

Here is a digital sample of ATC Quarterly, issue #13.

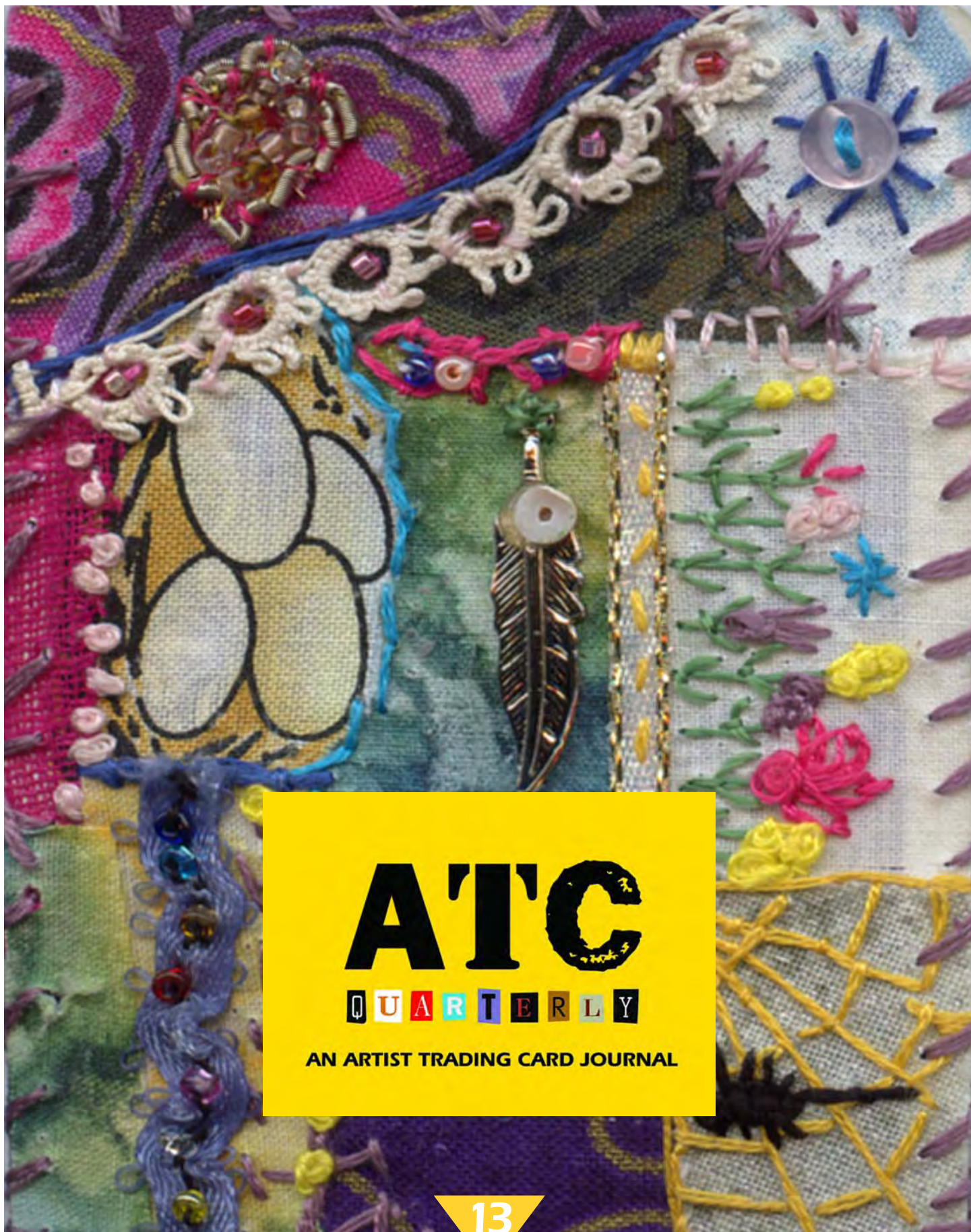
We thought it was important to offer another digital issue to see how we've grown and changed over the past three years. We hope you enjoy it!

ATC Quarterly is printed in full colour and folds to 8 1/2" x 5 1/2", 24 pages.

Any questions?

Have any ideas for future articles or submissions?

E-mail: editor@atcquarterly.com



ISSUE 13

13

WINTER 2009

Profile of a Trader: Marie Otero • Arlington, Washington Traders
Journaling the Characters Within • Beaded ATCs • "Puppy Dogs" Challenge



A Stitch in Time

Sometimes, quite serendipitously, an issue takes on a theme of its own. As articles and ATCs streamed in for the Winter 2009 issue, one after another turned out to have something to do with stitchery.

Our cover ATC entitled "Crazy Quilt" comes to us from Lynda Lien of Everett, Washington. An active member of the Arlington, Washington ATC Trading group which we profile on page 18, Lynda Lien is currently

in Japan studying to be a Buddhist monk. The Arlington traders are anxiously awaiting her return because they love trading for her amazingly intricate fibre ATCs.

