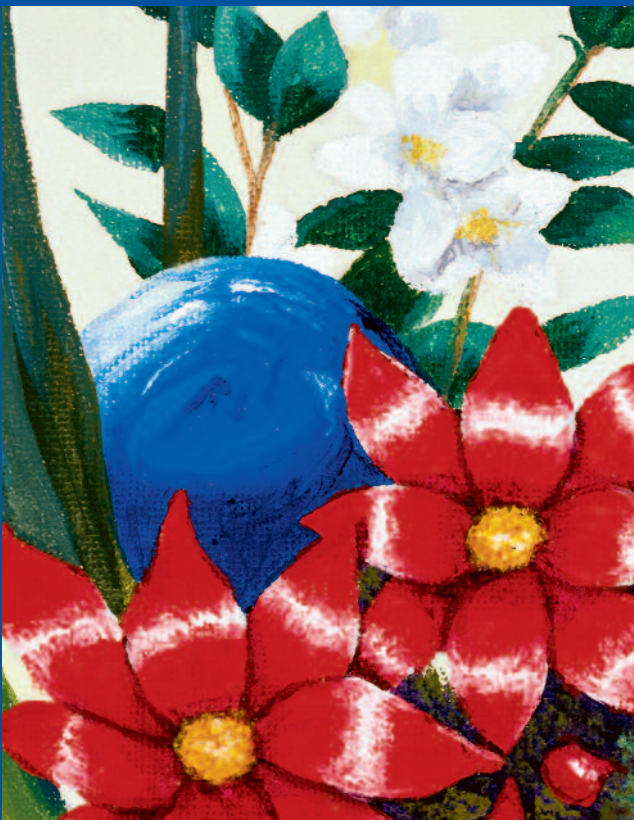
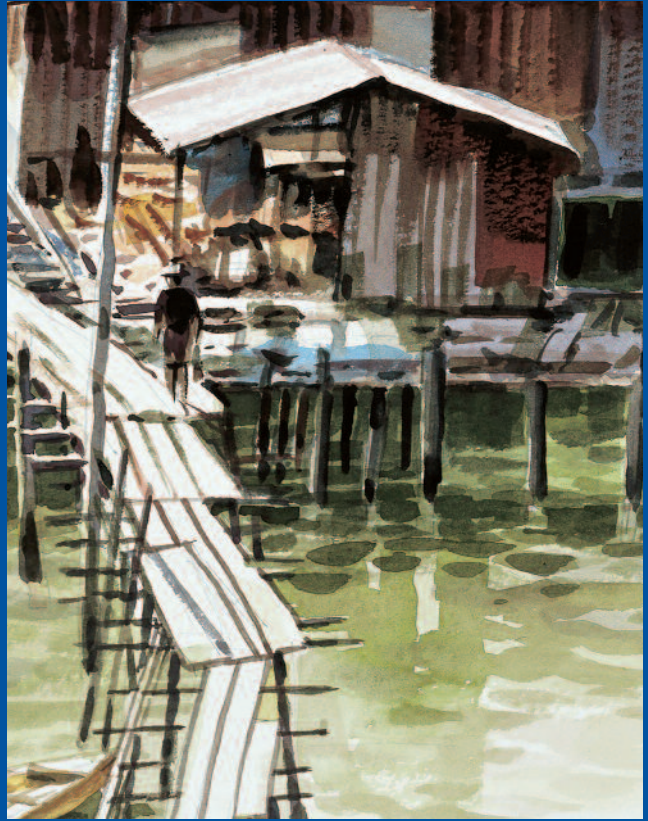


VDMFK-INFORMATION

ASSOCIATION OF MOUTH AND FOOT PAINTING ARTISTS
WORLDWIDE

December 2020/201



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VDMFK President Serge Maudet from France.

*Dear artists,
Dear ladies and gentlemen,*

*I hope with all my heart that everyone
is in good health at this time.*

*The year 2020 is now drawing to a close.
It has been a year that we will always remember.*

Each day, I firmly believe that the cohesion of our Association resides in the solidarity that exists among artists. Is this down to a 'COVID-19 effect' and a need to support each other? Or a longing to move things forward differently with other people who share the same passion? I just cannot say.

Unfortunately, we will still not have the opportunity to meet in person at exhibitions, painting seminars or other events over the coming months.

Nevertheless, we owe it to ourselves to keep our contacts with each other alive and to keep together more than ever.

The Board and the Director of the Association as well as his team and I will be doing whatever it takes to ensure that all our future meetings will be completely safe.

I eagerly look forward to seeing you again soon and would like to share some souvenir photos of the moments we have spent together.

I wish you all the very best on the occasion of the celebrations and festivities held around the world at the end of year, and I deeply hope that the virus will end in 2021. Please take good care of yourselves and your loved ones!

In artistic solidarity with you all,

*Serge Maudet
President of the VDMFK*

Letter from the Vice-President

We received the following letter from VDMFK Board member and Vice-President Mr Thomas Kahlau. Given that it is addressed to mouth and foot painters across the world, we are happy to publish the text in full.

Dear readers,

As I watch the rain trickle down my windowpane, I think to myself: What a miserable day! My gaze penetrates through the curtain of millions of raindrops into my garden. The leaves on the shrubs and trees still gleam in yellow and red despite the overall impression of melancholy caused by the dreary weather. Gradually, a tangible feeling of warmth spreads inside me, bringing a smile to my face. I'm in the mood for painting – for painting in pungent reds and yellows. So today I shall be painting my world in bright colours, no matter how hard the rain pounds away on my windows. In truth, I'm grateful that I am able to do so.

Perhaps, dear artists all over the world, you may feel exactly the same way. The world around us seems so depressing and bleak because of the new situation we face due to the pandemic. Public life is being locked down in so many countries. 'Stay at home!' they say, 'Don't gather in groups!' That's not so easy, especially when everything seems so bleak outside. Against this background, all the little things that bring us joy become that much more important. In my case, for example, I have discovered the world of audio-books. I can close my tired eyes – irritated from painting and staring at screens – and surrender to the author's imagination. Here I find a wonderful escape from all my cares and worries, at least for a while. Who knows, I might even pick up the phone and call a few people I haven't seen for a long while.

As I write this, my neighbour's cat is nonchalantly strolling through the garden, as if to say: 'Sod the weather!'. Soaked and bedraggled, she looks at me out of her big, dark eyes. She



VDMFK Board member Thomas Kahlau, mouth painter from Germany.

blinks – hang on, is she mocking me?! – and disappears from sight through the garden fence. Again, I have to smile.

I roll my wheelchair over to my easel. The palette is ready, the brush finds its way into my mouth as if by magic and the white canvas starts to fill with shapes and colours – obviously, yellows and reds set the tone. I'm so glad that WE are able to do this. Come on, let's inspire and encourage each other with our colours and shapes! Tell us how you're getting on through your pictures, photos and words! After all, keeping in touch with each other is a great way to get through this time together. Our pictures have the power and magic to encourage others to take an interest in us. That is hardly surprising. The fact is we bring joy and some degree of assurance into their living rooms.

A difficult year is drawing to a close. Dear loyal customers, we are grateful to you for supporting us when you

purchase our motifs during this period. Dear employees in our publishing houses, we thank you for your tireless work. Dear families and masked and disinfected helpers at home, we thank you for what you do for us day in, day out. In no way do we take for granted what you do on our behalf.

A new year lies ahead of us. Somehow, that gives me hope. I am confident that we will be able to get through this pandemic together and once more recover the feeling of happiness in our lives. Well, perhaps not quite yet, but certainly at some point!

The VDMFK Board and Executive Committee shall meet again in the course of a video conference that will be held in December. We are always here for you. Stay safe, and for those of you suffering from illness, we wish you all the best for a swift recovery!

*Thomas Kahlau
Board Member and Vice-President
of the VDMFK*



Krzysztof Kosowski (Full Member / Poland), 'Santa Claus on Reindeer', mixed technique, 40x30 cm.

Artists' activities

ARGENTINA

Moya, Maria Celeste (Scholarship Holder)

- Maria Celeste Moya exhibited some of her works at a centre for children and young people in Buenos Aires over the summer of 2020. Her show attracted many visitors, including the local mayor and the centre's director.



BRAZIL

Chagas, Maria Goret (Associate Member)

- Maria Goret Chagas scored a remarkable success. In a competition featuring the participation of over 300 people from different countries with more than 700 works on display, she won the top prize for painting. The award ceremony and accompanying exhibition took place at Szolayski House – part of the Polish National Museum in Kraków – from 21 September to 13 December 2020.

