

# Art Quilters Unlimited

## September 2024 Newsletter

Over half of Americans say they're worried about their mental health. If you're one of them, you might be looking for better ways to handle stress and anxiety. The American Psychological Association says that doing creative activities like sewing and quilting can help lower stress. This is because these activities can raise the level of serotonin, a chemical in our body and brain. More serotonin can make us feel happier, sleep better, and less anxious.

A study reported by Utah State University found that making art can reduce stress. After creating art, they saw that about 75% of people in the study had lower cortisol levels, a stress hormone. Spending time on hobbies that let you learn and gain new skills is important. Henry Ford said, "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."

The benefits of quilting are no longer a secret. Quilters worldwide enjoy better mental and physical health and are happier because quilting helps them relax. They make the most of their free time, build solid friendships, and help out in their communities. *excerpt: sewcanshe.com*



Phyllis Cullen

## Membership

AQU currently has 48 members!  
Spread the word and invite a friend to join!  
Nametags available online: [www.artquiltersunlimited.com](http://www.artquiltersunlimited.com)



## Featured Artist

**Phyllis Cullen, Ninole Hawaii**

Having recently retired from the practice of medicine, I have moved to an oceanfront home, and studio in Hawaii, where the lush foliage, vivid colors, and smiling faces provide inspiration to my goal of creating art which will add beauty and happiness to the world.

My background in caring for my patients, my extensive travels throughout the world doing medical volunteer work and making friends in many locations and cultures, and my love of the brightest colors of nature all inform my work. Now, as a full-time artist, I work in many media, but working in fabric and thread provides the greatest satisfaction. I intend to further the appreciation of this amazing art form in my newly adopted state and wherever I go and enrich the lives of fiber artists by sharing SAQA's resources.

I have taught fabric art (collaged and layered portraits, my easy stained glass technique, and fabric art from photos) in many places in the world, and love to share my easy techniques and application of art principles for quilters. My own art education is a work in progress as well.



Learn LIVE with Phyllis at the March 2025 Workshop

# What's Happening - Meetings & Programs

*AQU Meetings are held at*

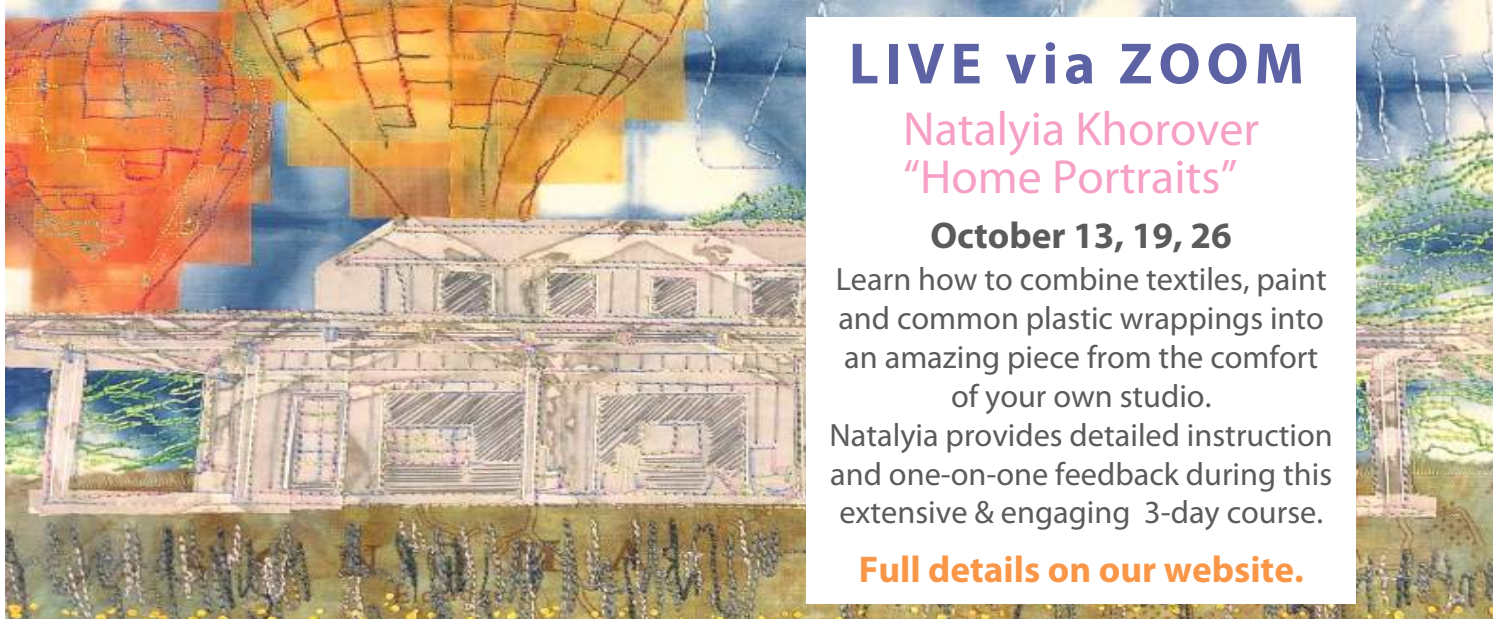
*St. Hilary's Church, 5011 McGregor Blvd, Fort Myers | 10:00 - 10:30 Social Time | 10:30 Meeting Begins; Show & Tell*

