

SUNSHINE COAST QUILTERS' GUILD



Next MEETING Nov 24th, 2018 Holy Family Parish Hall, 5700 Nickerson Road, West Sechelt

Nov, 2018

Special Points of Interest

Next meeting: Nov 24, 2018

Doors open: 8:45 am

Business Meeting:

11:00 am

Show & Tell

Coffee/Snack Break,

Program: Seasonal Make & Takes (M&T):

9:30—10am

10:15—10:45am

Break, Business,

12:15—12:45pm

Led by your fellow quilt guild members!

6 Tables with 8

participants per table.

Bring a small kit with

needles & thread,

scissors, etc.

Lots of other tables for

meet and greet social

time if not in a M&T

Executive meeting

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

PRESIDENT'S REPORT—Ada Yeo

This past month I have had two newsletters from two different sources about textile waste and the need to recycle it. In Vancouver alone, about 20,000 metric tons of textiles go into local landfills each year. As quilters, we are part of the problem when we toss pieces of fabric from a project. These scraps could be donated as stuffing for pet beds for an animal shelter. Or, used as leaders and enders, could eventually make a whole new quilt. Then, at October Resource Day, Gloria Daly showed us how to collage those scraps or even use them for mending. My local needlework group has been doing Boro stitching lately. This is a type of Japanese stitching that began as a way for poorer people to extend the life of their clothes, but is now a fashion statement. Last year, one of my favourite sweaters got a hole right in the front. After thinking about it for several months, I hit on a solution to mend the hole but not have it look like a patch. Seems like I was ahead of the current mending fad.

So, my message this month is, in addition to Reduce Recycle Reuse, I am adding Repair. You may just end up with a beautiful project or item of clothing. If you have something you have made from scraps or mended, bring it to Show and Tell this month. I will be wearing my sweater at November's Resource Day.

If you are interested in the articles, look them up at quiltersconnection.ca and sfneedleworkanddesign.org (go to challenge, then current challenge which is Make Do & Mend). Also visit visiblemending.com.



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Hostess Schedule*

November 24th, 2018: Cotton Club*
January 26th, 2019: Pender Harbour Piecemakers
February 23rd, 2019: 1/2 Moon Crazyes
March 30, 2019: Fat Quarters
April 27, 2019: Cotton Club
May 25th, 2019: Gone to Pieces
Sept 28th, 2019: Pender Harbour Piecemakers
Oct 26th, 2019: 1/2 Moon Crazyes

*When Satellite group is hosting; all members of the Satellite group are welcome to stay (no charge) and enjoy and participate in the day's activities.

Next NEWSLETTER

Deadline:

Jan 4/19

Things to Remember for meeting:

**Coffee/tea cup –

*** Name Tag

**Donation to hostess group for snack

Fat Quarter Draw

THEME: SOLIDS

This Month's Hostess

Group: Cotton Club

Sunshine Coast Quilters' Guild 2018-2019 Board Membership

<i>Position</i>	<i>Name</i>	<i>Position</i>	<i>Name</i>
President	Ada Yeo	Vice President	Rojean Trent
Past President—Sunshine	Karen Biddlecombe	Treasurer	Helene Johnston
Secretary	Moira Sarling	Website Admin	Sheila Macdonald
Block of the Month	Donna Thompson, Eileen Evans, Janet Thornton	2019 Quilt Show Chair	Karen Biddlecombe
Comfort Quilts	Jeannette Thompson, Elizabeth Byrne, Phyllis Erlenbusch, Joan Baker, Jean Whitehead, Marie Malcolm, Janet Flumerfelt	Quilt Show Committee	Lee Ewing, Helene Johnston, Sue Lowell, Marian Williamson, Susan Kimm-Jones, Anne Selder, Rojean Trent
Membership & Merchandise	Pauline Weber, Linda Gant Gail Junnila	Publicity / CQA Rep	Moira Sarling, Cathy Collins Margaret Kurys
Program Committee / Mini Workshops	Marian Williamson, Maria Lodzinski, Jill Bellisomo, Ellen Fullerton, Shel Hein, Jude Grebeldinger	Library	Judith Haugen, Betti McGilvery, Phyllis Argyle, Eryl Shindel, Louise Keats
Newsletter Editor & FB / Newsletter Assistant	Karen Biddlecombe Val Marus	Retreat Committee	Lois Anderson, Phyllis Sutherland, Sherri Coulthard
Bus Trip Chair	Sharon Roye	Youth Outreach	NEEDS TO BE FILLED