GREAT BRITAIN

Trent, Robert (Associate Member)

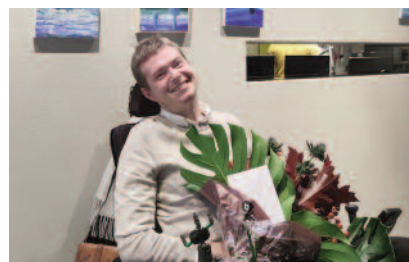
- Robert Trent held an online presentation for the Netherlands-based 1st Hague Scout Group (part of British Scouting Overseas) on 9 November 2020. The aim of the event was to explore common beliefs and attitudes

towards gender or disability in different societies. Before the meeting, the participants were asked to try to paint a picture with their mouths. Afterwards, the finished works of art were shown.

ICELAND

Karlsson, Brandur Bjarnason (Scholarship Holder)

- Brandur Bjarnason Karlsson exhibited his works at Reykjavik City Hall from 23 October to 11 November 2020 as part of the List án landamæra (Art without borders) art festival. Brandur explored the set theme of the 'visible, near and far', and examined how visibility can bring things closer.



CHINA

Gui, Xiao Feng (Scholarship Holder)

- In November 2020, Xiao Feng Gui conducted a one-month solo exhibition at the Simply Noble Art Gallery in Shanghai, arousing both great interest among visitors and the media. The mouth painter gave various painting demonstrations in the course of the exhibition.



INDONESIA

Subadri, Sabar

(Associate Member)

- On 5 September 2020, Sabar Subadri celebrated with the disabled of Rumah di Semarang (Semarang House) to mark international VDMFK Day. He held a painting demonstration. Onlookers followed his example and painted their own pictures with their feet. This event was covered by a number of media outlets. In addition, Sabar gave an interview on the 'Selamat Pagi Indonesia' programme which was broadcast by a national television station on 9 September 2020. The interview addressed the issue of working under restricted conditions and was conducted via a Skype teleconference.

- Sabar also delivered a further three successful painting demonstrations. The first was held at the Warung Joglo Bu Rini restaurant in Salatiga. Restaurant-goers were captivated and amazed by his skill and abilities. The second took place at the Grand Maerakaca recreational retreat in Semarang City. Sabar not only drew the attention of visitors, but also the resort director, who liked the painting so much that she spontaneously decided to buy it. The third event consisted of two consecutive demonstrations held at Difabel House, a community of disabled people. There, Subar painted portraits of Tommy Y Said, the former head of the social welfare office of Semarang City, and Kukrit Wicaksono, CEO of the Suara Merdeka daily newspaper. This event received extensive coverage in the Indonesian mass media.



Each of Associate Member Sabar Subadri's painting demonstrations is met with great interest.



Associate Member Sabar Subadri during his painting demonstration in Semarang.

INDONESIA

Rusdi, Faisal

(Scholarship Holder)

- The pandemic also had a significant impact on Faisal Rusdi. Even so, he participated in two highly successful events. On the one hand, he conducted an online exhibition which had been organised by the municipal authority of Kota Baru Parahyangan, a city near Badung. The exhibition lasted from 9 September to 9 October 2020 and was

extended until 17 October 2020. It was called 'Empathy from the Isolation Room'. In addition, 2020 marked the publication of a book called 'The Eighteen Point Five', which recounts the story of 25 people with disabilities in Adelaide, South Australia. Faisal features in this book. In it he describes his life story, including his close bonds with art and the VDMFK. The link to the book is at <https://eighteenpointfive.com.au>.

Artists' activities

ITALY

Portelli, Santina

(Full Member)

- The exhibition 'Internazionale Italia Arte 2020' opened in Turin on 23 October 2020. Selected works by internationally renowned Italian and foreign artists were shown at the festival. They included mouth painter Santina Portelli



(pictured here with Scholarship Holder Francesco Canale on the right). Due to Corona spacing restrictions and the high number of visitors, it was decided to extend this exhibition until 7 November 2020, which meant that the works of Santina Portelli could also be seen over a longer period of time.

PHILIPPINES

Tongco, Julius A.

(Scholarship Holder)

- As part of the celebrations surrounding Museums and Galleries Month in October 2020, the National Commission for Culture and Art selected paintings by Julius Tongco for display at the MGM ARTarp Banner exhibition. They will also be exhibited in some of the main streets in the city of Manila.

SERBIA

Backo, Dejana

(Scholarship Holder)

- Dejana Backo had the great honour of meeting tennis star Novak Djokovic in Belgrade at a tennis tournament during

the Adria Tour on 13 June 2020. Dejana has painted several portraits of the tennis player up to now.



SINGAPORE

Yeo Kwok Chian, Aaron

(Scholarship Holder)

- Aaron Yeo Kwok Chian was accorded a great honour: The 'Streets of Hope' project of the National Arts Council in Singapore hung banners of selected artworks along the streets of Singapore. Aaron was very lucky to have his artwork 'Flowers' exhibited on Orchard Road, one of the main streets in Singapore's shopping district.



SWITZERLAND

- The '1st Artists' Workshop Web Seminar' entitled 'Dann und wann ein bisschen Mut' ('A bit of courage now and then') was held in Switzerland on 10 November 2020. Led by the artist Edith Tarantino, the workshop was attended by **Scholarship Holders Antoine Leisi from Switzerland, Lea Otter from Austria and Bracha Fischel from Israel as well as Full Member Lars Höllerer from Germany**. These participants were asked to develop a landscape motif and recognise difficulties and issues in their personal approach to completing this task. Edith Tarantino used a template to illustrate the process of painting a picture throughout the development phases, including organisational and material theory, the choice of paints / colour ranges, perspectives and drawing, as well as the classification of each painting step. The guiding principle 'A bit of courage now and then' formed the thematic framework of the workshop.

TUNISIA

Radhia, Houda Ben

(Scholarship Holder)

- Houda Ben Radhia took part in a large exhibition centred on the theme of colour for people with disabilities at the international festival held in Qatar on 10 and 11 July 2020. Her painting depicted two birds. Fellow painter Karim Tabit helped secure her participation.



Kyriacos Kyriacou (Full Member / Cyprus), 'Bouquet with bell & blue spheres', oils, 30x23 cm.

New Full Members

FRANCE

Dubarre, Arnaud

Date of birth: 6 June 1981

Place of birth: Fontenay-le-Comte

Mouth painter

Associate Member since: 2019

Arnaud Dubarre was born in Fontenay-le-Comte on 6 June 1981. He has suffered since birth from multiple ankylosis, rendering his arms and legs immobile. He learned early on to use his mouth for

everyday tasks. His love for painting developed when he was able to hold a crayon in his mouth and began to trace comic strip characters. After the third year of secondary school he joined a so-called 'cycle adapté' class, in which he carried out practical exercises accompanied by educational support. This included painting on wood, glass, fabric, leather and other materials. In 1999, through family connections, he became acquainted with VDMFK President Serge Maudet, who introduced him to his work and to the VDMFK. Just two years later, the Association decided to

support him as a Scholarship Holder. His love for painting would not relinquish its hold and in 2019 he attained the status of Associate Member of the VDMFK. Painting allows him to explore many horizons. On this front, flowers are one of his favoured motifs. This is thanks to the magic of forms and colours with which one can imbue them when one is guided by the brush and one's thoughts, as he says himself. Yet his works also include animal motifs and landscapes. He prefers to paint watercolours or use pastels and oils.



Arnaud Dubarre from France shall become a Full Member of the VDMFK next year.

POLAND

Siejbatalow, Walery

Date of birth: 8 June 1965

Place of birth: Denisovka (KAZ)

Mouth painter

Associate Member since: 2018

Walery Siejbatalow was born in Denisovka / Kazakhstan on 8 June 1965. When diving one day from high ground into a river, he suffered an injury to his cervical spine and has since been confined to a wheelchair. To escape from his inability to move, he initially started by writing with a pen in his mouth. Later, he came up with the idea of painting and drawing in this way. This means he taught himself to paint by mouth. The VDMFK granted him Scholarship Holder status in 2012. Inspired by a

New Full Members

GREAT BRITAIN

Trent, Robert

Date of birth: 21 April 1959

Place of birth: Weymouth / Dorset

Mouth painter

Associate Member since: 2013

Robert Trent was born in Weymouth (Dorset) on 21 April 1959. He has suffered from arthrogryposis since birth, an illness characterised by multiple stiffening of the joints and muscle defects. After attending Chailey Heritage School and Hereward College he eventually graduated with a diploma in Communication and Information Systems. In 1985 he started working as a computer scientist at Southampton General Hospital. Later, he became an IT analyst with the Ordnance Survey in Southampton and was promoted to senior systems analyst in 1994. Robert took up mouth painting in his search for a rewarding life-work balance. Mouth painting became his greatest hobby, one which the VDMFK has awarded with a scholarship since 1998. In 2013 Robert became an Associate Member of the VDMFK. He paints in watercolours and



Robert Trent shall be accorded the status of Full Member of the VDMFK.

oils. His favourite motifs include typical English landscapes, boats and Christmas themes. He has frequently held solo exhibitions in the UK where he has presented his works to the general

public. His artistic work has been crowned by numerous reviews in the media.

colourful illustrated Bible for children, Walery began drawing motifs of Christ and other biblical scenes. In the following years, he expanded his technique to include stained glass windows and portrait drawings of his friends. He later began using oil paints in his pictures. His first painting to use this technique was of an icon. Further award-winning icons followed. In recognition of his work, the artist had the privilege of receiving a visit from Antoni, Archbishop of Ural and Guryevsk, in the course of which a high ecclesiastical honour was bestowed on him. Walery has held numerous exhibitions which have been highly appreciated by the public.



