

Kristen Palana

Awards, Exhibitions List, & Film Screenings

SELECTED AWARDS:

2025 Artist Residency, Mudhouse Residency, Crete, Greece.

2025 First Place, *Abundant Harvest: Food Security Meditation* (drawing), NOURISH! Cultivating Hope, Feeding Humanity International Art Exhibition and Global Contest. Art Impact International. Washington D.C. USA.

2025 Masterful Minds Award, Circle Foundation for the Arts, Artist of the Year Award. USA.

2024 Finalist, *Pisces: Depths of Harmony* (drawing), Teravarna International Art Competition, Water. 2D Mixed Media Category. USA.

2024 Honorable Mention, *Unity: Earth Dance Meditation* (drawing), Teravarna International Art Competition, Flowers. 2D Mixed Media Category. USA.

2023 Winner, *Mother* (drawing), The Spiritual Art Awards. 2D Mixed Media. USA.

2023 First Place, *Abundant Harvest: Food Security Meditation* (drawing), Artful Delights Competition and Exhibit, Ten Moir Gallery, Kansas City, MO. USA.

2023 Finalist, 6th Annual Women Artists International Exhibition, Fusion Art. Online

2023 Artist Residency, Driftwood Studios, Sunrise-On-Sea, South Africa

2022 –United Nations Population Fund, East and Southern Africa Region. Shared Award: Certificate of excellence for high performance in communications, UNFPA Malawi.

2018 - Awesome Without Borders. Harnisch Foundation. NYC. NY. USA.
Beyond Lucky. Grant Recipient.

2018 - TAKT Berlin | Leipzig | Academy | Artist Residency –Artist in Residence June, 2018. Berlin, Germany.

2015 -Italy International Film Festival. *This Too Shall Pass*. Milan, Italy. Award: Jury Award

2015 -The International Film Festival for Environment, Health, and Culture. *This Too Shall Pass*. Jakarta, Indonesia. Award: Special Recognition

2014 -Cannes Short Film Festival. *This Too Shall Pass*. Cannes, France. Award: Best Animated Short.

2014 -International Family Film Festival. *This Too Shall Pass*. Hollywood, CA. Award: Best Short Foreign Animation

2014 -Accolade Global Film Competition. *This Too Shall Pass*. Award of Merit: Women

Filmmakers. La Jolla, CA. USA.

2013. -Official Selection. Best of the Southeast New England Film, Music and Arts Festival. *Larry and Roz*. Warwick Museum of Art. Warwick, RI. USA.

2012- 2013. *Veggie Propaganda*. Selected for The 15th CinemAmbiente Environmental Film Festival's yearlong traveling screening events throughout Italy.

2012- First Prize. Vegetarian Resource Group Video Scholarship. *Veggie Propaganda*. USA.

2012 – The Indie Fest. Award of Merit: Liberation/Social Justice/Protest. *Veggie Propaganda*. USA.

2012 -Audience Award for Best Animated Film. Southeast New England Film, Music and Arts Festival. *Veggie Propaganda*. Providence, RI. USA.

2012 –Accolade Film, Television, New Media, and Videography Awards. Award of Merit. *Veggie Propaganda*. USA.

2012 -Honorable Mention Award for Music Video. Love Unlimited Film Festival and Art Exhibition. *Veggie Propaganda*. Los Angeles, CA. USA.

2011 -Society for Animation Studies. Selected to teach a color theory course at 2011 “Rise of the Creative Economy” conference. Athens, Greece.

2009 -Online New England Film Festival. *Larry and Roz*.
Selection for Monthlong Screenings at Coolidge Corner Theater, Brookline, MA. USA.

2009 -Top 3 Award in Animation and New Media Category. Reel HeART International Film Festival. *Larry and Roz*. Toronto, Canada.

2009- Best Animated Short. Sunscreen Film Festival. -*Larry and Roz*.
Tampa, St. Petersburg, & Clearwater, FL. USA.

2009 -Best Animation. Smogdance Film Festival. *Larry and Roz*. Pomona, CA. USA.

2009 -Best Animated Film. Southeast New England Film, Music and Arts Festival. *Larry and Roz*. Providence, RI. USA.

2009- Best Animated Short. DIY Film Festival. -*Larry and Roz*. Hollywood, CA. USA.

2008- SiggraphAsia. -Selected to co-teach an animation course at 2008 Conference in Singapore.

2007- First Place. UN World Food Programme's Fight Hunger Viral Video Competition. *End Child Hunger*. Italy.

