

# Heather Thomas

## *Fiber Arts Instruction & Coaching*

Volume 1, Issue 1

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January—March 2010

Hello,

The holidays are over once again and it's time to get back to our everyday lives. I don't know about you, but I'm ready to spend some quality time in my studio creating art! Life is about change and growth and we are constantly asked to redefine our place in the world. Making art and sharing it with others allows us the opportunity to interact with each other in a beautiful, meaningful and satisfying way.

Closing the store has opened up many new doors for me. Walking through them has been a bit scary but it's very exciting too. I've got my new studio set up and have been spending time arranging classes at various locations throughout the greater Denver area and in Colorado Springs. I've also been working on my new ventures, Creativity Coaching and ArtWorks. I will be offering many of the classes you've grown accustomed to along with some exciting new workshops too.

Over the next few months Tom and I will be re-building our website and creating a new interactive blog. Both of these will offer you; our students, customers and friends, a way to easily connect with us as we help to keep you informed about what is happening in the fiber arts world.

I look forward to seeing some of you in classes and small groups soon,

Happy Creating, Heather

### *Classes available at the following locations;*

#### *Great American Quilt Factory*

8970 E. Hampden Ave  
Denver, CO 80231  
303.740.6206

#### *Quilting Hands*

424 Main Street  
Lyons, CO 80540  
303.823.6067

#### *Golden Quilt Company*

1108 Washington Ave.  
Golden, CO 80401  
303.277.0717

#### *Wallace Sewing Center*

2625 Valmont Rd  
Boulder, CO 80304  
303.443.7133

#### *High Country Quilts*

4771 N. Academy Blvd.  
Colorado Springs, CO 80918  
719.598.1312

#### *Studio 771 (my studio)*

771 N. Santa Fe  
Denver, CO  
artqueen63@yahoo.com  
wildheatherdesigns.com

*Sign up and pay for classes at the individual locations*

## Exploratory Fiber Arts Group (EFAGS)

This is a self led group of artists and craftspeople who are all desirous of learning more about and playing with some of the wonderful, old and new techniques and products available in the fiber art world. The group meets twice each month, once for a formal meeting and once for a work day. Each month we have a different leader who introduces everyone to a technique by doing a short demonstration and showing samples.

**Members can take the new information home and play with it and explore it's possibilities then bring back their show and tell the following month.** For any one who likes to play with fabric and fiber.

All skill levels welcome—FREE

Formal Meeting meets the 1st Wednesday of each month, 10:00—12:30

Work day meets the 3rd Wednesday of each month, 10:00—12:30

At Great American Quilt Factory

## Creativity Coaching

Are you feeling stuck, frustrated or unfulfilled with your art work?

Do you struggle with balancing your everyday life with your artistic pursuits?

Do you question your validity as an artist and the value of the art that you make?

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These are some of the issue that can be addressed through working with a Creativity Coach. One of the many things that I do as a fiber arts instructor is to help my students overcome some of their fears and frustrations with the process of creativity. However, in the past I have only been able to help in quick moments between other instruction. Now, I have decided to offer coursework in creativity to help those of you who are struggling and want help.

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Like other forms of counseling/coaching, your sessions will be geared toward your personal needs, struggles and desires. Being an artist can be tough. Balancing life, even tougher. Coaching can help you attain your goals!

Private 1 on 1 Coaching; Four, 1 1/2 hour sessions  
\$ 140.00

Additional single 1 1/2 hour sessions \$40.00 each

Group Coaching with 2-4 participants; Four 2 hour sessions, \$100.00

All sessions at Studio 771

Email me at [info@wildheatherdesigns.com](mailto:info@wildheatherdesigns.com) to set up appointment times or to request to be part of a group session.

## ArtWorks

Do you dream of making fabulous art but feel that you lack the skills necessary?

Can you imagine amazing art in your head but never seem to be able to bring it into being?

Are you struggling with completion or even starting because you think your last piece failed?

Then *ArtWorks* might be just what you need!

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This new format of one-on-one personalized teaching is for any one who is looking for help with her creative process and skills.

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Whether you need help with composition or machine quilting or want to learn how to paint, stencil or batik or need help in precision or free style piecing—**it's up to you.** These lessons will be geared toward your problem areas and to what you want to learn.

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Each set of sessions will begin with a critique of your existing work. Then together we will decide how to address your problem areas and choose what skills sets to work on.

Allow at least one session for each skill set you think you need help with.