Introduced to beading at a young age, Rachel Cotugno from Northbrook, Illinois now combines it with her ATC creations. Her detailed work in the requisite 2.5" x 3.5" size is showcased on page 8.

Susan Wakefield from Halifax, Nova Scotia has worked on and off as a seamstress to supplement her livelihood as an artist. She recalls those days with her monoprint series of ATCs entitled "Sewing Susan." More about Susan and her sewing journeys are on page 11.

Kelly King from Cedar City, Utah uses a needle and thread as if they were paintbrushes and paint. Her embroidered ATCs are on page 22.

This issue also features a dazzling array of paper arts. Artist Marie Otero's ATCs are collaged inspirations. Her profile is on page 4. Read about the celebration of the art of paper folding at the Big ATC Trade at OrigamiUSA's recent convention in New York City on page 14. Bret Browne has a private psychotherapy practice incorporating art therapy and mindfulness meditation techniques. His journaling ATCs exploring the shadow sides of his personality are on page 16.

Creativity in all its diverse and fabulous manifestations is the common thread that binds all the contributors to this issue. Some of their ATCs are serious and thought-provoking. Others like Dot Pizarro's flying squirrel ATCs (and matching envelope) on page 21 will leave you in stitches.

—Ronna Mogelon, Editor, Dunvegan, Ontario

Nancy Flynn, Contributing Editor

Richard Mahoney, Production

What Are ATCs?

Artist Trading Cards—or ATCs—are miniature works of art created on 2.5" x 3.5" card stock, the size of sports trading cards. All techniques are allowed and anybody can produce them. ATCs are signed, dated, and titled on the back then traded away for ATCs made by others. Money never exchanges hands and all trades are one-for-one.

History of ATCs

In 1996-97, a new art culture sprang up which rejected the tradition of critiquing and pricing art. Swiss artist m. vānçi stirnemann is hailed as the father of the Artist Trading Card (ATC) movement. stirnemann, inspired by hockey trading cards, created and showcased 1,200 similarly-sized cards—his original works of art—in his gallery in Zurich, Switzerland. On the last day of the show, he told people who wanted one of his cards to come back and bring one of their own in trade. A movement was born.

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E-mail letters and enquiries to Ronna at:
editor@atcquarterly.com

SUBMISSIONS AND SUBSCRIPTIONS

We are looking for ATCs with the theme of **Dollars and Sense**.

Deadline: March 15, 2008 for Issue 14 - Spring 2009.

E-mail 300 dpi scans to: **editor@atcquarterly.com**

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ON THE COVER

Lynda Lien from Everett, Washington is a member of the Arlington, Washington ATC Trading Group featured on page 18. Her ATC entitled "Crazy Quilt" is an intricate combination of embroidery, appliqué, buttons, printed fabric, beading, antique lace, and mini-embellishments.

OPEN CALL FOR ENTRIES

Art in Hand: The World of ATCs

The historic Smithville Mansion Annex Art Gallery in Eastampton, New Jersey will display the emerging art media of ATCs from local, national, and international participants from April 4 to 25, 2009. Open media including collage, photography, painting, drawing, printing are encouraged with submission in these categories:

1. Original paintings, mixed-media, collage, hand-pulled prints and drawings
2. Photographs
3. Digital art
4. Digital prints of original artwork (i.e., paintings, etc.)

Anyone can enter, there is no submission fee, and all entries will be included in the show and listed on our website, **burlcoarts.com**.

Awards will be given in the following categories: People's Choice, Best Mixed Media, Best Painting, Best Drawing, Best Photograph, Best Abstract, Best Representational, Best Surreal.

Cards will be swapped at the end of the exhibit. You will receive as many cards as you send in. We will also send photographs of the exhibit and copies of any press coverage to participants as well.

To enter, send in 3, 6, 9, or 18 standard-sized (2.5" x 3.5") ATCs plus one extra card to be used in a public workshop and trading session. Entries must be postmarked by March 14, 2009. U.S. submissions need to include SASE with sufficient postage for your card trade returns. International returns do not need to send postage.

Send your ATCs to: **Lynn Lemyre, Visual Arts Coordinator, Burlington County Division of Cultural Affairs & Tourism, P.O. Box 6000, Eastampton, NJ 08060**

For more info about the exhibit and the gallery contact Lynn at **llemyre@co.burlington.nj.us** or visit the website: **burlcoarts.com**

Marie Otero



Where are you from? I grew up in Albany, Western Australia, but now call Perth 'home.'

Where do you live now? I currently live on Long Island, about fifty minutes from New York City. I generally spend between three to four months of each year in Perth, where my sons attend school.

What do you do for a living? I am an artist.

When and how did you first get involved with ATCs? Towards the end of 2002, I began to learn about ATCs through a Yahoo Group called Collage Cats. I participated in my first trades and swaps with other members of this group and my ATC activity blossomed from there.

