

# SUNSHINE COAST QUILTERS GUILD



Next MEETING Oct 31st, 2015: Holy Parish Hall, 5700 Nickerson Drive, West Sechelt

Oct., 2015

## Special Points of Interest

### Next meeting: Oct 31st, 2015

Doors open: 8:45 am  
**Mini workshops  
commence 9:30 Fee \$5.**

**Carol Bowie & Sharon  
Roye of Halfmoon Bay  
Crazies** — Applique  
Inside the Lines (Kit fee  
\$3.00, bring a thimble if  
you use one)

**Uschi Greiner** —  
Dimensional Hand  
Embroidery

**Business Meeting:**  
11:00 am  
**Show & Tell**  
Coffee/Snack Break,

**Program:**  
"Martha Tatman" - Trunk  
show

### Inside this issue:

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**Executive meeting** follows 15  
minutes after the program ends  
and all members are welcome to  
attend.

## PRESIDENT'S REPORT

Happy Thanksgiving to you  
all!

Halloween is just around the  
corner, if you feel like  
dressing up that day, go for  
it. It would be lots of fun.  
Orange and black will always  
work. The same for our fat  
quarter draw this month,  
(orange and black).

I was quite surprised that the  
majority of members didn't  
want changes made to Vice/  
Past Executive positions  
format. What I would like to  
hear are suggestions from  
you on how to proceed. If  
you would email me as soon  
as possible, this way I could  
present your suggestions to  
the executive. It does not  
cost the guild any money if  
we are only making policy  
changes.

How did you enjoy the round  
tables? When it is time for  
show and tell, stand by your

quilt, so we can pass the  
mike around. Hopefully I  
will be more organized  
than the first meeting—  
thank you for your  
patience. We always like  
to hear about your quilt.  
(only if you are willing to  
share).

Not sure if CQA is collect-  
ing inches but we could  
save them just in case. It  
would help if you  
emailed me the inches,  
and I will keep a running  
tally.

I was thrilled that  
we have six new  
members. Your  
suggestions would  
also mean a lot. Do  
you have anything  
that you would like  
to share?

We have purchased  
the new step

ladder. It is extra sturdy  
and my husband picked it  
out. Always be careful  
hanging and taking down  
the quilts. It was  
wonderful to see all the  
quilts around the room.  
We need to keep doing it,  
just like a mini quilt show.

Keep well, happy quilting!

Judi Wilson



### Next NEWSLETTER

Deadline:  
Nov 4, 2015

### Things to Remember for meeting:

\*\*Coffee/tea cup –  
\*\*\* Name Tag  
\*\*Donation to hostess group for  
snack

**Fat Quarter Draw:**  
Orange & Black

**This Month's Hostess  
Group:** Off the Wall

### Hostess Schedule

October 31st, 2015: Off The Wall  
November 28th, 2015: Gone to Pieces  
January 30th, 2016: Pender Harbor Piecemakers  
February 27th, 2016: 1/2 Moon Crazies  
March 26th, 2016: Fat Quarters  
April 30<sup>th</sup>, 2016: Cotton Club  
May 28<sup>th</sup>, 2016: Off the Wall  
September 24th, 2016: Cotton Club  
October 29th, 2016: Off The Wall

# Sunshine Coast Quilters' Guild 2014-2015 Board Membership

<i>Position</i>	<i>Name</i>	<i>Position</i>	<i>Name</i>
President	Judi Wilson	Merchandise	See Membership
Vice President		Bus Trip Chair	Gail Reichert
Past President - Sunshine	Lee Ewing	Block of the Month	Debbie Scott, Shirley McCaughtrie, Anne Willis
Secretary	Sheila MacDonald	Quilt Show Chair	
Treasurer	Helene Johnston	Comfort Quilts	Bernice Johnson, Jean Bowering, Shari Laine, Sue Lowell
Membership	Pauline Weber, Linda Gant Gail Genelle	Publicity	Liz Lacey
Program Committee / Mini Workshops	Ada Yeo, Anne Selder Rojean Trent, Carol Dunsford & Gail Reichert	Library	Maria Lodzinski, Liz Lacey, Sandra LeHeup & Kathleen Bezaire
Website Administrator	Sheila MacDonald	Retreat Committee	
Newsletter Editor Assistant	Karen Biddlecombe Val Marus	Facebook Moderator	Karen Biddlecombe, Shelley Cowan

## Satellite Group Rep contact information:

### Pender Harbour Piecemakers:

Meet at Lily Lake Common Room,  
Lagoon Road, Madeira Park  
1st and 3rd Wednesdays 10:00 -  
2:00 PM: Sewing, show and tell,  
companionship, new members  
welcome. Approximate  
membership 20.  
Contact: Lee Ewing  
[lewing@dccnet.com](mailto:lewing@dccnet.com) or 604-883-2620

Loose Threads: Sonja Randall  
604 885-7722 [sonja2287@telus.net](mailto:sonja2287@telus.net)

½ Moon Crazies: Meet at  
Greencourt 2nd Sunday 9:00—5:00  
Sewing Time, show and tell, Friend-  
ship. Approximate membership 34  
Contact Carol Bowie 604 885-4127  
[quiltscrapqueen@dccnet.com](mailto:quiltscrapqueen@dccnet.com)

Gone To Pieces:  
Beverly Butchart 604-886-8449  
[babutchart@telus.net](mailto:babutchart@telus.net)

### Fat Quarters:

Meet at Fibre Expressions Third  
Sundays 11 - 3 Sewing time, show  
and tell time and a goal to learn  
something every time. Approximate  
membership 20. Contact Nancy  
Climie [nclimie@telus.net](mailto:nclimie@telus.net) or 604-885-  
6745

### Cotton Club

Linda Gant: 604 886-7639  
[lgant@telus.net](mailto:lgant@telus.net)

Off the Wall: TBD

## Advertising Rates (per issue\* (PI) for period Sept - May, excluding Dec):

Classified.....\$10.00 \*PI  
Bus card size..... \$10.00 \*PI  
¼ Page for .....\$14.00 \*PI  
8 issues.....\$90.00  
½ Page .....\$21.00 \*PI  
8 issues.....\$125.00  
Full Page .....\$42.00 \*PI  
8 issues.....\$200.00  
One time email to all members,  
.....Quilting related \$15.00  
.....Commercial \$35.00

Please contact :  
Val Marus:  
[valmarus1@gmail.com](mailto:valmarus1@gmail.com)

### Next Newsletter Deadline

Nov 4, 2015

for Meeting:  
Nov 28th, 2015

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## S.C.Q.G. RESOURCE DAY MINUTES: May 30, 2015

### Call to Order

President Judi Wilson called the meeting to order at 10:58 am and presented Past President Lee Ewing with the Past President's pin.