Walery Siejtbatalow from Poland shall become a Full Member of the VDMFK.

New Associate Members

SOUTH KOREA

Hwang, Jung Eon

Date of birth: 14 May 1965

Place of birth: Seoul

Mouth painter

Scholarship Holder since: 2003



Jung Eon Hwang shall become an Associate Member of the VDMFK starting 1 March 2021.

Jung Eon Hwang was born in Seoul on 14 May 1965. Trained as a mechanical engineer, Jung suffered serious injuries in a traffic accident in 1993 that left him quadriplegic. In April 1995 he decided to have a go at mouth painting and immediately became hooked. Subsequently he took lessons under Jung Soon Lee, a well-known art teacher. He enjoys painting landscapes and flower motifs in oils and watercolours. Jung has successfully participated in several group exhibitions and held one solo exhibition.

SOUTH AFRICA

Swartz, Brenton Nicholas

Date of birth: 30 October 1978

Place of birth: Cape Town

Mouth painter

Scholarship Holder since: 2009



Brenton Nicolas Swartz shall be accorded the status of a VDMFK Associate Member next year.

Brenton Nicholas Swartz was born in Cape Town on 30 October 1978. Brenton has been paralysed from the neck down ever since he was involved in a shooting accident. He spent eight months in hospital and was diagnosed a C4-C5 tetraplegic. Brenton attended a school for people with disabilities. In 1998 he completed twelfth grade and went to live in a home for tetraplegic people. Then, in 1999, he enrolled at college and studied computer-aided drawing. In December 2006 he obtained a national diploma as an architectural draughtsman. Brenton was fortunate enough to be able to work at an architect's office for 18 months and gain a lot of experience. One of his painter friends asked him whether he would like to give mouth painting a go. In 2001, Brenton started taking art lessons. His aim is to lead an independent, normal and happy life.

USA

Parsons, Sara Jane

Date of birth: 4 January 1964

Place of birth: Redwood City, CA

Mouth painter

Scholarship Holder since: 2009



Sara Jane Parsons from the USA shall become a VDMFK Associate Member.

Sara Jane Parsons was born in Redwood City on 4 January 1964. At the age of 20, Sara Jane was involved in a traffic accident which left her tetraplegic and consequently no longer able to dye, knit or sew – her way of giving expression to her creativity. She began studying at a law faculty in California. In addition to her studies, nothing pleased her more than painting as a distraction. After passing her bar exam she travelled to Uruguay and painted the house where she was staying. Sara Jane enrolled in a painting course and discovered a passion for drawing life figures and models. After the course was over, she contacted painting groups with the aim of painting figures among fellow artists. Besides drawing figures, Sara Jane likes to draw organic forms such as the ones found in seashells (especially broken ones). She predominantly uses watercolours and graphite, but also enjoys the effects created by gouache and Indian ink.

New Scholarship Holders

New Scholarship Holders

The following mouth and foot painters will be supported by the Association as Scholarship Holders from 1 March 2021.

AFGHANISTAN

Mohammadi, Robaba

Date of birth: 30 September 2000
Place of birth: Malistan
Mouth painter

Robaba Mohammadi was born in Malistan, Afghanistan, on 30 September 2000. Shortly after her birth, her parents noticed that she was unable to move her arms or legs. In 2003, her entire family travelled to Kabul in the hope that Robaba might receive treatment from doctors and hospitals. Unfortunately, their hopes were dashed. After a serious fall, Robaba did not leave the house for a long time. She spent many years alone at home and watched how her siblings greatly enjoyed going to school. With the help of her younger sister, she learned the alphabet, put a pen in her mouth and began to write. She decided to take up painting in mid-2015. Robaba began painting without guidance or a teacher and devoted many hours to her drawings. But it took her about a year and a half to find friends and followers in the virtual world and for her career and paintings to appear in many national and international media outlets. Robaba wants to set up a support group to help Afghan women with physical disabilities and promote their talent.

AUSTRALIA

Jackson, Patricia

Date of birth: 23 August 1962
Place of birth: Townsville
Foot painter

Patricia Jackson was born in Townsville, Australia, on 23 August 1962. Because

her mother had taken thalidomide during pregnancy, Patricia was born without arms. As a result, her lungs and heart were also severely affected. During her childhood she spent a lot of time in hospitals and underwent multiple heart surgery. It was not until she was 12 years old, after more heart surgery, that she had enough strength and energy to learn to walk. Patricia attended school until 12th grade. Today, Patricia is married, has children and leads a very active life. Her hobbies include fishing, swimming and photography as well as painting since 2015. She visits schools and other institutions across the country to tell her story. Her aim is to ensure that people of all ages are open to others who are different and that bullying and discrimination no longer have a place in society.

BRAZIL

Monteiro de Freitas, Severino

Date of birth: 3 May 1966
Place of birth: João Pessoa, Paraíba
Mouth painter

Severino Monteiro de Freitas was born in João Pessoa, Paraíba, in the northeast of Brazil, on 3 May 1966. He was already an avid painter and artist as a child and his works were displayed at school exhibitions. At the age of 19, he moved to São Paulo. He married and became the father of three children. The couple divorced in 2016 and he lost contact with his children. On 31 March 2017, he was shot while working as a security guard. The bullet injured his neck. He spent 40 days in hospital and fell ill with pneumonia. Despite a very poor prognosis, he survived and began a course of occupational therapy in which he tried to paint with his mouth.

CANADA

Jones, Annae

Date of birth: 12 December 1979
Place of birth: Lethbridge
Foot painter

Annae Jones was born without arms on 12 December 1979. She learned to do most things with her feet as a child. She also tried wearing prosthetic arms but found it easier to use her feet. After high school, she moved from home and attended college to study communication. Annae met her future husband during her final year. They now have a daughter and a son. For the past 16 years, she has been a housewife and mother, but she has always written, and published two texts in a Canadian magazine for parents. Between 2013 and 2015, she wrote monthly for a blog for disabled persons. Annae discovered her love of painting when her friend invited her to a painting evening in early 2016. She found the experience relaxing and liberating, especially when she put the paintbrush aside and squeezed paint out between her toes so as to blend it with the canvas. Over the next few years, she took part in several painting evenings and began to organize painting evenings in her own home, where everyone created their own unique work of art. For Annae, painting is both a creative and a therapeutic outlet. Self-taught, Annae loves to discover new painting techniques and methods, and enjoys going on the journey it takes to turn a blank canvas into a work of art. She is looking forward to developing her talent and painting all the beautiful things she sees in nature. Annae, her husband and their children currently live in Lethbridge, Alberta. She loves to bake, travel, camp in a caravan, hike and explore nature.

Continued on page 14

New Scholarship Holders

COLOMBIA

Gonzales Linares, Zuleida Janeth

Date of birth: 21 August 1976
Place of birth: Cali
Mouth painter

Zuleida Janeth Gonzales Linares was born in Cali, Colombia, on 21 August 1976. At the age of 22, she became a quadriplegic when she was hit by a bullet. The bullet hit her in the neck, in the C4 area. Since this serious accident, Zuleida has been dependent on a ventilator and 24/7 care. After four months in a hospital, she spent the next 15 years in a home. During this time, she had no interests. Therapists and friends encouraged her to use the computer with a rod. Her mother was a special source of motivation and after 15 years in the home Zuleida moved to her mother's house. There, she continued to learn and managed to paint ceramics with a pencil and paint. When she paints, she feels calm and inspired. Painting gives her the opportunity to view life in a different way.

Salinas Vivas, Rubiel

Date of birth: 4 August 1982
Place of birth: Anzoátegui, Tolima
Mouth painter

Rubiel Salinas Vivas was born in the municipality of Anzoátegui, Tolima, on 4 August 1982. He grew up there with his brothers at his parents' home. Due to his family's impoverished circumstances, Rubiel began working in a sugar factory at the age of 12. One day was riding home on a horse which he had borrowed. The horse became startled and threw Rubiel to the ground, causing him to suffer a head injury as well as an injury to the cervical spine at levels C6 and C7. Yeimar Marroquin Bonilla told him about the Association. Rubiel has taken painting lessons for over a year.

