with a real clinical outcome for patients with Fetal Alcohol Spectrum Disorders, and their families.

There are many people who have helped in making this exhibition and fundraiser possible. Coopers Fine Art Gallery has been very generous in providing space courtesy of Coopers Office Furniture. A team of people including Ilana Rosen, the graphic designer; Sonny Martin, the printer; people on the committee; Colette French, our curator; Deena Sherman, photographer; Lisa Nackan, an art teacher who facilitated the children's art, Dora Zalai who helped in organizing



the event, Gilbert Strudwick who worked tirelessly to assemble this group of exceptional artists and Chantelle Maiolo.

Much of what I do would not happen without the able assistance of my secretary, Suzanne Alves.

We would like to extend our sincere appreciation to Lianne Sherbaty who once again has prepared all the fabulous eats for the opening and Kashif Khan, our auctioneer.

Our advertisers, donors, and you, our supporters without whom this exhibition would not happen.

We continue to work closely with the Youthdale Child and Adolescent Sleep Centre.

We hope you enjoy this artful experience.

*Sincerely,*

**Colin Shapiro and  
Eva Hadjis Strudwick**

# YOUTHDALE TREATMENT CENTRES

THE YOUTHDALE CHILD AND ADOLESCENT SLEEP CENTRE  
IS HOUSED IN THE YOUTHDALE TREATMENT BUILDING



We work with children and their families to help them find success at home, in school, at work and in the community.

### What brings a child to Youthdale?

Children often come to Youthdale with a range of symptoms that affect the way they think, feel, and act and make everyday living difficult for them and those around them.

These symptoms most often reflect a complex interaction of biological, individual, familial and psycho-social factors.

### What we do to help

At Youthdale we offer a range of children's mental health services, including family counselling, out-patient medication consultation and diagnostic evaluation, residential treatment and psychiatric hospitalization.

Our multi-disciplinary teams include child psychiatrists, pediatric neurologists, psychologists, family doctors, social workers, nurses, child and youth workers, and special educators.

Our integrated services simplify access to treatment so that families can focus on their children's well-being.

**Youthdale's dedicated, multi-disciplinary team has helped thousands of children, and**

**continues to make a difference in the lives of families throughout Ontario.**

### Symptoms that bring children to Youthdale include:

- Sadness and feelings of hopelessness
- Negative peer relations
- Conflict with parents
- School problems
- Poor impulse control
- Obsessive thoughts and compulsive behaviours
- Aggressions towards others
- Sleep disturbance
- Suicidal thoughts and self-injurious behaviour

### Common diagnoses include:

- Depression, anxiety or mood disorder
- Post-traumatic stress disorder
- Attention deficit hyperactivity disorder
- Conduct disorder
- Tourette's disorder
- Learning disability
- Pervasive developmental disorder
- Substance abuse disorder



*Compassion, Innovation, and Hope.*

YOUTHDALE TREATMENT CENTRES

## ALEXANDRE BALITSKI

R

ussian born  
Alexandre Balitski  
has been in Canada  
since December

1992. His paintings have been sold internationally, including Australia, Germany, France, Italy, Israel, and the United States of America.

They have been exhibited in the Museums of State of the former Soviet Union and at the Vatican.

In October 2003 his art project "Canadian Visual Symphony" was shown in a unique exhibition in the House of Commons of the Canadian Parliament.



## ANDREW BENYEI

**I**t took Andrew Benyei only four decades to find his true passion, art. He graduated from engineering and business school, and carried his briefcase for almost 20 years.

In 1990 he walked away from his career to complete a diploma at the Ontario College of Art and Design and pursued his art full time.

Andrew is best known for his figurative sculptures that capture human dynamics as well as the human condition.



*The Kiss*

## WENDY BOYD

**W**endy Boyd is a graduate of the Royal College of Art in London, England, where she specialized in the designing and making of stained glass windows and glass mosaics for churches and homes. She is an elected member of the Ontario Society of Artists and the Society of Canadian Artists. In 2005 she obtained Signature Status with Pastel Artists Canada. She is also a member of the Arts and Letters Club of Toronto.

Wendy has developed a unique way of working with acrylic paints and gels which are cast into sheets and cut with scissors to form original works in the mosaic technique.