Judi also thanked the Cotton Club for hosting.

It was **MOVED** and **SECONDED** that the minutes of the meeting held May 30, 2015 be approved as circulated in the Newsletter.

CARRIED

### Correspondence:

Sheila MacDonald read a letter from Fay Bullock who has moved to Quadra Island.

### Treasurer's Report:

In the absence of a Treasurer's Report it was reported that there is a good balance in the bank account, the books are being reviewed by Ada Yeo and a complete report will be circulated following this review.

Sheila reported that she had moved funds from the regular chequing account to the Guild Investment Chequing Account in order to get a little more interest.

It was also reported that a dedicated computer had been purchased for the treasurer at a cost of \$150.00.

### No Old Business:

### New Business:

#### Position of Vice President:

Judi reported that as yet there was no volunteer for Vice President. She explained that the Executive had a proposal to eliminate the position of Past President in order to shorten the commitment from 3 years to 2 years. Judi explained that the Members would have to vote on the change proposed because it

involved a change in the Bylaws. It was suggested that the proper notice would be circulated and a vote could take place at the October meeting.

There was extensive discussion, following which it was **MOVED** and **SECONDED** (Jeanette Lucas/Mae Barton) that the Bylaws be changed to make the commitment of a volunteer to 2 years in the positions of Vice President and President, eliminating the 3<sup>rd</sup> year of Past President.

MOTION DEFEATED

It was then **MOVED** and **SECONDED** that the Bylaws not be changed and that the commitment of a volunteer remain at 3 years for Vice President, President and Past President and that no vote to change the Bylaws be scheduled.

CARRIED

### Committee Reports:

**Comfort Society:** Attached

### Block of the Month

Debbie Scott announced that the block winner was Liz Lacey.

**Program:** Attached

### Membership:

The Door Prize winners were: Marian Konkin, Flo Lindsay, and Merrielee Baldock,

It was reported that there was 74 in attendance which included 6 New Members and 4 Visitors.

**Newsletter:** Karen Biddlecombe announced the deadline for the next Newsletter is October 5, 2015. She thanked the Advertisers and encouraged members to seek them out when applicable.

Jeanette Lucas made a plea for volunteers for Vice President and Coordinators for Quilt Show and

Retreat.

**Show and Tell:** Several Baby Quilts and other Quilts were displayed.

**Program:** Coreen Zerr gave a very informative Trunk Show and Talk.

The meeting adjourned at 12:45 pm.

**Give a lady a quilt and she has  
a cherished, priceless gift.**



**Teach a lady to quilt and she  
will buy fabric, a sewing machine,  
needles, thread, seam rippers,  
bobbins, quilting rulers, pins, pin cushions,  
cutting mats, rotary cutters, batting, patterns,  
and more fabric!**

[u-createcrafts.com](http://u-createcrafts.com)



## S.C.Q.G. RESOURCE DAY MINUTES: Sept 26, 2015 Reports:

### PROGRAM:

- Thank you Rojean and Sheila for their mini workshops. We are sure they were very informative.
- Congratulations to Marg Kurys/Mae Barton winning the fat quarter draw of Autumn Colors.
- Oct Fat quarter draw will be orange and black in keeping with Halloween.
- Upcoming programs will include: Martha Tatman in October and Krista Hennebury in Nov. Krista is a modern quilter from Vancouver, she will also be doing a workshop on Sunday Nov 29 at Fibre Expressions. Class setup at 9:30 and class start at 10:00am. Cost is \$45 for members and \$75 for non-members. Her workshop is called "Temperature check". Please see us at the program table for more info and sign up.
- In October we will try something a little different with show and tell, make sure you read the article by Program committee on quilt categories in the Sept Newsletter. If there are other categories that you feel should be addressed see us at our table, we are trying to make our meetings informative and fun.
- Next year we will be running some meetings in a much different way. January meeting will be in the round table discussion format. Topic will be color and more info will be forthcoming over the next few meetings.
- In February Joan Baker has agreed to put on a class over two weekends. She calls it "WEARING YOUR QUILT, your one-of-a-kind designed jacket that actually fits' If I could have a show of hands who would be interested in having the class on a Saturday or Sunday. We can then book Fibre Expressions.
- We are also planning an Iron Quilter Challenge and a silent auction. More info to come.
- To help our committee simplify mini workshops we are asking that each of the satellite groups take one month and put on the two mini workshops required. The guild will pay \$40 for each mini workshop which can be paid to the satellite group or to the individual doing the workshop. It would be the satellite group's decision on how they want the payment to be made.
- On this note October's mini workshop will be organized by the Halfmoon Bay Crazies. Thank you on behalf of your program committee. Sharon Roye and Carol Bowie will be doing Applique inside the lines. Ushi will be doing Decorative Stitches.
- Finally please stay around after our break and enjoy the informative presentation by Coreen Zerr. Also for those taking her class tomorrow, please ensure you have everything on the supply list. If you aren't sure if you signed up come and see us. Setup at Fibre Expressions will be at 9:00 and class start at 9:30
- 2 spots in Gloria Loughman's course: Fabulous Facades—see us at our table.

### COMFORT SOCIETY:

Welcome to new members on the Comfort Society Executive—Shari Laine and Bernice Johnson and we bid farewell to Carla Wilkinson who is taking some time off. Sue will act as President, Shari as secretary and Bernice as Treasurer.

The baby quilt project continues to be well received by the hospital staff and new parents. We have received four thank you notes over the summer. I am also pleased to report that the staff have now included choosing a baby quilt on the check list for new parents to be sure that the quilt is not missed in all the excitement. As in past years we will be asking members to vote at the November meeting if we want to continue with this project. As the beginning of resource day we have 5 bed quilts, 1 wall hanging and 53 baby quilts.

The successful quilt raffle in the spring has generated some funds now held by the society. It is proposed that the Comfort Society executive meet with the Guild executive to explore how the funds can be used. We will need to be mindful of the requirements of the society bylaws and purpose, raffle and gaming requirements, bursary commitments and of course members wishes. A recommendation will be brought to a vote at the November meeting. Respectfully submitted: Sue Lowell, Jean Bowering, Bernice Johnson and Shari Laine.

