

Cindy Heath Artist Statement

My love of creative problem solving has been the thread connecting my work, play, and spiritual journeys, and fiber construction has been my consistent medium of choice. With several art quilts in progress at the same time, I use a holistic approach to creating multi-layered expressions of geometric patterns, landscapes, and abstractions symbolizing the challenges and joys of life – chaos, resilience, reflection, persistence, beauty, nature.

My work as a fiber artist has evolved over many decades of hand and machine sewing, teaching art and quilting to children and adults, and studying with internationally known art quilt master teachers. Over the last ten years, I have been finding ‘my voice’ in fiber and experimenting with new techniques in various textile applications. My work attempts to depict the seasonal nature of the New England environment, with a focus of late on environmental activism.

A notable community 'artivism' project in 2023 involved sewing 1,200 reusable organic cotton mesh produce bags with more than 30 volunteers to highlight the consumer choice for reusables bags over single use plastic. The bags were distributed free of charge at five grocery stores in the Upper Valley and the Monadnock region, with funding support from Community Action Works and the Lebanon Food Co-op. The project was also supported by Sustainable Lebanon.



Artist Bio

Cindy Heath is a self-taught fiber artist with more than 40 years of experience making high quality traditional and art quilts, fiber art wall hangings, and commissioned works. She has studied art quilt design and abstraction with fiber artists Sue Benner, Jane Dunnewold, and Katie Pasquini Masopust, and has taught quilting and art to children and adults since the late 70's. Through the process of applying varying levels of fabric layering, abstraction, surface design techniques, and creative threadwork, movement and color are important elements in her artwork. Cindy's work is exhibited locally in both solo and group shows, at Long River Gallery in White River Junction, VT, and in private collections throughout the country.