Who do you trade with and how do you trade ATCs? Many and varied Yahoo Group members as well as private invitational exchanges. I've participated in many themed swaps of multiple cards, sets, and also trade individual cards. I've even done deck swaps which were a lot of fun.

What is your primary ATC medium? Initially, I made stamped and paper-collaged ATCs. Since 2005, I have been creating ATCs digitally. Initially I worked with Adobe Photoshop's Version 7.0 and have traversed my way through a series of software upgrades to the point where I now use Photoshop CS3 for my digital artwork. I also like to dabble with linocut prints.

What are your favourite techniques? Digital is always a big hit with me. I'm a 'fast and furious' gal, so at first creating art digitally obviated the need for waiting for glue to dry. Now I spend days or weeks completing my larger digital creations. Although I incorporate many hand-painted backgrounds and traditionally altered paper collages into the pieces I create, I usually finish each composition in Photoshop. I also like to use inks, pastels, and acrylics to add colour to my collaged cards. And I enjoy playing with magazine images and Nevrr-Dull (which is actually a metal/car polish). Nevrr-Dull can be purchased at Wal-Mart, Canadian Tire, Pep Boys, or any good automotive supply store.

If you could try a new art technique, what would it be? I would love to learn to work with oil paints. This is a skill that has always eluded me and remains on my 'wish list' of things to explore.

What other types of artwork do you create? I create a variety of mixed-media art with a focus these days on digital and encaustic painting. My current challenge is to incorporate as much of my own stock imagery as possible in my pieces. This has led to a recent fascination with my camera.

When making ATCs, do you tend to think of creating "sets" of cards or do you find yourself focusing on one card at a time? I think 'one off' cards are easy to be spontaneous with. Sets require a little more thought and planning, but that makes the challenge fun and more interesting.

To see more of Marie's work, check out her website: lostaussie.com
and her blog: lostaussie.typepad.com



"Digital is always a big hit with me. I'm a 'fast and furious' gal, so at first creating art digitally obviated the need for waiting for glue to dry."

Diagnosis for Art

Hélène Villeneuve studied Pharmacy at Laval University in Québec City, Québec. After that four-year course, she did a supplementary year's residency in a hospital. Now, thirty years later, her typical day is checking and filling prescriptions, counselling patients on drug use, checking blood pressure, giving blood glucose tests, and talking about treatment with the doctors. Hélène works in a small clinic drugstore in Québec City so access to doctors is easy. Her clinic also has physiotherapists and even some nurses—as Hélène says, “a great staff.”

There are big challenges in pharmacy these days. First, there is a shortage of trained and educated pharmacists so vacations and even an occasional day off have become difficult to arrange. A second problem is that the overall aging of the Canadian public has led to more and more prescriptions for medication and more need for treatment.

As a result, the pressures of Hélène's day job make constant use of her left-hemisphere logical brain. Turning to art and ATCs has allowed her to explore her right-hemisphere intuitive side. Actually, she's long been drawn to creative solutions in her pharmaceutical work.

When she was doing her residency, she was asked to create a new program for nurses and doctors that would give them ways to recognize any side effects that occurred from medication given to their hospitalized patients. At first, she



came up with a complex questionnaire but it seemed a bit dull. Then she got the idea to draw funny posters showing patients suffering from fanciful, even ridiculous, side effects of taking a particular medication. One was of a man in his hospital bed with dotted mushrooms covering his face like a rash. Another showed a nurse finding an empty bed in a hospital room. In that drawing, you can see the patient from the window, floating in the sky like a balloon, still attached to his IV solution. Those posters were so popular that even a few were stolen! The best news was that they led to an increase in adverse medication reaction reports from nurses and doctors.

Communication is a big part of Hélène's job so it's no surprise it shows up in her ATCs as well. Space is limited on ATCs so you have to be selective about what ideas you choose to explore. Hélène says, “This is similar to when I'm talking to a doctor or a patient. Time being limited, I have to get down to brass tacks. So pharmacy and making art can be similar...sometimes!”

To see Hélène's art, log on to: princessemerlin.blogspot.com. She swaps her ATCs on Flickr.com and at Atcsforall.com. To learn more about her work, write to her at merlinprinces@oricom.ca.

TRIPTYCH



Lynne Larkin

Lynne Larkin is an Illinois native currently residing in Joliet. She is a self-taught folk art painter who also enjoys photography and making scrapbooks. She calls herself a mixed-media artist. Her materials include found images, paint, and rubber stamps depending on the requirements of a piece or her whim. A relative newcomer to the ATC world, she relies on the Internet to connect with fellow ATC artists and to discover images and resources for her work. See more of Lynne's art at: gypsy-art.blogspot.com.

Beaded ATCs



“Beads add a wonderful dimension to ATCs and will expand your creativity.”

Rachel Cotugno's love affair with beads started at the age of eight when she joined a Mexican folk dance troupe in Galesburg, Illinois, where she grew up. She was instantly drawn to the swirling fabric of the other dancers' costumes coveting their rich colours and sparkling beads. When Rachel needed her own skirt for a performance, her mother taught her how to embroider and sew with sequins and beads. The final design was a gorgeous gold-sequined eagle surrounded by red and green sequins and beads. It's been thirty-eight years since that first beaded sewing project and Rachel still has her eagle skirt!

