



Executive Update



(Virtual) Guest Speaker:

December: Liz Thompson, Vancouver BC

Let's Kick our Quilt Binding up a few Notches

In time to put the finishing touches on your quilted Christmas gifts, Liz Thompson will wow us with about a dozen *different* ways to finish the edges of our quilts, wall hangings, and table runners. The edge finishing techniques Liz will cover include piped binding, scallop binding, yarn couching, reversible binding, facings, and much more.

Liz will provide us as set of notes to complement her presentation.

For more about Liz and her offerings of tutorials, and on-line classes and workshops visit her site:

<https://sewwithliz.com>



January 2024: Shannon Fraser, Montréal QC



Improv through Pattern Project Scraps

Ever wondered what to do with those fabric scraps leftover from tackling a quilt pattern? Try improv!

In this lecture, Shannon Fraser will walk us through how she sets herself up to make the most of her project fabric scraps and how she uses them as an opportunity to let loose and channel her creativity. This is all about discovering the possibilities that can be created from leftovers and thinking outside the quilting box! She'll share quilts she's created using this approach and share tips on how you can use this approach in your own quilting practice. Shannon says "Quilting is expensive, let's maximize our fiber dollars!"

For more about Shannon visit her website

www.shannonfraserdesigns.com. For daily inspiration, you can find her on Instagram @shannonfraserdesign



Lime Cream Cheese Frozen Pie

(This is a refreshing dessert after a big meal, or on a hot summer day! – Dawn Hunt)

- | | |
|---------------|--|
| 1 cup (250ml) | chocolate wafer crumbs |
| 2 Tbsp (30ml) | margarine |
| 1 pkg (250 g) | light cream cheese brick, softened |
| 1 can (341ml) | concentrated lime juice, thawed |
| 2 Tbsp (30ml) | icing sugar |
| 1-L container | light Cool Whip (frozen whipped topping), thawed |

Combine crumbs and margarine and press onto bottom of a 9” spring form pan. Place crust in freezer for 15 minutes. Place cream cheese, lime concentrate and icing sugar in blender. Beat on high speed until smooth. Pour into a large bowl and fold in whipped topping. Pour over crust. Freeze until firm (approximately 4 hours). Remove from freezer 10 minutes before serving. Cut with a warmed knife. Makes 10-12 servings.

(In-Person) Mingles



There were a lot of high spirits and easy friendships going on at the Mingle on November 25th. It was a wonderful day that flew along too quickly.

The quilt rack was well used for photos of beautiful quilts, both personal and Community Outreach. I am hopeful that we will see these at the next show and share.

With Christmas just around the corner it was nice to see a few quick and easy ideas for the holidays. A round of applause for the talented ladies of demos.

- Becky Fiedler – stilettos
- Monica Ferguson – Scandinavia folded star
- MaryAnne Girouard – painted fabric with crayons
- Roxanne Caughill – Yo-Yo’s

For those who were inquiring, the recipe for the coconut macarons is from Eagle Brand condensed milk (Editor note: recipe appears in newsletter). Thank you to Kathleen K for the fudge, it was delicious.

We are already working on the plans for the next Mingle to be held February 24, 2024. Please add this to your calendar and plan to join us. -- April Temple-Spears

Show and Share Presentations


Did you miss the November Show and Share presentation? No worries – we have a couple of choices for you to review and enjoy:

The standard slide deck:

https://docs.google.com/presentation/d/1PPwej_Qk_upPhcHmtYidnUV4DXOBzwx3/edit#slide=id.p3

Or this video version:

<https://vimeo.com/887231436?share=copy>




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Snowy Coconut Macaroons (April Temple-Spears)

This was a hit at the recent November MINGLE. Recipe source direct from Eagle Brand's website (and sometimes on the back of their product labels!)

Ingredients

3 pkgs (@200g)	flaked coconut (approximately 6 cups/1.5L)
1 can (300 ml)	Eagle Brand sweetened condensed milk
2 tsp (10 ml)	vanilla extract
1-1/2 tsp (7.5 ml)	almond extract

Directions

Combine coconut, Eagle Brand, vanilla, and almond extracts; mix well. Place rounded spoonfuls or drop from mini-ice cream scoop onto parchment paper-lined cookie sheets. Bake in preheated oven at 350°F (180°C) on middle rack of oven, twelve at a time, 10-12 min. or until browned around the edges. Remove immediately to wire racks; cool completely. Makes 4 dozen.

Membership

As we enter the season of holiday festivities, I would like to take this opportunity to wish you an enjoyable fellowship time with friends and family, along with a healthy and happy 2024. After the holiday hubbub, I will be very happy to spend many winter afternoons, in my sewing space.