**S.C.Q.G. EXECUTIVE MINUTES: Sept. 25, 2015**

**Present:** Judi Wilson, Lee Ewing, Sheila MacDonald, Helene Johnson, Nancy Climie, Ada Yeo, Liz Lacey, Shari Laine, Carol Bowie, Karen Biddlecombe, Sue Lowell, Linda Gant

### **Call to Order**

President Judi Wilson called the meeting to order at 12:55.

It was **MOVED** and **SECONDED** that the minutes of the Executive meetings held May 30, 2015 and August 20, 2015 be approved as circulated in the newsletter.

CARRIED

### **Comfort Society**

An AGM for the Comfort Society will be called for November 28, 2015. Proper notice of meeting will be sent prior to the meeting.

### **Rental Of Separation Curtains**

A request to rent the separation curtains had been made from Jill Sullivan for use at the Art Center. It was decided to look into the size and number of curtains and let Jill know what is available. A donation will be suggested for the use of the curtains.

### **Extra Step Ladder**

Judi stated that she will have her husband obtain a second step ladder for use in hanging quilts.

### **Quilt Show**

There was discussion regarding the frequency of having a quilt show. The issue was tabled for further discussion at the next meeting.

### **Publicity**

It was decided to put ads in the Coast Reporter for costs of \$70.00 (multiple ads). Brochures will also be put into each Quilt Store on the Coast.

### **Donated Fabric**

Judi will bring donated fabric to be used by the Comfort Society and a Silent Auction, with anything not used to go to the Thrift Shop.

### **Satellite Group Reports**

#### **Fat Quarters – Nancy Climie**

Nancy Reported that the Group meets at Fibre Expressions on the 3<sup>rd</sup> Sunday of the month from 11 am to 3 pm. They had their first meeting on Sunday the 20<sup>th</sup> of September.

#### **½ Moon Crazies – Carol Bowie**

Carol reported that the Crazies have 37 Members and meet 12 months of the year on the 2<sup>nd</sup> Sunday of the month, from 9 am to 4 pm. The Crazies sewed curtains for the Food Bank facility's renovation. Carol also reported that a family of a recently deceased member was donating funds to get a teacher for the Group.

#### **Pender Harbour Piece Makers – Lee Ewing**

Lee reported that the Group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 9:30 am to 1 pm. At Lily Lake Community Room. There is 25 members. The Group holds a Retreat in October at Cascadia House. The Group is mainly social but has a commitment to Time 2<sup>nd</sup> Stage and provides quilts for all the residents each Christmas.

The meeting was adjourned at 3:15 pm.

## Program Events—October, 2015

### Program

For October, we have Martha Tatman presenting a trunk show of her work.

In November, we have Krista Hennebury coming from Vancouver. She will be presenting a program and trunk show at Resource Day. She will also have copies of her book ``Make It, Take It`` available at Resource Day for \$30.

### Workshops

Krista Hennebury is teaching a class on Sunday, November 29. The class is "An Improv - Under the Influence". We will have some photos of her works as well as a sign-up sheet for the class available at the Program Table for Resource Day. We are trying to get an actual sample of her work to show at October Resource Day. To see some examples of her work go to her web-site - [www.Poppyprintcreates.blogspot.com](http://www.Poppyprintcreates.blogspot.com).

Gloria Loughman has three classes for September 2016: Confident Colour, Shades of the Forest, and Fabulous Facades. Gloria's classes are sold in conjunction with Fibre Expressions. The Guild has just two spots left for Fabulous Facades. The cost from the Guild for a two day class is \$200, with a non-refundable deposit of \$50 required to secure your spot. See us at the Program Table to sign up. Fibre Expressions still has spots available in all of the classes. Please contact Christine at Fibre Expressions for details and to sign up.

### Mini Workshops

Mini workshop fee is \$5, payable at the door. Workshops start at 9:30 a.m.

Carol Bowie and Sharon Roye of the Halfmoon Crazies will be demonstrating Applique Inside the Lines. (\$3 kit fee, bring a thimble if you use one)

Uschi Greiner will be demonstrating Dimensional Hand Embroidery

### Fat Quarter Draw

The October Fat Quarter draw will be for orange and black for Halloween.

### NOTICE:

In October, we will try something a little different as well with Show and Tell in October. Make sure you read the article in the September newsletter on quilt categories. We encourage you to place your quilt in one of the categories. We will have signs up around the room designating the various categories. See if you can place your quilt under the appropriate sign.

### Program Committee

Ada Yeo  
[mjyeo@aol.com](mailto:mjyeo@aol.com)

Anne Selder  
[graniteridge@dccnet](mailto:graniteridge@dccnet)

Carol Dunsford  
[cdunsford@hotmail.com](mailto:cdunsford@hotmail.com)

Rojean Trent  
[ktrent@telus.net](mailto:ktrent@telus.net)

Gail Reichert  
[knottyquiltergirl@gmail.com](mailto:knottyquiltergirl@gmail.com)



### TIP:

As a longarmer, I will speak up to the batting issue. To say that today's batting is better and won't poke through an open seam is bit misleading- it IS better yes, but if you are quilting SID (stitch in the ditch), you are either catching only one side or running over the thread in the middle- it is WAY LESS STABLE than if the seam had been folded to one side. And, the batting CAN STILL migrate through that open part, especially if the sewing was not done with a very small stitch. I have seen it happen more than once on the quilts I have been given to longarm. Plus, it's a pain in the butt when that stitching wasn't very tight and the natural stretch on the frame causes those open pressed seams to "pop open", which I see often. Always side press, unless you need to in a particular location.

Author unknown

### FOR SALE:

Pfaff expressions 4.2 sewing machine and tote complete with Extension table  
2 years old  
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Extremely well taken care of  
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Contact Debra McKitrick  
604-377-1278  
Email [McKitrickd@gmail.com](mailto:McKitrickd@gmail.com)  
Or Lynda White  
604-741-9901

***Comfort Society News—October, 2015***

**2015-2016 - Committee: Jean Bowering, Sue Lowell, Shari Laine and Bernice Johnson**

Jean Bowering and Sue Lowell have welcomed Shari Laine and Bernice Johnson as new Comfort Society members. Shari will be fulfilling the role of Secretary and Bernice has taken on Treasurer duties. Sue Lowell will lead us as President. We are all looking forward to the new year.