She can be contacted at:  
[wendyab@axxent.ca](mailto:wendyab@axxent.ca)



*Wilderness Park in Autumn*

## JOSY BRITTON

**J**osy Britton, SCA, CSPWC, of Grand Bend, Ontario graduated with an Honours BA in Fine Arts from U of W in 1979. Josy sees the potential of “heaven on earth” in nature and paints to make this a reality in a close-up view.

Josy has been in 75 Juried Shows and 15 Solo Shows. Recent awards include 2001 Finalist No. 61 Landscapes, International Artist Magazine; 2010 A.J. Casson Award Open Water 85th CSPWC; 2010 Best in Show Paint Ontario and 2009 Award of Merit SCA Integration.

You can view her work at:  
[www.josybritton.com](http://www.josybritton.com)



*Paddling Out*

## ZORA BUCHANAN

**Z**ora Buchanan's energy and zest for life are reflected in her colourful semi abstract acrylic paintings, inspired by high rise condo living in downtown Toronto and by a fertile imagination.

Zora received her BFA degree in 1977, is a past president of the Society of Canadian Artists, a charter woman member of the Arts and Letters Club and an elected member of the Federation of Canadian Artists. Her award winning paintings are exhibited nationally and internationally.



*Joyful Bouquet*

**N**ova Scotia born Mary Tuck Corelli studied art at Mount Alison University with Alex Colville and

Lauren Harris; studied at the Montreal Museum School with Arthur Lismer; also studied at Chelsea and S. Martins' in London, England.

She has worked as an illustrator, painter and teacher, supporting herself and her four children. For 30 years she was a full time faculty member of the Ontario College of Art, teaching drawing and painting.

Corelli has mounted many successful solo shows. She has contributed to juried group shows over the years. She is a published poet of a book of verse.

Corelli has also chaired the Heliconian Art Group, served on the Arts & Letters' Art Committee and currently paints weekly in the Brickworks Studio as well as in her Toronto and PEI studios. She frequently travels to paint plein air.



*Market Life, Rome*

## MICHELINE LAMARRE HADJIS

**B**orn in Sept-Iles, she is a Beaconsfield resident for 25 years.

Called Exotic Fantasy, her work consists mainly of tropical fish and exotic flowers. She has now added abstracts to her hyperrealism style and her vision is sure to enchant the observer with its fascinating textured elements and rich metallic additions.

Micheline has exhibited in several art galleries in and around Montreal and in Florida. She has also painted murals and unique pieces on commission. She has international exposure through her unique marine scenes creations. A mural of a marine scene can be seen at Nanaimo Hospital in Nanaimo B.C., Canada and at the Westin Hotel in Mont-Tremblant, Canada. She is an active member of many volunteer organizations and artists' associations.



*Mystique*

## MARGARET HUNTER HOFFMAN

**M**argaret Hunter Hoffman lives to paint and draw. Art is always with her from dawn to dusk. She is always observing nature and human behaviour and cataloging all that she sees for future use. She loves colour.

She has studied in Canada, Italy, Ireland, England and the pre-historic cave drawings in France. Exhibited in Rome and Florence, Italy; Seoul, Korea; Canada and the USA. Margie took "time out" in the 70's to go back to school and was a senior policy analyst at Queens Park for a decade but she always kept a painting on her easel. She has works in many collections, public and private. She loves to work large and is a committed artist.

Hunter Hoffman has been supported by an Ontario Art Council Award and by Toronto Culture. A First in painting, Ontario Colleges and Universities. A First in the National Fine Art Competition, Canada. She won the Award of Excellence at the Society of Canadian Artists Spring Exhibition, a First in the Hamilton Jewish Community and the Mort and Judy Rapp Foundation Award.



*Ildy*

## MARJUT KARU-NOUSIAINEN

**M**arjut Karu-Nousiainen says that all artwork has to come from the artist's heart and then

hope it touches others. She was born in Finland, although her roots are in Estonia.

She trained in textile art but works in many mediums. She is currently fascinated by installation art.

Karu-Nousiainen has written a book entitled "Conversations at the Table". She has also written music and lyrics to songs, including "Generation Celebration", "Returning" and "Canada in Harmony" which has been sung by both choirs and by soloists. This multi-talented artist also wrote and produced a play called "Hats Off".

Marjut can be reached at:  
[marjut@sympatico.ca](mailto:marjut@sympatico.ca)



*Winter Puddle*

## ANASTASIA PAVLOUNIS



nastasia Pavlounis is a multi-talented artist who has explored a variety of mediums.