ITALY

Boerci, Laura

Date of birth: 14 April 1969
Place of birth: Milan
Mouth painter

Laura Boerci was born in Milan, Lombardy, on 14 April 1969. Laura has suffered from spinal muscular atrophy and cannot move her arms or legs since birth. Even so, she has always pursued and realized her dreams. In 1996 she graduated in political science and set out on a career as a playwright and director. She wrote and directed 23 comedies for the Legamani amateur theatre company and donated all the proceeds to charities. Laura has also published two books and a fairy tale. From 2008 to 2018, Laura was the municipal councillor responsible for accessibility, libraries and general affairs. She is very involved in the cultural life of her homeland and is the founder of a cultural group. Laura became a correspondent at a television station, opened an agency and manages an artists' café. She has been painting with her mouth since 2007. Laura started out with watercolours, then switched to water-based oils. She paints small paintings because she only has restricted use of her neck.

MEXICO

Garcia Zapata, Jesús

Date of birth: 25 December 1975
Place of birth: Mexico City
Mouth painter

Jesús Garcia Zapata was born in Mexico City on 25 December 1975. At the age of 15, he suffered a serious accident when he touched a high-voltage cable with some piping. Due to the severe burns, the doctors had to amputate both his arms and toes. He then spent a year in rehab. After rehab, he studied computer science and graphic arts. Jesús worked as a manager in a wood

processing plant for 12 years. During this time he married and became a father of two children. He took care of the children and the house while taking painting classes and learning different techniques. Jesús likes painting animals and nature. His goal in life is to continue taking painting lessons until he fully masters a range of techniques. He wants to live from painting in order to be able to support his family and other people.

NEW ZEALAND

Raikes, Leuka

Date of birth: 20 October 2000
Place of birth: Whanganui
Mouth painter

Leuka Raikes was born in Whanganui, New Zealand, on 20 October 2000. Leuka grew up with his mother in Whanganui, on the North Island of New Zealand, after his parents divorced. He attended school there, met his friends in his spare time, played hockey and rugby and boxed. He spent the holidays with his brother at his father's home in Christchurch. When he visited his father again in the autumn of 2016, he broke his 4th and 5th cervical vertebrae while trampolining. During his stay in hospital, Leuka met the mouth painter Pat Edmunds. He was inspired by him and after a year at home, Leuka began his first attempts at painting. He wishes to improve and grow as a painter.

SPAIN

Berrocal Rodrigo, Víctor

Date of birth: 23 September 1973
Place of birth: Zamora
Mouth painter

Víctor Berrocal Rodrigo was born in Zamora on 23 September 1973. He attended school in Salamanca. He began his studies of fine arts at the Faculty of Fine Arts of Salamanca. In his third year he was involved in an accident on a bicycle,

New Scholarship Holders

as a result of which he was left tetraplegic at the level of the fourth cervical vertebra. As a result, Víctor lost the movement of his legs, torso and hands. Despite this loss of mobility, he resumed his studies and completed them in 2000 by graduating with a bachelor's degree in fine arts. He then studied graphic design, web design and English at the official language school of Zamora. In his free time, he studied music and harmony theory. During all these years lived with his parents and dedicated himself to painting and music. He paints mainly with oils and acrylics. In general, he paints various themes in a very direct expressionist and impressionist style which is sometimes schematic. Víctor has held exhibitions in Zamora, Madrid, Benavente and Catalonia.

SWEDEN

Östling, Ingeborg

Date of birth: 13 August 1968
Place of birth: Ånge, Medelpad
Mouth painter

Ingeborg Östling was born in Ånge Medelpad on 13 August 1968. She had already shown great interest in painting at the age of five. She took part in her first exhibition when she was seven years old. Ingeborg spent a lot of time painting in oils at home until she obtained a place at an art school when she turned 18. The course lasted three years. In 1993 Ingeborg moved to Gothenburg, where she gave birth to a son in 1997. She was not discouraged when she was diagnosed with multiple sclerosis in 1998 and continued to paint watercolours. When she could no longer use her right hand, she learned to paint with her left hand at the age of 40. It was only when the disease robbed her of movement in her left hand that she stopped painting. A few years later, she could no longer hold back her creativity. With great determination she learned to paint with her mouth. Her goal is to hold an exhibition with her pictures.

THAILAND

Ditthee, Sutuchd

Date of birth: 13 August 1976
Place of birth: Saraburi
Mouth painter

Sutuchd Ditthee was born in Saraburi Province, Thailand, on 13 August 1976. He left school after 12th grade. While working as a stuntman, he injured his cervical vertebrae and has been paralyzed and confined to bed ever since. Sutuchd used a pencil for the first time to draw with his mouth in 2011. He learned with the help of online videos and two teachers who taught him at home. Sutuchd participated in exhibitions in 2013 and 2018.

USA

Laufer, Matthew

Date of birth: 5 November 1979
Place of birth: Bridgeport
Mouth painter

Matthew Laufer was born in Bridgeport, Connecticut, on 5 November 1979. Matthew injured his spinal cord in a car accident in 2003 and remained paralyzed from the chest and shoulders down. While Matt was physically paralyzed due to his severe spinal cord injury, he also found himself mentally incapacitated at the age of 23. The severe trauma of being crushed by a tractor-trailer left many psychological scars. A long hospital stay and several near-death experiences in 2017 forced him to confront his own mortality. Matt finds his painting work cathartic. He uses this medium to convey what would otherwise have remained silent. The urge to create became so great that he found a new way to produce his art, because he could no longer use his hands. Determination and practice have led Matt to where he is today, namely to his first art exhibition. Matt is an autodidact who paints wildlife, nature and abstract art.

The significance of painting

The significance of painting as seen by mouth painter Kiichiro Mizumura, Full Member from Japan.

What painting means to me

For me, painting is nothing less than life itself: if you ask me, to paint is to live life. I live my life through the medium of painting in the same way that I love, suffer, dream and hope. In fact, I'd go even further and say that I paint pictures to offer proof that I'm actually alive.

I always wanted to be a painter even before I went to school – meaning, before I lost my arms. The truth is that I loved painting right from an early age because of the immense pleasure it gave me. But when I was in second grade at elementary school, I lost the use of both my arms due to a serious accident involving a powerful electric shock. I spent five months in hospital. When I got back to school, I found it easy to paint pictures with a brush in my mouth. "I can paint with my mouth!" I realised. My goodness. I felt indescribably happy.



Kiichiro Mizumura, Full Member from Japan.



Kiichiro Mizumura (Full Member / Japan), 'Autumn', mixed technique, 20x25 cm.

I experimented with oil paints for the first time after I turned 16. The experience moved me deeply. It was around this time that I began thinking about what it actually means to live – not just for a moment, but for an entire lifetime. I wondered about how I should best spend my early years and then continue with the rest of my life. With these thoughts going round and round in my mind, I eventually decided to dedicate my whole life and all my passion to oil painting. I submitted one of my works to a competition for the very first time when I was 17 and was delighted when the judges immediately ranked it among the best entries. Shortly afterwards I found out about the VDMFK and became a Scholarship Holder. This was a great help because it meant that I could go on to develop my artistic skills even further.

When it comes to landscape painting, I often choose motifs from

The significance of painting



Kiichiro Mizumura (Full Member / Japan), 'Sunflowers', watercolour, 24x32 cm.

my childhood surroundings, such as factories, chimneys or canals. And for portraits, I mainly like to paint old people with long and deeply personal biographies. That said, a dilapidated, rusting ship can easily interest me, too. Perhaps that's because such views or landscapes offer proof that each and every last one of us lives or has lived with love, sympathy and affection. I would like to depict this unique proof of life – or simply life itself – in my

paintings. Ultimately, I think, this also means capturing and holding down my own life in the process.

Kiichiro Mizumura
Full Member / Japan

**Kiichiro Mizumura
(Full Member / Japan), 'Winter landscape', acrylic, 23x28.**



Mizumura, Kiichiro

Date of birth: 17 July 1946

Place of birth: Tokyo

Full Member of the VDMFK since: 1973

Mouth painter

Kiichiro Mizumura lost both his arms in an accident when he was ten years old. A short time later, he began drawing and painting with his mouth. In order to progress, he attended a painting course

with a well-known Japanese artist. The award of a VDMFK scholarship in 1965 enabled him to focus all his attention on painting. He became a Full Member of the Association in 1973.

Kiichiro uses an exquisitely refined dot and stroke technique to create his enigmatic urban landscapes in a highly picturesque way. His favourite motifs include canals and bridges as well as boat locks and marinas. Yet he also likes to

use other techniques: oil and tempera paintings as well as mixed media are present in his large repertoire. After following the path of ancient Japanese traditions, Kiichiro has discovered his own idiosyncratic style. His paintings have also been exhibited at a government-funded art exhibition held in the Tokyo Museum of Art. What's more, Kiichiro has participated in numerous exhibitions all over the world.