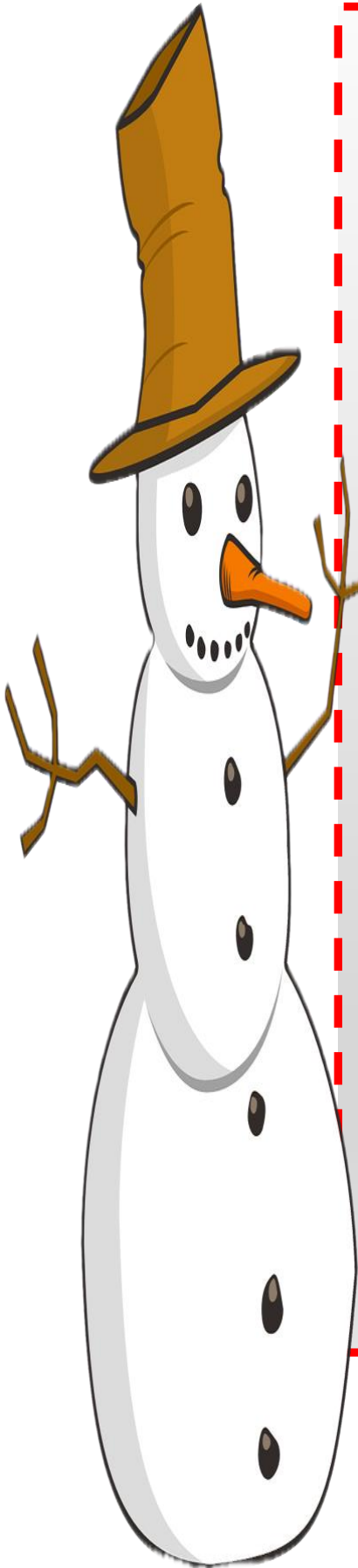
Speaking of friends and fellowship, I had a great time at November's Holiday Mingle. We had a good crowd, some drop-in visitors to the library, and a chance to admire many completed outreach quilts. Thank you to the organizers and the participants.

There are currently 161 members in the Guild. A warm welcome back to Sharon Beach, a former RCQG member, who has rejoined the Guild.

The next Fireside Chat for New Members will be held on Tuesday, April 23rd on Zoom. Please save the date. Invitations will be sent in April.

Please notify membership [at] royalcityquiltersguild.ca of changes to your email, physical address, or telephone numbers. --- Sincerely, Helen Kocmarek





Black Forest Cookies

(It's a Kocmarek Christmas Tradition)

In our home, Jean Paré's, Company's Coming Cookies cookbook is a go-to favourite with tattered pages and notations added to many of the recipes. My adult children expect these thumb print style, Black Forest Cookies (a version of Sacher Torte Bites) at our Christmas gatherings. I usually freeze the prepared cookies on a cookie sheet and then layer them between sheets of wax paper to store them in the freezer.

Ingredients

Butter or margarine, softened	1 cup	250 mL
Instant chocolate pudding, 4 serving	1 box	
Egg	1	
All-purpose flour	2 cups	500 mL
Granulated sugar	¼ cup	50 mL
Maraschino cherry pieces (cut in half) <u>OR</u> (Substitute jam for maraschino cherry)	48	
	½ cup	125 mL
Semisweet chocolate chips	1/2 cup	125 mL
Butter or margarine	¼ cup	50 mL

Prepare the cookie base

Cream butter and pudding powder together. Beat in 1 egg. Mix in flour. Shape into small balls. Roll the balls, in the sugar. Place on a greased baking sheet. Make a dent in each with a thumb. Bake in 325°F (160 °C) oven for 5 minutes. Remove cookies and press the dent again. Continue baking for about 10 to 15 minutes.

Filling

Fill with 1/2 a maraschino cherry or place a bit of jam in each dent. Melt chocolate and butter in a small saucepan over low heat or in the microwave. Drizzle the mix over the cooled cookies. I use the tines of a fork. Allow the chocolate to set.

Makes about 4 dozen cookies.

Library

The library was a busy place at our Mingle on November 25th. Over 60 books were borrowed to take advantage of the long borrowing time of three months!

If you wanted a Christmas book and couldn't get to the Mingle to borrow it, I have brought a few home and you are welcome to pick up one or more at my place. The books I have are listed below. You can go to our library online to see more about the books - <http://www.librarything.com/catalog/rcqg>

- ✚ **Quilt a New Christmas** – Appliquéd Quilts, Embellished Stockings
- ✚ **The Spirit of Christmas** – Christmas ornaments (gingerbread men, stockings, bells, gnomes, various small to large cross-stitch designs) and a bonus of delicious Christmas goodies (such as cranberry-filled stuffing ring, cranberry meatballs, pecan lace cookies and gingerbread brownies, yum!)
- ✚ **Mount Redoubt Designs, Santa Suite** – Beginner to Intermediate Machine Appliqué quilt projects
- ✚ **A Patrick Lose Christmas** – Whimsical projects to deck the halls (Christmas tree pillow, cute reindeer pillow, Santa on Skates wall hanging)
- ✚ **Christmas Heart Lights** – variety of blocks to make a Christmas tree wall-hanging, runner, or placemats.
- ✚ **Snippet Sensations** – wall hangings made with snippets of fabrics (such as a Christmas tree, wreath, candle centerpiece, Santa collage)
- ✚ **'Tis the Season** – wall hangings, runners, lap quilts



Please know that even if you cannot attend the full day Mingle, you can always pop in to borrow and/or return books. Checking out our library list online will give you an idea of what books you may want to borrow, and which collection tote will be housing them.



