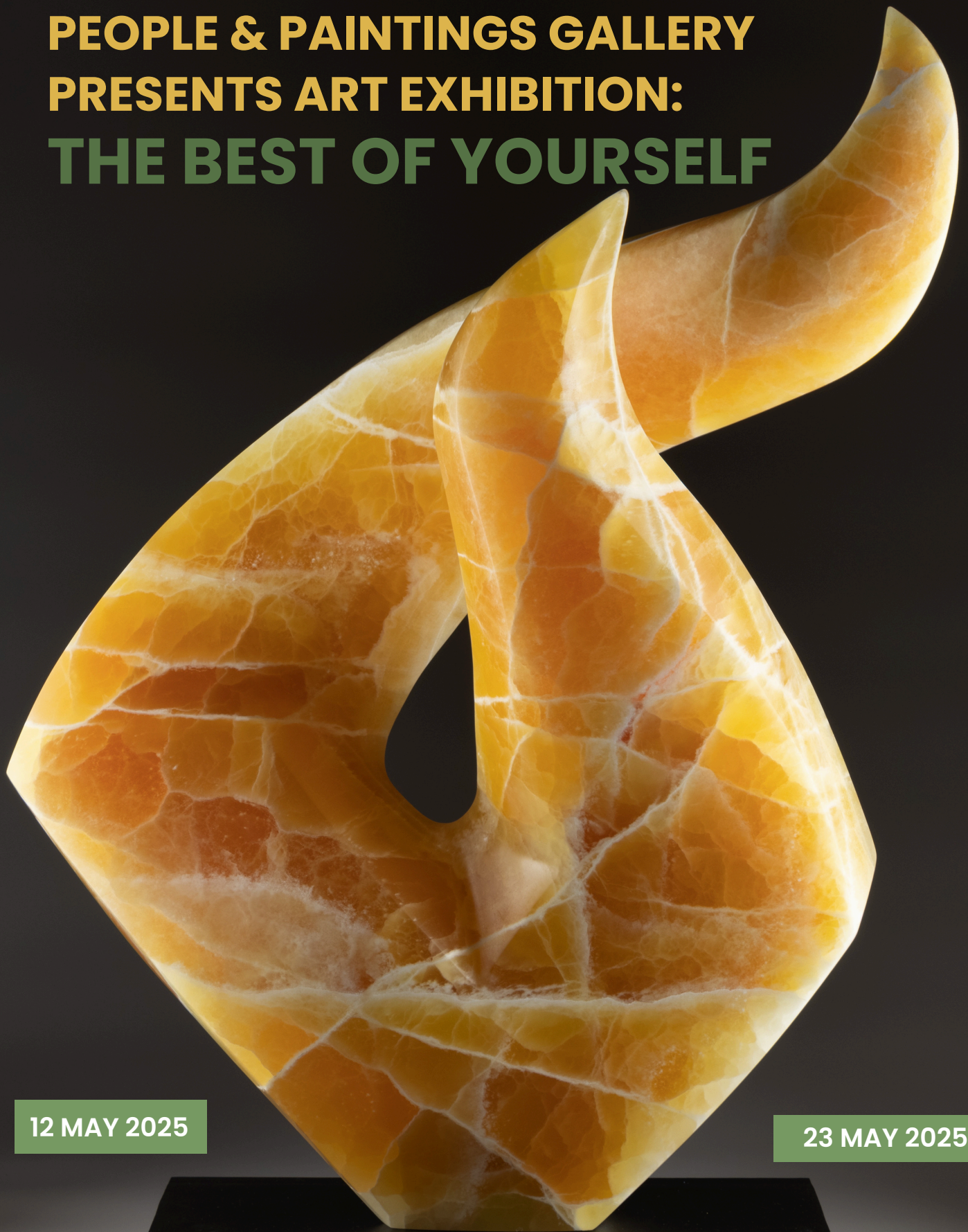


**PEOPLE & PAINTINGS GALLERY
PRESENTS ART EXHIBITION:
THE BEST OF YOURSELF**



12 MAY 2025

23 MAY 2025

Curator: Kat Warwick
www.peopleandpaintings.com

EXHIBITION INFORMATION

Artists explore the concept of self-portrait without the use of their actual physical image. The underlying theme would be "The Best of Yourself" The work can speak of the artist's whole self or an aspect of their personality, being or personal philosophy. It cannot in any way represent their physical being or any part of the body. Part of the submission would be what they write about the work which would be published alongside the work.

For example, Unencumbered, shown below, is a self portrait because of its meaning. I did not create it as a self portrait, but when I was explaining the process of it's creation to a collector, it was reflected back to me that it was indeed a portrait of myself, my best self, my strongest self... the person I actually am rather than what I look like.



