

Heidi Parkes

heidiparkes.com

Education

- 2023 *The Art of Personal Mythmaking*, five-month memoir writing course, with author and artist Janelle Hardy, Online
- 2014 *Yoga as Therapy*, 500-hour course, with Indu Arora, Geneva, IL
- 2013 *Vinyasa Yoga Teacher* 200-hour course with Rolf Gates, Woodridge, IL
- 2005 *The School of the Art Institute of Chicago* (SAIC), Chicago, IL
Degree: Bachelor of Fine Arts with Emphasis in Education (BFAEE).
Studies focused on Ceramics, Fiber and Material Studies, and Education

Awards/Fellowships

- 2022 Two Honorable Mentions, Great Wisconsin Quilt Show, Madison, WI
- 2021 Mary Nohl Fellowship *Finalist* in the established artist category, Milwaukee, WI
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- 2020 Handwork, First Place, QuiltCon, The Modern Quilt Guild's (MQG) annual juried international exhibition of modern quilts, Austin, TX
- 2019 Judge's Choice Award from Mondo Guerra, QuiltCon, Nashville, TN
- 2018 Handwork, Third Place, QuiltCon, Pasadena, CA
- 2016 Handwork, First Place, QuiltCon, Pasadena, CA
- 2016 Improvisation, Second Place, QuiltCon, Pasadena, CA
- 2016 Third in Show, Warped Milwaukee, Jazz Gallery, Milwaukee, WI

Artists Residencies

- 2023 Woodson Art Museum Guest Artist, July 18-23, Wausau, WI
- 2020-2021 ARTservancy, Artist in Residence (AiR) October through September for Lake Park, Milwaukee, WI, through Gallery 224, Port Washington, WI
- 2016, 18, 19 Pfister Hotel AiR *Finalist*, Milwaukee, WI
- 2015 Have Company, 10-Day Residency, Grand Rapids, MI

Selected Solo and Two-Person Exhibitions

- 2023 *Heidi Parkes: Reuse, Reflection, and Storytelling in Cloth*, Leigh Yawkey Woodson Art Museum, Wausau, WI

- 2022 *Heidi Parkes Pairing Event*, Flatfile Lounge, Real Tinsel Gallery, Milwaukee, WI
- 2022 *Heidi Parkes*, Great WI Quilt Show, Madison, WI
- 2021 *Heidi Parkes AiR*, ARTservancy, Gallery 224, Port Washington, WI
- 2018 *By Hand*, Blue Bar Quilts, Middleton, WI
- 2017 First Annual Donors Dinner, Wisconsin Museum of Quilts and Fiber Arts (WMQFA), Cedarburg, WI (with quilter, Lee Heinrich)
- 2016 *It Was Felt*, Prosper, Milwaukee, WI

Selected Curated and Invitational Group Exhibitions

- 2023 *Mend: The Work of Repair*, James Watrous Gallery, Madison, WI (curated by Jody Clowes, Gallery Director)
- 2023 *Practice in Progress*, MARN Gallery, Milwaukee, WI (curated by Riley Niemack, MARN Gallery Curator)
- 2023 *Land Reflections: ARTservancy Artists in Residence*, Schlueter Art Gallery, Milwaukee, WI (curated by Kristen Gerset, artist)
- 2022 *Midwest Modern*, Iowa Quilt Museum, Winterset, IA (curated by Heather Kinion, artist)
- 2022 *Brushed*, The Compound Gallery, Emeryville, CA (curated by Courtney Cerruti, artist)
- 2022 *Sisters Outdoor Quilt Show*, Sisters, OR (invitational faculty exhibition)
- 2022 *Modern Quilt Exhibition*, Bailey Contemporary Arts Center, Pompano Beach, FL (curated by Kristen Beck)
- 2018-current *Flatfile* invitational index, Real Tinsel Gallery, Milwaukee, WI
- 2021 *Here Comes the Sun*, Iowa Quilt Museum, Winterset, IA (curated by Joe Cunningham, artist)
- 2021 *Warm Remembrances*, Quilt Alliance's Quilters Take a Moment, online (curated by Laura Hopper)
- 2021 *Double Happiness with oQamoQa* (invitational), Seoul, South Korea
- 2021 *Remnants*, WMQFA, Cedarburg, WI (curated by Emily Schlemowitz)
- 2020 *SEAMS: Contemporary Textile Artists*, Portrait Society Gallery, Milwaukee, WI (co-curated with Debra Brehmer)
- 2020 *Textile Tableau*, Miller Art Museum, Sturgeon Bay, WI (curated by Helen del Guidice)
- 2019 *Water*, WMQFA, Cedarburg, WI (curated by Emily Schlemowitz)

