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Words of Wisdom

Creativity is the world's greatest weapon. It always wins
 Mimi Valdes

Program Lineup 2020

Meetings are held at City View United Church, 6 Epworth Ave, Nepean ON K2G 2L5, between Baseline, Clyde/Merivale, and Meadowlands. **Please remember shoes or slippers for our meetings.**

March 16, 2020, Workshop: Stitched & Salvaged Memories: A study in experimental collage with Anne Marie Desaulniers – postponed to November 16, 2020

March 16, 2020, Meeting: Anne Marie Desaulniers – postponed to November 16, 2020

April 3-4, 2020, Fibre Fling – postponed to October 16-17

April 20, 2020, Meeting: Wendy Feldberg, Introduction to natural inks – postponed to October 19, 2020

May 18, 2020, Meeting: Francine Mongeon, Importance of Art in daily life – postponed to January 18, 2021

May 25, 2020, Playdate: Juanita Sauvé. “the medium is the message” Stay tuned for confirmation of May date.

June 15, 2020, Meeting: 2020 Challenge Reveal

July 20, 2020, Meeting: BAZAAR Night

August 17, 2020, Meeting: TBD

Fibre Fling 2020



From the Communication Committee

Got some spare time on your hands in these days of social isolation. The communication committee needs help with our distribution list, and with labelling and sizing photos of our art. Please contact Lorraine Lacroix (Lorraine.lacroix613@gmail.com)

From the Education Committee

The Education Committee is looking for a volunteer to organize the play dates starting in late September. For more information please contact Lynn Keeler.

How is your 2020 Challenge piece coming along? Are you too busy preparing to Fibre Fling? No matter - after Fibre Fling Frenzy, you will still have time to participate in the Challenge. This is what you need to know:

2020 is a special year: It's a leap year, it's the Year of the Rat in the Chinese calendar, and the United Nations declared 2020 the International Year of Plant Health, thus capping off the 'Decade on Biodiversity' - recognizing and promoting healthy ecosystems as key to sustainable development

The Challenge to all OOTB members:

- interpret and represent the year 2020 in a way that either touches on the above two themes or in a way that is - meaningful to you
- a 12x12 inches (30x30 cm) piece using any fibre medium
- deadline is June 15, 2020 when pieces will be presented and displayed at the regular OOTB meeting.

Library Displays in Barrhaven and Richmond

June 2020-cancelled

I am sure that it will not be a surprise to hear that the June library displays will not be taking place because the libraries will be closed until the end of June according to the latest information from the city.

It is disappointing but don't give up on this in the future! We would like to continue to pursue this as a possibility and will follow-up as soon as things start to open up again and we have an idea of the revised OOTB calendar. In the meantime, we hope you are all stitching away, using up those stashes and that you will keep these displays in mind as you work away!

Stay safe everyone,
Dianne, Nancy and Connie

Gratitude in Covid-19 Times: April 3, 2020

by Sharon Johnson

How Nancy and I welcomed the digital resources, suggestions and sharing that have been taking place at the group level amongst Out of the Box members. There have been a delightful variety of group offerings which we hope will continue and grow as we hunker down at home. It's likely that many of you have been occupied in your studios, even if that space is the corner of the kitchen table or the top of the washing machine.

My focus today is gratitude.

Before listening to Ontario Premier Doug Ford's sober message today that the virus has not yet peaked, I had already contacted Shawn Menard, the local go-getter councillor in Capital Ward, where I live.

In an update, Shawn had mentioned the City-wide appeal for donations of commercially produced medical equipment and supplies. This prompted me to contact

him about the potential for home-produced items to help meet the shortfall in clinical equipment.

Having seen the face mask made from the HEPA filter bag of a vacuum (thanks to Pat Hardie's OOTB email – and then a subsequent Mea Culpa and more chat), I emailed Shawn, suggesting that medical and government authorities might come to welcome the efforts of home-based sewers. I pointed out that, working with approved materials to certain specifications, Ottawa stitchers could help with the supply chain of masks for our valiant and hard-pressed frontline workers.

