



Royal City Quilters Guild

P.O. Box 30039, 2 Quebec Street, Guelph, Ontario N1H 8J5

Monthly Newsletter

November 2004

President: Sue Keuhl

826-7914

Vice President: Maureen Kay

843-1778

Secretary: Shelly Palframan

824-0768

Guild Treasurer: Helen Meyer

855-6597



November Meeting

Tuesday, November 9, 2004

Westwood United Church, Willow Rd., Guelph

6:45	Doors Open
7:15	Opening Remarks
7:30	Program
8:30	Break
8:45	Show and Share



Meeting Checklist



- | | | |
|--------------------|------------------------|--------------------------|
| ✓ Membership Fees | ✓ Library Books | ✓ Zehrs/Ultra Tapes |
| ✓ Workshop Fees | ✓ Show and Share Items | ✓ Canadian Tire Money |
| ✓ Name Tag | ✓ Block of the Month | ✓ Cup or Mug |
| ✓ Program Supplies | ✓ Raffle Money | ✓ Newsletter Submissions |



These members have kindly offered to bring treats for the November meeting

Sharon Clarmo, Diana Magrath, Cynthia Gedye, Daphne McCullough, Helen Fountain, Janice Bingley, Marie Harper, Marguerite McRae, and Isobel King

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Greeters this month are

**Elaine Gostick
and
Sharon Huska**

Message from the President

Sue Keuhl (826-7914)

It's that time of year again! The weather is getting colder and the warmth of our homes pull us in. Favourite fall foods, warm cozy sweaters and colourful quilts are comfort to the soul. Newspapers and television commercials start to remind us how many shopping days are left until Christmas and then it happens. That nostalgic voice from inside says "I think I will make my presents this year". Oooops! Does this happen to you! Can you relate? In recent times, I have come to my senses about this calling. Since 1996, I have given myself a rule that if it isn't made by November, forget it! And I have stuck by this rule hard and fast.

To fuel this rule, are the many stories that I've heard at the Guild meeting during Show and Share. Someone makes a baby quilt which is cheerfully received by the recipient. In fact they are so glad to receive it, they proudly tell the quilter that when their child is done with it, the quilt can go to the dog! Ouch! There are other stories such as the quilted gift that never came out of the cupboard or was never to be seen in the home ever again. Just where do these quilts go????? And then, there are also those promised quilts that take years to make. When your child, niece, nephew or grandchild reaches 16, it really isn't cool to give them the Ninja Turtle or Strawberry Shortcake quilt that you started many, many years ago! It doesn't matter how much you paid for the material!

To tell the truth, it was all the teasing that made me stop making my presents. Like many quilters, there was the classic unwrapping of the present and the quick explanation to them that I needed it back to finish a few stitches. I guess it wasn't really practical to give a present with pins still in it! The blood shot eyes and the staying up to watch "It's a Wonderful Life" until 3:00 in the morning to make the deadline on the 25th certainly took its toll. Falling asleep in church or during Christmas dinner wasn't very good either. Hence came my November rule.

I am quite in awe, however, of those who dedicate time to make quilts for their loved ones. Over the past year, I've had the opportunity to visit the homes of many of our Guild members. I have loved seeing the quilts that they made for their family members. One person had many pictures on her wall of her grand-

daughters in the various things that she has made for them. I recall her saying "Oh, yes, everyone knows they will get a present made from me!" The love that this person has for her family just radiates from her actions.

There are many Guild members who start early in the year to make many gifts for their Christmas sales. It seems like they are celebrating Christmas all year long. I know also that we have members who have joined the UFO club to finish up a few things for the Christmas season. I am inspired by their resolve to complete their projects.

