

Demonstration

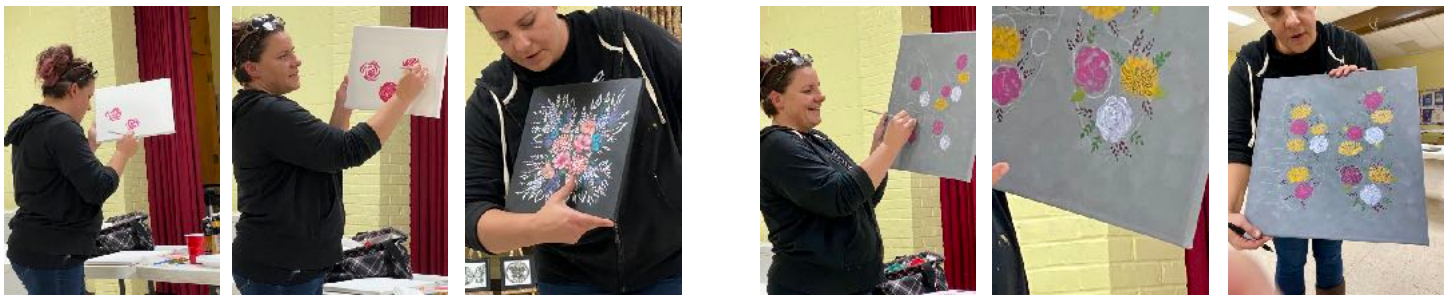
November 7, 2022 Meeting

Kimmy Henderson, "Acrylics: In Love with Bipolar Butterflies"

Many thanks to artist, **Kimmy Henderson** for demonstrating "**Acrylics: In Love with Bipolar Butterflies**" at our November meeting. Wow! What an amazing person, doing beautiful art, with an incredible story to tell. The crowd of twenty sat mesmerized listening to her story unfold. Kimmy is on a mission to bring awareness to bipolar mental illness through her butterfly art. Her Bipolar Butterfly Project aims to dispel stigma surrounding mental illness and to increase awareness through interactive art. She experienced her first manic depression at age 35 and was diagnosed with bipolar depression.



Notice the 'drips along the edge' of her butterfly's wing. The wings represent your best self on one side while the other side is crumbling away. "I want to plaster the world with butterflies," she quipped. Kimmy demonstrated painting her abstract flowers...a center dot with arcs around the sides, not too symmetrical. She incorporates them into a butterfly design. Her sister told her, "You're an artist. You're eccentric!" Kimmy is a self-taught artist and never had any formal training.



Not only does she paint on canvas, she also paints on wood, shoes, does large murals and has created many larger sculptures in metal with the help of her husband. Since starting this butterfly project, she has created inspiring pieces for many groups including Belden Village Mall, Stan Hywet Hall & Gardens, and many more! Kimmy's butterflies were on display at the Euclid Public Library during the month of October. Read about on her incredible journey on her website: <https://www.bipolarbutterflyproject.com/>. On social media, Facebook and Instagram, she goes by Makikiart.



Also, thanks to our hosts for the evening, **Bernie Russ, Pam Montagno and Terese Berzinskis** for their pre-Thanksgiving feast.