Rachel has dabbled in many arts and crafts in her life including silver-smithing, weaving, and pottery but none held the ongoing appeal for her of beads and fabric. In 1992, at the Suburban Fine Arts Center in Highland Park, Illinois, Rachel was able to take a bead embroidery class taught by Lindsay Obermeyer, a world-renowned fibre artist from St. Louis, Missouri. This class greatly expanded her techniques.

In 2007, Rachel decided to try her hand at ATCs. She made about 75 using paper only and a few others in copper metal. Then, to give herself a creative challenge, she joined **Swap-bot.com** (see sidebar). One of the first swaps Rachel joined

was holding a colour challenge in which you were asked to produce an ATC using the colours red and/or pink in any medium. She decided to work with beads on fabric, combining her old favourite with her new-found interest in ATCs. You can see the results of that marriage here.



Rachel's favourite books about bead embroidery are by Robin Atkins. Robin's books, *Beaded Embellishment* (written with Amy C. Clarke) and *One Bead at a Time* are not only useful for their diagrams of bead techniques but are also filled with full-

colour photographs of

inspirational bead embroidery. Rachel says, “Feel free to experiment and play with beads. It adds a wonderful dimension to ATCs and will expand your creativity. But, I must warn you, it can be addictive!”

To contact Rachel for tips, book recommendations, or bead supplies, she can be reached at: **Rbeadhead@hotmail.com**

What is Swap-bot?

Swap-bot.com is a website that facilitates group snail mail and Internet swaps. It removes the hassle of collecting swap participants and assigning swap partners. Swap-bot is also a community where swappers can connect, share, and have fun. Created in the summer of 2005 by Rachel and Travis Johnson, Swap-bot.com was originally seen as a tool to be used by blog owners to facilitate mail swaps with their readers. Since then, the site has grown into a meeting place where, at any given time, over 400 public swaps are hosted.



Saskia Maertens

Saskia Maertens is a fine art painter and mixed-media artist who was born in Haarlem, the Netherlands and currently lives in Rotterdam.

A self-taught artist, she says she was born with a pencil in her hand and later fell into a pot of paint.

Saskia stumbled upon the concept of ATCs while browsing the Internet back in 2005. Her next goal is to become an illustrator.

Saskia's art name is M A N U Z. You can see more of her work at: [flickr.com/photos/macmanuz](https://www.flickr.com/photos/macmanuz)

VARIATIONS ON A THEME

Sewing With Susan

Susan Wakefield was born in Durban, South Africa, travelled the world with her family throughout her childhood, and finally settled in Rye, just north of New York City, for her high school years. In 1969, she moved to Halifax, Nova Scotia to attend the Nova Scotia

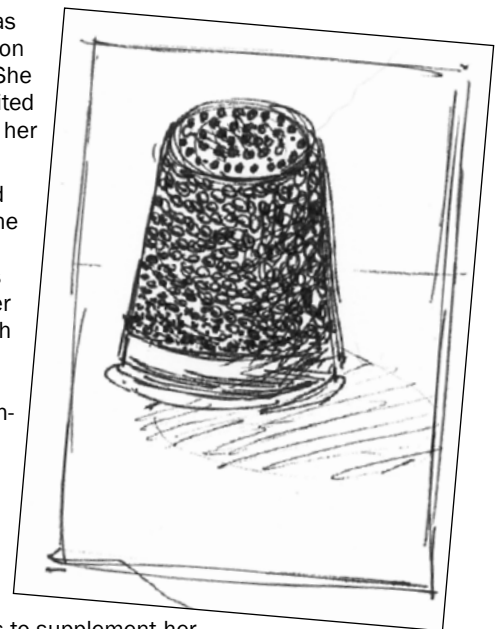
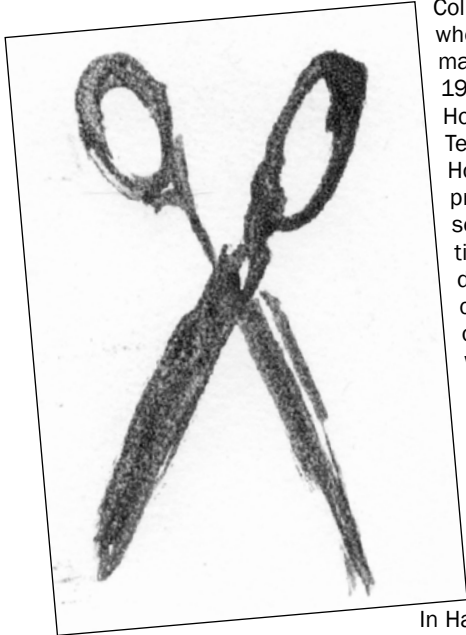
College of Art and Design where she majored in print-making. After graduation in 1971, she spent one year in Holman Island, Northwest Territories managing the Holman Island Inuit screen printing workshop and sewing shop. During that time, Holman Island was producing screen-printed table cloths, wall hangings and other printed products as well as beautiful hand-embroidered parkas. In 1975, after leaving Holman Island (and her first husband), Susan and her daughter headed back to Nova Scotia where she has been happily living ever since.