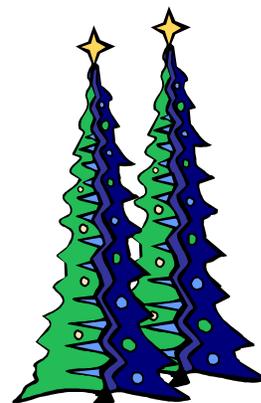
So back to the little voice that says "Wouldn't it be neat to make a present or two...." There is a solution! A quick and easy one too! This month at our November program, you can join us and make a Cathedral Window ornament. As a group, we are going to donate our ornaments to the Salvation Army so they may be attached to the food hampers going out at Christmas. Our efforts may help warm someone's heart at a time of need.

Another quick Christmas make-it fix is in this month's newsletter. Enclosed is a pattern for our annual ornament exchange. We invite you to make one and bring it to the December meeting. You may enjoy the pattern so much, you will want to make more for neighbours and friends! I have participated in the past three ornament exchanges and it always brings a smile to my face to pull out the handmade ornaments every year. Once again I feel so glad to be a member of our Guild.

Perhaps until December 25th, our new key phrase may be "Have you started yet?" And if you are like myself and haven't started, the two quick Christmas make-it fixes may be just right!

All the best! Happy sewing!

Sue Keuhl



PROGRAM

Maureen Kay (843-1778) and Sharon Beach (836-4639)

We are going to have a Cathedral Window sewing bee at our next meeting. The 3" ornaments will be donated to the Salvation Army and are to be sent out with Christmas hampers.

Here is the supply list for the meeting:

two 6 1/2" squares of seasonal fabric (cut on straight of grain)

two 2" squares of contrasting fabric for windows

Hand sewing supplies (needles, pins, scissors, thimble, etc.)

6" narrow ribbon for hanging

We believe that we can sew most of the ornament during the meeting. We would ask you to complete the ornaments at home and bring them to the December meeting. You may like to sew a few more and those would be most appreciated as well.

Until November, Happy stitching!



Last month the president's message detailed the ideas put forth in the last brainstorming meeting of the executive. One of the ideas, the mini demonstration was well received at our last Guild meeting. On November 13th, a second idea will be realized when Guild members meet to sew our new Guild Quilt,

The next two ideas we would like to begin working on are the *Guild website* and the *Guild Calendar*. We are looking for two or more individuals to investigate further the requirements, costs and options for each idea. Each position requires little

experience - just a willingness to talk to the right people, get prices and options, and report back to the executive. Please see Sue Keuhl (826-7914) if you are interested in helping the executive forge ahead with these terrific ideas.

WEBSITE REVIEW

Cindy Schwan (836-5319)

As our Guild investigates the creation of a website, I thought it might be fun to have a look at what other Guilds have out there. I typed Ontario Quilt Guild websites on my favourite search engine GOOGLE, and came up with quite a few. I have never looked at other Guild sites before today - I confess I am more likely to look at a site for good deals on fabric. In fact, my husband rues the day I found out I could buy "hard to find" fabric on eBay. But I digress....

The first website I tried, had links to many other guilds, stores, quilt shows, and other quilting events. I was quite disciplined and only clicked on the links under the heading Guilds (I did bookmark the stores however). Here are a list of the other Guild Websites I found.

<http://www.wcquiltersguild.on.ca/>

Waterloo County Quilt Guild

<http://www.brantheritagequilters.ca/links.html>

Brant Heritage Quilters Guild

<http://www.etobicokequiltersguild.com/>

Etobicoke Quilters Guild

<http://www.geocities.com/heartland/hollow/9009/>

Halton Quilters Guild

<http://www.bmts.com/%7Equiltguild/>

Kincardine Sunset Quilters Guild

<http://www.mississaugaquiltersguild.ca/>

Mississauga Quilters Guild

<http://www.kawartha.net/%7Ebait1/quilt/bagg1.htm>

Buckhorn Area Quilters Guild

<http://www.yhqq.org/index.html>

York Heritage Quilters Guild

I hope you have time to have a look at these sites. They are full of ideas and colour, and perhaps they will kindle a desire in you to help in the creation of our very own website. Imagine it - patterns, our quilts, our newsletter, our membership list, all at the touch of a few buttons.