Talented guild members donated 31 beautiful quilts this September! We are presently revamping our spreadsheets and doing a full inventory of all the

quilts. We are also looking at community services to ensure the quilts are going where they are most needed. A suggestion was presented to the Comfort Society re: quilts for refugees in our community. Due to the logistics of this suggestion, the general consensus was to focus for now, on baby quilts, local services, the outstanding bursary and supplies.

As always, we welcome donations of fabric and batting to use for the comfort quilts. Several letters and cards from new parents were received and read to members at the past resource day. These letters are a reminder as

to how much the quilts mean to the recipients so your fabric and efforts are greatly appreciated.

And lastly, we want to know what Guild members want. So give us your feedback, your suggestions, your ideas. We are all here to serve this wonderful community with our gifts and talents.



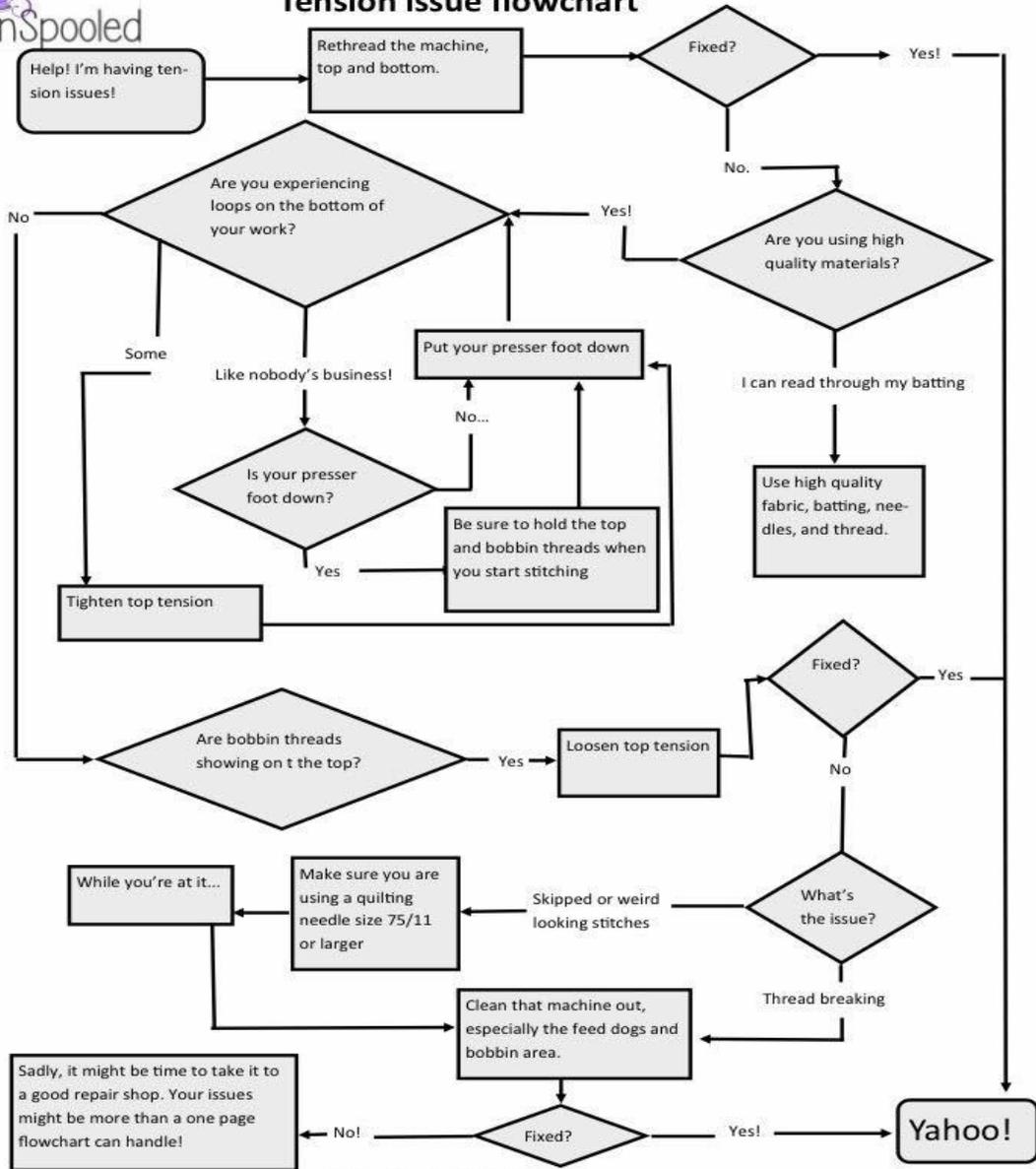
***“JOY THROUGH GIVING = CREATING MEMORIES FOR OTHERS TO ENJOY”***

- **TIP:** Threading needles, dropping needles, finding needles, storing needles. When it comes to those pesky needles, it can be nice to have a little help working out the details. Thank you to many other quilters who were willing to share their favorite sewing machine needle tips with other quilters. The quilting community continues to grow!
- **Tip #1:** A Handy Household Tip: Used sewing machine needles make great “nails” to hang picture frames on the wall. The needles are strong and make only a small hole.
- **Tip #2:** Needle Threading Help: To simplify threading needles, cut the thread at an angle so it easily slips through the eye.
- **Tip #3:** Changing Needles: When changing the needle in my sewing machine, I insert a piece of paper or cloth over the throat plate before I loosen the needle. This keeps the needle from falling down into the machine through the hole in the throat plate.
- **Tip #4:** Curved Needles: Try a curved needle for tying quilts. The curve in the needle brings the point of the needle back to your hand easily and save strain on your fingers
- **Tip #5:** Divided Needle Storage: A small embroidery floss container is perfect for storing sewing machine needles. You can store a different size in each compartment so it’s easy to find the one you need.
- **Tip #6:** Finding a Needle: I hand quilt so, sometimes, my needle gets lost. I use free advertising magnets & thread up to 6 needles at a time and stick them on the magnet.
- **Tip #7:** Heavy Duty Needle Threader: I use dental floss threaders to thread needles when I’m working with pearl cotton or embroidery floss.