Remember, your borrowing time lasts from one Mingle to the next. If you can't attend a Mingle to return the books, please connect with me and to arrange for a drop off at my home. Contact me at my email or phone number listed in our Guild directory.

Happy Holidays! -- MaryAnne Girouard



Chocolate Glazed Shortbread Fingers (Flo Pringle)

Shortbread

1 cup (250ml) butter
 1/2 cup (125ml) icing sugar
 1 tsp (5ml) vanilla
 2 cups (500ml) all-purpose flour

Glaze

2/3 cup (150ml) chocolate chips
 1 Tbsp (15ml) butter

Shortbread

Beat butter, icing sugar, vanilla to blend well. Add the flour and mix well. Turn dough onto a lightly floured surface and pat or roll dough to 1/2-inch-thick rectangle about 6 by 9 inches. Cut into 1 inch by 3-inch rectangles. Transfer to parchment lined baking sheet. Refrigerate until firm. Heat oven to 350 F. Bake shortbread until just golden around the edges, approximately 20 minutes. Cool on wire rack.

Glaze

Melt chocolate chips and butter in microwave. Stir until completely smooth. Using a fork, drizzle over the cooled shortbread.

Workshops



Our Creative Expression Workshop with Dawn Piasta on Saturday, January 20 is fully booked. Sometimes a participant is not able to attend the workshop and a space can become available. If you wish to put your name on a waiting list for this class, please contact Ann. The supply list will be sent out shortly. If you haven't received your supply list by December 5, please contact Ann at [annjeffrey44\[at\]gmail.com](mailto:annjeffrey44[at]gmail.com).

Our workshop with Jackie White, to make the 3D Flower, was cancelled due to lack of interest. This announcement was made last month but is repeated here in case some of you missed it.

Our workshop with Brita Nelson, scheduled for April 6, is just over half full. If you want to make sure you have a spot in this class, please sign up soon. Brita is an enthusiastic quilter and teacher.

Workshop presenters are being considered for next year and we have our first one already lined up. If you have ideas, suggestions or requests for workshops please pass them along.

Have a wonderful holiday season! – Ann Jeffrey

Buttertart Squares (Kim Hollingshead)

(I was gifted this great recipe from a neighbour, Cheryl Wilson, many years ago)

½ cup (125ml) butter or margarine
1 cup (250ml) flour
2 Tbsp (30ml) brown sugar

Mix and press into 9 x 9-inch pan. Bake at 350 degrees for 15 minutes.

Filling

2	eggs, beaten	½ tsp (2ml)	baking powder
1-½ cups (375ml)	brown sugar	1 tsp (5ml)	vanilla
½ cup (125ml)	oatmeal	½ cup (125ml)	chopped nuts
¼ tsp (1ml)	salt		

Combine filling ingredients, add to base, and bake 20 minutes at 350 degrees.
Cool before cutting into squares.



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Community Outreach

Quilts of Valour



Our latest Quilts of Valour sew day was on November 13, 2023, at the Guelph Canadian Legion. We had a great turn out with many members diligently working on Quilts of Valour quilt top kits, single blocks or their own donations to the program while socializing with friends.

It seems the chilli lunch was a hit, so I will think of bringing something delicious for everyone to enjoy at our next January 15, 2024, QOV sew day.

All are welcome so bring a friend or family member to support the program. Contact Monica Ferguson (rcqg.qov [at] gmail.com) if you plan to attend.

See you in 2024! – Monica Ferguson



International Quilting Day

International Quilting Day, Saturday March 16, 2024

- To register (no charge for RCQG members) go to iqdonline.com
- Invite a friend to join us for the day
- Check out the days' activities at iqdonline.com
- Submit photos of one or two of your quilted creations for the Virtual Quilt Show (Deadline February 3, 2024)
- Keynote speakers - Kaffe Fassett, Dana Jones, Laura Coia
- Along with our three fantastic keynote speakers we have six concurrent session speakers.

Concurrent Session 1 Speakers

Maggie Dillon – *Art Quilts & Fiber Collages Virtual Trunk Show* – Maggie comes to us from Florida. Her lecture and trunk show features her journey through quilts that combine portraiture, traditional techniques, and fine art. If you are interested in exploring the idea of art quilting and what influences and inspires this type of work, this trunk show is for you!