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
Greenecourt, Sechelt. 2nd Sun. 9—5
Judi Wilson 604-885-2343 and Eryl
Shindel 604-885-0276

Loose Threads: Meet at a
member's home in Sechelt area—
taking turns to host. 1st & 3rd
Thursday: 10: 2 Sonja Randell
604-885-7722 sonja2287@telus.net

Fat Quarters: Meet at 11:30-3:30
Lutheran church 4607 Whitaker
Road; Third Sundays
Rita Hunt 604-885-3601
ritamhunt49@gmail.com

Gone To Pieces:

Meet at Frank West Hall Gibsons.
Second Sat of the month
Linda Evans levans7@eastlink.ca

Cotton Club:

Meet at Frank West Hall Gibsons
2nd Tues & 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
8 issues\$50.00
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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

Next Newsletter Deadline
Jan 4, 2019

for Meeting:
Jan. 26, 2019



S.C.Q.G. RESOURCE DAY MINUTES: Oct 27, 2018

Call to Order

Ada Yeo called the meeting to order at 11:00 am. She thanked the Gone to Pieces for hosting. The hostess at the next meeting is Cotton Club. The minutes of the meeting held September 29, 2018 be amended to read "Lee Ewing is to review the books".

It was MOVED and SECONDED that the amended minutes of the meeting held September 29, 2018 be approved as circulated in the Newsletter.

CARRIED

Correspondence

We received an email from Dr Paul Dhillon and his wife Sarah thanking us for the baby quilt they chose made by Shirley A. A card was also received from Dianne Jasper & Don Petry thanking us for the quilt that their mother/wife received while in Hospice. Don is now sleeping under it.

The Secretary asked for volunteers to cover January, February and March meetings. Thank you Jeannette Lucas for offering to do January and Lois Anderson (and friend) for February/March.

Publicity

The Coast Reporter and The Local listed details of our meeting in their recent editions.

Treasurer's Report:

No Report.

Old Business:

There was a reminder to take home anything that you brought for the Share Table that was not taken. Please be courteous when quilts are being presented in Show and Tell

New Business:

Marg Kurys has a board at the back of the room with CQA information displayed.

Committee Reports:

Block of the Month:

Gail Johnson won the B of the M.

Comfort Society:

See page 6.

Library:

No report

Membership:

Linda Gant reported there were 86 members, 3 visitors and 1 new member in attendance. Door prizes were bought from Fibre Expressions and won by Lee Ewing, Leslie Bing and Pauline Weber. Kim Thompson donated Christmas prizes and these were won by Sue Lowell, Janet Thornton and Sharon Royce. Karen Biddlecombe won a bag.

Program Report:

See page 5.

Newsletter:

The deadline is November 2.

Sunshine:

Two cards were sent out.

Quilt Show:

There will be a meeting in November to decide on the location. A Judge has been selected. More info at a later date.

Show and Tell was great.

Meeting
adjourned at
11:30a.m.



Karen's note: and the bag I won at the Resource Day was a Sewing Organizer Bag and IT'S WONDERFUL—THANK YOU WHOEVER MADE IT!!!!!! I LOVE IT—In Fact, its going to Houston Texas with Me.

This machine including the suitcase will be at the Silent Auction put on by the Calvary Baptist Church on Nov. 16, 2018, to raise funds for the Sunshine Coast Botanical Garden and Garden Home Orphanage in Myanmar.