All sessions are private 1-on-1

Option #1; Two, 2 hour sessions—\$100.00

Option #2; Four, 2 hour sessions—\$175.00

Option #3; Six, 2 hour sessions—\$250.00

(prices listed are for daytime sessions only.)

Evening fees are \$30.00 /40.00/50.00 more)

Email me at [info@wildheatherdesigns.com](mailto:info@wildheatherdesigns.com) to set up appointment times—At Studio 771

# Basic Skills & Techniques

## The Language of Color & Design

Whether you are a traditional quilter or a contemporary mixed media artist, harnessing the power of color and the dexterity of design will improve what you create and make the process more enjoyable. For those of you who are ready to step out and delve deep into your creativity, this class can be a life/art changing experience. This class includes in depth study of **classic color and design theory using a “show and tell” model.** Each month, I will introduce a new concept with lots of samples, then class members will spend a month exploring the new lesson and bring their projects the following month for group discussion. For anyone who is dedicated to becoming more creative regardless of medium or skill level.



Meets once each month for 13 months, 2 1/2– 3 hour sessions. Contact individual stores for pricing and to sign up. Must be paid in full prior to the first class. Make-up classes can be taken at any of the participating locations. All classes begin in March 2010 and end in April 2011

*High Country Quilts* in Colorado Springs; 2nd Monday of each month, 2:00—5:00 in the afternoon

*Golden Quilt Company* in Golden; 2nd Tuesday of each month, 6:00—9:00 in the evening

*Great American Quilt Company* in Denver; 3rd Wednesday of each month, 5:30—8:00 in the evening

*Quilting Hands* in Lyons, 3rd Saturday of each month, 10:00—1:00 in the morning

*Wallace Sewing Center* in Boulder, 1st Thursday of each month, 6:00—8:30 in the evening

## Beginning Machine

### Quilting

This class is for quilters with no previous quilting experience or for those who are struggling with poor results. You will learn how to properly baste your quilts and find out about choices in marking and non-marking techniques. You will learn how to get the most out of your walking foot and get a good start on **exploration with free motion techniques.** We'll also cover lots of information on threads and battings. One 3 hour class. Students must have a walking foot and a free motion/darning foot

Contact stores for pricing and to sign up

*At Golden Quilt Company,*

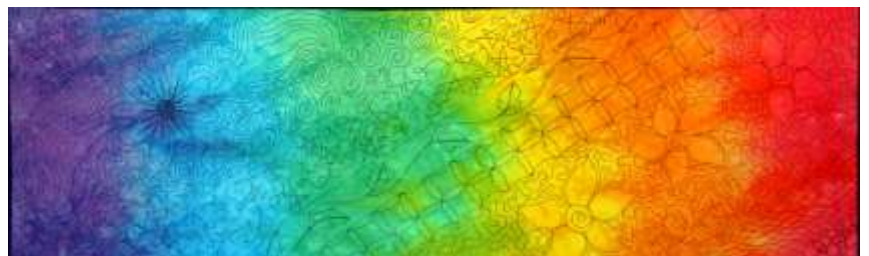
Thursday, Jan 28, 1:00—4:00 or 6:00—9:00

Or

Saturday, March 13, 10:00—1:00

*At Wallace Sewing Center,*

Wednesday, March 24, 1-4:00 or 6-9:00



## Intermediate Machine

### Quilting

This class is for machine quilters with some experience who are tired of stippling and stitch in the ditch. If you want to learn how to make intricate feathers, flower, leaves and other designs without marking, then this is the class for you. Must have a machine that can drop or cover the feed dogs and have a free motion/darning foot. For advanced beginners and beyond

*At Golden Quilt Company,* call store for pricing and to sign up

Tuesday, Feb 23, 1:00—4:00 or 6:00—9:00

## *Designing Machine Quilting*

Quilting makes the quilt! It can add to or detract from its beauty. Learn to design the quilting for your quilts in a way that will make them even more attractive. Learn to emphasize depth and understand the planes present in your piecing. Learn how to add differing densities of stitch to the surface yet maintain the integrity of the work. Learn how to mix quilting designs to maximize piecing design and fabric choice. For advanced beginners and beyond. Bring several quilt tops with you and a note /sketch book and I will help you design the quilting for them. Call store for pricing or to sign up.

