



# Oakville Quilters Guild

January/February 2013  
Volume 19 – Issue 3

**Next Meetings:** 17 January, 2013 - 7.30 pm – 21 February, 2012 – 7.30 pm  
**Venue :** Central Baptist Church, 340 Rebecca Street, Oakville

## From the Coordinator

Happy 2013! I hope everyone had a wonderful holiday. At the end of every year, I always seem so do a sewing room clean-out. This year I've decided that my fabric storage is no longer working and I am slowly switching my stash from being stored in bins by colour to being folded on shelves. Gavin has been helping – sort of – he'll occasionally run up and help me flatten the fabric I'm folding by stomping on it.

I also declared that in my house December is machine-quilting month with NO piecing except for binding (OK, maybe a little extra piecing). My goal is to quilt four quilts during December. As of writing this, I've started my third quilt so we'll see how close I get.

We're going to have some great meetings this winter with a great speaker and a games night.

*Melissa*

**Mailing Address:**  
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P.O. Box 20003 – 520 Kerr Street, Oakville ON L6K 3Y7  
[www.oakvillequiltersguild.ca](http://www.oakvillequiltersguild.ca)

## **Planning Committee:**

Coordinator	Melissa Bieman	905 827-5612
Anniversary	Dawne Rudman	905 844-6524
Block of the Month	Vacant	
Cards/Flowers	Aurea Bielby	905 845-7648
Historian	Ursula Thomson	905 845-2111
Library	Pat Edwards	905 845-4764
Membership (Directory)	Patti Phillips	905 335-8752
	Sharon Diotte	905 855-6949
	Janice Ghent	905 844-2831
Newsletter	Dawne Rudman	905 844-6524
Outreach	Dinah Ross	905 845-8789
	Rosemary Clouse	905 332-0758
	Trudy Nicholls	905 827-4821
Program	Joanne Forsythe	905 339-3626
	Mary Jane Vallbacka	905 827-5855
Social	Jen Cowan	905 569-8702
	Vacant	
Telephone	Sara Turner	905 844-3966
Treasurer	Mary McAuliffe	905 469-0988
Website	Melissa Bieman	905 827-5612
Workshops	Vacant	
	Vacant	

## **Block of the Month**

In January we're still piecing blocks – don't worry though it's different than what we've been doing. If you're feeling really behind, have no fear, you'll have plenty of time to catch up because in February we're going to stop making blocks and start putting them together!

*Melissa*

## **Executive Positions**

There are openings in the executive positions for the 2013-2014 year. We are looking for a Treasurer and Block of the Month coordinator. Remember that both these positions are for two-year terms.

If you have questions about these positions, please talk to Melissa.

## **Food Drive**

We will be holding a Food Drive at our February meeting. Your contributions of non-perishable items would be greatly appreciated.

Here is a list of items most needed:

- ❖ Canned Fruit & Juice
- ❖ Canned Vegetables & Pasta
- ❖ Dry Pasta & Pasta Sauce
- ❖ Canned Stews & Meats
- ❖ Canned Tuna & Salmon
- ❖ Canned whole Potatoes, Tomatoes
- ❖ Cooking Oil, Rice, Condiments
- ❖ Dried or Canned Beans
- ❖ Canned Hearty Soups
- ❖ Saltine soda Crackers
- ❖ Instant Coffee & Tea (not herbal)
- ❖ Powdered Milk, Sugar
- ❖ Cereal
- ❖ Peanut Butter, Jam, Honey
- ❖ Baby Formula, Diapers
- ❖ Toothpaste, Soap, Toilet Paper
- ❖ Laundry Powder

Monetary donations are welcome as they provide vouchers redeemable at local grocery stores for milk and fresh fruit.

Anita will have her car parked at the front doors with the trunk open for the donations

## **Cards and Flowers**

Please contact Aurea Bielby at [ibielby@cogeco.ca](mailto:ibielby@cogeco.ca) if you know of anyone in our guild who is in the hospital recuperating at home or of anyone needing to know we are thinking of them during a difficult time. Having a "buddy" in the guild who would advise Aurea by email would be helpful. We do not want to miss anyone.

