

CWO VIRTUAL GALLERY PRESENTS:

*WATERCOLORS BY  
DIANE ELLIS*



# ABOUT CWO VIRTUAL GALLERY:

CREATIVE WELLNESS OPPORTUNITIES (CWO) IS A PROGRAM OF THE MENTAL HEALTH ASSOCIATION IN ROCHESTER, NY. WE ARE A CREATIVE SPACE WHERE WORKSHOPS AND MUTUAL SUPPORT GROUPS ARE FORMED AND FACILITATED BY PEERS IN RECOVERY AND ARE DESIGNED TO BE SHARED BY INDIVIDUALS FOCUSED ON THEIR MENTAL HEALTH JOURNEYS.

CWO VIRTUAL GALLEY IS A VIRTUAL SPACE WHERE WE CELEBRATE AND SHOWCASE ARTWORK CREATED BY OUR CWO PEERS. OUR VIRTUAL GALLERY ALSO HOSTS ARTIST TALKS AND FIRST FRIDAY CELEBRATIONS OF OUR ARTISTS AND THEIR WORK.

## ABOUT THE EXHIBIT:

This exhibit showcases watercolor pieces by Diane Ellis that were created by using an experimental process.

*"In my work I express the beauty of creation including the colors, shapes, sizes and textures of the world.*

*I often paint without a goal in mind, just playing with the colors and seeing what the paint and I can create together."*

She describes her technique as *"[It is like] a partnership between me and the paint in which we each get to influence the work in our own special way. I am always fascinated by how the paint moves on the paper, how the colors mix and complement each other."*

# GIFT OF STORY BY DIANE ELLIS

In my work I express the beauty of creation including the colors, shapes, sizes and textures of the world.

I often paint without a goal in mind, just playing with the colors and seeing what the paint and I can create together. Most of my work is abstract watercolor with the exception of my tree paintings. I am always drawn to a stand of tall trees with few leaves, standing like sentinels against the background. I have painted many pictures of trees, with texture, color, placement, and various characteristics of different trees. I live by such a stand of trees and delight in driving by it in all the seasons of the year.

Nature inspires me to paint. This is such a beautiful world with the most amazing colors. I feel all of creation is a gift of love from God. I especially enjoy watching the changing skies and water surfaces. (CONTINUED)

# GIFT OF STORY BY DIANE ELLIS

(CONTINUED)

I discovered my creativity as a young girl when my grandmother taught me to crochet. I was hooked on the miracle of being able to create something beautiful from nothing except an idea and some material. I have also knit and done macramé in my life.

Perhaps my biggest adventure in art other than watercolor has been pottery. I was a potter for more than ten years when I lived in Seattle, before moving to Rochester. I did hand building as well as work on the wheel and loved to incorporate bits of nature into my pieces (the shape and texture of leaves, sticks, rocks, etc.) I also enjoyed mixing different colors of clay to create some awesome marbled pots.

You never know how things will turn out when you do art and it is always a joy when you are pleasantly surprised by your result!