S.C.Q.G. BOARD MINUTES: Oct. 27, 2018

Present: Ada Yeo
 Moira Sarling Helene Johnston
 Judi Wilson Rojean Trent
 Lee Ewing Eryl Shindel
 Ellen Fullerton Karen Biddlecombe
 Jeanette Thompson Pauline Weber

Call to Order

Ada Yeo called the meeting to order at 12:50 p.m.

It was **MOVED** and **SECONDED** that the minutes of the Board meetings held September 29, 2018 be approved as circulated in the newsletter.

CARRIED

Treasurer:

A discussion about the budget took place. It is important that everyone get their expenses in by June 30.

Old Business:

None

New Business:

None

Program

See Newsletter for details.

Comfort:

See Newsletter for details.

Membership:

Membership list will be redone after the November meeting.

CQA:

The Sunshine Coast Quilters' Guild Show initial information has been submitted and is now on the CQA website www.canadianquilter.com. On the home page click **EVENTS** to see what is happening in the other quilt communities in Canada. The CQA News Board has info on the

upcoming Quilt Canada 2019 in Ottawa, Guild members Challenge, Quilts Go Viral and the Trend-Text Challenge.

Quilt Show

Rojean Trent and Anne Selder will attend the ice rink meeting to find out which rink will be available for our show. The featured artist will be the Woolies, there will be no workshop, there will be music provided by Jana Seale and there will be a Market Place.

ONLY members signed up by our November meeting will be eligible to show a quilt in the Quilt Show.

Rep Reports

½ Moon Crazies have cut the fabric donated from Joan Harvey's stash for a raffle quilt for Habitat for Humanity.

Pender Harbour

Piecemakers are making pillow cases to go with the quilts they donated last year to Time Second Stage. A quilt made from Linda Morton's fabric will be donated to the Ruby Slipper.

Fat Quarters are having a tea party for Vera Nelson in November at Rockwood. They are planning an honour guard quilt for the spring.

The meeting adjourned at 1:45 pm



NOV, 2018 PROGRAM ACTIVITIES

Your 2018 -2019 Program Committee

Marian Williamson marianwilliamson@hotmail.com

Jill Bellisomo

5bells@telus.net

Ellen Fullerton efullerton@telus.net

Jude Grebeldinger

jgrebel@gmail.com

Shel Hein shel.hein@gmail.com

Maria Lodzinski

Text 604-989-0431

October 27th Resource Day recap:

We welcomed islander Gloria Daly, a textile artist with a passion for hand-stitching, to show some of her beautiful work. Her love of Japan was evident as was her affinity for old wool blankets – so fabulous! Once we learned she had retired last year, we were honoured to hear that she made the Sunshine Coast Quilt Guild her last lecture. Even though she said she was done with “all that stitching”, it sounded like she had picked up her needle and floss again (old habits die hard).

Thanks to Shel Hein for October’s mini-workshop on Fabric Collage. And thanks to all who participated in the “Christmas” FAT QUARTER DRAW. There were so many participants this month that we were able to draw three names to receive bundles; Karen Biddlecombe, Janet Tufnall and Jude Grebeldinger were the lucky winners.

MYSTERY QUILT CHALLENGE. Twenty-two people have signed up for the challenge now. Part 1 was either handed out or emailed to participants yesterday. Part 2 will be available end of Nov and Part 3 end of Jan 2019. The big reveal will be at the April 2019 Resource Day. 1st, 2nd, & 3rd prizes will be awarded for Viewer’s Choice. Any questions ask Jill Bellisomo at resource day or email her at 5bells@telus.net.

WHAT’S HIDING IN YOUR CLOSET? CHALLENGE - DIG IT OUT, DUST IT OFF. Use that odd panel, bag pattern or specialty ruler that you’ve been meaning to use and it’s now collecting dust. Dig that out and make any size quilt using a panel or ruler or any bag from a pattern. No need to sign up..... just show up with your quilt and/or bag at the November Resource Day, for your chance to win Viewer’s Choice in one of three categories – panel, ruler, bag. We can’t wait to see what you do with this challenge!