Author: Sheyenne



### Tension issue flowchart



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## MISSION STATEMENT

The purpose of the Sunshine Coast Quilters' Guild is to promote the joy of quilting to the Sunshine Coast and to provide for the community's enjoyment through quilt shows, classes, demonstrations and displays.

To provide an "Umbrella Guild" for the various satellite quilting groups offering Resource Days which include workshops, demonstrations, education and speakers.

The Guild shall be a non-profit society.

The Guild's mission is to provide members with ongoing education, opportunities to share quilting experiences and knowledge, and an opportunity to provide community service. The smaller quilting groups on the Coast also provide a strong focus for the many quilters with regard to these goals. Maximizing connections between the Guild and the small groups helps share some of the energy and enthusiasm.

**FIBRE WORKS**  
**STUDIO & GALLERY**

[fibreworksstudio12887@gmail.com](mailto:fibreworksstudio12887@gmail.com)

[www.fibreworksgallery.com](http://www.fibreworksgallery.com)

604-883-2380 12887 Sunshine Coast Hwy (the yurts)

Maderia Park, BC

Gallery/Studio Hours: Wed—Sunday :11am to 5pm and by appointment

"Mended" - an exhibition by 25 members of the Surface Design Association of BC/Yukon ([www surfacedesignassociation.org](http://www surfacedesignassociation.org)) continues through to Sunday, October 04, 2015.

"Finding Treasures" with Erin Hamilton and Amber Friedman opens Saturday, October 10th - 2:00 to 4:00 p.m. Everyone is welcome. This exhibition of colours on silk and small linen coiled 'treasures' is our last exhibition of the 2015 season - and continues through to November 22, 2015.

FibreWorks is pleased to be part of the Sunshine Coast Art Crawl - October 16 to 18 - and we encourage everyone to visit studios & galleries during this amazing coastal event. [www.sunshinecoastartcrawl.com](http://www.sunshinecoastartcrawl.com)

During the same weekend, the annual Mushroom Festival is happening at the Community Hall in Madeira Park - with opportunities to foray, identify mushrooms, taste mushroom cuisine and explore mushroom colours in dyepots.

[www.scmshroom.org](http://www.scmshroom.org)

'Weaver's Circle' with Mary Bentley continues in the Studio - every Wednesday, 9:30 a.m. to 4:30 p.m. - until the end of October. Weaver's Circle will take an hiatus until April 2015.

See you at the yurts!

## Membership Form for Sunshine Coast Quilters' Guild

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Mailing address: \_\_\_\_\_

\_\_\_\_\_ Postal Code \_\_\_\_\_

Birth month: \_\_\_\_\_ E-mail address: \_\_\_\_\_

What Satellite Quilt Groups do you belong to? \_\_\_\_\_

\* \_\_\_\_\_ Please check (at no cost) that you will be a member of the Sunshine Coast Quilters' Guild Comfort Society so that we, as a non-profit organization, can apply for and hold a raffle in accordance to B.C. law, when we wish to raise funds.

### Membership Fees:

\*Members with email \$40.00 \_\_\_\_\_

\*Members without email sent by Canada Post \$40.00 \_\_\_\_\_

\* Members with email wanting mail delivery \$60.00 \_\_\_\_\_

**Please mail your completed form with cheque (payable to Sunshine Coast Quilters' Guild -SCQG) to Membership Committee Chair**

Linda Gant: 281 Gant Road, Gibsons, B.C. V0N 1V4

OR:

**Bring the completed form and Cheque or Cash to the September 26<sup>th</sup>, 2015 Resource Day.**

\* Pick up your receipt and membership card at October 31<sup>st</sup>. Resource Day.

# CALENDER OF EVENTS:

## Aug 17—Nov 10, 2015 Canadiana Fibre Art Network of Western Canada

Fort Langley, Langley Centennial Museum,  
http://museum.tol.ca contact: [vkapusta@telus.net](mailto:vkapusta@telus.net)

## Oct 23—24/15 Harvest of Quilts Show and Sale

Vancouver Quilters' Guild  
Contact Janet Harper 604-837-9458  
[honeybeesq1313@gmail.com](mailto:honeybeesq1313@gmail.com)  
[www.vancouverquiltersguild.com](http://www.vancouverquiltersguild.com)

## Oct 23-24/15 Chilliwack Quilters' Guild

"Three Decades of Loving Stitches"  
Contact: [joyquilter1@gmail.com](mailto:joyquilter1@gmail.com)  
Chilliwack Alliance Church, 8700 Young Rd,  
Chilliwack, Fri 5-8:30: Sat 9-4  
Admission: \$5; husbands & children under 12 free  
[www.chilliwackquiltersguild.com](http://www.chilliwackquiltersguild.com)

## Mar 18-19, 2016 Creative Stitches & Crafting Alive

Tradex Building, 1190 Cornell St, Abbotsford B.C.  
[www.creativestitchesshow.com](http://www.creativestitchesshow.com)  
[info@cannorthshows.com](mailto:info@cannorthshows.com) Fri 9-6 Sat 9-5

## May 6-8, 2016 Victoria Quilters Guild Quilt Show

Pearkes Recreation Centre at Tillicum Mall  
3100 Tillicum Road, Victoria, BC V9A 6T2  
[quiltshow@victoriaquiltersguild.org](mailto:quiltshow@victoriaquiltersguild.org)  
[www.victoriaquiltersguild.org](http://www.victoriaquiltersguild.org)

June 18-18, 2016 Quilt Canada  
Toronto, Ontario. The International Centre  
Registration opens: Members - October 1, 2015  
Non-Members - October 13, 2015

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Tattoo Art for the Quilter  
Who has everything!

Article from the Quilters Connection mag Summer 2015 issue:

## **FOR THE LOVE OF QUILT SHOWS: IS IT TIME FOR A CHANGE?**

**The quilt show scene has undergone numerous changes in recent years. No longer are shows a three day extravaganza, with hours stretching into the late evening and plenty of eye candy to view. Guilds are re-organizing shows - reducing the frequency from every two years to every three years, and reducing the number of days and hours shows are held. Quilt shows are even being cancelled and postponed.**

Why the shift? Economics for one. The costs to host a show are ever-increasing, and the availability of suitable venues at an affordable rate are getting more difficult to find, so organizers are opting for fewer days and shorter hours. As more quilters are turning to the online marketplace to make purchases, there is less incentive for vendors to have a presence at quilt shows. And the vendors that do attend are finding the caliber of shoppers is changing. No longer are quilters looking for the newest and latest designs, fabrics and products. Instead, they are looking for the best deal and the best price. But shows continue to be popular with the quilting crowd and attendance remains relatively strong. "I believe there will always remain a place for quilting and crafting shows, as quilters are very tactile" says Rita Gramsch, President and Founder of Creativ Festival, a crafting show based in Ontario. "And there is the social element where you can meet, mingle and indulge in your passion with others."

