

High Fiber Diet



How many times a day does the number 5 appear to you? Five fingers, five senses, five vowels, five oceans. Five is a powerful number that appears in many branches of science, in nature, in music, and in many religions. In numerology, 5 symbolizes freedom, curiosity, and change.

Explore how the number 5 appears in your life. Delve into the wide range of possibilities, both abstract and representational.

SUBMISSION GUIDELINES

- Submission to this exhibit is open to all Columbia FiberArts members.
- Each artist is invited to submit up to 3 pieces.
- Entry Fees:
 - HFD members \$35 fee for each piece accepted into the show;
 - CFG non-HFD members \$45 for 1st piece, \$35 for additional pieces.
- Artists may not withdraw work once accepted for the show.
- All art entered must contain fiber. (If you have questions ask a committee member.)

Exhibit committee reserves the right to return accepted artwork for modification that does not meet the prospectus guidelines.

SIZE AND FORMAT

- Perimeters can not be smaller than 100 inches or larger than 160 inches
- The exhibit will include 2D rolled wall, 2D mounted/framed, 3D and wearable pieces.
- 2D rolled wall pieces must be not wider or taller than 75 inches.
- 2D mounted/framed wall pieces that cannot be rolled must be no larger than 37 inches x 37 inches x 4 inches WHEN PACKAGED.
- 2D rolled wall pieces in bags.
- 2D mounted/framed pieces in a sturdy container, add handles if necessary.
- 3D pieces must be no larger than 60 inches in total for all 3 dimensions (Height + Width + Depth) WHEN PACKAGED.
- 3D pieces that are packaged in a sturdy container, add handles if necessary.

April 29, 2026

- Wearables must hang on a wall or other device provided by the artist and approved by the committee.
- Wearables in zipped garment bags or packaged as 3D.
- No glass is allowed on any work. Plexiglass and frames will be accepted.
- All artwork must be contained/packaged for safe travel in easily transportable packaging and identified with photos of artwork and information labels.
- See addendum on packaging and labels for specific instructions.
- Special hanging/display/packaging instructions must be included for unusual assembly, special hanging, or special packing.
- If you are unsure that your packaging meets the prospectus guidelines, please contact a committee member to discuss further.

Disclaimer: Some venues may choose not to exhibit some artwork. Display is always at the discretion of the venue. Questions, see Addendum or talk with a committee member.

ARTIST ELIGIBILITY AND PARTICIPATION REQUIREMENTS

- Membership in Columbia FiberArts Guild required for length of exhibit.
- CFG Members who are not HFD members will pay \$10 in addition to the standard entry fee for the first piece accepted as noted in the submission guidelines.
- Artist must have a current resume, summary biography and general artist statement on file with High Fiber Diet Venue Committee.
- Only original design work will be accepted.
- Each artist in a collaborative work must meet eligibility requirements and will be considered a co-creator.
- Only work not previously shown in HFD exhibits will be considered.
- Artists of accepted work are expected to participate in exhibition duties, such as attending artist receptions, or helping to transport or hang exhibits as needed.
- The artist will be required to sign the liability release form before art will be accepted for jurying.

SALES

- All artwork submitted must be offered for sale.
- Artists must set a retail price for their work. Keep in mind that gallery commissions on items sold may run 30%-50%, so price your work to include the commission.
- Price of artwork may not be changed for the duration of the exhibit.
- Artist is responsible for remembering accepted artwork pricing.
- A venue may require a legal release that includes the price of your work.
- Sold work will go to the purchaser when the exhibit closes for that venue.
- The artist whose work is sold will have the option of submitting a replacement piece. This piece will be juried into the remaining scheduled venues. The Exhibit committee will act as jurors on replacement work.

INSURANCE FOR ARTWORK

- Some venues provide insurance to cover damage to any quilt in their possession, however, many do not.
- You may provide your own insurance. Household insurance varies, so you will have to check to see if you will need a separate policy or if your household insurance will cover it.
- Work will not be insured while stored between shows.

JURORS



Allan Oliver calls his work liquid art painting. He has exhibited and sold at galleries and shows in Vancouver, WA, and Portland, OR. Allan owned the Onda gallery in Portland for 12 years and is a former chair of the Arts Commission at Trinity Cathedral in Portland



Kristin Kuhn is multimedia artist from Salem, Oregon. Her work includes large installation pieces, sculptures and 2 dimensional work. The nature of "construction" has been a common theme throughout her years of studio work.

Whether building within ceramics, upon canvas or wood or simply drawing upon paper; the relationship that develops between the intrinsic nature of a material and what occurs through her hands continues to inform and enrich her visual vocabulary.

After 40 years working; exhibiting and teaching adjunct at Willamette University, Chemeketa Community College and Western Oregon University and fifteen years at Valley Inquiry Charter School; she is now able to focus on her studio practice at their home in West Salem.

Kuhns' work can be found in both private and public collections including; Salem Public Library, Salem Convention Center and Salem Hospital, Hawai'i State Foundation on Culture and the Arts, Honolulu Museum of Arts, & Hui No'eau Visual Arts Center, Makawao, Maui, Hawai'i.

