

SUNSHINE COAST QUILTERS GUILD



Next MEETING Mar 26th, 2016: Holy Parish Hall, 5700 Nickerson Drive, West Sechelt

March, 2016

Special Points of Interest

Next meeting: March 26th, 2016

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

Gail Reichart —
"Facing your Quilt" - small
kit fee (max \$5.)

Jean Minch —
Ice Dyeing—supply list
required (see program
page 6) and \$2 kit fee

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

Program:
Easter Fun—In house
events planned

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

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PRESIDENT'S REPORT

Even though we had an extra day in February, somehow it just flew by. I noticed the trees are starting to bloom, good sign Spring is just around the corner.

Thank you to ARTIST Linda White, for the beautiful quilt she donated, along with donations from 55 other artists. This will be part of a fundraiser for a Syrian refugee family, who will reside in our community.

The best thing about living on the coast is that we are blessed with such wonderful artists, and they just keep on giving, including us.

Thanks to the 1/2 Moon Crazies who provided us with our goodies last month. After show and tell, the Crazies did a trunk show demonstrating we have come certainly come a long way, it was most enjoyable.

The Comfort Society received a large donation of fabric and blocks to be completed. This will keep us all busy, no reason to be bored. Thanks to all the ladies who helped out at the cutting bee, held at Fibre Expressions. We were busy cutting 2 1/2" strips and blocks. We had an IRONING

ANGEL pressing all the fabric, does David Bowie ring a bell? Thank you David. The Comfort Society will have kits ready for the next meeting, pick up as many as you want. They also received a request from Yew Transition House for quilts for their beds. Between making baby quilts and comfort quilts, I hope you find a little time to completed your own projects.

You are an amazing bunch of women, thanks for all your support. Hope to see you all at our March 26th Resource Day.
Hugs Judi

Hostess Schedule*

March 26th, 2016: Fat Quarters
April 30th, 2016: Cotton Club
May 28th, 2016: Off the Wall
September 24th, 2016: Gone to Pieces
October 29th, 2016: Pender Harbor Piecemakers
November 26th, 2016: 1/2 Moon Crazies
January 28th, 2017: Fat Quarters
February 25th, 2017: Cotton Club
March 25th, 2017: Off the Wall

*When Satellite group is hosting; all members of the group are welcome to stay and enjoy and participate in Resource Day activities.

Next NEWSLETTER

Deadline:

April 7, 2016

Things to Remember for meeting:

**Coffee/tea cup –

*** Name Tag

**Donation to hostess group for snack

Fat Quarter Draw:
Modern Quilt Fabrics

This Month's Hostess Group: Fat Quarters

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	Lynda White	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	NEEDS TO BE FILLED
Treasurer	Helene Johnston	Comfort Quilts	Bernice Johnson, Jean Bowering, Sue Lowell
Membership	Pauline Weber Linda Gant Gail Junnila	Publicity	Liz Lacey
Program Committee / Mini Workshops	Ada Yeo, Anne Selder Rojean Trent, & Gail Reichert, Betti McGillivray, Jill Bellissimo	Library	Maria Lodzinski, Liz Lacey, Sandra LeHeup & Kathleen Bezaire
Website Administrator	Sheila MacDonald	Retreat Committee	NEEDS TO BE FILLED
Newsletter Editor Assistant	Karen Biddlecombe Val Marus	Facebook Moderator	Shelly Cowan

Satellite Group Rep contact information:

Pender Harbour Piecemakers:

Meet at Madeira Park
Lee Ewing 604-883-2620
lewing@dccnet.com

½ Moon Crazies: Meets at Greencourt, Sechelt.
Second Sunday 9—5
Carol Bowie 604 885-4127
quiltscrapqueen@dccnet.com

Off the Wall: TBD

Loose Threads: Meets at a members home in Sechelt area—taking turns to host. Second Thursday
Sonja Randall 604 885-7722
sonja_r@eastlink.ca

Fat Quarters:
Meet at Fibre Expressions
Third Sundays 11 - 3
Nancy Climie 604-885-6745
nclimie@telus.net

Gone To Pieces:

Meets at Frank West Hall Gibsons.
Second Sat of the month
Marg Kurys 604-885-5489
mail4margi@dccnet.com

Cotton Club:

Meets at Frank West Hall Gibsons
3rd Sat of the month
Linda Gant 604-886-7639
lgant@telus.net

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

Classified.....\$10.00 *PI
Bus card size..... \$10.00 *PI
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8 issues.....\$200.00
One time email to all members,
.....Quilting related \$15.00
.....Commercial \$35.00

Please contact :
Val Marus:
valmarus1@gmail.com

Next Newsletter Deadline
April 7th, 2016

for Meeting:
April 30th, 2016



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S.C.Q.G. RESOURCE DAY MINUTES: February 27th, 2016
Call to Order

President Judi Wilson called the meeting to order at 11:00 am.

Judi thanked 1/2 Moon Crazies for hosting.

