

Bits and Pieces

Newsletter

June 2015



Next Meeting

June 15, 2015

Creativity Cubed

The June meeting will feature a panel with three amazing artists and kick ass businesswomen who will deliver their unique, sassy and juicy perspectives on creativity, the creative process and the work of being a productive studio artist. This will be an unconventional and unrestrained panel discussion that makes you laugh and makes you think.

They will dish the dirt on what they think is important, then answer your burning questions. No question is too wild or off limits. Send your questions in advance to lizkettle@textileevolution.com



Liz Kettle is a creative catalyst focused on bringing your creative superpowers to life. She is also an artist, author and teacher living creativity every day.

Katie Fowler is an artist, writer, teacher, and certified creativity coach who loves helping creatives live their potential!



Cass Mullane is an artist and an MBA. For the past 11 years she has been coaching right-brainers and creatives in the practical magic of making business fun.

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

President's Letter

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.” (Brene Brown, *Daring Greatly*, p 34).



Every time I pick up a blank, white piece of fabric, these are the emotions I face ... uncertainty, risk and absolutely naked with my emotional exposure.

When I take that white piece of fabric into my dye studio, I feel like I have never dyed a piece of fabric in my life. I don't remember how! I forge ahead through my insecurities, dye the fabric, batched, and washed it out. Sometimes I am amazed with the results and other times, I confirm that I really don't know what I'm doing! Then the fabric calls for a second, third, and sometimes even a fourth layer to be added before it is so lovely, I don't want to cut into it!

Onto the design wall I face the risk! Can I manipulate the fabrics to what is on my heart and mind? That's when the magic happens and the fabric speaks, telling me to get out of the way and let it design itself.

Then I have to add the final part – the stitching layer. Panic Hits!!! Will I destroy the piece making the permanent thread lines? Getting behind my machine becomes an experience of flight! I lose track of time and soar to the sound of the machine purring!

The finale – showing the piece to others! I am uncertain, at risk, and naked in my exposure. Wish I could say I'm not frightened to let others critique what I've made, but the truth is I've put a part of myself out there, exposed, and it feels very vulnerable.

Does anyone else go through this agonizing process in making a quilted piece of art? Talking with much more experienced artists, I think each and every one of us have experience this. And we keep going through this process again and again. There is a realization of being an imperfect human, but wanting to make a perfect piece of art! My deeper desire is to grow both in love, belonging, joy, courage, empathy and creativity! I want greater clarity of purpose and a deeper and more meaningful spiritual life. Vulnerability is the path to get there. So, I return to the garage to dye the fabric, pinning it onto my design wall and stitching it while losing track of time. And then, in pursuit of growth, bring it to a group of like-minded artists on the third Monday of each month for the honesty to grow together.

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

Take a Concept! Matisse It!

Patty Hawkins

July 18-19, 2015



Matisse said his cutting process is like drawing with scissors. Bring your very **simple** design ideas: in your visual journals, clippings, sketchbooks and magazine pages (with index card view finders). Collage exercises offer a road map to test design & value ideas in small paper projects by tearing, altering, layering (fuse or glue) while exploring colors, values, shapes & visual textures. First work in paper, in an encouraging atmosphere, throw angst out the window! Collage is trial & error composing, no expectations, for fun and exploration. Small playful studies will lead to fabric quilts; can be created as one large image or worked in multiple blocks. We will talk about Design Elements tricks & the "three bears" for unique, personal ways to create, to listen to "your intuition," to simplify and work more quickly by working in larger images for compositions. Register [here](#).

2015 Workshops

Deconstructed Silk Screening

Susan Brooks

Aug 28th or Aug 29th, 2015

Susan Brooks is a fiber artist and fiber art teacher living in Louisville, CO. Her work is known for her imaginative use of various surface design techniques including deconstructive silk screening, dye painting and hand dyed fabrics. Her work has been juried into many prestigious shows, including Quilt National. Founder of “The Garage” studio in Louisville, CO, Susan is a teacher known for her creativity and generosity of spirit. We will be working with silk screens to create one of a kind, organic looking fabrics. Each screen will deconstruct making a unique one of a kind print. The morning will be spent making our one-of-a-kind screens with at least three different methods and the afternoon will be breaking down or deconstructing the designs onto fabrics!

[Online Registration](#) opens June 12; mail in registration opens June 10

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/AnXEQt>. 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).

Announcements

Challenge: Text Message

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

Theme: Text Message

Size: No size restrictions

Deadline: August 17, 2015 (August 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 decide to donate this challenge piece, we will be putting a label on the back with FRCQ info and your name only.

Thanks to all who participated in the May **Rhythm** Challenge. We had some wonderful and creative interpretations of "Rhythm". If you were not able to attend the May meeting and made a "Rhythm" piece, please bring it to the June meeting for a chance to show off your work!

Trunk Show

The board has decided to mount the donated 12" x 12" art quilt pieces. We will be protecting the work in plastic sleeves and attaching a label on the back with FRCQ info and the artist name. Therefore, if you donated a 12 x 12 piece and do not have your name on the back, please email Susan Brooks, president@frcq.org, with a description of your art so you get the well deserved credit!

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.

Bits and Pieces from Members



This art quilt exhibit, ***Pushing the Surface***, will be open through Sept 7, 2015 in Coshocton, OH (Roscoe Village), featuring many internationally acclaimed quilt artists. Patty Hawkins is delighted to be the featured artist for the exhibit postcard.

Marcie Emily has been selected for the Foothills Art Center Member's Show, from May 26 to July 10. Her piece, *Cacti or Succulent?* is hanging in the Community Gallery



Charlotte Ziebarth, Jeanne Gray and Carol Watkins were featured in this [Daily Camera article](#) about their acceptance into Quilt National. Congratulations to all our members who were accepted!

The Fashion Artists will meet at 5:15 PM prior to the General meeting of FRCQ. The program for June will be: *Combining Fiber Techniques* presented by Dana Chapman. We will learn and see ways to combine knitting, weaving, and other fiber art techniques in our garments and art. Please bring Sew and Tell to share with the group. All FRCQ members are welcome to attend. For more information contact: Susi Perry susisews@hotmail.com

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 feature art quilts, wearable art, and art cloth.

Studio Art Quilt Association also maintains a [calendar of Calls for Entry](#). While many of these are for SAQA shows, some of them are general calls.

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: _____

WEB SITE: _____