

Loose Ends & Gathered Threads

NEWSLETTER of the **NORTH SUBURBAN NeedleArts GUILD** • SEPTEMBER 2020

Comfort in Art

I mentioned to my husband the other day that I felt a sense of despair over the state of things. He revealed that he had similar feelings sometimes. We can cope for a while, but then when things don't change, it becomes discouraging. I am basically an optimistic person, but in these times, things can feel good one day and not so good the next.

I heard recently that Michelle Obama has been suffering from mild depression and I thought, "Wow. This is affecting everyone!" Mrs. Obama says that exercise helps, as well as reaching out to others (she has a new podcast).

We can only try to remove ourselves from fear, realize that we can stay safe, express gratitude for our health, walk, breathe, take in nature, MAKE ART!

— Luan Wold, NSNG President

Fall 2020 Calendar

Meetings are **Tues mornings at 9:30 am**.
Zoom invitations will be sent by email.

- **September 1:** First meeting of fall. Presentation by Cindy Grisdela on Improv Quilting. Workshop to follow.
- **October 6:** Presentation by Sue Bleiweiss on Working in a Series. Textile Architecture Workshop to follow.
- **November 10:** Quilter's Yoga and Whole Cloth Quilting with Heidi Parkes. Workshop to follow.
- **December 1:** Virtual Gathering and Annual Member Challenge. Hand Block Printing Workshop with Mindy Schumacher to follow.
- Mini Workshops on **Oct 13, Nov 3 and Dec 8**. See page 7 for details.



Bryant's class demonstrated that we are surrounded at all times by many creative possibilities. I plan to complete the horse, and have lined up a broken tire pump to morph into a preying mantis!

Maggie Weiss

I thoroughly enjoyed our class with Bryant Holsenbeck during summer seminar. Learning how to repurpose discarded items to create new art was inspiring and fun. It was brilliant seeing the ingenious work of others in class. Bryant made a point of checking in with everyone and sharing their progress. She was engaging, relaxed, encouraging and fun.

We first created a form from random soft materials like towels and plastic bags. I ended up with an octopus because the rag I was using was bulky and needed to be divided. Slicing the towel into 8 legs seemed to resolve it. I used ping pong balls for the eyes. Using wire to create a basic form



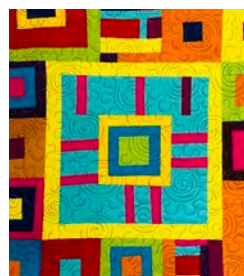
on which to build, led me to try to make a horse, simply because I love their form. It was interesting to learn how to use both wire and soft materials to create the piece.

I was also moved to buy her book, *The Last Straw*, about living without plastic for a year.

I'm grateful to everyone who worked to help make summer seminar happen.

Thank you!

SIGN UP NOW!
Improv Quilting Workshop with award-winning fiber artist – Cindy Grisdela!
See page 2.



What's Inside

Fall Workshops.....	2, 3
Annual Challenge.....	4
Announcements.....	4
Show & Tell	5, 6
Mini Workshops.....	7
NSNG Board	8
Membership Info	8



Improvitational Quilting with Cindy Grisdela

Cindy Grisdela, from Reston, VA, is an award-winning fiber artist with over 30 years' experience creating eye-catching quilts. She specializes in improvisational quilt designs



and dense free motion quilting. She travels extensively all over the country teaching and lecturing to guilds and groups. Cindy is the author of *Artful Improv: Explore Color Recipes, Building Blocks & Free Motion Quilting*. Her quilt designs have been published in numerous books and magazines. She has also appeared on Quilting Arts TV.

• Website: www.cindygrisdela.com

Lecture Sept 1, 9:30 am: *Improvitational Quilting*

Have you ever wondered how to create an Improv Quilt without a pattern? Where do you start? How do you know when it's finished? Author and award winning artist Cindy Grisdela will share her tips and tricks in this entertaining lecture about the process for working improvisationally from start to finish.

