

# Bits and Pieces

## Newsletter

March 2015



## Next Meeting

**March 16, 2015**

**Gay Lasher**

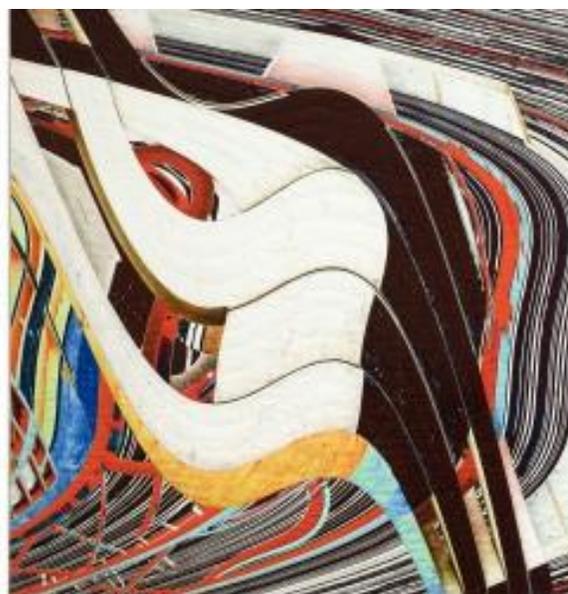
### *The Digital Thread*

*“Change is the only constant in life.”* That’s what the Greek philosopher, Heraclitus said and what Gay believes.

Change and transformation are the themes that unite most of Gay’s work. She uses digital photography and the magic of Adobe Photoshop to transform ordinary photographs into abstract compositions with intense color. Black thread stitching outlines shapes and helps create a highly textured and sculptural surface.

A Denver “native” since 1969, Gay’s life has zigzagged from initial interests in the classics and biology to art expressions in weaving, batik and art photography to a clinical psychology practice and finally to art quilting in 2003.

*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>*



Gay’s art quilts have been represented in numerous local and national shows including Quilt National ’11, Art Quilt Elements and Radical Elements. She has had a solo show at aBuzz Gallery in 2013 and is slated for solo shows this year in April at NCAR in Boulder and aBuzz Gallery in September. Her work has appeared in many publications including recently in Textile Art Around the World and Textile Plus magazine.

# President's Letter

Is everyone ready for this amazing journey of creativity and community? If you haven't, go back and read January and February's newsletters and set your personal goals for the year and then let's sojourn together!

The big question is WHY would anyone want to make themselves vulnerable on their journey of creativity and community? Remember it is about daring greatly!

In reading *Imagine, How Creativity Works*, Jonah Lehrer discusses what happens when people come together and collaborate in community. These are a few discoveries:

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!

The scientific company of 3M put three diverse fields of scientist together, each working on their own area of expertise while exchanging ideas, leading to major breakthroughs and discoveries and like scotch tape (pp. 27-40).

Pixar became such a block busting industry for Disney, that Disney needed a new building to house these geniuses in animation. They decided to congregate all the mailboxes, meeting rooms, cafeteria, coffee bars and the only bathrooms in the middle atrium of the building encouraging everyone to come out of their own world of imagination and share ideas rather than isolating themselves. They discovered that creativity came from "running into each other" and "making eye contact". They filled the workplace with the "clutter of human voices" and discovered that more ideas were generated when people talked with people (pp. 151-169)

Playwrights have a greater chance of success with a group of peer writers who were willing to critique and challenge ideas. (pp. 141-143)

How does this apply to FRCQ? Creativity is spurred on by the congregation of people, sharing ideas, challenging and critiquing in constructive groups, encouraging us to eat and, yes, even go to the bathroom, together so that we can exchange ideas about both similar art forms as well as very diverse pieces.

We need each other to foster creativity and growth. Our meetings are filled with human voices, with visual feasts of color and design, with challenging lectures and we are working towards more small, intimate critique groups to further our skills as artist.

We need each other and as Jonah Lehrer says, "We can either all work together or fail alone." (p. 140)

Let's do it!!!



## 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 Nepustil & Kathy Keating
New Skills Workshops	Susan Apte & Cynthia Jarest
Yahoo List	Jeanne Lounsbury

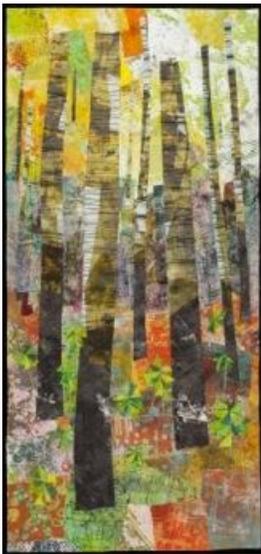
# 2015 Workshops

## 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

The exhibit catalog for the FRCQ Portfolio 2015 - Best of 2014 is available in print and e-book at <http://blur.by/AnXEOT>. The show is also on the home page of the [FRCQ website](#). Past years of the Portfolio exhibits are also available on the website.

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

January 1 – November, 2015

Jurors: Adventist Hospital Healing Arts Directors and Marianne Williamson.

