



## *Message from the President*

A new day, a new week, a new month, a new year, a new decade!! What a time to set some goals. Goals to keep, not to break.... Making, setting and keeping goals is not an easy task, but is well worthwhile. Did you set any new goals for 2020? I did! I want to build a consistent routine for being creative. Hmm. How to go about it? Using my years of teaching experience and training I set about to make a SMART goal. Would you like to make a SMART goal too? Here is how to do it. (As an example, I will include my goal ideas in red.)

### **What Are SMART Goals?**

Creating SMART goals gives you direction. They make it easy to see if you're getting closer to your target or still treading water. There are five building blocks that will help you reach your SMART goals:

**S**pecific  
**M**easurable  
**A**chievable  
**R**elevant  
**T**ime-Sensitive

### **S – Specific**

What do you want to achieve? Get down to the nitty-gritty with it. Just saying you want to be more creative won't do it. Instead try, "*I'd like to spend time each day building my creativity.*" Watch for roadblocks that could keep you from reaching your goal, and make a plan to get around them.

**Questions to ask yourself:** Who does my goal involve? *Me, some time and materials.* What am I trying to accomplish here? *To spend time and enjoy being creative.* When and why do I want to make this goal happen? *When - Every day. Why – To expand my creative horizons and to fill my life with positive energy that being creative gives me.*

### **M – Measurable**

## *News*

January 2020  
Volume 4 Issue 1

Newsletter Coordinator:  
Yvonne Carlson

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March 15, 2020

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If your ultimate goal is to be more creative, break your goal into doable chunks. Give yourself daily, weekly and monthly steps. Focus on those, accomplish one, and then head on to the next one. "I would like to spend a minimum of one hour each day immersed in creative activity."

**Questions to ask yourself:** How long will it take to reach my goal? **Daily – an hour each day. Weekly – One new technique/sample tried. Monthly – A written reflection on the journey, what I enjoyed best, what ideas may lead into a new piece of artwork, what problems I had with this goal.** How do I know when I've reached my goal? **At the end of the daily creative activity I will tie a knot in a piece of selvage hanging on my display wall to keep track of the number of days per week I meet my goal. At the end of the week I will have a sample of what creative ideas I tried to hang on my display wall. At the end of a monthly I will have a written reflection in my journal.**

### **A – Achievable**

Is your goal realistic? Do you have the ability to do it? What about the skills or tools you need to reach it? If not, no shame, just change your goal to something you can accomplish. You don't want easy-to-reach goals though. Stretch yourself! But don't chase after something that will wind up discouraging you in the long run.

**Questions to ask yourself:** Do I have the resources to achieve my goals? **Yes, I have many supplies to create with, just get to it!** If the answer is no, what am I missing? **Read some creative idea books, blogs, and essays on how to get creative.**

### **R – Relevant**

Does the goal fit with the overall plan you have? If your goal is to learn the art of origami and you have room for a new hobby, great! But if you have plenty of hobbies, think about spending that energy elsewhere. And don't forget to figure out what your *why* is. Your *why* could be something like, "I want to keep a art journal to build my idea bank for creating new art pieces." *Why* you want to do something is powerful.

**Questions to ask yourself:** Is the goal within reach? **Yes.** Is it reachable with the time and resources I have? **Yes.** Why do I want to reach this goal? **To further my ability/skill and enhance my enjoyment of fibre art.**

### **T – Time-Sensitive**

Set a time limit—because you need a finish line. Take that

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## *Textile and Fibre Artists of Manitoba News*

goal of yours, create a plan, and break it all the way down to daily activities. Then, give yourself a deadline. For example, "I'd like to try one new idea a week."

**Questions to ask yourself:** Do I have a deadline for reaching my goal? **Analyze my progress at the end of each month.** When will I achieve this goal? **Monthly for a year.** How many times will I achieve this goal? **Twelve times.**

I am excited about the SMART goal I have created for myself. I know it is within my capabilities. I think it will enhance my enjoyment of the creative process, which already love. It will allow me to be more accountable to myself and help me see what I achieve on a daily, weekly, monthly and yearly basis. I'd love to hear what your SMART goal is or any ways you feel I may improve my SMART goal. Please share your ideas on our private TFAM members FaceBook page!