FROM THE LIBRARY

by Barbara Jordan (837-0818)

WANTED

**3 raffle winners
No experience necessary
Lucky rabbit's foot an asset.**

It's time for the first library fundraising raffle of the guild year. There are 3 raffle prizes of a "previously enjoyed" book and a \$25 gift certificate. Tickets can be purchased before the November guild meeting and during break. The draws will be made after break. Tickets are \$1 each, 3 for \$2 and 10 for \$5.

- Package 1: Quilting for People Who Still Don't Have Time to Quilt**
by Marti Michell
Gift certificate for Triangle Sewing Centre
- Package 2: Speed-Cut Quilts**
by Donna Poster
Gift certificate for Greenwood Quiltery
- Package 3: 101 Quilt Blocks and Borders**
by Better Homes & Gardens
Gift certificate for Len's Mill Store

Each store has quilting books, quilting supplies, fabric, thread and much more. Be inspired by your new-to-you book and use your gift certificate towards the items you need. Good luck to everyone!

Remember the library is open from 6:45 to 7:10 and 10 minutes at break.

A Book Review

By Norah McGuire-MacLeod

Rx for Quilters

Stitcher-Friendly Advice for Every Body

by Susan Delaney Mech, M.D.

ISBN 1-57120-092-4

Susan Delaney Mech highlights the effects that quilting can have on our emotional and physical well being and offers position solutions to alleviate the negative effects of sitting and stitching for hours on end. Quilting can lower our heart rate and blood pressure, create calming rhythms that nourish our spirits and provide us with the solitude to think our own thoughts, dream our own dreams, and plan our lives. However, the repetitive movements made over long hours of time can cause body fatigue and muscle problems. Susan's book provides the quilter with valuable solutions and shows you how to care for your body so you can have a comfortable and injury-free quilting life.

Susan has divided the books into 5 different areas:

Quilting and Your Body
Special Times in a Woman's Life
Time Management & Health
Nutrition & Exercise
Workshops, Shows & Workspaces

As quilters, we all have felt the effects of pushing ourselves to complete the quilt project. Susan Delaney Mech's books offers great advice to all quiltmakers and for any of you that have felt any pain from quilting, you must read this book. The benefits of quilting far out way the negatives, and with just a few changes in our approach to quilting, the quilters can experience hours of great quilting.

An Extra Treat



Joanne Ariss, our Historian has finished compiling the program and meeting highlights of last year. You may view the album at our next meeting. Thanks Joanne!

WORKSHOPS 2004-2005

Marjorie Mansell (822-1106) and Maria Hilts (836-7657)

There are only a two workshops with spaces available.

Stack and Whack

by Sandra Thomas
(Jan 22, 2005)

Fabric Dyeing

by Sharon Beach
(Feb. 19, 2005)

Each workshop is \$40 and is suitable for all levels of quilting expertise. Please sign up at the workshop table before the meeting and during the break.

A reminder to those who have registered! Bev White's workshop on October 30th runs from 10am-4pm. John Willard's workshop on November 13th runs from 9am-3pm. We look forward to seeing you there!

Quilting Retreat at Crieff Hills



There are 6 spaces left for the retreat at Crieff Hills on May 6 - 8, 2005. Vivienne Dawney will be teaching Becky's Wisdom. Cost for the weekend is \$250 with accommodation, \$175 without accommodation. Partial payment is due upon registration, the remainder is due at the February meeting.



A Letter from Colorado

Mary Wilson who moved last year, sends her greetings and some news!

I was reading over last month's newsletter and feeling very far away. There are so many interesting things going on in the Guild! We feel quite settled in Colorado now. We live right in the mountains with fabulous scenery out every window. I have to pinch myself some days to prove it's real! I'm getting used to sharing the road with deer and elk and the occasional fox or coyote. And I see in my tiny front garden, I'm sharing some of my perennials with the elk and deer too!