It was **MOVED** and **SECONDED** that the minutes of the meeting held January 30th, 2016 be approved as circulated in the Newsletter.

CARRIED

Correspondence:

An email with a request from a local church asking if the Guild could provide a quilt for a fund raising effort to help support a couple of Syrian Refugee families being sponsored to come to the Sunshine Coast. A Member of the Comfort Society Executive felt that the issue was political and should not be entertained by the Guild. Members of the Comfort Society voted (3 for, 1 against) to provide the quilt for the fund raising effort. When asked - the general Membership of the meeting agreed with the Comfort Society to provide the quilt.

The quilt donated by Lynda White was presented to Joanne Segate for the fund raising auction.

Treasurer's Report:

Not available.

Old Business:

Judi announced that the issue of a Quilt Show has been tabled until such time a coordinator steps forward.

Committee Reports:
Newsletter:

Karen reported that the deadline is March 3, 2016.

Membership:

Linda Gant reported that there are 71 Members and 1 visitor in attendance.

Door Prizes were won by: Gail Junilla, Shirley McCaughtrie and Janis Magnusson.

Comfort Society:

Sue Lowell announced that there was a nice donation of fabric from a lady from North Vancouver. She also reported that there was a request for quilts from Yew Transition House.

Block of the Month

Shirley McCaughtrie announced that the block winner was Helen Bailey.

Program Report:

Janet Flummerfeld won the Fat Quarter draw. Next month Fat Quarters will be Modern Fabrics.

Anne Selder thanked Pauline Weber for presenting the Mini

Workshop on Foundation Piecing and those Members who attended her Mini Workshop on ¼ inch seams.

Bus Trips:

Gail Reichert reported that there were sign-up sheets for a Shop Hop to the Lower Mainland during the early part of May. 20 Members are required in order for the trip to be viable.

Show and Tell: There was a large display of quilts.

Program:

Members of the 1/2 Crazies gave a fun Trunk Show with their first and latest quilts. The improvement in all was remarkable.

The meeting adjourned at 11:50 pm.


HAPPY BIRTHDAY TO THE MARCH BABIES:

CD, AH, GJ, SL, BMc, , JW,

Let us congratulate them in making another great year still quilting and having fun with like-minded others!

The Daisy Chain—A Free Motion Quilt Tutorial—posted Mar 11/14 by Lori Kennedy—The Inbox Jaunt

The Daisy Chain is a fresh, modern pattern that would look great on any “girlie” quilt. This pattern can be made much larger and it can be adapted to an all-over pattern. **The Daisy Chain** is the summer version of [The Snowflake](#)—the steps are very similar

THE DAISY CHAIN TUTORIAL

Begin by drawing three lines, equidistant apart. In this tutorial, I used the grid stencil from [The Stencil Company](#) to create lines 1 inch apart.

Begin stitching ON the line. Stitch down approximately one inch and stitch a small circle.

Stitch a thin petal, angle up and toward the left “rail”.

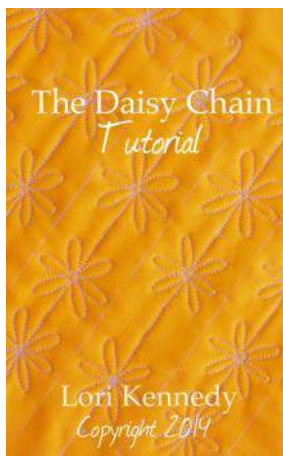
Stitch two more petals on the left side of the center line

Stitch around the center circle to the center line. Avoid stitching ON the center circle to avoid a build up of thread.

Next, stitch the remaining petals, finishing at the bottom of the circle.

Stitch down on the center line and begin the next flower in your daisy chain.

By staggering the daisies in each line, the pattern fills in nicely. Sweet!



S.C.Q.G. EXECUTIVE MINUTES: February 27th, 2016

Present: Judi Wilson, Ada Yeo, Lee Ewing, Sheila MacDonald, Carol Bowie, Nancy Climie, Lynda White, Marg Kurys, Karen Biddlecombe, Linda Gant, Sue Lowell, Helene Johnston, Gail Reichert

Call to Order

President Judi Wilson called the meeting to order at 1:20

It was MOVED and SECONDED that the minutes of the Executive meetings held January 30th, 2016 be approved as circulated in the newsletter.

CARRIED

Policy Review:

Carol Bowie, Sue Lowell and Lee Ewing have started a complete review of Bylaws and Policies with the aim to consolidate and simplify the documents and another meeting will be held in order to have the revisions ready for the April meeting.

New Business:

Lee Ewing announced that she was canvassing for volunteers to fill vacancies on the Executive for the next year.