Happy Creating

*Krista Zegers - TFAM President*

## *Guest Editorial*

### *'RIVER' Exhibit 2020*

Submitted by Cindy Dyson & Cindy Smyth

Our first conversation about our new role as Exhibit Organizers was over the phone. We had agreed to write down any idea about a theme. Cindy and I met at The Forks sitting outside to discuss our ideas. Each of us listed off the topics to each other and wrote down the ones that interested us the most. With that new list, we researched the topic, looked for definitions, spoke about our feelings and anticipated others feelings as well. We thought about the different meanings and images of the word or topic. After that discussion we decided to go home with our short list to think about it for a while.

Again, we met at The Forks, sitting outside on a beautiful sunny afternoon. We went over our short list and discussed what spoke to us, made notes, thought about our feelings for each topic. Discussions also included political views or

## What Are SMART Goals?

Specific  
Measurable  
Achievable  
Relevant  
Time-Sensitive

River has a few entries started or completed. Samples below.

*Rainy River – by Elaine Filyk*



## *Textile and Fibre Artists of Manitoba News*

concerns and the negative and positive feelings that could arise for others.

In the end, sitting next to the Red River watching it flow beside us, it became clear that the river was speaking its literal, symbolic, artistic, geographical, spiritual, cultural, ecological and historical significance from our past, in our present and into our future.

*Meet us at the river! Jump in the boat! Start the engine; or help us paddle. Come - swim alongside the canoes. Cast the line - feed the hungry. Submerged - are you washed free of sin; or travelling the path to enlightenment? Do you shiver thinking of Hamlet's Ophelia; her "mermaid-like" clothes pulling her down to the cold "muddy death"? Will you exchange ideas and trade product with others? Are you floating and enjoying the gentle rocking of the warm waves; allowing your mind to wonder? River is wild and free; it may nurture or drown. Share with the community your idea of River.*

We learned so much from each other. Listening to one another, spending time with a new friend during this process.

Start thinking about the 2021 exhibit and how you can inspire us? Think about your participation as the next Exhibit Organizer.

### **Exhibit details:**

All pieces must have FIBRE as their main component but can have other mediums (beads, paint etc.) in each composition.

1. Hanging sleeve: 1.5 to 2" wide, minimum 1" from each side, 1/2" from top
2. Hanging slats to be determined
3. Labels: 2 required. Minimum 2" wide x 3" long. One label for Art Piece and one label for cloth storage bag. Artist, Title, Year of Exhibit on each label.  
Example: Jane Doe "Summer" 2020  
The label on the finished piece is to be on the back side on the bottom right. The label on the bag is to be on the front bottom right. (Flap at back when flipped)
4. Storage bag to be a flat bag with flap to flip over to secure piece inside.
5. \$25.00 artist fee per entry.
6. \$150.00 minimum sale price if for sale.

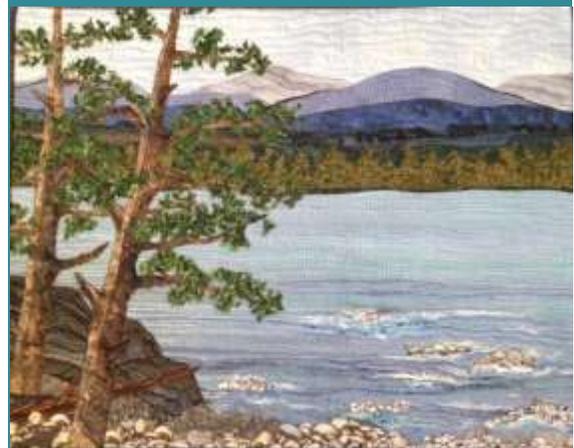
Untitled – Yvonne Carlson



Untitled – Cindy Dyson



Ruth Ens



## Textile and Fibre Artists of Manitoba News

7. Non-juried.
  8. No 3D items.
  9. No hard framing or glass.
  10. Maximum of 3 entries.
  11. Finished size to be 16" high x 20" wide. Piece should not be more than 1" thick or deep. Landscape orientation.
- \*Note that height is always followed by width in labeling 2D pieces.