He quickly replied, acknowledging that my email was “an important reminder and a good point”. Whether or not this is a polite brush-off, it seems clear that Shawn acknowledges the potential of this local work pool in these times of uncertainty.

Then I heard Premier Doug Ford's supply chain wake up call today to Ontario (and Canadian) manufacturers. Ford was publicly lamenting the pressure that President Trump has put on the American 3M company to stop exporting protective masks to Canada.
<https://www.cbc.ca/news/business/3m-n95-masks-1.5520326>

Part of Ford's wake up call focused on never again allowing an external manufacturing dependency to hamper Ontario and Canada's need for humanitarian provisions for our front line workers. This salient point applies to supply chains of many kinds, both during the pandemic and when that time is past.

Already, we know of Ontario distilleries who have shifted their alcohol production to making hand sanitizers - one of many examples of businesses taking an active lead to produce vital and urgently needed products.

So where does gratitude fit into this snapshot? I leave you to tease out some possible elements from the account above, while I share a final story.

Recently my son told me about an employee who stops whatever she's doing at 4 pm each day to take time to be grateful. Her husband suddenly died of a heart attack 2 or 3 months ago, just at 4 pm. Imagine her grief now compounded by the pandemic. And yet, her valiant commitment to the 4 pm pause transforms her frame of mind each day to gratitude without denying her losses. This one woman's example of gratitude has spurred my own practice.

Nancy and I are so very heartened by the spate of mask discussions, experiments, and making being shared in our group. We give thanks for all of you and for the pool of creativity and resourcefulness at work and play inside

our little group and flowing out into the community in many kinds of service.

We can all help in this pandemic by not only following the public health rules, but by being kind, checking in with others, and sharing skills. Framed by gratitude, we trust you will discover that your efforts are not in vain.

As a concluding note to gratitude, I share this link to Praise Song for the Pandemic, created collaboratively through the Abbey of the Arts. The Abbey's programs are one of my most precious online resources for spiritually nourished creativity using many and diverse forms of art-making.

<https://vimeo.com/404108104>

OOTB Website Focus on Fibre Links

Quarantine Activities & Challenges

In the face of social distancing and self-isolation sharing our passion with fibre with others in person has become impossible. But maybe it creates opportunities to focus on our work in exploring creating, and finishing pieces. Perhaps we can create more items for the rescheduled Fibre Fling 2020 or complete the 2020 Challenge due in June. OOTB members have shared information/links on ways to help the community (masks) during this time and others offered suggestions for places to explore online like museums and galleries.

Most of us want to stay connected with family and friends and only option is to go online. I have learned to use some new methods – Zoom, Messenger video chats and there are the more familiar media like Facetime or Skype. This is also an opportunity to find online groups that offer challenges and opportunities to share your efforts.

I joined a couple of private Facebook groups to try to push myself a bit. The first is called Art Play led by Cathy Breedyk-Law (some of you will be familiar with her). Every week she provides instructions for drawing exercises for participants to complete and perhaps evolve into something they might use in their work. We are encouraged to post our efforts to the Facebook page. I also joined the TextileArtist.org Community Stitch challenge 2020. The group offers a weekly video introduction to the challenge by a different artist and a follow-up video Q&A at the end of the week. Participants are posting images of the completed exercise from all over the world. The weekly artists so far have been Sue Stone, Cas Holmes and Emily Tull. I have seen posts by other OOTB members on both of these groups.

The links for these pages can be found on the OOTB Resource page

<http://www.out-of-the-box.org/resources.html>

MaryAnne

Show and Tell

Members have been generous to tell us about their creations during their isolation. Thanks to all who shared their pictures of their efforts.

