



QUILT IT UP!

NEWSLETTER OF THE KANATA QUILT GUILD
December 2015



O Come all ye faithful quilters! Are you in dire need of a little or a lot of inspiration to finish or even kick start your holiday sewing for family and friends? Or do you just want to be with those who share your enthusiasm for quilting? Well then our next meeting of the Kanata Quilt Guild is for you! Come join us at 9:30 on THURSDAY, December 10 in the hall (our previous location) of the Glen Cairn United Church at 140 Abbeyhill Dr., Kanata. Please remember to sign in for insurance purposes.

What to bring to the meeting:

- ✓ *your sewing kit and 2 fat quarters*
- ✓ *donations (food, hats, mitts, scarves & socks)*
- ✓ *holiday-themed wall hanging(s) or quilt*
- ✓ *any completed Quilties*
- ✓ *your Quilt Along Block*
- ✓ *your membership card for discounts at *The Running Stitch**
- ✓ *your coolest mug*



Jingle Mingle Time: **Kindly bring a small plate of only 6-8 of your favourite Christmas cookies or other treat** to share after the meeting, labeled with a list of ingredients for members with allergies. The coffee gals will be serving coffee, tea and cold drinks. **An exciting take-home craft is also planned so bring two coordinating fat quarters, your sewing kit and scissors.**

Again this year, items for the **Kanata Food Cupboard** and any new or gently used men's hats, socks (orphans too), and winter wear to warm the hearts of those in need through the **Shepherds of Good Hope** would be most welcomed. Without our community support, these groups would endure a very difficult holiday season.

Michele Santerre of *The Running Stitch* will be offering 20% on everything except Bernina supplies. She's also pleased to announce the delivery of new fabrics including the French General "Le Marais". Christmas fabric will be 50% off! What better reason to get a hoof on your holiday sewing!

WHAT'S COMING UP!

There'll be no more stripping ladies as the program has been disbanded. It was sure fun while it lasted! We'd love though to see your strip projects at show 'n tell.

Workshops

Our next workshop will be "**Cubes**" by Paul Leger on Thursday, January 21 at 10:00 to 3:00 at the Kanata Legion. There are still a few spots left. The cost is \$45.00 which includes the fabric kit, the required ruler, the pattern and a course handout.

Please sign up and pay for our remaining workshops. **Please make cheques payable to The Kanata Quilt Guild.**

- ✂ **"Twisted Log Cabin"** by Jennifer Houlden on Wednesday, March 9 from 1:00 - 7:00 at the Kanata Legion. The cost is \$30.00.
- ✂ Pauline Clarke's **"Quilted Vase"** The cost is \$30.00 and will be held on Thursday, April 21 from 10:00 to 3:00 at the Kanata Legion.
- ✂ Helen Fujiki's **"Design Freedom Class"** is on Thursday, May 19 from 10:00 - 4:00 at the Kanata Legion for a cost of \$65.00 which includes a special kit.

Sew Days

Sew days are great fun! In sewing together, we grow in the art as we explore new techniques, tools and fabric combos, not to mention the camaraderie, encouragement and inspiration they offer. The following sew days will be held in 2016 at the Kanata Legion, 70 Hines Road:

January 28	February 25
February 18	March 17



Charity

Did someone say "Sew Flakes", they certainly did! Thank you to everyone who participated in making "Sew Flakes" for our charity quilts. We received enough to make two (2) quilts. Many thanks to Joan Armstrong who put the quilts together for us. Photo available on the website.

Well we are down to the wire re: donations for the Kanata Food Cupboard and Shepherds of Good Hope. Thank you in advance for your donations to these two charities. A reminder of what to bring for the Kanata Food Cupboard: granola bars, muffin mixes, and juice boxes. For Shepherds: mitts, gloves, hats, scarves and socks.

In the New Year we will complete the quilt tops made at the Charity Sew Day.

By Shirley Bolduc

Quilties

At the November meeting we gave out 28 Quiltie Kits & 4 flannel backs & received 21 completed Quilties. Ann Gordon won a lovely Fat Quarter Bundle for bringing in a Quiltie(s). Please remember that the Quilties must be 24"x24" & that they must have a flannel back. Also, no sparkles, glitter or invisible thread as they pose a risk to the babies.

