

Bits and Pieces

Newsletter

January 2015



Next Meeting

January 19, 2015

Carol Ann Waugh

How Did I Get From There to Here?

Carol spent the first 35 years of her professional life in the publishing industry. One day, she woke up to the fact that her business world was changing and she needed to find a new career. At the age of 61, Carol knew that her chances of getting hired were nil (but who wanted to work for anyone anyway???)

So, four years ago, she decided to re-invent herself as a professional fiber artist -- with a goal of making a living from creating art. (OK, she was the co-author of 3 books on quilt making, -- so seriously, she had some credentials!)

She is now a successful full-time artist and owner of aBuzz Gallery, a contemporary art gallery in the RiNo District of Denver. Who knew???

With her attitude of "*If I can do it, so can you!*", Carol will share all the secrets she has learned during her journey and an answer all your questions about her work, her processes, and yes, her secrets for success.

Be prepared to laugh as Carol takes us on her creative journey.



Carol's fiber art has been juried and invited into more than 50 national and international exhibitions during the past 5 years. She is the author of five books on quilt making and fiber art. Her newest one, *Stupendous Stitching*, was published in the spring of 2012 and is now in its third printing.

Visit her [website](#) to see her art.

FRCQ meetings are held at the Westminster City Recreation Center at 7:00 PM. If an FRCQ meeting is cancelled due to inclement weather, a notice will be posted on the website at <http://www.artquilters.org>

President's Letter

Let me start with some thanks. First, thank you to Jean Herman and the outgoing board for a job well done and their two years of service to Front Range. A second thanks to you members for entrusting me with the position of president for the next two years! I hope to become a leader that serves FRCQ in both personal and professional growth.



The coming months we want to continue to build on Jean's legacy of welcoming at least 2 new people, that you haven't meet before, at every meeting. The building block we will work towards is "community and creativity". They go hand in hand and are our goals and focus! So hang in there with me as we discuss what community means and how we become more creative because of interchange of ideas within the community of Front Range Contemporary Quilters.

I will be quoting from two of my favorite books, as well as the latest brain research on creativity. The first book is Jonah Lehrer's *Imagine, How Creativity Works*. Unfortunately, the book has been removed from the market due to plagiarism. But the information in the book is wonderful. So, I will not plagiarize, but will be quoting from his research and original sources.

The second is *Daring Greatly, How the Courage to Be Vulnerable Transforms The Way We Live, Love, Parent and Lead* by Brene Brown. She redefines vulnerability and the effects on creativity! If anyone is interested, she has two TED Talk videos on line, which are the overview of her book.

I invite everyone to jump in at whatever level they are comfortable and join this creative community call FRCQ. Let's learn and grow as we make some wonderful art together! Let's have some fun as we take New Skills and Major Workshops, enter into exhibiting our work, show off our newest art and, yes, even get vulnerable and show our flub ups to each other.

It's January and time for setting our goals. Whether you are interested in being a learner, or becoming a professional artist this year, set your personal goals. It makes no difference if you join the community to see the beautiful work shown at "Show and Tell", or you want to get into an art gallery this coming year, just set your goals! We will never hit what we aren't aiming towards!

Know that at whatever level you are entering, you are valuable. Whatever art form you are practicing, we must have the diversity to continue to grow! Whether you are quiet and stay near the perimeter of the circle or jump in with both feet, you and your art are valued, regarded and a necessary part of this creative community!

Bits and Pieces is the monthly newsletter of the Front Range Contemporary Quilters.

Submission of art quilt related articles from members is welcomed. The editor and the Board reserve the right to edit for length, content and space. Deadline for submissions to the newsletter is the Thursday following the monthly meeting. Email articles and items for submission to the publication to: Moira Mallison
news@frcq.org

Advertising Policy:

Classes offered by members are printed for free in the section called "Member Classes"; business cards of members or businesses with services of interest to our members are printed for (3-1/2"x2") \$5 per issue; 1/4 page (3-1/2"x4-3/4"), \$20.00 per issue; 1/2 page (7-1/2" x 4-3/4"), \$40.00 per issue; full page (7-1/2"x9-3/4"), \$80.00 per issue. All advertising should be submitted along with payment to the newsletter editor by the deadline. Contact Moira at news@frcq.org for payment address.

Bits and Pieces is a benefit of membership in Front Range Contemporary Quilters and is not available by subscription. Membership in FRCQ is \$30 per year, due and payable January 1 of each year. Dues may be sent to membership chair.

FRCQ, Attn: Membership
P.O. Box 351551
Westminster, CO 80035-3551

Change of Address:

Please notify membership chair, Barb Olson, for any change of address.
members@frcq.org

2013-2014 Board Members

President	Susan Brooks president@frcq.org
Vice Pres./Programs	Linda Strand
Secretary	Katie Fowler
Treasurer	Jane King
Membership	Barb Olson
Exhibits	Tamara Leberer
Workshops	Jeanne Gray & Judy Duffield
Communications	Moira Mallison

Other Contacts:

Website	Ellen Nesputil & Kathy Keating
New Skills Workshops	Susan Apte & Cynthia Jarest
Yahoo List	Jeanne Lounsbury

2015 Workshops



Quilt Collage Inspired by a Favorite Artist

Jean Herman

Jan 30-31, 2015

Bring a photo or art book with pictures from an artist you love. Learn to interpret an artist's style through line, shape, color and composition choices. Learn how to use large blocks of fabric to create your composition using a design board and pins. Once a composition is blocked in you will use gel medium and small pieces of various fabrics to create your new collage piece.

