

## 1 Year of Stitches // Updated January 1, 2018

I have decided to extend my practice of embroidery into 2018. Once again, I find myself at the start of a new year and feel that what began as one year of stitching has become so much more. As I embark on my third year of this project, I can't help but reflect on how it has evolved over time.

One of the driving forces behind the conception of "1 Year of Stitches" was for me to establish a consistent studio practice, one that would integrate with the rest of my life obligations (still working on finding the magic sauce that would pay me to be a full-time artist and survive in the Bay Area...). I am fortunate that my life has been full of change, especially from 2016 to now, and so it makes sense that my studio practice would require some modification.

I will embroider continuously throughout the year; however, I do not intend to work on my 1 year of stitches on a daily basis. I will still photograph my progress and post to Instagram, but that will also not occur on a daily basis.

This year, I have decided to only use thread from Botanica Tinctoria by @rachelmachenry, which is organic, Fair Trade Certified and naturally dyed. This is my own decision and I am in no way being compensated for using this product. Sustainability is incredibly important to me and, unfortunately, many of the dyes, chemicals, and processes used by the textile industry cause a great deal of harm to our planet. This is my small step of ensuring that I am informed about the materials I use; if anyone is interested in discussing this further, please feel free to drop me a line (email in bio).

I have edited my rules and stipulations to reflect my intentions for 2018.

### Rules and Stipulations:

1. My fabric ground consists of a 12" x 12" swatch of unbleached cotton Osnaburg and will be stretched in an 8" wooden hoop.
2. The thread I use will be from Botanica Tinctoria's collection of Organic Eri Silk Embroidery Thread.
3. The thread I use may change daily and I may adhere additional types of materials to my swatch with thread.
4. I will embroider something on my fabric ground throughout the year and will photograph the progress.
5. Some, but not all of the photographs will be posted on Instagram.
6. All photographs will be posted on my website.

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7. It is not required that I make a stitch—some days you definitely do not contribute anything to society. I will photograph the current state of my fabric ground on days that I do not stitch when I see fit to do so.
8. I am allowed to remove stitches, because mistakes can sometimes be undone.
9. I am allowed to begin an additional fabric ground should I choose to do so. Ideally, I hope to work on the same fabric ground continuously, but sometimes life takes you in a different direction.
10. I will be limiting my use of thread color by month, in that each month will be dedicated to one color. The sequence is as follows:
  - January: Natural
  - February: Sand
  - March: Ochre
  - April: Yellow
  - May: Olive
  - June: Green
  - July: Light Indigo/Mid Indigo
  - August: Eggplant
  - September: Lavender
  - October: Madder Rose/Madder Red
  - November: Terracotta
  - December: Light Grey/Dark Grey
11. More rules and stipulations may be added as the project evolves and lessons are learned.

## 1 Year of Stitches 2017 // Updated January 1, 2017

I have decided to extend my practice of daily embroidery into 2017. What began as a year of stitching has become more; and the project has evolved like one year transitioning to the next. Although my motivations for continuing this practice are many of the same reasons that initially inspired me to begin it, throughout the process I discovered new avenues that I wanted to explore through embroidery. I have edited my rules and stipulations to reflect my intentions for 2017.

### Rules and Stipulations:

1. My fabric ground consists of a 12" x 12" swatch of unbleached cotton Osnaburg and will be stretched in an 8" wooden hoop.
2. The thread I used may change daily and I may adhere additional types of materials to my swatch with thread.
3. I will embroider something on my fabric ground each day and post a photograph of the result each day.
4. It is not required that I make a stitch—some days you definitely do not contribute anything to society. I still must photograph the current state of my fabric ground.
5. I am allowed to remove stitches, because mistakes can sometimes be undone.
6. I am allowed to begin an additional fabric ground should I choose to do so. Ideally, I hope to work on the same fabric ground continuously, but sometimes life takes you in a different direction.
7. I will be limiting my use of thread color by month, in that each month will be dedicated to one color. The sequence is as follows:
  - January: white/cream
  - February: yellow
  - March: orange
  - April: red
  - May: pink
  - June: purple
  - July: blue
  - August: green
  - September: brown
  - October: gray
  - November: black
  - December: silver/gold
8. More rules and stipulations may be added as the project evolves and lessons are learned.

1 Year of Stitches 2016 // Created January 1, 2016

I am interested in the impact, or mark, that an individual makes on a daily basis. Big or small, our daily activities are often times unquantifiable and intangible. I am approaching this project as a personal map making; the fabric ground represents each day of 2016, with the needle and thread representing my actions throughout the day. I will embroider— maybe one stitch, maybe more, (hopefully) every day and photograph the result. The embroidery I create will become a tangible, visual account of the decisions, movements, conversations and sometimes lack thereof, that I make each day. I hope to use this project as a means of generating a deeper reflection upon the choices we make as a society.

Rules and Stipulations:

1. My fabric ground consists of a 12" x 12" swatch of unbleached Osnaburg. The thread I use may change daily and I may adhere additional types of media to my swatch with thread.
2. I will embroider something on my fabric ground each day and post a photograph of the result each day.
3. It is not required that I make a stitch— some days you definitely do not contribute anything to society. I still must post a photograph of the current state of my fabric ground.
4. I am allowed to remove stitches, because mistakes can sometimes be undone.
5. I am allowed to begin additional fabric grounds should I choose to do so. Ideally, I hope to work on the same fabric ground continuously, but sometimes life takes you to a different place than you expect.
6. More rules and stipulations may be added as the project evolves and lessons are learned.