More recently Anastasia has submerged herself in fine art through the camera's eye. Her work is fresh, spontaneous and sensual, focusing on the female form. Her photographs plunge us deep within the parallel journeys of sea and self.

In following a growing trend, Anastasia has incorporated the graphics computer as one of her tools to dramatize her art. She is constantly looking for new avenues of expression.

Anastasia has exhibited in fine art events both in North America and Greece.



*Never Never Land*

## DOUG PURDON

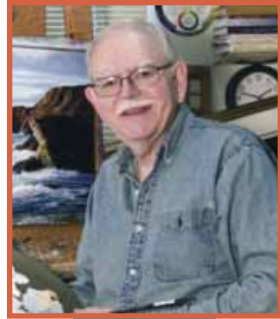


Douglas Purdon was born and lives in Toronto, Canada. He is an elected member of The Society of Canadian Artists (SCA), and The Ontario Society of Artists OSA.

In 1998, he wrote the best seller *Color Secrets for Glowing Oil Paintings*. He lectures on painting materials and techniques at several colleges and universities including the University of Toronto - School of Continuing Studies and Loyalist College.

In 2005, Doug won the Museum Purchase Award at the 26th Annual Mystic International Marine Painting Exhibition. In 2007 his solo exhibition, *Doug Purdon and the Legend of Landscape* opened at the Arts and Letters Club of Toronto. His oil painting *Breaking Waves – Grimsby* was selected for the cover of *Canadian Brushstroke Magazine* in September 2009.

His work is exhibited at The Gallery at Mystic Seaport and galleries in the US, Canada and Scotland. His paintings are in the permanent collections of Mystic Seaport, Scottish National Tourist Board, Toronto Public Library, City of Toronto and Sears Canada.



*Road to Tobermory*

## MONIKA ROSEN

**M**onika Rosen is a third year BFA Honours student at Queen's University, majoring in Painting and Printmaking while minoring in Art History.

The opportunities she has had for traveling and learning, including a semester abroad studying at the Bader Centre at the Herstmonceux Castle in England, has helped form her unique vision that often combines landscape, mythology, aesthetics, and personal narrative. She has an affinity for colour and light.

In 2011, Monika has exhibited a drawing at the Agnes Etherington Art Centre, and a painting at the Artell in Kingston.



*Central Park Oasis*

*We are proud to share with you  
an important accomplishment of The  
Youthdale Child and Adolescent Sleep Centre*

**I**n children and adolescents, the neurocognitive and physical effects of Fetal Alcohol Spectrum Disorders (FASD) have been relatively well documented. What has been less clear are the effects of FASD on sleep and circadian rhythms.

Although a high percentage of children and their guardians report sleep disturbances, no comprehensive studies have been conducted to better understand these problems.

As the first of its kind, the FASD and sleep study has used a variety of objective and subjective measures to assess sleep in these children.

The poster on the following page highlights the most significant findings. We have been delighted to see the rapid translation of research to directly improving the quality of life for these individuals.

A large portion of the funding for this research project came from the 2009 Youthdale Art Exhibition and we are proud of the work that has been accomplished.



# The Prevalence and Patterns of Sleep Disturbance in Children and Adolescents with FASD

Shery Goril HBSc<sup>1,2</sup>, Colin M....

Youthdale Child and Adolescent Sleep Centre; Toronto, Canada<sup>1</sup>, Department of Child Psychiatry, University of Toronto<sup>2</sup>, Departments of Neuropsychiatry and Ophthalmology

## BACKGROUND

- Sleep disorders have been poorly described in children and adolescents diagnosed with FASD.
- Animal research has shown that alcohol exposure pre-natally selectively impacts on the suprachiasmatic nucleus (SCN), which controls circadian rhythms.
- The objective of this study is to describe the sleep and circadian rhythm characteristics of children with FASD using overnight polysomnography (PSG), sleep questionnaires, and the Dim Light Melatonin Onset (DLMO) test.
- To the best of our knowledge, no comprehensive studies of this nature have been conducted.