Maggie Dillon



Sarah Humphreys



Vanessa Génier

Sarah Humphreys – *Cultivate Confidence in Free Motion*

Quilting – You may have heard that the key to confident free motion quilting is practice – but how do you do this? What should you practice? Sarah will share a range of creative quilting exercises in this session to advance your free motion skills. Advice will be given on selecting tools and materials and there will be a wealth of tips and tricks for building your quilting confidence.

Vanessa Génier – *QFS (Quilts for Survivors) our Journey: Past, Present, and Future* – Vanessa is the Founder and CEO of QFS. Vanessa will share how this grassroots project has taken steps to allow Canadians to be involved in a tangible way with Truth & Reconciliation.

Concurrent Session 2 Speakers



Emily Bailey



Peter Byrne



Michael Smith

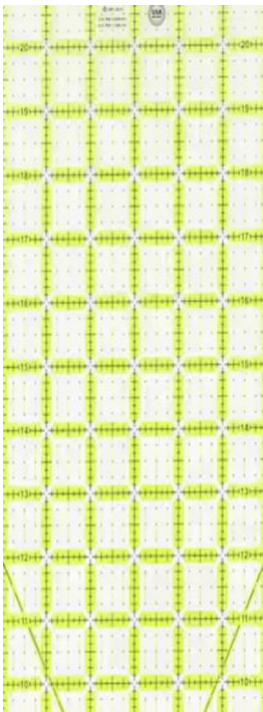
Emily Bailey – Emily is a blogger, quilter, teacher, and author, who will share her lecture called, “Bits of Joy”. In her trunk show, Emily will inspire us to use our own piles of scraps to explore possibilities, discover hidden treasures, and create beautiful quilts. If you are a collector of scraps and looking for ways to use them, be sure to attend Emily’s lecture.

Peter Byrne – *Behind the Seams* – Peter will take us through his own personal quilting journey sharing completed quilts and “how to” photos along the way. He has a

passion for innovation and design.

Michael Smith – *My Quilting Journey* – Michael caught the quilting bug when his eldest niece was born. Now, over 30 years and hundreds of quilts later, Michael shares his passion for sewing, quilting, and creating from his quilt shop, The Sewcial Quilter Inc., Clarksburg, ON.

For more information on these speakers and our keynote speakers visit the International Quilting Day Website - iqdonline.com



Recently, there was a discussion on BerninaLand’s groups.io mailing list that RCQG members might find useful. A BerninaLand member asked for tips to help her keep longer rulers from slipping when rotary cutting. There were many suggestions, including:

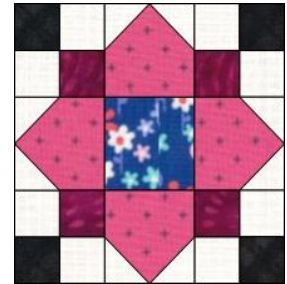
- Use a handle with one or more suction cups. Gypsy makes a couple of those for quilters. You may be able to find them at Princess Auto or another tool store.
- Sew Magnetic Cutting System by SewTites: <https://www.sewtites.com/products/sew-magnetic-cutting-system>
- Put a weight on the far end of the ruler. Donna Jordan does this in many of her tutorial videos.
- Make a vinyl cling for your ruler. Make sure your ruler is free from dust or lint. Cut a piece of vinyl that size (or just smaller) of your ruler. It will cling to your ruler and prevent slipping. If it starts to peel off, rinse the vinyl under water, let it dry and place it back on the ruler. You can replace the vinyl if that is easier.
- Some brands of rulers are less prone to slippage including Creative Grids and Quilters Select.
- Apply Odif Grippy Non-Slip Coating spray to the back of your ruler
- Pat Speth suggests a small piece of shelf liner under your ruler. Read more here: <https://nickelquilts.wordpress.com/2016/04/20/shelf-liner-for-non-slip-rulers/>
- Put 3M’s Nexcare tape on the back of your ruler. Read more at <https://www.needlepointers.com/main/youtubecontent.aspx?youtubepageid=471>
- Skateboard tape

Stash Busters



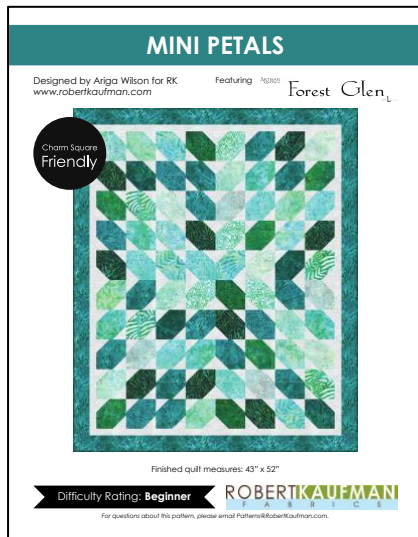
Happy Holidays from the Stash Busters Special Interest Group

At our December 6 and January 3 meetings, Stash Busters will work on the Quatrefoil Quilt from Missouri Star Quilt Company. See the November Newsletter for more details.



