



QUILT IT UP!

NEWSLETTER OF THE KANATA QUILT GUILD
January 2016



Happy New Year Everyone! Hope the merry reindeer brought you all the fabrics and notions you wished for. Now's a great time to look back on how far we've come as a Guild. Oh what a great year was 2015 – our very first retreat, several fun sew days, outstanding workshops and many other exciting events and challenges! Now we look forward to beginning anew, maybe changing directions to learn a new technique, or trying out a new colour combo. So, let's fill our coffee mugs and toast each other to a new year at our next meeting from 9:30 to noon on Thursday, January 14 in the Sanctuary of the Glen Cairn United Church, 140 Abbeyhill Dr., Kanata.

What to bring:

- ✓ Indoor shoes!
- ✓ the new mug you got for Christmas or your old tried and true...
- ✓ change for the raffles and
- ✓ your show'n tell items, completed *Quiltie(s)* and your *Quilt Along Block*

Let's extend a warm welcome to our guest speaker, **Paul Leger** who will deliver the **CUBE** workshop on Thursday, January 21, 2016.

We're proud to have **Flare with Fabrics** from Chesterville as our Shop of the Month.

WHAT'S COMING UP!

Crayola Challenge

Just as a reminder - if you'd like to participate in this exciting challenge, please contact Sue Cherry to choose your crayon. The challenge is to use shades of only that colour to create a wall hanging, table runner, quilt or whatever you fancy. Be ready to show off your finished item(s) at the May meeting.



Workshops

Lynn Price is now accepting payment for the following workshops preferably by cheque payable to the Kanata Quilt Guild.

CUBE by Paul Leger: Thursday, January 21, 2016 from 10:00-3:00 at the Kanata Legion, 70 Hines Road, Kanata. The fee of \$45 includes a fabric kit and ruler. *Sorry....sold out!*

Twisted Log Cabin by Jennifer Houlden: March 9 from 1:00 to 7:00 p.m. Several spots are available!

Quilted Vase by Pauline Clarke: April 21st from 10:00 to 3:00 p.m. Several spots are available!

Design Freedom Class by Helen Fujiki: May 19th from 10:00 to 4:00 p.m. The cost is \$65 which includes a kit. Several spots are available!

Raffle

The **Special Raffle** draw is McKenna Ryan's "Calling Me Home" which is a complete 8-month block of the month quilt kit, along with the embellishment package. It's valued at well over \$300!

Be sure to purchase your tickets at \$2.00 each or 3 for \$5.00 from Lynne Rochette on the dazzling African-themed quilt for the *Can Have Program*.

Sew Days

The following sew days will be held at the Kanata Legion, 70 Hines Road, Kanata.

January 28
February 18
February 25
March 17

FABRACADABRA

NOUN: a mystical word or expression used when fabric magically appears in your stash that you had forgot buying, had hidden under the stairs or stashed under your bed months ago.

Charity

Happy New Year everyone!! THANK YOU so much for your generosity to the Kanata Food Cupboard and the Shepherd's of Good Hope. We filled the two carts to capacity twice, that's an amazing amount of food. The Food Cupboard also received a \$400 cheque from money raised at the Guild's November retreat. Shepherd's of Good Hope also received bags of socks and clothing. A big thank you to Pauline Farey for ensuring delivery of the donations to Shepherds. Thank you everyone for your support of these two events,



In addition to the above, the Guild also donated another \$400 to the Ruddy-Shenkman Hospice in Kanata, set to open in 2017.

I've been in touch with *West Carleton Community Centre* regarding opportunities for the Guild to help the Kanata and surrounding communities. Stay tuned....more to come as the year unfolds.

As the months progress, I will be seeking help putting binding on the quilts from the Charity Sew Day (more on that in the next newsletter). For now, I again want to express my gratitude for your support and generosity to our communities. Happy Quilting!