For more information and registration form, see the [Workshops](#) page.

Stamp-o-Rama and Monoprint Palooza

Jeanne Gray

March 14, 2015

It's a stamp and print party with Jeanne Gray as we learn her techniques for making beautiful and unique art fabrics. Jeanne will cover 3 different ways to make our own stamps. She will then teach us how to use these stamps, in conjunction with mono printing, to make gorgeous fabrics. This fun filled day will leave you with some serious art fabrics to add to your stash.

For more information and registration form, see the [Workshops](#) page.



Collage: The Essence of Shapes

Patty Hawkins

April 17-19, 2015

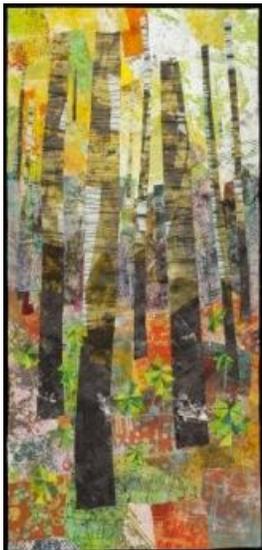
Creating these special images in color values allows sharing our feelings for a locale.

Working with many values and limiting palette, gives depth to our landscapes, adding a few "singer" accent colors.

Slow down to focus on the essence of your subject!

Abstract and Simplify, Exaggerate and Repeat!

Savor Nature's tranquility; savor industrial shapes; interpret their patterns



FRCQ Exhibits

FRCQ hosts juried exhibits of fiber art created by our members. These are our current and upcoming fiber art exhibits.

Portfolio 2015 – The Best of 2015 FRCQ Website Portfolio

February – December, 2015

Show Description: This show is a web-based exhibit open to members of the Front Range Contemporary Quilters. The annual show is the home page feature for FRCQ and is used to display the best work of its members completed in 2014.

Jurors: Greg Katz, Melody Randol, Carol Ann Waugh. Jurors are all past presidents of FRCQ and accomplished artists.

Entry Deadline: January 21, 2015

Notice of selection: February 2, 2015

For more information and registration form,

“CREATION” Health – Rocky Mountain Adventist Healthcare Foundation’s Healing Arts Program

January 1 – November, 2015

Jurors: Adventist Hospital Healing Arts Directors and Marianne Williamson.

Opening Reception:

January 15, 2015, 5-7 PM

Parker Adventist Hospital

9395 Crown Crest Boulevard, Parker, CO 80138

Show Description:

The mission of the Healing Arts program is integration of the arts into healthcare, creating an environment not just to treat illness, but to provide an inspiration for living.



LONGARM QUILTING

Gamill Statler Computerized Quilting
Overall, Edge to Edge Patterns
Loose, Medium or Tight Stitches
Set-in Patterns and Custom Quilting

No Quilt too large, no quilt too small.
2 cents per square inch for overall, edge to edge patterns loosely stitched
2.5 cents per square inch for medium to tight density patterns

3-7 cents for set-in patterns and custom quilting
Thread charge of \$7.50 per quilt
Pricing is given when you deliver your quilt,
and patterns discussed for what you want on your quilt.

Kathy Bonafede 970-980-8649

Announcements

Trunk Show and Quilt Challenge

Front Range would like to create our first Trunk Show to be used as an outreach program to both promote FRCQ and as an introduction to fiber arts to various groups on the front range. Textile art has become a recognized and valued art form which we would like to display to existing and upcoming artist, students, traditional quilters, and retired community in our area.

The Board would like to invite our members to participate by volunteering a 12 x 12 inch piece to include in our first official Trunk Show!

Challenge: I Love Fiber Art!

FRCQ will be hosting quarterly challenges. This first themed challenge can double as your contribution to the FRCQ Trunk Show; you can keep your work in your own portfolio, or use this challenge as your own personal learning exercise.

Theme: I Love Fiber Art!

Size: 12" x 12"

Deadline: March 16, 2015 (March Meeting)

We will be show-casing the Challenge pieces at the March Meeting Show and Tell.

Signup sheet will be in the back at our meetings or email Susan Brooks @ president@frcq.org

Critique Groups

FRCQ has been hearing that people are interested in forming or being part of a Critique Group in their areas. So, your Board will be trying to facilitate the growth of these groups. There will be signup sheets at the back of the room at our monthly meetings, or you can email Susan Brooks at president@frcq.org to let us know that:

- You have an existing Critique Group that is open for more members.
- You would like to join a group and what area of the Front Range you live in.
- You would be willing to host a group at your home or facility in your area.

Your Board has offered to attend one of your beginning meetings with some ideas and techniques for critiquing to get your group off the ground.

Online Payments

The website team has been hard at work enhancing the capacities of our website. We are excited to announce that we can now accept online payments for workshops and membership.

To renew your membership online, go to the [membership](#) page of the website.

2015 FRCQ Membership Information

FRCQ membership runs January through December. Everyone must renew so do it early!

Now Available! Pay Your Dues [Online!](#)

FRCQ Membership Form

PLEASE PRINT CLEARLY

Mail to: FRCQ, P.O. Box 351551, Westminster, CO 80035-1551

Date: _____

Dues are \$30

Cash

Check

Renewing Member

New Member

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____ PHONE: _____

The FRCQ newsletter is delivered by email. Please print clearly, especially if there is an underscore or dot in the address.

EMAIL: _____

WEB SITE: _____