

S'QUILT (News and Views)

SARNIA QUILTERS' GUILD – promoting the art of quilting

Held at Redeemer Christian Reformed Church, 5834 Blackwell Sideroad (off London Line)

www.sarniaquiltersguild.org

February 2018

February 5th

6:00—Library

6:00—Vendor—The Stitcharie

6:15— Demo: How to Quilt by Hand
with Louise Davidson and Barb Bennett

7:00—Meeting begins

50/50 Draw

Fat Quarter Draw—Valentine's Day

Program— Trunk show with Kelly
McGee-Bunda

Show and Tell

Refreshments – 10 minutes after the
meeting in the fellowship hall

If your **last name begins with 'A'**
through last names beginning with 'Cau'
please bring a snack for the fellowship
time after the meeting.

Coming Up

Sat., Feb 10th—Bargello Class with Kelly McGee-
Bunda. A class using only two fabrics (one an Ombre
an other contrast). \$20.

Sat., Feb 24th- Fabric Collage with Janet Dudek \$20.



March 5th

6:00—Library opens

6:00—Vendor—Superior Threads

6:15— Demo: How to make Quilted Baskets
with Pamela Eng

7:00—Meeting begins

50/50 Draw

Fat Quarter Draw—St. Patrick's Day

Program— Choosing Threads Fearlessly with Anita
Zobens of Superior Threads

Show and Tell

Refreshments – 10 minutes after the meeting in the
fellowship hall

If your **last name begins with 'Clen'**
through last names beginning with 'Hent'
please bring a snack for the fellowship
time after the meeting.

Coming Up

Tues., March 6th- Open Thread bar with Anita Zobens
is full

Sat., March 17th — National Quilt Day !!!!

Please check in the boxes above to see if
it's your turn to bring a snack for the
February or March meetings. Thank
you!

All of our classes will be held at St. Bart's Church at the corner of Colborne and Cathcart – across from Oak Acres shopping centre, - unless otherwise indicated. Doors will be open for classes at 8:30. Classes begin at 9:00. Please be on time and have your machine set up and ready to begin class at 9:00.

Some Thoughts About Quilting

Rebecca Ortinau wrote an article called Stitch Away Stress in Just Minutes a Day – with SEWING. It seemed quite fitting after our speaker last month. The article says sewing has been shown to have calming effects similar to yoga and meditation. Picking up a thread and needle can lower heart rate and improve your overall health. “Just 15 minutes a day can be beneficial,” says Joan Campbell of the Home Sewing Association. “By taking the time to unwind and immerse yourself in an absorbing activity like sewing, you are renewing body and soul.” A controlled study was conducted and 30 women were tested for changes in blood pressure, heart rate, skin response, and skin temperature. They were asked to perform 5 activities that required similar eye-hand movement: playing cards, painting, reading a newspaper, playing a video game and sewing. Sewing proved to be the most relaxing. It caused significant drops in heart rate, perspiration rate, and blood pressure. Who needs therapy! Happy stitching.



The February executive meeting (for the March guild meeting) will be February 19th at 7:00 at Samantha Stancic's home at 2983 Driftwood Ave in Bright's Grove.

Quilts of Valour

A big thank you for supporting this quilting charity to bring comfort to our Canadian Forces members in need of support from caring citizens.

A 9.5" square block of any pattern can be made and donated to help build quilt tops. Please attach a note so we can add your name and or location to the block. This information is so important to the recipients of the Quilts of Valour. Please use the "Oh Canada" fabric line from Northcott.

The next few workshops are:

Tuesday, February 6
March, no workshop—enjoy Spring Break
Tuesday, April 3
Tuesday, May 1
Monday, June 11

All workshops are held at the Royal Canadian Legion on Front Street in Sarnia between 9 a.m. and 3 p.m. For more information email bert.phills@sympatico.ca.

Laverne Phillips



January 8 Meeting Minutes

Samantha Stancic opened the meeting welcoming everyone back. She reminded everyone to turn cell phones off and not to chat during the meeting.

New members – Mary Curran

Guests – Gill Hearn, Clara Barneveld, Valerie Deschamps, Nancy Jones, Deb Cresswell

Condolences to the families of Pat Daamen and Loraine Shaw.