But there are other reasons for the changes. Jackie White, President of the Canadian Quilters Association/Association canadienne de la courtpointe suggests that traditional quilt guilds may be suffering from fatigue by too frequent shows. "Often, the members (of traditional quilt guilds) are retired, and are enjoying life, and it is a huge undertaking for their guild to put on a show...so too often, it causes burnout." It seems that the 80/20 rule applies even to quilt shows—where 80% of the work is done by 20% of the members who are actively engaged, so the guild will often return to these members who can be relied upon to do the work. Aging guild members no longer want to commit to long-term organizational positions, and younger guild members simply don't have the time. Guilds are opting to increase the length of time in between shows, with a shift from shows every two years to shows every three. And in some cases shows are getting smaller, with smaller venues and fewer quilts on display.

We are also seeing the impacts of the changes in demographics in quilters. Over half of the show attendees at the Creative Stitches and Crafting Alive shows in Alberta and British Columbia are over 60 year of age, according to Nori Richens, show organizer. Quilting in America 2014 survey indicates that the average age of a quilter has risen to 64 years. Economics and age go hand in hand—with retirement comes less disposable income. Avid quilters become 'casual' quilters as their interests change, and are less willing to commit funds and time to their hobby. Other factors such as illness and arthritis also contribute to a declining rate of participation and spending in the quilting industry.

Nori Richens of Creative Stitches and Crafting Alive notes, "We are seeing a resurgence in the industry with the younger generation, but not in the numbers of the past. Quilting, sewing, cooking, knitting and crafting is 'cool', but people do these things for fun versus necessity." Are the traditional guild shows offering anything to new and younger quilters? One comment overheard from a younger quilter at a recent quilt show was, "Same quilts, same vendors, same bad lighting." Maybe it's time to look at quilt shows differently.

Rita Gramsch might have hit on something when she talked about the social aspect of quilt shows that provide opportunities to meet and mingle. And Brandy Lynn Maslowski of Canadian Quilt Talk agrees. "Why not setup social (sewing lounge) areas where people can sit and not just socialize but stitch and create?" Like an old fashioned, but 'modern day' sewing bee?

This fall, The Creativ Festival is offering a modern quilt exhibit on one hand and an interactive quilt bee run by the Mennonite community on the other. We need a good mix of the favourite exhibitors, but also introduce some new ones into the mix to keep the event fresh and evolving," Rita Gramsch explains. "Presentations need to change to attract the visitors and offer ideas and experiences they can't get anywhere else." Quilt shows are an important part of the guilds community and fund-raising activities. Quilt shows encourage membership participation, attract new members and encourage new quilters, and provide the community with opportunities to view beautiful works of art and understand the art of quilting. But how do you encourage new people to attend shows and get excited about quilting if you are not offering anything new and different?

One way to start is to introduce social media into the mix of marketing a show. While traditional forms of marketing—flyers, brochures and posters—are important, social media sites such as Facebook Twitter and Flickr are quickly becoming a necessary part of the marketing mix, and help to attract a new audience. According to Social Times, although the largest group on Facebook is women aged 26-54, one of the fastest growing segments of Facebook users today is women over 55.

As more and more people turn to social media for information, it is an important channel for guilds and quilt show organizers to utilize. \*continued next page...

Article from the Quilters Connection mag Summer 2015 issue:

## FOR THE LOVE OF QUILT SHOWS: IS IT TIME FOR A CHANGE? Cont.

The younger quilters are also more interested in less traditional styles of quilting, and guilds have begun exhibiting 'Modern Quilt' displays to attract new members and visitors. But it's not all about modern quilting. More and more traditional quilters are making the shift to creating art quilts rather than traditional patchwork, as their interests change. Organizations such as Studio Art Quilt Associates (an international non-profit organization dedicated to promoting the art quilt and the artists who create) and the Fibre Art Network (a co-operative of self-defined artists based in Western Canada) are increasing in popularity and membership.

The key element is to maintain the interest of visitors to quilt shows. While still attracting traditional quilters, we need to also inspire new quilters and the next generation—and create the shows and experience the appeal to their tastes and interests. Although it may sound like a challenge to satisfy the needs and wants of different demographics, successful quilt show organizers will succeed by taking everything into consideration and offer vendors, programs, workshops and displays that appeal to both audiences.

[www.quiltersconnection.ca](http://www.quiltersconnection.ca) (Editor note: Subscribe to this wonderful magazine—options are hard copy or electronic.)

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### Surprising Health Benefits of Quilting *By Jillynn Stevens, Ph.D., MSW | Submitted On Feb 04, 2014*

You know that quilting makes you feel good, but now there's scientific evidence to back up what you've always suspected—not only does quilting make you happy, it's actually good for your health. Researchers at the University of Glasgow published their findings in the peer-reviewed *Journal of Public Health* after conducting qualitative research using a local quilting group as their source. The end result? "Quilting seemed to possess some distinct properties for enhancing well-being that would not be replicable through outdoor/physical activity." In other words, that's dry research speak for saying quilting gives you a workout you're not going to find in your local step class.

The biggest perk? When you're happy and doing something you love, your brain gets saturated with dopamine and serotonin, otherwise known as happy chemicals—especially when you're doing "meaningful work" using your hands. According to Kelly Lambert, PhD and a member of the neuroscience department at Randolph-Macon College, quilting complements these conditions perfectly.

#### Get Healthy and a Stunning Quilt

Next on the health benefits list is a decrease in stress levels. Dr. Lambert says quilters "feel a sense of accomplishment that increases your 'reward chemicals' and decreases the chemicals related to stress or anxiety." Of course, lower stress levels are linked to a variety of good things from a lower risk of heart attack and stroke to lower body fat. In a time when stress levels are breaking through the roof for most people, who wouldn't benefit from a little cultivation of mindfulness?

