

Food for Thought

“Art deteriorates when it is done for the audience.” James Pierce

2024-2025 Program Preview

October 20

Trunk show with Susan Jolliffe,
Jayni Bloch talking on creative procrastination (getting unstuck).

Presentation of a gift for you from OOTB.

Fall Fling update (price tags will be available).

November 17

Meet and Greet Evening

Get ready to be amazed! At our November 17th meeting, we'll get to better know new members and old when we play a version of two truths and a lie. In preparation, think of two true statements about your fibre arts practice and one that isn't. We'll take turns talking in pairs and your partner will guess which statement is not really you. There are bound to be surprises and laughs as we learn more about each other. Need some example statements?

1. Crochet is my all-time favourite fibre art.
2. Last Halloween, I made a chicken-in-a-bucket costume with over 400 fabric feathers.
3. I am process versus production oriented, meaning I enjoy creating but am rarely attached to the end product.

Which are true and what's an “alternative fact”? Find out on November 20th!

Patricia Alderson

November 21

Flossie Peitsch workshop in the morning and an afternoon talk (talk is for everyone) **NOTE: this will take place at City View United Church**

Notes from the co-chairs Wendo & Sandy

Fall Fling

October 24-25, 2025

Drop-off: October 23, 2025, 10am-noon

Kitchissippi United Church

Alternate pick-ups: Canada Bead Supply and by arrangement.

Postcards will be available at the October meeting.

Give a New Technique a Try

From *Out of the Box...* to out of your comfort zone! This challenge invites you to explore something new and stretch your creative muscles.

- **Minimum size:** 4" x 4"
- **Requirement:** one new technique per art piece
- **Minimum:** one art piece per participant
- **Deadline:** whenever you are finished
- **Goal:** for everyone to submit at least one piece for Fibre Fling, April 2026 (show and/or marketplace)

A list of possible techniques has been emailed.

Secret Santa (December)

Bring a secret little something, wrapped intriguingly — and take one home! Gifts can be handmade, recycled, thrifted, frivolous, or useful. We'll exchange on December 8th at the social.

Upcoming events & exhibits

Fall Fling Information

We will be having a separate display table to showcase upcoming workshops being given by our members. So, bring information about your workshops and samples of work (if appropriate) and give them to Nancy Garrard on Thursday morning, October 23.

Nancy Garrard

Stittsville Library Show

The Stittsville Library Show is quickly approaching. Setup is scheduled for Friday, October 31st, at 1:30 pm. There is still space for more artwork, so if you are thinking of entering a piece, please let us know as soon as possible. The theme this year is: **“The Fibre of Fiction – Once Upon a Stitch.”** In a space where literature meets loom and books meet bobbins, we invite you to weave tales not with words, but with thread, yarn, wool, fabric, etc. Whether you're drawn to timeless novels, modern verse, or enchanted fairy tales, let your materials tell the story. Stitch a scene, felt a fable, or quilt a poetic moment—this is your chance to craft a visual narrative inspired by the written word. Please include the literary work or genre used for your inspiration in the title of your artwork.

We can accept artwork previously shown at other OOTB shows/events as long as it has not been on display at the Stittsville library before. All artwork submitted must be ready to hang with picture wire on the back (not alligator clips) if hard-mounted, or with a hanging loop if soft-mounted, so it will be compatible with the Library's hanging system. If you cannot make it to the Library during the setup time, you can drop your artwork off at Wendy Chaytor's home in Stittsville anytime leading up to October 31st. For further information or to submit a piece, please email Wendy at: chaytor.wendy@gmail.com.

Thanks,

Wendy Chaytor & Janet Stanley

Stittsville Library Show Co-ordinators

Of interest



Need a small frame?

Modern Painting and Framing at 1315 Richmond Road has a variety of small, quality frames at good prices. There were about 25-30 available on October 6. Most are wood, but there are a few metal ones. If you want them with glass, the price would be about \$25.00. Without glass, the price would be lower. Frame dimensions vary. A few I looked at were 5"x7" and 5" square.

Meredith Filshie

Haptic and Hue's Must-Listen Podcast

As fibre artists, we know how the feel of fabric, fibres, threads and other materials tell us so much without using words. This is one reason you'll find the current episode of the podcast [Haptic and Hue](#) so fascinating. Entitled *The Intelligence of the Hands and the Creative Brain*, two complementary approaches share scientific experiments on why working with our hands is so important. The link is [here](#).

This research details clear evidence to show what's going on between brain, hands, and body. I learned so much to add to what I experience as a beader and fibre artist. It's exciting and heartening to learn about how science and art can partner each other so fully.

FallFling provides us with very specific reasons to encourage our visitors to take up or continue various stitching activities. Listen to the podcast and visit Haptic and Hue's website to see photos pertinent to the podcast interviews.

Come to FallFling prepared to share with our attendees those exciting reasons why developing the skills we learn and practice are essential to our humanity. The reasons are especially important to younger generations deprived of art and craft lessons in school and increasingly stuck in the narrowing limitations of their digital worlds.

We know the joy of hands, brain and body working together. Let's celebrate what we know and share that knowledge with our visitors.

Sharon Dawn Johnson

Planning Committee

PC Convenor	Wendo Van Essen, Sandy Goldsmith
Secretary	Cheryl Ford
Treasurer	Marilyn White
Membership	Patricia Camelin
Playdates	Vacant
Website	Wendo Van Essen, Sandy Goldsmith
Newsletter	Norma Goldsmith
Facebook/Instagram	Cathy Haley
Library	Nancy Scott, Carol Reid
Publicity/Marketing	Vacant
Shows	Sally Rutherford, Wendo Van Essen, Sandy Goldsmith, Wendy Chaytor, Janet Stanley, Nancy Scott
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