Kat Warwick

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WHO ARE YOU?



"Who Are You?" is a deeply personal exploration, a question I ask myself again and again. The red dress in the painting becomes a symbol of identity, vulnerability, and strength — a visible reminder of the layers I reveal and conceal. Through this work, I confront the shifting nature of who I am, beyond roles, appearances, and expectations. It is not an answer I seek, but a deeper connection to the evolving self within me. This painting stands as an invitation: to pause, to wonder, and to listen to the voice that lives beyond the surface.

Evgenia Klimenko (Ukraine)

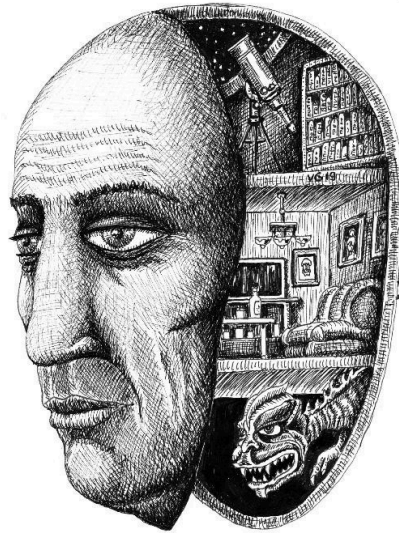
MAIS OUI, DANCEZ!



This is a line from a song by Edith Piaf called “Milord” that was played all over Paris when I was there. It was about a woman encouraging a man she playfully called “milord” to loosen up and dance. I especially liked when Piaf half shouted, “Mais Oui Dansez! It was joyful moment that it especially appealed because I like to paint dancers, I always wanted to be a ballerina, and being young and in Paris did make me feel like dancing. This picture is my expression of everything the song meant to me one week in Paris a long time ago.

Miss Margaret (United States)

INNER WORLD



Surreal ink drawing that speaks about me more than I can describe in words.

Vitaliy Gonikman (United States)

COLOURS OF MY PAIN



This is emotional and vibrant reflection of my pain. In June 2022 I broke my spine and since then I have had permanent pains. Moreover the war and permanent Russian air attacks cause sleepless nights and emotional destruction. And I decided to turn the stress and pains to the art masterpiece.

Lesya Shulga (Ukraine)

THOUGHTFULNESS



As a scientist I worked in area of research more than 40 years in natural science. I am co-author of over forty scientific publications and seven American patents. So, thinking is my nature in different areas of life including photography

Leon (United States)

A DREAMER'S GRIMACE



What I am versus how I am physically

This work is an artistic interpretation of my self-portrait, of who I am versus how I physically appear. You won't be able to recognize my physical features or my external facial image in it. Because the entire emphasis in the creation of this painting is placed on my essence, on my inner self, on what I am; perhaps the best part of me. Here I appear trapped amidst the jungle foliage of the idyllic Amazonian flora, which has been my dream place throughout my life, the place where I have always wanted to live. This desire to live in the Amazon and enjoy its cherished natural beauty defines the meaning of my life in many ways and has had a decisive influence on my artistic creation. For all these reasons, I can conclude that this painting is the most faithful representation of my own essence, of who I am, of the best part of me. And I am, and will die as such, a hardened dreamer, a visionary without borders. But why don't I look happy? Why the title of a "dreamer's grimace"? Quite simply, because I'm aware that I am just a dreamer with a golden dream that will never come true.

Zaplaflora (United States)

SUNSET CLOUDS



"Sunset Clouds" is a reflection of myself — a moment where I allowed pure possibility to flow through me without limits. It's a proof that I can be anything I want to be. Just like the clouds that shift, change, and glow with the colors of the setting sun, I am ever-changing, limitless, and free. Every brushstroke is a reminder that my greatest expression comes when I trust myself completely.

Igor Dubovoy (Russia)

METAMORPHOSIS



"Metamorphosis" is a reflection of my transformation — a moment where emotion, energy, and possibility came together without boundaries. Through abstraction, I gave shape to change itself: unpredictable, raw, and beautiful. This painting captures the best of myself — the courage to let go, to evolve, and to trust in what cannot always be seen or explained. "Metamorphosis" is not a destination, but a living, breathing journey.

IKrisztina Lőrincz (Hungary)

INNER BALANCE



Inner balance is important part of my nature which I try to maintain by different means including meditation.

Leonid Slutsker (United States)

MY SHIP



A ship is always a symbol for an artist. In this picture, the ship is me or my alter ego. Even the flag on the mast means "I" in the sea language. And what kind of artist is really, it's up to the respected viewer to judge.

