WELLNESS:
Art for Physical and Emotional Healing

OCTOBER 9 - 27, 2018 / Artists' Reception: Saturday, October 20, 6 - 8 pm

WEDEMAN GALLERY
LASELL COLLEGE / YAMAWAKI ART & CULTURAL CENTER
47 MYRTLE AVENUE, NEWTON, MA

Ruth Rieffanaugh, President, Unbound Visual Arts
John Quatrale, Executive Director, Unbound Visual Arts

Unbound Visual Arts, Inc.
320 Washington Street, Suite 200, Brighton, MA 02135
617.657.4278

UVA exhibition artists: Linda Clave, Anita Helen Cohen, Marian Dioguardi, Dianne (Iyan) Freeman, Francis Gardino, Lynda Goldberg, Pauline Lim, Nhung Mackey, Nadia Parsons, Ruth Rieffanaugh, Ruth Segaloff, Diane Sheridan, Christine Winship, Ellen Zellner
Special thanks to Vladimir Zimakov, Director, Wedeman Gallery & Associate Professor of Art & Graphic Design, Lasell College and the gallery assistants.

October 20, 2018 Program:

6:00 - 7:00 pm - Live piano music by Mae Siu Wai Stroshane, wine and appetizers

7:00 - 7:05pm - Welcome by Ruth Rieffanaugh, President of Unbound Visual Arts

7:05 - 7:35 pm - Q&A program among 3 artists and the exhibition curator, John Quatrale

Artists: Linda Clave, Marian Dioguardi, Ruth Rieffanaugh

7:35 - 8:00 pm - wine and appetizers

8:00 pm - reception closes

The exhibition remains on view through October 27, 2018, Tuesday - Saturday, 1:00 - 4:00 pm

Exhibit and publicity support from the Women's, Gender, & Sexuality Studies Program (WGS) at Boston University, and the Gender & International Development Initiatives of the Brandeis Women's Studies Research Center (GaIDI/WSRC) and the Hubert H. Humphrey Fellows Program.
UVA fine art exhibitions feature local artists, an independent curator, and an exhibit designer. With exhibitions related to cultural and social themes, UVA offers a learning experience for all audiences.

Freedom | Healthful | Unlimited | Song Cycles
EPIC Heroism | Olympic SPIRIT | Beasts of Burden
Context of Community | Temptation of the Body & Mind
Earned: Women in Business and Labor

To learn more: unboundvisualarts.org/search-exhibitions

www.UnboundVisualArts.org
info@unboundvisualarts.org
617-657-4278 | 320 Washington St, Brighton, MA
Facebook/Instagram: Unbound Visual Arts
Twitter: @UnboundArts

Curatorial Statement

Wellness
Art for Physical and Emotional Healing

Art has been shown to help with both physical and emotional healing as well as preventative measures against certain health risks. By nature, human beings strive for good health of both mind and body for themselves but also for those around them. This exhibition explores how and why we strive to achieve and maintain personal wellness and yet still, sometimes, fall short of attaining that goal. What aspects of our lives fall under the umbrella of “Wellness”? When focusing on one facet of our health, what do we neglect and ignore? What does it mean to leave a balanced lifestyle, and what are the effects, if any, on falling out of balance? What part does art play in making or fixing certain lifestyle choices? Many of the artists in this exhibit showcase different understandings of health and wellness -- the wellness of a person, an animal, and even nature itself, and the interaction and relationship between all three. The artwork demonstrates how art can help us both understand and represent the concept of wellness.