# GIFT OF STORY BY DIANE ELLIS (CONTINUED)

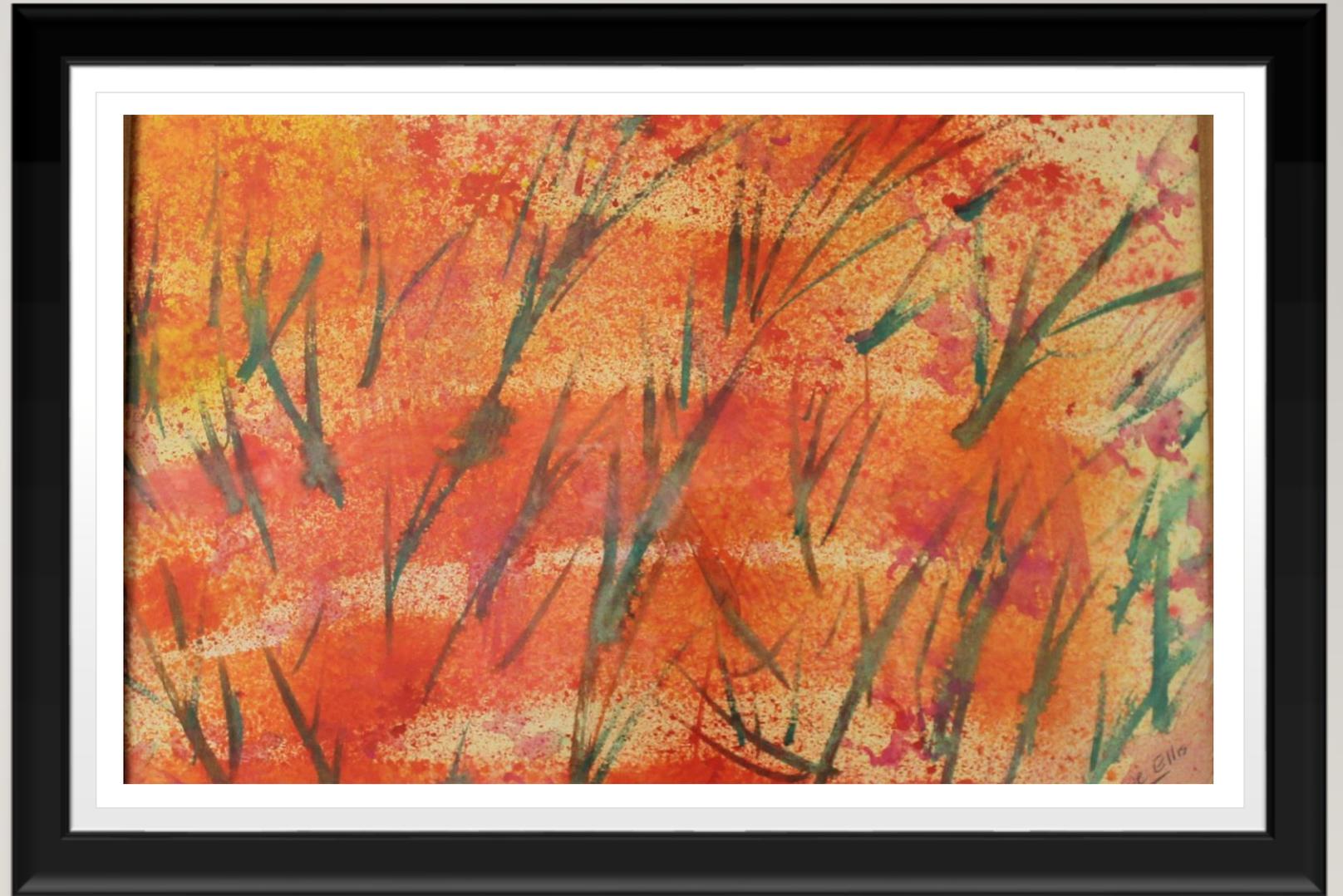
CWO's watercolor program has been a lifesaver to me. I have had a depressive disorder that was diagnosed in my early 20s. I have taken many different kinds of medications and am currently on a mixture that works fairly well.

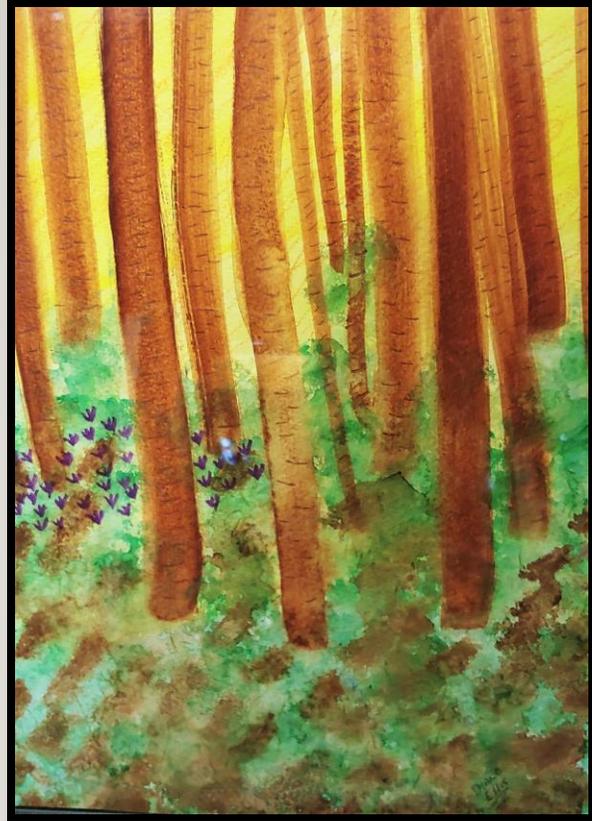
I had to decide not to compare my work to others when I first came to CWO because I knew that would mean disaster. When I come to CWO to watercolor, I leave my worries and concerns and fears outside and just immerse myself in the joy of creation.