“QUILT A PHRASE” CHALLENGE just introduced at October Resource Day, with participants picking one of five phrases out of a hat. Viewer’s Choice prizes to be awarded for best interpretation of each phrase. Reveal during January 2019 resource day. Quilted entry size is artist’s choice. No need to sign up and it’s not too late to participate – pick a phrase at the next Resource Day!

The Sylvia Howard Wallet Workshop held Oct. 13th saw 9 members constructing wonderful wallets with many of the participants making more than one. Fun was had by all!

Next Resource Day is Nov. 24th; (no mini-workshop)

FAT QUARTER DRAW: – Solids

PROGRAM: - is SEASONAL/CHRISTMAS THEMED “MAKE ‘N TAKE”

Led by your fellow quilt guild member! Bring a small kit with needles & thread, scissors etc.

CHALLENGE: - “WHAT’S HIDING IN YOUR CLOSET?” Reveal Day!

Part 2 directions for the MYSTERY QUILT to be emailed Nov. 24th

Draw your phrase for the “QUILT A PHRASE” CHALLENGE (no need to sign-up)

MARK YOUR CALENDAR for upcoming workshops

Sun. March 31, 2019: - 9:30 to 3:30, Eric Cardinal Hall. – “Skinny Strips” with Karen Johnson. Cost \$60.00. Limited to the first 20 paid participants. There are only a couple of spots left!

Sun. May 26 and Mon. May 27, 2019: – 9:30 to 3:30, Eric Cardinal Hall – “Wonky Log Cabin” with Marianne Haak (www.thequiltingedge.com) Marianne is well known for her “Quilt As You Go” technique, improvisation, modern projects. Cost \$150.00. Limited to the first 20 participants to sign up and pay.

Come by the Program Table to sign up and/or get more info.

Comfort Society Report – October, 2018

Over this month, we donated 22 quilts to Shorncliffe/Totem, 7 quilts to Christenson Village, and 22 baby quilts to the hospital.

Over the art crawl last weekend (Oct 19 -21) Wildflower Quilting Studio quilted 4 CS quilts. Much appreciation and gratitude to Tess and Debbie at Wildflower for doing this!! The bindings are ready on these beauties and we're looking for volunteers. (Note: After the meeting, volunteers stepped forward – Thanks!)

Let us know if there is an organization that would benefit from a quilt for fundraising or individuals who would benefit from a quilt to offer recognition or support. A form is available for charitable organizations to complete when quilt is being requested.

Quilt Show Raffle... Appreciation to Sue Lowell and Marie Malcolm who volunteered to be involved with the Quilt Raffle. The application process will start later in November and the procedures are well-documented. We are looking for one more volunteer.

Quilt sizes: Come to our table for a chart of quilt sizes. Currently, the need is for **baby quilts** (rather than larger ones).

Fabric Donations ask... 100% cotton quilting fabrics only please, particularly yardages that can be used for backing and tone on tone for backgrounds. Remember to help yourselves to the donated fabric and to the kits for your donation projects.

Thanks Jeanette, Janet, Jean, Linda, and Marie who have gotten together to make kits (which have been popular) – we've made about 15 so far. Thank you to Joan for keeping the maternity ward in baby quilts and to Phyllis for keeping the books in order. We're lucky to have a great group who work together!

SUGGESTED QUILT SIZES:

BABY:	30" x 30" TO 36" x 45"
LAP:	45" x 60"
TWIN:	59" x 95" (10" drop) 65" x 95" (12" drop)
DOUBLE:	74" x 95" (10" drop) 80" x 95" (12" drop)
QUEEN:	80" x 100" (10" drop) 86 x 100" (12" drop)
HOSPITAL BED:	50" x 70"





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CIRCLE WITH
MARY BENTLY

NOV 7 & 14



Fibreworks is open the weekends of
Nov 30th - Dec 2nd & Dec 7th - 9th
and by appointment

CALENDAR OF EVENTS - SHOWS:

Quilts Etc.

