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Words of Wisdom

"There's a lot of room between perfection and giving up. Live there." Ketrilliah Goldfeder

Program Lineup 2021

NOTE to members: Monthly meetings in the first months of 2021 will be VIRTUAL and will continue via Zoom.



Monday, April 19 – " Evolution of an Art Quilter" with guest speaker Helena Scheffer. Helena is a member of SAQA and president of Lakeshore Artists, Beaconsfield, Quebec. She describes herself as a "colourist" who prints fabric and works with texture using fabric, dyes, paints, and stamps. She will be talking about her evolution as an artist, starting with her very first quilt, and

taking us along on her journey. Helena will share photos of her work as it developed and talk about how events in her life impacted her creations.

Monday, May 17- Monday, May 17 - Sharing of Snippet Challenge. Member Show & Tell can take place, time permitted.

Monday, June 21- Guest Speaker: Robin Whitford – "Hooking Outside the Lines" - Robin is a passionate textile artist, rug hooking teacher and creativity mentor. She loves to share her passion for all things hooking-related with those who are curious to try new things.

Link from March Meeting

Here's the link that Paul Sokoloff CMN collections.
https://www.gbif.org/occurrence/gallery?dataset_key=1e61b812-b2ec-43d0-bdbb-8534a761f74c

The Fibre Café

The Education Committee would like to introduce you to our latest endeavor – The Fibre Café. We envision this as a chance for a small, informal group to get together via Zoom and talk about what they're working on, present any problems they may be having, and get feedback from others. At no cost to you!

On that note, Crystal Angers and Nan Davies would like to invite you to our first Zoom Café, May 3rd, 10:00 – 11:30 a.m. In order to facilitate conversation and prevent a Tower of Babel situation, numbers will be limited to 10 people plus the host and co-host. Please e-mail Crystal using "Fibre Café RVSP" as the subject line to pre-register and she will send you the Zoom link. We know that some of you have been doing on-line learning during the past several months. As a starting point of discussion, we encourage you to hop on board and share some of your experiences with us. And, if you like, bring along some handwork to work on while we chat.

crystal.angers1@gmail.com

Welcome New Co-Chairs

We're delighted to repeat the email news that Anne Warburton and Loree Tannett will be taking on the roles as co-chairs of OOTB. Though they officially start during the summer, the transition training has been in effect. This will ensure a smooth hand-over in due course.

Many of you have already expressed your whole-hearted support, so this brief note is meant to underline our earlier communication. We know Anne and Loree will make a great team, both having contributed so much to our group already. By continuing to work together, our whole group can continue to flourish and support each other in our shared love of fibre arts in all its amazing diversity.

Make your own Body Form

A different type of fibre 'art' - make your own Body Form.

Not being a 'standard' size, finding a body form or adjusting one that works is a challenge. I did the duck tape one a long time ago and somehow it 'shrank' in the

closet. I kept looking for a way of making one and came across this site: <https://patterns.bootstrapfashion.com>. In half an hour they will send you a pattern to print of the body measurements you send them, plus they ask if you have a 'tummy' and if so how much, what about the derrière? Distance between nipples? And so forth. Print, cut, sew, stuff and stand all for under \$150. I gave it a try. 10 hrs later, you be the judge:



I am impressed! Plus, you can buy and download patterns that are designed with the measurements you provide.

Now a have a body double, or a body buddy - thing is, I am still surprised to see 'someone' when I walk into my workshop and the body form is standing there...

Luigina

PS: I have plenty of stuffing left over if anyone wants to try making a body form.

Social Media and Fibre Fling

Our social media, both Instagram and Facebook will play a big part in promoting Fibre Fling this year. You can help us reach new people by commenting on posts and by sharing them. Both sites use algorithms to determine how many people see a post, regardless of how many followers you have. They are influenced by activity on a post so the more comments that a post gets the more it will be seen by other people. Please take a moment to remark on the posts even if it is just an emoji. Sharing is also an effective tool.

Thanks. Cathy Haley

<http://www.Facebook.com/outoftheboxfibreartists>

<http://www.Instagram.com/outoftheboxfibreartists>

Call for Submissions



The Mississippi Valley Textile Museum Wants to Exhibit Your Textile Crafts!

Any Age, Any Ability Welcome

During the pandemic, an unprecedented amount of crafting has occurred. From the first lockdown in March 2020, uncertainty, anxiety, and whole lot more time at home has spurred us on to crafting as a soothing balm for our minds.