- 2018-2019 *Modern Quilting* national traveling exhibition, opening at The Dairy Barn Arts Center, Athens, OH (curated by Riane Menardi, Alissa Height Carlton, and Heather Grant of the Modern Quilt Guild)
- 2018 *Impromptu*, Rubberneck Gallery, Chicago, IL (curated by Lauren Lacoconi)
- 2017 *Color*, Piecework Collective invitational exhibition, Chelsea, New York City, NY
- 2017 *GIFT*, Jazz Gallery, Milwaukee, WI (co-curated with Lois Bielefeld, artist)
- 2017 *In Death*, WMQFA, Cedarburg, WI (curated by Jamie Patrick Henry)
- 2016 *You Can't Take It With You*, Commonwealth Gallery, Madison, WI (curated by Erica Hess, artist)
- 2016 *Origin 8: Abstract Artists Invitational*, Pop-Up Gallery at the Pfister Hotel, Milwaukee, WI (curated by Pamela Anderson, Pfister Artist in Residence)
- 2015-2016 *Threshold*, the Charles Allis Art Museum, Milwaukee, WI (curated by Niki Johnson, artist)
- 2015-2016 *Wisconsin Artists Invitational*, Timothy Cobb Fine Arts, Milwaukee, WI

Selected Juried Group Exhibitions

- 2023 *Quilt National*, juried biennial exhibition of contemporary quilt art, Dairy Barn Arts Center, Athens, OH (Jurors: Chia Kidosho, Carolyn L Mazloomi, and Irene Roderick)
- 2023 *QuiltCon*, The Modern Quilt Guild's (MQG) annual juried international exhibition of modern quilts, Atlanta, GA
- 2022 *Great Wisconsin Quilt Show*, Madison, WI
- 2022 *QuiltCon*, The Modern Quilt Guild's (MQG) annual juried international exhibition of modern quilts, Phoenix, AZ
- 2016-2020 *QuiltCon*, Austin, TX, Nashville, TN, Savannah, GA, Pasadena, CA
- 2018 *30x30x30*, Var Gallery, Milwaukee, WI (Jurors: Jill Sebastian, Shane Walsh, and Josh Hintz)
- 2017-2018 *3rd Fiber Art Biennale: Keeping Warm*, WMQFA, Cedarburg, WI (Jury led by Exhibit Curator Alessandra Piano)
- 2017-2018 *Threads of Resistance*, traveling exhibition in 12 locations, beginning at the New England Quilt Museum, Lowell, MA
- 2017 *MQG Exhibition*, San Jose Museum of Quilts and Textiles, San Jose, CA
- 2016-2017 *QuiltCon Traveling Exhibition*, national
- 2016 *Points of Departure*, John Michael Kohler Art Museum (JMKAC), Sheboygan, WI

- 2016 *Waysides*, JMKAC, Sheboygan, WI
- 2016, 15 *Warped Milwaukee*, Jazz Gallery, Milwaukee, WI (Jurors: Susan Buss and Sarah Eichhorn, artists)

Selected Lectures

- 2023 (Scheduled) Artist Panel, James Watrous Gallery, Madison, WI, September 24.
- 2023 Lecture, Leigh Yawkey Woodson Art Museum, Wausau, WI, July 20.
- 2023 Guest Artist lecture, "Quilt Freedom Workshop 37: Abstract Applique," *Joe Cunningham's Quilt Freedom Workshop*, Online, July 8.
- 2016-current Frequent lectures on quilting, mending, and hand yoga to various quilt guilds across the country, in-person and online.
- 2017-current Various lectures (on quilting, mending, and yoga), MQG's annual QuiltCon, across the US.
- 2021 Lectures for The MQG's *QuiltCon Together*. Online.
- 2020 Multiple webinar panel discussions, WMQFA. Online.
- 2018, 20 PechaKucha lecture, SAIC Alumni Weekend, Chicago, IL.
- 2018-2019 Lecture, Blue Bar Quilts, Middleton, WI.
- 2017-2018 Lectures, MOWA and St. John's on the Lake in West Bend and Milwaukee, WI.
- 2017 Piecework Collective panel lecture, Chelsea, NYC, NY.
- 2017 Keynote speaker at donor's dinner, WMQFA, Cedarburg, WI.
- 2017 Lecture, Lillstreet Art Center, Chicago, IL.
- 2015 Quilting lecture for *Jazz and Blues Aesthetics* class, SAIC, Chicago, IL.
- 2015 Quilting lecture on *Collaboration*, Creative Mornings, Milwaukee, WI.
- 2009-2013 Presented at the Illinois Art Education Association Conferences, IL.