### Studio day for "River" 2020 meet up

February 22, 2020

10.30 am to 4.30 pm

Gaynor Family Regional Library, Selkirk, MB

**Storage bag sample, pattern and demo** will be available. Bring any of "River" pieces you have started or finished. We'd loved for you to share and inspire others. Any finished pieces for exhibit can be brought to this meet-up.

### Important dates:

Intent to enter closes [April 30, 2020](#)

Entry closes [May 31, 2020](#)

The Exhibit will tour for approximately 3 years

### Drop Off info:

There will be two places to drop off your exhibit piece.  
Cindy Dyson, - 102 Eastoak Drive, phone [204 223 3761](#)  
Cindy Smyth, - 39 Norilyn Bay, phone [204 430 6077](#)

River Reflection - Susan Selby



Untitled - Cindy Smyth



\*Remember to register by filling in the 'Intent to Enter' when you have decided to enter.

\*Fill in the 'Entry' form once your artwork is complete and ready for delivery.

## Special Events

The Meet-Up on January 14<sup>th</sup> at the Headingley Library was a great success. We had some 'River' artwork for 'Show 'N Share' and then 14 members who attended shared their knowledge and experience using programs or apps for photo manipulation and fibre art designing. Thanks to Cathie Ugrin for the demo of her 'portraits' technique, complete with samples. Bonus, we were surrounded by our own artwork, Manitoba Moments is currently hanging in the library.



## *Introducing the Members*

### Judy Burch

Judy lives in Portage la Prairie, MB. She has been a quilter for about 15 years and has just recently started to experiment with fibre to enhance quilting projects. Working with fibre has always interested Judy, as in former years she has done many crafts involving that medium.

The Ice Fishing Hole



### Fenella Temmerman

Fenella has long been drawn to textiles and functional art - being able to touch, use or wear a work of art, thus reaching beyond borders to better explore interconnection and relationship with the whole. For many years she painted on silk; then an opportunity to visit Australia introduced her to the generosity of sheep and the abundance of textures possible using fleece and felting. Nuno felting, combining silk and fleece, now delights and inspires, as also does working in 3D and on occasion dyeing her own fleece.

She is grateful for Fiona Duthie's on-line workshops, is a member of felt : : feutre canada, and one of the founding members of Pembina Hills Art Gallery and Felt : Manitoba.

Ice Flow



#### **MEMBERS!**

If you have not submitted your bio and artwork photographs, please do so by emailing them to [tfamartists@gmail.com](mailto:tfamartists@gmail.com). We would love to introduce you in the next newsletter.

## *TFAM HiLites*

The major hi-lite of the 2020 is the addition of "Meet-Ups". Check out all the details below and on the [TFAM website](#). Go to the [Workshops and Meet-Ups page](#) to sign up for upcoming events.

TFAM currently has 53 members, welcome to our newest members; Melanie Fraser, Julie Garcia and Kim Sysa.

Also, our website is changing. We have upgraded and the website is now found at

<https://www.tfamartists.ca/>

The old web address will automatically forward to the new one. We are working on having a members-only section on the website. When it is ready to use, you will receive a link by email to direct you to create a login and password.

NOTE: TFAM Membership is due at the end of each year. Thanks to all those who have renewed. If you have not, you can pay using the emailed invoice reminder that was sent January 1<sup>st</sup>.

*If you need a new invoice, just send an email request.*

## *Workshops & Meet-Up Schedule*

<b>*NOTE: Please use the Registration form on the website to sign up for all events, including free ones.</b>	
<b>Studio Day / Meet-Up</b> Registration now open.	Date: Saturday, Feb 22, 2020 Time: 10:30 am - 4:30 pm Location: Gaynor Family Regional Library, Selkirk, MB
<b>3D Felt Sculpture</b> (2-day Workshop with Rosemarie Peloquin) Registration now open.	Date: March 27-28, 2020 Time: 10:30-4:30 Location: Transcona Library Cost: \$125 + \$25 kit fee
<b>Cinderella's Dye Workshop</b> (Meet-Up/workshop)	Date: Saturday, April 25, 2020 Time: 10 am - 4 pm Location: TBA
<b>Using Inks in Your Fibre Art</b> (Meet-Up)	Date: Saturday, May 23, 2020 Time: 10:30am - 4:30 pm Location: TBA
<b>Water Soluble Stabilizer Is Your Friend!</b> (Meet-Up)	Date: Thursday, June 25, 2020 Time: 3:00 - 7:00 pm Location: Pembina Trail Library

*"May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art – write or draw or build or sing or live as only you can. And, I hope, somewhere in the next year, you surprise yourself."*  
~neil gaiman

Please continue to check the TFAM website <https://www.tfamartists.ca> for information about workshops and meet-ups in the coming year. More details will be available as plans are finalized.