We want to see the textile projects that you completed in 2020 or are working on in 2021. Though it's been a while since we've seen you, we know that you've making loads of things at home. We have recently launched a virtual gallery on our website, and we'd like to show your textile work. Whether you are a keen textile newbie, picking up a long-forgotten project, or making crafts with the kids – no matter! Any project, big or small, with a textile or fibre element to it is great.

Submit your work to our Virtual Gallery

Please send us a maximum of 3 of your best pictures of your textile craft project (we are a textile museum, after all!), with a short description of the work. Pictures with your name and description will be posted on our NEW virtual exhibit page (mvtm.ca/virtual-exhibits/). We will do our best to post all work submitted, however submissions will be selected for clarity and relevance.

Guidelines:

Description - Answer the following:

Maker's name and location (Ex. Jane Smith, Almonte ON)

Type of textile project (Ex. Finger knitted scarf)

What have you (or the maker) enjoyed about making it? How has crafting helped you during this time? (2 -3 sentences only please)

Pictures: Take pictures as close as possible to the object, using daylight for clearest detail and best colour results.

Pictures and description – Save as all together as one PDF document please. Name the file: YOUR LAST NAME.FIRST INITIAL.Covid crafts.PDF

Submit questions and files to Melanie Girdwood-Brunton at m.girdwood@mvtm.ca

Submission deadline: September 1, 2021

Knitting You Tube

Someone recommended this You Tube channel with two Norwegian men who talk about knitting (and also life in Norway). I had a look and I think they teach some interesting things. I think this could be quite fun for people in the group who knit.
Connie Ten Bruggenkate

Making Fibre Art for Health & Well-Being

"Everyone is going through this confinement differently. Frustrations were yelled out when throwing paint while others poured it on in complete calm and silence."

"Hearing paint slap against the board was so satisfying!"

"How freeing was that!?"

These were just a few of the comments and observations at a community art project organized June 8, 2020, by Orleans artist Maryse Fillion. She had set up a 4x8 piece of wood in her front yard, added words such as "Hopeful", "Kind" "Heartfelt" and invited members of the public throw leftover household paint onto the board (by appointment and while social distancing). The event was considered very successful.

Pandemic fatigue was a big thing on that date in 2020, and hair salons were only re-opening the following day after our first lockdown. The timing was perfect, an opportunity for participants to release some frustrations as nerves were still running high.

A second session was held at the Nectar Centre in New Edinburgh in July, and another in August by OOTB member Pat Hardie in her own neighbourhood and in consultation with Maryse, with varying results, in part because many people were a bit more settled having had more time to spend outside and in small groups. Yet there were still benefits - for those who splashed paint and the enjoyment of those just watching.



Making art - including playing with tools that make artistic marks - has definite therapeutic benefits. Even the viewing of art at a gallery or show is considered restorative, as evidenced by the growing number of "prescriptions" given by the medical community to participate in the arts. Also helpful are visiting museums, going to plays and concerts, and of course making art. And I can say that I was very heartened a few years ago, teaching art regularly to a group of seniors, that one lady said to me regularly after class "I forgot all about my aches and pains this morning", while others would comment that they were able to leave their problems outside the door while creating.

According to Dr. Cathy Malchiodi, a leading psychologist, counselor, art therapist, and author:

"Art's true function is to inspire us, mirror our thoughts, and embody our emotions. When words are not enough, we turn to image and symbol to speak for us." "Artistic creativity offers a source of inner wisdom that can provide guidance, sooth emotional pain, and revitalize your being. More important, it is a wellspring that enlivens, rejuvenates, restores, and transforms and it exists within everyone for health and well-being."

Stress and anxiety affect each of us in different ways. When the pandemic started, I took to mending clothes as it was an area I felt I had some control over. A friend switched from making art quilts to making practical items like knitted socks and hats. A local weaver wrote "sitting

down to weave keeps those numbed feelings and thoughts moving freely and gently in a safe space."

So what types of textile art making are beneficial? Just about any technique that you enjoy. With each, consider how you are feeling, for example if you need something more physical to help you expend some of that anxious energy, then wet felting may be the right prescription. If it's quiet or a meditative state that you need, try stitching by hand, knitting or crocheting or weaving. The repetitiveness of this kind of work eases those persistent negative thoughts. And fun techniques like eco printing stimulate a sense of wonder, often at a time when we need it most.

What are other ways the making of textile art can help?