John Quatrale, curator
Exhibition assistance: Chih Ching Ma (Tufts University), Emily Greffenius (Georgetown University), Alice Liu (Boston University)
Wellness
Art for Physical and Emotional Healing

Artwork Information
To see the artwork and purchase online visit:

Linda Clave, *Blue Fountain*, acrylic on canvas, 72 x 36 inches, $5,000

Or contact us at Sales@UnboundVisualArts.org or 617-657-4278
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<thead>
<tr>
<th>Image</th>
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<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td>Linda Clave, <em>Amazona Angel</em>, acrylic on canvas, 84 x 50 inches, $9,000</td>
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<tr>
<td><img src="image2.png" alt="Image" /></td>
<td>Dianne (Iyan) Freeman, <em>Sound Wave</em>, micron pen and ink on paper, 12 x 18 inches, $350</td>
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<tr>
<td><img src="image3.png" alt="Image" /></td>
<td>Dianne (Iyan) Freeman, <em>A Plantain's Soliloquy</em>, micron pen and ink on paper, 14 x 17 inches, $400</td>
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<tr>
<td>Dianne (Iyan) Freeman, <em>Armadillo's Resilience</em>, micron pen with pigment archival ink and graphite on paper, 14 x 17 inches, $400</td>
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<tr>
<td>Dianne (Iyan) Freeman, <em>Dancing to Life's Rhythm</em>, micron pen with pigment archival ink, glazing gel pens and graphite on paper, 12 x 18 inches, $300</td>
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<tr>
<td>Dianne (Iyan) Freeman, <em>Reflection, A Self Portrait</em>, micron pen with pigment archival ink, alcohol ink and graphite on paper, 18 x 24 inches, Private Collection - not for sale</td>
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<tr>
<td>Francis Gardino, <em>Seattle Market</em>, digital photograph on canvas, 40 x 15 inches, $460</td>
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<tr>
<td>Pauline Lim, <em>The Empty Hours</em>, acrylic on canvas panel, 15 x 18 inches, $950</td>
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Pauline Lim, *Are These For Me?* oil on canvas panel, 20 x 24 inches, $1,200

Pauline Lim, *The Ravens Are Flying Again*, Linoleum block print, 15 x 18 inches, $130
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<tr>
<th>Artist</th>
<th>Title</th>
<th>Medium</th>
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<th>Price</th>
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<tbody>
<tr>
<td>Pauline Lim</td>
<td><em>I Am So Full Of Anxiety My Head Will Explode</em></td>
<td>mixed media on canvas panel</td>
<td>20 x 24 inches</td>
<td>$1,200</td>
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<tr>
<td>Nhung Mackey</td>
<td><em>Relaxation</em></td>
<td>oil on canvas</td>
<td>20 x 16 inches</td>
<td>$400</td>
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<td>Nhung Mackey</td>
<td><em>I am Summer</em></td>
<td>oil on canvas</td>
<td>24 x 20 inches</td>
<td>$600</td>
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<tr>
<td>Nhung Mackey</td>
<td>Caring</td>
<td>acrylic on paper</td>
<td>22 x 18 inches</td>
<td>$400</td>
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<tr>
<td>Nhung Mackey</td>
<td>By the Sea</td>
<td>oil on canvas</td>
<td>20 x 16 inches</td>
<td>$450</td>
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<tr>
<td>Nadia Parsons</td>
<td>Cloud Meditation</td>
<td>oil on canvas</td>
<td>24 x 18 inches</td>
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<td><img src="image1.png" alt="Image" /></td>
<td>Nadia Parsons, <em>Stopping to Look</em>, oil on canvas, 24 x 18 inches, $650</td>
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<td><img src="image2.png" alt="Image" /></td>
<td>Nadia Parsons, <em>Clarity in the Moment</em>, oil on canvas, 24 x 18 inches, $650</td>
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<td><img src="image3.png" alt="Image" /></td>
<td>Ruth Rieffanaugh, <em>Avocado</em>, acrylic on board, 12 x 14 inches, $150</td>
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<td>Ruth Rieffanaugh, <em>Musings</em>, mixed media, 36 x 36 inches, $1,500</td>
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<tr>
<td>Ruth Rieffanaugh, <em>Finding Equilibrium</em>, oil on canvas, 48 x 48 inches, $2,500</td>
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<td>Diane Sheridan, <em>Hay Market 1</em>, digital photograph, 11 x 14 inches, $200</td>
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<td>Diane Sheridan, <em>Hay Market 2</em>, digital photograph, 11 x 14 inches, $200</td>
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<td>Christine Winship, <em>Kitty Love</em>, watercolor on canvas, 8 x 10 inches, Private collection - not for sale</td>
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<td>Christine Winship, <em>Out to Pasture</em>, watercolor on canvas, 11 x 14 inches, $300</td>
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<td><a href="https://docs.google.com/document/d/1Hk2lO8nz87WrrkmUecO2DYU8XOVt9KQ9Mv5H_KomQ9Q/edit#">Image of Christine Winship's painting</a></td>
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<tr>
<th>Ellen Zellner, <em>Reflections on Vernal Pond</em>, machine pieced and machine quilted cotton fabrics, 34 x 26 inches, private collection - not for sale</th>
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<tr>
<td><a href="https://docs.google.com/document/d/1Hk2lO8nz87WrrkmUecO2DYU8XOVt9KQ9Mv5H_KomQ9Q/edit#">Image of Ellen Zellner's quilt</a></td>
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<tr>
<td><img src="image2" alt="Anita Helen Cohen, Unspoiled" /></td>
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<tr>
<td><img src="image3" alt="Marian Dioguardi, Limoni Siciliani" /></td>
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<tr>
<td>Marian Dioguardi, <em>Carciofi Siciliani</em>, oil on aluminum panel, 12 x 12 inches, $550</td>
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<tr>
<td>Marian Dioguardi, <em>Aranci DiMisilmeri</em>, oil on aluminum panel, 14 x 14 inches, $525</td>
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Ruth Segaloff, *TRIUMPHANT: Brave, Bold and Strong*, found objects construction (welder Gregg DeBiaso); 62 inches high, 28 inches wide, and 28 inches diameter, private collection - not for sale