In Halifax, Susan set up a fine art print shop. Over the years, she's worked collaboratively with

Canadian artists such as Anne Meredith Barry, Ron Bolt, and Alex Colville. She continues to create limited edition screen prints in her studio.

Susan has always loved scissors and sewing. She got her first sewing machine when she was nine—a miniature Singer with a hand crank which she recently passed on to her granddaughter. For her twenty-first birthday, her mother and aunt bought her an electric Singer sewing machine. Susan has been sewing ever since. In fact, she's actually worked as a seamstress a few times to supplement her livelihood as an artist. Her "Sewing Susan" ATCs pay homage to those days. They were created as monoprint drawings on Plexiglas.

For more information about Susan's work you can e-mail her at swakefield@ns.sympatico.ca. Still a bit of a Luddite, she doesn't have a website.



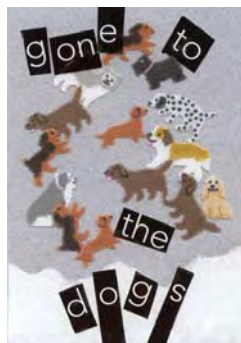
PUPPY DOGS



Lynne Larkin, Illinois



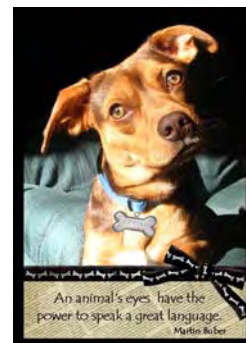
Monika Seidenbusch, Ontario



Pat Davis, New Hampshire



Kristin Batsel, Georgia



Karen Scites, Kentucky



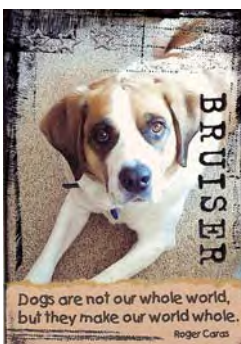
Frances Ford, Florida

Frieda Oxenham,
United KingdomDiana O'Coibthaigh,
Australia

C.Z. Lovecraft, California



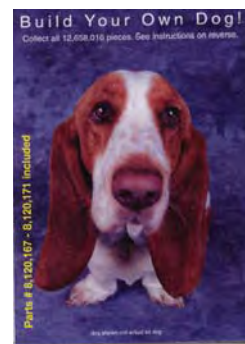
Georgina Ferrans, Spain



Andi Hestand, Missouri



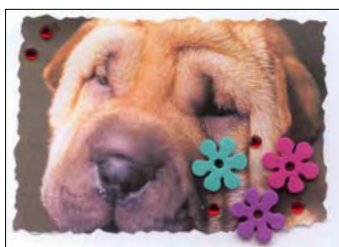
Susan Jephcott, Ontario

Jennifer Pearson-Vanier,
Ontario

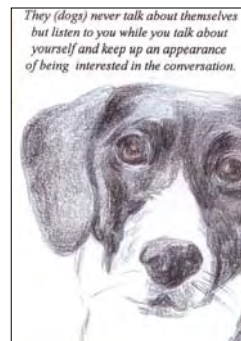
Larry Mogelonsky, Ontario



Elisabeth Skelly, Ontario



Greig E. Gaspar, Hawaii



From a series of illustrated dog ATCs by Holly Kelleher, Ontario



Linda Thomas, California

Our next challenge is: **Dollars and Sense** Deadline: March 15, 2009.

E-mail 300 dpi jpegs to: editor@atcquarterly.com

Snail mail submissions may be sent to: ATC Quarterly, 19698 County Road 24, Dunvegan, Ontario, K0C 1J0 Canada.

Please include a SASE (or \$1 U.S.) if you want your ATC returned.

The Big Trade

The numbers: 61 traders. 89 sets of ATCs. 2,550 individual ATCs changing hands.

The largest ATC trade of its kind took place on June 29, 2008 during the annual OrigamiUSA Convention at the Fashion Institute of Technology in New York City. This was the third year that convention attendees traded ATCs.

Traders were allowed to create sets of either 25 or 50 cards, with a limit of 75 cards per trader.

Every set was numbered and everyone was issued a list of numbers to ensure that they received back the same number of ATCs that they had originally submitted.

In addition to the normal ATC specifications, these cards needed to have origami on them. It was really inspiring to see how differently people interpreted the origami aspect of the ATCs.

Not everyone who belongs to OrigamiUSA is able to attend the annual convention. So organizers decided to open up the Big Trade to far-flung members, too.

