

Bits and Pieces

Newsletter

July 2016



Next Meeting

July 18, 2016

Demos and Delights

One of our most popular meetings, we again offer

6:30 Delights – sweet or savory, your choice

7:00 Demos – the following 15-minute demos will be repeated throughout the evening so you can cycle through all of them.



Patty Hawkins – Sock Dyeing: Patty's husband, Wes, says, "artists never retire, they just dye everything around them!" Learn how to dye socks and be just like Patty!

Denise Labadie – Old Sweaters = New Felted Mittens

Gerri Calpin & Helen McKee – Polymer Clay and Fabric Creations: Gerri and Helen have been incorporating polymer clay with fiber art for several years with wearables and fine art work. They hope to whet your appetite to experience this medium.

Irene Takahashi – Eco-dyeing: Eco-dyeing incorporates leaves, flowers, berries and other plant material on fabric. We bundle everything up with a mordant (dye binder) and immerse in a dye bath. We learn patience as the reveal comes days to weeks later. Lovely surprises come to us.



Jeanne Gray – Stamping on Fabric: learn Jeanne's techniques for making beautiful and unique art fabrics using self-made stamps.

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

President's Letter

How can we develop our artist voice if we don't listen? It's all about the daring greatly process of learning healthy vulnerability. But then we are faced with the undeniable truth that after we have dared greatly, made ourselves vulnerable; we have been hurt and fallen, that we need to learn to rise strong. Brene Brown in her book, Rising Strong, gives us some practical steps to move forward onto our path of healing; strengthening our creativity. One of those steps is to follow the thread of our emotions; to not bury and operate in paralyzing fear, but unravel that thread.



In January, after the death of my mother and family dynamics that followed, I decided to take a personal vacation to QSDS in Columbus, Ohio and spend a week hand stitching with South African fiber artist, Rosalie Dace. I have always loved Rosalie's work and considered her one of the most "unlazy" artists I knew. She pays close attention to each stitch and whether she should use her hand or machine. She takes the time to embed tiny quarter inch strips of fabric, not appliqué, but stitch them into the seams. While learning from Rosalie, I told her that I was a "lazy" artist. Rosalie came to my table and asked me why I referred to myself as "lazy". I realized that was my childhood label and I was continuing the use of that label as my motivation to work harder. What worked as a child doesn't always work well as an adult.

During our final "Daring Greatly" class with Jo Fittell, Jo shared a story from *Women Who Run With the Wolves*, by Dr. Clarissa Pinkola Estes, a metaphor about creativity. In the story, an old man comes to a cottage and is rocked by a woman until he becomes younger and younger. When he becomes a young child, the woman plucks three golden hairs from his head and allows them to hit the ground – ting, ting, ting. The fair child then rises to become the morning sun. You can interpret your own meaning of the story, but it was the author's interpretation that intrigued me when she said, "women are often surprised by our fatigue". I was struck by that statement, because I'm not only surprised, I'm shocked by my aging and fatigue.

The thread of emotions, the correlation between using a childhood label and the surprise, instead of acceptance of aging process, how much have these emotions blocked my creativity? Brown says we must "reckon" with these emotions. We must get curious and follow the thread and we must go in, or "go for it", as I like to say. "Give yourself permission to feel emotion, get curious about it, pay attention to it, and practice. This work takes practice. Awkward, uncomfortable practice." p. 68

I am giving myself a permission slip to slow down, rock my creativity and even be "lazy" if I like!

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:

Cyndi Jarest,
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 Cyndi 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	Patty Hawkins & Jeanne Gray
Secretary	Katie Fowler
Treasurer	Chris Lawson
Membership	Barb Olson
Exhibits	Tamara Leberer
Workshops	Judy Duffield & Irene Takahashi
Communications	Cyndi Jarest

Other Contacts:

Website	Ellen Nepustil
New Skills Workshops	Char Davis & Anne Severn
Yahoo List	Jeanne Lounsbury

FRCQ Fall Retreat



Bear Trap Ranch, Colorado Springs

We will be hosting a play weekend retreat on Friday, October 7th through Sunday, October 9th, 2016 at Bear Trap Ranch in Colorado Springs, CO. The cost is \$140, meals and bedding included.

Bring any project and materials you need to use, bring your sewing machines, plenty of fabric to share, a piece you have wanted to finish or any other play art supplies for a fun-filled weekend. Please remember if your project requires paint to bring plenty of floor protection. NO Fabric Dying is permitted onsite.

Details on the [FRCQ Workshops](#) page.

FRCQ Exhibits

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

Portfolio 2016 – The Best of 2015 FRCQ Web Based Exhibit

February 2016 – December 2016

The 2016 Portfolio is now up on the FRCQ website on the home page. Thank you to all who helped make this event happen, including the artists and the behind the scenes techies.

The exhibit catalog for the FRCQ Portfolio 2015 - Best of 2014 is available in print and e-book at <http://www.blurb.com/b/6867973-portfolio-2016>.

Calls for Entry

Rejuvenation (FRCQ)

First United Methodist Church, Boulder

August 28th – September 24th, 2016

What does Rejuvenation mean to you? How do you rejuvenate? Where do we witness Rejuvenation in nature?

“Definitions: To make young, healthy, or energetic again; restore to youthful vigor, appearance. To restore to a former state; make fresh or new again: to give new strength or energy to something.”

