

2019 Cash Calendar Selected Artwork
Artists Information and Statements

	Name, age (if applicable), city	Quote
Cover (file)	Howard Brass, Regina	N/A
January (house) (physical artwork)	Gord Stairmand, Weyburn Branch	Contributing to CMHA calendar has provided me an opportunity to expose my talents to others, as well as grow as an artist. I work mostly with watercolour and acrylics and have always used art as a way of maintaining my mental health. I always gain a sense of pride and accomplishment when I finish a piece.
February (dog) (file)	Leigh Michel, Saskatoon	Several times I have seen firsthand how an emotional support dog (ESD) can change a person's life, giving them the confidence to go in public; the ability to calm the owner in stressful situations or just the need to get up in the morning to "let the dog out". Whether the dog is actually registered as an ESD or is "only a pet" they play a very important part in the mental health field.
March (butterfly) (file)	Krista Heidel, 25, Saskatoon	Creating art pieces, such as Butterfly Release, helps me keep my Mental Health positive and strong because I am doing something that I enjoy. When I create art pieces I feel I am in a different world; one that is calming and allows me to express myself. I love working with my hands and seeing the progress of each art piece I create, then seeing how creative I can be by digitally enhancing each physical creation.
April (hand on face) (file)	Morgan Randall, 16, Regina	My submission, "I Was Sent to Save You", shows a figure trapped in tar, which represents poor mental health, with a hand caressing her face. The hand represents people close to me helping me with my mental health and helping me become "unstuck" and live my life to the fullest.
May (butterfly on flower) (physical artwork)	Joyce Kirby, Estevan Group	Painting this picture was a pleasure and calming as I like to paint butterflies and flowers.
June (Esso) (file)	Dale Kilbride, 72, Regina	I have Alzheimer's disease and Vascular Dementia. I paint to help me remember.
July (park) (file)	Susan Morhart, Prince Albert Branch Photo Club	Taking pictures and looking through pictures is very relaxing, fun and gives me a different focus to finding solutions in my life. Rather than focusing on my mental health it gets me off the couch and allows me to focus on other things around me. In the end I am proud of myself and feel good about my work.

<p>August (waves) (file)</p>	<p>Lakyn Reid, 8 Jinny Nieviadomy, mother Meadow Lake</p>	<p>Lakyn's words: When I paint I don't feel worried and anxious. It makes me feel really positive and that I can get a lot of positive comments about my art.</p> <p>Mom's comments: He was diagnosed a year and a half ago with severe separation anxiety disorder, severe social anxiety disorder and hypersensitivity. Painting has been a part of his life since 18 months old. I see the benefits art has in his life as his mom and as an artist myself.</p>
<p>September (cat) (physical artwork)</p>	<p>Barry Styre, Weyburn Branch</p>	<p>I have had an interest in art for many years. I've been fortunate enough to be featured in the CMHA calendar in the past. Art for me has always been an outlet, time spent being creative and learning new techniques. I enjoy working in many different mediums from pencil and pencil crayons to watercolour and marker. Art has always offered me an opportunity for growth and a way for me to maintain my mental health.</p>
<p>October (tree) (physical artwork)</p>	<p>Cecile George, Swift Current Branch</p>	<p>There is nothing more serene than swinging in the moonlight to make all my worries go away.</p>
<p>November (fox) (physical artwork)</p>	<p>Gaye Moss, 67, Wolseley</p>	<p>My husband Jim has Huntington's disease. I escape into my art to lift my spirits, escaping from the sadness and depression I experience as I watch his body lose control. I feel refreshed and strong after creating.</p>
<p>December (winter landscape) (file)</p>	<p>Barry Baseraba, Swift Current Branch</p>	<p>As nature grows, we grow.</p>

2019 Cash Calendar Honorable Mentions
Artists Information (in order of appearance in calendar)

	Name, age (if applicable), city	Quotes
Dreamcatcher (pdf file)	Roy Bradley Keller Piapot, Regina	My art here at Mental Health makes me happy and reflect back to when I was young and crafty. Happier times.
Dancing girl (png file)	Oceana Aleah Sunshine Moore, 14, Saskatoon	This drawing keeps me up on my feet and not feeling depressed and sad all the time because I spent a lot of time on it, even during the times I was feeling quite suicidal and useless.
Landscape (jpg file)	Ricky Kendall	My paintings reflect my mental health with expression in my colours to my mood and painting to relax.
Painting of face (jpg file) AND 3-section artwork <u>TO STAY TOGETHER</u>	Kaylee S. Galvin, 28, Regina	<p>Kaylee Galvin 1.jpeg: This was created in a discordant situation where there was very little to give me a sense of comfort. I frequently spent my time engulfed in my art in order to grow through this difficult period. I suppose this work expresses the exhaustion and disconnect I experienced during this time and I'm thankful to have had it as a means of coping.</p> <p>Kaylee Galvin 2.jpeg: During my first years of university, I struggled with depression, panic, and anxiety. I was desperate for an outlet and decided to tape a large piece of paper to my wall and visit it anytime I needed to work through something. This triptic showcases 3 major portions of that paper that served as an invaluable form of therapy.</p>
Wascana painting (png file)	Jimuel Belarmino, 21, Regina	Painting a landscape gives me connection to our natural world and calms my mind. With the addition of abstract colours it reduces my anxiety as colours are capable of having positive impact in our mental health.
Peter Pan painting	Lois E. Lee, Estevan	(see back of painting)
Angel pic (pdf file) and accompanying poem (Word doc)	Brenda Louese Wagner, 41, Battleford	I fight depression and anxiety, and art has been my way out of the Darkness.
Painting of woman and cat (png file)	Victoria G. Marks, 18, Saskatoon	This image represents my struggle, my struggle through life, and that by knowing my cat, knowing there's someone out there ready to comfort me, is honestly very comforting. If I didn't have the people I have in my life right now, I don't know what I'd do. My cat, Sparky, curls up beside me when I'm down, giving me someone to hug and cry with.