

Holiday Art Show!

at Rising Bird Healing Arts

Featuring...

Courtney Putnam, mixed media artist

Kristin Stubbs, jewelry artist

- ★ Jewelry and original art for sale!
- ★ Art cards and prints for sale!
- ★ Enter to win a **free** massage!
- ★ Enjoy some delectable refreshments!

When: Thursday, December 13, 6-9pm

**Where: Rising Bird Healing Arts
6316 9th Avenue NE, Seattle**



"My Body is My Home" by Courtney Putnam

Please join us!

This season, Courtney will be joined by the talented **Kristin Stubbs**, whose art takes the form of unique and exquisite jewelry pieces. For more information about the artists, see the next page!



Earrings by Kristin Stubbs

Courtney E. Putnam, MFA, LMP, CRP

Rising Bird Healing Arts

website: www.rising-bird.com ● art blog: www.oriart.blogspot.com

healing blog: www.healingnest.blogspot.com

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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 of work I'm using sterling silver chain, waxed linen cording, and various semi-precious stones. I love cool tones and tend to gravitate towards stones in the blues, greens and purples. I have to remind myself that there are colors at the other end of the spectrum! It's good to have friends who say "I love it, but what about something in yellow?" Of course, yellow!



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, the tactile.

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.

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.

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