*At Golden Quilt Company, Thursday, March 25, 1:00—4:00 or 6:00—9:00*



## *The Easiest Quilt Ever*

This is a quick and easy to complete quilt top that is perfect for beginners. It features two simple pieced blocks along with easy pieced borders. Everything including the borders are cut from fat quarters! Learn how to square up blocks and make pieced borders fit.

*At Wallace Sewing Center, pattern included*

Call store for pricing and to sign up  
Saturday, March 6, 9:30—5:00

## *Playing With Paint*

### *Hand-painted Batik*

In this class you will learn how to design and paint your own Batik fabrics. Use cotton or silk and water based resist along with Jacquard Dye-na-flow paints. Learn to use a stretcher frame and how to handle liquid resist as you spend the first day of class resist painting your fabric designs. The second day we will learn about color mixing and salting as we paint your resisted fabrics. For any skill level.

*At Studio 771, \$65.00 includes all supplies except fabric*

Thursday and Friday, January 21 & 22, 10:00—12:30 or 6:00—8:30



## *Gelatin Mono-Printing*

This is an incredibly fun and versatile fabric painting technique! **Learn how to make gelatin “plates” then get some great design tips** as you learn how to paint spectacular designs from figurative to abstract while creating one of a kind fabrics! Includes information on masking, layered printing and textural designs. For any skill level!

*At Studio 771, \$65.00 includes all supplies except fabric*

Wednesday, January 27, 10:00—3:00

## *Calpurnia*

### *Stenciled Wall Quilt*

Learn how to cut and use freezer paper stencils and how to paint with Shiva Oil Paintstiks as you create this elegantly funky wall quilt. I will show you lots of tricks for easy cutting as well as how to achieve crisply painted edges and wonderful shading and color blending. For any skill level.  
(Not good for those with weak or damaged hands)

At Great American Quilt Factory,  
call store for pricing or to sign up. Pattern required,  
Saturday, Feb 20, 10:00—5:00



### *"Fleur" Stenciled Table Runner*

This class uses my table runner pattern called "Fleur". It features five painted flowers running down the center surrounded by a border of vines, leaves and swirls. All of it is painted using Shiva Paintstiks and easy to cut freezer paper stencils. Embellish it with hot fix metals and crystals, beads and sequins. This is a delightful quilted runner for any skill level. Pattern required. Call store for pricing and to sign up.

At Golden Quilt Company, Sunday, March 14, 12:00—5:00



### *The Painted Quilt*

In this class, you will learn how to create a one of a kind art quilt that begins with quilting and ends with painting. In the first class Heather will help you create and execute your own, unique machine quilting designs. In the second class she will teach you how to paint your quilted piece using jacquard paints, inks and markers and Shiva Paintstiks. For anyone comfortable with free motion quilting.

At Studio 771, Thursdays, March 11 & 18  
10:00—12:30 or 6:00—8:30

\$65.00 All painting supplies included



# Playing With Mixed Media

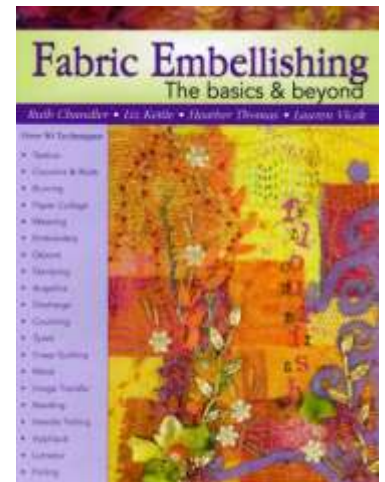
## Fabric Embellishing

Using my new book, “Fabric Embellishing, the Basics & Beyond”, learn how to craft a fabric reference book filled with more than 20 different fabric and surface embellishing techniques including, but not limited to; image transfer, metal embossing, using Angelina, Textiva and foils, hand stitching, beading, brads, painting and much more. For advanced beginners and beyond.

Book required. At Great American Quilt Factory,

Call store for pricing and to sign up

4 sessions, 3rd Wednesdays in Jan, Feb, March & April, 12:00—4:00



## Memento Art Quilt

In this class you will design and make your own personal memento quilt or quilted shrine. Each small wonder will be unique to the maker. A great way to commemorate a special date like a wedding or birth, to remember a lost one such as a grandmother or just a wonderful way to show off some treasured mementos. We will explore using Peltex, photo transfer, metal, machine and hand stitching, and beaded fringe as well as how to execute perfect grommet setting. For advanced beginners and beyond.

