

Bits and Pieces Newsletter

May 2015



Next Meeting

May 18, 2015

Healing Arts Panel

The panel will include **Jude Keller** from the Rocky Mountain Adventist Healthcare Foundation's Healing Arts Program and **Nancy Noyes** with Noyes Art Design. They will discuss the role of the arts in healthcare and in medical facilities. Art (both performing and fine) and design are now incorporated into every aspect of modern hospitals/medical facilities.

The Healing Arts Program is the sponsor for the Front Range Contemporary Quilter Exhibit titled CREATION, now touring the five Denver metro Adventist Hospitals.

Jude Keller is the Director of the Healing Arts Program within the Rocky Mountain Healthcare Foundation. The Healing Arts program within the Centura Health System is sponsored by the Rocky Mountain Adventist Healthcare Foundation. 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.

FRCQ meetings are held at the Westminster City Recreation Center at 7:00 PM.



CREATION Exhibit at Parker Adventist Hospital

Nancy Noyes is the President of Noyes Art Designs helping their client's experience the value of art as it pertains to their identity and mission, as well as to create a first and lasting impression. It is with this mission that we produce art schemes that are tailored to the needs of visitors, staff members and the community.

Our focus is to marry the art to the architecture in a way that makes it more than décor. The art becomes a part of productivity, creating harmony, and aiding in way finding and healing.

President's Letter

“When failure is not an option, we can forget about learning, creativity, and innovation.” Brene Brown – *Daring Greatly* (p. 15)

The past few newsletters have been about the need for community to lead us to an atmosphere of creativity. Let's face it, community means people and everything they bring, which can be a vulnerable place. It risks being transparent, hurt and, even at times, experiencing failure. Is the cost worth the risk? I believe it is!

Years ago, I remember melting down, white knuckling the edge of the table, telling my husband that I refused to fail, and if I did, I didn't want anyone to know. Guess what? Everyone already knew I failed and loved me in spite of my flaws. But, friends and family gave me the freedom to fail. I was never going to grow as a person if I wasn't able to embrace my failures and actually look at them as a gift. I went on to discover that I was not a victim, but that my past wounds were the gifts that strengthened me to become the person I am today with, hopefully, more insight and compassion.

It unleashed a new level of honesty and, therefore, creativity, in my life. The prior need to control and protect do not go hand in hand with passion and creativity! I'm not sure I could have heard the stories of the women I met in prison had I not been able to admit my own flaws. How could I use my art to express their stories, much less my own, if I wanted to hide behind the mask of perfection? When I was “perfect”, I was unapproachable and rigid. Then I allowed myself to be messy and fail. And I allowed others to be messy so we can make a mess doing our art together!

If we really want to “dare greatly”, there will be risks, imperfections and failures. I agree with Dr. Brown when she says, “Vulnerability is the core, the heart, the center, of meaningful human experiences.” (p. 12)

The community of Front Range Contemporary Quilters is an opportunity to grow, to experiment, to try and fail together. We have a unique place to share our art at the Show and Tell; to take classes together, both with national leaders as well as local talents. It is a safe, but messy place to run the risk of being vulnerable!



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

Paint, Stitch, Create Quilts

Deborah Fell

Sept 17-19, 2015
Longmont Museum

If you're looking for a workshop to stretch you gently out of your comfort zone, this class provides the perfect opportunity.

Work with a different approach, a different format, and different materials to create pieces of art on a new level. Using pads of canvas paper, you will create small art quilts that can work in a series. Emphasis will be on using design elements—line, shape, color—to make each piece relate to the others. A variety of techniques/materials will be employed, including paint, layering, mixed media, stamps and stencils, paper, found objects, stitching, and organic mark-making.



Registration for Deborah Fell's workshop opens June 15, 2015



Collage: The Essence of Shapes

Patty Hawkins

April 17-19, 2015

I would love to add a note of thanks to all who shared time in my class for FRCQ. Each quilt artist has such a unique voice, each willing to “hear” my thoughts on Design Element tricks, to encourage a more eye appealing piece. The 3 Bears of odd numbers, multiple values and scale of size, so important; shared by and attributed to our mentor Helen Davis.

Hugs to all,
Patty Hawkins

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/AnXE0t>. 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

This exhibit will be installed at the Castle Rock Adventist Hospital on Monday, May 11. There will be a reception for the show on Thursday, June 25; 5 - 7 pm. The show will be in Castle Rock through the end of June, moving to Avista Hospital in early July (check our [Facebook page](#) for updates).

Other Exhibit Opportunities

July 15, 2015: Rocky Mountain Quilt Museum’s 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](#).

August 31, 2015: *Lines Into Shapes*
Sponsored by the Art Center & Gallery of Estes Park

Show Runs: October 30 – November 14, 2015

For prospectus,

visit www.artcenterofestes.com

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

Meeting Summary ~ Katie Fowler

April 20, 2015

Take a Concept! Matisse It!

Patty Hawkins

Patty Hawkins shared her charm and wisdom with us through her informational presentation.

