	Name:	Tamara Russell		
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	Website:	Karhina.com		
	Instagram:	@tamararussellart and @karhina_textileart		
Practice	I am a Textile Artist specialising in free machine embroidery, hand stitching and mending based in Melbourne. I explore my surroundings and interpret what I see through the medium of embroidery. In my works composition, I combine light, colour, shape and texture to recreate images that inspire me. My work has been exhibited in Australia and the United Kingdom.			
	Photos are the st portrays my conc	ges with the environment recreating the images and shapes in my embroidered works in both 2D and 3D form. arting point as I explore my subject matter onto fabric, painting with a needle and thread. Much of my work erns surrounding climate change and the treatment of asylum seekers. I find textiles to be a perfect medium to ths using hand and machine stitching.		
	unexpected uses them. The choice	by work incorporates upcycled or reclaimed materials. Working with found materials I find the joy is the that can be found for them. I love this unpredictability and enjoy the inventiveness necessary to transform of materials can also be a key part of the story. The materials not only highlight a need to address the amount uce, but also contributes to the story, things with a history that have been discarded and might otherwise end		
		s passing on the core skills to enable mending, reclaiming, upcycling materials along with embroidery core part of my practice along with my work promoting and facilitating community arts projects and ices.		
Solo Exhibitions	2020	'Fractured Earth' – Lane Cove Gallery Sculpture Plinth - Sydney		
	2016	'Stitch by Stitch' - 69 Smith St Gallery – Melbourne		
	2009	'Spring Landscapes' – Body Works Studio – Canberra		
Prizes	2015	Honourable Mention - End of Year Show – 69 Smith St Gallery – Melbourne		
	2009	2 nd Prize 'Reuse, Reclaim, Recycle' – Green Lifestyle – Canberra		
	2004	People's Choice - 'Recycled – Reborn'- Cuppacumbalong Gallery – Tharwa		
	2004	1 st Prize - 'Footsteps on Campus: Connections with Environment' - Australian National University – Canberra		
	2002	1 st Prize - Seer Green Art Show – Buckinghamshire, UK		
Curatorial Projects	2017	Moreland Quilt exhibition – Town Hall Art Space - Melbourne		
	2014 - Present	Developed and curated Creativesandmakers.com.au -supporting Melbourne artists & craftspeople		
	2009-13	Developed and curated www.CanberraHandmade.com –web portal promoting arts and crafts.		
	2009	Switch to Green art show – Exhibition Centre - Canberra		
Group Exhibitions	2020	Make A Fuss – Queen Victoria Women's Centre - Melbourne		
		Stitch On – Schoolhouse Gallery - Hobart		
		Miniature Textile – Wangaratta Art Gallery		
		Arts Under Lockdown – Counterweave - Online		
		TransCultural Exchange's Hello World project - Online		
		The Meaning of Things – Craft Victoria		
		Woman Up! - Impress Printmakers Studio & Gallery - Brisbane		
	2019	'Another Artist' - No Vacancy Gallery - Melbourne		
		• 'Circular' – Blakdot Gallery - Melbourne		
		'Language and Liberty' – Counihan Art Gallery – Melbourne		
		Linden Post Card Show – Linden New Art - Melbourne		
	2017	Small Works – Brunswick Street Gallery - Melbourne		
		Strut Your Stuff – Art Exhibition – Brunswick		
	2016	• 40 x 40 Art Prize – Brunswick Street Gallery - Melbourne		
		'The Last Show' – 69 Smith Street Gallery - Melbourne		
		'Factivism' – Counihan Art Gallery - Melbourne		
		Linden Post Card Show – Linden New Art - Melbourne		
		Small Works Art Prize – Brunswick Street Gallery – Melbourne		
	2015	• 40 x 40 Art Prize – Brunswick Street Gallery - Melbourne		
		Linden Post Card Show – Linden New Art - Melbourne		

		Small Works Art Prize – Brunswick Street Gallery – Melbourne		
	2012	 Sustainable Art, Craft & Design – Belconnen Arts Centre – Canberra 		
	2011	 Harvest Festival of Art, Design & Wine – Belconnen Arts Centre – Canberra 		
		• You Are Here – Reloved Creations Design Hub – Canberra		
	2010	 Footprints Festival in the Gardens – Australian National Botanic Gardens – Canberra 		
		Re Loved Re Vamped – Craft ACT – Canberra		
		Belco Bazaar – Celebrating local Environmental Design, Art & Craft – Belconnen Arts Centre – Canberra		
	2006	Local Hands – Craft ACT – Canberra		
		Designers & Creators Expo 06 – Canberra		
	2004	ACT Embroidery Guild Exhibition – Canberra		
		Tuggeranong Regional Art Prize - Tuggeranong Arts Centre – Canberra		
	2002	 Beaconsfield Exhibition of Art – Buckinghamshire, UK 		
	2001	Beaconsfield Exhibition of Art – Buckinghamshire, UK		
	1999	Aylesbury Exhibition of Art – Buckinghamshire, UK		
Residencies		• 2019 - Artist Residency – Curtin Springs – NT		
		2017 - Desert Harmony Festival – Volunteer Artist		
Workshops		• Free machine embroidery, hand embroidery, remake, repair and upcycling workshops		
		2019 Sustainable Living Festival – workshops and presentations – Melbourne		
		2019 Craft Cubed – workshops – visible mending and embroidery		
		2016 Craft Cubed – Repair, Remake and Swap workshop		
Projects	2020	Zero Waste Festival – coordination committee and online mending demonstrations		
		Sustainable Living Festival – mending demonstrations		
		Brunswick Repair Café – Brunswick Tool Library		
	2019	Brunswick Repair Café – Brunswick Tool Library		
		Zero Waste Festival – mending demonstrations		
		Social Studio – teaching and mentoring students learning to sew.		
	2017	• Facilitating the Moreland Quilt - community engagement arts project to create 5 wall hangings representing City of Moreland resident's cultural diversity and curating the final exhibition		
		Teaching hand embroidery – Robinson Reserve Neighbourhood House		
		Art + Climate = Change 2017 - Festival Volunteer		
		Craft Victoria – Volunteer		
	2016	Community Grant recipient to create the 'Moreland Quilt' – Moreland City Council		
	2011	Sustainable Festival – ACT Government		
	2010-13	 Remake workshops – Teaching reclaiming, up-cycling and remaking techniques to update clothing and home wares 		
	2009	Management Committee for Switch to Green conference, art show and expo - Canberra		
	2004-6	Leading Craft Classes introducing nature weaving to Year 5 children – Canberra		
	2000	Working with children aged 4 – 11 creating Millennium Banners - UK		
	1996 - 2003	 Demonstrating spinning and weaving to children aged 6 – 10 – UK 		
Publications	Machine Embroidery & Textile Art – Vol 13 No 2			
	Textile Beat - http	://textilebeat.com/a-meditative-process-tamara-russell/		
	-	- http://canberra.climatexchange.org.au/recycling-in-the-arts-and-crafts		
	Arts Muster - https://www.artsmuster.com.au/post/tamara-and-the-art-of-mending-and-recycling			
Memberships	Society for Embroidered Work (S.E.W)			
	Embroiderers Guild Victoria Craft Victoria			
	Naarm Textile Col	lective		
	Women's Art Reg	ister		