

# Out of the Box

August 2007 Newsletter

## About Us (Mission Statement)

The Out of the Box Fibre Art Group is a cooperative association of artists who are passionate about creating innovative, thought-provoking works of art, and promoting fibre art through exhibitions, education and professional development.

Our membership includes machine and/or hand embroiderers, art quilters, weavers, felters, doll makers, silk painters, appraisers, dyers as well as other needle workers and mixed media and fine artists. Since we are a co-op organisation, we place strong emphasis on activities that support active participation of the membership in the continuing artistic development of all. Our focus in meetings is on sharing art techniques, design ideas, artistic processes and inspiration, as well as our thoughts on the business and critiquing of our art. We come from all walks of life, but are drawn together by our love for texture, colour, and creation in an atmosphere of mutual support and camaraderie.

We meet once a month to share ideas, techniques and inspiration, and from time to time hold open fibre art workshops.

## Membership

Membership requires active participation. Our yearly membership fee is \$20.00. Please contact Mary Pal for more information about joining our group. For more details, visit us at [www.out-of-the-box.org](http://www.out-of-the-box.org)

## Meetings

Meetings are held the third Monday of the month, from 7:15 p.m. to 9:15 p.m. at the **Ottawa Citizen Main Floor Board Room, Baxter Road, Ottawa.**

### Planning Committee Positions:

Have you considered taking on a position on the Out of the Box Planning Committee for the 2007/2008 membership year? Please contact Meredith Filshie if you are interested in any of the positions. Positions available are listed at right under the "Contacts" heading.

**Submission Deadline for the September newsletter is September 7, 2007.**

## Contacts

Convenor	Neera Huckvale	<a href="mailto:huckvale@istar.ca">huckvale@istar.ca</a>
Programs	Joanne Batchelor	<a href="mailto:joanne.batchelor@sympatico.ca">joanne.batchelor@sympatico.ca</a> <a href="http://programs@out-of-the-box.org">programs@out-of-the-box.org</a>
Secretary	Pat Caffery	<a href="mailto:caffery@magma.ca">caffery@magma.ca</a>
Membership	Mary Pal	<a href="mailto:marybpal@gmail.com">marybpal@gmail.com</a>
Treasurer	Meridith Filshie	<a href="mailto:mfilshie@rogers.com">mfilshie@rogers.com</a>
Web	Cynthia Sanoy	<a href="mailto:csanoy@rogers.com">csanoy@rogers.com</a>
Newsletter	Elaine Quehl	<a href="mailto:EQuehl@hotmail.com">EQuehl@hotmail.com</a> <a href="mailto:newsletter@out-of-the-box.org">newsletter@out-of-the-box.org</a>
Library	Joan Harrison	<a href="mailto:celloquilter@sympatico.ca">celloquilter@sympatico.ca</a>
Publicity/Marketing	Karen Goetzinger	<a href="mailto:quiltopia@sympatico.ca">quiltopia@sympatico.ca</a>

## Dates of Meetings with Program Topics

<b>2007</b>	
August 20	Garage Sale
September 17	Margaret Vant Erve – Portfolio Preparation
October 15	Dale Smith – Panel Discussion?
November 19	Heather Dubreuil - Trunk Show
December 17	Elissa Wright – Printmaking Demo

## August Program and Agenda:

Our August meeting will feature a garage sale. Contact Joanne Batchelor if you still require a table to sell your wares. **Please note that the meeting location has been changed to Maki House for this meeting only. Maki House is at 19 Leeming Dr. in Crystal Beach.**

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## Membership Renewal

Membership renewal forms were distributed by email. The form attached to the email should be printed and completed and returned by snail mail or brought to the August or September meeting.

Please note that membership renewal is complete only when payment has been made. **Renewal deadline is Sept. 30, 2007**, after which we will accept new members from the waiting list.

Please feel free to email or call (226-1854) if you have any questions or concerns.

Joanne Batchelor  
25 Parkglen Drive,  
Nepean, Ontario K2G 3G7  
Membership Coordinator

## Black and White Challenge

The rules for the black and white challenge are:

1. Each person entering purchases a kit of eight fat sixteenths of black and white fabrics. Everyone starts with the same fabrics, at a cost of \$8.00 per kit.

2. There will be a limited number of kits, so it will be first come, first served. Kits will be available at the September meeting. To join the fun, contact Elena Keen at (613) 523-2633 or at [keen1@sympatico.ca](mailto:keen1@sympatico.ca). Kits will need to be requested and/or paid for before or by the September meeting.