On the quilting front....I'm finally back sewing after two years. Definitely good food for the soul! I've joined a couple Guilds. One is about the same size as RCQG with good depth of talent/style. The other one is a Guild for quilt artists. The show and share is unbelievable! I attended it with new friend, Nancy who has had her work published a few times in Quilter's Newsletter and has won awards at Houston. She is definitely my new quilting mentor and is introducing me to several quilters in her network. Quilter's Newsletter is produced here in Golden (just outside Denver). We've been there to visit her friends and hear the scoop on upcoming issues. Harriet Hargraves is also based in Denver and has a really nice quilt shop. It seems there is a synergy from quilters in the region, though I haven't seen anything in the magnitude of the Waterloo festival.

Thank you for sending me the Guild Newsletter. Who knows, if I can get my act together, I may even send in a block for 'block of the month'! That would have a little bit of me at the meeting! Please say hi to my quilting friends at the next meeting.

Mary Wilson



BLOCK OF THE MONTH

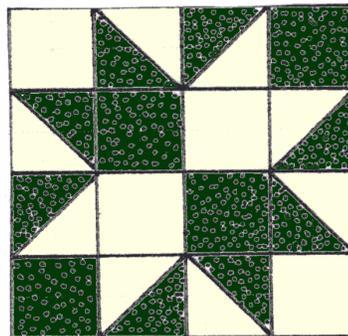
Andrea Curtis (821-3576) and Judy Taylor (822-3985)



This month think half-square triangles. Please use pre-washed cotton. The colours are: light beige and solid Christmas green or light beige and solid Christmas red. You will need

- 8 blocks 3 inch x 3 inch in beige
- 8 blocks 3 inch x 3 inch in red or green

Leave four squares of each colour whole. Cut 4 blocks of each colour into half triangles. Sew the blocks together as shown in the diagram. Your finished block size will be 10 inches square.



The Indispensable Lug-a-Mug Bag



The construction of this bag will be demonstrated at the November Meeting

Choose 3 or 4 harmonizing fabrics and a piece of quilt batting. Press after each step. All seams are 1/4".

To make the bag

Cut 2 rectangles of the same fabric - 8 1/2" X 10 1/2" - for the bag. Cut one rectangle of a different fabric - 8 1/2" x 13" - for the pocket. Fold this in half the long way and press. Pin to the bottom of one rectangle. Piece and sew vertical seams as follows: 3 1/4" in from one side, and 1 1/4" in from the other side. These will form the small pockets and hold the fabric in place. Sew the bag together on 3 sides. Leave the top open.

To make the square bottom of the bag and lining

Turn bag inside out. Fold corner to a point, aligning seam lines. Sew straight across, 2" from the point. Trim off the point, leaving a quarter inch seam allowance. Repeat for the other corner of the bag

To make lining

Cut two rectangles of fabric as above - 8 1/2" x 10 1/2". Cut two rectangles of batting - 8" x 8 1/4". Pin batting to wrong sides of the lining. Sew the two lining pieces together on three sides as above, sewing through all layers. Make the square bottom as above. Insert lining into the bag and smooth corners and seams.

To finish

Cut facing piece 16 1/2" x 2 1/4". Seam the ends together on the short edge. Press up 1/4" on one long edge. Pin to bag and lining at top edge, right sides together. Sew all around. Turn facing to the inside and sew again close to the edge. Sew another line of stitching 3/4" above that to form a casing for the cord. Use a stitch ripper to open a hole in the casing at each side seam. Use 1 m of cord cut in half. Thread each piece through the casing and knot. You have now made yourself an unforgettable mug bag which you will surely remember to bring to each meeting!

Ask the Quilter!



When preparing a piece to hang, how wide/deep do I make the hanging pocket and rod? Thank you

Suzie Stitche

Dear Suzie Stitche,

If a quilt is to be displayed at an exhibition or hung on the wall at home, it is necessary to attach a sleeve to the back of it.