## *TFAM Exhibits*

### *2018 Exhibit 'Manitoba Moments'*

Manitoba Moments continues its successful exhibit run through the province. It will be at the library in Headingley until the end of February 2020.

### *2019 Exhibit 'ICE'*

Our exhibit ICE for 2019 had a successful first showing at the Charleswood Library and has since traveled to Portage La Prairie and Kelwood. Watch for future bookings. Coming soon.

### *2020 Exhibit 'River'*

This year's exhibit is well under way and at least 3 artists have completed their entry. Cindy Dyson and Cindy Smyth are the exhibit organizers and will be doing a demo on making the exhibit bag at the Studio Day Feb 22, 2020. Check out all the details on the [website](#), the Intent to Enter and Entry is now open for this exhibit.

### *Lizzy B's*

Fill in the form on the TFAM website if you would like to exhibit in this unique space; one form for each artwork and you will be contacted. Lizzie B's is located at 953 St Mary's Rd - stop in to see the exhibit and maybe do a little shopping!

Contact me with any questions or concerns:

**Anita Shackelford** - [ajshackelford@gmail.com](mailto:ajshackelford@gmail.com)

### *Tributes*

Congratulations go to five members who have had their artwork accepted into the SAQA Exhibit, Colour With a U.

~Congratulations to Susan Selby, Cathie Ugrin, Rosalind Sims, Dawn Piasta and Krista Zeghers.

~This exhibit opens in Kitchener ON, March 15-April 19, 2020 and travels through March 2023.

Also, look for a piece by Elaine Filyk in the next issue of Canadian Quilter magazine. And, in the last issue, 2 pieces by Julie Garcia, TFAM's newest member.

We would love to hear from our members. If you know of any galleries, libraries or other locations throughout the province that would be of interest for hosting exhibits of Fibre Art work, please email us at [tfamartists@gmail.com](mailto:tfamartists@gmail.com).

Let's share a little recognition. Send us a tribute if you know of anyone (yourself included) who has won an award, got accepted to a special show or competition, or for any reason you think they deserve a Tribute. Send the info to [tfamartists@gmail.com](mailto:tfamartists@gmail.com)

## *Textile and Fibre Artists of Manitoba News*

### **SAQA Jury Favours Manitoba!**

The selections have been made and Manitoba Fibre Artists have done extremely well in being chosen to be part of the SAQA Canada exhibitions 'Colour with a U' and 'Colour with a U Too'. There are six Manitobans in a field of 43 fibre art works, that is 14% of the exhibition pieces from a province with less than 5% of Canada's population. A very good representation from our fabulous fibre art community.

Both exhibits will be touring across Canada for the next three years and hopefully will be stopping in Manitoba during that time. 'Colour with a U Too' will be in Weyburn, Saskatchewan in September 2020 for those of you who are also Fibre Art Network members and plan on attending their conference in Weyburn. There will be more news of venues for these shows in the future.

Many thanks to all the TFAM/SAQA members who had the courage to answer the Call for Entry.

*Susan Selby*

*SAQA Western Canada Co-representative*

## *Exhibition and Event Notices*

### **First Fridays in the Exchange**

<https://www.firstfridayswinnipeg.org/> – website where you can click a link for the full list of the galleries in the Exchange open for First Friday.

### **Buhler Gallery - Women's Work**

Extended until February 2020

Barb Hunt, Willow Rector & Janet Shaw-Russell

focuses on how women's experiences; especially domestic experiences as healers, nurturers, educators, and keepers of family history, uniquely informs their work in ways that are quite different from their male contemporaries.