**SEPT 14, 2024** **Membership Meeting.** Program: Foils Collage with Lisa Gorski

**OCT 12, 2024** **Membership Meeting.** Program: Confetti Quilting Quilling with Muriel Easton.

**NOV 9, 2024** **Membership Meeting.** Program: Fiber Art Mounting with Pam Richardson

## Workshops



**LIVE via ZOOM**  
Natalya Khorover  
"Home Portraits"

**October 13, 19, 26**

Learn how to combine textiles, paint and common plastic wrappings into an amazing piece from the comfort of your own studio.

Natalya provides detailed instruction and one-on-one feedback during this extensive & engaging 3-day course.

**Full details on our website.**

## AQU CHALLENGE

Only 3 months until the  
December exchange of the **Brown Bag Challenge**



## AQU CHALLENGE

**artwork reveal:** March 2025

**medium:** textile, fiber, mixed media, hanging and 3D pieces welcome

**notes:** pieces must include at least one representation of an insect

**optional 2nd piece:** max size 6" x 6"

Your insect may be based on a genuine natural beauty or a fantastic version of a real creature. Though you must admit, nature does create some pretty fantastic bugs!



Time to get BUZZY!  
An amazing show  
is in the works!  
...details to follow soon...

# What's Happening

## Fiberlicious

**This is a juried show, ribbons awarded!**

VENUE: Cape Coral Art Center  
4533 Coronado Pkwy, Cape Coral, FL 33904

SHOW DATES: Sept 6 - 26, 2024

RECEPTION: September 13 / 5:00 - 7:00 PM

ART RETURN: October 12 Membership Meeting

CONTACT: Pam: pamelaj.richardson@gmail.com



### Meet the Judge for the CCAC Fiberlicious exhibit



**Carolyn Gora** is a native Floridian from St. Petersburg. She has a BA and an MA in Art Education from University of South Florida. She started teaching art in 1973 and has taught elementary through high school art and, as an adjunct, at several Florida colleges. Having inspired students for over 30 years and awarded several accolades including the Lee County Golden Apple Teacher for her efforts, Carolyn retired in 2012.

Currently Carolyn is Secretary of the Alliance for the Arts, Secretary of the Lee and Charlotte County Jewish Federation Board, and Secretary of Temple Beth El Board of Directors. She is also member and past Chairperson of the City of Fort Myers Public Art Committee. She is a member of the Southwest Florida Fine Arts Craft Guild (which she originally joined in 1977.). She plans to join AQU after judging this show.

Carolyn has always had a love for textiles and multi-media art. She works with hand-made papers, creating 3-D artwork by adding hand sewing, embossing, watercolors, and wire. Felting is her new interest.

In her spare time, she volunteers for a variety of non-profit organizations. She continues to create whimsical Birds of Paradise from Paradise. She has illustrated and written a children's book to be published in May, the same time she had a show of her "bird of paradise" paintings at the Alliance of the Arts.



# AQU 2024 More to Know

## ARTWORK PICK-UP

**MONDAY, September 9**

Between 10:00 - 11:30

Tribby Arts Center  
17281 on Par Blvd  
Fort Myers, FL 33908

\*If you cannot pick-up your piece contact  
[aqumaura@gmail.com](mailto:aqumaura@gmail.com)  
asap to make arrangements

Artwork will be returned at the  
September 14 Meeting.

## Congratulations!

Congrats to our AQU artists who sold pieces at  
the Tribby Exhibit!



**Paula Lenahan**



**Carole Price**

"Artist As Muse" was a show truly inspired by greatness.

## SEW INTERESTING

The history of clothing irons dates back thousands of years, with people using heated rocks to smooth animal hides as early as 40,000 years ago. Other early methods included using smooth wooden or glass pieces and a pounding stick before the 10th century, and metal paddles used by the ancient Romans to beat clothes. Blacksmiths also experimented with flat irons in the Middle Ages, which were the precursors to today's electric irons.

*Here are some notable developments in the history of irons:*

400 B.C.: The Greeks used a round bar called a goffering iron to create pleats on robes

1882: Henry W. Seeley of New York City patented the first resistively heated electric iron

