

# Bits and Pieces

## Newsletter

September 2015



## Next Meeting

**September 21, 2015**

**Deborah Fell**

### ***Renegade Quilt***

This presentation takes a comprehensive look at the quilting world from an outsider art perspective. Who are the true renegades in the quilt world? The lecture takes a look at art quilts from a historic viewpoint, Gee's Bend quilts as well as memorial quilts and the impact it has made in the history of the quilt.

Deborah Fell says, "my art is a reaction to my world and my experiences. I use quilting as elements of art. Thread is line. Fabric is shape and paint or dye is color. Materials include cloth, paint, paper, repurposed found objects and stitching. Layering, organic mark-making and line are prominent elements in my work. I allow myself to listen to the art. I follow where it takes me and the process of creating continues to teach me to be honest and to have the courage to keep moving forward."

Deborah Fell is a full time studio artist committed to the art quilt medium. She is a professional member of the Studio Art Quilt Associates and ArtQuilt Network.



Deborah's art focuses on abstract, organic shapes while using surface treatment such as dyeing and painting fabric. Deborah has been a professional educator for over 30 years. Besides teaching at risk high school students in a public high school setting, Deborah has taught various art workshops at national symposiums, community college and continuing education.

Deborah obtained a Master's degree from Northern Illinois University as well as graduate work at University of Illinois, University of New Hampshire and a fellowship at Northwestern University.

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

# President's Letter

“As children we found ways to protect ourselves from vulnerability, from being hurt, diminished, and disappointed. We put on armor; ... we learned how to make ourselves scarce, even to disappear. Now as adults we realize that to live with courage, purpose, and connection – to be the person whom we long to be – we must again be vulnerable. We must take off the armor, put down the weapons, show up and let ourselves be seen.” Brene Brown, *Daring Greatly* (p 112)



This summer, between a new baby in the family, family health issues and friend's crises, I have not shown up and let myself be seen. Not in my studio, and not for myself, family, or friends. How did that work for me? Not so good!

Dr. Brown uncovers the most common “vulnerability arsenals” and how to be courageous.

She calls the first shield “foreboding joy”. If we always expect the worse, we can't be disappointed because goodness must be a set up leaving us open to disappointment. Instead we can choose gratefulness. Many people have turned to keeping gratitude journals and the art coach, Alyson Stanfield, says it's the first step in becoming successful in the business of art! I tend to look at the cup as half empty and it's a challenge to keep my perspective as a cup half full. So, as a reminder, at Thanksgiving I re-read Ann Voskamp's book *One Thousand Gifts*, about her life changing decision to keep a journal of thankfulness.

Another tool in our arsenal is “perfectionism”. If we just do it perfectly, we can't be shamed or disappointed. Ouch! This one touches home for most artists. Dr. Brown says “Perfectionism is not the same thing as striving for excellence. ... (it's) not about healthy achievement and growth. ... It's the belief that if we do things perfectly ... we can minimize or avoid the pain of blame, judgment and shame.” p. 128-129. Our choice is to see the beauty of the imperfect – Dr. Brown calls it the “beauty of cracks”.

Years ago, my husband asked if I knew it was ok to fail. Through gritted teeth, I told him, “I refuse to fail and if I do, I refuse to allow anyone to see it!” Wow! That was the beginning of my choice to embrace my failures and give myself grace. I've discovered that allowing myself to be seen for who I am allows others the freedom to expose their hearts to me. It's what opened the doors to show up in the women's prison every week and see the women's beauty through the eyes of grace. Knowing that we all fail at times, we are all human, and we all need to be loved and accepted. It's the beauty of being vulnerable! It's the beauty of being courageous and showing up to make our art!

**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
Communication	Moira Mallison
Workshops	Jeanne Gray & Judy Duffield

## 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. [Register Here!](#)



## FRCQ Exhibits

*FRCQ hosts juried exhibits of fiber art created by our members. These are our current and upcoming fiber art exhibits.*

### New Beginnings

**First United Methodist Church, Boulder**

October 24th – January 15<sup>th</sup>, 2016

This exhibit is specifically for those members that have not been in an FRCQ exhibit before. It is also open to those that have been in only one FRCQ exhibit previously. The intent is to remove the mystery from the process of entering into an exhibit and to encourage more members to feel comfortable sharing and exhibiting their work.

Juror: Jo Fittsell

Entry Deadline: Sept 27, 2015

Notification of selected work – October 15, 2015

Delivery of Art to FRCQ by October Meeting –  
October 19, 2015

More details [here](#). Submit an entry [here](#).

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

This exhibit is now at the Littleton Adventist Hospital, The gallery is between the main entrance and the outpatient entrance.

### Portfolio 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](#).

# Announcements

## Challenge: Contrast

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

**Theme:** Contrast

**Size:** No size restrictions

**Deadline:** November 16, 2015 (November 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](mailto:president@frcq.org), with a description of your art so you get the well deserved credit!

## Fall Retreat

We will hosting a play weekend retreat on Friday, November 13 through Sunday, November 15, 2015 at the Rocky Mountain Mennonite Camp, Divide, Colorado. Bring your sewing machines, plenty of fabric to share, a piece you have wanted to finish and any other play things for a fun-filled weekend. Details and registration on the [workshops page](#) of the website.

## Website Update

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](mailto: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](http://www.artquilters.org)

# Bits and Pieces from Members

## Fashion Artists

Front Range Fashion Artist will meet at 5:15 PM on Monday, September 21st prior to the regular meeting of the FRCQ group. We will be preparing for the runway show in October.

Everyone is encouraged to bring their challenge garment to the Sept. meeting. We will have 10 minutes for our runway show in October, so we will work to refine the "cat walk" during our Sept. meeting. **The runway show will be only for the members of the Fashion Artists group.** The other members who are participating in the challenge will show their creations during show and tell.

You are asked to have a 2 sentence description of your garment, highlighting inspiration and techniques used written for our runway practice. Bring your description with you to the meeting.

For more information, please contact Susi Perry, [susisews@hotmail.com](mailto:susisews@hotmail.com)

## Patterns in Nature Sept 18-19

"Patterns in Nature" is a two day class taught by Jo Fittell. It will be held at the Art Students League in Denver, Sept 18th and 19th. If you are having trouble being inspired in new ways to create new things, please consider it. You will work with paper and fabric, and draw from Nature! Jo will be introducing some new materials and new techniques to make your creations more original. You can register at [www.asldenver.org](http://www.asldenver.org). Call Jo if you have any questions! 303-455-1226

# 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

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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