3. All fabrics in the purchased kit must be used in the challenge, in sufficient amounts to be recognizable.

4. Any additional black, white and black and white fabrics may be used and ONE single colour, either solid, print, or gradation of a colour. If using a print, the fabric should "read" as a single colour.

5. The work should be no smaller than 80" and no larger than 120", overall measurements. Any shape goes.

6. Embellishments are allowed, in either black, white, or the same colour of the coloured fabric used.

8. There is no theme imposed, but "**Black and white, and read all over**" is suggested.

9. Deadline will be the **February 2008** meeting.

At this time, the following have requested kits.

Sharon Collins  
Margaret Dunsmore  
Wanda Duross  
Meredith Filshie  
Wendy Foster  
Wendy Fraser  
Joelyn Gregory  
Joan Harrison  
Bev Hastings  
Neera Huckvale  
Elena Keen  
Lynne Morin  
Mary Pal  
Linda Palaisy  
Elaine Quehl  
Rita Rottman

Magda Stryk Therrien  
Jo-Ann Zorzi  
Aileen Turner (not a member but on waiting list)

## News from our Members

### Karen Goetzinger

Nocturne  
Centrepointe Theatre Gallery  
Ben Franklin Place  
101 Centrepointe Dr.  
August 31 – October 3, 2007  
Opening Reception: Sunday, September 9, 2007,  
2 to 4 p.m.

IPO Gallery  
110 O'Connor St., Ground Floor  
[www.ipogallery.ca](http://www.ipogallery.ca)  
July 12 – August 31, 2007

**Karen Goetzinger, Carmella Karijo Rother,  
Wendy Feldberg**  
Mississippi Valley Textile Museum  
Almonte, Ontario  
July 31-October 28, 2007

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## BOOK REVIEW

Thank you to Jean Gerster for this month's book review.

### **The Creative Habit: Learn it and Use it For Life by Twyla Tharp**

*"All preferred working states, no matter how eccentric, have one thing in common: When you enter into them, they impel you to get started."* – Twyla Tharp

Twyla Tharp is one of today's most innovative and celebrated contemporary American choreographers. Each chapter in her most recent

book, *The creative habit: learn it and use it for life* (Simon & Schuster, 2003) begins with a personal story. These include reflections on her own creative process, anecdotes from more than forty years as a dancer, director and choreographer, tales of failure and success as well as stories about those that have inspired her. Each chapter ends with practical suggestions and exercises to help the artist develop her own creative muscle and work towards an authentic body of work. Suggestions include, the why and how of carving out a committed chunk of dedicated time for creative work in your daily life, exercises to help identify and understand your own creative style, and creative "warm-ups" or exercises intended to help the reader explore and channel creative energy or find inspiration.

At the end of Chapter 4, *Harness your memory*, Tharp includes a detailed questionnaire intended to help the reader better understand herself in relation to her creative impulse, and her own answers to the questions she asks. In Chapter 6, entitled *Scratching*, the author describes how she digs for inspiration for her work and suggests ways for the reader to "scratch" for material and inspiration in her own life. Ideas include, listening to music, reading historical biographies, attending a live performance, visiting a gallery or museum and yes, even doing your own improvisational dance workout before starting to work. Whether you are a dancer or not at all, physical movement just might be the

spark for a new starting place in your own creative work. Chapter 10 is entitled *Ruts and grooves*. According to Tharp being in a groove is a state of grace in which creativity is uninhibited, inspired and totally coherent. It is described as something that cannot be turned on and off; nevertheless, one can optimize the conditions for getting into a groove, which can then be exploited once you recognize you are in one. Likewise, the conditions for falling

into a creative rut can be identified and avoided, or ultimately dealt with, if you do get into one.

*The Creative Habit* is a book for readers who would enjoy an inside look at the professional life and creative insights of a prominent contemporary artist, as well as for those who are looking for a practical guide that offers many interesting strategies to keep your creative fires burning.