*Joanne and Aurea*

# Program

**January 17, 2013**

**Sue Paquette** will be bringing a trunk full of scrap quilts which according to Sue "are not second class but can be fun, interesting and just so very beautiful". We all know that for sure. Sue is an avid "quilt as you go" quilter and loves to teach others the skills she has acquired over the years.

In addition to Sue, **Carol Dinsmore** and **Linda Robertson** from **Quilter's Dream** in Burlington will give a short presentation about their upcoming cruise to the Mediterranean in May 2013.

**February 21, 2012**

## **The FIRST ANNUAL OAKVILLE QUILTERS BINGO NIGHT**

Ladies, you no longer have to feel badly about missing out on BINGO on the nights that we have our meeting. In February, the Program Committee presents the First Annual Oakville Quilters Bingo Night.

Lots of fun and prizes to be won! There are a few "materials" you will need to bring:

- A pen (as you'll get to make up your own card!)
- Something to use as bingo chips (at least 24). (Leave your dabbers at home as the same card will be used for more than one game and dabbers are permanent!)  
Suggestions: pennies, buttons, your favourite beer bottle caps, etc. etc. etc.
- Your reading glasses and hearing aids if you need them.

Each member will receive one free card. If like most bingo enthusiasts, you want more than 1 card, it can be purchased. The price of each additional card will be 1 fat quarter, (good quality quilting material only please!!), or any suitable quilting

notion or item that has about the same monetary value as a fat quarter. These items will be added to the prize pool. Of course, HOME baking will also be accepted!!

We'll be playing a variety of games: One Row, "X", "T" and of course Full Card.

So.....get your BINGO CHIPS and your PEN organized and be ready for a wild night of Quilt Bingo.

In addition, **Pat Edwards**, Library, will be organizing a "Silent Auction" of library books so plan to bring some extra cash for your purchases.

**March 21, 2013**

**Walkabout:** When several of our members will be presenting a brief description of a quilting technique or a new tool, which we cannot live without.

*Joanne & Mary Jane*

## Can you help?

I am looking for a quilt pattern for a little boy - with truck/cars and maybe trains. Contact me at 905 827 5836

*Gayle Shermet*

## Information Wanted

We have many talented and successful quilters among our members. We are proud of you and your achievements. Please let Dawne Rudman know if you have been accepted into any exhibitions/shows/won an award/etc.

Contact: *Dawne*

Email: [dawnerudman@gmail.com](mailto:dawnerudman@gmail.com)

## Outreach News

We have given quilts to the following organizations recently:

McMaster Hospital Pediatrics Dept .(2)  
Big Brothers and Sisters of Halton (2 for their on-line Auction)  
St. Paul's United Church (2 for their Bazaar)  
Meals on Wheels (6)  
Hope Place (6)  
Salvation Army (5)  
Healthy Babies, Healthy Children of Halton (5)  
Parent Child Centre (5)  
A quilt was also given to a bone cancer patient known to June Cregan.  
The recipients really enjoy receiving these gifts, so let's keep sewing.  
Thanks to everyone for participating.

*Dinah*



Guild members who were at the December Outreach: left to right: Diane Parisi, Rosemary Clouse, Barbara Price, Louise Gravel, Janice Ghent, Diane Wolder, June Cregan, Trudy Nichols, Germaine Cochran, Maureen Marlborough, Ursula Thompson, Dawne Rudman.

## Outreach Meetings

The Outreach group meets on the second Tuesday of the month at St. Paul's United Church from 9.30 till noon.

### **Everyone is welcome**

Please bring your own sewing supplies and mug. There is always plenty to do and if you would like to sew, please bring your machine, we will keep you busy.

