

VALERIE OSTENAK



www.valerieostenak.com

vo@valerieostenak.com

Phoenix AZ 85086

#### EDUCATION

Northern Arizona University,  
Flagstaff, AZ  
painting & metalsmithing,  
design, biology

California State University,  
Long Beach, CA  
metalsmithing, design

#### INTERESTS

Design  
Metaphysics  
Spirituality  
Astronomy  
Nutritional Chemistry  
Fantastic Cars & Motorcycles  
Camping & Hiking  
Swimming  
Sci-Fi

#### STATEMENT OF WORK:

Transformation. Movement. Flow . . . and the energy within. The energy that exists in the visible, and the invisible as thought: its effect on us, and how we affect it down to the quantum level. The pieces I create speak to hope, change, enlightenment, transforming and becoming better, weathering the storms and learning to swim within the chaos.

As a multidisciplinary artist my creative focus is ever-expanding. The ideas and feelings I am driven to express currently are more suited to the atmospheric possibilities of paint than the immediate tactility of metal. Expressing the ephemeral in a more visual way reflects the emotions that flow through my hands to the canvas. I can get the brushes and paint to mirror unseen thought as opposed to the metal showing literal movement. I respond to the nebulous, the intuitive as it flows through me. Painting allows me to escape the physical.

#### PAINTING: SERIES AND INSPIRATION

I am visually inspired by the rich colors of oceans, forests, and flowers . . . by the perfect curve in the shape of a wave, the winding tendrils of vines and how they connect to everything around them. I am intrigued by Space visually and metaphorically. Images from the Hubble telescope utilizing UV and IR filters show us billions of galaxies and richly colored nebulae. Though separated by incomprehensible distances, they are the light within the darkness. These create the balance in my life.

Currently I am exploring six series: *Conversations with the Stillness*, *Embracing Shadow*, *Listening to Water*, *Missing Hawaii*, *Emergent*, and *Illumination*. Each has a philosophical approach building on the concepts of the previous one. They are my path of transformation to a place of contentment and understanding, of soul's peace. A path that I offer to others to take as well.

- *Conversations with the Stillness* explores the tranquility, the serenity that presents itself when we quiet our minds in meditation and prayer.
- *Embracing Shadow* reveals the light that comes out of the darkness as those meditations and prayers become answers for us.
- *Listening to Water* presents the turbulence and chaos of transformation and change as we live out those answers. On an activist level, this series reflects my deep concern for the state of water availability and reliability in the world.
- *Missing Hawaii* is finding focus and grounding in the tropical flowers that connect me to family.
- *Emergent* explores the explosive and powerful energy of growth and change that has been simmering beneath the surface. New life blooming, new paths chosen, and mindset shifts that open us up to receive.
- *Illumination* brings forth the vastness of space, to present it as an infinite field of possibilities in our Becoming.

#### EVENTS/AWARDS

- Silver Award, Camelback Gallery International Juried Flower Power 2022 Competition, *Spring: Emergence VI*
- Bronze Award, Camelback Gallery International Juried Shades of Red 2022 Exhibition: *The Promise*
- Selected for the 2022 Flag Project at Rockefeller Center by the United Nations Environment Programme and the Climate Museum in NYC
- Invited by British automaker Rolls-Royce to co-brand and exhibit my sculptural art jewelry at their North American Rolls-Royce Owners Club Annual Meet in Lake Tahoe CA; featured in exclusive luxury-content book distributed only to RR owners internationally
- Purchase Award, Arizona Citizens for the Arts: painting presented as an award for a category winner of the 38th Annual Governor's Art Awards

VALERIE OSTENAK



www.valerieostenak.com

vo@valerieostenak.com

•

Phoenix AZ 85086

p. 2

- Saul Bell Design Award, Finalist: Alternative Metals/Materials category, sculptural art jewelry
- Emerging Designer Award: chosen as one of six from an international field by Centurion Jewelry Show, an invitation-only show for luxury jewelers and retailers
- Grand Prize Winner Halstead Jewelry Design & Business Development Grant
- National Geographic: featured for Artist Appreciation Month (Twice in two years)
- National Geographic: Interviewed for their education website
- Invited by National Jewelry Institute to Designer Showcase during Paris Fashion Week, France
- LA Style Fashion Week, presented jewelry collections on the runways
- Phoenix Fashion Week, presented jewelry collections on the fashion runways (2 years)
- Invited speaker at The Art Institute of Phoenix in the Fashion Accessories courses
- Demonstrator/lecturer on blacksmithing and copper forging: Guild of Metalsmiths, MN
- Demonstrator & lecturer on non-ferrous forging: ASU, Tempe AZ
- Demonstrator/lecturer on blacksmithing: ASU, Tempe AZ
- Demonstrator/lecturer on metalsmithing: Northern Arizona University, Flagstaff AZ
- Jewelry Trunk Show, Big Brothers Big Sisters Annual Gala, Dallas TX
- Designed/built/installed a hand-forged decorative steel railing at the Grand Canyon Mather Point Amphitheater (a three-person team)