Improv WORKSHOP: Sept 2, 3, and 4, 10 am to Noon

In the workshop you will learn how to create Improv blocks and put them together into an original design, just like a jigsaw puzzle. Once you have the techniques down, you can use them endlessly to create quilts, pillows, table runners and more. We'll talk about how to choose colors and use "coping strips" to complete the composition and make it more interesting. There's no measuring or precise cutting and each quilt will be unique.

Workshop Fee: \$75 (includes 1 hour of one-on-one time with Cindy)

• Supply lists and registration forms are on our website: www.NSNG.org

Fiber Art Collages with Sue Bleiweiss

Award winning fiber artist Sue Bleiweiss creates vibrant colorful and whimsical quilted fiber art collages using her own hand dyed cotton. Sue has written three books about the techniques she uses, written numerous magazine articles and has appeared on several TV programs. Her award-winning quilts have been exhibited internationally and reside in private collections worldwide.

• Website: www.suebleiweiss.com



Lecture Oct 6, 9:30 am: *Working in a Series*

There are many benefits to working in a series beyond just helping you to develop your own personal style. It can help you stay focused and motivated. In this lecture I will share my own experiences of working in a series and the invaluable benefits that I have gained along the way. I'll also give you some tools and techniques that you can use to start your own series of work.

Textile Architecture WORKSHOP:

Oct 9, 9:30 am - 4:30 pm

Create your own version of my wonky house quilt! Work with my pattern or customize it and make it a winter scene; make the sun a moon and it's a night scene; turn the garage into a dog house or add a clothesline strung from the tree to the house with socks hung to dry. I'll take you through my entire art quilt making process from start to finish and you'll learn my cookie cutter outline method for getting those black outlines around odd shaped images. You'll also learn my methods for working with Mistyfuse fusible web, my quilt-as-you-go method and my 4-strip fused binding technique.



Workshop

Fee: \$85
(One-on-one time can be arranged directly with Sue for \$25/hour)

• See page 4 for workshop registration information.



Whole Cloth Quilting and Quilter's Yoga with Heidi Parkes

Heidi Parkes is a quilter and mender living in Milwaukee. She taught high school art in Naperville for 9 years and continues to pursue her passion by lecturing and leading workshops across the country. Celebrating the hand is an essential component in Heidi's clothing repairs and quilts. She is inspired

by the Japanese aesthetic of wabi-sabi. Whether visibly hand-pieced, intricately machine-pieced, or a wholecloth quilt, her art is infused with meaning and history, employing traditional techniques including: Korean Jogakbo patchwork, Seminole patchwork, American knots and improvisation, Japanese and Indian hand quilting, and European hand embroidery. Often using specific textiles, like an heirloom tablecloth or bed sheet, Heidi adds subtle meaning and material memory from the start.

• Website: heidiparkes.com

Lecture Nov 10, 9:30 am: *Quilt Update and Hand Yoga*

It's been 3 years since I was a guest artist at NSNG. I've been busy sewing in that time. My work has shifted to be nearly all hand piecing and hand quilting, and I'm as productive as ever! This workshop will bring you behind the scenes into my process. Then, we'll practice some yoga together. I'm a certified yoga therapist, and from the comfort of our chairs, we'll do a 20 minute routine aimed at caring for our hands, forearms, necks, and eyes. If you can sew and use a computer, you're 'fit enough' for this routine, and if you sew half as much as I do, it will feel great on your hands.

Whole Cloth Quilting WORKSHOP: Nov 10, 1:30 - 5:00 pm; Nov 11 and 12, 10:30 - 12:30 and 2:30 - 5:00 each day

We will start with a large piece of fabric, and then add to that with visible hand piecing, appliqué style. We will learn to add small and very large pieces of appliqué with a variety of stitches including running, ladder, and whip. We will also cover embroidery for our quilts with the running



stitch and backstitch to add elements of drawing and text with your own handwriting on the quilt. Plan to make a quilt that's between 3 to 5 feet in size, depending on your preference. If you want something bigger or smaller than that, I won't hold you back!

