

# Fabric Art ROCKS! Newsletter



**AUGUST 2013**

**What a busy exhilarating summer!** I want to thank all of you who have helped make this a rewarding and successful summer season. I have greatly enjoyed the fun, laughs and creative memories at the workshops held over this summer. Seeing the happy faces and the promised “I can’t believe I made this” at the end of the busy workshop day energizes me. For my many customers I want to let you know your comments and support has helped me trust and believe in my creative side and acknowledge that I can consider myself an artist. With each piece I sculpt I learn and can see so many more possibilities with this mixed media product. I enjoy sharing the techniques and ideas in my workshops and on line and appreciate the open sharing of all of us involved in the mixed medium of fabric and specifically Paverpol.

**The Summer Markets started** in June at Vernon’s Creative Chaos which was well attended and successful. In July I attended the 40<sup>th</sup> anniversary Arnold Milkelson Arts Festival which was its. This annual event is held in a hidden forested garden in the center of White Rock displaying the art of over 100 different artists for show and sale. To be among this talented group and to be so welcomed was humbling. This past weekend I attended Langley’s Arts Alive, grateful the weather held off its threatening showers to enjoy a great fun day.

**Scotch Creek Farmer Market** is held Sundays at the Peoples Drug Mart parking and this was my first year attending. The sense of family with all the vendors I have met here and over the last 3 years has been so much fun. Everyone is so helpful and supportive with each other that it never feels like “work” it just a big fun fest! I have developed some great contacts and patrons over the summer and they have one of kind sculptures in their gardens and homes. I will be there on **August 25<sup>th</sup> and September 1<sup>st</sup>.**

**Summer 2013 Workshops** continued to infect those who attended with the new affliction of Paverpolitis. Smiles and frivolity followed a busy days of mindful creating and sculpting. The activity center at Caravans Resort is by far my favorite venue for workshops, though on the hot days it was a bit challenging for the air conditioner to keep up. One participant was found cooling off in the water park at lunch time. I have included some pictures of our finished projects though I apologize for some reason I do not have pictures of all the participants at Vernon. My final workshop in the Shuswap will be at Caravans West again on August 24 for the tall ribbon girl and will be a large group to end of the season. Looking forward to this day and will post pictures in my next Newsletter.

## VERNON'S BEGINNERS WORKSHOP



## Scotch Creek Faerie Workshop



## Scotch Creek Mermaid Workshop



# MINDFULNESS IS OFFERED AT THE BEGINNING OF EACH WORKSHOP FOR THOSE INTERESTED:

## *Mindfulness: A Way of Being*

Mindfulness is a way of being which involves bringing awareness to the unfolding of present experience, moment-to-moment, with curiosity, openness and acceptance. Mindfulness is usually cultivated via formal, concentrated meditation practice periods each day, with the idea that we can then carry this mindful awareness with us into in all our daily activities.

This is a skill to be learned not something that can just be turned on “be mindful” is a common statement in our vocabulary; similar to “don’t worry” and “be happy”. This is a skill to be learned and practiced that can help us make effective choices in the present moment acknowledging triggers of past experience and worry of the future.

## *How do we practice?*

By focusing on one of our senses or maybe our breath we may notice distractions pulling us away from the present moment, we acknowledge these distractions and turn our mind back to what we are focusing on. We can cultivate mindful awareness by short formal practice as well as conscious activities. Art, dance, music and sports are examples of activities that generally require present moment focus. How could this change our daily experience if we take this into our daily lives; the possibility to notice the pull of unjustified worry or anger and make a different choice?

## *What we will do;*

After a brief 5 minutes or so of introduction to mindfulness practice I will coach you through the practice of mindfulness using our breath our focus for 5 more minutes then we will briefly share our experience.

## *How do I use mindfulness in my workshops?*

Outside of my daily practice of mindfulness sculpting with Paverpol is my way of de- stressing, being in the moment with the piece, practicing letting go of judgments. After teaching mindfulness to workshop participants who come early to learn, I encourage them to notice when they are pulled away from the experience and to come back. Art is a wonderful way to introduce mindful participation; I also encourage compassion towards themselves and to notice negative judgments.

# Chilliwack Fall 2013 Workshop

## 2013 Beginners Workshops

**LEARN** the basics of working with Paverpol! Experience how easy it is to create unique sculptures and objects with a simple t-shirt or other natural materials. **Once you have learned the basics of working with this versatile medium your imagination is the only limit.**

All Supplies included in prices for workshops



### Sitting figure

**Date:** September 14, 2013

**Time:** 9:30 - 5 pm

**Price:** \$100 (\$50 deposit on sign up)

**Place:** Chilliwack



### Christmas Gifts Workshop

**Date:** October 12, 2013

**Time:** 9:30 - 5 pm

**Price:** \$100 (\$50 deposit on sign up)

**Place:** Chilliwack



I started out working with Paverpol a number of years ago by making Christmas gifts. So I thought I would offer a day of smaller projects that can be given as gifts. By popular demand I will offer my rock face workshop, wine bottle cuffs in the morning and then in the afternoon I will teach the tall birds (You will make a set of 2).

*If you would like to arrange a group workshop all I would need is 6 people and lunch would be included. A great team, friend or family get together! I will also travel to you.*

I will be getting ready for the Christmas Markets this fall and attending:

November 9 & 10<sup>th</sup>

Minters Christmas Craft Fair

November 15 - 17<sup>th</sup>

Chilliwack Christmas Craft Fair

November 29<sup>th</sup> - Dec 1<sup>st</sup>

Coquitlam Craft Fair



Please email me if you are interested in any workshops or maybe looking for that special gift @ [fabricartrocks@gmail.com](mailto:fabricartrocks@gmail.com) or Call 604-819-8958