2006- Director's Citation Award. Black Maria Film Festival. - *Lucky*. Traveling Festival, USA.

2002- Juror's Award for Animation. 36th New York Expo of Short Film and Video -*Five O'Clock Shadows*. USA.

2002- Altman Foundation Award. Pratt Institute. New York, NY. USA.

2002- Pratt Circle Award for Outstanding Academic Achievement. Pratt Institute. New York, NY. USA.

2001- Barret Endowed Scholarship. Pratt Institute. New York, NY. USA.

1999- CGIM Department Fellowship. Pratt Institute. New York, NY. USA.

1994- National Talent Search. Top 10 Finalist. Pratt Institute. New York, NY. USA.

1994- National Talent Search. Top 10 Finalist. Maryland Institute. Baltimore, MD. USA.

ONE PERSON GALLERY EXHIBITIONS:

2025 (Upcoming) Solo Exhibition, *Idealists vs. the Apocalypse*. Art Impact International. Washington D.C., USA. Online.

2022- *Here and There: Sacred Objects, Spirit Animals, and Symbols for Manifesting*. Narrows Center for the Arts Café. Fall River, MA. USA.

1999- Envy Gallery. Temple Bar. Dublin, Ireland

1999- Montague's Café. Dublin, Ireland

1995- Huntington Gallery. Boston, MA. USA

TWO PERSON GALLERY EXHIBITIONS:

2021- *Left Brain. Right Brain*. An exhibition of paintings and textile art with Stacey Piwinski. ArtgateVR district in the Metaverse. Online.

1998- Installation Station. *Aftermath*. Massachusetts College of Art. Boston, MA. USA.

SELECTED JURIED and GROUP GALLERY EXHIBITIONS:

2025 *Zodiac: Mysterious Power of the Creative*, Medici Museum of Art & Feuerman Foundation, Warren, OH. USA. (curated by Katelyn Amendolara-Russo)

2025 *June 2025 Exhibition*, Mudhouse Residency, Crete, Greece.

2023 Three-person Exhibition, *Remedy: How We Heal*, Narrows Center for the Arts, Fall River, MA. USA. (curated by Deborah Charlebois)

2021 -ExpoMetro 6th Edition. Billboard Group Exhibition and NFT. *Blossoming: Sacral Chakra Meditation* painting. New York City, USA.

2018 -*Beyond Lucky*. Transformation 2018. Re:Artiste. NYC, NY. USA.

2018 -*Beyond Lucky*. Artist and Location 2018. Czong Institute for Contemporary Art, CICA Museum. Gimpo, South Korea.

2018 - *Something LOST | TAKT AIR Spring Group Show 2018*. Tapir Gallery. Berlin, Germany.

2011 -*Rise of the Creative Economy*. Society for Animation Studies Conference. *Larry and Roz* Animation Screening and Preproduction Stills. Athens, Greece.

1996-2007- Narrows Center for the Arts. Fall River, MA.

2002-2005 *Art Department Faculty Shows*, William Paterson University, Wayne, NJ.

2002- *Pratt Show*. Hammerstein Ballroom, NYC. NY.

2002- CGIM Gallery. *Sugar and Spice: Women in Computer Graphics*. Pratt Institute, Brooklyn, NY.

2001- *Pratt Show*. Hammerstein Ballroom, NYC. NY.

2000- PostArtum. *Visiting*. The Vault. Long Beach, CA.

1999- Provincetown Art Association Show. Provincetown, MA.

1998- Tower Gallery. Massachusetts College of Art. *Me4*. Boston, MA.

1998- Gallery 349. Provincetown, MA.

1998- Wellfleet Art Co-op. Wellfleet, MA.

OTHER SELECTED ONLINE EXHIBITIONS & FEATURES:

2024 *The Healing Power of Art Inspired by Nature*. The Healing Power of ART & ARTISTS Exhibition, (curated by Renee Phillips)

2023 *What Do We Know?* International Spiritual Artists Art Exhibition, (curated by Karen van Hoey Smith)

2022 – *In Love With Color*. Artovida Collective Three Person Show of NFT Art. (*I used the eco-friendly Polygon network instead of Ethereum for minting.)
ArtgateVR district in the Metaverse. Online.

