

Bits and Pieces

Newsletter

April 2015



Next Meeting

April 20, 2015
Patty Hawkins

Take a Concept! Matisse It!

Patty Hawkins - Textile Artist & Quiltmaker (970) 577-8042
www.pattyhawkins.com website hawknestpw@gmail.com email

I am a textile artist! Because!

I love my spontaneous dyeing process & the exciting results
ADDS UP to *Chocolate Cake*, delicious and NO calories!
Using YARDS of white fabric; cottons and silks
Tons of white socks, for fun!
MYRIAD COLORS of mixed dyes
SILK Screens to print visual textures
PVC pipes/fabric wrapped, and
scrunched like soda straw wrappers

I am a quiltmaker! Because!

I love cutting up delicious dyed fabrics,
to CREATE mesmerizing landscapes
I love a SPONTANEOUS "fusible"
technique; (iron w/ glue web)
and Collage color ideas: layering
freely cut shapes (no sewing)

I am an artist! Because!

I love lights & shadows of the day;
seasons of Aspen trees;
amazing rock formations;
skeletal tree shapes; leaf shapes;
I love Colorado landscapes and
colors; tranquility of nature!
I love Wabi Sabi the beauty of
imperfection! (Japanese term)
I love awakening peoples' senses;
opening their eyes to nature!



ASPEN SHADOWS
size: 42" H x 30" W
Patty Hawkins, artist

President's Letter

What is creativity? Where does it come from? Are certain people just born creative and the rest are out of luck?

What is creativity? Where does it come from? Are certain people just born creative and the rest are out of luck?

I believe everyone is born creative. Talk to any five year old and they are all artists. What happened to convince us we aren't good enough?

In Jonah Lehrer's book *Imagine, How Creativity Works*, looking at brain scans while given complex problem solving questions, they discovered everyone's brain releases gamma wave rhythms about 7 seconds before the solution comes into their cognitive thinking. (p. 30) Maybe that's why mothers count to 10 while giving their child a choice – it takes 7 seconds for the child's decision to reach the cognitive thinking part of the brain!

Creativity is about working the problem. Creativity starts with a problem and "we have to realize its difficult work" (p. 6). Every creative journey begins with a problem and a feeling of frustration like we've hit a wall. We like to tell the happy endings and forget to talk about the struggle. But we have to go through the process to get to a solution and that's where the ideas come from!

When we hit the wall, walk away, take a break and let the mind rest. Talk to a friend about anything but the problem (p. 29). Have you ever noticed that ideas come in our sleep or in the shower? Stay in bed during those half-awake moments and problem solve! (p. 33) People who daydream score significantly higher on measures of creativity! (p. 48) A relaxed mind is more likely to be a happy mind! (p. 32) People who are happy are about 25% more insightful at problem solving.

The truth is we really are all creative! Even with brain injuries, which turn off our inhibitions and release even more creativity! (p. 8-11)

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. 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.)



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

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

This traveling exhibit is currently at:

Porter Adventist Hospital
2525 S Downing St
Denver, CO 80210

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.

33rd Annual New Legacies: Contemporary Art Quilts (2015)

Deadline: April 17, 2015

This juried exhibition features the current work of the finest national and international contemporary quilt artists. Art quilts accepted for exhibition will exemplify innovation in quilting and surface design techniques as well as excellence in artistic composition and craftsmanship. The goal of the exhibition is to recognize the world's finest contemporary quilt artists and to advance the art form. The exhibition dates are July 11 – August 22, 2015.

Exhibition Jurors: Betty Busby, Louisa Smith, Vicki Carlson, and Ellen Martin
Awards Judges: Betty Busby, Louisa Smith

Announcements

Trunk Show and Quilt Challenge

The turnout for our first Challenge – “I Love Fiber Art” was overwhelming! The Board cannot thank everyone who participated enough! Not only were the numbers incredible, the 12 x 12 quilts were beautiful! Thanks to all!!!

And thanks to all who donated their quilt to Front Range’s first ever Trunk Show. The Trunk Show will 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.

We are still accepting donations! 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: Rhythms

FRCQ will be hosting (almost!) quarterly challenges. Here’s the scoop on the next challenge.

Theme: Rhythms

Size: No size restrictions

Deadline: May 18, 2015 (May Meeting)

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

Critique Groups

The following critique groups have space available for new members.

Area	Contact Person	email address
Colorado Springs	Rose Legge	rlegge@centurylink.net
Denver Metro	Cyndi Jarest	cynthiajarest@yahoo.com
Ft. Collins	Mary Corcoran	marymcorcoran@gmail.com

As we are forming new critique 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 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.

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.

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.

Do You Have a Sewing Machine to Donate?

Lafayette Public Library is looking for a few sewing machines for a new, hands-on learning space at the library. They will be used by community members of all ages to learn and practice sewing and quilting under the guidance of volunteers. Machines should be in good working order or easily repaired, with cords and attachments. To donate please contact Library Director Betsy Stroomer (303) 661-1165 or BetsyS@cityoflafayette.com. The library can arrange to have machines picked up or a volunteer can pick them up at an FRCQ meeting. Future "sewists" thank you!

Front Range Fashion Artists meets at 5:15 PM prior to the regular FRCQ meeting. Using Inktense Watercolor Pencils and Crayons to create watercolor images on fabric will be the program topic for the April meeting. This will be a "hands on" experience to create permanent watercolor effects and painting on prepared fabric. All materials will be included but a \$1.00 donation would be nice to cover the cost of the Inktense pencils and crayons used. If you have the Inktense Pencils and crayons you may also bring them. This is not a "messy" project but you may want to bring an apron or wear suitable "can't hurt it" attire. Leila will bring enough supplies for the 25 wearable art participants. If other FRCQ Members want to join the class please RSVP to lelia@guilbert.us.

For more information contact: Susi Perry at: susisews@hotmail.com

Trusting Intuition for Collage and Fiber Artists with Jo Fittsell

Using pure play, guided creativity exercises and exploring our connection to nature, students will uncover a deeper layer of visual language that will separate your art from everyone else's. A variety of materials and techniques will challenge you, such as manipulating fabrics and papers with resists; melting and mono-printing; creating waxy papers; mark-making using string with inks and bamboo pens and much more. This workshop is designed to take you down a new path to more original work.

Art Students League of Denver
Monday evenings 6-9 April 27th – June 8th
Members: \$162 Non-members: \$198
303-778-6900 or www.asld.org

The Mountain Bead Society is holding its annual event, **The RMBS Bead Bazaar**, April 25 and 26, 2015 at the Denver Mart. More information at rockybeads.org.

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: _____	