Leigh Hathaway presented the Financial Statement for the 2016 – 2017 year. There was a question from a member regarding the quilt show and where it was reflected on the statement. The answer was that there were no expenses or income during that year so did not include it. There will be items in both income and expenses this year so we will see it in the next statement. Leigh presented a motion to accept the statement as presented, Sandra Collin moved to accept, Freda Porter seconded it. All in favour. Motion passed.

Samantha read a thank you note from St. Joseph Hospice for the comfort quilts we have donated.

Special Events – Leigh Hathaway

--**Paint Night** still has openings. We have 18 registered. It is Wednesday, January 31 at 7:30 at Boston Pizza. Cost is \$45.00 which includes pizza buffet, materials and instruction to complete the project. The picture is a quilt on a clothesline.

--**National Quilt Day** – March 17. More details will be presented at the February meeting. Cost is \$20.00. Sign up is in February.

--**Glitz and Glam Bus Trip** – Saturday April 14. Cost is \$65.00 and includes bus, lunch, and supper. Once again it is a mystery location. There are only 4 spots left. If you haven't paid, please bring your payment to the February meeting. More details will follow regarding times and pick-up location.....but of course not where we are going.



--**Spring Retreat** – Friday, May 4 and Saturday May 5. Friday is full, Saturday has a couple of spots left. If you would like to go on the waiting list for Friday please contact Leigh. Payment for the retreat will be due in April.

--**Banquet** – Monday, June 4. It will be a 50's sock hop. More details will follow.

Comfort Quilts – Lorraine Scully was sick tonight so Janet Dudek presented the next comfort quilt project. Janet created the quilt called Funky Houses. It is a simple applique and a quilt-as-you-go but with no sashing. It is a quilt in a day. Two things to learn – how to put the blocks together without sashing and fusible applique. There will be a 20 page on-line manual with templates. It is a great project for 4 people to work on. The Comfort Quilt Committee will prepare the batting and the backing. You will need to supply 2 yards of fabric. When you sign up in February you will get the pattern, batting and backing. The committee would like them back to display at the quilt show in the Community Outreach display.



Quilt Show – Janet Dudek

--Lou Anderson is the registrar for the show. A message will be sent out with the form to register your quilts. A registration form will also be on website and through Facebook.
 --Many volunteers are needed to make our show successful. Sign-up sheets will be in the foyer after the meeting.
 --There was a question about selling quilts at the show. This is problematic as we are not sure about licensing, competing with the boutique, and vendors paying for their spots.
 --The guild challenge has 26 people signed up.
 --Publicity – Karen VanOotghem will have posters and bookmarks in the hall after the meeting. Please help distribute these to quilts shops and in our community.
 --Rack committee – If you were part of the group that learned how to set up the quilt racks in the summer, please see Samantha Stancic after meeting. We will be having a practice set-up at the arena.

50/50 Winner – Samantha Stancic

Fat Quarter Winners – Pat Cooper, Helen Evans, Mitzie Bone, and Paulette Paterson

Carol Cote thanked everyone for supporting Loraine Shaw’s stash sale.

Program – Nora Boyd

--Sign-up and pay for classes after the meeting.
 --Another class with Shannon Brinkley in May
 --Demo on how to quilt by hand with Louise Davidson and Barbara Bennett at 6:15 before February guild meeting.
 --Nora showed a pair of scissors called Itty Bitty Scissors. They are legal for airplanes. She picked up extra pairs to use as prizes in some of the coming classes.
 --Nora introduced Jo Aylard who is a counselor in Bright’s Grove. Her presentation is called Secret Stitches. She started the presentation by thanking the guild for putting the sleeves on her mother’s quilts last year so they could more easily be shown. Jo told the story of her mom, Jean, who endured 58 years of domestic violence. Jean passed away in 2015. Jean had 5 children, 4 who were estranged from her due to the abusive situation. The children tried to get Jean to leave but she wouldn’t. Unbeknownst to the children, Jean worked on quilts during her marriage, one for each child and grandchild. There were 14 beautiful king size quilts, all hand stitched. It was a sad story but the beautiful quilts showed how therapeutic quilting is. It also showed her children that she loved them. It helped them with their healing, acceptance and forgiveness. Jo shared a couple of quotes. “Quilting gives me somewhere to go when I have to stay where I am.” “When your heart is broken create art.”

