

# Bits and Pieces

## Newsletter

February 2015



### Next Meeting

**February 16, 2015**

**Jean Herman**

#### *Using the Masters for Inspiration*

Jean's art reflects her intriguing past; she was trained as a scientist and went on to a business career and was CEO at the Denver/Boulder BBB. Her MBA training and focus on business success makes her serious about her art.

Jean's art begins with a vision and ends in a story. Viewed through her eyes, events, people, places and things take on a new perspective. Jean captures those moments through the use of fabric, texture, stitching, patterns and color: binding them together to create a unique and individual story.

Jean's goal is to evoke an emotional response from people as they view my art. Jean feels successful when the portrayal of the story within the art can be felt by the viewer.



#### **Upcoming Meetings**

March 16, 2015 - Gay Lasher  
*The Digital Thread*

April 20, 2015 – Patty Hawkins  
*Take a Concept! Matisse It!*

May 18, 2015 – Panel Discussion  
*Role of Art in Healthcare*

*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

Hopefully everyone read last month's newsletter with your invitation to join the community of Front Range Contemporary Quilters.

Now Webster's definition of community: "A unified body of individuals. People with common interests. An interacting population of *various* people with common characteristics or interest. A joint ownership or participation. Common character, likeness, social activity: fellowship."



I like the theme of likeness of interest and various people. We can interact with our likeness AND difference! That is what propels us into the creativity part!

Another word I would add to my own definition of community is vulnerability. That can be a very scary word. Looking at a Webster's definition, vulnerable means: to wound, open to attack or damage. Another definition I've heard is a real or perceived threat of danger or harm. That has been my definition of vulnerability and was to be avoided at all cost!

Then I read Brene Brown's book, *Daring Greatly*, which challenged me to look at vulnerability in an entire new light. Her definition is: **We must dare to show up and let ourselves be seen.** Next month we'll look at why it is so important to dare and become vulnerable. But for now, I would like to quote Theodore Roosevelt from his 1910 speech "Citizenship in a Republic", taken from Brown's book:

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds, who knows great enthusiasm, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly ..."

What a challenge to be willing to fail in order to triumph! Let's stand beside each other even if we fall, pick each other up and strive to put each other back onto the path of creativity and growth. Isn't that the way our babies learned to walk? It's vulnerable!!! Are we willing to face our fears, trust and move on together? There is no shame and FRCQ will not be a group that uses shame as our motivator. Instead, we use love, trust, passion, enthusiasm, to walk hand in hand through this adventure!

**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

## 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

**This workshop is sold out! To be added to the wait list, complete the [registration form](#) and submit it with your check via U.S. Mail**



# 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

FRCQ announced the selected art for the 2015 Portfolio. The web based exhibit includes "Ashaka" by Rhonda Denney, "Scattered Showers" by Shirley Gisi and "You are my Sunshine" by Linda Grey. We should have the entire exhibit on the website by late February.



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

January 1 – November, 2015

Jurors: Adventist Hospital Healing Arts  
Directors and Marianne Williamson.

### **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.

“CREATION” Health is about wellness and serves as an acronym for full health. This model is the core of the Adventist Health System’s understanding of health and healing. The program promotes learning to live the 8 essentials of optimum physical, mental and spiritual health:

- “C” – choice
- “R” – reset (relaxation)
- “E” – environment
- “A” – activity
- “T” – trust
- “I” – interpersonal relationships
- “O” – outlook
- “N” – nutrition



# 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](mailto:president@frcq.org)

## Critique Groups

FRCQ has heard that people are interested in forming or being part of a Critique Group in their area. And just since last month two new groups have formed in Denver and Boulder.

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](mailto:president@frcq.org) to:

- Let us know if you have an existing Critique Group that is open for more members.
- Would like to join a group and where on the Front Range you live.
- Would you 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.

## Bits and Pieces from Members

Annette Kennedy has an exhibit of her art quilts and print reproductions hanging at NCAR (National Center for Atmospheric Research), Gallery 1, 1850 Table Mesa Drive, Boulder, Colorado 80305, from February 1st through March 28th. Viewing hours are Weekdays: 8am to 5pm, Weekends and Holidays: 9am to 4pm. Annette's website is: [www.annettekennedy.com](http://www.annettekennedy.com) if you would like to check out her quilts before going.



*Forget-Me-Nots* by Annette Kennedy



We recently learned that long-time member Cynthia Wildfong passed away from complications of ALS on Dec 9<sup>th</sup>, 2014. Her husband, Scott, writes: *"She loved all you guys! The family is having a memorial on Feb.21st a studio in Denver and her quilts will be on display and for sale with a large percentage going to ALS to help others like they did for us!"*

MEMORIAL AND QUILT SHOW FOR  
CYNTHIA WILDFONG  
Saturday, February 21st at 3:00 PM  
William Thach Studios  
2822 E. 17th Ave., Denver, CO



## Other Exhibit Opportunities

Rocky Mountain Quilt Museum invites you to help celebrate its 25th anniversary!

Create a 25"-square quilt about something that has inspired you during the last 25 years. Was it a person, a place, or an event? It might even have been a quilt you remember from one of RMQM's exhibits! All entries will be displayed as part of RMQM's 25th anniversary exhibit July 30 through October 27, 2015.

Full details [here](#).

Lyric Kinard maintains [a list of exhibition opportunities](#) that focus on and feature art quilts, wearable art, and art cloth.

**FACE of Fiber in the Rockies** is hosting its third juried show June 12-14, 2015 in Estes Park. All Fiber Artists are invited to enter all forms of fiber media. Entry deadline is April 1, 2015. For the prospectus, entry form and more details, visit their [website](#).

The Northern Colorado Weavers Guild (NCWG) is preparing for its 41<sup>st</sup> annual juried fiber art show, to be held May 1 – June 6, 2015 in Greeley, Colorado. This long-standing and prestigious event attracts national as well as local participation, and serves as a platform for these gifted artists to have their creations recognized and honored. The exhibit is open to fiber artists utilizing all fiber media. For more information, visit their [website](#)

## 2015 FRCQ Membership Information

**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
<input type="checkbox"/> Cash <input type="checkbox"/> Check	<input type="checkbox"/> Renewing Member <input type="checkbox"/> 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: _____	