I love how friendly the other artists are and how we all share similar struggles with mental health issues. We are kind and supportive of each other and that is not something you always find in an art class. We all appreciate the life-long challenges we have in our lives, challenges we must learn to live with and manage as best we can. I feel very fortunate to have found CWO and plan to participate in the programs here as long as I am able. Thank you CWO.

**Diane Ellis**  
*Breathe in Calm*  
Watercolor

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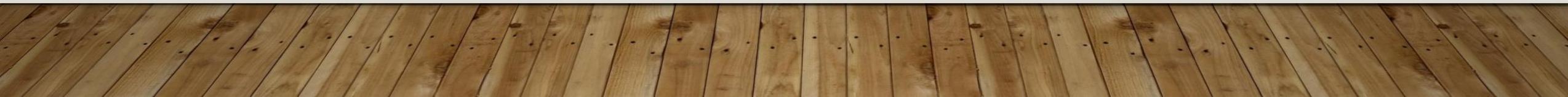
*Breathe in Beauty*



*Sunny Spring*



*Distressing Thoughts*





*Blushing Autumn*

*"Most of my work is abstract watercolor with the exception of my tree paintings.*

*For some reason I am always drawn to a stand of tall trees with few leaves, standing like sentinels against the background. I have painted many pictures of trees, experimenting with texture, color, placement, and various characteristics of different trees.*

*I live by such a stand of trees and delight in driving by it in all the seasons of the year."*