## METHODS

- Children aged 6-18 years diagnosed with Fetal Alcohol Spectrum Disorder (FASD) were recruited from various FASD clinics to the Youthdale Child and Adolescent Sleep Centre in Toronto.
- After a medical consultation, each participant had one night of polysomnography. On a separate night, the DLMO test was performed.
- Saliva samples were collected hourly from 19:00 to 03:00 hours and batch processed by Enzyme Linked Immunoassay Assay (ELISA) at the University Health Network - Specialty Laboratory

- Participants completed various sleep, alertness, and mood questionnaires, including Centre for Epidemiological Studies Depression Scale for Children (CES-D), Pediatric Daytime Sleepiness Scale (PDSS), Epworth Sleepiness Scale (ESS), Fatigue Severity Scale (FSS) and the Morning-Eveningness Scale for Children (MES-C).
- Objective sleep parameters, subjective questionnaire data, and DLMO melatonin profiles were analyzed using SPSS.

## RESULTS

- Mean age of participants (n=36) was 10.0 (+/-3.2), with 16 males and 20 females.
- Polysomnography data shows the mean percentage values for stage 1, stage 4, and night-time wakefulness were significantly elevated compared to normative values (Figure 1).
- Percentages of stage 2 and REM sleep were significantly decreased compared to normative values (Figure 1).
- Twenty-eight out of the thirty-six patients (78%) were diagnosed with some type of sleep disturbance (Figure 2).
- DLMO tests completed for 24 patients show that 79% (19/24) of these melatonin curves are abnormal (Figure 3).



Figure 1: Di... and n... rep...

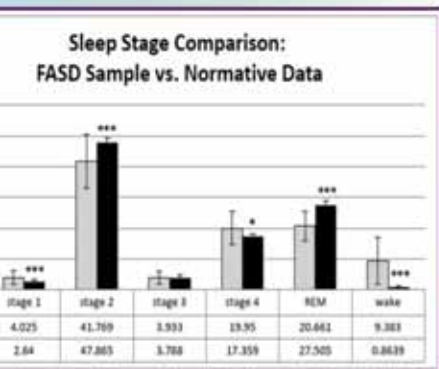


Figure 2:

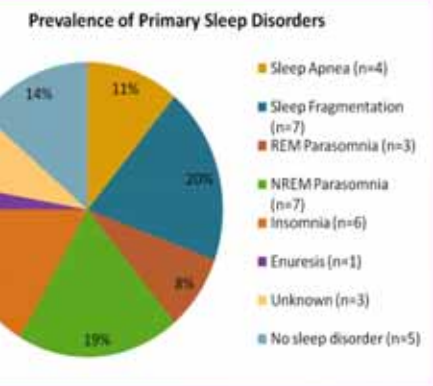
# Sleep Disorders and Circadian Rhythm Disruptions in Fetal Alcohol Spectrum Disorders (FASD)

Shapiro MBBCh, PhD, FRCP(C) <sup>1, 2, 3</sup>

Cell and Systems Biology; Collaborative Program in Neurosciences, University of Toronto <sup>1</sup>;  
 Neurology, Toronto Western Hospital; Toronto, Canada <sup>2</sup>



Distribution of sleep architecture percentages for FASD sample compared to normative data for one night of polysomnography. (\*\*\*) represent statistical significance at  $p < 0.001$ , (\*) represent statistical significance at  $p < 0.05$



Prevalence of sleep disorders in total FASD sample (n=36)

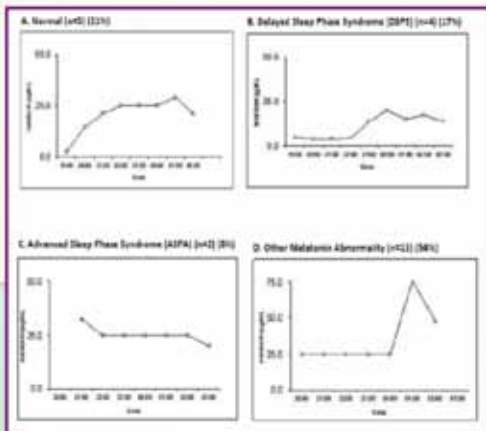


Figure 3: Summary of four main categories of melatonin phase-response curves (representing 24 patients)

