

December 2022

Quilts



For Survivors

Message from our CEO/Founder

Christmas for me is more than one day, more than presents and good food. Christmas is a time to reflect on what is truly important and how we can make those around us feel special, loved, and appreciated. I have always loved Christmas. Not the present part but the together part. When family and friends make an extra special effort to be together not just for the big day but all the days leading up to Christmas. Making cookies, pies (my grandmother Helen's Meat Pies), decorations, shopping and driving around looking at Christmas lights. Every year I make quilts, table runners, placemats, wall hangings or some other handmade gift for friends, family, and the kids. This year I am so excited to have all my children living in Timmins and can share the whole holiday season with them. I am also excited to be able to share holiday spirit with our local volunteers are out first annual Christmas party.



I know that Christmas isn't always a happy time for everyone. I too have had Christmases that were not as joy filled as I would have liked. It is important that we are honest with ourselves and with others as to how we are feeling. Christmas can be a hard time for many and very stressful. I invite you to find new ways and make new traditions that make this time of year more enjoyable for you. There is no one way to celebrate the season. And no one is required to celebrate at all. You need to do what is best for your overall health. Last year I did just that I did Christmas smaller, decorated less and look more time for myself. I was exhausted and overtired. So, I let my kids know that we were having a smaller scale Christmas. It was a very different Christmas, but it was important that I not overdo it and that I rested. It is also important to show my kids that even moms need a break. Our overall health is too important. This year I took steps to ensure that Christmas would be back to our usual festive season. It took me all year to get myself mentally prepared, organized, and ready for this month-long celebration. I have taken steps to ensure that I have rest and time to myself, but also have time to create, play and just be with family and friends. It will be a different Christmas with Wallace and Josee spending Christmas Day with their dad but that is ok. Christmas is more than just December 25th. So, this year with a huge thank you to my three older kids Christmas Day will be December 28th at our house. You are all welcome to come to Christmas Dinner we will be serving dinner at 4pm. Please bring a side to share. Merry Christmas everyone!

- Vanessa Genier, Founder & CEO

Online Classes

Second quilt

With fall just around the corner we will once again be having out Zoom quilting classes. We will be making a new quilt called "Churned All Day" by Laurie Flannery for Laurie Rose Designs.

Classes will be held every third Sunday of the month from September to June. The Fourth Class is December 18th, 2022, from 2pm-4pm EST. To register please email

vanessa@quiltsforsurvivors.ca



Go check out Our Wishlist!!!

<https://mywishlist.online/w/5pxebt/quiltss-wishlist>

QFS Spreading comfort

Out in the communities

November 11th -12th – quilting retreat at the quilting barn

Vanessa enjoyed quilting at the quilting retreat at the quilting barn. Vanessa and Suzanne Quilted for 10 hours the first day!!

They also had other ladies from around the area join in!



November 27th - QFS class quilt blocks 5&6

The second zoom quilting class was a success, we've completed 5&6. If you haven't signed up yet you can by emailing vanessa@quiltsforsurvivors.ca



November 18-19th - Mennonite central committee Ontario's peace conference in St. Catherine's

Vanessa gave two workshops, we received lots of positive feedback on our project, Vanessa was overwhelmed by the amount of donations she got. She also enjoyed meeting everyone.



November 20th – Peace Makers Quilt Club at the Grand River Artisan Market in Six Nations

It was a great honor to meet the quilt club a small group of people had made 42 quilts for survivors in six nations, that is amazing!



<https://www.facebook.com/Yakowennahskats/videos/457649203160129>

November – Youth sewing classes

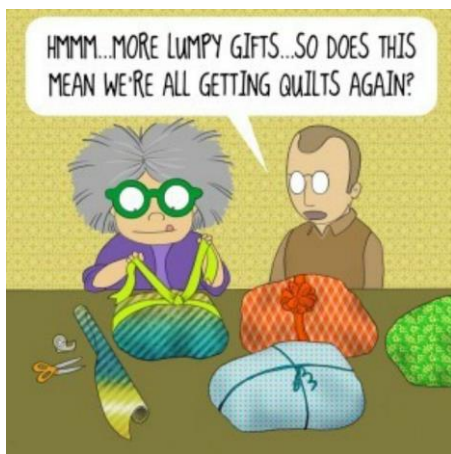
Vanessa is teaching the youth that are signed up with omushego six seasons youth program how to make a quilt, they are learning how to read a pattern, cut and sew it together.

Don't forget to check out our website!

www.quiltsforsurvivors.ca



**Merry Christmas & Happy Holidays
From Quilts for Survivors**



Source: google images

Upcoming Events:

December 4th -7th –Presenting quilts in Bella Coola, BC

December 10th – QFS Christmas party!

December 14th - Youth classes

December 16th – THVS students sewing at studio

Future events:

June 24th, 2023- 2nd anniversary Gala

September 28th – October 21st, 2023– QFS sewing retreat
registration opening soon



Merry Christmas from Vanessa, Wallace & Josée



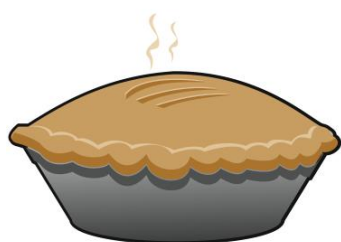
Pictured above is a wall hanging Vanessa is currently working on.

It has 85 feathers, to represent the first nations that attended.

Many hours have been put into this project, each feather was hand cut and then quilted onto the wall hanging.

