

Welch's Gallery

All photos courtesy of Roger Welch



"Ice Skate" by Roger Welch features a view of The Presbyterian Church in Westfield from the pond at Mindowaskin Park.



"Country Home" was the home of Welch's great-grandfather on Westfield Avenue in Westfield.



"Mindowaskin Park" by Roger Welch (ink on photographs, 1979).



"Opposite Sides of the Earth," 2003 by Roger Welch (view of one side - Amsterdam Island).

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European Exhibitions Will Include Artwork By WF Native Welch

By KERRIANNE SPELLMAN CORT
Specially Written for The Westfield Leader and The Times

WESTFIELD — Roger Welch, a former Westfield resident, has his own art studio in Soho, New York City and has two upcoming exhibitions featuring his work. If you would like to attend them, however, you may need to hop a plane to Europe, since his art shows will be held in Italy and France this coming spring. Not bad for a local boy.

Born and raised in Westfield, Welch has always been passionate about art. He received his Bachelor of Fine Art degree in Ohio and his master's degree at the Art Institute of Chicago. A sculptor, painter, photographer and sketch artist, Welch is featured in the permanent collection at The Guggenheim Museum.

The Guggenheim piece, an acclaimed replica of a Cadillac Eldorado, consists mainly of wood and twigs and the tableau is completed by an image filled film screen.

The multimedia, conceptual artist incorporates video and film into his sculptured works to create a total art experience that has essentially become an entirely new genre.

Combining real time and real events in American culture, Welch's work is often topographical images that are created by the memories of friends and family. Childhood recollections

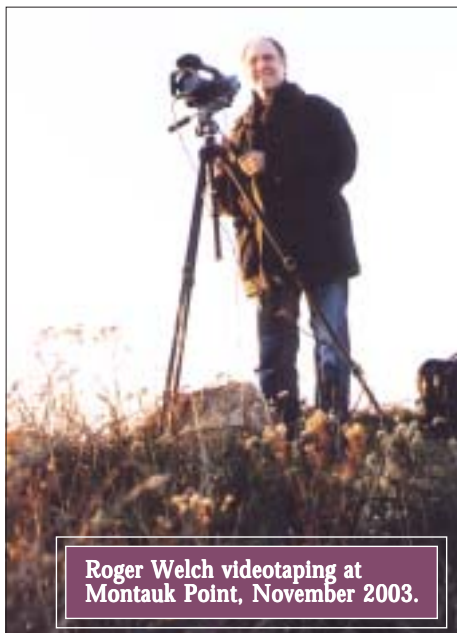
and descriptions of places remembered have become works of art. He rarely works on commission, although he is not averse to the idea.

Welch's family owned the Welch's Paint and Wallpaper store in downtown Westfield many years ago, and they were instrumental in developing quite a bit of early Westfield, including the Westfield Y.

Having relocated to Long Island, Roger continued to pursue his passion

for art. Extremely successful directly out of college, Welch feels quite blessed of his success.

His work has received phenomenal accolades and the artist himself has garnered many grants, including several from the National Endowment for



Roger Welch videotaping at Montauk Point, November 2003.

the Arts and the New York State Council for the Arts, to name a few.

His work can be seen locally in New York City at The White Box Annex on 26th Street in Chelsea and also at Esso Art Gallery on 26th Street.

Welch's advice to aspiring artists is not to become discouraged. Trust yourself, and don't get disappointed if things don't go the way you would like them to, initially. Even now, he said, he is surprised by what happens when he simply con-

"Drive-In: Second Feature," 1982 - Sculpture and film installation by Roger Welch. Car: 60" x 210" x 90".

tinues to plug away at it. His studio is located on Houston and Bowers in New York City.

For more information on the artist, please visit www.RogerWelch.com.

MORE A&E: CHRISTMAS BOOK NOOK, THEATER PROJECT REVIEW

Arts & Entertainment

'A Tooth from the Tiger's Mouth' By Bisio Stresses Self-Treatment

By MICHELLE HELEN Le POIDEVIN
Specially Written for The Westfield Leader and The Times

MOUNTAINSIDE—A martial arts teacher for a quarter of a decade, Mountainside native Tom Bisio has penned "A Tooth from the Tiger's Mouth: How to Treat Your Injuries with Powerful Secrets of the Great Chinese Warriors."

Published in October by Simon & Schuster, the book, according to Bisio, is a simple and straightforward "first-aid book for self-treatment."

A graduate of Jonathan Dayton Regional High School, Bisio became interested in martial arts after taking a Tae Kwon Do class at the Westfield Y.

"After doing martial arts for many years, I became interested in treating injuries," Bisio told *The Westfield Leader* and *The Scotch Plains-Fanwood Times*. Few people are versed in the treatment of injuries, he said, adding that patients often ignore them or mistreat the problems with painkillers and surgery, instead of arming themselves with the right information and procedures.