## CONCLUSIONS

- Polysomnography analysis supports disrupted sleep patterns in children with FASD including increased night awakenings, increased sleep fragmentation, and decreased REM sleep.
- DLMO analysis exhibits highly abnormal melatonin secretion patterns, suggesting a disruption of the hypothalamic-pituitary-adrenal axis and the regulation of melatonin.
- The increased prevalence of sleep disturbances suggests the need for a more proactive approach to sleep, by including sleep analysis as part of the FASD diagnostic criteria.
- A number of patients have been effectively treated following this research suggesting a rapid translation of a “bench” to “bedside” effect

*Our daughter, Samantha has been plagued with sleep issues from the very beginning. Any family faced with a child affected with FASD is usually a sleep deprived family. You find yourself faced with years of depravation as you learn new coping skills to get you by. You become a family that faces this issue usually with no options. You try everything you can with the hopes of finding relief somewhere. Sleep for your family is more of a nightmare not the relaxed slumber most of the rest of world experiences.*

*Samantha has impulse and attention issues like all FASD children. Being deprived of sleep for years had made all the issues normally associated with FASD close to unmanageable. Samantha would be cranky, unfocused and oppositional so much to the point my husband and I questioned if she was affected with ODD. It wasn't until we were blessed with meeting Dr. Shapiro that all that changed.*

*Working with Dr. Shapiro for Samantha's sleep issues has been a miracle for Samantha. No longer is she or the family held hostage from her sleeping disorder. No longer are we all faced with sleep deprivation. She has better impulse control, is a happier child and generally has better focus. It has been a huge turn around for the family. For once in our lives we've been given the gift of experiencing the slumber of the night along with the rest of the world.*

*FASD children face a life filled with many challenges and anything a parent can do to tip the scale is a step in the right direction. Samantha now will have a much better chance at success in life and possibly independent living because she can walk through life rested instead of being plagued with the "fog" of sleep depravation. All the families with children facing this issue in their lives can now have hope. There is an answer to your prayers and his name is Dr. Shapiro.*

*Sincerely,  
Sherry MacKenzie & Family*

## SHIRLEY SCOBLE WEISBERG

**N**urtured in an artistic family, Shirley Scoble Weisberg took every opportunity to study with exceptional art teachers.

Collected world wide, her award winning work is inspired by the sculptural qualities of flowers or rugged windblown landscapes.

Her passion for vibrant colour is self-evident. Founder of Bayview Watercolour Society, a dedicated instructor, she is active in numerous arts groups.



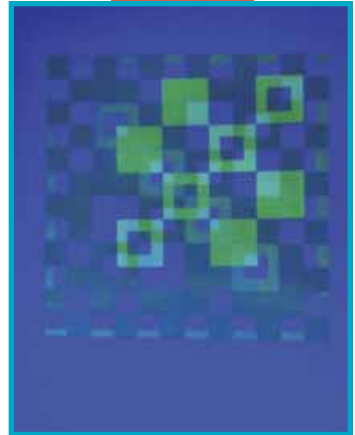
*Suncatchers*

## MAHLA SHAPIRO

**M**ahla Shapiro is a Vancouver based artist, finishing her BFA with a major in Print Media in 2012 at Emily Carr University of Art and Design.

She has studied in Jerusalem, Toronto (OCAD), New York (New York Studio Residency Program) and Ireland (Burren College of Art and Design).

Her international travels are a strong component of her mail art.



QR

## DEENA SHERMAN

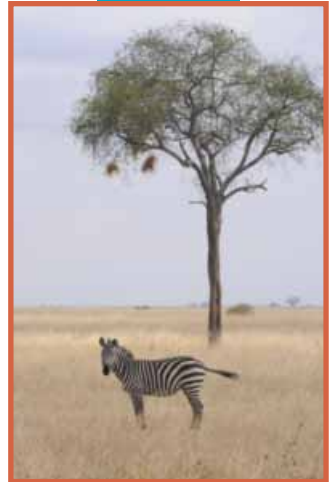
**D**eena Sherman photographs event photography but her true passion is photojournalism

(she started her career as a newspaper photographer) and also photographing nature.

She has been published internationally including in Time Magazine, the Sydney Morning Herald and the London Sunday Times. She was a featured photographer in "South Africa's 10 Best".

Ms. Sherman lives in Thornhill, (north of Toronto) with her husband and two kids.

For more photos by Deena, please visit her website:  
<http://anglesphotography.photoshelter.com>



*Serengeti Zebra*

## BARBARA SIMMONS

Nature and the beauty that she sees in it is the subject of the paintings of Barbara Simmons.

