

Bits and Pieces

Newsletter

August 2015



Next Meeting

August 17, 2015
Jean Herman

How My Travel Influences My Art

Jean's art reflects her intriguing past; she was trained as a scientist and went on to a business career and was CEO at the Denver/Boulder BBB. Her MBA training and focus on business success makes her serious about her art.

Jean's art begins with a vision and ends in a story. Viewed through her eyes, events, people, places and things take on a new perspective. Jean captures those moments through the use of fabric, texture, stitching, patterns and color: binding them together to create a unique and individual story.

Jean's goal is to evoke an emotional response from people as they view my art. Jean feels successful when the portrayal of the story within the art can be felt by the viewer.



Upcoming Meetings

September 21, 2015 - Deborah Fell
Renegade Quilt

October 19, 2015 – Mary Hertert
Beyond the Rules for Wearable Art

November 16, 2015 – Dana Jones
The Art of the Caohagan Quiltmakers

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

President's Letter

Shame is a silent killer of creativity. "We all have shame... But if we don't come to terms with our shame, our struggles, we start believing that there's something wrong with ... If we want to be fully engaged, to be connected, we have to be vulnerable. In order to be vulnerable, we need to develop resilience to shame." Brene Brown, *Daring Greatly* (p 61)



Shame leaves us feeling less than adequate. Guilt deals with what we do, while shame deals with who we are. Are we good enough? Talented enough? Are we worthy to show our work to others? It always compares and leaves us in the less than position. Brown talks about three aspects of shame: 1 - It's universal; everyone has to deal with it. 2 - We are all afraid to talk about it and 3 - the less we talk about shame, the more control it has in our lives.

"Shame derives its power from being unspeakable... If we cultivate enough awareness about shame to name it ... we've basically cut it off at the knees. Shame hates having words wrapped around it. If we speak (about) shame, it begins to wither. Just the way exposure to light was deadly for the gremlins, language and story bring light to shame and destroy it." (*ibid*, p 58)

How do we start dealing with the shame we experience? Listen to our inner language. What are we telling ourselves? When it's time to show our work, do those voices start comparing and telling us that you aren't good enough. Is our self worth tied to how we perceive our work?

The Artist's Way by Julia Cameron and *Unlocking the Heart of The Artist* by Matt Tommey are two books to help us to recognize the gremlins! They are great to study in a group or individually.

Give ourselves and others grace. Let's be gentle with ourselves. Empathy goes a long way in understanding that everyone is flawed, that's part of being human. But in our struggles, we can support each other as we address the shame game.

Let's utilize what we have at FRCQ as an opportunity to stand up and say enough to shame. The four opportunities of support: First, just show up! Come and enjoy the community being built around connection and understanding. Second, bring a show-and-tell. It is a safe environment for everyone to share and let those gremlins know that we are willing to shed light on their lies. Third, the "New Beginnings" show will provide an opportunity to learn the application process to exhibit our work. And fourth, there will be an upcoming opportunity to exhibit with no jurying process.

Let's kick butt and get shame and its voice out of our heads!

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 Nesputil
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.



Deconstructed Silk Screening

Susan Brooks

Fri, Aug 28, Sat Aug 29, OR Sun, Aug 30, 2015

A few spaces have opened up in the first two workshops and a third date has been tentatively added. It will be held provided there are enough registrations.

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](#).

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

This exhibit will be at Avista Adventist through the end of August, moving to Avista Hospital in early September (check our [Facebook page](#) for updates).

Announcements

Challenge: Text Message

FRCQ is 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!

Winter Retreat

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. Details and payment will be up on PayPal on September 1st. Save the date and join us as we have a limited space for 30 artists!

Board Meetings

Next Board meeting will be held on September 14th at Susan Brooks’ house at 6:00 for dinner and lively meeting. Anyone interested is welcome to join. Please email Susan at president@frcq.org if you would like to attend.

announcements continued on p. 6

Bits and Pieces from Members

Fashion Artists

Fashion Artists will meet at 5:15 PM on Monday, August 17th, prior to the regular FRCQ meeting. Helen McKee will present a program on felting. In addition, Geri Caplan will bring some of her felted pieces of art for us to look at and discuss techniques. Anyone else who may have felted works of art is encouraged to bring them to this meeting.

This year's Fashion Challenge is "West wears East", and is open to all members of FRCQ. Style and interpretation of the theme are up to each member using any creative technique(s) 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. Sept. will be a "dry run" of our Fashion Show.

Anyone is welcome to join our group! We love the synergy and stimulation of other artists!

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

RIDE the Ride WALK Your Talk SEE the Art

Former VP of FRCQ, Laurie Gibb is organizing an event on September 12 with friend, Bobbie Benson called RIDE the Ride WALK Your Talk SEE the Art. The friends made a commitment to help people lessen their carbon footprint after taking part in the New York City People's Climate March. Both are artists and have discovered the amazing array of public art available in Metro Denver. Pairing the two things together fit the bill of promoting art and using public transportation.

Participants will meet at Union Station and then take a free self-guided tour of public art using public transportation. RTD will be on hand to help people learn the system. (To plan your trip to Union Station, click on: <http://www.rtd-denver.com/GoogleTripPlanner.shtml>). It would be a wonderful way to spend time with other art loving friends. For more information: <https://www.facebook.com/events/1639529472931931/>. This event is being sponsored by the Rocky Mountain Sierra Club, 350 Colorado, The ART Hotel, RTD, Denver Arts and Venues, and the Museum of Outdoor Art.

What: RIDE the Ride, WALK Your Talk, SEE the Art

When: Saturday, September 12, 2015 9:00AM 3:00 PM

Where: Starts at Union Station Plaza on Wynkoop St. Denver

Announcements *(cont)*

Website Update

Thanks to the unflagging efforts of our “website minion”, Ellen Nepustil, we have several enhancements to announce:

The Website will now have a **Resource** page with listings for suggested companies and services on line and in our local area. If you have a great resource that you have used and think should be added, please email: president@frcq.org

The website has links for past exhibits under the **Galleries** tab; links for current and upcoming shows are on the **Exhibits** tab.

Coming soon: There will be a page of FRCQ members who would like to have their websites listed. When you sign up for your 2016 membership, the form will include a place for permission to list your website with an agreement to provide a link on your site to FRCQ website.

Visit the website at www.artquilters.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 \$15
<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: _____	
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