Selected Workshops

- 2023 (Scheduled) 10-day Workshop with Sew & Sew Retreats, France.
- 2020-current Online workshops on visible hand piecing, improv hand quilting, and mending. Self and co-hosted with spaces like The Makerie, Creativebug, and Tatter. Online.
- 2016-current Frequent workshops on quilting and mending, WMQFA, Cedarburg, WI.
- 2016-current Frequent workshops on quilting, mending, and hand yoga to various Quilt Guilds across the country, in-person and online.

- 2017-2023 Workshops on quilting, mending, and yoga, MQG's annual QuiltCon, across the US.
- 2018-2023 Various workshops, Blue Bar Quilts, Middleton, WI.
- 2022 "Hand-Stitched Needle Case," Creativebug. Online.
- 2022 "Embroidered Handwritten Label," Creativebug. Online.
- 2021-2022 Multiple hand piecing and hand quilting retreats, Madeline Island School of the Arts, La Pointe, WI and Santa Fe, NM.
- 2019-2022 Multiple hand quilting and mending retreats, The Makerie, Boulder, CO.
- 2021 Milwaukee Art Museum Kohl's Family Sunday's: Guest Artist. YouTube.
- 2021 Various workshops, The MQG's *QuiltCon Together*. Online.
- 2018-2019 Workshops on quilting and mending, JMKAC, Sheboygan, WI.
- 2017 Piecework Collective workshop, Chelsea, NYC, NY.
- 2017 Mending workshop, Lillstreet Art Center, Chicago, IL.

Published Patterns

- 2023 "Love Letter Quilt: A Daily Practice in Hand Stitching," improvisational quilt pattern and workshop, creativebug.com. August.
- 2022 "Story Quilt Top: A Daily Practice in Hand Stitching," improvisational quilt pattern and workshop, creativebug.com. July.
- 2021 "Vignettes Quilt," improvizational quilt pattern and workshop, self-published, heidiparkes.com. February.
- 2020 "Moon Improv," improvizational quilt pattern, self-published, heidiparkes.com. May.
- 2020 "Scavenger Hunt Quilt," improvizational quilt pattern, *QuiltCon Magazine*. February. 61-64.

Publications as Author

- 2010-current Maintain an Instagram profile about my art with 50,000+ followers.
- 2013-current Maintain an email newsletter about my art with 4,500+ readers
- 2021-current Maintain a monetized YouTube Channel about my art, including: conversations with other quilters and artists; Hand Yoga tips; and information about quilting.
- 2023 "Mimi, Mimi, Mimi," *Quilt National 2023: The Best of Contemporary Quilts*. Eds. Linda Teufel and Barbara Kelly. Athens, OH: Dairy Barn Arts Center. 88.

- 2023 "Heidi Parkes," *Practice in Progress: MARNmentorship 2022-2023*, Self-published, MARN. 96-105.
- 2023 "Quiltmaker Heidi Parkes Tells Stories Through Her Diary Quilts," *Threads Magazine*, no. 221, Spring. Cover, 64-69.
- 2023 "There's Something Between Us," *Quilt Out Loud: Activism, Language & the Art of Quilting*, Thomas Knauer, author and ed. Concord, CA: C&T Publishing / Stash Books.
- 2021-2022 *Soft Bulk*, 21-episode series, co-hosted by Luke Haynes, Zak Foster, YouTube, March 2021-December 2022.
- 2022 "My First Fabric Quilt," *Curated Quilts Magazine*, no. 20. 21.
- 2021 "Habits," video lecture, self-published, heidiparkes.com. February.
- 2021 "Quilting as Therapy," video lecture, self-published, heidiparkes.com. February.
- 2021 "Quilts as Art," video lecture, self-published, heidiparkes.com. February.
- 2021 "Heidi Parkes: AiR in Lake Park," *A Wealth of Nature Blog*, June.
- 2021 "Hand Yoga: Top 10 Tips for Hand Care" *Quiltmaker Magazine*, Nov/Dec. 38-39.
- 2019 "Heidi Parkes" in *Why We Quilt*, Thomas Knauer, author and ed. North Adams, MA: Storey Publishing, LLC. 46-47.
- 2018 "A Checklist for Making Meaning," *QuiltCon Magazine*, February. 36-39.

