

CMHA TRAVELING ART SHOW VI

2021

FEATURES PIECES FROM CONSUMER ART CONTESTS ACROSS MICHIGAN.

ANYONE INTERESTED IN ANY OF THE PIECES SHOWN MAY CONTACT MONIQUE AT MFRANCIS@CMHAM.ORG. THOSE NOT SOLD BY OCTOBER 1, 2021, WILL BE AUCTIONED OFF AT THE 2021 FALL CONFERENCE IN TRAVERSE CITY, MICHIGAN.

ART MAY BE AVAILABLE FOR VIEWING LOCALLY OR VIRTUALLY. CHECK WITH YOUR LOCAL CMH FOR MORE INFORMATION OR EMAIL MONIQUE AT MFRANCIS@CMHAM.ORG.

**“A FALL POND”
BY STEVEN KEEL**



Carsonville, MI

SOLD

“THE BARN” BY CALEB HARGIS



Marlette, MI

“What I love most about Art is painting. I have an emotional bond with painting. It allows me to express myself.”

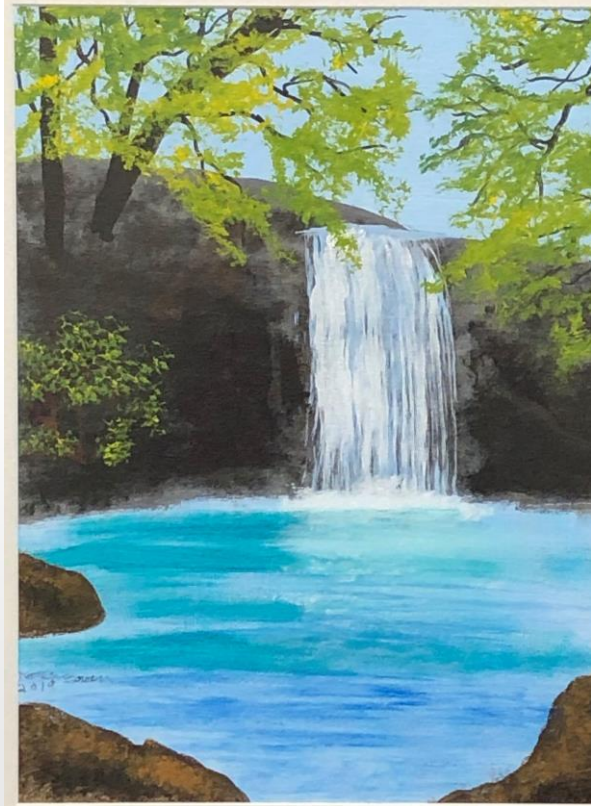
**“THE OLIVE” BY
DONALD MAKOWSKI**

Gaylord, MI



“Art is my way of escaping reality and relaxing. Art is also a way of expressing myself. I enjoy being creative.”

“THE WATERFALL” BY KAREN GREEN



Peck, MI



“TIGER LILLY” BY AMY KOSTUS

Midland, MI

“Art to me is a visual language – communication. It crosses over translation between dialects and is a more immediate form of both emotional and representational language. The ‘Tiger Lily’ is the idea of appreciation and sacredness/oneness with nature.”

“TRAPPED” BY EMILY MANNING

Royal Oak, MI

“Sometimes it’s easy to feel trapped inside your head. I want everyone to know they’re not alone.”



**“ARETHA FRANKLIN” BY
BEVERLY GIBBS**



Saginaw, MI

SOLD

“ THE CABIN ” BY RUTHIE HERRICK



SOLD



Snover, MI

“Art is lots and lots of fun. I like painting pictures and it is very relaxing. When I relax, I don’t take my anger out on others. I learn to be patient and pay attention to details. All of this helps me in my recovery process.”