If you'd like to join us but haven't started Quatrefoil, you are welcome to spend time with us while working on a project of your own.

Upcoming February Project: Mini Petals by Robert Kaufman



On February 7, 2024 the Group will begin work on the Mini Petals Quilt designed by Robert Kaufman and Cathy Van Osch will lead this free project.

Donna Jordan has kindly made a free YouTube video demonstrating this striking pattern. It's quick to make and rated as beginner friendly. To learn more about it, please watch her video tutorial by clicking on this link: <https://www.youtube.com/watch?v=Majv1T4A19Q>

This quilt can be made in various sizes: from a table runner all the way to a medium-sized quilt. For members wanting to make a larger size, we used EQ 8 to estimate the fabric requirements. The chart below covers the throw and comfort quilt sizes.

Fabric estimates from EQ 8		
	Comfort Quilt	Throw (QOV)
Dimensions	52 x 61	61 x 79
Layout	10 x 12	12 x 16
Colourful fabrics - assorted	2 + 1/8 yards	3 + 3/8 yards
Light fabrics to snowball corners - assorted	7/8 yard	1 + 3/8 yards
Inner border	3/8 yard	3/8 yard
Outer border	3/4 yard	3/4 yard

Stash Busters meets via Zoom from 9:30 am to 3:30 pm on the first Wednesday of the month. Participation in the group is free and we welcome new participants at any time. There is no charge to participate. Please contact - [stashbusters \[at\]royalcityquiltersguild.ca](mailto:stashbusters@royalcityquiltersguild.ca) - to be added to the mailing list or learn more about this friendly group.

I hope to see you virtually on Wednesday, February 6th -- Cathy Van Osch

Seven Layer Magic Cookie Bars

(Becky Fiedler)

I think this recipe used to be shared on cans of Eagle Brand sweetened condensed milk (USA). I learned it from my high school boyfriend's grandma. They are easy to make and are always a hit.

(Editor's note: Canadian/metric equivalents have been added)

Prep Time: 5 minutes **Cook Time:** 30 minutes **Total Time:** 35 minutes

Difficulty: Easy **Servings:** 40

INGREDIENTS

¼ cup (50ml)	butter or margarine
1 cup (250ml)	graham cracker crumbs
1 cup (250ml)	shredded coconut
1 6-oz pkg (270g)	butterscotch flavored chips
1 6-oz pkg (270g)	chocolate chips
1 15-oz can (300ml)	Eagle Brand Sweetened Condensed Milk
1 cup (250mL)	chopped nuts

DIRECTIONS

Melt butter in a 13x9x2 baking pan. Sprinkle evenly with graham cracker crumbs.

Then sprinkle on, in order:

coconut

chocolate chips

butterscotch chips

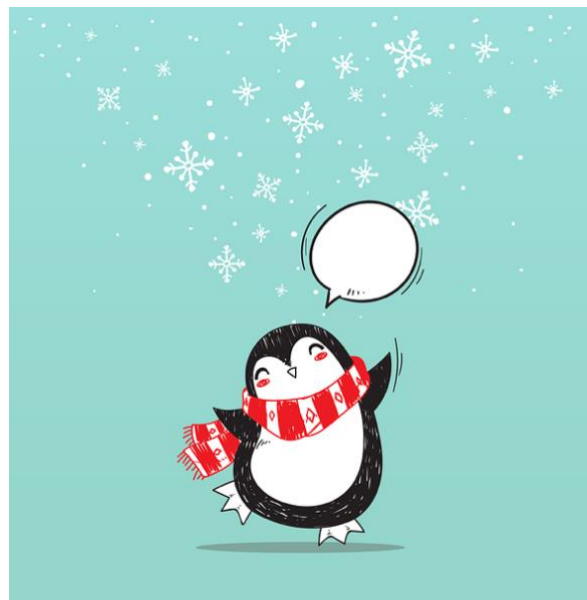
Pour the Eagle Brand milk evenly over all. Sprinkle on the nuts and press firmly into the pan. Bake at 350 degrees for 30 minutes. Cool. Cut in to 1" x 2" bars. Enjoy!



Email addresses provided in the newsletter have been formatted to prevent spam and will appear as:

namename [at] server.com

To send an email, you'll need to replace [at] with the symbol @ and remove the extra spacing. Refer to your Guild Directory for contact names and related information.



