

# Bits and Pieces

## Newsletter

November 2015



### Next Meeting

**November 16, 2015**

**Dana Jones**

#### ***The Art of the Caohagan Quilters***

Dana Jones, author of *Pagtinabangay: The Quilts and Quilters of Caohagan Island*, will introduce the role of quilting on this 13-acre island in the central Philippines with an emphasis on the design processes of the quilters. More than 100 of the island's 600 residents are quilters. Dana's talk, which will be accompanied by images of the quilts, the quilters in action and life on this tropical island that's just north of the equator, will focus on how the art of quilting has and is developing on Caohagan.

The quilts are abstract and pictorial, pieced and appliqued, and each one is a unique design. Made from Philippine-produced fabrics, the quilts reflect the color palette of the island and the quilters' aesthetic senses.

Dana, a resident of Gilpin County, is a former editor of the SAQA (Studio Art Quilt Associates) Journal and Quilters Newsletter magazine. Her quilt designs have been featured in several national magazines, and she was artist in residence at the Gilpin County Public Library in 2012. Her first book, *Pagtinabangay: The Quilts and Quilters of Caohagan Island*, was released in July 2015.



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

# President's Letter

I am a total sucker for the holidays. The minute the leaves start to turn, my heart engages in Thanksgiving, Christmas, family and presents! I love the sights and smells of the holidays and the delight in the grandchildren's eyes Christmas morning! I don't even mind that they start putting up Christmas decorations before Halloween!



I also love reading articles on brain chemistry research. Recently I read an interesting article about the four things that neuroscientists say makes us happy.

Fourth on the list of happiness is touch. We all need to feel love and acceptance. Touch releases the powerful hormone and neurotransmitter oxytocin in the brain. Phone calls and text are wonderful ways to support a friend in need, but there is nothing like a physical hug. Not just a little hug, but a long supportive hug brings calm and happiness.

Third is decision making which reduces worry and anxiety. The process of making decisions releases dopamine and calms the limbic system. And it's not about making a perfect decision, it's just about making a "good enough" decision and setting our goals accordingly.

The second happiness maker is putting words to our negative feelings. "Trying not to feel something doesn't work, and in some cases even backfires." When "asked to name the emotion, the ventrolateral prefrontal cortex activates and reduces the emotional amygdala reactivity." In other words, putting the emotion in just a word or two helps reduce the emotional impact.

The number one means to happiness is **gratitude!** It appears that gratitude is number one at releasing both dopamine, the feel good neurotransmitter, as well as serotonin, the sleep neurotransmitter! Worrying, guilt and shame will also calm our limbic system, but is that the way we want to calm our nervous system long term? We don't necessarily have to feel the emotions of gratefulness; it's about remembering to look for gratitude. It suggests that emotional intelligence increases, neurons in our brain become more efficient and it takes less effort to be grateful.

Planning our family holidays, I can choose to be filled with gratitude, label the negative feelings as I experience them, practice wise and creative decision making and make sure I give and receive plenty of hugs!

May Thanksgiving be filled with the things we are most grateful for!

Click [here](#) to read the article in its entirety.

**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.*

## Portfolio 2016 – Best of 2015

Portfolio 2016 – Best of 2015 is a web based exhibit open to members of the Front Range Contemporary Quilters. The annual show is the home page feature for the FRCQ website and is used to display the best work completed by its members in 2015.

Entry Opens: November 3, 2015  
Due Date for Entry: November 24, 2015  
Notification of Selected Work: December 18, 2015  
Exhibit posted online: January 1, 2016  
Entry form is on the [website](#).

## New Beginnings

**First United Methodist Church, Boulder**  
1421 Spruce Street

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.

## Portfolio 2015 - FRCQ Website Portfolio

February – December, 2015

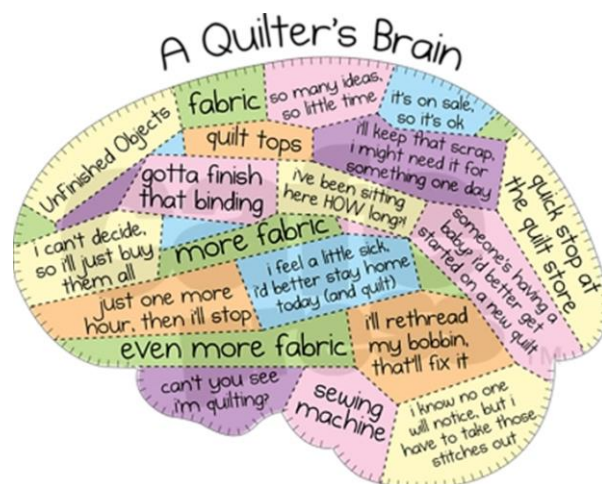
The exhibit catalog for the FRCQ Portfolio 2015 - Best of 2014 is available in print and e-book at <http://blur.by/AnXE0t>. The show is also on the home page of the [FRCQ website](#).