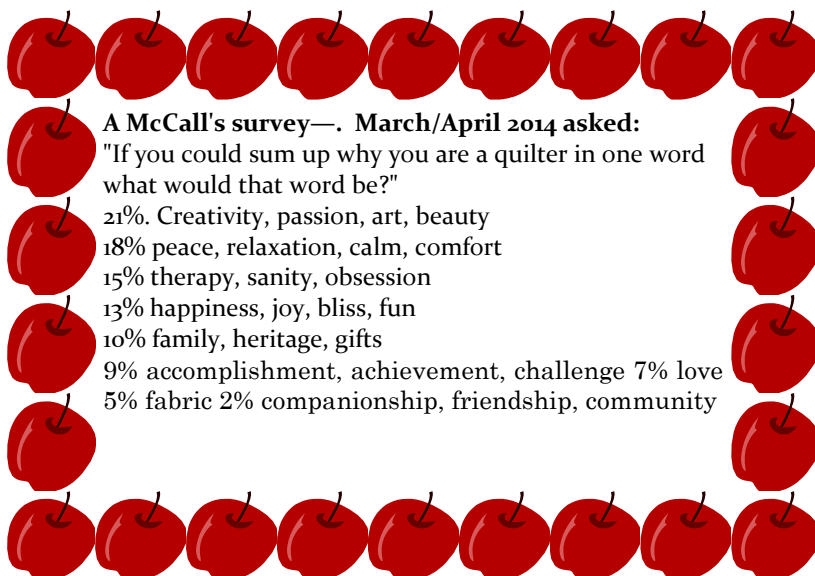
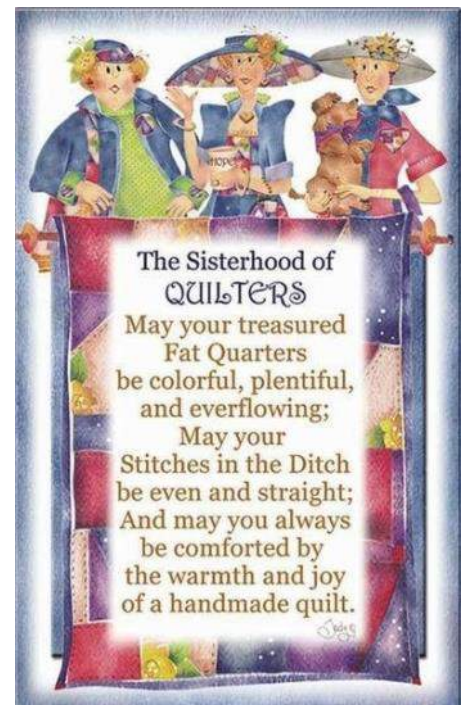
Satellite Groups:

It was noted that Marg Kurys is the Rep for Gone to Pieces and that Linda Gant is Rep for Cotton Club.



As it turned out, Margie's new spin class was not spandex-appropriate.

The meeting adjourned at 2:00 pm



A McCall's survey—. March/April 2014 asked:

"If you could sum up why you are a quilter in one word what would that word be?"

21%. Creativity, passion, art, beauty

18% peace, relaxation, calm, comfort

15% therapy, sanity, obsession

13% happiness, joy, bliss, fun

10% family, heritage, gifts

9% accomplishment, achievement, challenge 7% love

5% fabric 2% companionship, friendship, community



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Program Events—March, 2016

PROGRAMS

Thanks to 1/2 Moon Crazies for their wonderful presentation of first and last quilts. It was very inspiring.

March Resource Day will be Easter fun. Wear an Easter bonnet and win a prize for best creation. We have a few ideas for events and will send out details in an email, later this month. A few hints: Strip Poker with 2 1/2 inch strips; bring a favourite tool (or several tools) and explain how to use it. Anne is also planning a surprise for all who attend.

In April, we will have the Iron Quilter Challenge. There are still spots available so be sure to sign up for this fun event. Please read the information about this on the page 13 of this newsletter.

We have a Play Day planned for May. We need to confirm all of the presenters so there will be more details next month. What we plan to do is have tables with lots of different, fun techniques being demonstrated.

Workshops

Thanks to Joan Baker for her February workshop on quilted jackets. There are no workshops planned for March, April, or May.

Classes Pending

Gloria Loughman's three classes for September 2016: Confident Colour, Shades of the Forest, and Fabulous Facades are now sold out. We are taking names for a waiting list. Final payment for those who signed up for any of the classes is due at May Resource Day.

Mini Workshops

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

Gail Reichert will be demonstrating "Facing your quilt". Want to learn a simple, fast way to use facings instead of

binding on your quilts? Gail has used this really simple way to face her art quilts for a few years. Using this method you can achieve a beautiful 90 degree corner that is not bulky. A small fee will be charged for handouts.

Jean Minch will be demonstrating Ice Dyeing. Participants will need to bring: a bucket with lid (at least 1 gallon size), rubber gloves, 2 fat quarters or half metre of pre-washed, plain light coloured fabric. Jean will supply the ice. There is a \$2 kit fee.

There will be no mini workshops in April or May.