Quilts Quilts and more Quilts

In case you didn't hear we have now sent over **2,444** quilts. That is amazing. Thank you all, for now it is our hope that you will take some time once a week or even once a month to come in a work a few hours or spend the whole day with us at our studio. Visit www.quiltsforsurvivors.ca for full details.



Christmas recipe- Grandma Helens meat pie

7lb minced beef; 3lbs minced pork (veal)

2 medium onions chopped fine

Add Lukewarm water (4-5 cups) to cover about ¾ meat.

Cook slowly uncovered for at least 2 hrs., stirring often, about last hr. add 1 tsp celery salt; 1 tsp pepper; 2 tsp garlic salt 1/4th tsp sage (to taste) 1tbsp+ 1tsp salt.

Last 10 minutes add 1 cup oatmeal, stir

Cool before putting in pie crust. bake @ 400 for 30 min

Makes 10 meat pies, freezes very well

Message from Grandmother Cheryl

How Quilting Helps Me

I started this quilting journey when my daughter had her vision to make quilts for Residential school Survivors. I must admit this is not my crafting choice but since I've been quilting, I have learned how to complete a quilt from start to finish. I have been able to improve my skills since volunteering of QFS. For me the greatest benefit is in my mental, social and physical health.

According to the "British Psychological Society" it is stated, "That our social networks are very important to our overall health and wellbeing." Building quality relationships has an independent influence on mortality, heart attack survival, cognitive decline, depression, and anxiety. My social network has increased, and I have been blessed to have meet with likeminded individuals who have been supportive and encouraging as we come together for this important work.

I have also found that since volunteering for QFS my physical health has also improved as I walk to and from the sewing studio. This gives me time to think and reflect on the purpose of QFS – one quilt at a time, one survivor at a time – many volunteers. It gives me a feeling of accomplishment, purpose, and satisfaction in knowing that is a small way we are a small part of the healing journey for residential school survivors.

Thanks to you all for your commitment to QFS on this wonderful journey. Merry Christmas and all the best in the New Year.



A message from Katherine

Hello, everyone!

If you have any comments or questions, please feel free to reach out to me at admin@quiltsforsurvivors.ca

Remember to check out all our social media links, we will be posting some exciting things soon!

My challenge for you this month is for you to help send out a quilt, through making a block, top, or a full-sized quilt or even pitching in for shipping.

I also encourage all of you to check out our links using linktree

https://linktr.ee/Quiltsforsurvivors?fbclid=IwAR1Q7vMtbWTcfIAjIT5MY4qr2JRRxoOLrVa-O0_YXOeQYrVzmHKHwZFTrp8

Happy quilting and Merry Christmas!!!



Support QFS by buying us a coffee!

<https://www.buymeacoffee.com/quiltssurvivors>



Christmas Recipe -Sugar Cookies

Ingredients

1 cup unsalted butter, softened at room temperature

1 cup granulated sugar

1 egg, (large)

1 tsp vanilla extract

3 cups all-purpose flour, (measured correctly)

1 Tbsp baking powder

1/4 tsp salt

For the Paint 4-6 egg yolks, food coloring , 4-6 small paint brushes

Instructions

-Preheat oven to 350 °F with a rack in the center. Whisk together flour with baking powder and salt in a small bowl and set aside.

-Using a stand-up or handheld mixer, beat the butter together with sugar. To the mixture add vanilla extract and egg and beat to combine.

-To the butter mixture, add flour in 3 parts until fully incorporated.

-Divide the dough into two equal parts. On a lightly floured surface, roll into ¼-inch thickness. Use a cookie cutter to cut out your favorite shapes.

-after your cookies are cut out, paint your cookies in all different colours and add sprinkle's

-bake cookies on a parchment or silicone-lined baking sheet at 350° F for 10 minutes, or until the edges are just beginning to turn golden.

-Let the cookies cool for about 5 minutes on the baking sheet before moving them to a wire rack to cool completely.



Quilts for survivors wordsearch

F S T S K N H V B A C K I N G
A T H H D E T B A T T I N G N
U U R I X E C G S E W I N G G
T D E P W D W H F I R O N X I
I I A P S L I K R Y P R Y Q F
M O D I S E H O L I D A Y S T
M D J N N U A A X O S V C W S
I U O G R E R M B P N T Z O P
N R S N V F W V R I N G M E I
S F E I A A V Y I I N R A A N
I X E R J T N P E V P D B R S
F A B R I C I E D A O P I B M
W A L L A C E O S K R R E N T
F E A T H E R L N S U M S R G
I J Q U I L T E Q S A E O Z S

seamripper

survivors

shipping

vanessa

longarm

gifts

needle

josee

christmas

holidays

batting

wallace

binding

feather

fabric

quilt

donations

new year

timmins

backing

thread

studio

sewing

iron

pin



Watch our binding tutorial on YouTube!!

<https://www.youtube.com/watch?v=wNbZiXZViKc&t=665s>

Christmas gift ideas

- Handmade Christmas ornaments
- Quilted coasters
- Tea towels
- Quilted bookmark



Highlights from 2022

January – Got a long arm!!!

February – presentation to a quilt guild

March – Earlton for the first QFS sew along

April -Vacation and met volunteers

May – handed out quilts to kids at a local school

June – Quilts Canada 2022- & one-year anniversary for quilts for survivors

July -presented a wall hanging at shingwauk

August – MCC presentation

September – Toronto for National Day of Truth and reconciliation

October – spoke at northern college

November – spoke at MCC conference, 2nd sewing retreat at the quilting barn

December – presenting quilts in bella coola, BC