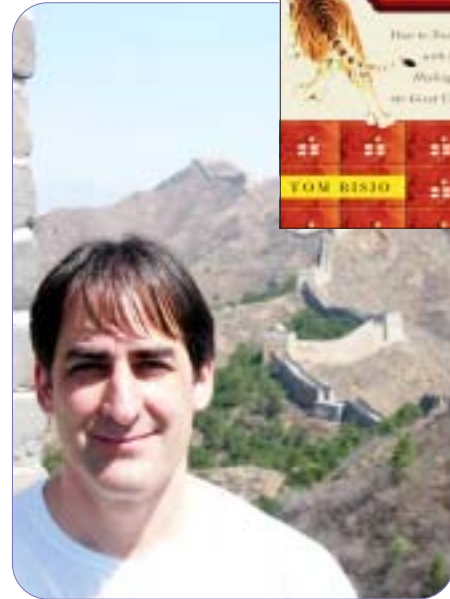
When writing "A Tooth from the Tiger's Mouth," Bisio used layman's terms to illustrate solutions and educate the general public. He is working on a book, however, with colleague Frank Butler, which will inform an audience better acquainted with his profession.

Bisio and Butler founded a system of orthopedic medicine, Xheng Gu Tui Na, which they teach all over the country. The system combines Tui Na (Chinese orthopedic massage), acupuncture, Zheng Gu mobilizations, Qi Gong, diet/lifestyle therapy, and the

external and internal application of herbs.

Bisio is also halfway through completing a book on medical massage.

In late October, Bisio



PHYSICIAN SAYS 'HEAL THYSELF'...Tom Bisio, author of "A Tooth from the Tiger's Mouth," is pictured, above, in front of the Great Wall of China.

attended a book signing hosted by the Town Book Store in Westfield, which told him that sales of the book were successful. Several friends of the family and current students turned out for the event, including Fanwood resident and current student Joli Fischer.

On the evening of his interview with

The Leader/Times, Bisio attended a special discussion at Touro College in New York City, where he sold copies of his book and offered a more in-depth discussion of poultices and plasters (applications used to draw out toxins and clear injured areas of stagnation) with the audience.

The manager of a clinic that focuses on trauma and sports injuries, Bisio is also an instructor in the graduate program of Oriental Medicine at Touro College.

At 14, Bisio began his study of martial arts and Oriental medicine, earning a Black Belt in Isshin Kempo at 17. He earned a Bachelor of Arts degree in East Asian Studies at Columbia University in New York. He competed and placed in several tournaments and championships, and studied with various notable herbalists, instructors and experts.

Bisio has worked as an athletic trainer at the Sports Training Institute, where he helped to establish rehabilitation programs for injured athletes. He has been invited to lecture at the Laban Institute for Movement Studies and the Tri-State College of Acupuncture.

To learn more about the author or to order a copy of "A Tooth from the Tiger's Mouth," please visit www.tombisio.com.

Westfield Psychotherapist's Popular Novel Reprinted

WESTFIELD— "One More Spring, A Story of Courage and Friendship" by Westfield-based psychotherapist Dr. Peter Kalellis, published in 1996 by Crossroad Publishing Company, has been reprinted and is available at The Town Book Store in Westfield.

The story was revived due to an experience Kalellis had in his own office in Westfield.

The author, a Mountainside resident, explained how one patient, David, a teenager, entered Kalellis' office carrying a violin case containing a gun with a silencer. In school, he was an "A" student, but lately he refused to do any schoolwork. He failed drastically and joined other dropout schoolmates involved in the villainy.

Kalellis noted that David was determined to kill his parents, a couple of teachers and himself. The patient had divulged that he belonged to a Neo-Nazi club, whose purpose was to "clean up the scum" in his environment. Kalellis said David gestured with his fingers, pointing to the action he was planning.

Frightened as to what kind of therapeutic intervention he should follow, Kalellis told David what happened to him when he was a teenager — how the Nazis invaded his village, ransacked his house, pointed a gun at him, took his bike away, killed innocent people and starved others to death.

"You're a Greek," said David. "The Nazis did not invade Greece. All I know is about the Jewish Holocaust."

"Well, David, if you're interested, I can tell you a bit about the Greek Holocaust, but first I'd like to hear what's going on in your life," said Kalellis.

"Tell me first, what happened to you under the Nazis, and then I'll tell you why I want to kill..." David added.

"During the first winter of 1941-1942, they shot children who were singing Christmas carols," said Kalellis. "They killed my father's friend for no reason and 260,000 people died of starvation. I was there. All together, the small nation of Greece lost over a million people. David, it was a nightmare."