Monacuba (Russia)

ISLAND



I chose this because I feel like an island, although as Merton has written "No (wo)man is an island". I do feel quite different and isolated from other humans, however, due to the chronic pain I experience and also chronic illness. So in terms of the best and the worst, it happens either while feeling isolated or while processing past events via art and writing. This could be the best part!

Judith Skillman (United States)

NOCTURNE# 34



Fantasy. This painting is a window into my past — a soft echo of memories that still live within me. It carries the warmth of moments I once lived. This painting is my nostalgia made visible, a quiet conversation between who I was and who I am now.

Lenny Khimishman (United States)

THROUGH MYSELF



This self-portrait is not a reflection of appearance, but an emotional mirror of my inner world. It was created in a state of flow, when intuition takes over and the mind grows quiet. The lines and colors are not just form, but feeling — anxiety, passion, search, acceptance.

The gaze, distorted by swirling motion, still holds light — the inner kind, the one that never fades, even in chaos. This work is an admission: I am not afraid to be vulnerable, intense, and true.

Nina Litvin (Israel)

METAMORPHOSES 5, 6, 7 (TRIPTYCH)



The series of abstractions “Metamorphoses” is about my ability to turn difficulties and trials of life into sources of wisdom and strength. This triptych reflects the process of transforming three emotions:

- lumps of fears in the form of tangled lines on the 1st canvas, filled with the light of yellow paint and gradually they turned into funny and not at all scary faces. So in life, if you look at our fears in the light and more closely, it turns out that there is nothing to be afraid of;
- I wanted to fill the web of sad lines on the central canvas with sunbeams, and my imagination saw a mischievous little man among the tangled lines, and the picture on the canvas was transformed into a cheerful and happy one;
- I remember the state of anxiety when I started working on the 3rd canvas and the gray weather outside the window. Having finished the picture and attached it to the previous "metamorphosis", I saw a fish at the junction. "You are great, you can do everything" - I told myself this time too!

Alla Kosteckaya (Belarus)

WOOD SPIRIT



Wood Spirit represents the heart and soul of me;
A deep-woods creature of Nature.
A Living Being with eyes and nose trills of its own.
Creative Mother.

Stanis E. Vanous (United States)

ROAD IN DESERT



Elena Zapassky (Israel)