2022- Planetarium 2022. Juried Show via Gallerium. My painting, “Connected: Crown Chakra Meditation” was featured. Toronto, Canada/ Online. <https://www.gallerium.art/planetarium-2022>

2021 – Raise Three Fingers (formerly Art for Freedom MM), French Burmese Community, and Info Birmanie. Group Exhibition and Awareness Campaign. *Peaceful Resistance Myanmar* painting was exhibited and featured.

2015- *This Too Shall Pass* was featured in *The Huffington Post*.
http://www.huffingtonpost.com/kellie-edwards/this-too-shall-pass-brings-a-timely-message-of-hope-for-mothers-day_b_7156790.html

2013- *Veggie Propaganda* was featured on the following websites: People For the Ethical Treatment of Animals' Site, VegVideos, The Progressive Radio Network, TrueActivist.com, TruthTheory.com, The Veggie Channel, NatureTV.com, and Films for Action.
2009 -Online New England Film Festival. *Larry and Roz*. Internet. <http://newenglandfilm.com>

2008 -FuzzB Family Film Festival. *Larry and Roz*. Internet.

2007 -U.S. State Department E-Journal, Economic Perspectives. September 2007. U.S. Food Aid: Reducing World Hunger. Video Feature: *End Child Hunger*.

2007 -*Walk the World Liberia* -Video Compilation and *School Feeding Liberia* -Still Photo Gallery. The UN's World Food Programme's Fight Hunger Division.

2007 -The United Nations World Food Programme Official Campaign. *End Child Hunger* - Multimedia Animation Viral Video.

2005 -Poetry Southeast -an online journal of poetry and art. Digital artwork was featured in the Fall 2005 issue.

2004 -MoveOn.Org. -Bush in 30 Seconds. Political Ad- *Yellow Ribbons*. Finalist.

2002- Machida City Museum of Graphic Arts, Tokyo. *Art on the Net 2002*. Tokyo, Japan - *Pause*- Web Video Installation

INTERNATIONAL ANIMATION and FILM FESTIVALS:

This Too Shall Pass (2014)

2016 -Brood Film Fest. *This Too Shall Pass*. Exeter, The United Kingdom.

2015 -Italy International Film Festival. *This Too Shall Pass*. Milan, Italy. **Award: Jury Award**

2015 -The International Film Festival for Environment, Health, and Culture. *This Too Shall Pass*. Jakarta, Indonesia. **Award: Special Recognition**

2015 -Salento International Film Festival. *This Too Shall Pass*. Salento, Italy.

2015 -ReelHeART International Film and Screenplay Festival. *This Too Shall Pass*. Toronto, Canada.

2015 - SENE Film, Music & Arts Festival. *This Too Shall Pass*. Providence, RI. USA

2015 -Bare Bones International Film & Music Festival. *This Too Shall Pass*. Muskogee, Oklahoma. USA.

2015 -People of Passion International Film Festival. *This Too Shall Pass*. Melbourne, Australia.

2015 -Artfools Video Festival. *This Too Shall Pass*. Larissa, Greece.

2014 -Cannes Short Film Festival. *This Too Shall Pass*. Cannes, France. **Award: Best Animated Short.**

2014 –Accolade Global Film Competition. **Award of Merit: Women Filmmakers.** *This Too Shall Pass*. La Jolla, CA. USA.

2014 -Ima International Film Festival. *This Too Shall Pass*. Trissur, Kerala, India.

2014 -Aakruti-My Creation International Film Festival. *This Too Shall Pass*. Mumbai, India.

2014 -SPARKS Animation 2014. *This Too Shall Pass*. Vancouver, Canada.

2014 -The Free Spirit Film Festival. *This Too Shall Pass*. McLeod Ganj, India.

2014 -International Family Film Festival. *This Too Shall Pass*. Hollywood, CA. USA. **Award: Best Short Foreign Animation.**

2014 -Grace Film Festival. *This Too Shall Pass*. San Francisco, CA. USA.
Veggie Propaganda (2011)

2012 -SENE Film, Music & Arts Festival. *Veggie Propaganda*. Providence, RI. USA. **Award: Audience Award for Best Animated Short.**

2012 -The Pollygrind Underground Film Festival of Las Vegas. *Veggie Propaganda*. Las Vegas, NV. USA.

2012 - Love Unlimited Film Festival and Art Exhibition. *Veggie Propaganda*. Los Angeles, CA. USA. **Award: Honorable Mention Award for Music Video.**

2012 -World Music and Independent Film Festival 2012. *Veggie Propaganda*. Washington,

DC. USA.