Members Share



Are you looking for a last-minute gift or décor item? A member has suggested the following TREE SKIRT pattern (it's free):

https://www.blankquilting.net/product_images/December Magic Tree Skirt_Pattern_09242019_PRELIMINARY WEB FILE.pdf

Alternatively, sign up at **Leila Gardunia** and receive a free collection of 52 Scrappy Triangles piecing patterns. Mix, match and make them into small or large items according to your own needs and schedule. To access, you need to sign up at - <https://leilagardunia.myflodesk.com/pk8fmxvfef>

Maybe you need to decorate the tree or an extra-special gift recipient? If so, head on over to **Erica Arndt's** page. She is offering a December 2023 "Sew Jolly" stitch or "Quilt"-along. Do both! The details on how to follow along are here:

<https://www.confessionsofahomeschooler.com/blog/2023/11/get-ready-for-the-2023-sew-jolly-quilty-and-stitchy-sal.html>



... and just like that, 2024 is just around the corner!

Even though I haven't kept up with all the classes or projects that I started this past year, that's not stopping me from exploring (and signing up for) new options for the new year. My goodness! I thought I'd uncovered quite a few (budget-friendly) but was then quite surprised to have several email 'elves' provide me with even more suggestions. If you're an advance planner, get out your calendar, have a 'hot chocolate' and start planning your own adventure! Some of these get underway very early in January and, it's nice to get the necessary supplies fulfilled on your 'wish list', in time to be ready to enjoy some 'me' time in your sewing room, this winter. This isn't an exhaustive list, but I think we have some ideas to tantalize your 'sew-mojo'!

January 1st:

Stitchin' Heaven offers the Free New Year's Day Mystery (signup before Dec. 31st) with Tiffany Hayes and Rob Appell, who will be creating the project in two different colour ways. Sign up:

<https://stitchinheaven.com/pages/new-years-quilt-along>

January 10 – 14th:

Quilt 2024 is a virtual learning opportunity hosted by Alex Byrne and featuring 30 different presenters (including our friend, Celeste Compion of Meerkat Shweshwe). Free to participate, although a paid subscription gives you access to all the classes and other materials for a year (\$49USD).

January 1st and First Monday of Subsequent Months

A Quilting Life Mystery Block of the Month (Free on Website) and for first time, a Paid Version (\$19.99USD) provides direct emailed patterns along with 3 additional patterns during the year. Sign up at -

<https://www.aquiltinglife.com/today-in-the-a-quilting-life-studio-small-projects-2024-bom/>



January 1st through April

Modern Quilt Studio is offering Secret Agent – a Modern Mystery quilt-along. There is a cost (\$35 USD), which incorporates videos along with improvisational pattern suggestions. This isn't a 'pattern-based' quilt-along ... are you ready to challenge your creativity? Are you up for the 'mission'? Here's the link:

<https://www.modernquiltstudio.com/product/secret-agent/>

January – July

This is 'pre-planning' with a capital "P"!

Carol Swift (Just Let Me Quilt) joins her partners (Joan at Moosestash Quilting, Carla at Creatin' in the Sticks), in offering a free pattern "Bona Lisa's Sweater Emporium 2024" to get you ready for next Hallowe'en! The patterns will be available for free during the month in which they are released, and then the link expires. Miss something and you'll need to head over to one of their ETSY shops to purchase. Get details on Carol's webpage:

<https://www.justletmequilt.com/2023/10/bona-lisas-sweater-emporium-2024-bom.html>

January 3 + weekly Wednesdays through July

The Moda BlockHeads are at it again! The Season V quilt-along is occurring in two parts. So far, Part 1 is just wrapping up and you can still participate in sewing up those 9 blocks (Sept – Nov). Part 2 will be getting underway in the New Year with 30 blocks (Jan – July) in weekly instalments (Note: timing may change slightly). You can follow the team on either the Moda blog:

<https://modafabrics.com/inspiration-resources/blockheads-5-archive>

or on the Bear Creek Quilting Company website:

<https://bearcreekquiltingcompany.com/moda-blockheads-V-2023/>

<https://bearcreekquiltingcompany.com/moda-blockheads-V-2023/>

January 19 + 3rd Friday for Subsequent Months

Canadian Quilters' Association (CQA) is offering a free Mystery: https://canadianquilter.com/2024-cqa-acc-oatmeal-raisin-mystery-quilt-along/?fbclid=IwAR1JaqnT_WGNGow3jnz0wi5R64zHsliVYhjwlv2HzYiFvs16XGVgdV0Z2PI

March – September

Fat Quarter Shop: Launching their 'charity' quilt-along "MOONBEAMS" in March 2024. Patterns are free. Kits are available for a fee. Get details here: <https://blog.fatquartershop.com/announcing-the-moonbeams-charity-quilt-along/>

Don't stop there ... check out the other quilt-alongs that will be coming in the new year. Lots of choice:

<https://blog.fatquartershop.com/quilt-alongs/>

All year long access:

Riley Blake Designs: There are at least 5 sew-alongs commencing in January and another 2 that start in April. Take a look at the schedule here:

<https://www.rileyblakedesigns.com/assets/images/sewalongs/UpcomingSewAlongs/UpcomingSewAlongs20230619.pdf>

BOM Quilts: A website devoted to offering free Block of the Month sew-alongs and free quilt patterns: Take a closer look at the numerous offerings: <https://bomquilts.com>

Edyta Sitar (Must purchase a pattern) – Offering different sew-alongs through the year, to get information, follow her in the monthly blog for tips in preparing beautiful quilts: <https://www.laundrybasketquilts.com>

The Quilt Show's 2024 offering is "Pick a Petal" (Designer: Jen Kingwell). The pattern is free with \$49 USD annual membership. Work from your stash or purchase fabric kit and templates available from the TQS store: <https://thequiltshow.com/shop/favorites/block-of-the-month-pick-a-petal/pick-a-petal-2024-block-of-the-month-fabric-kit/>

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Each quilt I make tells a story, even if it doesn't turn out like I'd hoped.

My quilts bring comfort and warmth.

I deserve to buy and use fabrics that make me happy.

Time spent quilting is not selfish, it is where I find peace.

I am worthy of a fresh rotary blade when mine is getting dull.

Imperfections in my quilts show that I am growing and learning.

My quilts bring joy to myself and others.

DAILY QUILTING AFFIRMATIONS
KITCHEN TABLE QUILTING

Four reasons why quilting is good for mental health

Ask any crafter and they will tell you that crafting is good for the soul. It has long been thought that craft-based activities can help people improve their health.

Studies into quilting have already shown that it can actually help patients regain mobility, particularly if they have had a neurological deficit from a stroke or brain injury. More recently, specific research into quilting has shown that it has positive benefits on mental health and wellbeing too.

1. The Power of Colour

It's clear that quilters feel that colour has a huge impact on their state of mind. The creative use of bright colour is psychologically uplifting, as well as satisfying to the eye.

2. Mental Agility

Quilting is challenging, requiring concentration and the mastery of new skills. What better way to keep your mind in fine fettle than undertaking a challenging quilt involving designing patterns, measuring dimensions, and tessellating pieces?

3. The 'Flow'

If meditation isn't your thing, you'll be glad to hear that quilters report the experience being in 'the flow'. Losing yourself in the creative process engenders positive feelings which last beyond the actual activity, as well as reducing anxiety and helping with pain management.

4. Community

Whether physical or digital, quilting can strengthen social networks and a fosters sense of community. The shared interest of quilters offers friendship, support, inspiration, and motivation. Quilters are a sharing, friendly bunch!

Research published in [JOURNAL OF PUBLIC HEALTH](#), Volume 34, Issue 1, and the [JOURNAL OF OCCUPATIONAL SCIENCE](#), Volume 7, Issue 2.



Last-minute Tip:

Have you ever run out of wrapping paper, bags, ribbon, or labels?

Well, it's not too late to let your creativity shine and put that fabric stash to work. Good news is that it lends a personal, stylish, and reusable touch to every gift (and you can reclaim it to the stash at the end of the day).

Batting scraps are good protective fillers. Scrap strips make excellent bows and ribbons. Fat quarters and yardage can enclose almost any size package and can also be quickly sewn into a 'rough' bag. This is also a way to put orphan blocks to use. It can be a 'double-duty' gift for a quilting 'friend' too. We're all looking for sustainable solutions!

On that note, thought I'd share a quick blog post from A Quilter's Table, where she illustrates that quilted label idea (see photo at left): <https://aquilterstable.blogspot.com/2013/12/little-bits-of-christmas.html>

Your Executive needs your assistance!

While it may be the very last thing on your mind, at this time of the year, we need you to start thinking about and considering how YOU will help keep our Guild thriving. It is a REAL NEED. Without volunteers, we cannot offer the breadth of program and membership experiences that you've come to expect.

We are seeking **3-4 individuals** to work together on the **2024 Nominations Committee**. This group's role is time-sensitive, and its purpose is to help identify candidates to fill vacancies within the organization, in time for our Annual General Meeting. We would like the Committee to be in place early in January. Teamwork helps spread the workload of contacting members. Can you spare a few hours to assist us?

We hope so! If interested, please send me an email: [rcqg.newsletter \[at\] gmail.com](mailto:rcqg.newsletter[at]gmail.com) ... THANK-YOU!

Regional Guilds – Upcoming Events

CQA has published their Call for Entry for their National Juried Show. Entries will be accepted from Jan 3 to Feb 16. The information is posted online. Click the picture to go to the website.



Guild Calendar Update



We are eagerly awaiting the new website update and have agreed that until we have a revitalized calendar presence there, that we'll continue to post key activity highlights here, at your fingertips!