---

Colorado Actors Company and Theater School  
present a Community Production of

# QUILTERS



Dear Quilter,

As an artist of impeccable taste and quality, you understand full well the intrinsic value of your creations. Not only is each quilt hand-crafted with extreme care, but the design itself is an expression of your own heart and deep thoughts.

Go back in time with us 150 years when kindred-spirit quilters expressed the hardship, sorrows, joys, and blessings through the artistry of their own quilts. A quilt was a counselor of sorts, helping the women release their inner thoughts on fabric.

Colorado Actor’s Company and Theater School (Colorado ACTS) invites you to share in our memorable community theater production of **Quilters**. The music, song, dance and voice of eight individual women blend beautifully to depict life on the American frontier. We feel that EVERY QUILTER must see this powerful production if at all possible.

**Quilters** will be performed at 7:00 p.m. on March 13, 14, 20, 21, 27, and 28 and at 2:00 p.m. on March 21 in our black box theater located in Wheat Ridge, Colorado. For information about group rates and driving directions, visit our [website](#).

We look forward to having you experience the history and heritage of your beloved art-form.

# Meeting Summary ~ Katie Fowler

*(this summary was inadvertently omitted from last month's newsletter – ed)*

**January 19, 2015**

**Carol Ann Waugh** entertained and educated us with her delightful presentation:

## **How Did I Get Here Anyway?**

Carol Ann showed us her journey from famous non-writer to a career in fiber arts. She assured us that if she can do it, so can we!

Here are some lessons she learned along the way:

At the beginning Carol suggests:

- Spend a lot of time learning from experts.
- Read books and take workshops.
- Join a critique group.
- Join FRCQ and volunteer.

Next:

- Have good photography of your work.
- Document process as well as finished work.
- Enter competitions and juried shows.

“Creativity comes when we challenge ourselves to something new.”

When you find something that takes off (e.g. her self-portraits):

- Plan work to meet deadlines.
- Organize so you don't waste time.
- Don't forget the rule of THREE:  
Three pieces can be entered in most shows.  
If the three resonate, continue the series.

Carol closed her informative lecture with the following advice:

- Experiment and have FUN, the art will appear on its own.
- Hang out with other quilters and artists.
- WORK, WORK, WORK.
- Always have fun!

I know one thing for certain: It will always be fun when Carol Ann Waugh is at the front of the room!

*Note: Katie is unable to attend the March meeting, so if you are an inveterate note-taker like Katie and would like to write the meeting summary for Gay Lasher's presentation, please drop a note to [news@frcq.org](mailto:news@frcq.org).*

# 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.

## 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.

## Program Announcements

The July meeting will once again feature **Demos and Delights!** Both rely on the talents of our FRCQ members. If you have a technique or process you use to create your art and you would like to share it with fellow FRCQ members and guests, please e-mail Linda Strand at [vortexarts@comcast.net](mailto:vortexarts@comcast.net). You need to be able to demonstrate your information in a 15 minute time slot. (We'll also be looking for some culinary delights, so start testing a new, or fine tuning an old recipe to share - appetizers or desserts are welcome.)

Hope you received one of our multiple posts notifying members that we cancelled the February meeting. We'll always do our best to let you know if weather is going to cause a cancellation of one of our meetings. We're working with Jean Herman to schedule her talk later in the year (probably in August) so you won't miss her interesting information.

# Bits and Pieces from Members

## Experiments with Fiber & Wax

Presented by Victoria Eubanks & Carol Ann Waugh

Have you ever wondered how to combine encaustic wax with fiber? This is the workshop you've been waiting for! Expand Your Creative Toolkit and Get Ready to Create!

You are invited to attend a two day workshop experimenting, playing and creating art with FIBER & WAX. This will be a high-energy learning experience, rethinking how to work with fiber, fabric, texture, form and color, while we investigate some new ways of working with old techniques. And none are older than fiber and wax. Having two expert instructors at your side can help you gain the confidence you need to

experiment in the class and on your own. Seeing how other students play with these media will also spark additional ideas for you to take combining fiber and wax in your own personal artistic direction.

Date: May 16 - 17, 2015

Time: May 16 (10am-4pm), May 17 (12-4pm)

Location: aBuzz Gallery, Denver

Cost: \$250 All materials & equipment will be provided

To Register: Send a check made out to aBuzz Gallery, 3340 Walnut Street, Denver, CO 80205 Please include your name, address, cell # and email address.

**Front Range Fashion Artists** is a small group within the Front Range Contemporary Quilters dedicated to the expression of fiber art within the context of fashion or clothing. The group meets at 5:15 PM prior to the regular FRCQ meeting. Each year the group produces a runway show based on a theme. This year's theme is "West Wears East". Members will express their art using a kimono as a palate. The group also has a program each month. The program for March will be Design Ideas from Ready to Wear presented by Sue Fishbein. Anyone is welcome to join our group! Come early and see what Fashion Art is up to! For more information contact: Susi Perry at: [susisews@hotmail.com](mailto:susisews@hotmail.com)

## 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](#).

## 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: _____	