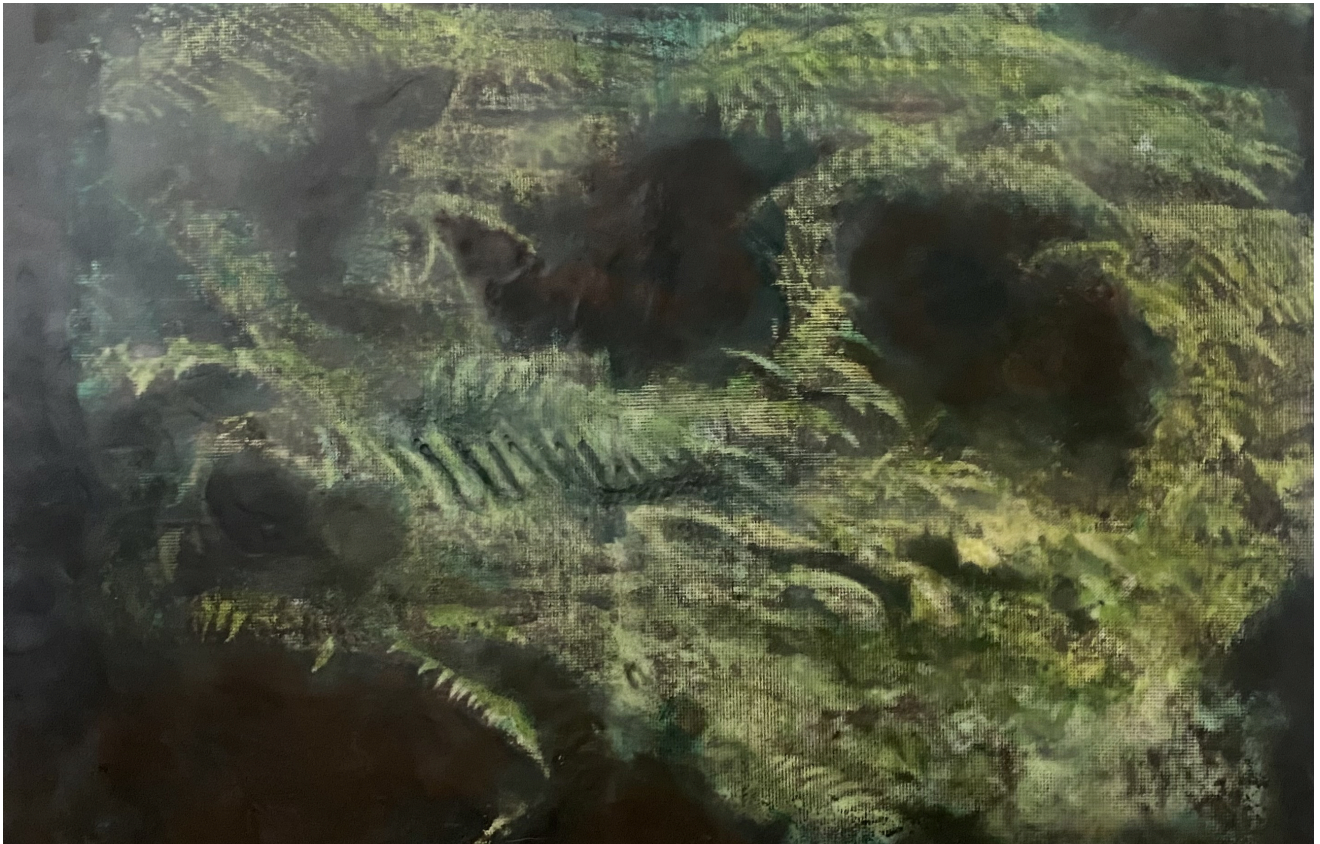
GLADIOLI



In 2020, for some reason, I wanted to depict gladioli, although this is not really my topic. I depicted three beautiful flowers and a small blade of grass at the very bottom. Only then did I realize that I had painted a self-portrait.) It wasn't an attack of self-criticism, because my flowers may be God, or great masters of painting, but I look, admire and love.

Monacuba (Russia)

NEST



In this encaustic work,, the layered wax, pigment, and scraped textures evoke the resonance of my Irish ancestry and a profound sense of both loss and resilience. At eight, I left a small village in Ireland for the vast urban landscape of London—a dislocation that continues to shape my identity. The landscape depicted are not just places but emotional terrains, expressing both a longing for what was left behind and the strength that comes from enduring that transition.

The piece is a conversation with that past—a past that is both distant and present. 'Nest' is dark introspective piece—a tangle of greens, skeletal, as if the land itself is mourning and, at the same time, stubbornly persisting.

Joseph Laffan (United Kingdom)

LOAF OF BREAD



Sunflowers and bread are typical Ukrainian symbols. A loaf of bread is carefully baked by loving mother's hands for all the family and put on the table. The smell of that bread reminds me childhood.

Lesya Shulga (Ukraine)

NOCTURNE#11



Fantasy. This painting is a reflection of my past memories, nostalgia, and the emotions that have shaped me. Each movement holds a fragment of moments once lived, a soft echo of who I used to be. It captures the tender ache of remembering, the fleeting beauty of time, and the silent connection to all the versions of myself that still live within me.

Lenny Khimishman (United States)

IMAGINATION



As a scientist I worked in area of research more than 40 years in natural science. I am co-author of over forty scientific publications and seven American patents. So, imagination is an important part of my life.

Leonid Slutsker (United States)

CURATOR'S NOTES:

I created an exhibition that gave non-portraiture artists an opportunity to share who they are through beautiful art with powerful meaning. The artists who applied certainly fulfilled that criteria. Additionally and unexpectedly, what the artists also gave me was a renewed sense of one-ness and hope for the human experience.

As I was considering which works to include in this unique exhibition, Self Portrait: The Best of Myself, I was struck with the uniformity of the human experience through the many entries. Artists from all over the globe applied and their expressions of self, were of course unique to their circumstances, but also uniform with the human experience. Even as our world is torn with war, recovering from a pandemic, and experiencing a host of other natural and manmade catastrophes, humans are resilient and can see the beauty in themselves and the value in their existence. I believe when a person can see beauty and value in themselves they can also see beauty and value in others. Perhaps this is what will heal our world.

It is my wish that viewers of this exhibition take a moment to consider what each artist is sharing about themselves, with the world. Is there a chord that rings true for you?

Exhibition Curator Kat Warwick

EXHIBITION RESULTS

The winners of the contest are:

Curator's Award — "Sunset Clouds" by Igor Dubovoy

Gallery Award — "Mais Oui, Dancez!" by Miss Margaret

Popular Vote Award — "A Dreamer's Grimace" by Zaplaflora

People & Paintings Gallery



CONTACT US

info@peopleandpaintings.com