2012 -The Third World Independent Film Festival. *Veggie Propaganda*. San Francisco, CA. USA.

2012 -Fear No Film Festival. *Veggie Propaganda*. Salt Lake City, UT. USA.

2012 -International Freethought Film Festival. *Veggie Propaganda*. Denver, CO. USA.

2012 -15th CinemAmbiente Environmental Film Festival. *Veggie Propaganda*. Turin, Italy.

2012 -The Green Film Festival in Seoul. *Veggie Propaganda*. Seoul, South Korea.

2012 -SURGE Film Festival. *Veggie Propaganda*. Traveling Festival, USA.

2012 -Vegas Independent Film Festival. *Veggie Propaganda*. Las Vegas, NV. USA.

2012 –Accolade Film, Television, New Media, and Videography Awards. **Award of Merit.** *Veggie Propaganda*. USA.

2012 – The Indie Fest. **Award of Merit: Liberation/Social Justice/Protest.** *Veggie Propaganda*. USA.

Larry and Roz (2008)

2013. -Official Selection. Best of the Southeast New England Film, Music and Arts Festival. *Larry and Roz*. Warwick Museum of Art. Warwick, RI. USA.

2010 -Berlin Independent Film Festival. *Larry and Roz*. Berlin, Germany.

2010 -London Independent Film Festival. *Larry and Roz*. London, UK.

2010 -Angaেলা International Film Festival. *Larry and Roz*. Venice, CA. USA.

2010 -Victoria International Film Festival. *Larry and Roz*. Victoria, Australia.

2010 -Society for Photographic Education Women's Film Festival. *Larry and Roz*. Philadelphia, PA.

2009 -Sunscreen Film Festival. *Larry and Roz*. **Award: Best Animated Short.** St. Petersburg, Clearwater, Tampa, FL. USA.

2009 -European Film Festival. *Larry and Roz*. London, England.

2009 -Chicago International Children's Film Festival. *Larry and Roz*. Chicago, IL. USA.

2009 -Online New England Film Festival. *Larry and Roz*.

Internet.<http://newenglandfilm.com>. **Award: Selection for Special Month-long Screenings** at Coolidge Corner Theater, Brookline, MA.

2009 -San Francisco Women's Film Institute Tour. *Larry and Roz*. San Francisco, CA.

2009 -42nd Humboldt Film Festival. *Larry and Roz*. Arcata, CA. USA.

2009 -Hollywood East Film Festival. *Larry and Roz*. Danbury, CT. USA.

2009 -Reel HeART International Film Festival. *Larry and Roz*. **Award: Top 3 in Animation and New Media Category**. Toronto, Canada.

2009 -DIY Film Festival. *Larry and Roz*. **Award: Best Animated Short**. Hollywood, CA. USA.

2009 -Washington DC Independent Film Festival. *Larry and Roz*. Washington DC. USA.

2009 -Southeast New England Film, Music and Arts Festival. *Larry and Roz*. **Award: Best Animated Film**. Providence, RI. USA.

2009 -Washougal International Film Festival. *Larry and Roz*. Washougal, WA. USA.

2009 -New Beijing International Movie Week. *Larry and Roz*. Beijing, China.

2009 -Smogdance Film Festival. *Larry and Roz*. **Award: Best Animation**. Pomona, CA. USA.

2008 -FuzzB Family Film Festival. *Larry and Roz*. Internet.

2008 -Zero Film Festival. *Larry and Roz*. Los Angeles, CA. USA.

2008 -Radar Hamburg International Independent Film Festival. *Larry and Roz*. **Award: Nomination for Best Art and Animation**. Hamburg, Germany.

2008 -Gold Lion International Film Festival. *Larry and Roz*. Masuru, Lesotho.

2008 -Bushfire Film Festival. *Larry and Roz*. Manzini, Swaziland.

2008 -Rome International Film Festival. *Larry and Roz*. Rome, GA. USA

Lucky (2006)

2006- Black Maria Film Festival. -*Lucky*. **Director's Citation Award**. Traveling Festival, USA.

2006- 7th DC Independent Film Festival. *Lucky*. Washington, DC. USA.

2006- The Seaside Repertory Film Festival - *Lucky*. Santa Rosa Beach, FL. USA.

Five O'Clock Shadows (2002)

2003- Creative Alliance Film Festival -*Five O'Clock Shadows*. Baltimore, MD. USA.

2003- 4th DC Independent Film Festival -*Five O'Clock Shadows*. Washington, DC. USA.