Osoyoos Quilters Guild
8713 Main Street, Osoyoos, BC
Free; Tues—Sat 12-4
Feb 9—Mar 2/19

Timberlane Quilters' Guild
6274 Walnut St, Powell River, BC
\$6 all-day
Mar 16—17/19

2019 Piece, Quilt, Love Quilt Show
Westshore Quilters' Guild
Eagleridge Community Centre, Langford
April 12-13/19

Quilts in the Valley

Abbotsford Quilters Guild
3145 Gladwin Rd, Abbotsford, BC
\$5 10-5
Apr 26—27/19

Quilts By the Bay Quilt Show

Boundary Bay Quilters Guild
1720 56th St, Delta
\$6 10-4
May 4-5/19

Spring on the Coast

Sunshine Coast Quilters Guild
Ice Rink on the Coast
\$5 kids under 12 free
May 10/19 -10-6; May 11/19—10-4

Fly Into Spring

Prince George Golf & Curling Club
2601 Recplace Dr, Pr George, BC
\$5 all day
May 10-11/19

CQA—Quilt Canada 2019

June 12-15, 2019
EY Centre, Ottawa, On

All-Purpose Quotes and Sayings

- When you sleep under this quilt, you sleep under a blanket of love
 - From my hands... to your heart
 - The best kind of sleep beneath Heaven above/ Is under a quilt, handmade with love
 - May this quilt warm your body and comfort your soul
 - Memories stitched with love
 - When you use this quilt, remember me
 - I wish you health/I wish you wealth/ I wish you gold in store / I wish you Heaven after death/ What could I wish you more?
 - I count the stitches line by line/ And watch the thread record the time
 - Love and memories we impart/ To quilt the fabric of the heart
 - May you be free from cares and woes/ When under this quilt you seek repose
 - "Whatever things are true, just, pure, lovely/If there be any praise/ Think on these things." *Philippians 4:8*
- Quilting... cheaper than therapy.



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The following are great Quilt and Sewing Quotes to use in your projects.

1. A bed without a quilt is like a sky without stars.
2. A creative mess is better than tidy idleness.
3. A day hemmed in prayer seldom unravels.
4. A family stitched together with love seldom unravels.
5. A fat quarter is not a body part!
6. A Stitch in Time Saves Nine.
7. A messy house is a sign of a happy quilter.
8. A fat quarter has fewer calories than a hot fudge sundae.
9. Admire my dust but please don't write in it.
10. Any day spent sewing (or quilting) is a good day.
11. Any time is stitchin' time.
12. Ask not what your fabric can do for you, but what you can do for your fabric.
13. Asking a quilter to mend, is like asking Picasso to paint your garage!
14. Behind every quilter... is a huge pile of fabric.

LEADERS/ENDERS:

Some quilters deter their piecing being “eaten” by the feed dogs of their machine by starting and ending a seam or a chain by sewing over a folded scrap of fabric numerous times in any direction. Quilter Bonnie Hunter, famous for numerous books about scrap quilting, promotes a system of making these starting and ending patches useful.

She prepares a basket of perhaps, 2” squares e.g., beside her machine to join into pairs and later into four-patches at beginning and end of each row. Triangle pairs becoming squares or four become hourglass units etc. Her designs often include those units. She sets an annual challenge using such units, this year’s being the Jewel Box pattern, composed of four-patches and triangle squares. Two of her book titles are Adventures With Leaders and Enders, and More Adventures With Leaders and Enders. She refers to it as making two projects at once. Very efficient!