From Luigina Baratto

Ecoprinting gone bad but useful!!!! Looks like I have a huge bug on my mask



From Pat Hardie

We've all heard of over stuffed chairs. Well this is my foot stool version. A very ugly, filthy foot stool was given to me to experiment with. The legs were falling off but at least there were 4 of them. When I finally removed all the torn & dusty upholstery layers, and a gazillion nails & staples, I was left with a cheap piece of plywood on a base of a nailed wood frame. I had decided men's neck ties would serve as the upholstery but was concerned about the sharp corners of the plywood. The answer to that was a pool noodle cut in half lengthwise and glued with the two halves' flat sides wrapped around the wood base. Had to clamp the whole affair for several days. Then I covered the top & sides with the most unusual sort of sheet stuffing/batting with window screening in the middle that I had been saving for who knows what. The whole ties were butt stitched together with black crochet cotton couched in between. Legs sanded & painted black. Nothing was bought for this project, for which I am quite proud as my mission has been for many years now not to buy but to use what I have.

Et voila! Too bad I didn't take a before photo <sigh> Is this what I had wanted/planned? Nope, I was thinking of a funky look with striped legs. Seems the stool had other plans for me to execute.

Question - why do 99.9% of neck tie stripes go in the same direction, thus thwarting my wish to do chevrons - except in one instance if you look closely.



From Cheryl Ford

I'm sure everyone has busy creating, This is the time it is good to have a stash!

Here is what I've done. Of course, its not into the frame yet.



From Loree Tannett

I have been working on refining and simplifying patterns for our local nurses (at their request). Came up with these samples. It is amazing that on the internet patterns whether they are free or for purchase, the developers seem to make them as complicated as possible. When we require quantities of things, it needs to be simple and quick. So a week later, I think I am done.

I really enjoyed the e-mail discussion about filter material for masks. I have settled on shop towels and 3m non fibreglass furnace filters.

My next job is to produce a group of masks for friends and family.

I know not spectacular, but useful. Loree



From Carol Reid

During these days of self-isolation I have been reviewing a few books I borrowed (and which are now wildly overdue) from the OOTB library and tried my hand at French beaded flowers, and of course I needed something to put them in so I made a shaped felted "vase".

I also tried making a felted peacock feather which then needed something to support it and resulted in a beaded evening clutch.

While reviewing my stash came across some antique French Jet and Witby Jet pieces and assembled a pair of bracelets.



From Carolyn Andrews

Something I am working on for my grandson for his birthday, April 16th ... I may be finished beading it by the 16th ... but I want to have a mat cut ... so ... can't do that until this isolation is lifted and I can go out ...

I am grateful to Meredith and Garrie and Sharon Johnson for introducing me to the idea of intuitive beading ... I am having a very good time, here, in isolation.

I am also grateful to Meredith for delivering beads today ... I was sure that I didn't have enough to finish ...



From Meredith Filshie

Here is a photo of 3 small things. The spirit doll and the pendant were from the Anne Marie Deslaunier workshops at Canada Beading Supply. The bangle bracelet is a new product we have, so I did the beading insert as an example. I have been working on other things but nothing done yet.



From Cheryl Ford (again)

Here is a shashiko Japanese embroidery piece I've done on a piece of rust fabric created by Val Rochester



And a little 7inch izzy doll for my niece who is a public health nurse (not an original pattern)



From Luigina Baratto (again)

What I have been doing during isolation? My almost finished Carbeth cardigan....



Planning Committee

PC Convenor	Sharon Johnson & Nancy Garrard
Education	Lynn Keeler, Nancy Scott, Kathy Lajeunesse, Luigina Baratto, Patrice Bogall,
Secretary	Andrée Faubert
Membership	Val Rochester, Dorothy DeRose
Treasurer	Marilyn White
Web-coordinator	MaryAnne Toonders
Newsletter	Helen Gordon
Library	Rita Rottman
Publicity/Marketing	Lorraine Lacroix
Exhibitions/Shows	Connie ten Bruggenkate, Debbie Boyd-Chisholm, Sheree Bradford-Lea
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