*Dinah*

## Social

Thank you to the following members who contributed goodies at the October meeting:

Joan Bray, Diana Burnett, Sarah Douridas, Cheryl MacPherson, Susan O'Neill, Janet Rhind, Gwen Sedma, Gayle Shermet and Lynn Westman.

The following members brought desserts to the November meeting. Thank you!

Barbara Bays, Margaret Burnett, Pat Dewar, Charlene Doan, Vivian Harris, Eileen Harrison, Sharon MacMillan, Kathy Mundy, Joy Peckover, Dinah Ross, Diane Wolder.

Thank you to the members who brought appetizers to the November meeting:

Lynn Calvett, Jo-Anne Cieplucha, Christine Courtney, Barb Croucher, Julia Curitz, Veronica Martin, Mary Ellen May, Barbara Price, Dawne Rudman, Ursula Thomson. Margery Towers and Tasha Yhard.

Just a reminder to sign the clipboard on the kitchen counter on your way into the meeting if you bring food and are not on the list to do so. This way we can thank you in the Newsletter. Everyone who is kind enough to bring goodies at any time should be acknowledged - please put your name down so we can show our appreciation!

Thank you!

*Jen*

# The relationship between quilting and wellbeing

Research publications by members of the University of Glasgow

## Abstract

**Background:** Within public health, activities that promote and maintain wellbeing remain limited and relatively unexplored. In particular, little is known about the relationship between creative craft hobbies and wellbeing in the general population.

**Methods:** Twenty-nine semi-structured interviews were conducted with women from a local quilting group. Ideas and experiences of quilting in relation to wellbeing were explored with participants. Interviews were audio-recorded, transcribed verbatim and thematically analysed.

**Results:** Cognitive, emotional and social processes were uncovered, which participants identified as important for their wellbeing. Participants found quilting to be a productive use of time and an accessible means of engaging in free creativity. Colour was psychologically uplifting. Quilting was challenging, demanded concentration and participants maintained and learned new skills. Participants experienced 'flow' while quilting. A strong social network fostered the formation of strong friendships. Affirmation from others boosted self-esteem and increased motivation for skill development. Quilts were often given altruistically and gave quilting added purpose.

**Conclusions:** The findings illustrate how creative craft hobbies such as quilting can be a meaningful vehicle for enhancing wellbeing. This study sets the foundation for further research into creativity, creative hobbies and hobbies in general.

Burt, E.L., and Atkinson, J. (2012) *The relationship between quilting and wellbeing*. [Journal of Public Health](#), 34 (1). pp. 54-59. ISSN 1741-3842 (doi:[10.1093/pubmed/fdr041](https://doi.org/10.1093/pubmed/fdr041))

Submitted by **Joanne Forsythe**

# Getting to Know You – Diane Wolder

One of the most familiar faces in the Guild is Diane Wolder. One of our founding members, Diane chaired our first quilt show, has been actively involved in the other two, is instrumental in arranging our seating at Guild meetings and the space for the Outreach group, has been on the executive for countless years, is always one of the first to provide goodies at meetings...and yes, she also manages to quilt!

Diane started quilting in 1983 when she 'splurged' and bought her first quilting tools - an Olfa mat, cutter and rulers. A sewer since childhood, she had made some 'cheater' quilts before that, but she learned more about hand quilting at her church's old-fashioned quilting bees. In 1985, just prior to Diane's move to Ontario from Manitoba, this church group had an outing to see Mennonite quilts and Diane was hooked: she now wanted to begin a major quilt project and did soon after her move to Oakville.

Finding that her cousin, Janet Rhind, had also moved to Oakville and was living around the corner was an incredible bonus. She received a lot of help and had some lovely 'sew' days away from her busy family life, completing the top of her first major quilt, a Lone Star (or Texas Star) design. It is almost all green, her favourite colour, has pineapples quilted in each corner and is still her most treasured quilt. Diane hand quilted it in a full frame that Janet helped set up in her bedroom and actually won a prize for it at one of the Halton Guild quilt shows.