### **Fibre Art Networks: 20/20 Vision**

Golden Prairie Art Council – Carman, MB

Opening Reception: May 1, 2020, 1 – 3 pm

May 1-29, 2020

### **Fibre Art Network: Threads of Hope**

A first time showing of this new exhibit.

Pembina Hills Arts Council – Morden, MB

Opening Reception: Thursday, June 4, 2020, 7-9 pm

June 2-30, 2020

*“I've been absolutely terrified every minute of my life – and I've never let it keep me from doing a single thing I wanted to do.”*

*~Georgia O'Keefe*

*Share with other Members!!*

Do you know of any current or upcoming Fibre Art Exhibits that would be of interest to other artists? Send the information to [tfamartists@gmail.com](mailto:tfamartists@gmail.com) so it can be shared on FaceBook and in the next Newsletter.

**2020 felt :: feutre canada felting symposium**

The 2020 felt :: feutre canada Felting Symposium

Red Deer College in Red Deer, Alberta

August 23rd to August 28th, 2020.

Our Superstar cast of Instructors include:

Diana Nagorna - Ukraine and Judit Pocs - Hungary

[Read the full post »](#)

*Education Opportunities*

**Hands-On: Contemporary Indigenous Beading with Jennifer Smith**

First Friday, February 7, 2020 12:30 pm

at MAWA, 611 Main Street

Presented by MAWA in partnership with MCC – admission is free

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TFAM Member, **Adeline Sellwood**, is running three felting workshops in her home in February and March:

**Felting Critters** SUN FEB 23, 2020

**STYLISH ONE OF A KIND HAT** SUN MARCH 1, 2020

**WET FELTING A SCARF/WRAP** SAT MARCH 7, 2020

*Please contact Adeline directly for details -->*

**Adeline Sellwood**  
179 Joynson Crescent,  
Winnipeg  
[asellwood@shaw.ca](mailto:asellwood@shaw.ca)



## *Textile and Fibre Artists of Manitoba News*

### **Beading Symposium**

February 6 – 9, 2020 Manitoba Museum, Winnipeg MB

<https://c2centreforcrafter.ca/category/events/>

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### **Spinning Yarn, the Andean Way** with Francesca Carella Arfinengo

March 1, 8 & 15, 2020

Cost is \$150 - Registration now open!

<https://c2centreforcrafter.ca/category/workshops/>

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MCML workshop: **Kumihimo** with Susan Styrchak

March 28, 2020

<https://c2centreforcrafter.ca/category/workshops/>

## *Call for Entry*

Jan 31, 2020

**Quilt Canada** 2020 National Juried Show (Edmonton, AB)

<https://canadianquilter.com/quilt-canada-2020/>

June 18 – 20, 2020

Jan 31, 2020 (SAQA members)

**Ebb & Flow** – IQF Houston (TX)

<http://www.saqa.com/members.php?cat=21>

October 2020

Feb 1, 2020

**MQX Quilt Festival** New England (Manchester, NH)

<http://www.mqxshow.com>

April 15-18, 2020

Feb 1, 2020

13th International “**Scythia**” Textile Exhibition (Ivano-Frankiv's'k, Ukraine)

<http://www.scythiatextile.com/events-2020-2021.html>

May 28 – June 10, 2020

Feb 7, 2020

**Going Green** – 2020 AQC Challenge (Melbourne)

<https://aqc.com.au/enter-our-aqc-challenge>

Apr 16-19, 2020

Feb 9, 2020

17th International **QV2020** - Visions Art Museum (San Diego, CA)

<http://www.visionsartmuseum.org>

Oct 17, 2020 – Jan 3, 2021

Share education opportunities with other members. If you find a great class or are teaching a class, maybe other members would be interested. Email the information to [tfamartists@gmail.com](mailto:tfamartists@gmail.com) and it will get shared with all our members

Do you know of competitions, shows or art exhibits open to public submission? Let the members know about it. Send the information to [tfamartist@gmail.com](mailto:tfamartist@gmail.com) so we can share it on FaceBook and in the Newsletter.