Juror: Vicki Carlson

Entry Dates: July 5th – July 20th

Notification of Acceptance: August 8th

Complete details [here](#)

Lines Into Shapes

Art Center & Gallery of Estes Park

October 29 – November 12, 2016

Entry Deadline: August 29, 2016

Lines into Shapes is in the 20th year of offering a national showcase for a diverse collection of the fine artworks. Our show will be presented in our beautiful mountain gallery in Estes Park, Colorado from October 29 – November 12th, 2016 and there will be over \$4,000 in prizes. Monetary awards for the first and second place will be awarded in each category.

Juror: Jeff Legg

Call for entries is [here](#).

H₂O! (ALL SAQA MEMBERS)

Premiere Location - National Quilt Museum

June – September 2017

Entry Deadline: November 30, 2016

Water - it's everywhere! The majority of the earth's surface is covered by water, and more than half of the human body consists of water. But water also plays an essential role in our survival. This exhibition encourages the artist to interpret one of the most vital, desired, powerful, sacred, and enjoyed resources on earth in their own unique, individual style, whether abstract, graphic, or representational. Artwork may be two-dimensional -or- three, viewed from one side, two sides, or any angle.

More information on the [SAQA website](#)

Announcements

Challenge: Moods

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

Theme: Moods

Size: No restrictions

Deadline: August 15, 2015 (August Meeting)

Board Positions and Help Currently Needed

Tamara Leberer needs someone with computer skills to help with Exhibits. If you would like to help with FRCQ exhibits, please contact exhibits@frcq.org.

Positions open for 2017: Programs, Exhibits, Workshops, Membership and Hospitality. Please email president@frcq.org if you have any interest, or want to know more about the positions on the board.

Politics

With the election season upon us, we would invite anyone with interest in politics to create art reflecting their sentiments. However, things like petitions and handouts, are better left out of the meeting environment. Thanks so much!

Bits and Pieces from Members



Porpoises on Patrol by Marjorie Jannotta

Boundless Fiber Artists

Reds Whites Blues

In the spirit of Independence Day and an election year, Boundless Fiber Artists assembled this eclectic and non-political collection of colorful fiber art to mark the season.

Each piece shown here is technically a quilt and has roots in a long history of domestic and demonstration quilting. Many techniques are shown, including traditional stitch and surface design using appliqué, plus paint, dye, metal, and artifacts of nature.

Boundless Fiber Artists is now in its ninth year as a design, critique, and exhibit group. For more information contact Marjorie Jannotta at mjannotta8@gmail.com

Bits and Pieces from Members *(cont)*

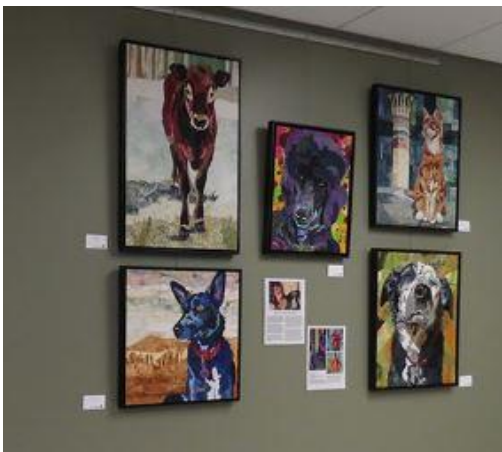
Fashion Artists

The Fashion Artists will **not** meet in July, but will join in the Desserts and Demos regular meeting of FRCQ. We will resume our separate meetings in August! Everyone is encouraged to attend the regular meeting of FRCQ.

The challenge for the October meeting is titled "Colorado, Naturally". Wow, does that call up images! Our Colorado environment - sky, mountains, water, flowers, trees, parched earth, fire, snow, rain - so many aspects of our beautiful Colorado. For this challenge our focus is on the natural environment, not the human impact, so we're not looking at architecture, traffic, events, etc, for our inspiration. And then, to tie it all together, we are to design our garments with a swing silhouette. And it's all open to our interpretation, so we have artistic license to play.

As you think about this challenge, please gather and save photos, so that when you have zeroed in on the photo that you are using as your inspiration - you can send that to Karen Bennett (karmar13234@msn.com). She will gather our inspiration photos and then at the fashion show, each of our photos will be projected on the screen as we model our garments. How cool does that sound!

For more information regarding the Fashion Artist group, please contact Susi Perry at susisews@hotmail.com



Animals with Attitude Preview

Barbara Yates Beasley

CSU Veterinary Hospital
through August 31, 2016

Get a sneak peek at some of the new animals gracing the pages of the 2017 Animals with Attitude calendar. They are lending cheer to the humans—clients and personnel alike. You can visit the animals during lobby hours 8 AM – 10 PM. They're located in the waiting area just inside the main entrance at 300 West Drake Rd, Ft Collins, CO

A New Spin

July 7 – 29th

curated by Jo Fittsell

Opening Reception: July 14, 5-8pm

Artists talks on 7/16, 7/20, 7/27

Art Gym, 1460 Leyden Street, Denver
Tues – Sat 9am – 6pm

For more information visit the [Art Gym website](#).



Membership

Visitors are always welcome at FRCQ meetings! Membership dues are \$30 a year and membership runs per calendar year. Membership in FRCQ includes all meetings, a high-quality monthly online newsletter and eligibility to register for workshops. To become a member, visit our [website](#).