### Links:

- <http://www.librarything.com/work/38656>
- [http://clusty.com/search?v%3afile=viv\\_774%4027%3ahwVNVF&v%3aframe=list&v%3aastate=root%7cN522&id=N522&action=list&sw=%7cReview%7c&sec=1187025495&](http://clusty.com/search?v%3afile=viv_774%4027%3ahwVNVF&v%3aframe=list&v%3aastate=root%7cN522&id=N522&action=list&sw=%7cReview%7c&sec=1187025495&)
- <http://www.twylatharp.org/>
- [http://www.youtube.com/results?search\\_query=twyla+tharp&search=Search](http://www.youtube.com/results?search_query=twyla+tharp&search=Search)

## Events

### **Gees Bend Quilts**

Art Gallery of Nova Scotia  
Barrington St., Halifax  
Until September

### **The Hudson and Area Studio Tour**

Featuring 18 artists and artisans, September 29 and 30, 2007, 10 a.m. to 4 p.m.

Website: [www.studiotourhudsonandregion.org](http://www.studiotourhudsonandregion.org)

Heather Dubreuill will have brochures to distribute at the August and September meetings.

### **Ottawa Summer Showcase IPO Gallery**

110 O'Connor St., Ground Floor

[www.ipogallery.ca](http://www.ipogallery.ca)

July 12 – August 31, 2007

IPO Gallery celebrates its first year of supporting local artists with the Ottawa Summer showcase, a summer-long group show of local visual artists including:

Keith Burnett, Karen Goetzinger, Patty-Lou Laalo, Dave Maat, Rebecca Mason, Karen McRae, Angela Rafail, Paul Sharp, Charlene Walker, Lorena Ziraldo.

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## Calls for Entry

### Quilts=Art=Quilts

The Schweinfurth Art Centre is calling all quilters!!  
26<sup>th</sup> Annual Quilts=Arts=Quilts Entry deadline: August 20, 2007

Jurors: Liz Axford, Nancy Halpern & Jonathan Holstein

Quilts=Arts=Quilts has been showcasing quilts as a visual art form for over 25 years.

This exhibit features quilts chosen for their originality, design, visual impact and workmanship. The 2006 exhibit featured over 90 quilts from around the United States and Canada and attracted almost 5,000 visitors. The exhibit is juried from slides and/or digital images. Up to 2 entries per person are permitted and the entry fee is \$20 for Art Center members & \$25 for non-members.

For more information visit:

<http://www.schweinfurthartcenter.org/exhibits/2007/QAQ.html>

## Workshops

### Workshops with Local Artists

### Workshops with out of town artists

#### **Designing from Nature – Ruth McDowell (USA)**

**Level:** Beginner to Advanced

**Date:** September 6, 7, 8, and 9, 2007

**Cost:** \$400.00 for 4 days

**Location:** to be determined

#### **Course description:**

After an initial slide presentation focusing on the translation of images from nature into quilts, Ruth will discuss her machine piecing methods and techniques. Each student will be encouraged to begin their own pieced design, using subjects and techniques attractive to them. Suggested reading: Piecing – Expanding the Basics, C&T Publishing.

### **The Art Quilter**

### **Lecture and Workshop Series by Bravo Quilt Studio**

Please contact Jody Taylor at [bravoshow@sympatico.ca](mailto:bravoshow@sympatico.ca) to register for these workshops.

### **Layered Curves and Peaks I & II**

with:

Karen Eckmeier—

September 28, 2007 (lecture)

September 29 & 30, 2007 (workshop)

<http://quilted-lizard.com/>

### **Crazy about Curves**

with:

Vikki Pignatelli —

October 26, 2007 (lecture)

October 27 & 28, 2007 (workshop)

<http://home.att.net/~vikkipm/>

### **Free Expression Buffet**

with:

Robbi Joy Eklow

“the goddess of the last minute” —

November 30, 2007 (lecture)

December 1 & 2, 2007 (workshop)

[www.robbielow.com](http://www.robbielow.com)

## Websites

Given that we have a black and white challenge coming up, it might be interesting to visit the quiltart website to see the results of various challenges from the past few years.

<http://www.quiltart.com/>

Visit Sarah Ann Smith's blog for a tutorial on facings as an edge finish.

<http://www.sarahannsmith.com/weblog/>

For instructions on Melody Johnson's “escape hatch finish” visit her Fibermania blog at:

<http://fibermania.blogspot.com/2006/09/i-had-it-just-minute-ago.html>

### **Minutes of the Out of the Box Meeting of July 16, 2007**

Since this meeting included a tour of Orpheus and Show and Tell, no Minutes were recorded.

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## **Our Deepest Fear**

**By Marianne Williamson**

(submitted by Heather Dubreuil)

“Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world.

There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our own light shine, we subconsciously give other people permission to do the same.

As we're liberated from our own fear, our presence automatically liberates others.”

*From “A Return to Love”, by Marianne Williamson*