Cut a length of fabric equal to the width of the quilt minus 2", by 8 1/2" wide. Turn under each short edge and stitch to neaten. Fold in half longways, wrong sides together, and place the raw edge to the top of the wrong side of the quilt. Pin. This can then be machine stitched at the same time as the binding is attached. Slip stitch the center folded edge of the sleeve to the back of the quilt. Insert a flat piece of wood about 2" longer than the pocket. This can be nailed to the wall, or screw eyes can be attached to the ends of the wood to allow the quilt to be hung on nails.

For a small wall hanging, make a similar pocket. Cut the fabric strips 2 1/2" wide. Attach in the binding seam. Make a small fold up toward the top of the quilt and finger press. Stitch into place by hand along the new fold at the bottom of the pocket. This will allow space to insert a dowel.

Ellie Expert

ACCOLADES!



Accolades to all the members of our Guild who were part of the Guelph Studio Tour!



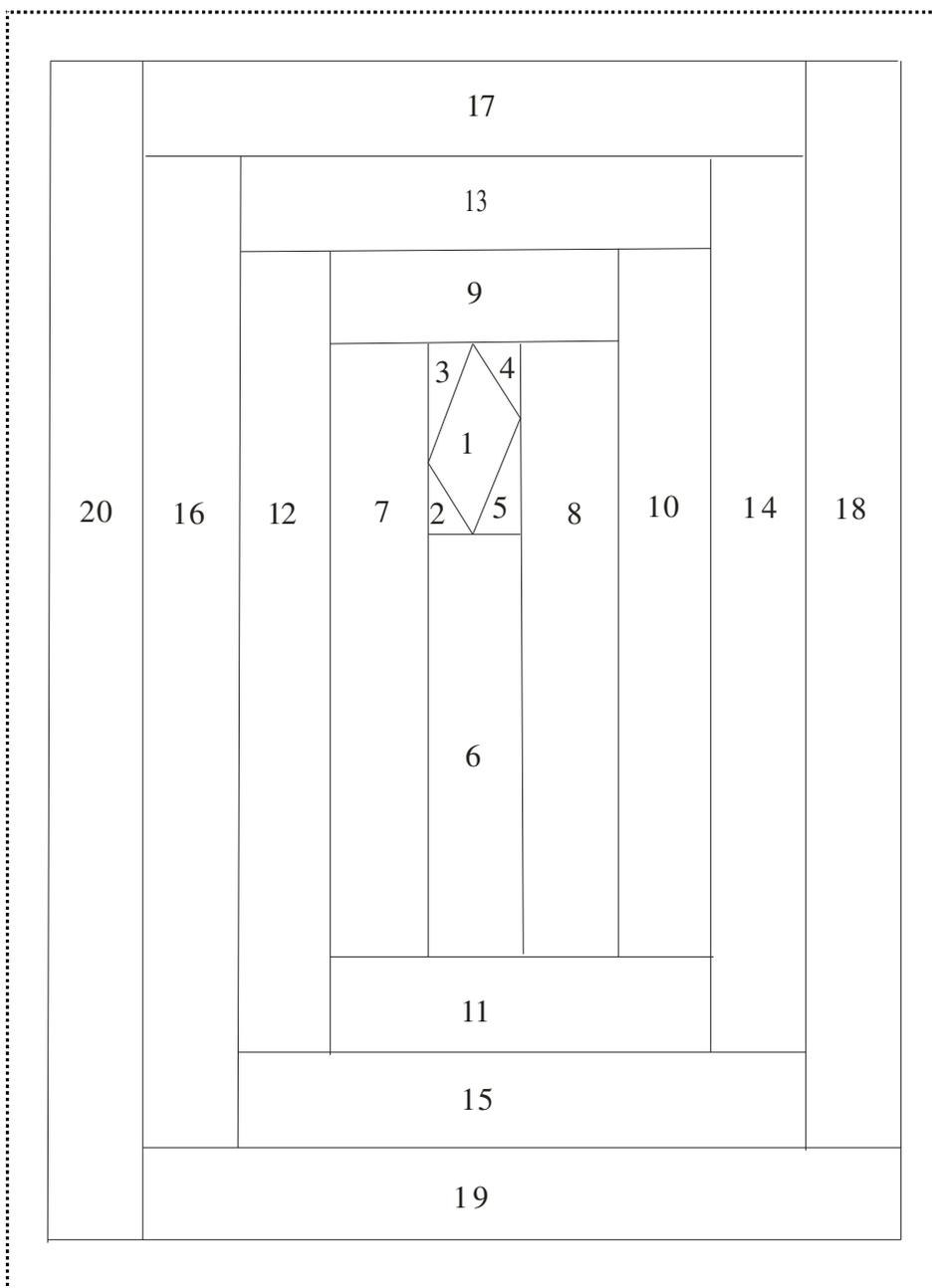
Friendship Exchange Ornament for the December Meeting