Because of this decision, the trade went international. Traders from all of the United States as well as Brazil, Colombia, India, and Italy sent in their ATCs ahead of time and received their trades back via U.S. mail after the convention ended.

Coordinating such a large trade requires a fair amount of advance planning followed by the help of many volunteers. Traders pitched in to help set up, orchestrate trades, and clean up. Everyone cooperated and not only left with a smile but an incredible set of origami ATCs too.

To view more, including entries from our 2006 and 2007 convention-sponsored ATC trades, visit:

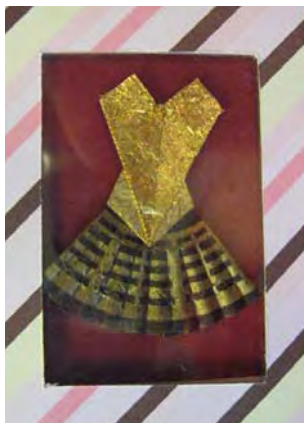
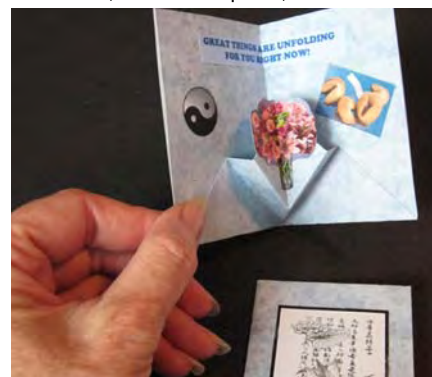
origamiatcs.shutterfly.com

The case-sensitive password is: OrigamiUSA.

—**MaryAnn Scheblein-Dawson**, Franklin Square, New York

At left, organizer MaryAnn Scheblein-Dawson.

Right: Irene Edie's ATC has a rubberstamped image on the front. The surprise comes when it is removed from its sleeve, revealing a pop-up mechanism and fortune cookie message inside the folded card.



Tamara Read's ATC features an origami dress sandwiched between layers of plastic and framed with paper. The dress, a variation on a swimsuit, has a bodice made from a foil candy wrapper and a skirt made from the paper cup that held the candy.

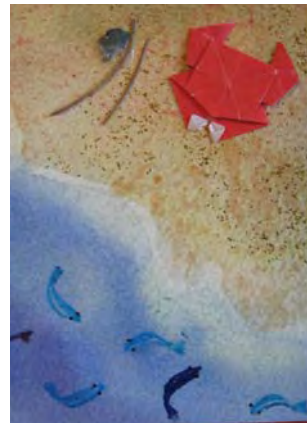


Sandra Gullino is from Brazil. Her ATC origami is the traditional folded sailboat, also the logo for OrigamiUSA. The sailboats, folded in the colours of the U.S. and Brazilian flags, are shown sailing from Rio de Janeiro to New York.

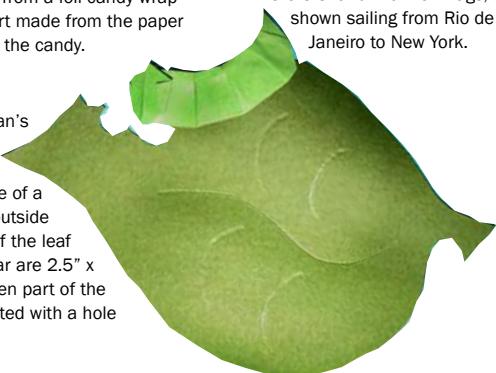


Left: Jean Baden-Gillette's ATC is a folded paper shirt decorated with rubberstamped hibiscus flowers which were then hand-coloured.

Right: Leyla Torres' ATC shows a crab scurrying about on a beach. The water and sand are watercoloured on Arches paper with dry twigs, and seashell fragments added for texture.

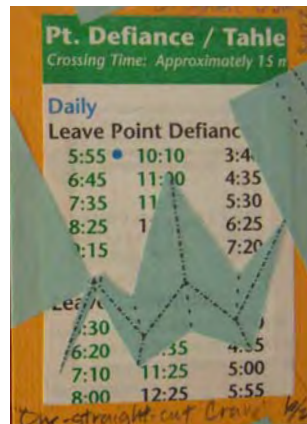


John Blackman's ATC is not rectangular. It is the shape of a leaf but the outside dimensions of the leaf with caterpillar are 2.5" x 3.5". The eaten part of the leaf was created with a hole punch.



Left: MaryAnn Scheblein-Dawson's ATC reveals a variety of butterflies, made from rubberstamps, stickers and origami.