Fat Quarter Draw

The March Fat Quarter draw will be for Modern Quilt Fabrics. Bold, large prints and negative space

Program Committee:

Ada Yeo mjyeo@aol.com

Anne Selder graniteridge@dccnet

Rojean Trent ktrent@telus.net

Gail Reichart knottyquiltergirl@gmail.com

Jill Bellisomo 5bells@telus.net

Betti McGilvery
betty_mcg@hotmail.com



Addicted to Quilting

She learned to quilt on **MONDAY**.
Her stitches all were fine.
She forgot to make us dinner
So we all went out to dine.

She quilted miniatures on
TUESDAY;
she says they are a must.
They really were quite lovely
But SHE forgot to dust.

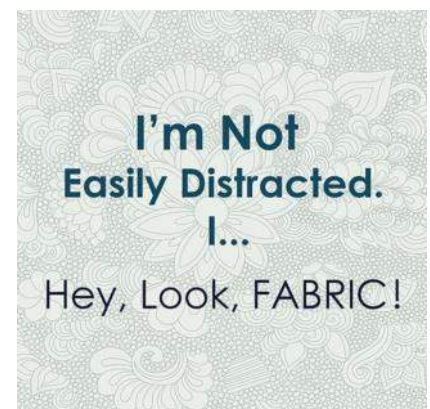
On **WEDNESDAY**, it was a
sampler.
She says stippling's fun.
What highlights! What shadows!
But the laundry wasn't done.

Nine Patches were on **THURSDAY**
-
Green, yellow, blue and red.
I guess she really was engrossed;
She never made the bed.

It was wall hangings on **FRIDAY**,
In colors she adores.
It never bothered her at all
That crumbs were on the floor.

I found a maid on **SATURDAY**.
My week is now complete.
My wife can quilt the hours away;
The house will still be neat.

Well, now its only **SUNDAY**.
I think I'm about to wilt.
I cursed, I raved, I ranted
Cuz the maid has learned to
QUILT!



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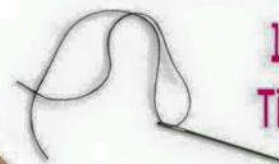


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U Create

Greetings from the Comfort Society

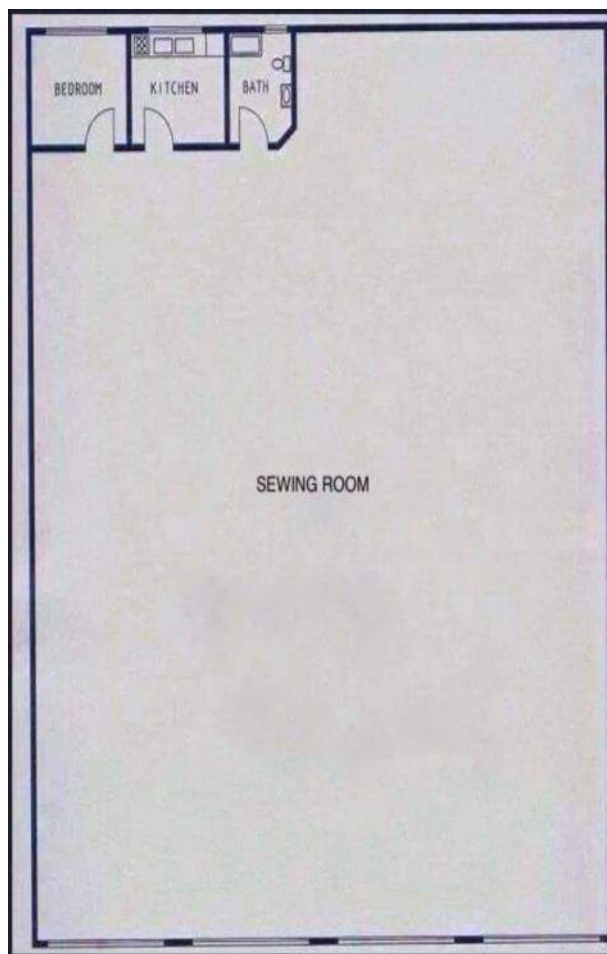
What a busy month we have had! Fabric and quilt donations continue at a great pace, as do requests from the community. The baby quilts donated are gorgeous and we receive positive feedback from hospital staff every time we drop them off. We also donated a quilt for the Charity Art auction in Gibsons.

Early in March we held our first "Taming of the Scraps". Over 15 guild members spent a few hours turning scraps into strips and squares, and our job is not done. There is still a sizeable quantity of scraps still to be dealt with, so future work parties will be organized. Nothing was wasted as all the trimmings were saved from the bin to be used for pet beds at the SPCA! Block kits will be assembled and available at upcoming Resource Days.

Keep up the great working supporting our community.

Bernice, Jean and Sue

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



FIBRE WORKS
STUDIO & GALLERY

fibreworksstudio12887@gmail.com

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

FibreWorks Gallery will be closed November 23, 2015 to March 31, 2016

FibreWorks Studio will be open by appointment only, during this time, for those who need a fibre and yarn fix during the winter. Appointments may be made by email and/or telephone.

