

Bits and Pieces

Newsletter

October 2015



Next Meeting

October 19, 2015

Mary Hertert

Beyond the Rules for Wearable Art

Mary Hertert will speak about how she dives deep into the creative abyss. Where do ideas come from and how does an artist move from good work to inspired work? What drives a spirit to create with unlikely materials or break the rules for what “wearable” actually means? This is looking through the peep-hole at the world beyond rules and norms into the world of wearable art for the runway.

Created in 1997 in Anchorage, AK and moved to Grand Junction in 2011, Color Creek is all about custom dyework, clothing and the chance to share the joy of adding color to fabric. Mary works across the fiber spectrum adding her own personal color magic to both the natural and the synthetic fibers.

In addition to the scheduled program, we are featuring the results of the Fashion Artists’ *East Meets West* challenge entries in a short fashion show. While all members are encouraged to wear kimonos, only Fashion Artists will “walk the runway”. We want to leave plenty of time for our featured speaker!

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



President's Letter

“Minding The Gap” is a warning to rail passengers in the UK to use caution while stepping over the gap between the train and platform or as Dr. Brene Brown, in *Daring Greatly*, says, “to the space between where we are standing and where we want to go” (p 173),

We need to mind our gaps, not only in life, but in our creativity; we need a game plan, which includes not only strategy, but what Dr. Brown calls “culture”. Strategy is what we do while culture is more about who we are.

The ten questions Dr. Brown asks to determine what our culture, or values are:

1. What actions are rewarded?
2. How do we spend our resources in time, energy and money?
3. What are our rules and expectations?
4. Do we feel safe expressing our needs in our creative environments?
5. What are our sacred cows? (Don't touch my fabric and replace it with paper.)
6. What are the values of our stories?
7. What happens when we fail, disappoint or make mistakes?
8. Are we willing to be vulnerable?
9. Where does shame show up?
10. Are we willing to come out of our comfort zone and be uncomfortable. Remember that's where Deborah Fell said creativity exists.

This year I have been addressing creating shelter within FRCQ as well as our own private studio, and most importantly, security within ourselves to soar in our creativity.

Answer these 10 questions remembering Roosevelt's quote – “there is no effort without error and short coming ...(but) who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly”

Let's openly talk about how to make FRCQ a safe and creative environment. Do we have a sacred cow holding us back? Are we willing to be vulnerable with one another? Can we come outside our comfort zone and into the world of creativity? What happens when we fail or make a mistake? What stories are we telling ourselves? And are our stories holding us back or causing us to take flight and soar? Let's Mind The Gap!



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

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 15th, 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

Notification of selected work – October 15, 2015
Delivery of Art to FRCQ by October Meeting – October 19, 2015

“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](#).

HUGE SEWING STUDIO STASH REDUCTION SALE

Supplies for quilting, garment sewing, embroidery, knitting, weaving, mixed media, more.

Fabrics: cotton, silk, hand-dyes, rayon, wool, velvet, scrap treasures threads, notions, lace, yarns, table looms, books, magazines, more.

**SATURDAY October 24 9:00AM – 2:00PM any weather
1006 Honeysuckle Lane, Louisville, CO**

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, with a description of your art so you get the well deserved credit!

Fall Retreat

We will be 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

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

Bits and Pieces from Members

Fashion Artists

Fashion Artists will meet at 5:15 PM prior to the regular FRCQ meeting. This is the month when we present our creations for the West wears East challenge. If you are not able to attend, you are welcome to have someone else model your garment. Edie Petrock will once again be our announcer. Bring an artist statement including description of your garment, techniques used, inspiration written in a size 16 font for Edie to read while we each walk the “runway”. The information needs to be summarized in 2 sentences due to time constraints. We will establish our order of presentation and have a brief practice at our October meeting. If you have any questions or need more information please contact Susi Perry, susisews@hotmail.com.

Rocky Mountain Weavers Guild Annual Fiber Arts Sale

November 12 – 14, 2015: Please join us at the Englewood Civic Center Community Room, 2nd Floor, 1000 Englewood Parkway, Englewood, CO, 80110. Hours 4-8p Thursday 12th, 10-8p Friday 13th, 10-5p Saturday 14th, details www.rmweavers.org. Handwovens, basketry, jewelry, knitting, felting, gifts to wear and enjoy. Contact: Cozy Swickard, lacozette@mac.com.



Endless Horizon: 14000 feet to Sea Level

New Textile Paintings by Lisa Call
September 24 - October 18
Spark Gallery
900 Santa Fe Drive
Denver, CO 80204

In April 2015 I came to New Zealand fully intending to return to my home in Colorado by mid-May. It came as a surprise to friends and family, and mostly to myself, when I impulsively decided to stay on after being in New Zealand only 3 weeks.

I fell in love. Both with the landscape and with a man.

Setting up a studio near Wellington, I began to capture my experience with fabric and thread by early June. The abstract textile paintings in this exhibit explore the endless horizon of the ubiquitous New Zealand sea and its relationship to the expansive sky of Colorado.

Standing at the top of a mountain in the Rockies or gazing out at the ocean in New Zealand - I can see forever. So I look and wonder - what will the future be?

2016 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 Early Bird: \$25

____ 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: _____

By including your website above and checking this box, you grant Front Range Contemporary Quilters permission to link to your website. In return, you agree to link to the FRCQ website, www.artquilters.org