

Bits and Pieces

Newsletter

July 2015



Next Meeting

July 20, 2015

Demos and Delights

Seven members will offer tips on a variety of techniques you may want to incorporate in your art. We'll set tables up around the outside of the room and the participants will move from one table to another. There will be five "learning modules", each fifteen minutes long. At the end of each module, each participant can choose another technique to learn about. Each instructor will offer an identical program during each of the five learning modules. During the move, you can enjoy one of the many "delights" (treats created by members of FRCQ).

Things to remember:

- **Bring a "delight"** so we have lots of savory and sweet treats for the evening.
- **We'll start promptly at 7:00 pm** – come at 6:45 pm to network and to drop off your delight.
- **We will not have show and tell** – save your art for August.

Susan Brooks will teach the basics for deconstructed screens.

Merry Havens will demonstrate "bobbin work".

Lelia Guilbert will have participants gather around the table to draw and sketch with intense watercolor pencils and blocks using small fabric squares

Linda Laird will demonstrate "Split Piecing"

Rita Lynn will demonstrate 3 dimensional vessels

Ann Myhre will be demonstrating hand needle-felted botanical elements

Liz Kettle will round out the group with a surprise demonstration

The schedule is:

6:45 pm – network with friends; drop off your delight

7:00 pm – meeting starts, announcements, enjoy a "delight"

7:10 pm – learning module #1

7:25 pm - move

(repeat for modules #2 through #4)

8:30 pm – learning module #5

8:45 pm – learning closes and clean-up begins

President's Letter

"Yes, we are totally exposed when we are vulnerable. Yes, we are in the torture chamber that we call uncertainty. And, yes, we're taking a huge emotional risk when we allow ourselves to be vulnerable. But there's no equation where taking risks, braving uncertainty, and opening ourselves up to emotional exposure equals weakness."

Brene Brown – *Daring Greatly* (p. 32)



Dr. Brown debunks four myths about vulnerability that not only applies to our individual lives, but applies to our art.

Myth # 1: Vulnerability is weakness. Last month I wrote about my own struggle with producing art and how difficult it is to get into the studio when I feel so naked and exposed. The choosing to go and create, in spite of that vulnerability, would not be called weakness. Looking at imperfections and going for it anyway, I consider one of my strength. I can choose to be run by my fear of failure, or just keep plugging away! I love seeing openness and honesty in other people, but fear when others see the real me. Why is it courage in others and looks like inadequacy in me? Why do I hide my vulnerability when I respect seeing it in others?

Myth # 2: We don't do vulnerability. The bottom line is – life is vulnerable and so is art! Life is about taking risks and growing. It's absolutely exhausting to hide behind the veneer of perfection instead of being seen for who we are and what we create.

Myth # 3: Vulnerability is letting it all hang out. Vulnerability is not about bearing our souls to everyone in the check out line at the grocery store. It is an earned position with boundaries and trust. Within our large group meetings, as well as our small critique and art groups, we need to have healthy boundaries. Making art is such an exposed place and we, as women, are able to get in touch with our emotions. Sometimes our deepest wounds flood out; that can be a call for help, but is not the definition of vulnerability. That type of sharing is best left in a very small group of close personal, trusted, friendships.

Myth #4: We can go it alone. We all need support, both in our personal lives as well as our exploration of art. That's why we have encouraged people to get involved in a smaller art or critique group. We need the sharing of ideas, the support when we feel stuck, and even the hand holding when it feels too risky. We are not a lone island to be defeated on our own. However, we are the people *'actually in the arena realizing that no effort is without failure and even if we fail, it is while we are daring greatly.'*

Theodore Roosevelt.

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.



Take a Concept! Matisse It!

Patty Hawkins

July 18-19, 2015

Matisse said his cutting process is like drawing with scissors. 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. We will talk about design elements, tricks & the **three bears** for unique, personal ways to create.

Deconstructed Silk Screening

Susan Brooks

Fri, August 28 OR Sat August 29, 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. 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!

For more information or to register for any of these workshops, see the [Workshops](#) page of the website.

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

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
Call for entries is [here](#).

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

SALE AMAZING HUGE STASH REDUCTION

**all kinds of good stuff for quilting, sewing,
crafting from useful to unique, from ordinary
to exotic**

Saturday August 1 9:00-4:00

Lynda Faires

**1006 Honeysuckle Lane, Louisville
rain date August 2: call to check 303-604-
2026**

**bring a shopping bag
half price finale at 3:30
come see what you will find**

Announcements

Challenge: Text Message

FRCQ will be hosting quarterly challenges. Here's the scoop on the next challenge.

Theme: Text Message

Size: No size restrictions

Deadline: August 17, 2015 (August Meeting)

Like previous challenges, you can make it 12" x 12" and donate to the FRCQ Trunk Show. If you do decide to donate this challenge piece we will be putting a label on the back with FRCQ info and your name only.

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!

Save the Date!

We will be hosting a fun filled, play weekend retreat on Friday, November 13 through Sunday, November 15, 2015 at the Rocky Mountain Mennonite Camp, Divide, Colorado. More details will follow and payment on PayPal through the website in mid August. Save the date and join us as we have a limited space of 30 artists!

Bits and Pieces from Members

New Legacies: Contemporary Art Quilts Exhibition

July 7 – August 22, 2015
Lincoln Center
417 W. Magnolia Street
Ft. Collins, CO 80521

Several FRCQ members were juried into the show including Jo Fittell and Susan Brooks.



Bits and Pieces from Members *(cont)*

Fashion Artists

The Fashion Artists will **not** meet in July, but will join in the Desserts and Demos regular meeting of FRCQ. We will resume our separate meetings in August! Everyone is encouraged to attend the regular meeting of FRCQ.

This year's Fashion Artists' Challenge is: **West Wears East**. Style and interpretation of the theme are up to each member using any creative techniques they choose. Members will create a kimono for a runway show to be held at the October meeting. There are many commercial patterns available for a kimono. This challenge is open to **all** members of FRCQ. Members are encouraged to make a kimono that can be worn on the runway. For more information please contact Susi Perry: susisews@hotmail.com



Landscape Quilts

Dorothy Raymond

June 22 – August 2, 2015

Elfriede's Fine Fabrics
2425 Canyon Blvd
Boulder, CO 80302

10:00 AM – 6:00 PM Monday - Saturday



A Shortgrass Revival & Solo Show

Barbara Yates Beasley

July 2 – Sept 29, 2015

Rocky Mountain Arsenal Wildlife Refuge
6550 Gateway Road
Commerce City, CO

Artist Reception: July 18, 2015
11 AM – 3 PM

Art, Craft & Stitch: A Play Date with Boundless Fiber Artists

Saturday, July 25, 2015 11 a.m. – 4 p.m.

Lafayette Public Library Community Room

Come play with us! Magic Marbling, Mixed Media Prayer Flags, Eco- and Tri-Color Dyeing, Fast and Slow Quilting, and all-day Artists At Work. Demonstrations and hands-on play on the hour for adults and those as young as 10.

Come watch, explore and learn with some award-winning art quilters and fun teachers. More information will be on the [Library website](#) and [Facebook event page](#).

2015 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: _____