*- Diane Ellis*



*Stripes of Color*

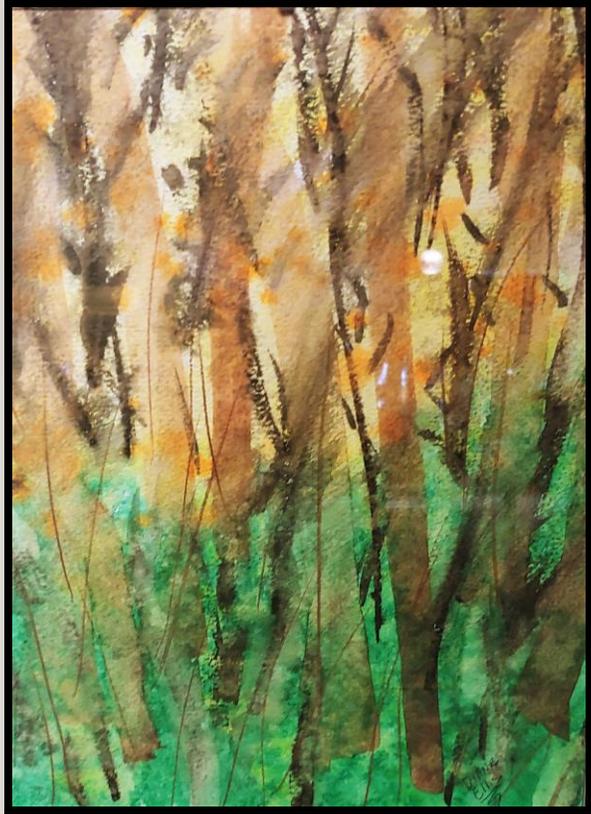


*Hallelujah*



*Looking Through the Grass*





*Scary Forest*

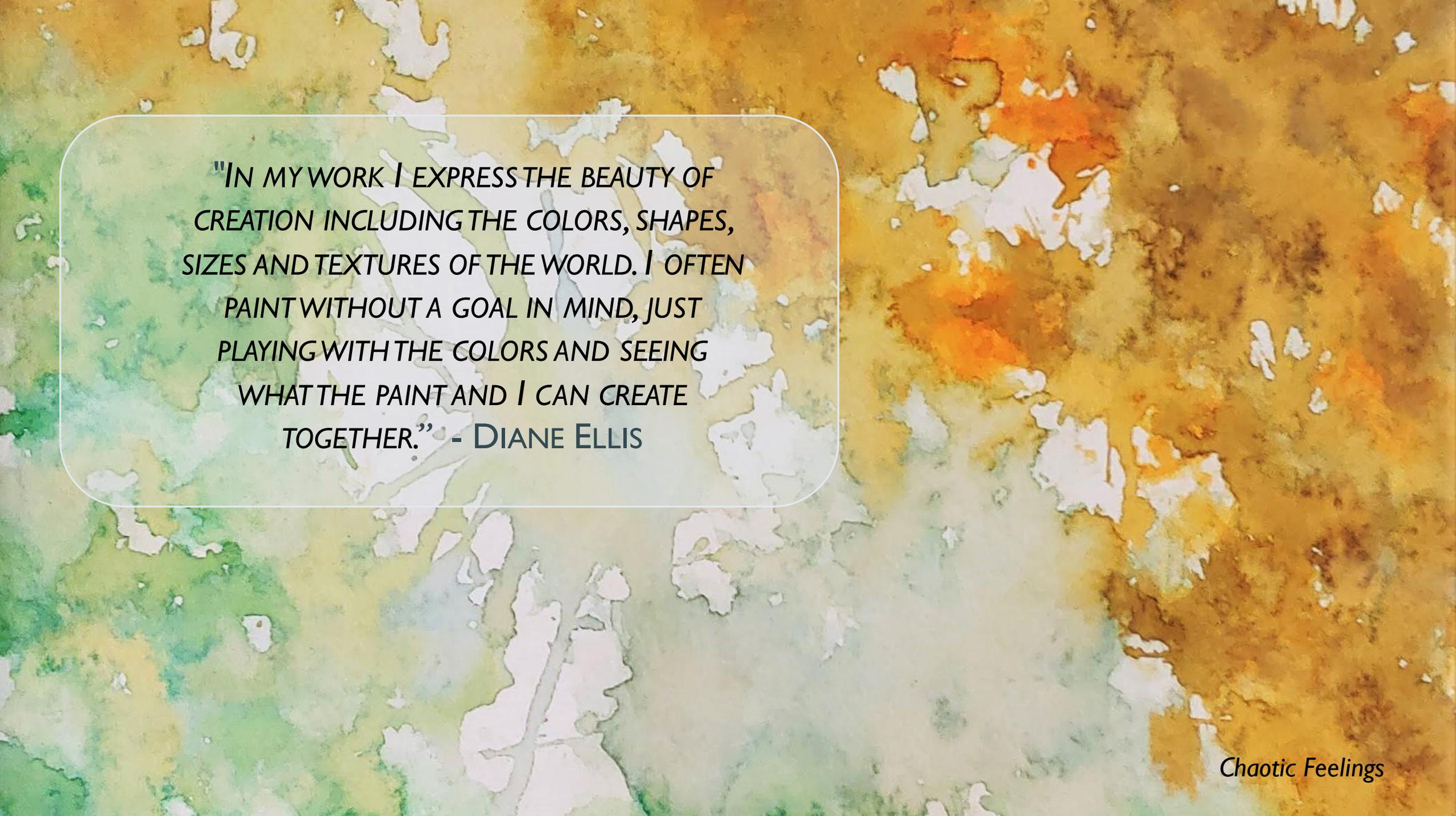


*Autumn Breeze*



*Blooming Colors*





"IN MY WORK I EXPRESS THE BEAUTY OF CREATION INCLUDING THE COLORS, SHAPES, SIZES AND TEXTURES OF THE WORLD. I OFTEN PAINT WITHOUT A GOAL IN MIND, JUST PLAYING WITH THE COLORS AND SEEING WHAT THE PAINT AND I CAN CREATE TOGETHER." - DIANE ELLIS