2003- 1st Annual Wild and Scenic Environmental Film Festival -*Five O'Clock Shadows*. Nevada City, CA. USA.

2002- 36th New York Exposition of Short Film and Video- *Five O'Clock Shadows*.
Juror's Citation Award. NYC. NY. USA.

FILM DISTRIBUTION:

2014 -The Green Archive. *Veggie Propaganda*. This film archive of The Green Film Festival in Seoul, South Korea has non-exclusive rights to the film. URL: <http://www.greenfund.org>

2013 -Capetown TV. *Veggie Propaganda*. This TV channel has non-exclusive rights to the film. URL: <http://www.capetowntv.org/>

2013 -Facets Kids. *Larry and Roz*. This film channel has non-exclusive rights to the film. URL: www.facets.org

2009 -Indiflix. *Larry and Roz*. This film channel has non-exclusive rights to the film.

2009 -Crushed Planet. *Larry and Roz*. This is online network affiliated with HBO has non exclusive rights to the film.

2009 -Glimtz. *Larry and Roz*. This Swedish online film channel has non-exclusive rights to the film.

DVD COMPILATIONS:

2013. *Veggie Propaganda*. Selected for The 15th CinemAmbiente Environmental Film Festival's yearlong traveling screening events throughout Italy.

2004. Independent Media Magazine DVD. Political Ad- *Yellow Ribbons*. Independent Media Magazine is a DVD Video Magazine featuring short films, music, videos, animation, movie trailers, computer game trailers, PSA's, and other democratic based video material.

INVITED LECTURES and WORKSHOPS:

2024. Intensive Workshop, *Women in Leadership: Communication Training & Launch Event*. Australia Awards, Australian High Commission, Lilongwe, Malawi, March 5, 2024.

2021. Lecture/Presentation, *Happiness Boosting with Color Psychology*. Gross Global Happiness Summit, University for Peace, Costa Rica/Online, March 12, 2021.

2017. Women in Business & Leadership Development Conference. Presented a talk on e-commerce and location independent “digital nomad” opportunities, November 25th, 2017. Yangon, Myanmar

2017. The UN’s World Food Programme. Presented a half day workshop at their annual retreat to help international and local WFP employees develop better communication skills and more efficient work habits. Nay Pyi Taw, Myanmar.

2016-2017. Mango Group. Co-taught a ten-week session with Dr. Luisa Glascock for creative professionals at Yangon’s largest marketing agency to help employees gain better work habits, communication skills, and the ability to function in an increasingly international environment. Yangon, Myanmar.

2015. Addis Ababa University. *Animation and Multimedia Storytelling*. Led two-week intensive workshop for MFA Film and Fine Art students. Addis Ababa, Ethiopia.

2014. The American University of Rome. *Turning Charlemagne into an Asset for Rome: 5-day Masterclass and Conference*. “The Coming Out Party: Successful Online Multimedia Presentation and Management.” Rome, Italy.

2014. -Society for Animation Studies. Selected to present lecture, “Mother of Dragons: Using Animation and Comics as Tools to Document the Multiple Realities of Early Parenthood” at the symposium, *Adaptation: Animation, Comics and Literature* at the Stuttgart International Festival of Animated Film. Stuttgart, Germany.

2013. -Society for Animation Studies. Lecture: “Enhancing Empathy: How the Mighty Mediums of Comics and Animation Help Bring About Positive Social Change” at the symposium, *Change and Continuity: Interdisciplinary Aspects of Animation, Comics and Literature* at the Stuttgart International Festival of Animated Film. Stuttgart, Germany.

2011 -*Rise of the Creative Economy*. Society for Animation Studies Conference. Lecture: “Harnessing the Power of Color to Create Mood.” Athens, Greece.

2008 -ACM SiggraphAsia. Course: “There Can Still Be Only One; Independent Animation Production for the Lonely.” Singapore.

October 2005. -Guest speaker at Tufts University and led a class entitled, *Art, Community and Social Activism*. Boston, MA.

2005 -Led a web design workshop at the Maua Hills Vocational Training Centre. Students were teachers at the school and implemented eight art, music, and computer courses I created, including Web Design. Together we started the school's first website. Moshi, Tanzania.

2004 -ACM Siggraph. Course: "There Can Still Be Only One; Independent Animation Production for the Lonely." Los Angeles, CA.

2003 -ACM Siggraph. Course: "There Can Be Only One; Independent Animation Production for the Lonely." San Diego, CA.