Lynda Goldberg, *Summer Light*, monotype on paper, 26 x 36 inches, $650
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<tr>
<td><img src="image1.jpg" alt="Autumn Day at Crane’s Beach" /></td>
<td><strong>Lynda Goldberg, <em>Autumn Day at Crane’s Beach</em>, monotype &amp; pastel on paper, 33 x 24 inches, $600</strong></td>
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<tr>
<td><img src="image2.jpg" alt="Summer Glory" /></td>
<td><strong>Lynda Goldberg, <em>Summer Glory</em>, monotype &amp; chine colle, 15 x 26 inches, $525</strong></td>
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**Unbound Visual Arts (UVA)**, incorporated in 2012, is a 501(c)(3) visual arts non-profit organization and has been established for six years. UVA creates curated exhibitions and provides opportunities for its member artists.

UVA enriches its communities with educational and inspiring exhibitions and programs for cultural enhancement. The exhibitions are meaningful yet still provide a strong learning environment and provide opportunities for its member artists. The exhibitions can also promote passion, purpose, issues, ideas and solutions, social change and justice, and memories.

UVA has over 170 members, a combination of artists and art enthusiasts. It has organized over 65 curated exhibitions in nine communities related to cultural and contemporary social themes, underscored by a promoted learning experience for the audience. The exhibitions, constructed by an independent curator and exhibition designer, feature local fine art by living artists. Past exhibitions, which can be found on unboundvisualarts.org, have included Battle of the Sexes Revisited: The Sexual Harassment Volley of Today, Rejuvenation of Historic Landmarks, Beasts of Burden, Context of Community, Earned: Women in Business and Labor, EPIC Heroism, Healthful, Olympic SPIRIT, Song Cycles, Temptation of the Mind and Body, and Unlimited. UVA also organizes, presents, and participates in other art-related events, such as the annual City Heart Art Show and Sale for homeless artists, the Allston and Brookline Open Art Studios, the Art Expo at the Prudential Center, and other art and learning experiences. UVA has organizational memberships in the Americans for the Arts, New England Museum Association, Boston Preservation Alliance, and MASSCreative and has received competitive grants from the Boston Cultural Council the last four years. It also received two Massachusetts Cultural Council (MCC) Festival Grants to support its annual Mardi Gras & Carnival Celebration of the Arts and its Art Expo at the Prudential Center.
Artist Biographies & Statements

Linda Clave

**Artist Statement** - Love and relationships are top issues in Life. So, therapy allows one to step back into the deeper issues that either support love or keep us back from its expression. The greatest joy is feeling oneness. The hardest issues are really feeling and hearing each other." Working it out" lets the emotions find a healthier expression and accepting the freedom that allows both to grow. The Heart when listened to knows the way.