**“A BRISK AUTUMN MORNING”
BY MICHAEL MEYER**



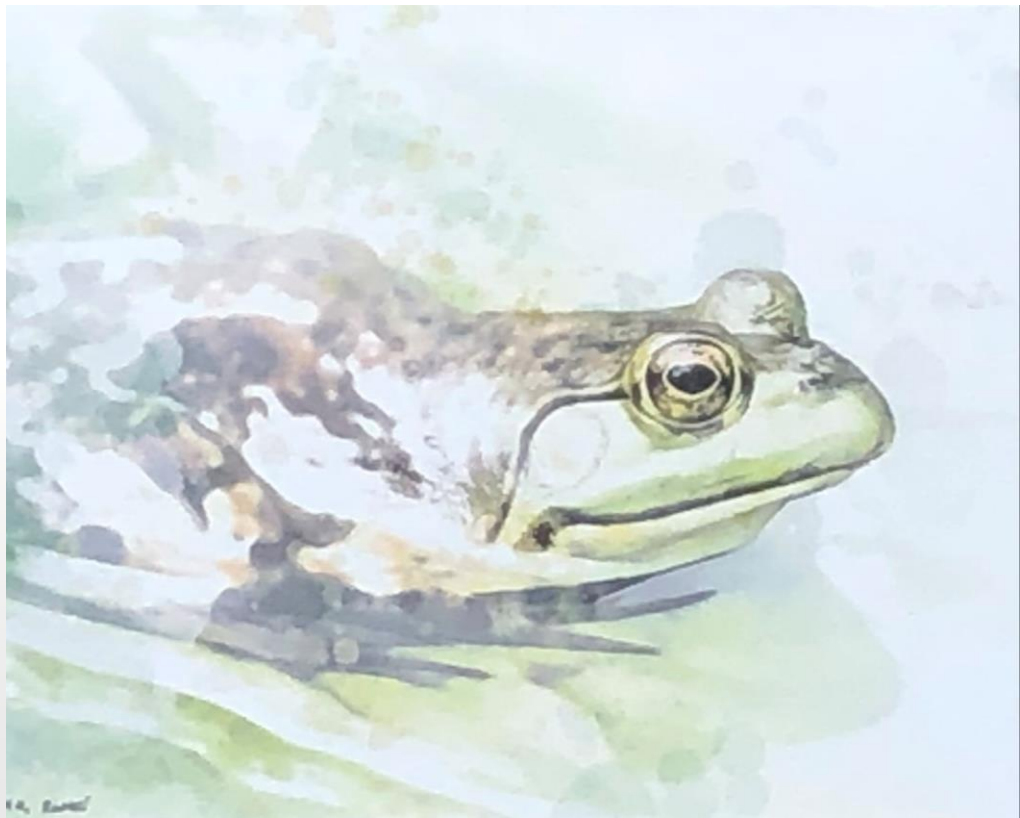
SOLD

Traverse City, MI

“I love the arts, whether it’s performance arts, music, or painting. I love to surround myself in art and design. Autumn in Michigan is beautiful. The leaves are full of bright colors. My art lends itself to life’s unruffled repose without cares or worries. I want and need to share my art with others that need a break from a hectic lifestyle. Art gives me a peaceful calming feeling that I really need to get by and helps me cope with bi-polar anxiety.”



**“FROG” BY
MARTHA RUSSELL**



Traverse City, MI

SOLD



**“FROG NAP” BY
JEREMY MCCORMICK**

Mt. Pleasant, MI

“HOPE” BY JENNIFER LEIGH

Kalamazoo, MI

“Art is not only a business for me – it is therapy. My Art is the best way for me to express my emotions in a healthy way. Pieces that are personal to me end up being the ones that other people like the most. It is comforting knowing that others can relate.”



“LAYLA” BY SAMANTHA HUTTENEN



Charlotte, MI

“Art to me means creativity, imagination, expression... I like art because I am able to create anything on a blank canvas. Art is my therapy. Through art I am able to express emotions and feelings I may not be able to express in person.”

“ME” BY HUNTER MOWERY



Cass City, MI

“This is a portrait of myself. It represents how I feel. The black and white portion shows my depression and how I feel inside. The brightness shows how the outside world looks and what other think I feel. I enjoy painting. It is relaxing.”