REFERENCE SITES:

<http://www.happyquiltingmelissa.com/2015/02/leaders-and-enders.html>

Bonnie Hunter:

<http://quiltville.blogspot.com/>



Example of Leaders/Enders with a focus centre—Sue Lowell



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Creative Knitting, Crocheting and Needlework for Health: Alexandra Andrew Feb 2/14:

Knitting, crocheting and other repetitive needlework bring invaluable health benefits. They promote a sense of accomplishment. By creating designs - choosing colors, materials, sizes - you make gifts both for yourself and others. Handcrafts can be a social activity to share with friends and family. Projects can be done anywhere: traveling by bus, car, plane trips, standing in line, in a waiting room, getting chemotherapy, at a meeting, sports events, watching TV,

Because knitting, crocheting and needlework are rhythmic and repetitive, they can promote a meditative state. This associated relaxation response helps with improved health benefits such as:

- May help prevent and manage stress
- May help with pain management
- May help with depression
- May strengthen the immune system
- May decrease heart rate and blood pressure
- May lessen anxiety
- May lessen muscle tension
- May promote spirituality
- May help with promoting improved brain function by engaging in cognitive activities
- Knitting is a gentle exercise for fingers and hands. Doing handcrafts may help relax joints for those with arthritis.

Those who are physically impaired - hearing, visually, limited mobility and long-term physical limitations - can engage in meaningful handwork projects.

Getting started: -Find a comfortable seat.

- Think of putting your feet up using a footrest. This helps with circulation and relaxation.
- Make sure there is adequate light.
- Take a break every hour. Get up and move around.
- Stop and take a rest if there is pain in your fingers, hands, or wrists.
- If you have weakened hands, wrists, and arms because of arthritis, or neuropathy,
 - Single point metal knitting needles may be too heavy or awkward to use.
 - Some users find metal needles are slippery and plus cause vision issues.
 - Suggestions for needles are choose wood/bamboo needles, use circular knitting needles. Large knitted items can be heavy. Circular needles allow you to put the project in your lap or on a table, taking the weight off your wrists and hands.

Beginning hand warm-up exercises Just as you do stretching exercises for your body, you need to do warm-ups for your hands and fingers. Here are brief exercises:

- Rub your hands together briskly.
- Do eight hand rotations each way - eight rotations to the right and then eight rotations to the left.
- Squeeze your hands count to eight and then release. Do these eight times.
- Massage the sections of your fingers and hands.

Breathing properly is a key factor in all exercise programs. By itself, breathing is a good exercise. Its benefits are twofold: therapeutic and relaxing. Breathing exercises can be used to improve the habits of those who breathe lightly, expanding only the upper chest. They are also a good way to rest between exercises.

Conclusion

Handcrafts such as knitting, crocheting and needlework may have important qualitative value related to health and well-being. They enhance a sense of self, purpose, social support, and of expression. Handcrafting builds confidence, bringing pleasure and pride in creating and completing a project

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 September 30 of the following year.

Memberships cost \$40 if you access the newsletter on our web site. Additional charges to cover postage are imposed if you prefer to have printed copies mailed to you. We welcome guests (there is a nominal 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 six local community quilt groups from Pender Harbour to Gibsons, with a membership of 117. 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.

S.C.Q.G. LIBRARY

We are looking for recommendations for new books, magazines and DVDs. Please tell us what you would like to be able to borrow from your library. What topics or special techniques would you like to learn more about? Does your favourite quilter/instructor have their own book? Email Phyllis Argyle at

phyllis.argyle@gmail.com with your ideas.

If you can't make it to a meeting, let us know the **number on the sticker on the front of the book or magazine** so we can renew your library books for you. Call Phyllis at 604-885-3285 or email the above address. There will be only one (1) renewal. Thanks very much from your library committee: Betti McGilver, Judith Haugen, Eryl Shindel, Louise Keats, Phyllis Argyle.



WELL IT'S THAT TIME AGAIN TO SIGN UP FOR THIS YEAR'S GUILD MEMBERSHIP!

IF you were a member during the 2017-2018 year you do **NOT** have to complete a new membership form. The membership desk will check your details, update where required, receive your fee and issue your member card.

IF you wish to renew your membership via **e-Transfer** send your fee to greg.helene.johnston@gmail.com
With the question: What am I paying for.

With the password: membership2018 Helene will advise membership of receiving the fee.

Membership forms will be available at the desk for new members.