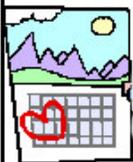
This paper pieced “Warm Up the Cabin” ornament is to be completed for the December meeting if you wish to participate in the exchange. The ornament is slightly larger than usual and can be used as a doorknob decoration or a small wall or window hanging all year round. It can be done in the fabric of your choice, either seasonal or your favourite colours. The following guidelines are to be used when choosing colours.

1-yellow/orange 2,3,4,5, 7, 8 - white or cream 6 - candle colour of your choice
 9,10,13,14,17,18 - light graduating from light to dark 11,12, 15, 16, 19, 20 - darks graduating to darker tones

Finish edges by your preference - binding, ribbon, raw edge, felt backing. Attach a loop at the top for hanging.



Dotted line is the 1/4 inch seam allowance.



Quilter's Calendar 2004

Call for Entry: Group Show February 2005
Greenwood Gallery is now accepting submissions of small to medium scale textile work on the theme of red for a February 2005 group show. Please include with your submission 2-5 images in slide, CD, or photo format, a brief statement and/ or sketches of proposed work, and full contact information. **Deadline November 30, 2004.** Send application gallery@greenwoodquiltery.com

Quilt Show: Durham Trillium Quilters' Guild
 Featuring Louise Girard, Quiltsmith
 Jubilee Pavilion,
 55 Lakeview Park Ave. Oshawa ON
 November 5 & 6 2004
 Friday 10am -9pm, Saturday 10 am - 4 pm
 Contact: Anne Murray 905-576-7833
timeless_treasures@rogers.com

The Quilt Gallery
 1441 King St. St Jacobs,
 Country Mill, 3rd Floor
 October - Dec 2004
 Resident Artist: Joyce O'Connell
 Hours: M-Sat 10-6, Sun Noon-5
 Waterloo County & Area Quilt Festival
 1-888-804-7909 or www.quiltcapitalfestival.com



Best We Forget



Directory of Services

Sew Little Time

Norah McGuire-MacLeod
 1653 Franklin Blvd., Cambridge, Ontario
 Phone: (519) 220-1248
 email: sewlittletime@sentex.net
 Website: www.sewlittletime.7p.com
 Hours of Operation: by appointment

Sew Little Time offers quilters more choices of fabric at great prices. We have over 200 bolts of 100% cotton, including Northcott Christmas flannels, Gordon Fabrics, and other contemporary fabrics. There is a large selection of fat quarters, sold singly or in bundles, select patterns and notions available. Sew Little Time offers workshops for beginner and intermediate quilters in appliqué, machine quilting, paper piecing, totes, and other traditional quilting projects. Sew Little Time will be at the following Quilt Shows: Dunnville, Sault Ste. Marie, Goderich, St. Joe's Island. **Please check out the website for updates.**



NEXT EXECUTIVE MEETING

The next meeting of the RCQG Executive will be held Tuesday, November 20, 2004, at the Co-operators Building on Macdonnell Street. We start promptly at 7 pm and finish at 9:30. Please review your October minutes prior to the meeting.

EDITOR'S NOTE

Cindy Schwan (836-5319) realschwans@yahoo.ca

Thank you to all who submitted information for this newsletter. The deadline for the next newsletter is the November Guild meeting.



Special Interest Groups

Sue Keuhl (826-7914)