We mourn for

FINLAND

Hämäläinen-Numminen, Anja

Date of birth: 8 November 1936

Passed away on: 19 November 2020

Mouth painter

Anja Hämäläinen-Numminen contracted polio in 1954. The disease left her arms and hands paralysed. Anja had always enjoyed embroidering, knitting and drawing patterns, but it took her three or four years before she began to paint and draw with a brush or pen in her mouth. She decided to take lessons in different painting styles from various qualified teachers.

The Association first granted her a scholarship in 1965. This enabled Anja to dedicate her life to painting. She became a Full Member of the VDMFK in 1980.



Full Member Anja Hämäläinen-Numminen passed away on 19 November 2020.

While Anja mainly depicted landscapes of her native country, her range of motifs also included floral arrangements, people and mythical creatures. Her pictures always reveal the generous artistic vision behind her works and are very self-confident in their execution. Anja was able to present them to the public at numerous exhibitions in Finland and around the world. Apart from painting, Anja had many hobbies and interests, including literature, art events, acting in plays put on by organisations for disabled people and travel.

ITALY

Carati, Bruno

Date of birth: 18 November 1941

Passed away on: 26 September 2020

Mouth painter

Bruno Carati had suffered from spastic paralysis since birth. Despite his disability, Bruno completed his secondary education at a school for children with special needs. He began painting at the age of 13. Bruno gained his painting skills through private lessons in painting and art history. Soon after, the most important Italian and foreign daily newspapers became aware of him. RAI, the Italian state-owned broadcaster, was also drawn to him and dedicated an episode of the show *Anche oggi è Domenica* (Today is also Sunday) to Bruno. The Association first granted him a scholarship in 1956. In 1961, he was admitted as a Full Member of the VDMFK. From then on, his works were



Bruno Carati passed away on 26 September 2020. He had been a Full Member of the VDMFK since 1961.

on display at many international exhibitions held by the Association. In addition, Bruno organised numerous solo exhibitions, which were highly successful. His works were also exhibited to the general public in Varese, Piacenza, Gallarate and Busto Arsizio as well as at other venues.

Bruno was a painter, sculptor and ceramicist. He also created and painted glass surfaces, came up with ideas for clothes and fabric patterns, and designed aids for the disabled. The development and implementation of proposals that might be of use for disabled people like him gradually became his hobby. For example, the driver's side of a car was adapted under his guidance to his needs, enabling him to drive the car by using his mouth. Bruno Carati passed away on 26 September 2020.

USA

Thome, Robert

Date of birth: 21 February 1954

Passed away on: 30 June 2020

Mouth painter

At the age of 15, Robert Thome suffered a serious injury while playing American football. He collided with a player from the opposing team, fell to the ground and broke two vertebrae. As a result, he remained paralyzed from the neck down. He taught himself to paint. "When you're a tetraplegic, you're trapped in a cage, and there's no way out," he said. In 1980 he met Kathy, the woman who was later to become his wife. She made his life worth living again. Thanks to her support, he turned art into his vocation and came to regard it as the fulfilment of his life. "Art is a wonderful means of expression. I paint with my mouth, but if something were to happen with my

mouth, I would paint with my forehead. You see, art is all about realising your ideas," he once tried to explain. Over the course of twenty years, Robert steadily improved his technique and participated in over 200 exhibitions. He was a founding member of the Artability Artist Association in San Diego, a group of disabled artists who teach and advise other people with disabilities at the San Diego Rehabilitation Center. Robert was also involved in the care of young people and adults in schools, universities and community organisations. He received numerous honours and awards for his work. Among other things, he was awarded the Governor's Trophy, the highest honour that can be bestowed upon a Californian with a disability. Robert had been a Full Member of the VDMFK since 2001. He left us forever on 30 June 2020.



Robert Thome left us forever on 30 June 2020.

Deceased Scholarship Holders

AUSTRALIA

Ha, Vinh

Date of birth: 12 April 1954

Passed away on: 26 September 2020

Mouth painter

Vinh Ha was born in Saigon (Vietnam) on 12 April 1954. After studying economics in Saigon, he and his family came to Australia in 1979. He worked for General Motors Holden in Melbourne. Vinh was involved in a car accident in 1980 and had been paralyzed from that time. After being discharged from hospital, he lived for some time in a centre for quadriplegics, where he began painting with his mouth. Vinh taught himself how to paint. He lived together with his family in Ringwood, a suburb of Melbourne. Among his chosen motifs, Vinh especially loved to paint Australian landscapes.

BRAZIL

do Nascimento Lopez, Denyson

Date of birth: 27 March 1987

Passed away on: 25 August 2020

Mouth painter

Denyson do Nascimento Lopez was born in Rio de Janeiro on 27 March 1987. Denyson went to school and did a lot of sport in his spare time. On 16 August 2002, he was suddenly gunned down by his neighbour in the course of what was a banal, trivial dispute, leaving him paralysed in all four limbs. Denyson was treated in a public hospital for three months. After being discharged from the hospital, his mother had to give up her job because no one else was prepared to take care of him: the psychological burden involved would be too great, some people said, while others cited financial reasons. During his multiple treatments, Deny-

son met people with similar and even worse symptoms, and learned a lot from them. His access to a computer enabled him to broaden his social contacts. He also met and felt deeply impressed by a mouth painter. Denyson regarded the VDMFK as a marvellous opportunity and chance for him to achieve the professional independence he so longed for. The VDMFK first awarded Denyson a scholarship in 2010. Denyson passed away on 25 August 2020.

Continued on page 20

We mourn for

CZECH REPUBLIC

Jezkova, Zdena

Date of birth: 23 February 1972
Passed away on: 1 October 2020
Mouth painter

Zdena Ježková was born in Prachatic on 23 February 1972. From early childhood she was mentally and physically handicapped (with severe hypotrophy on her legs and hands), causing her to live in a nursing home. At the age of seven, Zdena began to paint with her mouth. Zdena wanted to develop her artistic talents, so she regularly attended art school and took lessons in sculpture. The VDMFK first awarded Zdena a scholarship in 1996. Zdena passed away on 1 October 2020.

FRANCE

Majoulet, Roland

Date of birth: 26 May 1946
Passed away on: 7 October 2020
Mouth painter

Roland Majoulet was born in Naucelle on 26 May 1946. Six months after his birth, he suffered an illness that left him unable to move any of his limbs. At the age of fourteen, he began to paint with a goose quill which he dipped in wine or coffee. Over time, he became extremely good at drawing and painting with his mouth. Roland mainly painted landscapes, animals and flowers. He also participated in artists' meetings and exhibitions. The VDMFK first awarded Roland a scholarship in 2010. Roland passed away on 7 October 2020.

GREAT BRITAIN

Hulme, Ann Elizabeth

Date of birth: 5 December 1946
Passed away on: 19 June 2020
Mouth painter

Ann Elizabeth Hulme was born in Birmingham, UK, on 5 December 1946. Ann was diagnosed with multiple sclerosis in 1991 and needed to use a wheelchair from 1996 onwards. In 2009, as she gradually lost the use of her arms, she decided to turn to the VDMFK for help in order to learn how to paint with her mouth. Ann met Board Member Tom Yendell during a Mobility Road Show event. He gave her a brush holder which she would subsequently use to paint by mouth. Ann preferred to paint wild animals and landscapes in tempera. The VDMFK first awarded Ann a scholarship in 2011. Ann passed away on 19 June 2020.

IRAN

Shokravi, Maasoumeh

Date of birth: 1 July 1978
Passed away on: 21 May 2020
Foot painter

Maasoumeh Shokravi was born without arms in the city of Mashhad in 1978. She began to take an interest in drawing and painting at the age of seven. With gritty determination, Maasoumeh, who painted with her right foot, steadily improved her skills. She took painting lessons with a recognized art professor in order to perfect her painting technique. Maasoumeh preferred to paint typical landscape motifs from her homeland as well as flowers. The VDMFK first awarded Maasoumeh a scholarship in 1998. Maasoumeh passed away on 21 May 2020.

IRELAND

Ryan, Mai

Date of birth: 12 May 1950
Passed away on: 7 September 2020
Mouth painter

Mai Ryan was born in Tipperary on 12 May 1950. In 1976, Mai was involved in a traffic accident and suffered a fracture of the C4/5 vertebrae, resulting in quadriplegia. She had always been interested in art, drawing and painting. In 1990, when she moved to Dublin and had the opportunity to attend art and computer courses, she laid her first milestone for mouth painting. Mai attended evening classes, where she learned to paint with watercolours and oils by using a brush in her mouth. In 1998, she was able to successfully complete a two-year art diploma course. The VDMFK first awarded Mai a scholarship in 2001. Mai passed away on 7 September 2020.