*Celebration!*

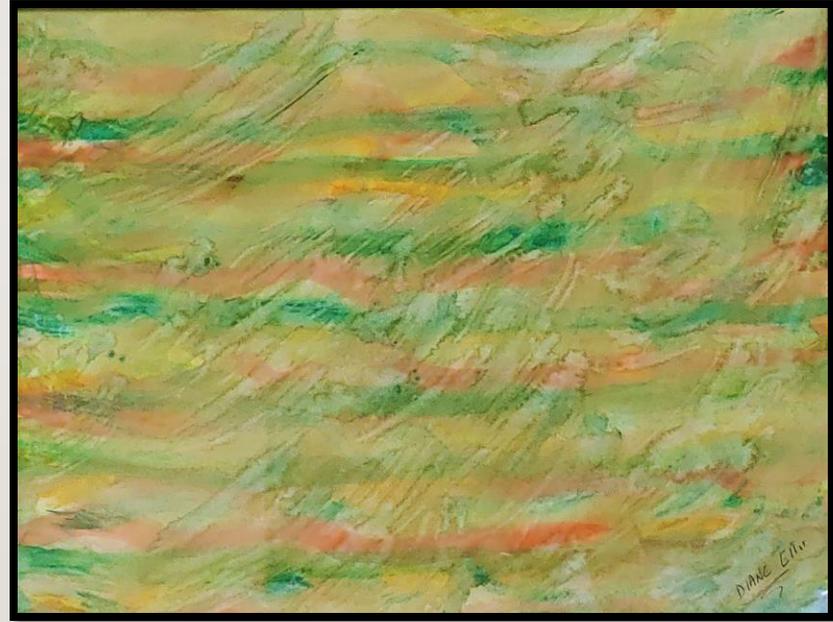


*Inside My Brain*



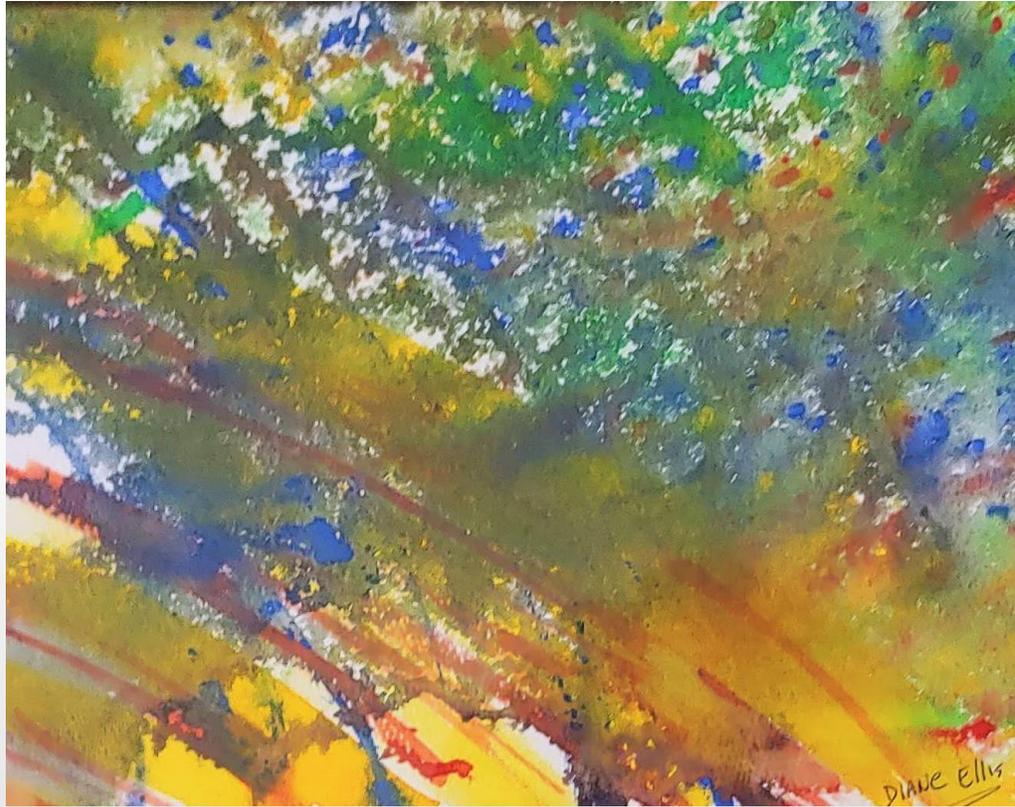


*A Burst of Spring*



*The Wind Blows Where It Will*





## The Sky Through the Trees

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*"I love abstract watercolor painting! It is like a partnership between me and the paint in which we each get to influence the work in our own special way. I am always fascinated by how the paint moves on the paper, how the colors mix and complement each other." - Diane Ellis*



*Nature Shines*



*A Windy Day*





*Summertime*



*Becoming Peaceful*



*A Riot of Flowers*



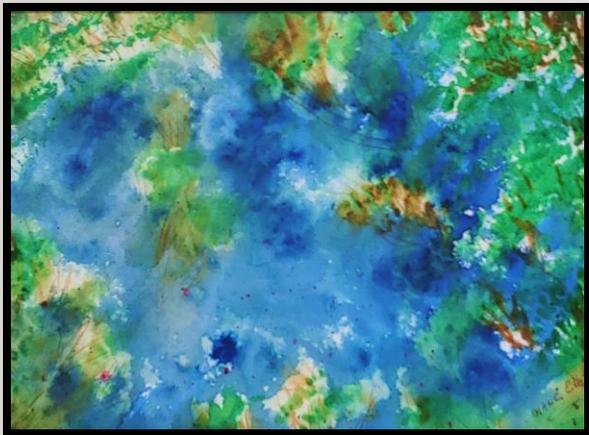
## WILD SUMMER SKIES

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*"Nature inspires me to paint. This is such a beautiful world with the most amazing colors. I feel