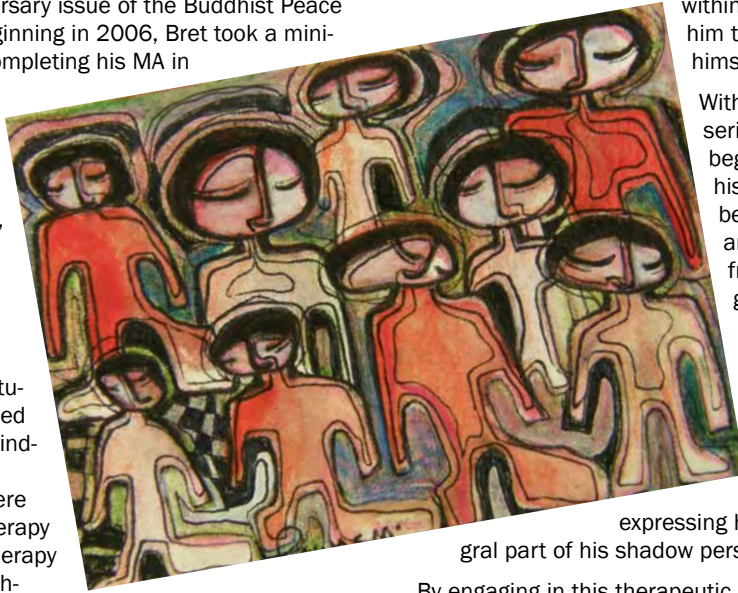
Right: Robert Orndorf's ATC used one straight-cut origami. The blue paper is folded along the dotted lines and then one cut is made with scissors.



Exploring the Characters Within

Bret Browne has been creating art for as long as he can remember. His work has been shown throughout the United States and is in private collections there as well as in Asia and Europe. His art reviews have been published in numerous magazines most recently in the Fall 2008 Anniversary issue of the Buddhist Peace Fellowship's *Turning Wheel*. Beginning in 2006, Bret took a mini-break from creating art while completing his MA in Clinical Psychology at Antioch University in Santa Barbara, California.

Through his studies, as well as his relationship with his partner, Kari Hedlund, a practicing psychotherapist, Bret became inspired to use his art in a new way, one that would encourage healing from past traumas and offer him new insights into habitual patterns. He's currently focused on integrating his art with his mindfulness training. Bret recently moved to Boulder, Colorado where he's starting a private psychotherapy practice that incorporates art therapy and mindfulness meditation techniques. He also hopes to find ways to teach yoga to at-risk youth.



Bret Browne began ATC journaling as a way to access the innermost regions of both his conscious and unconscious creative processes. Creating ATCs provides him with an opportunity to not only discover but better relate to all the different characters that he feels "reside" within his personality. This then allows him to develop an awareness of sides of himself he often ignores.

With all of this in mind, Bret created a series titled "The Committee." When he began to work his journal, he allowed his mind to relax; without thinking, he began to sketch. Numerous masculine and feminine characters emerged from these exercises including angry, grieving, and withdrawn young adults as well as a Buddhist monk. Some of these characters emerged as shadow figures. Carl Jung has described the shadow as "those characteristics of our own sex that have been lost to us." In fact, Bret feels that being creative and

expressing himself visually is actually an integral part of his shadow personality.

By engaging in this therapeutic and creative process, Bret began to not only accept but also work with these aspects of himself. This, in turn, further develops his compassion, a sense of equanimity, and

deeper relationships with himself and others. All of this is a far cry from Bret's ongoing struggle to accept his artistic self. Bret says, "I often viewed that side of my personality as a curse. It takes a lot of courage for someone to embrace his creativity and to share it with the world. It is, as Joseph Campbell would have put it, embarking on the hero's journey."



To learn more about Bret's journey and to see more of his work, visit bretbrowne.com

The Arlington, Washington Traders



M. Dessell



Mary Lee



Rita Newberry



Mary Green is the owner of Evonne's, an antique mall named for her daughter in Arlington, Washington, a city between Seattle and Vancouver, British Columbia. In May 2007, she decided to open Evonne's doors to a new idea: Every third Saturday ATC lovers could congregate to swap ATCs and share techniques. Thus began the Arlington ATC Traders group.

The all-female group's interests are eclectic and varied. They span fibre arts and crazy quilts, assorted paper arts, watercolour and drawing, Victorian themes, and Mexican paper-cutting. Bridget Clawson hosts the monthly swaps. She says, "The Arlington ATC Traders is a dynamic and generous group. We learn so much from each other. It's a thrill to meet up every month."

The Arlington Traders come from all walks of life. Bridget is a human resources director for Snohomish County. Nona works in administration for Paine Field, the county's airport. Evonne works at Haagan's, an upscale grocer in the area. Several of the women are working artists, one is training to be a Buddhist monk, and some are retired from work in schools and real estate.