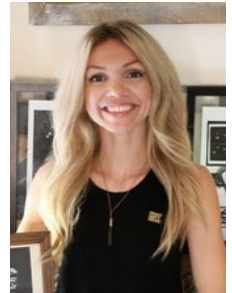
Workshop Fee: \$145
(One-on-one time can be arranged directly with Heidi for \$60/hour)

• See page 4 for workshop registration information. Supply lists and registration forms are on our website: www.NSNG.org



Hand Block Printing with Mindy Schumacher

Follysome Prints is the creative studio of Mindy Schumacher. Every follysome creation springs from a fascination with thoughtful, eclectic and nostalgic design. Mindy is an artist and music teacher in Rockford who has led printmaking workshops across the country. She is a member of the People of Print and the Speedball Network of Professional Artists.



• Website: Follysomeprints.Etsy.com

Block Printing for Fabric and Paper WORKSHOP: Dec 1 and 2, 2 - 4 pm

Join us for an introduction in designing, carving and printing your very own designs. Come be inspired by Mindy's passion for block printing and leave with your own carved printer's stamp and step-by-step instruction for application on a number of possible projects.

Part 1 on Dec 1 will focus on the elements of design and carving. Project ideas are countless; participants can choose to design a stamp to be used for holiday cards, gift wrap paper, textiles for craft projects or for the home.

Part 2 on Dec 3 will focus on printing techniques and getting familiar with inking, stamping and creating patterns, if desired.

Workshop Fee: \$50

(One-on-one time can be arranged directly with Mindy for \$25/hour)

Fine Art of Fiber to return in 2021!

The Fine Art of Fiber is going on hiatus in November 2020 out of concern for the safety of its guild members and their guests.

Look for us to return to the Chicago Botanic Garden November 5-7, 2021 (opening night Thursday, November 4, 2021).

Thanks to all our members who responded so quickly to my survey questions last month. The majority of members in all three guilds voted not to participate in a show this year. Moreover, Stage 4 regulations that the Garden must follow would make the show both more expensive for us to run and challenging for members and guests to visit.

Reminder: Guild members who are also Chicago Botanic Garden members get \$10 off their annual membership fee if they give the NSNG membership number when they sign up or renew. Please contact me if you need this number.

– Nona Flores,
ncflores52@gmail.com

Fall Workshop Registration

Some excellent workshops are scheduled for Fall 2020. **Workshop registration for these workshops is open now.** Members should make sure that they have paid their 2020-21 membership dues and have a signed participant agreement on file before registering. Non-members must complete a participant agreement and are charged an additional \$20.00 per workshop. Payment in full is required for complete registration. Credit card payment for workshops can be arranged, the participant is responsible for the processing fees.

To register, download a copy of the Workshop Registration Form from our website, www.nsng.org. Click on the workshop you want to find the registration form and supply lists. Complete the form and send it to **Jenny Ross**, with your payment. If you have questions, contact Jenny at 847-404-9673 or send an email to registration@nsng.org.

Annual Member Challenge

An article in the April 1984 issue of *handmade* magazine inspired this challenge. The writer notes that hats were originally “a very practical means of protection. These strange and sometimes absurd objects which we place on our heads or hide in our closets do tend to inspire extremes in thought and behavior.”



Hats have been known to “have historically served as a form of public identification; to contribute to the distinctions we make between kings and commoners, popes and priests, soldiers and civilians.”

On the lighter side – there was the “Hatter, whose tea-time antics so exasperate Alice.” Then there

was Charlie Chaplin and his bowler; Carmen Miranda and her fruit; Darth Vader and his helmet. “One is very often unthinkable without the other.”