**Biography** - Linda Clave has been an artist from her first drawing of feathers on a chalkboard at two. Her passion was accelerated with the skills that she developed during her BFA and MFA at BU CFA. But what can be called the chi or the innate spiritual essence in ancient artifacts gave her the inspiration that set her on her path ever since in her Life and in her Art. Her current series of paintings "Sound in Paint" celebrates the union of the two mighty forces of awakening sound and color.

Anita Helen Cohen

**Artist Statement** - For me, all of nature is art. What is a linden leaf in autumn if not Nature’s painting? Unlikely colors combine perfectly in composition and symmetrical design!

With my recent work using yupo, the process of ‘chasing’ and ‘taming’ the paint, coaxing it toward more predictability feels magical. I allow the painting to ‘speak to me’. This is a process of discovery in which the painting and I are interactive partners, continually creating images and meaning together.

**Biography** - Anita Helen Cohen, a Sustaining Member of Unbound Visual Arts, lives and maintains her art studio in Newton, MA. With over thirty years of watercolor painting experience and a never-tiring passion for the floral world, Anita Helen Cohen captures nature’s beauty “up close” with “portraits” of rich colors and delicate forms.
Her work has been exhibited in many group and solo exhibitions in Massachusetts including shows at: Milton Art Museum; Arsenal Center for the Arts; UForge Gallery; The Brush Art Gallery, Lowell; Newton Open Studios; Marblehead Arts Association Galleries; Cary Memorial Library, Lexington; Mayor’s Art Gallery, Boston City Hall.

Anita Helen Cohen has been awarded by the Milton Art Museum (Honorable Mention 1998), Beacon Hill Art Walk (1st Prize 2000, 2nd Prize 1998, Honorable Mention 1997) and more recently by the Marblehead Arts Association (Judges Award 2013) and the Hyde Park Art Association (3rd Prize, 2013, 24th Annual HPAA Art Exhibit at City Hall Plaza, Boston).

Her UVA solo exhibit, Anita Helen Cohen till next Spring, curated by Ira-Iliana Papadopoulou, took place in 2014.

Her personal artist website is anitahelencohenart.com

**Marian Dioguardi**

**Artist Statement** - My grandfather would stand me, as a toddler, on a kitchen chair to help him make tiny little meat balls for his famous “meat ball soup”. My love for food and cooking started then. As a painting student, I struggled with a paint brush. My teacher had me try a pallet knife. I felt I could paint then because painting with a pallet knife is like frosting a cake. I found the ability to paint from my kitchen and so it was only natural that I find beauty to paint from my kitchen.

**Biography** - Marian Dioguardi, a Sustaining Member of Unbound Visual Arts, resides in West Newton, Massachusetts and received her formal art training at the Massachusetts College of Art & Design and the School of the Museum of Fine Arts, Boston. Her work has been included in numerous exhibitions in New England, Florida, Michigan, New Mexico and New York and she has received several art awards and honors. Marian’s artwork has been acquired by many private institutions and individuals, including Dana Farber Hospital, Children’s Hospital Research Center and Kretchmer Designs in Scottsdale, Arizona. Her gallery representation has included Gallery Seven in Maynard, MA, Rose Gallery Fine Art in Hudson, NY, Gallery 333 in Falmouth, MA, Water Street Gallery in Douglas, MI, Bluestone Gallery in Philadelphia and Xanadu Gallery in Scottsdale, AZ. Her artist website is www.mariandioguardi.com.
Dianne (Iyan) Freeman

**Artist Statement** - Having your heart stop is an eye opener. It makes you appreciate every breath you take, aware of how fragile life is. It doesn’t get any more poignant than that. I felt so humbled to be alive, and an intense need to create. I drew “Armadillos’ Resilience” in the recovery room after having an emergency pacemaker installed. Armadillos are inherently resilient because they use their armor to roll up into a ball and protect themselves.