MEXICO

León Ramirez, Alicia

Date of birth: 4 December 1964
Passed away on: 4 August 2020
Mouth painter

Alicia León Ramirez was born in Guamúchil, Sinaloa, on 4 December 1964. She obtained her degree from a faculty of law in 1987. Shortly afterwards, she married and gave birth to a daughter. Alicia took a job at a law firm in September 1989. However, she was only there for two months because she felt pains all over her body, making it impossible for her to continue working. In 1990, she was diagnosed with rheumatoid arthritis after several examinations and visits to the doctor. Alicia was unable to walk for two months because of the severe pain in her elbows and knee joints. As the disease progressed, she became all but incapable of using her hands and legs. Consequently, she was unable to carry out any routine

activities for years and always needed a walking aid at her side. Thanks to Dennis, a friend who accompanied Alicia to her rehab sessions, she became involved with the painting group there. In July 2007, she attended a mouth painters' event and was highly impressed by the beautiful pictures she saw. She began painting lessons in September of the same year. Scholarship Holder Lidia Cháidez encouraged and taught her to paint with her mouth using acrylics and oils. The VDMFK first awarded Alicia a scholarship in 2009. Alicia passed away on 4 August 2020.

Zavala Botello, Rodolfo

Date of birth: 1 April 1963

Passed away on: 11 July 2020

Mouth painter

Rodolfo Zavala Botello was born in Mexico City in 1963. He was the second of seven brothers. As an infant, he was taken to the Children's Hospital of Mexico where he was treated for several weeks because his arms were cold and immobile. At the same hospital, at the age of six, he was taught how to write with his feet using a typewriter. At the age of seven, he went to primary school and completed his education there with the aid of his teacher. While continuing his medical treatments at the Mexico City Medical Center, he would accompany his father to work in the afternoon. He was familiar with several museums and would often visit art exhibitions. Later, he worked with his brother Francisco at a printing plant, where he administered order information and passed on pricing details to customers. Before becoming aware of the VDMFK, he had already created a number of pencil drawings with his mouth. On 25 April 2016, he met the mouth painter Miguel Angel Lopez Tinoco who invited him to take painting courses under Professor Alejandro Valentin. Rodolfo participated in an exhibition for which his work and commitment was duly recognised. The VDMFK first awarded Rodolfo a scholarship in 2019. Rodolfo passed away on 11 July 2020.

USA

Condon, Michael Dennis

Date of birth: 18 October 1949

Passed away on: 1 October 2019

Mouth painter

Michael Dennis Condon was born in Pasadena, California, on 18 October 1949. In 1971, a diving accident caused him to sustain a complete C3/4 quadriplegia. From that time onward, he was no longer able to use his upper and lower limbs. After his rehabilitation at the VA hospital in Long Beach he began studying law. To fill his schedule, he opted for the optional subjects of painting and drawing. Consequently, he had already established a basis for mouth painting by 1971. Because he had liked art from early childhood – an interest which he nurtured right through until the start of college – he changed his major to art. After his AA degree at the college he moved on to the San Diego State University (SDSU) and did his BA and MA there in local painting classes (1993). Michael painted, drew and sculpted all the time; he also managed to take part in numerous exhibitions and organise his own private exhibitions. The VDMFK first awarded Michael a scholarship in 2015. Michael passed away on 1 October 2019.

Masters, Richard Scott

Date of birth: 25 September 1989

Passed away on: 26 October 2020

Mouth painter

Richard Scott Masters was born in Rochester, New York, on 25 September 1989. He was seriously injured in a car accident at the age of five in 1994. From that time onward he was paralyzed from the neck down and dependent on a ventilator. Richard had already begun to take an interest in painting in fourth grade and, on the initiative of his then teacher, to paint and draw with his mouth. Later, he took private art and painting lessons under the professional artist Deborah Sapienza. Richard liked

to paint still lifes in bright colours and accentuated textures. Bold, powerful and sweeping brushstrokes became his trademark. The VDMFK first awarded Richard a scholarship in 2015. Richard passed away on 26 October 2020.

VDMFK personalities

In this section we are honoured to introduce you to mouth and foot painters who have rendered outstanding services to the VDMFK over the course of its history. This time around we present the mouth-painting cartoonist Carl Ernst Fischer (Cefischer) from Germany.

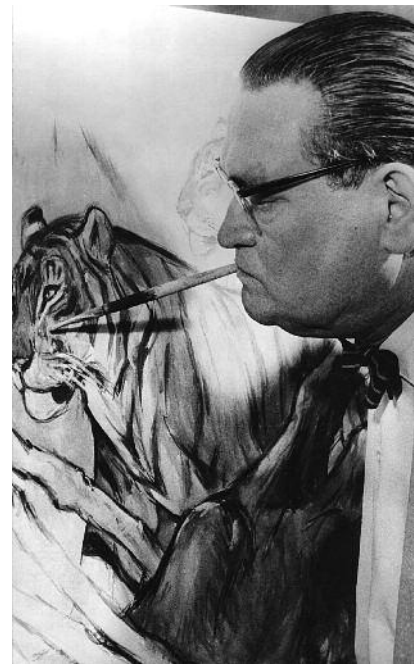
Carl Ernst Fischer was born in Frankfurt am Main on 7 March 1900. He was a German editor, draughtsman, illustrator and poster artist. He became known under his pseudonym, 'Cefischer'. After attending the School of Applied Arts,



Cefischer was both a cartoonist and the inventor of 'Oskar the cat', whom he brought to life in picture stories.

Fischer worked in various commercial professions during the first half of the 1920s. From the mid-1920s onwards, he published drawings and picture stories in customer booklets and children's magazines such as *Blaubandwoche* and *Hans Kunterbunt*. He first used the pseudonym 'Cefischer' in 1935. From 1937 onwards he worked for the *Illustriertes Blatt*, which later became the *Frankfurter Illustrierte*. In 1944, in the Second World War, he lost both his arms on a train journey during an air raid on Fulda station. As a result, he

learned to paint his mouth during the last months of the war and was able to resume work as an illustrator for his old magazine in 1948. He became particularly well known for his comics about Oskar the cat, which were printed in the *Frankfurter Illustrierte* from 1952 to 1962 and also appeared in book form from 1954. The first of these was *Oskar, der Familienvater* ('Oskar the family father'). Arnulf Erich Stegmann became aware of the mouth painter through the press. Stegmann was impressed by Cefischer's paintings and drawings. The mouth painter immediately became a member of the Association. This made Cefischer one of the founding members of the Association. For his work as co-founder of the Association of Mouth and Foot Painting Artists, he was awarded the Federal Cross of Merit First Class in 1965. Cefischer passed away on 29 April 1974.



Carl Ernst Fischer – alias Cefischer – was not only a cartoonist but also a painter.



The picture stories about 'Oskar the cat' were also published as books.



Kerrin Tilley (Associate Member / New Zealand), 'Yellow watering can in flowery meadow', oils, 60x45 cm.

Information from the office

Submission of originals

The office of the Association kindly asks all artists to read and take note of the following information.

All consignments of originals sent in to the VDMFK are subject to inspection by the Swiss Customs Administration (Liechtenstein is Swiss Customs Territory and part of the Swiss Currency and Economic Area). Import levy is imposed on all originals, which will be paid by the VDMFK.

As artists constantly send their originals to the VDMFK we have commissioned the forwarding agency DHL Logistics AG, Switzerland, to handle this difficult matter.

We therefore request you to send all your parcels containing originals to the following address:

**DHL Logistics (Schweiz) AG
DHL Freight Division
Attn. Mr. Kurt Schöpfer (VDMFK)
Heldastrasse 66
CH-9471 Buchs
SWITZERLAND**

Please keep in mind the following points when you send in your paintings:

- no framed paintings
- no passe-partouts
- no eye bolts or other hanging devices
- no oil paintings that are not dry

Please write the following information on the reverse of your original:

- name
- country
- original title
- technique
- on sale or not on sale

With your cooperation you save us additional correspondence and considerably facilitate the work of the VDMFK.

Please send only originals to DHL but no correspondence, reports, photographs, catalogues, biographies, etc.

All your correspondence etc. should be addressed solely to the:

**VDMFK
Im Rietle 25
P.O. Box 818
FL-9494 Schaan
Principality of Liechtenstein
Email: vdmfk@vdmfk.li**

Return of originals

Due to lack of storage we have to return the originals to our artists from time to time. We send back those originals that have already been reproduced or motifs that are not needed for other purposes any more. The VDMFK does not need these paintings any more, so please do not submit the returned originals again. You can use your works for your exhibitions or sell them. However, please take into account that the purchaser does not acquire the right to reproduce the original.