Selected Bibliography

- 2023 "Crafting Together: A Live Event with Heidi Parkes & Faith Hale," with Creativebug Studios, YouTube, May 25.
- 2023 Zak Foster, "More FREE ADVICE with Heidi Parkes," *Seamside Podcast*, July 13.
- 2023 Zak Foster, "FREE ADVICE with Heidi Parkes," *Seamside Podcast*, June 22.
- 2023 "19 Creative Milwaukee Women You Need to Know About," *Milwaukee Magazine*, March 8. Online.
- 2023 Carol Fresia and Jeannine Clegg, Interview, "Creating Diary Quilts, with Heidi Parkes", *Sewing with Threads Podcast* by Threads Magazine, YouTube, episode 61, February 1.
- 2022 Stephanie Socha, Interview, *Make & Decorate Podcast* with Stephanie Socha Design, season 5, episode 95, November 17.
- 2022 Irina Shaar, Interview, "How to Quilt Without Hurting Yourself with Heidi Parkes," *Fiberchats*, episode 117, YouTube, March 10.

- 2022 Abby Glassenberg, Interview, "Heidi Parkes," *Craft Industry Alliance Podcast*, episode 210, February 7.
- 2022 "Go Tell It! Interview with Heidi Parkes," with QuiltAlliance, YouTube, January 4.
- 2021 Jane Audas, Interview, "Making Time, Marking Time," *Embroidery: The Textile Magazine*, vol. 72, September/October. 48-53.
- 2021 Jenni Grover, Interview, "Artist Q&A: A conversation with Heidi Parkes," *Quiltmaker Magazine*, Nov/Dec. 34-37.
- 2021 Amanda Carye, Anna Brown, and Wendy Chow, Interview, "Heidi Parkes," *Quilt Buzz Podcast*, episode 37, August 26.
- 2021 Laura Sapelly, Interview, *Storied Stitching Podcast with Dr. Laura Sapelly*, episode 14, YouTube March 21.
- 2021 "Textile Talk with WMQFA, Michael Sylvan Robinson, Heidi Parkes, and Linda Marcus," with WMQFA, YouTube, February 22.
- 2021 Interview, "Wie viel Zeit braucht es, um einen perfekten Quilt zu fertigen?" *Patchwork Professional*, January 1. 18-23.
- 2020 Rosy Petri, Interview, "Witness: Heidi Parkes," *Paradise Home: The Art and Craft of Rosy Petri*, audio exhibition. August.
- 2020 Interview, "Spotlight: Heidi Parkes, Fiber Artist," *Create Whimsey* (Blog).
- 2019 Stephanie Kendron, Interview, "Live Modcast from Craft South, Part 1 Featuring Heidi Parkes and Tara Faughnan." *Modern Sewciety*, episode 204, June 3.
- 2018 "Beautiful/Work Everywhere: 55 Voices from the Campaign that Shaped Our School and Chicago." School of the Art Institute of Chicago: A biannual magazine. Fall. 30.
- 2018 Jen Bromel, Interview, "The Art of Improv with Heidi Parkes," *The ART of IMPROV* (Blog). November 25.
- 2018 Kim Soper, Interview, "The Creativity Project Week #39: Heidi Parkes," *The Creativity Project* (Blog). September 28.
- 2017 "Night Flight no. 1" and "Places Unfold" in *Modern Quilt Guild, Modern Quilts of the New Century*. Concord, CA: C&T Publishing / Stash Books. December 29, 115 & 119.
- 2016 Kyrié S. Carpenter, "Leave Perfection to Those with Little Imagination," *HuffPost*, February 2.
- 2015 Anja Notanja Sieger, Interview. *Anja Notanja Asks*, Riverwest Radio Station WXRW-LP, Milwaukee, WI. September 24.
- 2015 Marlee Grace, Interview, *Have Company Podcast* (now *Marlee Grace*), episode 13.

- 2011 "Yogis in the Making: Neuqua Valley Club Focuses on Relaxation, Stress Releasers," *The Naperville Sun*, February 23. 24.
- 2008 Tim Waldorf, "Inflatable Art Challenges Students' Perceptions: Neuqua Class Works on Different Type of Sculpture," *The Naperville Sun*, September 26. 4.
- 2007 Britt Carson, "Can't Pull Wool Over Their Eyes: Local Art Students Tour Fiber Store, Sheep Farm," *The Naperville Sun*, October 10. 3.

Arts Education and Mentorship Experience

- 2023 Internship Supervisor to an undergraduate student in the University of Wisconsin at Madison's Art Department, May-August 2023.
- 2022-2023 Mentored an emerging local artist through the Milwaukee Artist Resource Network's MARN Mentorship program
- 2005-2014 Art Teacher at Neuqua Valley High School (NVHS) in IPSD 204, Naperville, IL
- 2013 Nominated for "Illinois Art Educator of the Year" through the IAEA.
- 2006-2014 Coordinated thirteen student-made permanent works of art for NVHS.

Artist's Assistant

- 1999-2006 Laurie Pollpeter Eskenazi, ceramic artist and SAIC alumna, Naperville, IL