**2016 Exhibition schedule and workshops will be posted on our website –
www.fibreworksgallery.com – after January 01, 2016.**

CALENDAR OF EVENTS:

Canmore Art Guild, Mar 5—22/16 11-5 daily
700 Railway Ave, Canmore Alberta
contact Lynn Cooper 403-609-0228

Creative Stitches Sewing Show—Tradex—
Abbotsford - Mar 18—19/16 Western Canada's
Largest Sewing & Crafting Event 9-6 and 9-5
Admission \$12 (2day festival pass) contact
1-855-723-1156 info@cannorthshows.com

The Threads that Bind Us—Langley Quilter's Guild—May 6-7, 2016 George Preston Rec. Centre
20699 42 Ave, Langley
Contact ibuch@telus.net Admission \$6

North Star Quilters Society—May 23— June 5/16
Contact Heather Krane 250-427-4906

Victoria Quilters' Guild COLOUR IN MOTION will be
held at the Pearkes Recreation Centre,
3100 Tillicum Road, Victoria May 6 – 8, 2016.
quilts@victoriaquiltersguild.org

Lions Gate Quilter's Guild -
June 10—11/16 9-5pm
Admission \$7 adults, children under 12 free contact
Dianne Ritter 604-910-2014

Nanaimo Quilters Guild June 10—11/16 10-5
Admission \$8/person reduced rates for buses
contact Lillian Charron 250-245-8345

Cariboo Calicoo Quilters' Guild, June 10-11, 2/16;
100 Mile House Admission \$5.00 includes tea/coffee
and goody. Birch & 3rd (Downtown)
Call Jan Kidston 250-791-5247 or email:
kidston@netbistro.com

CQA: Quilt Canada 2016, June 15 – 18
Toronto, ON The International Centre

Sisters, Oregon—July 9/16 9-4pm
Outdoor Quilt Show

Quilts by the Sea—Mayne Island Quilters Guild—
July 16/16. Dinner Bay Park, Mayne Island, BC
contact: ssandvik@shaw.ca

Ridge Meadows Quilters Guild—Sept 9-10/16 10-5
Admission \$5 contact Kathryn Rankin 604-463-2203

Copy and paste this link to find free projects and patterns:

<http://www.patchpieces.com/2001quiltingbom.html>



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Why quilting improves your health in ways even exercise can't manage:

As devotees of a quiet and contemplative pastime, they would be the last to make a fuss about it. But quilters, it seems, have every right to celebrate their craft after researchers found that it is 'uniquely' good for you. A study found quilting improved well-being in ways that physical and outdoor activities could not, and offered a creativity that had been 'stifled' in the modern world. The University of Glasgow team concluded that all hobbies — 'from reading to train spotting' should be looked at for their mental and physical benefits. They interviewed quilters and found the activity helped their cognitive, creative and emotional well-being, particularly among older people.

The use of bright colours was 'uplifting', the activity distracted from the stress of work, and quilting offered challenges such as maths and geometry. It also increased confidence and had an important social side. Professor Jacqueline Atkinson, co-author of the study and a quilter herself for five decades, said: 'Doing something that engages you and that you enjoy is key. As adults, we don't often do enough that includes fun and play. 'We put a lot into studying the use of green spaces and that's useful to individuals and communities.

'But maybe we need to say there are other things too

It concluded that: 'Whether it is growing vegetables, knitting a jumper or discovering a new scientific formula creativity may be fundamental for wellbeing and has received little attention so far within public health. 'Exploring creativity and what people do in their everyday lives, which they deem creative, may be an important avenue for wellbeing promoters. 'Additionally, more consideration needs to be given to all hobbies, from reading to train spotting, and their potential for enhancing wellbeing.'

Craft Scotland said interest in quilting amongst younger Scots was increasing but there was no measure for how many people take up the hobby individually or in clubs.

Emma Walker, chief executive of Craft Scotland, said the research backs up what they are seeing on the ground. She said: 'We've definitely seen an increase in groups doing quilting socially but also individuals. 'There's an emotive connection as well as financial need to recycle. 'Historically older groups of women did quilting but women in their early 20s are getting together and children's groups are also taking it up. 'People are investing in quality pieces of quilting, but also looking to make items themselves and re-use materials they have in their homes. 'I can only see the popularity increasing.' - by the Daily Mail Reporter June 13/11

Spring Shop Hop Trip May 3 , 2016

FULL / WAIT LIST STARTED

Twenty guild members have signed up to enjoy a day of shopping on the lower mainland on May 3, 2016.

We will depart on 8:20 a.m. ferry and return on 7:30 p.m. ferry. Please meet at the Senior's Activity Center, if it is convenient, by 7:15 am. Remember parking is limited there so please arrange to carpool or to be dropped off and picked up.