“MOOD TREE” BY SANDRA BARNES



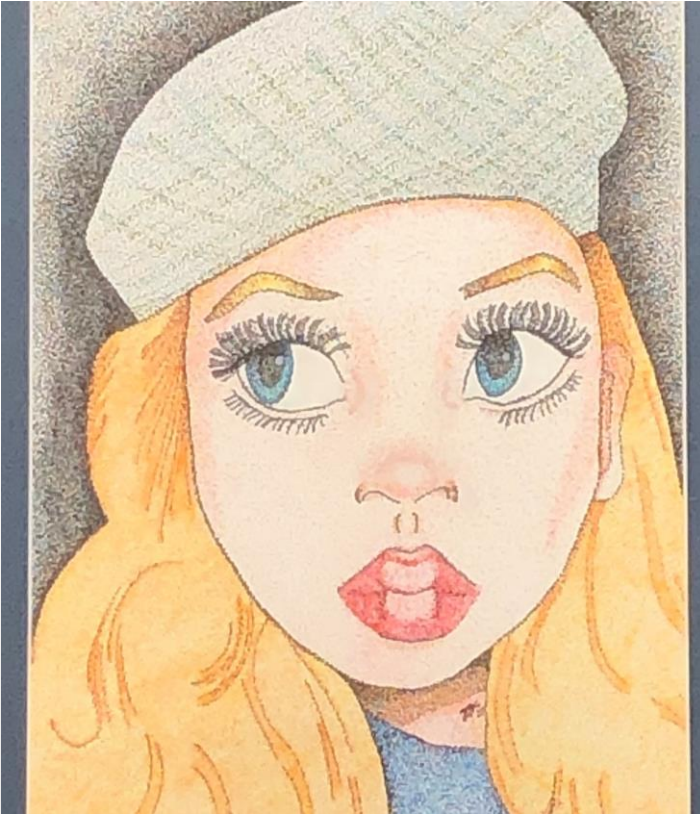
Waterford, MI

“I have a love for art and find it relaxing. I have always had a passion for painting and creating. This is a way for me to express myself, build confidence and show my talent. Having my art seen around the state is a dream come true.”

“MS. BOMBSHELL” BY TARAH FLICEK

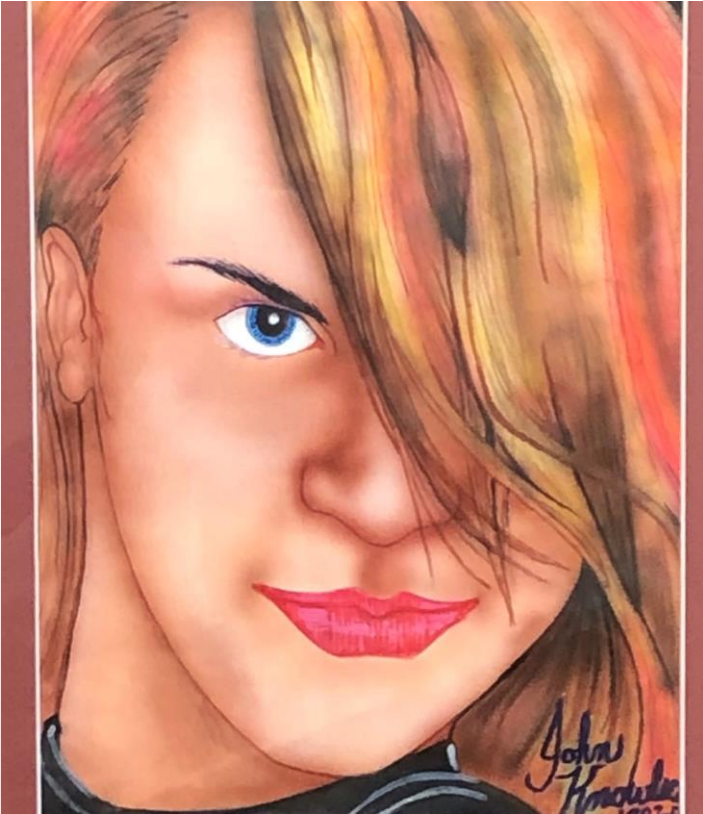
Almont, MI

“Art is an extension of my personality. I often feel I don’t have a strong verbal voice, and art allows me the freedom to ‘breathe’ and express myself. Being creative is just one of the coping techniques I use in my treatment plan.”



“MY BUG” BY JOHN KNOWLES

Marysville, MI



“Art allows me to express myself when I can’t find the words to say what I’d like to. It has helped in my recovery. Even when I’m doing a picture that isn’t personal to me, I can bring part of me along.”



**“MY MOM AND AUNT”
BY SARAH HITT'S**

Petoskey, MI

TO LEARN MORE:

**PLEASE GO TO
[WWW.CMHAM.ORG/EDUCATION-
EVENTS/ART-SHOW/](http://WWW.CMHAM.ORG/EDUCATION-EVENTS/ART-SHOW/)**