all of creation is a gift of love from God. I especially enjoy watching the changing skies and water surfaces." -Diane Ellis*



*View from Space*



*Infinity*



*At The Beach*





*Color Popping Out*



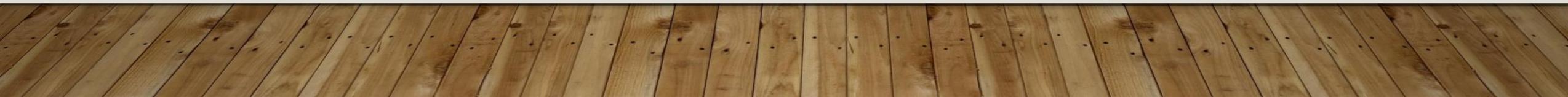
*The Depth Of Beauty*



*An Abundance Of Flowers*



*Flow Of The Universe*





*Deep Blue Sea*



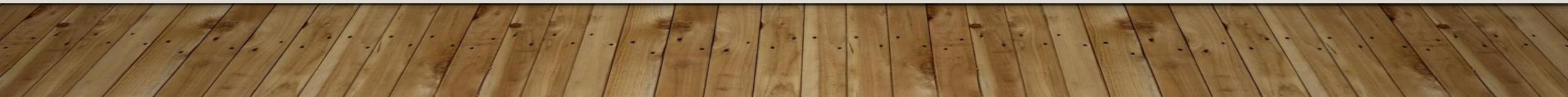
*A Cloud Of Lilacs*



*Abundant Joy*



*The Feeling Of Depression*



Thank you for joining us in this celebration today.  
Diane's artworks are for sale individually within  
the price range of \$20 to \$30. A catalogue is available  
upon request.  
If you are interested in purchasing one of Diane Ellis'  
watercolor pieces, please contact the artist  
at [dellismsc@hotmail.com](mailto:dellismsc@hotmail.com)

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