I was in the hospital for five and a half weeks, during which I began this body of work. My hospital bed became my sacred space to create art, with unbridled expression, inspired by the journey of life, taking in the beauty around me that gave me hope. I savored every moment because at the end of my hospital stay, I knew I would be returning to a shelter. I was being given back my health, only to be discharged back to circumstances that placed my life in jeopardy in the first place.

I believe in a free exchange of energy. For myself, affirmations are where I find them, and my artist’s eye leads me to abstract expressions of resilience, patience, tenacity and self-worth. These qualities sustain me and my homeless brothers and sisters. My raw art in this body of work—completed in my favorite media, pen and pencil—is intended to shine a light on the plight of the homeless.

**Biography** - Dianne (Iyan) Freeman was born in The Netherlands, and has been involved in art since she was six years old; became a foster child at age 10; studied at the Hinckley School in Maine, where she had her first show at age 13; graduated from Thayer Academy, Braintree, MA; and attended the Tisch School of Art at New York University on scholarship. For nearly 20 years she lived in Jamaica, much of the time in a bamboo hut atop a mountain, where she became known for her wearable art, which was sold to the tourist trade. The breadth of her art includes jewelry, ceramics, photography, collages, polymer clay, batik prints, drawing and objects of art. She has participated in UVA’s Address Unknown: Traces of Hope at the Athan’s Café Art Gallery in Brighton in 2014 and in Healthful at the Honan-Allston Library Art Gallery in 2015.
**Francis Gardino**

**Artist Statement** - Common items are not always appreciated. Great Photos don't all have to be of far away Egyptian pyramids as those photographed by Frick or the mountains of Ansel or of the Beatles of Linda. Rusty rebar looks fine and yes, can be monumental too! Likewise there are times in the course of our lives, public grandiose spectacles can occur locally and cause millions of people to visit like the 4th of July Boston Pops concert and fireworks. They come to us. When the grand arrives, why not see it and capture it?

**Biography** - Francis Gardino, of Brighton and a member of the Council of Advisors for Unbound Visual Arts, received his Bachelor of Fine Art in Painting from the Massachusetts College of Art and Design. He is a member of the Allston Arts District Open Studios, the Photographic Resource Center at Boston University and the Marblehead Art Association. He has participated in many solo and group exhibitions throughout Massachusetts. His personal artist website is www.frangardino.com

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**Lynda Goldberg**

**Artist Statement** - My work is informed by nature - to capture a moment, scene or feeling and to express it through my work. Art has always been an important part of my life. It allows me to share my love and wonder of nature and life with others.

**Biography** - She has exhibited in New England in both solo and group shows, and have received numerous awards. Her work is in many corporate, private, and non-profit collections in the U.S. and abroad. She resides in Newton Centre, MA.

She is a member of the National Association of Women Artists (NAWA); The Art Connection; Monotype Guild of New England (MGNE); Nature Printing Society (NPS); Unbound Visual Arts (UVA); Brickbottom (BAA), Newton (NAA), North Shore (NSAA), and Rockport (RAA) Art Associations. I split my time between Newton and Rockport, MA.

For more information about my work - please visit my website www.lyndagoldberg.com, call 617.610.3943, or email me at lynda@lyndagoldberg.com. I also teach “Monotype Printing With a Press” at the New Art Center in Newtonville MA and I’d love to have you in my class.
Pauline Lim

**Artist Statement** - I am a fear-driven person. I am always freaking out about the fact that we all have to die, so a lot of my paintings have to do with the frustration of being trapped in a mortal existence. The increasing aches and pains of aging underscore this dilemma to me every day, and make me seek out color and beauty, as well as the relief of laughter alongside the recognition of despair.