- keep us grounded
- cope with grief
- honour our families and ancestors
- help reach a calmer state
- bring out positive feelings
- lower blood pressure
- remind us to enjoy and laugh
- distract us from stresses
- provide a sense of purpose or accomplishment

It's okay if we find it hard to create during these challenging times and are in a lull. Taking an online class, reading about and researching textile art, artists, techniques all boost our coping skills, while at the same time generating ideas to work on in future. The key here is to look for clues for a direction you can eventually take. Or maybe you're finding that other creative outlets are more stimulating right now, such as learning to bake bread, gardening to grow vegetables, decluttering.

We all have good and bad days. What's important is to be compassionate to yourself, give yourself unconditional support, reach out to friends and family. And maybe pull out that old can of household paint and throw it on an old sheet. It really can be freeing. Think of the stitching possibilities to transform that painted sheet into some interesting fibre art.

From Anne Warburton

Loree Tannett's Hoffman entry



OOTB Website Focus on Fibre Links – Fungi and Fibre

Fungi is used to dye fibres and fabrics around the world. The website provides some history of the group and information for anyone who might be interested in this topic. There are links to a newsletter published annually by the group as well as references to a Symposia held every two years although the one scheduled for 2020 was cancelled due to Covid.

The link can be found on the OOTB Resource page - <https://www.out-of-the-box.org/resources.html>

MaryAnne

Volunteers Needed



The OOTB Education Committee needs a couple new members. We work on the principle of dividing and conquering so that each member of the committee takes on a little to collectively accomplish a lot! Our meetings are every three or four months depending on what is coming up. Please consider volunteering to keep our virtual program interesting and informative. Send an email to one of the members of the education committee.

CEG London Summer Workshops

by ONN Webmaster



CEG London is bringing the world to you with their online workshops, this summer. Summer Workshop 2021 is planned for June 7 to 12, in a virtual format. Our guest instructors are Richard McVetis <https://www.richardmcvetis.co.uk/> (A Stitch in Action - June 7, 8, 9) and Takashi Iwasaki <http://takashiwasaki.info/> (Embroidery and Mixed Media - June 10, 11, 12). Richard resides in the UK and Takashi is in Winnipeg. Both will be as close as your computer screen! Registration is now open to non-Guild members. The following link will take you to more information about the workshops, including the Registration information.

Canadian Embroiderers' Guild, London
<http://ceglondon.com/programs/workshops.php>

Planning Committee

PC Convenor	Sharon Johnson & Nancy Garrard
Education	Kathy Lajeunesse, Nancy Scott, Nancy Davies, Pam Davy, Crystal Angers
Secretary	Andrée Faubert
Membership	Dorothy DeRose
Treasurer	Marilyn White
Web-coordinator	MaryAnne Toonders
Newsletter	Helen Gordon
Facebook/Instagram	Cathy Haley haley.cathy@gmail.com
Library	Rita Rottman
Publicity/Marketing	Lorraine Lacroix
Exhibitions/Shows	Connie ten Bruggenkate, Debbie Boyd-Chisholm, Sheree Bradford-Lea
Contacts: co-chair@out-of-the-box.org	

Fibre Fling 2021 - 'Contactless' Sales and Delivery Advice

Preparations for our first-ever virtual art show and sale are well underway! We have received many beautiful photographs of the pieces that you have been working on over the past year, or two. We can't wait until everyone can see each other's art pieces!

I know that you still have many questions – especially about what to do when one of your pieces sells online! I will be available to answer your questions during the April OOTB meeting, but below is some advice that may help you. I will also be sending this information out to the members by email.

While the following advice comes from collective years of practice and experience, there are no guarantees when it comes to selling, delivering and/or shipping art. OOTB members who sell their artwork through the Fibre Fling 2021 virtual show do so at their own risk.

FF2021 'How to Buy' web page:

For your information, the show's web site will say:

- If you are interested in purchasing an item, or to get more information about the work, please contact the artist directly using the information provided on their page.
- Every effort has been made to provide a good photographic representation of these art pieces. If interested in purchasing an item, take note of the information given, especially the size of the piece. The artist will let you know which payment and delivery methods they are comfortable using. They may also be able to provide you with more photographs and further details about the piece.
- **Due to the current public health situation, contactless payment and delivery methods are strongly preferred.**
- Pickup and/or delivery in Ottawa can be arranged. Please note that extra costs will be charged for shipping.
- All prices are in Canadian dollars. Our artists do not charge HST.
- All sales are final, and no returns or refunds will be offered.
- Note that the artist, not Out of the Box, is responsible for receiving payment from buyers of their art and ensuring that any purchased artwork is delivered in good condition.