"What did you do?" David asked.

"Three of my friends and I swore to sabotage the enemy. One night, I went and took down the Nazi flag — you know, the swastika. We did all kinds of mischief against the Nazis. But, eventually they caught us and threw us in a concentration camp," Kalellis explained.

"Did they beat you?" David asked. "I cannot tell enough about the torture, starvation, living cheek by jowl in dark, filthy cells, doing slave labor for those brutes. If a Nazi soldier was killed by the resistance outside the camp, they executed 200 prisoners," Kalellis answered.

"Are you survived?" asked David. "A love for each other and our homeland, God and life itself kept us alive —



IN HIS NATIVE GREECE...Westfield-based psychotherapist and author Dr. Peter Kalellis, pictured, above, has reported that his novel, "One More Spring, A Story of Courage and Friendship," has been reprinted and is currently available at The Town Book Store in Westfield.

and blind faith that another spring (freedom) will come. Not many people survived," said Kalellis.

"Wow! And I'm complaining," David said after hearing the gruesome details.

According to Kalellis, David's parents were going through an ugly divorce and he was hurting. But hearing the doctor's story, his life took a turn for the better. He found interest in his friends and in his hobby, writing. His teachers were pleased with the change and impressed with David's talent.

A turning point for David, he went on to write a play entitled, "Beyond Brains and Barbed Wires," which was staged at his graduation from high school.

Today, David is hard at work in his New York office and he enjoys a reputation as an excellent commercial artist.

"One More Spring" is a book that a teenager or an adult will read and find to be fascinating.

Kalellis, a practicing psychotherapist, writes vividly what he had witnessed as a 16-year-old and how he and his three friends managed to hold on and transcend the evil, becoming better for it.

In an epilogue, the reader learns that the four friends, whose pictures are included in the book, now in their 70s, make an annual pilgrimage to their hometown of Moria in the island of Lesbos to celebrate their good fortune.

Over a bottle of ouzo, pinching their cheeks individually, Kalellis says, "You and I have always lived together, soul in soul, and walked through the paths of life and death. You and I expanded our strengths to pursue our freedom. We paid a high price, but we are now free. Let's celebrate!"

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Get Outta The House

By CAROL F. DAVIS
Specially Written for The Westfield Leader and The Times

The "Community Sing" performance of Handel's *Messiah* is an annual event of The Choral Art Society of New Jersey. This year, it will take place on Friday, December 10, at 8 p.m. at St. Helen's Roman Catholic Church, located at 1600 Rahway Avenue, Westfield. Admission is \$10 at the door, where you can also pick up a score. Don't worry — your voice will surely be drowned out by the person next to you. Just have fun.

On Saturday, December 11, enjoy the **Victorian Holiday House Tour**, featuring 11 homes, decorated for the holidays. The tour will take place from 4:30 to 8 p.m., just as the lights go on. Start at the Church of the Holy Cross, at the intersection of Grove and Mercer Avenues in North Plainfield. Tickets are \$10 to \$12. For reservations and information call (908) 757-6353.

Voice of the Dragon is anything but your typical dance performance. Composer Fred Ho has created a multicultural epic, fusing Afro-Asian music, theater, and pyrotechnical martial arts, in an early Ching Dynasty setting. There is only one opportunity to see this show on December 10 at Kean University's Wilkins Theatre at 7:30 p.m. Tickets are \$17 to \$25. Call the Box Office at (908) 737-SHOW, or log onto www.wilkinstheatre.com.

Girlyman, a trio that recently toured with the Indigo Girls, will perform at the First United Methodist Church of Westfield on December 11 at 8 p.m. Tickets for this Coffee With Conscience Series are \$14. For information, please call (908) 522-1501 or log onto <http://www.coffeewithconscience.com>. You can listen to some sound clips before you decide, at <http://www.girlyman.com/presskit/soundclips.html>.

There will be three events to choose from this weekend at the Union County Arts Center in Rahway. On Friday, December 10, it's the Rahway Dance Theatre's production of *The Nutcracker* at 7:30 p.m.; on December 11, it's the famous *Orchestra of St. Peter by the Sea* in a seasonal spectacular at 8 p.m., and on December 12, see the gospel presentation, *Christmas With the Star III* at 5 p.m. Ticket prices vary for each of the shows, so call the Box Office at (732) 499-8226, or purchase a virtual ticket at www.uccac.org. Certainly one of these has got to catch your interest.

COME & SING

OR JUST LISTEN TO

The Choral Art Society of New Jersey

MESSIAH

COMMUNITY SING

8:00 Friday, December 10th, 2004

at

Saint Helen's Catholic Church
1600 Rahway Avenue
Westfield, NJ

Tickets \$10.00 at the door
For more information call 908-654-9046