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Feb 15, 2020

**Civilian Impressions: Remnants of Conflict** – Place Des Arts  
(Coquitlam, BC)

<https://www.coquitlamheritage.ca/call-for-entry>

Mar 27 – Apr 23, 2020

Feb 16, 2020

**Fantastic Fibers 2020** – Yeiser Art Centre (Paducah, KY)

<https://www.theyeiser.org>

April – June 2020

Feb 20, 2020

**Wonder of Eyes - Eyes of Wonder** – (Fred Hollows Fundraiser)  
Australasian Quilt Convention (Melbourne)

<http://www.saqa.com/calendar-detail.php?ID=6674>

Apr 16-19, 2020

Feb 25, 2020

MHC Gallery: **Breaking the Silence on Domestic Violence 2**

[www.cmu.ca/gallery/](http://www.cmu.ca/gallery/)

Marc 20-May 2, 2020

Feb 29, 2020

**Threads of Hope** – FAN Exhibition – members only

<https://www.fibreartnetwork.com/index.php>

Delivery to Krista in Manitoba by April 1, 2020

Feb 29, 2020 (SAQA members)

**Beyond the Mirror** – IQF Houston (TX)

<https://www.saqa.com/calendar-detail.php?ID=6322>

Oct 2020

**TFAM RIVER** Exhibit (TFAM members only)

<https://www.tfamartists.ca>

Intent to Enter closes April 30, 2020

Entry closes May 31, 2020

Exhibit will tour for approximately 3 years

March 3, 2020

**International Quilt Festival** Call for Entry

<http://quilts.com/enter-a-quilt.html>

October 29 - Nov. 1, 2020

April 2020 - **World of Threads** Festival (Oakville, ON)

<http://www.worldofthreadsfestival.com/submissions.html>

Oct 24 – Dec 30, 2020

### **\*Newsletter Editor Needed**

Are you technically astute? Do you have computer skills using Word or some other newsletter making program? TFAM is looking for a member who is willing to take on the position of Newsletter Editor. Our newsletter comes out about once every two months. (Approximately 5-6 times a year.) All of the articles and items included in the newsletter will be supplied to you. Your job is to put it into a newsletter format. If this position interests you, please contact our current Newsletter Editor, Yvonne Carlson, at [tfamartists@gmail.com](mailto:tfamartists@gmail.com). She will be happy to provide training.

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April 1, 2020

**Hoffman Challenge** 2019/2020 (quilts, accessories, clothing)

<https://hoffmancaliforniafabrics.net/challemeg/2019>

June 25, 2020 – Apr. 2021

Manitoba Prairie Quilters – **Quilt Reflections** Show

<https://www.manitobaprairiequilters.ca/quilt-show/>

April 17-19, 2020



### *TFAM Current Exhibits*

#### *Manitoba Moments*

**2019**

May 24 – June 12: Wasagaming Community Art Gallery, Riding Mountain National Park

July 6 to August 10: Grand Nationals - Portage la Prairie, MB

August 17: Eleanor Rose Outdoor Quilt Show - Kelwood, MB

September: Tiger Hills Art Association - Holland, MB

October: Fort Garry Library – Winnipeg

Oct 27: a Pop-Up exhibit - folk music workshop presented by Manitoba Opera

November: Pembina Hills Gallery – Morden, MB

**2020**

Jan-Feb: Headingley Library – Headingley MB (Artist Reception Jan 14, 2020)

March: Prairie Concert collaboration with U of M (details TBA)

April 30-May 3: Barnswallow Quilt Show – Morden, MB

August 7-8: St. Vital Ag Fair

Sept/Oct: Golden Prairie Arts Council (Carman)

**2021**

Manitoba Arts Network Travelling Exhibition – locations TBD

#### *ICE*

**2019**

June 20 – August 30: Charleswood Library – Winnipeg, MB

Oct 20 – MAAS exhibit Portage La Prairie MB

Oct – Kelwood Quilt Show – Kelwood MB

**2020**

September: Fibre Art Network Conference – Weyburn, Sask

**2021**

October 2021: Pembina Hills Gallery – Morden

**Newsletter Deadline Reminder:** Please submit all items for the next newsletter by Mar 15, 2020. Submit by email to: [tfamartists@gmail.com](mailto:tfamartists@gmail.com) Please use 'Newsletter' in the subject line.