The article also says to heed essayist Lance Morrow’s warning: **“Never try to wear a hat that has more character than you do.”**

• YOUR CHALLENGE is to go against that heed. **Create a hat that has so much character that it can stand alone but needs YOU to show it off.**

• Your hat should: Tell a story or make a point; Describe your life; Remind you of a special moment – or a special place you visited – or a place you want to visit.

• Use your sewing needle, sewing machine, knitting needle, crochet hook or other needlework techniques. Use your favorite technique – or use them all – for at least 75% of the work.

• Make a hat from scratch or work on an existing one. If working on an existing hat, 75% of the decorations must be new.

• The finished hats will be due at our December 1st meeting, either in person or virtually. Workshop Gift Certificates will be awarded:

First Place - \$100,

Second Place - \$75 and

Third Place - \$50.

• Please contact me with questions and if you plan to participate.

– Susan Kenyon,
slkenyon@aol.com



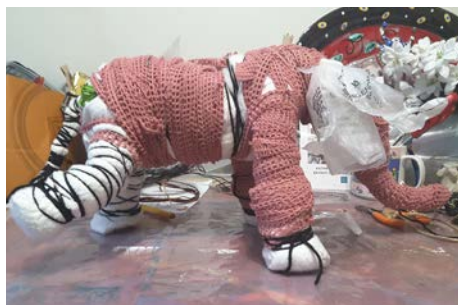
Lucy in the Sky with Diamonds is from a challenge from the Bead Society of Greater Chicago many years ago. The challenge was to do a song title. The beads are all hand sewn on to an existing hat. The cloud pins were made so I could wear them separate. I lucked out when I found Lucy in a toy store.

Summer Seminar Show & Tell

Nona Flores shares the step-by-step process for making her elephant in Bryant Holsenbeck's workshop.



1) Simple 1-piece wire armature loosely defining head, torso, legs, and trunk is stuffed with plastic bags to begin shaping. I found that winding long strips of quilt batting around the piece really helped define and stabilize the form. Yarn is wound around to hold everything in place.



2) More definition, beginning to hide the underpinnings with strips of scrap fabric. Oops! forgot the tail--add a rolled length of batting at the butt end and hold it in place with strips of fabric or batting.



3) 2 1/2" strips of quilting fabric in shades of red, leftovers from earlier projects, are sewn end to end and wrapped around the form for the final base layer.



4) Patches of fabric are added as pops of color and held in place by wrapping with decorative yarn.



5) Finished! The most challenging part was trying to figure out how to cover and shape the batting ears (though I kind of liked the droopy Dumbo-look of the white batting ears, Bryant thought something more uplifted would be good). When complete, Bryant exclaimed, *"that elephant looks like it's dancing!"*



Sylvia Dresser

These are 4 pages from my stitching book made in the summer workshop with Lisa Binkley. I was unsure about the Zoom format for class for me (I learned that I still prefer an in-person class) but this works too, in a different way. I had all of my supplies right at hand, and got a good start on my stitching book. The "pages" will be bound when finished. And, I got myself stitching again! **A win for sure.**



Barbie Eich

I made these 3 pieces in Bryant's workshop. I used an iron as the base for "The Iron Insect." The bunny is named "Spinner," after my pet bunny. I spin his wool. The third is called "A Yellow Eyed Spider." **It was a fun class!**



Show & Tell



Linda Norby

This is my latest tapestry. It's 30 by 48" and the inspiration was the creativity which can spring from the bleakness of the pandemic.

A bit about my background and interest in weaving: I earned my BFA at The Art Institute of Chicago and studied under Elsa Regensteiner who instilled in me a love of weaving. After college, I taught art for many years and didn't have much time for my own weaving, but I always tried to introduce my students to it.

While teaching at Jesse Owens Community Academy in Chicago, I received an Oppenheimer Grant to purchase a classroom loom and yarn. The students wove two large tapestries for the school lunchroom (*one is shown below*).