**Biography** - Pauline Lim was born in Clarinda, Iowa and graduated cum laude 1984 from Phillips Academy, Andover, MA. She was graduated A.B. magna cum laude from Harvard College, 1988. She now lives and works at the Brickbottom Artists Building in Somerville, MA. Pauline participated in the UVA Healthful and Song Cycles exhibitions at the Honan-Allston Library Art Gallery in 2014 and 2015, the Olympic SPIRIT exhibition at Boston City Hall's Scollay Square Gallery in 2015 and Temptation of the Mind and Body at the Harvard Ed Portal in 2016. Her UVA solo exhibition: "Why Can't it Last Forever?" was at the Athan's Café Art Gallery in Brighton.

Recent honors and awards: 1) 2014 Selected artist, Neighborhood Art Exhibition Program, Boston Convention & Exhibition Center (BCEC), 300 Summer Street, Boston; 2) 2014 Invited Master of Ceremonies, Mayoral Inauguration for the Hon. Joseph Curatone, City of Somerville, MA; 3) 2013 Selected artist, StreetPianos Boston Festival, organized by the Celebrity Series of Boston. Her personal artist website is www.paulinelim.net.

Nhung Mackey

**Artist Statement** - I've started to play with colors and papers when I was a little girl, just 4 or 5 years old. Since there, my life's been full of joy and happiness... My art works are inspired by the beauty of nature and people, which I try to reflect them into my paintings. It helps me to see life better, even overcome some difficult periods in my life. Like Zen practicing, when I'm painting, I almost forget everything around me, even myself... sorrow, happiness, worry...

**Biography** - Nhung Mackey is an award-winning artist skilled in numerous media, including watercolor, oils, enamel and acrylics on paper, canvas and wood. She successfully creates portraits, still life, and landscapes utilizing all subject matter. She has additional capabilities in floral arrangement and jewelry design. She participated in the UVA Healthful exhibition at the Honan-Allston Library Art Gallery and UVA's Olympic SPIRIT at Boston City Hall both in 2015. Her personal artist website is http://nhungmackey.wix.com/nhungart.
Nadia Parsons

**Artist Statement** - The sky connects us to the world and beyond. It lets us sense the enormity and grandeur of the universe. As we observe the sky, we can become acutely aware of how small we are in contrast to the vast scale of the universe. We also have an opportunity to appreciate our importance as it coexists with fears of our own insignificance. We have so many opportunities to capture and hold much more than we do. We can hold onto moments of remarkable beauty — whether they are within our field of vision, or resonate emotionally. These feelings, thoughts and emotions are what I infuse in my paintings.

The sky arouses an enormous range of emotion in me, and I want to express the rawness of it all. When I am painting the sky, these passions are available to me and I have a special place to express them. I aim to convey all of these emotions visibly. Then, each viewer of my paintings can take away the sense of emotion that comes forward for them.

**Biography** - Nadia Parsons, of Brighton, received her Bachelor of Fine Arts degree from Clark University. She also attended the Massachusetts College of Art and Design and The Corcoran School of Art in Washington DC. Most recently, Nadia has continued her art training at the School of the Museum of Fine Arts in Boston. She has exhibited in several group exhibits in the Boston and the Washington DC area.

Ruth Rieffanaugh

**Artist Statement** - The work represents connections – connections on all levels – the conscious, the subconscious the mental, physical, emotional and or spiritual. These are webs that weave societies, and individuals; the copper pipes are a metaphor for these connections.