Sales:

E-transfers are very secure contactless payment method. It should be noted that a transfer fee may apply when you send or request money using an e-transfer. E-Transfer services are available at most financial institutions, but you must have access to online banking to use it. To sign up, contact your bank or credit union.

Cash is King! While we do not encourage the sending of cash in the mail, it can be left for you in an envelope in your mailbox or it can be handed to you on your porch or doorstep.

We recommend that you only accept cheques for your artwork from someone who you know personally. Never deliver your artwork until you have confirmation from your bank that the cheque for its purchase has been cleared!

If you are going to sell your artwork online regularly, you might want to consider owning a credit card chip reader, known as a 'Square'. These can be purchased at Staples or online for about \$60. A small percentage of the sale amount is taken by the Square each time it is used.

Contactless Shipping, Delivery and Pick-up:

Shipping:

Extra costs can be charged for shipping. It is up to the artist to negotiate this with potential buyers. Do your research to know what the cost of various shipping options, plus the packaging materials, will be before discussing this with the potential buyer. Once the buyer is made aware of what the extra charges will be, they have the choice to not continue with the purchase.

After you have received the confirmed payment for your art, shipping options include using Canada Post, E-shipper, and the UPS Store. Prices can be high, but vary a lot, depending on the dimensions of the package and its weight.

Deliveries / Pick-up:

Once you have safely received the confirmed payment for your art, here are some suggestions for delivering your piece to the buyer:

- arrange a day and time for the buyer to pick it up at your house or for you to drop it off at the buyer's house. Call or text each other on a cell phone when they/you arrive. You can then place the art piece on your/their porch, apartment lobby vestibule, etc., and then step back while they pick it up. They can even open it to inspect that it is undamaged, etc.
- arrange a day and time to meet at a mutually agreed upon outdoor public location, such as outside a coffee shop or in a busy parking lot. **Do not go to the meeting site alone or at night!** Signal each other when they/you arrive at the drop off site. You can then place the art piece on their/your car.
- take the carefully packaged and clearly labelled art to 'Canada Beading', where it will be stored until the buyer picks it up there.

Packaging:

Whatever way you are 'delivering' your art pieces, you should try to package them professionally and creatively to leave a lasting positive impression with your buyer.

If you have a business card or links to an etsy account, or others, tuck that into the package.

If you are shipping a framed item that contains glass, you should seriously consider using an alternative to glass in case it breaks and damages to your artwork in transit.

Boxes: Use a box that is large enough to accommodate the art piece and the bubble wrap that will surround it (at least 2 inches bigger than the piece). The UPS Store, Staples, and packaging supply shops like Pritchard Packaging (on Bentley Avenue) sell packing, shipping materials and boxes designed specifically for art.

How to package artwork:

Although each piece of art provides its own unique challenges, framed works with and without glass and canvases require additional precautions when being prepared for shipping. Below is a recommended method for packaging framed works, mounted fibre art pieces and other canvases in preparation for shipping. However, you may need to adapt them to meet the needs of your individual situation.

Main supplies needed:

- Suitably sized picture or mirror boxes* (some larger sized boxes 'telescope' to whatever size is needed)
- Packing tape
- Plastic wrap (kitchen plastic wrap works too!), see-through garbage bags, or zip lock bags (for smaller items)
- Bubble wrap (Styrofoam peanuts are not recommended)
- Fragile Stickers – the largest you can find or make!

Step 1: Protect the piece from water damage by sealing it in a zip lock bag, clear garbage bag or by wrapping the plastic wrap over it at least once. With some pieces, you may want to wrap it more than once. When finished, some people recommend cutting a few small slits in the plastic at the back of the art piece to allow for some movement in transit and for the artwork to 'breath'.



Step 2: (Optional) Some people recommend cutting a flat piece of cardboard to wrap as an additional strengthening collar around your artwork.



Step 3: Surround the art piece with bubble wrap and secure it with the packing tape.



Step 4: Place the wrapped artwork in the box and fill it as completely full as possible with extra bubble wrap so it does not move around inside the box.



Source: <https://reddotblog.com/how-to-ship-paintings-a-step-by-step-guide-for-artists-and-galleries/>