At Great American Quilt Factory, call store for pricing and to sign up

Sunday, Jan 31, 12:00—5:00

## Thread Sketching Photo's on canvas

This is a brand new class where you will work from a canvas base that has been treated with digital medium and printed with a photograph. You will learn how to thread sketch the photo using various types and weights of thread and free motion stitching on a sewing machine. Once finished the photo is then stretched and mounted on stretcher bars and given a professional finish on the back. For advanced beginners and beyond.

At Studio 771, \$65.00 All supplies included

Thursday, Feb 4, 10:00—3:00

## Introduction to Thread Painting

In this class you will learn all of the essential skills needed to thread paint. Learn all about stabilizers, needles and threads as you play with the various ways to approach thread painting including stitching over the designs printed on fabric, stitching over stamped designs and stitching free style. This is a great way to add to the beauty of your quilting art. Just think of all the flowers and critters you could create!

At Great American Quilt Factory, call store for pricing and to sign up

Saturday, February 27, 1:00—5:00

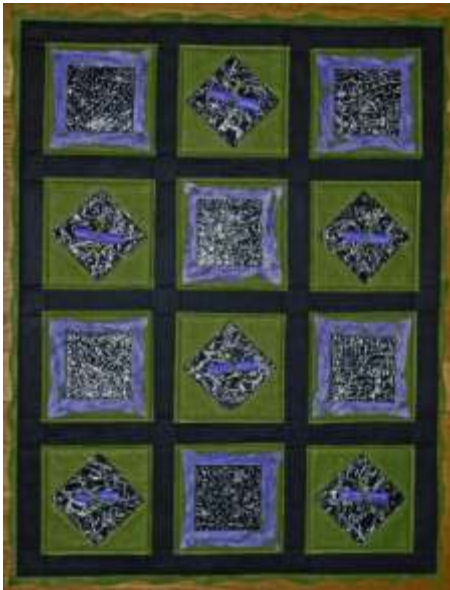


## Layered Sculptural Quilt

In class, you will experiment and play with using textured cloth, canvas, paper and matte medium to create a sculpted quilt base. Then you will learn how to paint the base using Dye-na-flow and Lumiere paints and how to finish it with machine and hand stitching. The class will also cover how to mount the quilt on a painted, pre-stretched canvas and add final embellishments. For advanced beginners and beyond.

At Studio 771, \$90.00 includes all supplies!

Three sessions Thursdays, Feb 11, 18 & 25, 10:00—12:30 or 6:00-8:30



## Metal Play Quilt

In this new class you will learn several different ways to play with fine, soft, sheets of powdered coated metal (comes in 12 different colors). Learn to emboss, tool, stitch, crumple, color and cut this versatile medium. Then I'll help you design a quick and easy to put together quilt using your metal, felt and painted Lutradur.

For any skill level

At Studio 771, \$65.00

Painted Lutradur, metal and use of metal tools included

Friday, Feb 12, 10:00—3:00

## Deconstructed Surfaces

Learn to use the heat gun and soldering tool as you play with painted Lutradur, synthetic fabrics, painted iron-on adhesives, Angelina & Crystalina fibers and Textiva Foil. Layer the surfaces together to form an assemblage or roll and melt beads. Play and invent as you learn some of the tricks of burning, melting and scoring. (Not for those sensitive to smells or with chemical allergies). For any skill level

At Studio 771, \$40.00 All supplies included

Wednesday, Feb 24, 10:00—12:30 or 6:00—8:30



## Fiber Art Embellishment

Come and explore some of the wonderful products that can be used to embellish the surface of your quilts, dolls and fiber arts. You will make a small wall quilt as you learn to use fabric paints and rubber stamps, Angelina, Crystalina and Textiva, fabric foils and glitters, miniature glass bead and sequins and hot fix metals and crystals.

or anyone who wants to pump up the volume of their art work!