When I retired in 2012, I was able to take the loom with me because they weren't going to offer art anymore. What resulted is my current passion! It's a very simple loom but I enjoy the process.

Send your **SHOW & TELL** photos and text to Newsletter Editor, Jan Harrington, janQharrington@gmail.com



Nona Flores

When the NSNG newsletter suggested a summer challenge based on the ideas of "home" or "nest," I immediately combined them as "Nesting at Home: SIP 2020." With a little help in composition from the cartoon strip "Mutts" and my mixed media teacher Ina Beierle, I've represented a version of my favorite "activity," reading in bed, supported by piles of pillows, while keeping COVID-19 at bay. Pages from some of my favorite authors wall me off from the outside world, while I cocoon myself in cushions with my two dachshunds, Tootsie and Elvis. This is a fabric and paper collage – some of the 3D pillows in the foreground use vintage linens I've picked up at flea markets around the world.

FIBER/CRAFTS DE-STASH SALE

Sat, Sept 5, 2020 • 9:00 am – Noon
28619 N. Monroe St. Wauconda, IL

Outdoors appropriately distanced

FELT: Fibers: roving, batts, some specialty fibers. **Supplies and equipment:** tools, display items, hat blocks, clothing racks, 1/2 mannequin

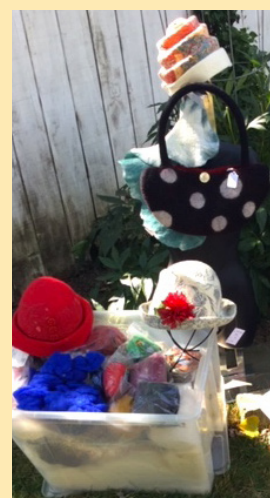
FINISHED OBJECTS: Hats, vessels, bags

FABRIC: For nuno felting, some vintage, upholstery fabric samples

EMBROIDERY: threads, floss, wool, silk

MISCELLANEOUS "Stuff"

• Jane Brown, jkbrownfi@gmail.com



BYOB (bag)!

Mini Workshops • Oct, Nov & Dec

Solomon's Knot Crochet Stitch

• Susan Lutz Kenyon

Tuesday, October 13

1.5 - hour Zoom workshop starting at 10:00 am

\$10 Fee

A knowledge of basic crochet stitches and terms is required. Use a worsted weight (size 4) smooth, light color and solid color yarn. Use a crochet hook size H or I or a hook that will allow you to crochet somewhat loose. We will use the pattern, *Summer of Love Shawl* by Carolyn Calderon as a reference. This will



give you step-by-step directions and good pictures of the stitch. Susan will send you a link to the pattern.

Book: *Crochet with Love Knots* by Jenny King. Available at Annies-Catalog.com for \$9.99. This is a good source for the stitch, has many pictures and also some nice patterns but is not required for this class.

• To register, send an email to Susan and Elizabeth: slkenyon@aol.com, ekguillette@gmail.com

Susan will send you a link to the pattern and payment information.



Cindy's granddaughter and daughter-in-law using the disk to make beaded Kumihimo bracelets. Kumihimo is an ancient Japanese form of braiding using multiple strands of cord and/or ribbon.

Beaded Kumihimo Bracelet • Cindy Heineman

Tuesday, November 3

2 - hour Zoom workshop starting at 10:00 am

\$20 fee includes full kit or \$15 if you have a round disk

The full kit will include thread, beads, a disk, directions and a magnetic clasp. Cindy will contact participants about the bead color choices and will pre-bead the threads to save time during class. She will also discuss the ins and outs of glues (E-6000 or epoxy glue) needed to complete the project, which will be purchased online or at a craft or hardware store by the participant after the class.

• To register, send an email to Cindy and Elizabeth: Cindyheineman@gmail.com, ekguillette@gmail.com

Cindy will discuss color choices and payment information.