If you're more into quantitative proof, a clinical psychologist published research in the *Journal of the American Medical Association* showing evidence that quilting leads to decreased blood pressure, heart rate and perspiration. Finally, according to Harvard neurologist Marie Pasinski, MD, quilting is a soother for the brain. The Glasgow research echoes these sentiments, with the participants saying that quilting was a (relatively) easy way to embrace creativity, and the use of different colors and textures gave them a "sense of wellbeing."

#### Straight from the Source

The Glasgow participants specifically cited, time and again, bright colors and how they elevated their moods—particularly during those dreary British winters. Most of the group also said there was something captivating about quilting and that they got into a flow, much like a runner's high. It's relaxing and at least for a little while, their anxieties were put on the back burner. However, quilting also requires problem solving skills, like when new patterns and shapes are required. From newbies to quilt masters, everyone said that at some point they always find a new challenge.

Finally, getting that tangible end result is a built-in reward that offers plenty of satisfaction and the feeling of achievement. During the social aspect of quilting as a group, the women said they felt inspired and all those compliments don't hurt when it comes to getting a self-esteem boost. Quilting is "uniquely good for you" concluded researchers—a sentiment that's obvious for quilters, but it's quite the rush to get a nod from the world of academe (kind of like nailing that tumbling blocks pattern on your first try).

Jillynn Stevens, Ph.D. is a writer with a vast array of subject matter expertise. Along with publishing articles for large and small businesses, she researches, writes and publishes reports on various public policy issues. Not only does quilting have health benefits, it often takes place in the company of good friends and family.

For fabric and more, see [Novelty Quilt Fabric](#), your online quilting supply article Source:

[http://EzineArticles.com/?expert=Jillynn Stevens, Ph.D., MSW](http://EzineArticles.com/?expert=Jillynn_Stevens,_Ph.D.,_MSW)

## **Quilt Styles and Types** **(Please read before next resource day)**

The program committee is adding a new dimension to our show and tell section of resource day. We are going to try and interactive show and tell at the next resource day so we would like to encourage you to read this article prior to the meeting.

Pat Sloan has stated on the Fat Quarter Shop website that... "Most people when they learn to quilt start out with patchwork, or pieced quilts. We learn block construction and the techniques to create quilts that are fit together with squares, rectangles and a few other more advanced shapes... like a Double Wedding Ring. ...

After a while many of us venture into other styles of quilts. Maybe because we prefer rounded shapes like flowers and hearts (that's me!). Or some want ultimate precision like a paper-pieced pattern can provide. Or a portable project like English Paper piecing. Most recently the Modern Quilt style has emerged with a look that is simple, clean and uses more solids and space in the finished pieced. Then there are the Art quilters, who wildly go where no quilter has gone before and create amazing works of art! "

Here is an explanation different types and styles of quilting:

Pieced or Patchwork Quilts- any quilt that is made up of different fabrics sewn together.

There are many types of pieced quilts that can be found: theme/ scrappy; planned/ unplanned; vintage inspired/ modern; they can be made from a pattern or free form (using innovative piecing); etc.

1. Appliqued Quilts- these quilts involve placing shapes onto a background then sewing them to the background using various hand or machine techniques.
2. Art Quilts-are simply art. The Studio Art Quilt Associates (SAQA) defines the art quilt as "a creative visual work that is layered and stitched or that references this form of stitched layered structure."
3. Modern Quilts-is a genre of pieced quilts that grown mostly through the internet. However, the creation of the Modern Quilt Guild in 2009 moved it into the realms of in-person meetings. A few traits of Modern Quilts are: bold colors, graphic design, and the use of negative space.
4. Paper Piecing or Foundation Piecing-is a quilt that is achieved by stitching fabric onto a paper foundation. Once the sections are finished the paper is removed. With paper piecing, quilters can achieve perfect points much easier.
5. English Paper Piecing- is a type of quilting that is used to piece shapes with many sides and in-set seams. It involves cutting individual paper templates (or purchasing readymade templates), folding and basting fabric around those individual shapes, then whip stitching these together to form larger shapes or blocks. The templates are removed once the quilt is complete. It is a very portable type of quilting.

Submitted by the Program Committee.

**Frixion Pens-All you need to know: Jenny K Lyon** A recent discussion on Facebook prompted me to explore this one last time. Some prominent quilters and artists have said things about the Frixion pens that I have not found to be true in my own experience, so I needed to get the facts. I ended up talking directly with a rep at Pilot to get the facts.

### Frixion pen

If you're not familiar with Frixion pens, they are a line of pens and highlighters made by Pilot that are heat erasable. Frixion pens make a crisp, clear mark which goes on smoothly and easily with no skipping. After quilting, you simply steam the ink lines away and poof, they are gone! This seems like the Holy Grail of marking methods for us quilters. It is important to note that Pilot did not design the pens for fabric and did not test them on fabric while developing the concept.



But quilters/textile artists had problems with the pens, namely two:

-Sometimes they left what I call a "ghost" mark after steaming the initial mark away. It was faint, but certainly not something you would want to see on your quilt.

-If the quilt got cold, the marks reappeared.

Quilters wrote articles noting that if the marks reappeared in the cold, it was because the quilter did not thoroughly steam the marks. This simply is not the case. The ink combination used in the pens has two parts-one part makes the mark and one part makes the mark disappear. There is still ink left on your quilt after steaming, you just can't see it. The ink is still there and will reappear in the cold.

I know it sounds odd talking about a quilt getting cold! But if you throw your quilt in a suitcase or the back of your car or, in my neck of the woods, drive up to Tahoe in the winter, your marks will come back. But even worse for competition quilters, if they are shipped and get cold, the marks will be back on your quilt at the show you sent them to-not a good thing.

### Ghost marks

As to the ghost marks, I did not find a pattern as to which fabrics would show the marks. Some say that if you pre-wash your fabrics you won't get those marks. That was not the case for me. So I had to test on any fabric I wanted to use them on to make sure I would not be left with ghost marks after steaming the ink marks away.

I felt like I needed to know for sure the answers to the problems with the Frixion pens. I called the Pilot pen company and asked for a representative knowledgeable about Frixion pens and their use on fabric. *She was quick to note that Frixion pens were not designed to be used on fabric!*



She explained some important things to keep in mind when using Frixion pens on fabric. The Frixion ink is actually a combination of two things: gel ink, and a thermo ink. The addition of the thermo ink is what makes the gel ink disappear with heat. But note, Frixion pens are basically gel pens with some added thermo ink. *That means that you are putting gel ink on your quilt when using Frixion pens.* That ink will disappear only because of the thermo ink-the gel ink is still there on your quilt unless you take additional steps to remove it.