Note: Pay close attention to the date box – in the interest of saving space, December and January dates appear in the same box, for each activity!

Date & Time (ET)	Activity	Location
Wednesday, December 6 th + Wednesday, January 3 rd @ 9:30 am – 3:30pm	Stash Busters	Zoom Invitation
Tuesday, December 12 th + Tuesday, January 9 th @ 7:00pm	Member Meeting (Virtual)	Zoom – A link to the meeting will be emailed to all members and registered guests the day before the Guild's Meeting.
Friday, December 8 th and 22 nd Friday, January 5 th + 19 th @ 9:30 – 11:00am	EQ8 – Daytime Group	Zoom Invitation
Saturday, December 9 th + Saturday, January 13 th @ 10:00am – 3:00pm	Virtual Sew Day	Zoom Invitation
Saturday, December 9 th + Saturday, January 13 th @ 1:00pm – 3:00pm	Mystery Quilters Anonymous	Zoom Break-out Room (part of above)
Saturday, December 9 th + Saturday, January 13 th @ 10:00am – 12:00pm	Alaska Quilt-Along	Zoom Break-out Room (part of above)
Monday, January 15 th @ 10:00am - 4:30pm	Guelph Sews for Quilts of Valour	Royal Canadian Legion, 57 Watson Pkwy S., Guelph, ON
No Meeting in December or January	Member Mingle (In Person)	Community Living Guelph Wellington, 8 Royal Road, Guelph
Saturday, January 20 th 10:30am – 5:00pm	Dawn Piasta – Inktnesse Adventure Workshop	Zoom Invitation to participants
Tuesday, January 23 rd @ 7:00pm – 8:30pm	EQ8 – Evening User Group	Zoom Invitation
Thursday, January 25 th	Newsletter Submissions	N/A

Cranberry Lemon Scones (Cheryl Cowan)

As a child, our Christmas mornings always began with some type of sweet bread offering (best if it was sugary and gooey). As an adult, I prefer tangy and tart flavours and these scones fit the bill – thanks to my friends at Canadian Living test kitchens! Enjoy with a hot beverage!

Ingredients:

2-1/2 cups (625ml)	All-purpose flour, sifted
1 Tbsp (15ml)	Baking powder
1/2 cup (125ml)	Butter, salted, cut into cubes while cool
1/2 cup (125ml)	Sugar, granulated
1 cup (250ml)	Milk
2 Tbsp (30ml)	Lemon Juice, fresh squeezed (1 medium lemon)
2 tsp (10ml)	Lemon zest (1 medium lemon)
3/4 cup (175ml)	Cranberries, fresh

Egg Wash:

2 tsp. (10ml)	Milk
1	Egg, beaten

Lemon Drizzle:

1/2 cup (125ml)	Icing sugar
2 Tbsp (30ml)	Lemon Juice, fresh

Directions:

1. Preheat oven to 400 degrees.
2. Wash, grate/zest and juice the lemon. If there is insufficient juice to yield the 4 Tbsp. (60ml) required for the recipe, you can mix in some lemon juice concentrate, as required. Set aside.
3. Place flour, baking powder, salt and butter in a food processor and pulse until it resembles coarse crumbs (or hand cut a pastry blender). Transfer the mixture to a large bowl.
4. Mix 3/4 cup (175ml) of the milk with 2 Tbsp (30ml) lemon juice together in a small bowl and let stand for 5 minutes.
5. Meanwhile, add the sugar to the dry ingredients, then stir in the lemon zest.
6. Make a well in the center of the dry ingredients and add the lemon-milk mixture. Stir just until combined. If there are any dry spots, gradually add the remaining milk, 1 Tbsp (15ml) at a time, just until the dough has come together (slightly sticky). Fold in the cranberries.
7. Turn the dough out onto a lightly floured surface. Sprinkle the top of the dough with a bit of flour, then gently press the dough into a 9-inch circle. Cut into 8 wedges with a sharp knife or pizza cutter. Don't handle the dough too much or it will become tough.
8. Place the wedges on a parchment-lined baking sheet with 1-inch of room between them.
9. Whisk the egg and 2 tsp (10ml) of milk together and brush over scones.
10. Place in the oven and bake 20 minutes or until golden brown. Remove scones from the oven to a cooling rack. Allow the scones to cool for about 10 minutes.
11. Mix the powdered sugar and 2 Tbsp. (30ml) lemon juice. Drizzle over the scones and serve warm.

Makes 8 scones.

Editor's Note: I truly hope that you've enjoyed reading this 'holiday issue'. This time of year can be hectic and it's easy to get caught up in the chaos. So, find a quiet space and take a moment to relax and just breathe. Touch base with someone that may be spending this time, alone – it's a simple gesture that will mean more than you know. From my family to yours: Happy Holidays and Happy New Year!