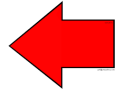




A Feast for the Eye

Our Quilt Show 2018

116 Days



--Nora thanked our speaker and shared two quotes as well. "No story lives unless someone wants to listen". J.K. Rowling. "The history of a woman is not written with a pen, it is written with a needle".
--Members were very generous with their donations for the Woman's Interval Home.

Show and Tell winners – Jean Dunk, Freda Porter, Pat More, Gail White, Jill Mortensen.

Leigh Hathaway, secretary (for Paula Lacasse)

Program has added two more classes — there are a few openings in each class.

—A second Al Cote Class - Panels Panels — on Friday, April 20, \$50

—A second Shannon Brinkley Class — on Wednesday, May 9, \$80.

Contact Nora Boyd at 519-344-4414 or by email: nlboyd5@gmail.com

COME BROWSE BORROW RETURN

Looking for inspiration to keep you quilting this winter? Come and browse through our books including books that Loraine Shaw gifted to our library.

The assistants this month are Norma Garner and Suzanne Michaud. Please arrive by 5:50 to help set up.

Dawna Joy Lapeare

Please check out the Volunteer Sign-up Sheets before and after the meeting. We do need your help. If there are any "snowbirds" who want their names added to the volunteer sheet, just email me and tell me where you want to help. (dudekj2@cogeco.ca)

Registration for the quilt show will open on February 1st. Two registration forms are on page seven (feel free to copy this form if you need more) and a note with clarifications and instructions on page six. Please notice that all quilts in the show must have a sleeve. The only exceptions are items such as bags, apparel and pillows. If you have questions, Lou Anderson's contact information is also on the page six.

We have the following request from Paula Lacasse who is decorating our show. Our theme for the quilt show decor will be "Postcards of Lambton County". We would like to display quilts from the project "Post Cards of Lambton County" from last year. If you have completed a quilt or will complete one for the quilt show and are willing to have it displayed at the quilt

show please contact Paula Lacasse. In addition, we will be looking for items to borrow for props as well. They will include, but are not limited to photos of Lambton County, memorabilia representing communities in Lambton County, plant stands, quilt racks, etc. If you have any of these items and are willing to lend them to us for the show please contact Paula Lacasse.

E-mail Paula @ paula_lacasse@cogeco.ca or call 519 542-6383

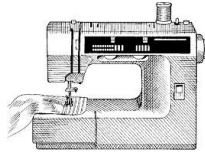
Janet Dudek, quilt show chair



Happy Valentine's Day!!

Special Events

National Quilt Day – March Madness – Saturday, March 17, 9:00 – 6:00. Doors open at 8:30. Cost is \$20.00. Location is Camlachie Community Centre. Snacks and lunch will be provided. Please let us know of any food restrictions when you sign up. Sign up will take place after the February meeting and before and after the March meeting. Last day to sign up is Friday, March 9. More details at the February meeting. Space is limited to guild members until March 6, then it will open up to non-members.



Glitz and Glam Mystery Bus Trip – Dahlings, get out your tiaras and bling and flaunt it. Get as glitzy and glamorous as you like. There will be a prize for the Most Glitzy and Glamorous passenger. Get ready for a day of fun, lots of shops, and a spectacular lunch. Supper will be on the bus. Cost is \$65.00 which covers the bus, lunch and supper and fun!! We will be leaving at 8:00 am and returning at 8:00 pm to go toyou didn't really think I was going to tell you did you!? There are four seats left on the bus. Don't delay, contact Leigh Hathaway at 519-337-7655 or lhathaway264@gmail.com or at the meeting. Payment is due at the February meeting to guarantee your spot. If you are signed up but away, please contact Leigh to arrange payment.



Please Take Note:

SCENT FREE – Please remember that our meetings, classes, and special events are scent free. We have several members with allergies. Perfumes, scented lotions and scented talcs cause migraines, sinus congestion and asthma attacks for some people.

Did you know that the theme for the Row by Row, in quilt stores this summer, will be “Sew Musical”? Sounds fun, doesn't it?