If you live near or can be dropped off at any bus stop along the highway enroute to the ferry, I was assured that it could be arranged. However, you will need to let me know at the March resource day where you would like to be picked up at so we can make it happen.

We will visit Dress Sew, Button Button, Spool of Thread, Needle and I, Granville Island and Quilter's Dream. We will stop at Granville Island for 1.5 hours for shopping and lunch. We will stop for about 40 mins. at each of the other shops. At this point in time, the shops have not been contacted so this is tentative still.

The cost is \$50/ person, which includes the ferry. Payment required by Mar. 26th resource day. Lunch is not included. There will be time for dinner at Horseshoe Bay. We will be collecting a gratuity for driver at the end of the day. If you have any questions or want to be added to the wait list please call Gail (604-740-8874) or email her at knottvquiltergirl@gmail.com.

So excited to be going on a bus trip!

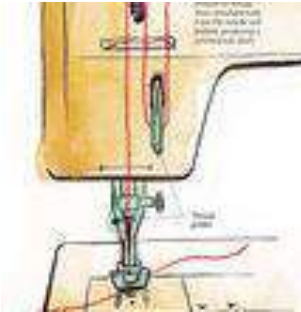
QUILTING TIP: Understanding Thread Tension by Clare Shaeffer excerpted from Threads #78, pp 39-41

Many sewers avoid the tension dials on their machines like the plague, certain they'll only make matters worse if they make adjustments. In fact, there's nothing very mysterious about setting and adjusting thread tensions on your sewing machine, whatever its make and model. What's potentially more confusing is that many apparently tension-related problems are caused by factors other than misadjusted tension dials. Let's look closely at how to identify and correct "tension" problems, both with and without touching the tension settings.

Meet your tension tools

In order to form a row of stitches that looks the same on thread needs to flow from the spool and the bobbin running the threads through various tension devices for the upper thread(s), and the bobbin-case spring for include a small hone in the bobbin case finger, through the tension for improved stitch definition when topstitching-touching your tension settings.

The **tension discs** and the **tension regulator** together discs squeeze the thread as it passes between them, amount of pressure on the discs. On older machines a screw or knob. On newer models there are three front of the machine, which can regulate two threads at once.



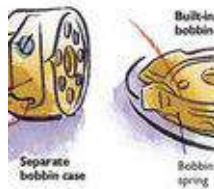
both sides of the fabric, the same amount of simultaneously. This is accomplished by and tension regulator on the machine head the bobbin thread. Some machines also which to feed the bobbin thread to increase ing, satin-stitching, and embroidering, without

are called the tension assembly. The tension while the tension regulator controls the there are only two tension discs, controlled by discs controlled by a dial or key pad on the

In either case, the tension regulator is elementary: when adjusted to a higher number (turned clockwise), the discs move closer together increasing the amount of pressure. Turned to the lower number (counterclockwise), the discs move apart, decreasing the pressure. Using a thicker thread without resetting the dial will increase the pressure and cause the upper thread flow to decrease, unless you've got a newer machine that makes automatic upper-tension adjustments. Since the bobbin tension is not self-adjusting, the lower tension may need to be adjusted manually to match.

In addition to guiding the thread along its path, each **thread guide** exerts a small amount of resistance on the thread, adding to the tension from the discs to achieve balanced tension. Bottom line: Always make sure all guides are threaded before stitching.

The flat bobbin-case spring exerts pressure on the pressure is regulated by a small screw at the rear of when the machine has a separate bobbin case. bobbin case, locating the tension screw can be below. In either case to increase the resistance, higher number) or counterclockwise (to a lower more than a quarter-turn between tests. This helps and reduces the risk of losing this very small screw.



thread as it comes out of the bobbin case. The amount of the spring. Both the spring and screw are easy to locate When the machine has a drop-in bobbin with a built-in more challenging. Both types are showing in the drawings use a small screwdriver to turn the screw clockwise (to a number). Turn the screw in small increments and never you keep track of how much you're changing your settings

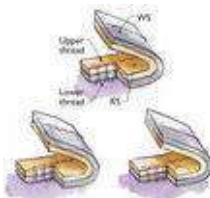
The bobbin-spring screw regulates bobbin-thread (left) or is built into the machine (right)

tension, whether your bobbin is a separate, drop in unit

As with the tension dials, the amount of pressure will be increased when thicker threads are run under the bobbin spring. To eliminate the need to fiddle with the bobbin-case screw, many sewers have two bobbin cases: one set for general sewing and the other for adjusting to less frequently used threads.

Recognizing balanced tensions

When the tensions are balanced, the stitched line drawing at right and the seam is at its strongest and is to look for visible knots or loops at the end of side, the needle tension is too tight or the bobbin When the needle thread shows on the wrong side, tight, as shown in the bottom drawing at right. Of both threads may show on both sides when the



looks good on both sides of the fabric, as shown in the top most elastic. The easiest way to spot unbalanced tension each stitch. When the bobbin thread shows on the right thread too loose, as shown in the middle drawing at right. the needle tension is too loose or the bobbin thread, too course, if you're sewing on very thin or lightweight fabrics, tension is balanced, simply because the fabric is so thin.