Here are a few of the highlights from Patty's many ideas :

- Use simple shapes, freely cut and put them next to contrasting neighbors.
- Pay attention to color and rhythm.
- Use just a few shapes overlaid with darks and lights.
- A successful piece has a "stage" for the subject matter... Use an interesting background as the stage.
- Play with paper collage, tear the paper if you can bear it.
 - Use BIG shapes only
 - Take a photograph, turn it upside down and look for shapes and values.
- Use VERY simple shapes.
- Remember the Three Bears of Design from Helen Davis:
 - Odd numbers
 - Different value of same color
 - Different size of same shape
- Helen Davis:
 - "Simplify, Exaggerate, Repeat"
- Look for abstractions all around you.
- Artists' color palette is a great source of inspiration.
- Make "scrolls" – scraps fused to WonderUnder.
- SIMPLIFY

Memorable Quotes:

- "A mind that is stretched to a new idea never returns to its original dimension." - Oliver Wendell Holmes
- "All women artists should have a dedicated art space." -Nancy Crow

Thank you, Patty for a wonderful presentation. We are so grateful to you and small group of women who started all this! It means so much to so many of us.

Announcements

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)

And, like the March "I Love Fiber Art" challenge, you can make it 12" x 12" and donate to the FRCQ Trunk Show. If you do decide to donate this challenge piece, no need to put a label on the back for safety reasons as they will be shown in many locations.

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 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. 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 from Members



Laurie Dodd, Denver/Nashville based fiber & encaustic artist invites you to her opening reception at aBuzz Gallery, Thursday May 28 from 6-9 p.m. Bring a friend and check out my first solo show "Lightly Tethered". Two series from my encaustic works, Dresscapades and Loose Parts will be featured along with great wine and snacks Or come for First Friday, June 5 from 6-9 p.m. or stop by Saturday, June 6 at 12:00 p.m. for my artist talk about how I created an encaustic piece in memory of my Dad. You can check out my work in advance on my website at lauriendodd.com.

Deidre Adams and **Christi Beckmann** have an exhibition at the Bas Bleu Gallery at 401 Pine St in Fort Collins. Exhibit runs from May 1-June 28, 2015. Gallery hours are Tues-Friday 12:30-5:30pm and Saturday 1-4 pm.

There will be a 3-day workshop taught by **Denise Labadie**, a fiber artist who creates art quilts interpreting visions of monastic ruins and pre-historic stone megaliths. The workshop will be made up of two of the classes Denise teaches. The first day the class will be, "Fabric (Stone and Sky) Painting and Texturing" and the fabrics we create will then be used in the next two day class, "Working from a Photo". Please see her [website](#) for class descriptions.

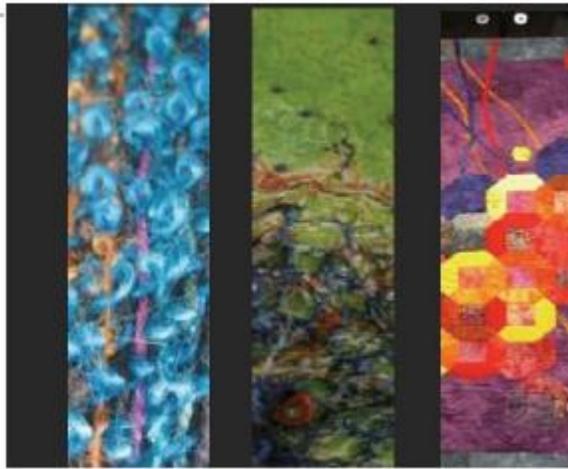
The workshop will be on May 18-20 or May 19-21. The location is still to be determined but probably in Boulder. The cost depends on the number of people who participate. If ten people attend the 3-day workshop the cost would be \$150-200 per person plus \$15 for dyeing supplies.

If you are interested or have any questions, please contact Deb Cogdill (508-450-9077 or cogdilldebra@gmail.com)



Lea McComas with Ricky Tims. Her quilt, Turkish Bread Boys, is seen in the background.

Lea McComas recently taped *Transforming Quilts from Real Life* - Show 1609 of *The Quilt Show* with Ricky Tims and Alex Anderson.



FACE OF FIBER IN THE ROCKIES



www.fiberartsep.com

Come view fiber art created by Colorado artists. The exhibit includes knitting, felting, quilting, weaving, basketry, tapestry, embroidery and more. A portion of the exhibit honors the 100th Anniversary of Rocky Mountain National Park.

Friday, June 12 - 2-6 P.M.
 Saturday, June 13 - 10 A.M.-5 P.M.
 Sunday, June 14 - 10 A.M.-3 P.M



Park Village Playhouse
 900 Moraine Avenue, Estes Park

FREE Admission - FREE Trolley from the Wool Market on Saturday and Sunday includes Estes Park Fiber Affair destinations downtown.

Some fiber art items will be for sale. Fiber-related items will be for sale by vendors and FACE.



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

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: _____

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