At Studio 771, \$75.00 includes all supplies except fabric

Friday, March 26, 10:00—5:00

## Making Sculptural Beads

Learn to roll beads, large and small using various fabrics and materials including cotton, silk, synthetics, painted Lutradur and Textiva foil and Angelina/Crystalina

Then learn to wrap them with fine metal wire or fibers, add beads and other baubles. Play with stiffening them and heating them too. *At Studio 771*, \$35.00 includes all supplies  
Tuesday, March 2, 10:00—12:30 or 6:00—8:30



## Mixed Media Collage

Are you wondering what it would be like to play with more than just fabric? Are you curious about what it's like to play with paper, and metal and found objects but are afraid to jump into the jumble? Then this is the class for you. In it we will make a small art collage and you will learn about the delicate art of layering and discerning when **'enough is enough'**. **With machine and hand finishing.**

*At Great American Quilt Factory*, Call store for pricing and to sign up  
Friday, March 5, 10:00—5:00

## Free Lace by Machine

Learn how to create luscious free lace scarf using a simple straight stitch on your sewing machine, water soluble stabilizers and lots of fun, funky fibers. Once you learn this fabulous technique you can use the lace to make a purse, pillows or table topper. Fun and easy for any skill level. Pattern included in class fee.

*At Golden Quilt Company*, call store for pricing and to sign up  
Saturday, March 13, 2:00—6:00



## Custom Classes

If you and a couple of your friends (up to four people total) have a class that you want me to teach, but it's not offered in this newsletter, or it's not offered at a time or place that is convenient for you, then contact me and we can try to work out a date. Classes can be held in my studio or at yours. General pricing is \$30.00 per person for a 2 1/2—3 hour class, \$45.00 per person for a 4-5 hour class and \$60.00 per person for a full day, 6-8 hour class. This is a great way for you to get what you need, when you need it!

Contact me at [info@wildheatherdesigns.com](mailto:info@wildheatherdesigns.com)

Allow at least 48 hours for a response

# Fun & Funky Quilts

## Crazed Contempo

If you're tired of making the same ol' quilt with the same ol' piecing techniques and you're looking for something more unique, then this is the quilt for you. Filled with "free style" piecing (very little accuracy required!) this quilt features three different piecing techniques, one in the blocks, one in the background and one in the borders. Make it throw or bed size. For advanced beginners and beyond  
At Golden Quilt Company, call store for pricing and to sign up  
Purchase of pattern required. Sunday, Feb 28, 10:00—5:00



## Fandango

This fun quilt is made using dimensional and 'free style' piecing. Learn three different piecing techniques as you make this quilt in throw or bed size. This quilt can be dramatic in rich colors or funky in brights. For advanced beginners and beyond  
At Golden Quilt Company, call store for pricing and to sign up.  
Purchase of pattern required  
Friday, February 19, 10:00—5:00



## About Studio 771

My new work space is a smallish, 400 sq foot studio in the Santa Fe Arts District located at 771, N. Santa Fe, Suite 220. It is above the gallery, Sizzle & Bang. It is up a steep flight of stairs, has wonderful natural light and room to teach up to four students. It is where I will create my own art work, conduct ArtWorks and Creativity Coaching as well as teach some of the more unusual classes that I like to offer. I share the space with log arm quilter, Linda Nale and occasionally with fellow artist and friend, Chris Lawson. Linda will be there mostly in the afternoons and Saturdays. Most of my **classes are scheduled mornings and evenings. All Creativity Coaching sessions will be scheduled around Linda's schedule to insure privacy.** I will host open studio times on most 1st and 3rd Fridays. On these days, the studio will be **open for drop in visitors. This is a time when you can come by and see what I'm working on, purchase products listed on our web site (email for availability on most items) or just visit.** I hope to have my first show open in April.

On these days the studio will be open from 12:00 noon till 9:00 in the evening; *January 15, February 5, March 19*

Classes offered at Studio 771 can be signed up and paid for in one of several ways;

- 1) email me with your information (info@wildheatherdesigns.com) and send a check (checks should be made out to and mailed to ; Heather Thomas, 771 N. Santa Fe, Suite 220, Denver CO, 80204.  
Once I receive the check I will email you any supply lists etc.
- 2) Sign up on line at wildheatherdesigns.com. This is the only way that you can pay with a credit card for the classes that I offer exclusively at my studio, Artworks or Creativity Coaching included. For classes, I will email you back a confirmation and any supply lists, for Artworks or Coaching, I will call you to set up appointment times.
- 3) In person. You can come by the studio on any of the open studio days, or you can email me to set up a time to meet me there. Payment would need to be cash or check.

Classes at the studio can take a maximum of 3-4 people depending on the class. Minimum enrollment is 2. If the minimum enrollment is not met, the class will still be held, but I will work on my own projects along with you in the class. Refunds will be made if a class is cancelled due to illness on my part or bad weather. If a student cancels 1 week prior to the class, for what ever reason, a credit will be issued .