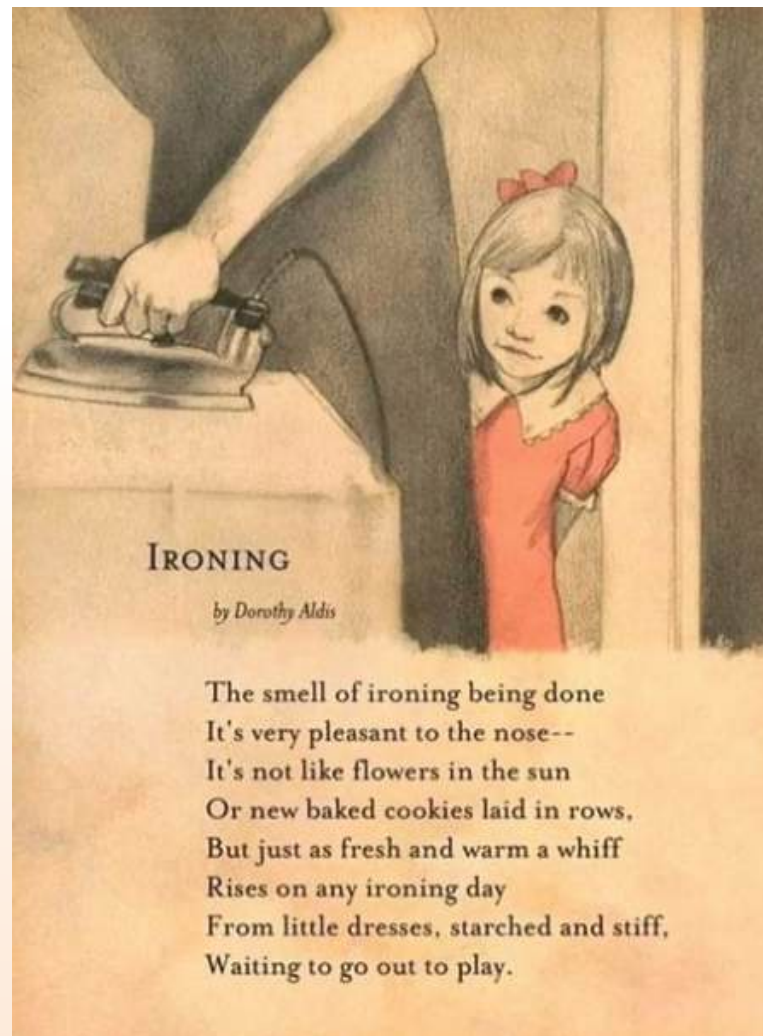
1883: The first electric flat iron was patented

1920s: Thermostatically controlled irons became available

1934: Max Skolnik patented an electric steam iron

1938: The first steam iron was introduced

1940s: Electrically charged steam irons became popular, with Thomas Sears credited for the original concept



### IRONING

by Dorothy Aldis

The smell of ironing being done  
It's very pleasant to the nose--  
It's not like flowers in the sun  
Or new baked cookies laid in rows,  
But just as fresh and warm a whiff  
Rises on any ironing day  
From little dresses, starched and stiff,  
Waiting to go out to play.

## Volunteer(s) Needed



AQU is seeing a volunteer (or two) to coordinate a show with Arts for ACT in late summer/fall of 2025.

The historic gallery is located in downtown Fort Myers and supports services for abused women and children. Our group has had great success with this partnership in the past and would love to showcase our talented artists in this award-winning gallery in 2025.

Please consider being a volunteer coordinator for this event.

**for more info contact:**  
[artquiltersunlimited@gmail.com](mailto:artquiltersunlimited@gmail.com)

## Get Involved

AQU Members are creative and curious. Do you have an art or textile skill you'd like to share with the group? Program bookings for 2025 are underway, contact Candie Frankel for more information on hosting a program.



**contact: [candiefrankel@earthlink.net](mailto:candiefrankel@earthlink.net)**

## Our August volunteers include:



CCAC Artwork Collection  
Pam Richardson

## WEBSITE

[artquiltersunlimited.com](http://artquiltersunlimited.com)

Check out our website for lots of information including:

- meetings
- exhibits
- events
- gallery
- member only
- join / nametags
- event registration

# AQU INFO HUBS

## FACEBOOK

**art quilters  
unlimited members  
on  
[facebook.com](https://www.facebook.com)**

Join our Facebook Group:  
share work  
check out events  
get inspired

# AQU 2024 Events Recap

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7 - Tribby Exhibit closes  
9 - Artwork pick-up at Tribby  
14 - Membership Meeting  
Tribby artwork return  
6-26 - Cape Coral Art Show

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12 - Membership Meeting  
13, 19, 26 Natalya Khorover Workshop

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9 - Membership Meeting

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Brown Bag Exchange  
14 - Membership Meeting

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February - COCO Gallery Exhibit  
March 16-20, 2025 - Retreat  
March 29 - Phyllis Cullen LIVE Workshop

**2025  
COCO Gallery**

*February 2025*

Theme: TBD  
Artwork due: January 11, 2025  
Reception: February 5, 2025

STAY TUNED FOR MORE INFO

## Your AQU Board

President: Jef Farlow

1st Vice President: Candie Frankel

2nd Vice President: Lisa Gorski

Treasurer: Marci Mills

Secretary: Faith Pfalz

Membership: open

Retreat: Lisa Gorski

Website: Lisa Gorski

Newsletter & Email: Maura Ross

Facebook: Kevan Lunney

Exhibit Chair: open

**ArtQuiltersUnlimited.com**

**Web:** [artquiltersunlimited.com](http://artquiltersunlimited.com)

**Email:** [aqumembers@gmail.com](mailto:aqumembers@gmail.com)

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