**Biography** - Ruth Rieffanaugh, a founding member and a member of the Board of Directors and current President of Unbound Visual Arts, resides in Allston and maintains her art studio in Allston as well. She received a Masters in Art Education from Lesley University and a Bachelor of Fine Arts from the Art Institute of Boston. She is also licensed In Massachusetts as a Teacher of the Visual Arts. Ruth is currently a Digital Teacher at TechBoston Academy in Dorchester, MA. She was previously the Director of the Dorchester Alternative Youth Academy and taught drawing at the Boston Architectural College. Ruth has exhibited in numerous local and regional galleries, including the Lesley University Gallery, the Copley Society Gallery, Boston City Hall’s Scollay Gallery, the Brighton-Allston Heritage Museum and the Cambridge Art Association Galleries. She is
also a member of the Cambridge Art Association. Her public art experience includes creating designs for several utility boxes in Boston. She has participated in UVA's Healthful and Freedom exhibitions at the Honan-Allston Library Art Gallery and The Context of Community at the Athan's Café Art Gallery in Brookline and the Harvard Ed Portal in Allston both in 2015. She has also participated in UVA’s Olympic SPIRIT and Earned: Women in Business and Labor at the Scollay Square Gallery in Boston City Hall. Her personal artist website is http://ruthriefanaugh.com.

**Ruth Segaloff**

**Artist Statement** - In my art, I incorporate family mementos, found objects, ephemera and words as narrative tools to revisit historic events, family stories, our cultural heritage and our social values. As a conceptual artist, my intent is to challenge observers to project onto my works, their own meaning and provoke debate about who we are, what we stand for and how we live our lives.

**Biography** - Ruth Segaloff, a member of Unbound Visual Arts, volunteered, she was stationed for a year on the Nez Perce Indian Reservation in Idaho. In 1969, she earned a Master’s Degree in Social Work from Rutgers University and moved to Boston. In 2008, after a forty year career in social work, she retired to become a full time artist. She also served as an artist mentor in programs making use of the healing powers of creativity. Since January, 2011, she’s led a Therapeutic Arts Journal Writing Program for incarcerated women. In 2014, she was included in the EPIC exhibition, organized by Unbound Visual Arts, at the Harvard Allston Education Portal. Her personal artist website is www.ruthsegaloff.com

**Diane Sheridan**

**Biography** - Diane Sheridan has been a resident of Brighton since 1985 and graduated from Framingham State University with a degree in Fine Art. She has been involved with art and photography in the community since high school and has been taking photographs for as long as she can remember. She took a picture of her family, which may be her first photograph, around the age of 5. She's worked at many of Boston's great institutions including Boston University Photo Services and the Museum of Fine Arts. She is now in early retirement and is thrilled to be part of the Unbound Visual Arts community.

She was included in Unbound Visual Arts' Healthful exhibition at the Honan-Allston Library Art Gallery in 2015, in Olympic SPIRIT and Earned: Women in Business and Labor at the
Christine Winship

**Artist Statement** - A lot of the health benefits of owning a pet may stem from the mental and emotional benefits. "People who have pets are less harried; there's more laughter in their life," says Dr. Becker. "When you come home, it's like you're George Clooney. You're a star." This is a primary reason pets are used in various forms of therapy.

Because of this, pets also reduce stress, lower blood pressure, ease pain, lower cholesterol, help people socialize, prevent strokes, prevent allergies and improve immune systems.

**Biography** - Christine Winship is a founding member and member of the Board of Directors of Unbound Visual Arts. She is also co-chair of the of the Allston Arts District Open Studios Steering Committee and resides in Allston. She studied art at the Corcoran School of Art in Washington DC and received her BFA in Illustration from the Art Institute of Boston. Christine frequently donates gift certificates for custom paintings to animal shelters and rescue organizations in order to raise funds for those worthy causes. She has shown her work throughout New England in both solo and group shows. Most recently, she exhibited her work in solo exhibits at the Faneuil Library Art Gallery and the Great Falls Discovery Center in Turners Falls, MA. She was part of the group exhibits at the Riverside Gallery in Cambridge and at Boston City Hall. She is also an active member of New England Arts for Animals. She has been included in UVA's *Song Cycles* at the Honan-Allston Library Art Gallery and *Olympic SPIRIT* at Boston City Hall's Scollay Square Gallery. Her solo exhibitions organized by UVA were at the Faneuil Library Art Gallery (*The Pedigree Artist*) and the Athan's Café Art Gallery in Brighton (*Inseparable Companions*). Her website is http://thepedigreeartist.com.