Llama Wall Hanging • Jan Harrington

Tuesday, December 8

2 - hour Zoom workshop starting at 10:00 am

\$20 Fee

Learn how to design, stitch and embellish a wall hanging featuring a llama. This can be made with felted wool – either commercial or natural – fabrics of your choice or a combination. Use machine and/or hand stitching. Jan will send you a pdf pattern of the llama and supply list before class. Great opportunity to search your stash for fun embellishments!

• To register, send an email to Jan and Elizabeth: janqharrington@gmail.com, ekguillette@gmail.com

Jan will discuss the project, send the pattern and payment information.

Share your talents!

Mini Workshops are taught by Guild members and payment goes directly to them.

If you are interested in teaching a virtual workshop, please contact

Elizabeth Guillette,
ekguillette@gmail.com

NSNG Board • 2020 - 2021

President	Luan Wold	847-644-4705	luanwold@gmail.com
1st Vice-President	Cynthia Boudreau	630-240-9445	cboudreau@gmail.com
1st Vice President	Debby Henning	262-215-6769	debby.henning@mac.com
2nd Vice-President	Maggie Weiss	847-571-1385	msmaggie6@comcast.com
Secretary	JoAnn Bauman	847-835-4454	joann@designs.org
Treasurer	Sylvia Dresser	847-945-6095	sylviadresser@gmail.com
Membership Chair	Janet Tuzzolino	847-707-1739	jmtuzz@gmail.com
Workshop Registrar	Jenny Ross	847-404-9673	jenny60060@comcast.net
Mini-Workshop Chair	Elizabeth Khodikians-Guillette	708-386-6004	ekguillette@gmail.com
Publicity Chair	Frances Krueger-Jackson	773-784-8766	fran@franniesfelts.com
Member Challenge	Susan Kenyon	847-680-3162	slkenyon@aol.com
Special Events Chair	Tricia Baldwin	847-650-7908	baldwintricia2@gmail.com
Hospitality Chair	Sue Miller	847-975-9680	orchid1245@gmail.com
Fine Art of Fiber Chair	Nona Flores	847-869-1362	ncflores52@gmail.com
FAOF Assistant Chair	Valerie Koppenhaver	224-522-3000	koppenhaver@comcast.net
FAOF Assistant Chair	Bill Keller	773-610-7005	bkforge@sbcglobal.net
Newsletter Editor	Jan Harrington	847-965-6935	janqharrington@gmail.com
Service Chair	Gretchen Alexander	847-257-2507	gretchen.alexander@sbcglobal.net
Webmaster	Valerie Koppenhaver	224-522-3000	koppenhaver@comcast.net
Past President	Penny Burns	312-590-1646	pburns@jbosh.com

Loose Ends & Gathered Threads

The newsletter of the North Suburban NeedleArts Guild is published almost every month.

A digital copy is sent via email to all current members before each meeting. It is also available on our website.

The October issue will be sent out in late September with a Zoom link to the Oct 6 meeting

Please contact Newsletter Editor **Jan Harrington** with updates, news, images or corrections: janqharrington@gmail.com

NSNG Membership Information

The purpose of the North Suburban NeedleArts Guild is to foster the art of needlework and to encourage a high standard of design, innovation, and technique in various forms of fiber arts. New ideas and techniques are developed through lectures, workshops and other group gatherings. Members are encouraged to show their own talents at meetings.

• **APPLY FOR MEMBERSHIP:** Contact membership chair Janet Tuzzolino for an application. Our membership year begins on Aug 1st of each year. Annual membership dues are \$50. Please contact Janet if you have a change of address, phone or email address.

Janet Tuzzolino: 847-707-1739 or email jmtuzz@gmail.com

• **MEMBERSHIP DIRECTORY:** An annual directory includes names and contact info for all members, calendars, NSNG By-Laws and other information about our Guild. It will be sent out as a pdf this year, and not printed.

Visit our website: www.nsng.org