When upper and lower thread tensions are balanced, knot between top and bottom threads is hidden too loose (or upper tension is too tight), knot is visible on right side (left). When upper tension is too loose (or lower tension is too tight), knot is visible on wrong side (right).

Tensions can still need adjustment even if they're balanced. If both tensions are too tight, the seam may pucker, or break easily when stretched (test this on a more stretchy cross grain, with at least a 6-in. seam). If both are too loose, the seam will gap when pressed open exposing the threads between the sections.

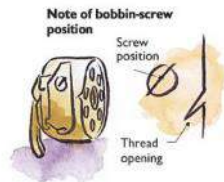
QUILTING TIP: Understanding Thread Tension by Clare Shaeffer excerpted from *Threads* #78, pp 39-41 cont.**How to adjust tension**

There are two types of tension adjustments, a basic adjustment for everyday sewing (this is what your repair person does when adjusting tension, but you can do it, too) and a temporary adjustment, necessary when you change thread types or sizes, fabrics, and stitching operations.

To make a **basic adjustment**, select contrasting colors of a thread in the brand, size, and fiber you use most frequently. Use one color to fill the bobbin, with the machine set on medium speed to reduce the risk of stretching the thread. Insert a new needle in the size you use most frequently and thread the machine, using all the thread guides on the machine head, but skip threading the eye on the bobbin-case finger if you have that feature.

Set the stitch length for 2 mm (12 sts/in.) or for the length you expect to use most frequently. Set the upper-tension regulator at the middle of its range (on most machines, this is 4 or 5), and stitch a test seam on two layers of lightweight muslin, then examine the stitches. If necessary, use a magnifier to see the stitches clearly. If the tension isn't perfect, fix it by adjusting the bobbin spring; tighter if the bobbin thread shows on the upper layer, and looser if the needle thread shows on the underlayer. Make another test seam, and examine the stitches, repeating until the stitch is balanced.

Once your stitching is balanced, start a the thread brand, size, and type, as well produced a balanced stitch. Then draw a example below, to use as a reference if special threads



To record the bobbin tension for future including reference to thread opening or

tension log in your sewing-machine manual, indicating as the number on the upper-tension regulator that picture showing the position of the bobbin screw, like the you need to record a change in bobbin settings for

reference, make note of the bobbin-screw position, open side of bobbin case, as shown.

To make a **temporary tension adjustment**, select the threads for the needle and bobbin, then fill the bobbin and thread the machine. Make a test seam on the fabric that you plan to sew, examine the stitches, then see if you can find a balance using the upper-tension assembly alone.

Whenever you switch from your standard sewing thread to another thread, first thread your sewing machine and test your setup to see if you can get away with a tension-dial-only, temporary adjustment. If that doesn't work, get out your second bobbin case, and start moving the screw in quarter-turns to loosen or tighten it, as your sample dictates. Typically, when you use a lighter-than-normal thread for both needle and bobbin, the tensions will stay balanced, even though they're both lighter. This is often just what you need to avoid puckering lightweight fabrics, so no adjustment may be necessary. A heavier thread in top and bottom will increase both tensions, and you'll probably need to set a lighter tension to accommodate heavier fabrics.

Don't touch that dial!

So many things can affect the tension that it's worthwhile to run through the following checklist in the order given before you reach for the tension regulator:

- **Incorrectly threaded machine:** Incorrect threading is responsible for more "tension" problems than any other factor. Did you use all thread guides? Did you thread with the presser foot down, thus keeping the thread from slipping fully between tension discs? Is thread unwinding freely from the spool, or catching on the spool's slash? Are you using a bobbin as a spool (which can interfere with the thread flow)? Is the bobbin inserted correctly?
- **Incorrectly filled bobbin:** Remove any thread on the bobbin before you wind on new thread. Wind the bobbin following the machine instructions, so it's evenly wound at the proper tension. Remove any thread from the outside of the bobbin. Wind at a consistent, slow or medium speed, especially with polyester and nylon threads, to keep them from stretching; they relax in your seam, causing puckers.
- **Dirty machine:** Lint and thread ends lodged between the tension discs, under the throat plate, or around the bobbin case and bobbin, increase the resistance and restrict the thread flow. "Floss" between the tension discs with a lightweight, lint-free cloth, and check in the bobbin area for thread ends and lint.
- **Damaged machine parts:** Bent needles and bobbins, and rough or damaged surfaces on the needle eyes, thread guides, tension discs, take-up lever, throat plate, presser foot, bobbin case, and in the bobbin area can all cause problems. If you drop a metal bobbin on a hard floor, throw it away, even if it looks fine; the smallest damage can distort tension. Avoid damage to the bobbin-tension spring by cutting the thread close to the case before removing the bobbin. Raise the presser foot before removing thread from the upper tension.
- **Needles, threads, and fabrics:** Different thread sizes and types on top and in the bobbin can throw off basic tension settings. A needle that's too large or small for the thread can also unbalance your stitches, because the size of the hole adds to or reduces the total top tension. If you find that you're getting puckers on organza, chiffon, jersey, lace, or blouse-weight silks or polyesters, try changing to a straight-stitch foot and needle plate, and shorten the stitch length to 1.75 mm (15 sts/in.), before you reach for those tension dials.

