



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

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**FOR IMMEDIATE RELEASE**

**Artist Monica Cardestam Featured at  
NSYMCA February Community Gallery**

**Northbrook, IL: January 2023** – The North Suburban YMCA Community Gallery is showcasing the artwork of local artist Monica Cardestam through February. The artwork is for sale with a portion of the proceeds benefitting the Y's Visual Arts Program.

After spending many years in the retail business, Cardestam became interested in the Sumi-e (ink on rice paper) technique where her interest led her to become a board member of the Sumi-e Midwest organization. Since then, she has branched out to creating art in charcoal drawing, watercolor pencils, and watercolor painting.

Cardestam has had her artwork displayed in a variety of venues including AIR Studio in Glencoe, The Gorton Center "Painting in the Asian Manner" show, Highland Park's The Festival of Fine Arts, the Northbrook YMCA "Taste of Asia" Festival, The Glenview Arts of Life "Square Foot" show, Heller Nature Center "A Brush with Nature" shows, and many others. Her work has also been published in the past six volumes of *East on Central* as well as in *The Majesty of Trees: Poets Respond Root, Trunk and Branch*.

The NSYMCA's Community Gallery located at 2705 Techny Road in Northbrook celebrates the diversely talented artists living and working in Chicago's northern suburbs with monthly exhibits that are free and open to the public. For more information about art at the North Suburban YMCA, contact Cathie Winnie at [cwinnie@nsymca.org](mailto:cwinnie@nsymca.org) or 847-272-7250.

**About the [North Suburban YMCA](http://www.nsymca.org)**

The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA

focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://NSYMCA.org).



***CAPTION:*** The North Suburban YMCA's Community Gallery is showcasing the artwork by Monica Cardestam through February.