

An Art Show for a Good Cause

(50% of the proceeds from Courtney's art will be donated to the Kidney Cancer Association)

Rising Bird Healing Arts

6316 9th Avenue NE, Seattle, WA 98115

Thursday, December 11, 2008; 6:00-9:00pm



"Breathing and Blooming in the Face of Loss,"
mixed media collage by Courtney Putnam

Featuring...

Courtney Putnam, mixed media artist

Kristin Stubbs, jewelry artist



Flying Swallow necklace by
Kristin Stubbs



Silver Teardrop earrings by Kristin Stubbs

Courtney's father, **Ed Putnam**, 62, received the news that he had advanced kidney cancer in January 2008. He passed away just eight months later. Courtney wants to help give others the chance that her father didn't have by making a contribution toward early detection and effective treatments.

Through this art show, Courtney is hoping to raise awareness of kidney cancer and to commemorate and celebrate her father's life by **donating 50% of the proceeds from her original art, art prints, and art cards to the Kidney Cancer Association** (<http://www.kidneycancer.org>).

Talented jewelry artist, **Kristin Stubbs**, will be joining Courtney for this special event. She will be selling her one-of-a-kind jewelry creations. **For more information about Kristin, see the next page!**

Rising Bird Healing Arts • Courtney E. Putnam, MFA, LMP, CRP

6316 9th Avenue NE, Seattle, WA 98115

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Healing Nest Blog: <http://thehealingnest.blogspot.com> • Art Blog: <http://oriart.blogspot.com>

About Kristin:



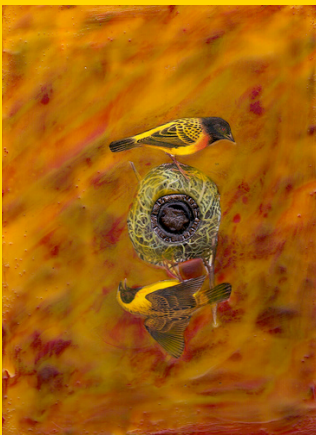
I've always liked to make things, to use my hands. In high school, my favorite classes were wood shop and drafting. The smell of the wood, the roar of the power tools, the glide of the parallel bar, learning how to roll the pencil as you draw across the page, all of these experiences took me away from the stress of the teenage years and helped me learn who I was as an individual. I had originally planned on studying architecture in college, but one jewelry class in 1992 changed all that. When I transferred to the University of Washington, I decided to enter the Metals program instead. I graduated from the UW in 1995 with a BFA in Metal Design.

Today I make jewelry for the fun of creating and partially as a tension releaser. It's just me, my tools, the raw materials, and maybe a cat or two who voice their opinions. I usually have a basic idea of what I want to make, but sometimes a piece will go off in a completely different direction. I hardly ever draw anything out, which is funny because that's what I enjoyed most about architecture, the drawing. I look at the stones, their shapes and colors, and just plan it out in my head. My materials of choice are silver and semi-precious stones. I prefer stones that are rough cut, oddly shaped or faceted; I like how they reflect light, have texture and aren't trying to be too perfect.

In my current collection, I have added more gold chain & wire and semi-precious stones in warm tones like yellow, orange and red. Personally I love cool tones and tend to gravitate towards blues, greens and purples, Maybe its my need for the sun and the warmth it brings that my work bench is suddenly covered in these golden tones!

Kristin currently lives in Madison Park with her two cats, Mike and Lopez. When she's not making jewelry, she can often be found dreaming of her next trip to a tropical destination for adventure and inspiration.

About Courtney:



In addition to being a massage therapist and Reiki practitioner, I am also a visual artist. My creations most often manifest as mixed media collages. Because of my knowledge of the body from my work as a massage therapist, I love to explore the human body in my work; I am drawn to the sensory, the palpable, and the tactile. I am also drawn to themes of healing, growth, and transcendence.

Birds are often central to my creations. In my work, I explore the human-animal connection, often blurring the lines between human and non-human animal forms. In my imagination, humans have wings and birds wear crowns. Birds are gentle yet powerful creatures – they are so light and fragile, yet profoundly symbolize freedom, release, creativity and transformation. As an artist, poet and healer, I see my work as embodying these characteristics. More of my art may be seen on my art blog at <http://oriart.blogspot.com>

I hold a Master of Fine Arts in Creative Writing, and in addition to my bodywork and visual art endeavors, I write poetry and creative non-fiction. For more information about Rising Bird Healing Arts, please visit <http://www.rising-bird.com> or visit my Healing Nest blog at <http://thehealingnest.blogspot.com>.

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