Diane doesn't feel that her quilting has really evolved over the years, but instead it has sustained her and given her pleasure, from various classes taken over the years, sewing for Outreach and recently having weekly 'sew days'. She loves piecing but also enjoys needle-turn applique, which she hopes to pursue further.

Having a busy life should not be the reason not to finish a quilt project. Putting something on the back burner when life gets in the way is fine, but Diane is absolutely committed to completing her projects.

Compiled by **Ursula Thomson**

# Getting to Know You

## – Julia Curitz

Julia Curitz emigrated from the UK in 2007 and upon arriving joined the Newcomers' quilt group. She is not a lady to sit back - she has done the block of the month for the Guild, worked at the quilt show, taken numerous classes - and completed many quilts in a short time, both for herself and friends and family. The part she loves best about quilting is the sound scissors make when she cuts off the excess batting and backing before she finishes off the binding - now that is something we can all relate to!

Julia was a complete beginner on her arrival in Oakville and has developed many skills from watching fellow quilters. She can now problem solve, loves to learn new tricks and tips and is feeling more confident at matching colours.

She is currently making a quilt for her daughter's wedding in February and will take it for long-arm quilting at Sewing Machines Etc, her second effort at the long-arm.

Julia loves every new quilt she starts and can't really say she has a favourite, although her first bed quilt is high up on the list. She hand quilted it while she sat in the hospice with her father. He napped under it while she sewed so there are lovely memories of him tied up in it too.

Her advice for a new quilter is 'Go for it!' Anything is possible and if you love the fabrics you've chosen - they match!

Compiled by **Ursula Thomson**

## Notices

Guild members, who for example, have a quilt frame to sell, can write up the information and at the beginning of the meeting, give it to Melissa. Then, during the meeting, Melissa will call upon you to make the announcement. If you don't wish to speak, Melissa will make the announcement for you. Notices may still be placed on the notice board next to the Block of the Month.

# Book Reviews

## ***Fast Quilts from Fat Quarters***

By Barbara Chainey

The author had an extensive fat quarter stack that she had looked at for five years. She enjoyed looking at them, but the right project never seemed to come along. She read an article by Jean Ann Wright that described how she had devised a plan for cutting a fat quarter with minimum wastage and maximum number of basic shapes and the idea for this book was born.

This is a free style approach to quilt construction. Take fat quarters, cut them up then decide what you will make from the pieces – the “cut-first-decide-later” idea! The result will be a unique quilt.

Fifteen fully described quilts are shown with another 20 appearing in the gallery.

There is also a detailed cutting plan to get the maximum from a fat quarter.

Barbara: “The shapes will allow you to create a multitude of simple units, which can then be built up into a myriad of quilt patterns. You can be creative and make your own unique quilt.”

## ***Quilted One Block Marvels***

By Carolyn Sullivan

“This book is about designing your own blocks, then manipulating them through repetitions, rotations, reflections and combinations of these to make your own amazing quilts.”

Carolyn often uses photographs as a base for a block. A picture of a building, a bridge, a design on a floor mosaic a flower (Bird of Paradise) a peacock as a starting point and then she focuses in, looking at the symmetry in a section, which lends itself to repetition and reflection.

Templates for 12 blocks are included with various ways to use each block and turn them into a quilt.

Book Reviews by **Dawne Rudman**

## Directory

Please note the following changes and make corrections in your directories:

### Julia Curitz:

Phone number should be 289 337-2213

### Marie Poole:

Email address [mariepoole2@yahoo.com](mailto:mariepoole2@yahoo.com)

(Note no dot between her first and last name).