For private sales please use the form of the VDMFK, which has to be signed by the respective purchaser.

Dear Artists,

In case you missed it, The VDMFK 'Official Facebook Page':
[@artbymouthandfootpainters](https://www.facebook.com/artbymouthandfootpainters)
www.facebook.com/artbymouthandfootpainters was launched in June 2020.

With so many of you on Facebook, the Board decided it is the ideal place to share your amazing artwork, communicate association information to a wider audience, keep in touch with you all and build a larger overall following. We also aim to drive sales, direct traffic to all the VDMFK/MFPA separate country websites and secure new customers.

If you would like to feature on the new Facebook page, please 'Direct Message' your photos to the @artbymouthandfootpainters Facebook page, ideally with a title and details of the artwork. We would love to share your art pieces and we will tag you to hopefully improve your following also!

If you aren't aware, we are also on Instagram @artbymouthandfootpainters www.instagram.com/artbymouthandfootpainters/ If you are there too, follow us and tag us in your photos. We will add them to our daily stories. Thank you to all who are already doing this.

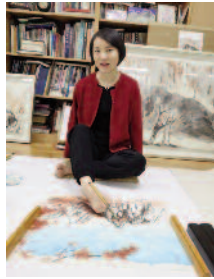
On both Facebook and Instagram, we are using the hashtag #artbymouthandfootpainters. Use it on your posts too!

We appreciate your continued support and wish you safe at this time.

VDMFK Board

Presentation of painting techniques

Soonyi Oh, VDMFK Board Member and foot painter from South Korea, offers advice and tips for mouth and foot painters. This time she gives an insight into the techniques of Far Eastern landscape painting.



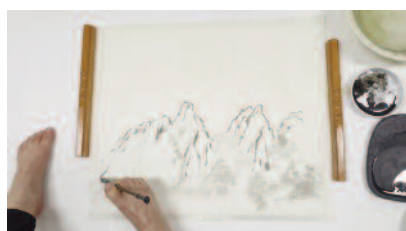
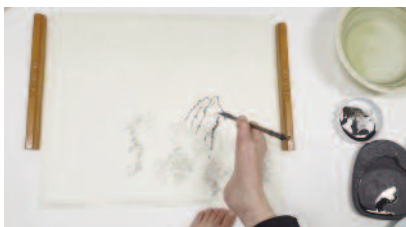
Depending on the position of the trees, light and shadow are applied with light drawing ink at the bottom of the canvas. The first step is to depict the forest.



We now draw the trees at the lower right and left end of the canvas.



The shape of a rock behind the trees is represented by various line types as used in Far Eastern painting.



After the lines for the rock formation have been drawn, we set about expressing the texture and tint of the rock.

Differences between Western and Far Eastern painting

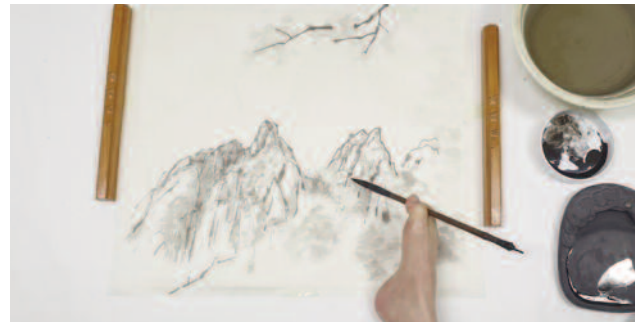
In general, we should note that both forms are manifestations of the respective history and culture of the two regions. Over the course of time, forms, artistic techniques and worlds of ideas developed in both areas, and their different forms of representation are immediately noticeable. Thus, in Western painting, we can observe the endeavour to create as real an image as possible of what has been seen or what has happened. Here, the key elements are the clear differentiation of light and shadow and the quest for realistic colourfulness. Painting therefore aims to achieve realism. In addition, it is clear by comparison how much the Western artist strives for originality and a personal, idiosyncratic hallmark. Even if he follows a general style, his personal touch should be clearly recognizable. In the Far Eastern painting tradition, the various schools of painting which emerged are still highly influential today. But they all share the essential principle that the real representation of an object – of man or nature and landscape – is not of primary importance. Rather, they focus on capturing the quintessence of an object, of awakening moods and sensations or laying bare its soul, as it were. Thus, Far Eastern painting dispenses with the use of intense colour in landscape pictures. This makes colourfulness in portraits, floral studies and paintings of animals that much more important. It is also interesting that Western art avails itself of the clearly defined picture format which is also provided with a frame and then placed and fixed in space. The Far Eastern artist does not paint on canvas, but mostly on paper flags instead. These are unrolled as if they were scrolls, with the images becoming recognisable in the process. Moreover, the artist often uses ink as in writing and harmoniously integrates it into his pictorial worlds. Drawing ink therefore plays an important role in the sequence of images.

Text by Prof Albert Ruetz

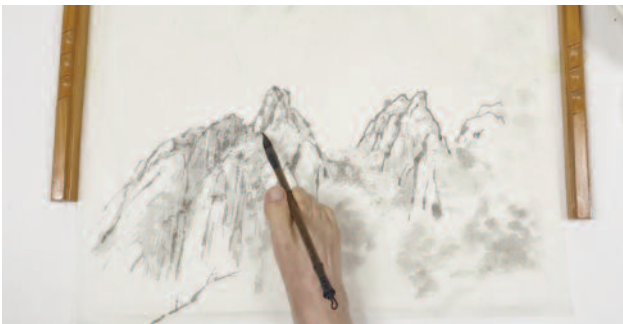
Presentation of painting techniques



After the twigs have been drawn in the upper part of the painting, autumn foliage is depicted with light ink.



After the texture and light and shadows on the rock have been expressed in detail by tinting the ink, the area is highlighted as needed.



As soon as the rock and the tree are well outlined at the desired spot in the picture, they are painted in using Far Eastern painting colours.

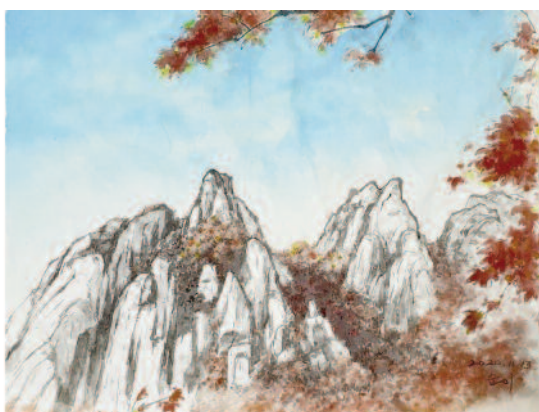
Presentation of painting techniques



What should emerge is a harmonious drawing with alternating weak, medium and strong colourations that reflect the shapes and properties of an object.



Then we check to see whether the entire landscape is represented in the painting as we want it to be. Afterwards you can give the picture its finishing touches.



Five remarks about expression in Far Eastern landscape painting

1. The object (the landscape) represents the ideas and feelings of the painter. In other words, the spirit of the painter expresses his very being.
2. The empty spaces on the canvas form part of the depiction.
3. The expression of fullness and emptiness is achieved through the use of contrast. In other words, the artist alternates between explicitly drawing the motif and hiding or showing the surroundings to support the depiction of the motif.
4. Densely and loosely painted as well as empty areas contrast with each other. This is the basic principle of structuring in Far Eastern painting.
5. The objects in the painting must be in harmony with each other. Above all, the aim is to show artistic effects imbued with atmosphere.

Health and care

This sixth part of the 'Health and Care' series is by Full Member Paulus Ploier from Austria.

Dear fellow artists!

As mouth and foot-painting artists all over the world, we all share the fact that we are physically restricted due to an illness, an accident or, unfortunately, a congenital condition. Understandably, each of us may sometimes feel sad, desperate or even angry about the limitations we have to live with every day. At such times it is a great challenge to keep ourselves agile as much as we can in order to preserve a feeling of vitality. We all know from experience that painting does us a power of good and how soothing painting can be for letting out our innermost feelings. So what is good for the body is good for the soul!

Iwish to mention that I have now been part of our large VDMFK family for some thirty years. I would like to take this opportunity once again to express my deep gratitude for all the support I have received, especially in the first few years. In addition to mouth painting, it enabled me to work through my painful past in a course of psychotherapy. This helped me activate my resources and gradually gain a new foothold once more in life.

Around this time, my wife Monika started doing yoga and I joined in. Now you might think that this is nonsense because I am paralysed from the neck down. It sounds a bit unbelievable at first, but I started to imagine the postures and exercises as best I could with my hands, arms or my body. The most important thing was to make the idea as clear as possible by creating a picture in my head. This way of imagining yoga worked better and better after some practice.