### Mötsenböcker's LIFT OFF® #3

Because so many customers were using Frixion pens on fabric, Pilot did some testing to try to remove the stains. They tested two specific products that will help remove the stains: [Amodex](#) and [Mötsenböcker's Lift-Off 3](#). I can find the Mötsenböcker's in my local grocery store but I have not heard of Amodex. She noted that just like removing any other ink stain, sometimes you would need to spot scrub to remove the mark. Ugh-editorial comment



### Amodex

***So in summary, straight from the manufacturer's mouth so to speak, a summary of using the Frixion pens on fabric:***

1. Frixion pens combine gel ink and thermo ink. You are marking your quilt with a gel pen that disappears.
2. The marks *will* reappear if the quilt gets cold (anything below freezing I think-I did not confirm the specific temperature) unless the mark is completely removed with an ink remover. Even after a thorough steam of the marks, they will reappear in the cold. This is part of the inherent chemistry of the ink combination.
3. To completely remove the ink so that it will not ghost or reappear in the cold, you will need an ink remover and also may possibly need to scrub the area. The manufacturer has tested Amodex and Mötsenböcker's Lift-Off 3 and found them to be fairly effective in removing the ink.
4. Frixion pens sometimes leave a ghost mark after steaming. This is the thermo ink showing on the quilt, not the gel. The Pilot rep said to rid the piece of ghost marks you would need to treat it with the ink removers listed above.



So this is a definitive summary of the Frixion pens straight from the pen's manufacturer.

For me, I will not use these pens very often because I frequently do competition pieces. I cannot risk having any problems with the marking method I use. I think they are great pens for other marking needs but we need to be aware of their limitations. And remember that the Pilot pen company did not design these pens for fabric.

# Paper Piecing 101

Posted October 1st, 2014 by [quiltercon](#) & filed under [Blog](#).

10 great tips for perfect projects every time!

New quilters are often frightened by the Paper Piecing technique, citing that it 'looks' very complicated, with all those intricate little pieces used in the patterns. In fact, paper piecing is one of the simpler forms of quilting. It's a bit like painting by numbers, except that you are using fabric and thread, instead of paint and brush.

Here are some tips to help you get over the fear of paper piecing, and for those readers who are already experts, you may find some great tidbits to help you make your paper pieced projects even better!

1. If you haven't paper pieced before, use a pattern that has larger, and fewer, pieces. Practice until you are comfortable, then move onto more intricate designs.
2. If you are doing multiple blocks of the same pattern, pre-cut your fabric and label them with the pattern piece number to make the sewing go faster.
3. Set your machine for a smaller stitch length (15 – 20 stitches per inch) to make it easier to remove the paper. A smaller stitch length also holds the seams better when you're ripping the paper away. (You can also use a slightly larger needle. A larger needle makes larger holes in the paper).
4. Don't worry if the raw edges of your fabric pieces match up exactly, as you will be trimming them down later anyway.
5. Several types of paper are good for paper-piecing. You can use regular typewriter or copy paper, but unprinted newsprint is best. You may also want to try using freezer paper – you can re-use the smaller pieces for other projects!
6. Pin your fabric, or use a small dab of children's glue, onto the wrong side of the paper to hold it in place so it doesn't shuffle as you sew.
7. Begin stitching before the line starts, and end your stitching after the line ends. This way your seams will not pull apart.
8. Use a dry iron when pressing paper pieced blocks. Steam may cause the ink to bleed onto your fabric.
9. Keep a pair of tweezers handy to remove smaller pieces of paper left after ripping the paper pattern away. If there are still paper bits left over, dampen a q-tip and wet the paper – it will easily come off.
10. Remember to change your sewing machine needle more often when you are doing a lot of paper piecing – the paper will dull your needle

# SUNSHINE COAST QUILTERS' GUILD

P.O. Box 2083  
Sechelt, B.C.  
V0N 3A0



[www.scquiltersguild.com](http://www.scquiltersguild.com)

*Guild memberships are renewed each year starting in September, and are valid until the end of May.*

*Memberships cost \$40 if you choose to access the newsletter on our web site.*

*Additional charges imposed if you prefer to have printed copies mailed to you. We welcome guests (there is a drop-in fee) and love to have new members join us.*

## HISTORY

In 1982 a group of women on the Sunshine Coast got together to share their love of quilting. Pat Crucil, an accomplished quilter and teacher, established this first quilt group on the Coast.

**Today** the Sunshine Coast Quilters' Guild is the "umbrella" organization for seven local community quilt groups from Pender Harbour to Gibsons, with a membership of 175. The guild promotes the joy of quilting on the Coast by providing enjoyment through quilt shows, classes, demonstrations and displays. We continue to meet eight days throughout our Guild year, from September to May at the Holy Family Parish Hall in West Sechelt (5700 Nickerson Road). Our meetings consist of Mini-Workshops, Business Meetings, Show and Tell, and a Program.

### TRANSFERRING MOTIFS TO QUILTING:

Product	Description	Type of Quilting	Advantages	Concerns	Template Required
Pencil	Quilter's colored pencils, mechanical pencils	Hand	Thin line usually disappears under stitching, easily erased	Often not dark enough to be seen for machine quilting	Yes
Chalk	Tailor's chalk, chalk dispensers, chalk pencils	Hand/machine	Comes in a variety of colors, erases easily with rubbing	Can rub off before you want it to	Yes
Soap	Soapstone, soap slivers	Hand	Easily washed out, economical, shows well on dark fabrics	Often not dark enough to be seen on light fabrics and prints	Yes
Markers	Air-erase markers, washable markers	Hand/machine	Good dark line	Some quilters worry about marks reappearing	Yes
Hera marker	Tool that creases the quilt to show markings	Hand/machine	Makes no permanent mark	Can be difficult to see, can wear off before you want it to	Yes
Tape	Masking tape, narrow tape with marked lines	Hand/machine	Peels off easily, marking of quilt top not necessary, can be reused	Only for straight lines or very gentle curves	No
Quilter's guide on machine	Bar attaches to the walking foot on some machines	Machine	Marking of quilt top not necessary	Best for straight lines with a guide to follow	No
Tracing paper	Motif is traced on paper and pinned to quilt top	Machine	Marking of quilt top not necessary	Motif must be traced on every sheet	No