Simmons is an elected member of the Canadian Society of Aquarelle, the Canadian Society of Painters in Water Color and the Louisiana Watercolor Society.

Over the past twenty-five years, she has exhibited in juried competitions both nationally and internationally. In Montreal, Simmons exhibits her water media works in annual shows with the Lakeshore Association of Artists.

Simmons is represented by: Paradise Gallery, Sarasota, Florida; Galerie Pierre Seguin, Montreal, Quebec and Framed Life Gallery, Toronto, Ontario. Her paintings can be found in private and corporate collections in Canada, the United States, and Great Britain.



*The Grand River*

## MAURICE SNELGROVE

**M**aurice Snelgrove's love of the outdoors and his concerns for the environment are manifested in his watercolour landscapes. He has traveled extensively and painted coast to coast across Canada, including the Yukon and the Nunavut Arctic.

Before retiring, Maurice was the head of Visual Arts at Lester B. Pearson Collegiate in Scarborough, Ontario for 20 years. For the past ten years, Maurice has designed the sets for the North Toronto Players' productions of Gilbert & Sullivan operettas.

Maurice's commissioned portraits and watercolours hang in public and private collections in Canada, France, Scotland, Mexico, Italy, Australia and the United States. In 2001 he was elected to the Canadian Society of Painters in Watercolour.



*Autumn Pond, Haliburton Ontario*

## ANDREW CHEDDIE SOOKRAH

Sookrah is an elected member of the Society of Canadian Artists, Ontario Society of Artists, Canadian Society of Painters in Watercolour, Portrait Society Of Canada, Registered Graphic Designers of Ontario and Arts and Letters Club of Toronto.

His solo shows include: Interviews From The Third Floor – Various Positions, 2003; Parallel States Of Being, 2004, 2009; Heat Rising In A Cold Place, 2009.

His group shows include: Queen West Art Crawl, 2006; Arctic Quest, 2006; Nuit Blanche, 2007; OSA, SCA, 2010, 2011; Lakeshore Arts, 2010, 2011.

Currently the owner and creative director of Engine Room Creative, a creative & design development and marketing/communications agency in Toronto.

you can visit his website at:  
[www.sookrah.ca](http://www.sookrah.ca)



*Rapid Progress / Slow Retreat  
Devon Island, Canadian Arctic*

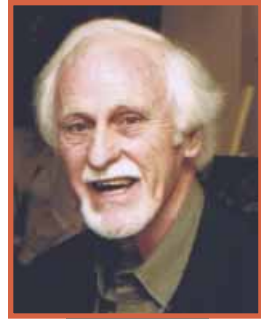
## GILBERT STRUDWICK

**G**ilbert Strudwick has an honours BFA from York University. He enjoyed a career as an illustrator/designer in Toronto (20 years) and Montreal (16 years).

In 1991 he turned to fine art. His time spent as an architectural illustrator is reflected in his paintings.

Gil has painted in Portugal, Scotland, Germany and Greece. He held a solo exhibition in Athens in 2006.

He is a member and former director of the Society of Canadian Artists and the Portrait Society of Canada.



*Muskoka Dreaming*

## LUCY VARON GELLER

Lucy Varon Geller is a graduate of the New England School of Art and Design in Boston, MA.

She currently belongs to the Felix Oliva's studio. She has had shows in Peru and Spain. Felix Oliva says of her work: "A bountiful imagination and great color, the essence of plastic arts, create a wonderful work that the spectator cannot stop enjoying and admiring. It is nature transformed into fine art."

Lucy can be contacted at:  
[lucyvarong@gmail.com](mailto:lucyvarong@gmail.com)



*Dreamland*

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*With compliments from*

Joy and Colin Shapiro

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Walker

## Jacob's Ladder

*by Marc Chagall*

I walk in the world as in a forest.  
On my hands and feet do I crawl.  
Every tree sheds its leaves,  
They wake me. I am scared.

I paint my world as sleeping in a dream;  
And when the woods are filled with snow,  
My painting is from another world,  
But for a long time, I alone stand on it and stand.

I stand and wait for a miracle to embrace me from afar,  
To warm my heart and drive out my tremor.  
I wait for you to come to me from all sides.  
And I shall stand no more, but fly –  
And rise with you on Jacob's Ladder.



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We would also like to recognize  
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