APRIL PROGRAM INFORMATION: SCQG IRON QUILTER CHALLENGE

What an awesome response we received from guild member when we unveiled the Iron Quilter Challenge for the April resource day. Twenty one (21) members signed up right after the announcement. There are still spots available for those that wish to take part. Sign up closes at the end of the next resource day meeting, Mar. 26th.

IF YOU SIGNED UP ALREADY, please come to the program committee table on Mar. 26 **BEFORE THE BUSINESS MEETING** to find out what team you are on and to receive the rules and your supply list. Teams will have time to meet after the business meeting to start sorting out things. If you signed up and can't make the March meeting, please ask a friend to pick these up for you or email Gail (knottyquiltergirl@gmail.com) and she will forward them to you.

The goal of the challenge, is to be the first team, to finish a quilt that meets the parameters set out by the program committee. The quilts, once they are completed will be donated to the Comfort Society. The rules and supplies list will be distributed at the March resource day.

Each of the teams will be asked to:

- come up with a visual identifier, (i.e. like a costume but it doesn't necessarily need to be a costume)
- provide their own fabric and sewing essentials needed to complete a quilt- we will provide a list of necessary supplies for the day.
- designate one member as the team leader
- have fun while making something for a good cause.

The **April Resource day** will look quite different as there will not be any mini workshops. The day will look like this:

9:00 - The SCQG Iron Quilters competition begins.

11:00- Business meeting begins.

12:00 Lunch break

12:30- The second round of the competition begins.

12:30 – Executive meeting will begin about this time.

3:00- All work stops. Prizes are awarded. Out of the hall by 3:30.

Those members who choose not to take part in the SCQG Iron Quilter challenge are encouraged to cheer on their favorite team, provide material for the stash table, and work on any handiwork they wish to. You can sign up for this event today, at the March resource day, and if we have any snow-birds/ travellers returning, they can sign up between 8:30 and 8:45 am at the April resource day, if there are spaces available.

The following prizes will be awarded at the first SCQG Iron Quilter Challenge:

- ⇒ First team to the post or the team with the quilt that is furthest along in construction will win \$60.
- ⇒ Viewer's choice award - \$40 for the team whose quilt appeals to the most people. Voting for this will occur immediately after the bell is sounded for all sewing to stop.
- ⇒ A third award will be for the team that has designed the best identification- that distinguishes them from the other participating teams.

If you have any questions, email or phone Gail 604-740-8874.

SUNSHINE COAST QUILTERS' GUILD

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



www.scquiltersguild.com

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

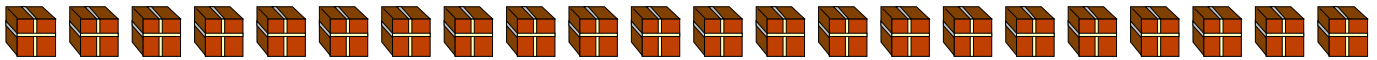
Memberships cost \$40 if you choose to access the newsletter on our web site.

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.



BLOCK OF THE MONTH (BOM):



Each month the SCQG meet, the BOM chair/committee has prepared kits for purchase. Sometimes the kits are \$5.00 and sometimes they are \$8.00 or sometimes even 2 kits for \$8.00—price is determined from cost of fabric and you sign into the log book that indeed you purchased 'x' number of kits. This program is a self—sustaining program, i.e. when fabric is purchased for one month to make kits the money collected at the meeting is used to purchase the next month's fabric to make more kits and so on.



During the month after the meeting you purchased a kit you have time to make up the block (could be 1 block, could be 2 or more). When you come to the next meeting you hand over your completed block (s), sign the book that you have indeed brought the kit back and write your name onto a slip of paper and put in for a draw.



The draw is made during the business meeting. Each name entered has a chance on winning the entire completed blocks! Typical size for the top is a Queen Sized quilt. Additionally, you receive the pattern for the top and additional fabric to complete the top. What fun!



Reminders: please pay careful attention to the instructions and if they are not clear, please contact the name on the instruction sheet and she will be more than happy to assist you.



Also, watch your 1/4" seams and color of thread—does it match/blends vs. stands out?



Squaring up—sometimes you need to square up as you go and sometimes you don't need to square up at all. The instructions will be your guide.



Taking extra time when making your blocks will result in less issues incurred by the winner. The winner will be able to put the blocks together without worry they will be too small or incorrect when the participants take just a bit more time to ensure the finished product is a block to be proud of. Happy quilting!