TRIVIA

1. In the late 1600's muslin fabric was “bleached” by dipping it in what and then exposing it to sunlight?
2. The “Log Cabin” pattern commemorates not so much the log cabin as what aspect of a log cabin?
3. What is the difference between “thread density” and “thread count”?
4. How can a “black light” help to determine the age of fabrics in a quilt?
5. Which grain of the fabric is strongest?

See page 8 for the answers.

February Helpers

Membership—Barb McNeill and Pat Preudhomme

50/50 and Fat Quarters—Willi Kole, Jill Campbell, and Colleen Marks

Show and Tell

—Sign In—Sadie Sheffield and Pat Cooper

—Set Up—Betty Simpson

—Take Down—Betty Simpson and Karen VanOotenghem



If you know of an illness or a death in the family of someone in the guild, please pass that information on to Paula Lacasse at Paula_lacasse@cogeco.ca or call 519-542-6383 and a card will be sent by the guild.

A Feast for the Eye

Please use the following form (next page) to register your quilt (or quilts) for our quilt show on June 1st and 2nd.

The following definitions will help when you fill in the 'category' of your quilt on the form.

Bed Quilt: A quilt that you would put on a bed

Cuddle Quilt: A quilt that is smaller than a bed quilt, i.e. lap quilt

Art Quilt: A quilt that is an original piece that is not based on a pattern

Decorative: An item that is quilted but may serve a purpose other than a blanket; i.e. pillows, apparel, wall hangings, etc.

Further Clarifications:

Every member may submit one quilt per category.

Entries must have a sleeve or they will not be hung. In March the directions for making a sleeve for your quilt show entries will be published in the newsletter.

Entries must not have been shown at one of our previous shows.

Registering: See Lou Anderson either before or after a guild meeting.
Email: louleroy@gmail.com or contact Lou to make other arrangements:
519-330-1009 (call or text)

Registration opens: February 1, 2018.

Final deadline for registration: May 7, 2018

Category (Circle One): Bed Quilt Cuddle Quilt Art Quilt Decorative: _____
 i.e. bag, table runner, wall hanging , etc

Title: _____

Created By: _____ Size: _____

Credit: _____

Piecing Method: _____ Applique Method: _____

Other Construction Method: _____

Quilting Method: _____ Quilted By: _____

Interesting Fact: _____

Length of Project: _____

Story Behind the Quilt: _____

****MUST HAVE SLEEVE OR IT WILL NOT BE HUNG****

Category (Circle One): Bed Quilt Cuddle Quilt Art Quilt Decorative: _____
 i.e. bag, table runner, wall hanging, etc

Title: _____

Created By: _____ Size: _____

Credit: _____

Piecing Method: _____ Applique Method: _____

Other Construction Method: _____

Quilting Method: _____ Quilted By: _____

Interesting Fact: _____

Length of Project: _____

Story Behind the Quilt: _____

****MUST HAVE SLEEVE OR IT WILL NOT BE HUNG****

Quilting Services

- Jacki Bennett** - Port Huron - longarm quilting
1-810-985-3668 jbenett01@comcast.net
- Samantha Stancic**—Bright's Grove—longarm quilting
519-464-2606 sammysullivan@cogeco.ca
- Kelly McGee-Bunda** — Corunna - longarm quilting
519-862-4102 quiltedbykelly@gmail.com
- Henrietta Saucier** – Sarnia - longarm quilting
519-332-2656 henriquilt@cogeco.ca
- Carol Cote** - Sarnia - longarm quilting
519-869-8515 carol@cotequilts.ca

Please call or email for services and rates. You must be a paid member to have your name listed here. To add your name to this list please email your information to lyndouggriffin@gmail.com

Trivia Answers

1. Lemon water and spreading it out in the sun.
2. The method of construction is similar, laying one log or one strip upon another.
3. Thread density considers the thickness of each thread, whereas thread count usually considers the number of threads contained in one square inch of fabric, including both warp and weft threads.
4. Newer fabrics that have been treated with fluorides (1950s to present) will glow under black light.
5. Lengthwise straight grain is strongest.

SEWING MACHINE TUNE UP!



Clean, Oil, Adjust Tensions & Belts

All makes and models, Mechanical and Electronic



AL'S VACUUM & SEWING CENTRE

"Your Sewing Machine Headquarters"

110 Mitton St. S., Sarnia Phone: 519-344-7557