The amazing thing about this was the response that yoga triggered in me. My body simply felt better, and my posture became more upright. Yoga activated my body's water balance and

boosted my metabolism. The feeling that I could actually do something was so important to me! Even though we are apparently unable to move, it has already been scientifically proven that each idea in our head is also registered and works in every cell of our entire body (Lipton B. 2009, Lipton, Bruce H. (2009a). *Intelligente Zellen* (Smart cells). Burgrain: KOHA-Verlag GmbH).

This is precisely why I wish to motivate everyone with this article: Even if you are totally restricted and can't move at all, simply go for a walk in your head. It becomes easier to do with a little practice! When I go for a walk with my wife Monika today, I walk with her in my mind. What's more, in winter I find that I can stay outdoors for longer despite the freezing temperatures. I feel much warmer in this way and it's definitely a better feeling than if I'm just being passively pushed along in a wheelchair.

In full awareness and respect for every kind and degree of our disabilities, I would like to motivate you, my readers, here and call on you to unleash the powers of your imagination. So if I am paralysed in a wheelchair, I imagine that I can stand, walk and run. If you don't have hands, imagine that you can feel, reach out and move them. If you don't have legs, imagine that you can stand up and walk with them... Let's use the limitlessness of our mind to our advantage – after all, this also has a healthy and revitalizing effect on the body and soul!

Finally, I wish to show you five of my favourite yoga exercises which have had an extremely soothing effect on me personally. But I would particularly like to emphasize how important it is for everyone to experiment and feel which yoga exercises and postures work for themselves. Finding suitable exercises is easy with the aid of the Internet.

Just start by consciously perceiving your breath and letting it flow calmly through your body. By doing so, you

will increasingly become more aware of your mind and achieve harmony through the act of breathing.

Once you manage to see and feel a desired yoga posture in your mind, hold onto that moment for a while and gently breathe in until you feel you want to release yourself again.

Below is the link to the yoga therapy video with Paulus Ploier.
https://youtu.be/w_FlqY-BzzU



Full Member Paulus Ploier from Austria doing his exercises.

Fancy giving other mouth and foot painters tips on good health and care?

Then don't hesitate to send your ideas to the VDMFK office. We'll publish them in one of the next VDMFK bulletins.

Thank you very much



Exercise 1: The forward fold.



Exercise 2: The warrior.



Exercise 3: The half spinal twist.



Exercise 4: 'The sun salutation'. Paulus recommends doing this yoga exercise when you are used to imagining, since the sun salutation comprises several postures.



Exercise 5: The lotus position.



Vitality with yoga and the imagination (therapeutic yoga).

History of the VDMFK

1986: International art exhibition in Vaduz

30 years of the VDMFK: Thank you, Liechtenstein

The Principality of Liechtenstein plays a special role in the history of the Association. The VDMFK was founded in the Wald hotel above Vaduz, the capital of this small state in the heart of Europe, in 1957. Today, Vaduz is also home to the headquarters of the VDMFK. Thus the history of the Association is closely connected with the Principality.

In 1987, the VDMFK celebrated the 30th anniversary of its inaugural meeting – more than good reason to say thank you to the country for its hospitality. The Association expressed its gratitude in the form of an international exhibition, which was held in the town hall of Vaduz from 11 to 18 June 1986. In this case, the Association was accorded a great honour: The patron of the exhibition was none other than Princess Marie of Liechtenstein, who was still a hereditary princess at the time. In her address accompanying the opening of the exhibition, she spoke about the importance of the Association. She wrote: "The Association not only enables its Members and Scholarship Holders to develop and promote art. It also gives them that broad independen-



The then Hereditary Princess Marie and today's Princess of Liechtenstein acted as patron of the exhibition. She could not resist talking to the mouth and foot painters.

ce from public social and welfare institutions, which is so important for the disabled in particular. Over the past 30 years, the Association has given many disabled people around the world the hope of having a meaningful purpose in life and faith in themselves. I was therefore delighted to accept the invitation to act as patron for the 30th anniversary of the VDMFK and for the accompanying social events."

The exhibition opened on 11 June. Among the keynote speakers were Deputy Prime Minister Dr Herbert Wille

and the Mayor of Vaduz, Arthur Konrad. Her Serene Highness, the Hereditary Princess Marie, could not resist addressing a few words to the many guests. She praised the artistic value of the exhibits. VDMFK President Marlyse Tovae took the opportunity to thank her for accepting the invitation to act as patron and to thank the country of Liechtenstein for its hospitality. She said: "Our 30th anniversary gives me, as President of the Association, once again the opportunity to thank the Principality of Liechtenstein for the hospitality granted to us here for three decades. I would like to thank the Municipality of Vaduz, where we have been based since 1957, for its permission which has allowed us to use this magnificent town hall. We could not have wished for a more ideal place for us to stage our anniversary exhibition."

86 works by artists from all five continents were on display at the exhibition. The painting "Schloss Vaduz" by the late Board Member Charles Pasche received a lot of attention. It was chosen as the motif for the front page of the catalogue.



Many public figures well known in Liechtenstein took part in the opening of this international exhibition.



Ah Kwai Ng (Full Member / Malaysia), 'Pile-dwelling settlement - Kampung Langkawi', poster paint, 57x38 cm.

Publishers' activities

FRANCE

- The French publishing house was not immune to the effects of the pandemic, either. Numerous planned exhibitions were forced to be cancelled. Even so, the publishing house managed to hold two joint exhibitions between 1 January and 31 May 2020. The first took place in Vourles from 24 to 26 January. **VDMFK President Serge Maudet, Arnaud Dubarre (Associate Member) and Messaoud Belabbas (Scholarship Holder)** attended and gave painting demonstrations. A second exhibition took place in Vasles from 13 to 15 March 2020. **VDMFK President Serge Maudet and Arnaud Dubarre (Associate Member)** were present, held painting demonstrations and used this opportunity to have a conversation about mouth and foot painting and the Association with the numerous guests and pupils.



VDMFK President Serge Maudet during his painting demonstration in front of pupils.



Scholarship Holder Messaoud Belabbas, seen here demonstrating his foot-painting skills, also encouraged the children to have a go.



Arnaud Dubarre (Associate Member) in front of his works with guests during the exhibition.



The works of the mouth and foot painters on display attracted a great deal of attention from the guests.

Publishers' activities

MEXICO

- In February 2020, the Mexican publishing house invited its painters to create an exhibition exploring the subject of the blue agave. The underlying idea was to use art as a means of showing how tequila (one of the most famous drinks in the world) is made from this plant, which originates in Mexico. This challenge was enthusiastically taken up by over sixty artists. They created beautiful landscapes with blue agave plantations, painted the figure of the jimador, a man who brings in the harvest, and depicted tequila distillation manufactories as well as beautiful women from the federal state of Jalisco. The project was not only a success, but also strengthened the publishing house's bonds with artists working from home.

Virtual exhibition

The works which arose were released in a public virtual exhibition entitled 'Blue Agave' which opened on 5 September 2020, the third anniversary of the International Day of Mouth and Foot Painting. Full Member José Gerardo Uribe Aguayo wrote the opening words for the exhibition.



Full Member José Gerardo Uribe Aguayo also wrote a text to mark the opening of the virtual exhibition.



Scholarship Holder Adriana Leticia Estrella González.



Scholarship Holder Maria Guadalupe Rosas Rivera at work.



Scholarship Holder Claudia Carolina Ortega Iturbe's work depicts a 'blue agave' plantation.

Publishers' activities

POLAND

- The 13th 'Integration Painted with Sound' festival took place from 5 to 8 October 2020. For the past four years, this event – which is well-regarded both in Poland and worldwide – has been co-organized by Polish mouth and foot painters. Its initiator was **Full Member Stanisław Kmiecik**, who in the following years invited **Mikołaj Kastelik (Scholarship Holder)**, **Jerzy Galos (Scholarship Holder)** and this year's representative, **Walery Siejtbatałow (Associate Member)** to participate. Also present was 10-year-old **Scholarship Holder Martyna Gruca**. The main idea behind the festival is to present the artistic work of both disabled and healthy people on an equal footing. In this regard, the most important event is the song workshop comprising a duet of



Full Member Stanisław Kmiecik (on the right) with his colleagues and friends, one of whom is mouth painter Walery Siejtbatałow (second from left).

healthy and disabled people. In addition, there are three accompanying programme blocks. The mouth and foot-

painting artists were represented in two thematic blocks called 'Image and Music' and 'Film and Music'.



Foot painters coming together: Full Member Stanisław Kmiecik with 10-year-old Scholarship Holder Martyna Gruca.



Associate Member Walery Siejtbatałow (Associate Member) presenting one of his works to the world-famous opera diva Alicja



(photo on the left): The media also reported on the event and were impressed by the artists' skills.

