

# Bits and Pieces

## Newsletter

December 2015



## 2016 Workshops

### Branch Out

Rosalie Dace

May 12-14, 2016



In this workshop, discover the different shapes, patterns, lines, textures, colours, and symbolism of trees while experimenting with design and using various piecing and appliqué techniques to make a beautiful quilt top. These techniques will include foundation piecing, block-making, and appliqué (hand, machine, and reverse). There will be a feast of visual inspiration as well as discussions on embroidery, quilting, and finishing. So branch out and try something new by making a stunning, well-designed quilt top based on trees.

### Human Marks

Dorothy Caldwell

Sept 15-18, 2016

The marks we make record time and human energy. In this workshop, working with paper and cloth, we will examine different kinds of marks, including stitching, drawn and painted marks, and more unconventional marks such as burning, piercing, and mending. Each of these techniques will address a different aspect of physical movement and gesture that, through time and repetition, evolve into richly activated surfaces. Participants will be able to expand on workshop experiments by applying them to their own materials and imagery.



# President's Letter

I have always thought my love language was gift giving, until I looked up the Five Languages of Love and discovered gift giving isn't even one of the languages! It's gift receiving!

How do I explain my delight at seeing others opening gifts that I have put time, energy and my heart into? It's got to be love!

Now, at my favorite time of the year, I am writing this month's newsletter and pondering what gift I can give to FRCQ during these holidays. I went back to my favorite author, Brene Brown's TED talk from June, 2010 where Dr. Brown says, "Vulnerability is the core of shame and fear, and our struggle for worthiness, but it appears that it is also the birthplace of joy, of creativity, of belonging, of love."

Our goal this last year has been to provide a platform or that birthplace for creativity. To make art is not only fun, but challenging for each member to walk into Westminster Rec Center as our display of art reflects the safety of that environment.

So, as I wake up on Christmas morning to the smell of cinnamon rolls cooking, music playing, snow falling, white lights twinkling, and gifts waiting for the grandchildren to unwrap, I will want to give a gift to every member of FRCQ. To those I know by name, as well as to those I only recognize by face.

The gift I give is my own willingness to be seen in all my imperfections. To make myself vulnerable and work to provide an environment where each of us are safe to be vulnerable ... "the birthplace of joy, creativity, belonging and love."

I wish each of you a very merry Christmas and happiness as you celebrate the holidays with friends and family.



**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.

Be sure to check out the this exhibit on the [website](#) starting January 1!

## 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/AnXEOt>. 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-parkerpace.civicplus.com/2055/Call-For-Artists>

Then he said, Fabric shopping? Don't you already have fabric in your sewing room?

Then we both laughed.



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user card

# Announcements

## **Challenge: Daring Greatly**

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

**Theme:** Daring Greatly!

**Size:** No size restrictions

**Deadline:** February 15, 2015 (November Meeting)

Whether or not you have signed up for the group mentorship program, this is an opportunity to explore new areas in your quilting: do you tend to use the same color ways? Try something you never use? Take something off the free table in January that you don't love and challenge yourself to use it anyway. A new book for Christmas? Use as an inspiration to do something unfamiliar.

## **November Challenge: Contrast**

**Theme:** Contrast

**Size:** No size restrictions

**Deadline:** November 16, 2015 (November Meeting)

Since the November meeting was cancelled because of inclement weather, we will showcase these challenge pieces at the January 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!

## **Daring Greatly! – A Group Mentorship Class**

If you are more interested in deepening your own personal voice than learning the latest techniques; if you want to dig into your own creative potential rather than echo someone else's; if you are ready to tackle individually designed challenges; participate in group creativity exercises and accept all the give and take of honest critique, – you are ready to dare greatly with Jo Fittsell as lead teacher and facilitator. Your work will jump to the next level.

The Denver and Boulder sections are sold out. Space is still available in the Ft. Collins class.

Details are on the [Workshops](#) page of the website.

# 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)