Ellen Zellner

**Biography** - Ellen Zellner, of Brookline, has been a fiber artist since the 1980's, weaving large painted, sculptural vessels, going on to design and sew quilts, and more recently, also creating fabric vessels. "As a child, I frequently accompanied my parents to the Brooklyn Museum. I seem to remember mostly tagging along, but I'm sure these visits led to a lifelong interest in art. During the 1980's, I took classes at the DeCordova Museum and began weaving large sculptural painted vessels. My friendship with a group of quilters motivated me
to take up quilting. In recent years, I have been designing and sewing an increasing number of quilted wall hangings, using commercially available fabrics and inspired by paintings, drawings, other quilts, and ideas that come into my head as I am working."
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Original art work from local artists | Hundreds of pieces starting at $50
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Educational and inspiring exhibitions and programs
Coming Events for 2018-19

October 9 - 27, 2018 – UVA's exhibition *Wellness: Art for Physical and Emotional Healing*, held at the Wedeman Art Gallery in the Yamawaki Art & Cultural Center at Lasell College, 47 Myrtle Ave, Newton (Auburndale), MA. The exhibition wine reception with the fourteen artists is Saturday, October 20th from 6:00-8:00 pm.

October 29, 2018, 6:15 - 8:00 pm - Unbound Visual Arts is participating in Making a Difference Volunteer Fair at the Sisters of the St. Joseph's of Boston, 637 Cambridge Street, Brighton, MA.

March 1, 2019, 6:00 – 10:00 pm – UVA's 7th annual Mardi Gras & Carnival Celebration of the Arts at the Green Briar Restaurant in historic Brighton Center. As UVA's main fundraiser, this awesome fun event for people that love local art features a seven-piece Mardi Gras Band, *A Confederacy of Dumpsters*, light refreshments, dancing, silent auction, 50/50 raffle and a special art show.

March 8 – April 29, 2019 - UVA's 3rd annual Women's History Month exhibition at the Honan-Allston Library Art Gallery in Allston, MA. The theme for the exhibition corresponds to the national theme of “Visionary Women: Champions of Peace & Nonviolence.” Reception date to be announced.

May 3-5, 2019 – The 3rd Unbound Visual Arts Expo at the Prudential Center inside the Huntington Arcade, located between Center Court and the Prudential Center Green Line Station. It is also located adjacent to Barnes & Noble and the South Garden. This premier 3-day event showcases and sells UVA member artists’ work and include live music by local musicians, a community art-making project, art demonstrations, and other fun activities. The annual City Heart Show for St. Francis House, Women's Lunch Place, and Common Art/Common Cathedral artists will also take place during this weekend.

July-August, 2019 - *The Waste Land on Earth*. An Unbound Visual Arts exhibition at Harvard University’s Crossings Gallery that explores the consequences for the planet and its people when technology and consumerism continually expand. The artwork presents various interpretations of successful and unsuccessful efforts at environmental sustainability as well as the ramifications of making lifestyle choices that affect the viability of the planet. Reception date to be announced.
July 2019 – Stay tuned for the opening of the new St. Gabriel’s Art Gallery near St. Elizabeth’s Medical Center. It will be Brighton’s first designated, dedicated, enclosed, secure, and managed gallery for local art. The gallery is included in the redevelopment of the St. Gabriel’s site for 660 units of housing and the historic rehabilitation of two historic structures.
UVa is a local non-profit 501(c)(3) art organization, based in Allston-Brighton, that enriches the community with educational and inspiring exhibitions and programs.

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**Unbound Visual Arts**  
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The National Wellness Institute, a non-profit, has developed this chart for identifying the key aspects of wellness.
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