COMMITTEE MEMBERS

- Janet Darcher darchje@gmail.com
- Alison Taylor Fortyfifth@gmail.com
- Terry Grant terry.grant@comcast.net
- Joan Martin joan.m.martin@gmail.com
- Laura Martinez lauramartinez456@gmail.com

TIMELINE

- Presentation of prospectus..... October 2025
- Submission open online..... September 1, 2026
- Bio, resume, statement to Venue Committee due..... September 1, 2026
- Submission closes..... October 6, 2026
- Turn in Artwork for jurying (HFD meeting) October 13, 2026
- Jurying October/November 2026
- Acceptance emails sent by..... mid November 2026
- Payment due to HFD (page 1 of Submission Guidelines) December 8, 2026
- Show Closes (depending on venue availability) Spring/Summer 2028

APPENDIX A - SUBMISSION CHECKLIST

- Current/updated biography, resume and general artist statement on file with Venue Committee
- Finished art piece
- Hanging device attached.
- Entry form completed and submitted.
- Personal Information:
 - Email
 - Name
 - Phone

- Artist Collaborator information
- Art

Piece Info:

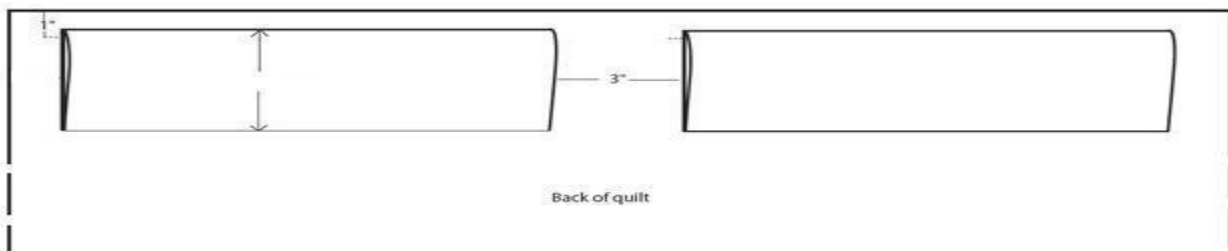
- Title
- Dimensions (H x W for 2D, H x W x D for 3D pieces)
- Type (2D, 3D, Wearable)
- Photographer
- Sale Price
- Materials and Techniques (100 characters)
- Artist's Statement about Your Piece for the Gallery Tag. Use 300 characters or less to describe how this piece relates to the theme. What is the story behind your artwork? How do the materials used contribute to your message?
- Photographs
 - Full Image (see requirements below)
 - Detail
- Printed photos and information labels attached at appropriate location
- Bag/ box/ other transport packaging completed
- Art piece submitted

Appendix B- info on dimensions (tbd)

APPENDIX C – HANGING SLEEVE INSTRUCTIONS

HANGING SLEEVE

- Wall hangings will have a split sleeve scaled appropriately to the slat and to the artwork. Construct the double sleeve in two equal pieces, incorporating a quarter inch gusset. The gusset enables the artwork to hang vertically.
- The sleeve must be one inch from the top of the wall hanging, 1.5 inches from either edge of the wall hanging, and have 3 inches of separation in the center of the wall hanging.



HANGING SLAT— 2D ROLLED WALL PIECE

- The hanging device is a wood slat, cut 2 inches narrower than the wall hanging.
- The wooden slat must have eyehooks in each end mounted above the center point. Eyehooks need to be large enough to accommodate gallery wire and yet not so large as to split the slat. Do not use cup hooks that have an open end. Eyehooks must be closed.
- Eyehooks must be completely hidden and not show beyond the edges of the wall hanging.

For the hanging wire:

- The wooden slat must have a wire attached to the midpoint and above the horizontal center of the slat.
- Measure and mark the center of the slat above the horizontal center.
- Drill two holes, each 2 inches from the center.
- String picture wire through the holes, pull as tightly as possible, twisting and securing the ends on the back of the slat.
- Staple the wire an inch or so in from the holes to stabilize it.
- Cover the sharp ends of the wire on the back with heavy tape.
- Do not secure the hanging device to the split sleeve. The slat should slip out of the two- piece sleeve.

LABELS

- All artwork labels must include:
 - o Title of artwork.
 - o Artist's name.
 - o Contact information (email, phone number or both).
- Label must be sewn or fused.
- 2D artwork label must be on the lower left edge of the back of the artwork.
- 2D mounted/framed artwork label must be on the back or the bottom.
- All art and hanging devices must include:
 - o Title of artwork
 - o Artist's name
 - o Contact information (email, phone number or both)
 - o Photo of artwork

PHOTOGRAPHS:

- Professional quality digital photographs must be submitted with each piece of art.
- Your work will not be included in the exhibit if your photographs do not meet the requirements.
- Images required: one full size and one detail of each submitted artwork.
- Full size photos must include the edges of the artwork
- Crop the image to only include the artwork and a tiny amount of the background showing around the artwork (see size and format requirements below).

Note: Photograph quality is extremely important since it represents you and your art in all published materials. Excellent quality photographs present our group as professionals. Use of a professional photographer is strongly encouraged. Be sure each photo is in focus, well lit, true to color and contains no extraneous items, such as hands holding the artwork, backgrounds, feet under the artwork, etc.

PHOTOGRAPH SIZE AND FORMAT REQUIREMENTS:

- jpg file format
- 2100 pixels on the longest side after cropping
- 300 dpi resolution

NAMING YOUR IMAGE FILE:

LastName_FirstInitial_ArtworkTitle_full Example: Doe_J_MyBestWork_full.jpg

LastName_FirstInitial_ArtworkTitle_detail Example: Doe_J_MyBestWork_detail.jpg