#### EXHIBITIONS

2022

- Seattle Art Fair, Maria Elena Kravetz Gallery, Seattle WA
- The Other Art Fair, Virtual Edition; Saatchi Art
- Artexpo New York, New York NY
- NightVisions 2022, Coconino Center for the Arts, Flagstaff AZ
- Women of the Showroom, Steidel Contemporary, West Palm Beach FL
- The Palm Beach Show, Steidel Fine Art, West Palm Beach FL

2021

- "Space Art: Women of the Future," Palm Beach Design Showroom (Steidel Fine Art) West Palm Beach FL
- "Abstract," Art Room Gallery,
- Celebration of Artists 2021, West Valley Art Museum, Peoria AZ
- Making Her Mark: Art By Women, Sonoran Art League, Carefree AZ
- Greater Phoenix Revival, Greater Phoenix Economic Council, Phoenix AZ
- Palm Beach Design Showroom, (Steidel Fine Art) West Palm Beach FL
- ACA, Art Comes Alive!, ADC Fine Art Consultants, Cincinnati OH

2017

- Wearable Expressions, 7th International Juried Exhibition, LA, CA
- globalDESIGN, Baltimore MD
- SNAG: [Up]Setting the Stone, online exhibition of the Society of North American Goldsmiths

2016

- Artistar Jewels, art jewelry exhibition, Milan, Italy
- 4orm & Space, four-person show at Carl Cherry Center for the Arts; Carmel CA
- Gratitude, Titus Contemporary Gallery, Carmel CA
- Prospectus #241, a juried competition: New Mexico Art in Public Places; (paintings)
- SOFA Chicago USA; Maria Elena Kravetz Gallery, Cordoba, Argentina

*continued on p. 3*

VALERIE OSTENAK



www.valerieostenak.com

vo@valerieostenak.com

Phoenix AZ 85086

p. 3

2015–2003

- Artistar Jewels, art jewelry exhibition, Milan, Italy
- Art San Diego, exhibited sculpture and jewelry, San Diego CA
- Artistar Jewels, art jewelry exhibition, Milan, Italy
- SOFA Chicago USA; Maria Elena Kravetz Gallery, Cordoba, Argentina
- Women of Steel, two-woman show at Lanning Fine Art Gallery, Sedona AZ
- Metal Worked; Pearl Fincher Museum, Spring TX
- Artist's Studio Tour; Monterey CA
- CUP; (First Place); Monterey Bay Metal Arts Guild; Carmel CA
- Reflections in Metal; Monterey Bay Metal Arts Guild

#### PUBLICATIONS

*Canvas Rebel* magazine Interview 2022: <https://canvasrebel.com/meet-valerie-ostenak>

*Blink Art Resource*, ADC Fine Art Consultants, Cincinnati OH, 2020

*Voyage Phoenix*, *Thought-provokers series*, 2019, on-line magazine interview <https://voyagephoenix.com/interview/check-valerie-ostenak-s-artwork>, Phoenix AZ

*Strive for Perfection* 2018, Rolls-Royce commemorative annual exclusively for owners & collectors

*Voyage Chicago: Thought-Provokers series*, 2018, on-line magazine interview <https://voyagechicago.com/interview/check-valerie-ostenaks-artwork>, Chicago IL

*Saul Bell Design Award* 2017, exhibition catalog, Albuquerque, NM

*Wearable Expressions* 2017, exhibition catalog, Los Angeles CA

*Artistar Jewels* 2017, exhibition catalog, Milan, Italy

*Artistar Jewels* 2016, exhibition catalog, Milan, Italy

*ArtBusinessNews.com*, Spotlight and Featured Artist, Nov 2015

*Artistar Jewels* 2015, exhibition catalog, Milan, Italy

"Jewellery Box," Valerie Ostenak, *British Harper's Bazaar*, March & April 2014

"In-Style," Valerie Ostenak, *Marie-Claire* magazine (British), April 2014

"Sleigh Bells Bling . . . Sparkle This Season!," Valerie Ostenak, *Tatler* magazine (British), Dec 2013

"Jewellery Designer Profiles, Valerie Ostenak," *British Vogue* magazine, Aug–Dec, 2013

*Contemporary Art of the Southwest*, by Ashley Rooney, Schiffer Books

*Showcase 500 Art Necklaces*, Lark Books, June 2013

"Women of Steel," *Western Art & Architecture* Events Calendar (online slideshow), Apr 2012

"Four Hohzo galleries anchor gallery district," *Artscene*, Sedona AZ, Spr 2012

"Spring Shows," *Kudos Art & Gallery Guide*, Sedona AZ, Apr 2012

"Steely Disposition," by Jeff Prine, *Watch & Jewelry Review*, Apr 2011

*Sedona Magazine*, Spring 2011

"Trend & Colours," *CIJ International Jewellery*, Spring 2011

*Art Jewelry Today*, by Dona Meilach

*Art Jewelry Today 2*, by Jeffrey Snyder

*The Contemporary Blacksmith*, by Dona Meilach

*Best of America: Jewelry Artists & Artisans, Vol. 1*, Kennedy Publishing

"Clever and Crafty," *The Monterey County Herald*, Dec 2003

"Art From the Forge," *the fabricator.com*, Dona Meilach, May 2003

"Metal of Honor," *The Monterey County Herald*, Apr 2003

"Cups Runneth Over," *The Coast Weekly*, Apr 2003

"Cup," *The Monterey County Herald*, Apr 2003