## Other Exhibit Opportunities

*We occasionally post other exhibit opportunities that may be of interest to our members. These are included on a space-available basis.*

## Fiber Innovations II

Fiber Innovations II is an upcoming juried show at the Parker Arts, Culture and Events Center ([parkerarts.org](http://parkerarts.org)). Submittals must be received by March 21, 2016. Show will be on display May 26 through July 10, 2016. Mary Ellen Williams, Executive Director of Foothills Art Center is the juror. All fiber artists are invited to participate. The show focus is contemporary surface design in the fiber arts. Non-functional wall art representing fiber media of all types are welcome. For more details and a prospectus: <http://co-parkerpac.civicplus.com/2055/Call-For-Artists>





# The Kimono

## Fashion Artists Show

At the October 21<sup>st</sup> FRCQ Meeting, the members were treated to a Fabulous Fashion Show by the members of the Fashion Artist Group. This year's challenge was Kimono and the participant's creations ranged from very traditional to ultra modern.

Interpreting the kimono was another delight as the garments were made from traditional kimono fabrics, silk, cotton, wool, and polyester played an important role of each fashion.

Embellishments included appliqué, felting, beads, buttons, embroidery, heat set pleating, and 3 dimensional arts.

Members of the Fashion Artists Group used traditional quilting techniques with the challenge to make the garment look good on the body and enhance the figure. The first forms of quilted apparel from the 1970's were difficult to distinguish from a coverlet and often looked like a pillow with arms and legs, but that has drastically changed from the early years as shown by the most recent fashion shows. Also check the history of quilted clothing challenges as seen in the Fairfield and Bernina fashion shows. Two of the FRCQ wearable artists, Lynda Faires and Dana Chapman have shared their exquisite winning clothing from these shows at past FRCQ meetings.



*Lelia Guilbert*



*Helen McKee*



*Fumi Scurry*

All FRCQ members are welcome at the wearable art group which meets at 5:15 prior to the regular meeting. The programs usually consist of a member sharing a fiber technique which can be translated to art quilting or art to wear. This is a very friendly, sharing group and the next couple of meetings will select the 2016 challenge. There will be many ideas for the group to narrow into creating fashions for the FRCQ program next fall.

FRCQ Members who are not part of the Fashion Artist Group were invited to wear and share their own kimonos at this meeting. More than half of the members took this offer and the room was full of kimonos of every shape, color, design, original and modern, and all very special. Many thanks from the Fashion group for your participation.

# 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 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.

## Pushing Your Boundaries

We are in the planning stages of an exciting new learning opportunity for members seeking to "dare greatly" in order to grow as an artist. Our president, Susan Brooks, has been sharing about Brene Brown's book, *Daring Greatly*. The title of the book is inspired by a quote from Theodore Roosevelt's speech "Citizenship in a Republic" delivered at Sorbonne in Paris, France on April 23, 1910:

*"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; ... who at the best knows in the end the triumph of high achievements, and who at the worst, if he fails, at least fails while daring greatly ..."*

In a series of 8 monthly classes, you will be inspired, celebrated and challenged to stretch yourself. More details will be sent via email the week of Thanksgiving. Registration opens on the website on Cyber Monday (November 30). You might start dropping hints – this would be a great Christmas present!

# Bits and Pieces from Members

## Young Sewers Share Their Outfits

by Lelia Guilbert

At the August FRCQ Meeting I brought my granddaughters to the wearable art program on felting. Both girls shared their needle felting projects with the group. Also the girls took advantage of selecting fabrics from the “free” table after all the FRCQ members had picked over what they wanted. Delia Guilbert chose a blue and brown floral print cotton and matching brown remnant, while Isabella Rodriguez was drawn to the soft fleeces and a scrap of faux fur. I helped them design outfits for their fabrics. They took their body measurements, made patterns, cut out the fabrics, and began machine stitching the garments. They wanted to attend the September Meeting with me but since their outfits weren't finished I told them they could only come with completed work. This gave them the incentive to finish before the October meeting.

At the October FRCQ Meeting both girls shared their finished fashions telling the group how they selected the fabrics and made their outfits. Delia and Isabella love attending the FRCQ meetings and will probably join and share what they make from fabrics find on the “take it table.”



*Isabella Rodriguez and Delia Guilbert model clothing they made from fabrics selected from the “free” table*



Please join Ellen Nesputil at a reception for her solo show now hanging at Cafe Aion in Boulder on Tuesday November 17th, from 5 to 7 pm. The show runs from Nov 1 to Dec 31st. The restaurant is open for lunch and dinner every day but Monday.

Cafe Aion is on the "hill" in Boulder, at 1235 Pennsylvania Ave, Boulder.

# Bits and Pieces from Members

## Rocky Mountain Weavers Guild Annual Fiber Arts Sale

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

## Introduction to Computer Quilt Design

November 20- 10AM- 1PM.

Wooden Spools

2805 S Broadway

Englewood, CO 80113

(southwest corner of Amherst and Broadway).

Barb Gardner

Bring your computer with EQ 6 or 7 loaded and spend time exploring the program (or just come to watch ). Gain confidence to explore EQ more on your own and make it work for you. There will be projects available for all skill levels.

# 2016 FRCQ Membership Information

**Early Bird Registration! 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](http://www.artquilters.org)