



“I don't understand why young people with their beautiful bodies and their whole lives ahead of them are so unhappy and have all these eating disorders.”



“Some days my mind recycles its content, Over and over, then again Worries, problems, fears, minor or major, Regurgitate and rot.”



“Holding a page in each hand, the boy looked from one to the other several times, then reached the article toward his teacher. ‘S — t, I have to read this?’”



“In the garden scented with late spring bloom, a five year old girl crouches down, grasping the rock she tries to push aside, the rock she has named ‘Turtle.’”

## A Portrait *by Any Other Name...*

**An Arts & Letters Exhibit** April 4 ~ May 1, 2024

“At its most universal, a portrait is the essence of the subject, but that subject is not limited to people; a portrait can be any reflection of an essence or idea.” ~ Eileen Powers

### Participating Artists and Authors

Linda Briskin, Brianna Caryll, Sharon Crawford, Dougal M. Haggart, Bianca Lakoseljac, Catherine Maunsell, Nola McConnan, Ellen Michelson, Barbara Muir, Patricia Stamp, Rosemary Tannock, Karen von Hahn

### Please join us on:

Saturday April 6 2 – 5 pm and Wednesday, April 10, 4 – 7:30 pm  
and through April, by appointment: contact [rentals@heliconianclub.org](mailto:rentals@heliconianclub.org)



**Toronto Heliconian Club, 35 Hazelton Ave, Toronto**

Preview the exhibition online at [www.heliconianclub.org](http://www.heliconianclub.org)