By Shirley Bolduc

Quilties

The December Quiltie prize, a lovely FQ bundle, was won by Rita Martin & we received 28 Quilties. We have a fabulous prize for January, donate a completed 24x24 Quiltie before the end of the meeting to get a ticket for the draw. Remember the size is 24 x 24, cotton top, flannel back & your favourite batting in the middle. I thought the December meeting was so much fun, what a lovely way to end the year! I had just as much fun at the Queensway Carleton Hospital delivering the Quilties. So here I am in the middle of December,

a woman of a certain size, wearing a red jacket, laden down with a heavy clear plastic bag of colourful quilts & boy did I attract looks! Not the leering kind that scares you or the oh-oh kind where you think your fly is down but looks of pure joy. Great big smiles from perfect strangers, merry wishes from people on crutches & in wheelchairs! Where are you going they asked, to the birthing unit I said, how nice, how lovely, bonne chance I heard as I made my way. The nurses were happy to see me, look no babies they said, happy as could be. One older nurse scoffed & said keep cleaning, keep tidying because this won't last soon we will be run off our feet. Would you like to see the quilties I said to her, the others took a step back, she had no choice but to say yes. We went through every single one, at first she just nodded when I pointed something interesting out but soon she was stroking them & pointing things out to me! Close to the end she cleared her throat & said thank you, these make a difference, you make a difference. I thanked her & told her how generous each of you are, how you donate socks, mitts, food, money & most precious of all your time so that someone in need knows they matter. You make a difference & I can't thank you enough.

By Jill Dewar

Fashion Show/High Tea/Mini Quilt Show

Have you started working on, or at least planning, your hat for the *Fashion Show/High Tea/Mini Quilt Show* to be held at our June meeting?



RECAP OF THE LAST MEETING

Our 'Jingle and Mingle' party was lots of fun!!! Leslie demonstrated a fast and simple way to make hexies without a template.

Pauline Clarke of *3 Dogs Quilting* was our ***Shop of the Month***. They had a dazzling array of Glide threads. Leslie recommended the Pea Soup and Prickly Pear shades for quilting. Kim Mullen wowed us with her published adult colouring book of beautifully illustrated and intricate designs.

Debby reported on the overwhelming success of the Guild's ***Autumn Rhapsody Retreat*** which raised over \$800! \$400 will be donated to the Kanata Food Bank and \$400 to the Ruddy-Shenkman Hospice in Kanata. Giroux's Sewing Centre in Cornwall donated the beautiful buttons used to top off the pincushion craft at the retreat.

Jill Dewar received an enthusiastic letter of thanks from the nurses at the Queensway Carleton Hospital for the ***Quilties*** donations.

Once again, our Guild members showed their generosity in donating many, many items to the ***Kanata Food Bank*** and socks and winter wear for the ***Shepherds's of Good Hope***.

Quilts to Taiwan:

Beth Cameron and Sue Edkins submitted their wallhangings on protecting the environment to Brenda Miller of *Among Brenda's Quilts and Bags* in Strathroy Ontario for display at the upcoming quilt show in Taiwan. The artwork will be included along with 20 others from Canada. Unfortunately, no prizes are awarded but just having your wall hanging displayed in a far away country, is exciting enough!

Have a marvelous day. Think of all the things you could be doing and pick one. It's sure to be a winner and for goodness sakes, don't forget to SMILE!



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

January is National Hot Tea Month !

Do you enjoy a cuppa while you're busy quilting at your machine or sitting in your comfy chair? What a way to warm the soul! Many studies have proven that drinking tea has proven to be beneficial to our health and well-being. Hot tea contains antioxidants that help reduce the risk of cancer. Green tea, in particular, helps to reduce cholesterol and stabilize blood sugar levels. If you're already a tea drinker why not experiment with different types of tea, or even in the black tea family, you could try a new flavour such as spicy (ginger), fruity (peach) and so on. Try loose leaf tea instead of tea bags as you'll be amazed by the difference in taste. Invest in a tea travel mug for tea on the run and perhaps sample a few varieties at a tea shop. The tea expert can help you identify the characteristics and notes of various teas. Let's drink to our health! Tee hee!

(excerpt of article by Janet Young, certified Tea and Etiquette Consultant, Nov-Jan issue of the Country... Newsletter..)

