



My Future is So Bright

By Evy Moschakis



Women's &
Children's Hospital
Foundation



Image: detail of *The earth laughs out loud*

Evy is a local artist who began her working life as a Psychologist providing counselling and hypnotherapy. During the years of raising young children, her direction began to turn toward art having always enjoyed making and drawing in the past.

Whilst focusing on oil painting during her studies at Adelaide Central School, Evy discovered a passion for textile arts particularly crochet and embroidery. Evy found the mindful act of slow crafting resonated with her and provided great potential for her practice. This tactile experience of making textiles and working with bright and vivid colours also had a positive and healing impact on her mental state during a time of great stress.

Currently Evy's art practice encompasses textiles, painting, installation and public art, as she enjoys switching between media for variety and to express themes in diverse ways. The undercurrent to Evy's artwork often derives from the world of childhood, reflected in quirky, colourful and playful images and objects where she enjoys exploring the bounds of traditional textile processes in new ways.

'I believe that the creative process has the potential to express and articulate ideas and internal states more eloquently than language. It is through paint,

textiles and other media that I seek to explore myself and reflect upon my interaction with the world'. Evy finds the art-making process is just as important to the final product, as she learns about herself and the materials whilst working in a combination of pre-planned and intuitive directions.

This exhibition explores Evy's relationship with the natural world; as it is a place to be restored, find peace out of the city and connect to animals. The paintings 'The Good Boy' and 'The Divine Miss B' are about our relationship to our domesticated pets, and how they enhance our life and connecting us with nature. Butterflies often appear in Evy's works as an expression of natural beauty and a symbol of spiritual and personal journey.

The experience of connection with nature is expressed through strong colour saturation in her paintings and textiles. 'The Earth Laughs Out Loud', this painting's title derives from Ralph Waldo Emerson's quote 'the Earth laughs in flowers', Evy loves this notion as it provides some hope or a possible antidote for concern of the future of our planet - 'It certainly is becoming clearer with time that the only way we can continue to see a bright future for ourselves, our children and our planet, is to cherish and be grateful for the beauty of our natural world'.

Evy is a member of the artist run studios and gallery, 'Collective Haunt' in Norwood where she pursues her art practice which includes exhibitions, commissions, workshops and community projects.

For more about Evy's work: www.evymoschakis.com



Image: *Harmonic*



Image: *Monarch*

The Women's & Children's Hospital Foundation (WCH Foundation) raises funds in support of the Women's and Children's Hospital in Adelaide, South Australia. The WCH Foundation is committed to creating greater good, ensuring that mums, children and their families have access to the very best in medical care, hospital facilities and support services at a time when they need it the most.

The WCH Foundation has developed Arts in Health programs to integrate art into the life of the Hospital to improve people's health and wellbeing. We try to make the environment more 'child-friendly', making it look better and help to make the time spent in hospital 'feel better'.

The Arts in Health program delivers a range of activities throughout the hospital across art forms such as: Visual Arts, Digital Media, Music and Performing Arts, Public Art, Literature and the Therapeutic Arts (Play Therapy, Art Therapy and Music Therapy). From providing pencils and colouring books in waiting areas, to managing Gallery spaces and art displays in the Hospital, collaborating with Hospital School on book week activities and working closely with the Play Therapy Team, the Arts in Health program delivers smiles and fun throughout the Hospital.

The WCH Foundation's Gallery program coordinates five galleries in the Hospital, providing a space away from the stresses of treatment to distract, entertain and inspire, improving the visual environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from local artists and art collectives.

This exhibition was planned and exhibited on the lands of the Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover image: *The Good Boy*



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