The Quiltie table is a bit of a zoo at the beginning, middle & end of each meeting so it restricts how much time we have together to talk about the Quiltie(s) you've made. I love to hear that this was a new block pattern you tried or that your grandchild sewed with you or that you don't think the pattern turned out the way it was supposed to but look how cute it is! I have been fortunate that every time I have visited the Queensway Carleton Hospital with your donations the nurses have had time to spend with me & November's visit was so uplifting. I was able to pull out a few of the Quilties & relay some of your comments. This moved the nurses & they want me to make sure you know how much it means to them & their little patients that you care enough to spend your time, such a precious commodity one nurse said with tears in her eyes, to make these little bits of heaven for a stranger. Thank you.

By Jill Dewar

RECAP ON WHAT'S BEEN HAPPENING...

- **Crayola Challenge:** remember how much fun it was to play with crayons?! Well, here's an exciting challenge for you! See Sue Cherry to pick your crayon and use shades of that colour, and that colour only, to create a wall hanging, table runner, etc. Come on, let's live life in colour! Be ready to show off your finished items at the May meeting.



- In October, our guild proudly displayed 67 quilts as part of the Church's **Fall Harvest Festival**. Leslie read out an enthusiastic letter of thanks which included comments on the beauty of our creations and an invitation to participate in next year's festival. A special thanks was given to Debby Holden and Beth van Wyngaarden.

- Our guest speaker, **Joni Newman** from Stittsville presented a captivating trunk show featuring her stained glass and raw edge applique quilts. She also explained how quilt blocks can easily be adapted for sewing pillows, small wall hangings, etc.

- Congratulations to Linda Torbet who won the raffle for the bargello kit.

- **Textile Traditions** in Almonte was our November Shop of the Month.

- As V-P of the **CQA**, Leslie reported that their quilt show will be held in June 2016. Mary Pal's workshop is already full so you may wish to sign up quickly for any classes. There will also be a youth challenge for anyone under 18. Leslie will act as a sponsor, if needed. Please check the CQA website for more details.

- From the **Charity Sew Day**, awe-inspiring 'trip around the world' quilt tops were created and displayed at the November meeting. They will be completed in the New Year and donated to a charity at a later date through the West Carleton Resource Center.

- The Guild's first **"Autumn Rhapsody Retreat"** held from November 12-15 in Morrisburg was a tremendous success! Hats off to Debby and her team for their hard work in bringing all of us together for a fun weekend of games, scrumptious food, show 'n tell, a vintage style pin cushion craft, camaraderie and we can't forget the silent auction prizes and the door prize! Everyone went home with a little something from the retreat.



TIPS AND TRIX



ALWAYS MISPLACING THE SCISSORS you use to cut thread when sitting at your sewing machine? Funny how those handles transform themselves into legs and scoot away! Tie one end of a long piece of string or elastic to your scissors, and tie the other end to the handle of your sewing machine... voila! You'll never lose them again.

PREVENTATIVE EXERCISES - PROTECTING HANDS

- Take frequent breaks to relax your hands and wrists
- Avoid hypertension of wrist while working. Maintain your wrist joint in a neutral position with your forearm aligned with your hand.
- Avoid pinching, pulling and pushing material with fingers. Try using a stiletto or large seam ripper as a tool
- Use cotton gloves while machine quilting and move the fabric with less effort.



'Twas the Night Before Christmas

'Twas the night before Christmas,
And the quilts were not made.
The threads were all tangled, the cookies delayed.
The stockings weren't hung, the pantry was bare.
The poor weary Quilter, was tearing her hair.
Stacks of fat quarters, tipped over in streams.
Visions of Log Cabins, had turned into dreams.

When what to her wondering eyes should appear.
But a bus full of quilters with all of their gear.
They went straight to work with just a few mutters.
Sorting and stitching and brandishing cutters.
The patterns emerged from all of the clutter.
Like magic the fabrics arranged in a flutter.
Log Cabins, Lone Stars, Flying Geese & Bear Tracks
Each quilt was a beauty-even the backs.

Her house how it twinkled, her quilts how they glowed.
The cookies were baking, the stockings were sewed.
Their work was all done, so they folded their frames,
And packed up their needles, without giving their names.
They boarded the bus, and checked the next address.
More quilts to be made, another quilter in distress.

She heard one voice echo, as they drove out of sight,
Happy quilting to all and to all a good night!

Author Unknown, From Quiltersbee

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You're invited to contribute any articles, cartoons or ideas to the newsletter by the beginning of each month. We'd love to hear from you on what you'd like to see in your newsletter.

*May your home be filled with love
and laughter during the holidays and
may the kindness of the season fill
your heart.*



Your editors, Shirley Bolduc and Suzanne Edkins,
and webmaster, Evelyn Salter