At a recent meeting, more than a dozen women gathered around a table, oohing and aahing over the hundreds of handmade greeting cards and ATCs the group will be donating to the deployed military troops in Afghanistan and Iraq. Member Eileen Quayle, queen of her local "Red Hat Society" chapter, organized this exchange. Her son is stationed in Fort Bliss, Texas, in the U.S. Army Infantry. Her family has "adopted"



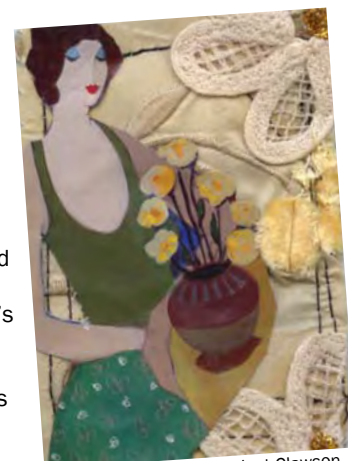
Ruth Campbell



Joyce Graybill

another military family whose father is stationed in Afghanistan. Eileen collects cards and greetings of all types and sends them for distribution throughout the Middle East wherever U.S. armed services are deployed.

Eileen is awestruck by both the quantity and quality of the donated cards. Two women came into the store and observed the ATC group's action, wondered what was happening and, by the time they left, had information about November's trade. And so goes the ever-expanding circle of the Arlington ATC Traders.



Bridget Clawson



Evonne Suit



Roberta Gill

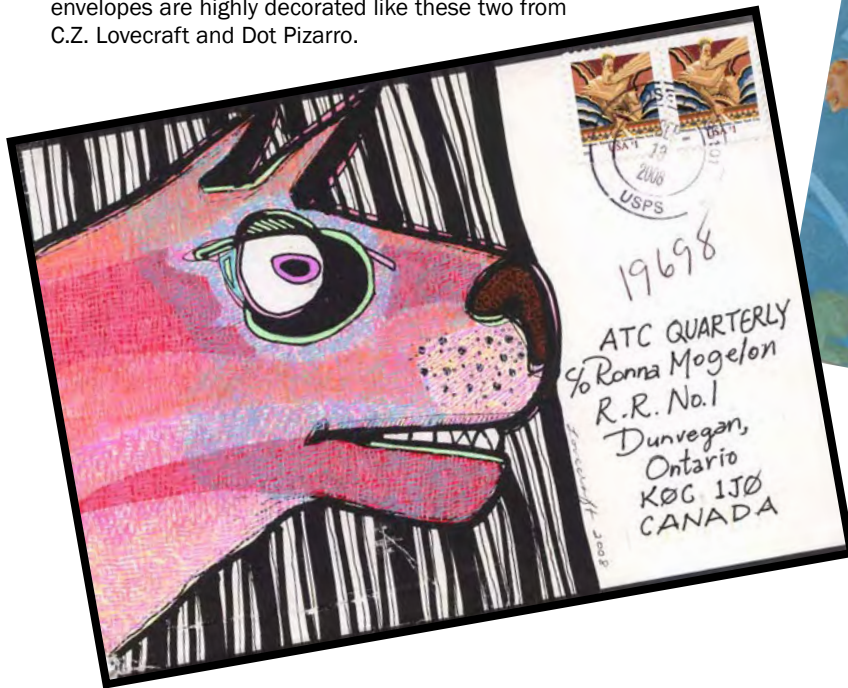
Most of the group's members live in the Arlington area. A love of their town and paper arts makes their group thrive. Mary and her daughter Evonne support their monthly meetings no matter if there are three or fifteen women in attendance. Arlington ATC Traders meets every third Saturday from 1-3 p.m. at Evonne's in downtown Arlington at 340 Olympic Avenue.



Wendy Wood

Puppy Dogs and a Squirrel Circus

With the advent of the electronic age, many people don't send (or even receive) mail anymore. These days, bills, letters, and even thank-you notes are sent electronically. So it's especially fun to receive good old-fashioned paper mail, especially when the envelopes are highly decorated like these two from C.Z. Lovecraft and Dot Pizarro.



C.Z. Lovecraft from San Jose, California sent this envelope decorated with a pink dog, a hint at what was inside: Puppy Dog ATCs, entries for this issue's centre spread challenge.



Dot Pizarro from Scottsville, New York sent an envelope covered with high-flying squirrels who appear to be trapeze artists. Dot writes, "Scottsville has so many squirrels, I often think it should have been named Squirrels ville."

Her ATCs are different views of a squirrel-filled circus she calls "The Flying Squirrel landaz."

Even the back of the envelope has a high-flying squirrel adorning it.



Kelly King

Kelly King has lived all over the United States. She and her family are now based in Cedar City, Utah, where Kelly works as a teaching assistant for special needs children. Kelly comes from a long line of sewing and embroidering women. When she started making ATCs in 2006, fabric and thread were a natural medium for her. She loves to create, travel, and be in nature. More about Kelly and her creations are on her blog: Colorfuldayz.com.



Diana O'Cobhthaigh

Diana O'Cobhthaigh lives on the Gold Coast in Queensland, Australia with her Irish husband—their last name is pronounced O'Coffey. A life coach by trade, she is passionate about paper crafts. She recently discovered the ATC universe when her local scrapbook shop, The Scrapbook Cupboard, in Helensvale started a swap. She now trades in five local swaps and two online Yahoo groups. Diana loves ATCs so much that her friends and family now get birthday ATCs as their gifts. To see more: docobhthaigh.blogspot.com