### Jennifer Cowan:

Phone number is 905 569-8702

*Janice*

**Our Guild is a Fragrance Free Zone**

## Events

### A Common Thread: Quilts of Perth County

4275 Huron Road, Stratford, ON

June 1, 2012 - May 31, 2013

Contact: Micaela Fitzsimmons

519 39305311

Email: [micaela@stratfordperthmuseum.ca](mailto:micaela@stratfordperthmuseum.ca)

Website: [www.stratfordperthmuseum.ca](http://www.stratfordperthmuseum.ca)

### Richard Boulet: Stitched and Drawn

Textile Museum of Canada

55 Centre Avenue, Toronto

Dec 3, 2012 - March 10, 2013

Contact: Wayne Baerwaldt, Curator

Email: [info@textilemuseum.ca](mailto:info@textilemuseum.ca)

Website: [www.textilemuseum.ca](http://www.textilemuseum.ca)

### Marimekko, With Love

Textile Museum of Canada

55 Centre Avenue, Toronto

Jan 21, 2013 - April 21, 2013

Email: [textilemuseum.ca](http://textilemuseum.ca)

Website: [www.textilemuseum.ca](http://www.textilemuseum.ca)

## Change of Information

Please notify Janice Ghent of any change of information

Phone: 905 844-2831

Email: [janice@ghent.ca](mailto:janice@ghent.ca)

## Call for Entry

The Grand National Quilt Show:

**LOCAL COLOUR**

Kitchener, Ontario

**Deadline: February 22, 2013**

Contact: Sandu Sindlle

Curator Homer Watson House & Gallery

Phone: 519 748-4377

[grandnationalquiltshow@gmail.com](mailto:grandnationalquiltshow@gmail.com)

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

## Newsletter

The deadline for submission for the March/April 2013 newsletter is:

Thursday, February 21, 2012.

Contact: Dawne Rudman

[dawnerudman@gmail.com](mailto:dawnerudman@gmail.com)

## Rhetorical Questions

# 32 What gave me the idea it would be fun to sew a quilt that required a design wall? I can't fit one in my sewing room. Running between the spare room where the blocks are laid on the bed, to the machine, then back to the spare room where the iron is, at least is exercise.

# 33 Why do I listen to Robin Petty? (see above). She's a Piecer! I think she's trying to torture me.

*Veronica*

### And one from another source:

Why is it when you get some time to sew, you either don't have the amount of fabric you need for a project or have just the right colour in your stash?

*Gayle*

# A Quilter's Prayer

Dear Lord,  
 I don't ask or require very much.  
 Some colourful scraps of thread, fabric & such.  
 A sewing machine that works all day without hitches,  
 Sewing straight and even seams and stitches.  
 A hand that is steady and can work for hours,  
 Creating wondrous, colourful birds and flowers.  
 A needle so short and strong and fine,  
 That it's hard to believe this quilting is mine.  
 Smooth thread with no tangles, ragged edges or knots,  
 That glides through the batting in difficult spots.  
 Square corners, no lumps flat even binding,  
 No waves or loose threads to later be finding.

When I have all these things there is great satisfaction. This intangible quality is the attraction. The quilt will be beautiful, comforting to touch. Freely given to another whom I love very much.

I love quilting in every part. From beginning to end, it comes from my heart.  
 I have so many ideas of quilts to make  
 But sleep is my enemy; I can't stay awake,  
 The patterns and settings dance in my dreams,  
 As my mind plays with fabrics and colour schemes.  
 I pray for energy, stamina and time,  
 To make all of the quilting ideas that are mine.








May your sorrows be patched and your joys be quilted.

**Author: Unknown**

## Name Badges

Please remember to wear your name badge at meetings. You may know who you are, but there are others in the room that would like to put a name to a face.

# Bring to the next meeting

Jan	Feb	
		Guild name badge and Guild pin.
		Library Books.
		\$\$\$\$ for 50/50
		Your mug and bottle of Water.
		Your contribution to the Food Bank
		Items for Bring 'n Brag.
		Treats for Social time
		What you need to play Quilter's Bingo

## Quilting Tip

### Use an Iron to Set a Seam

Before you press a seam allowance to one side, place the sewn unit on an ironing board -- unfolded, just the way it looked after being fed through the sewing machine.

Place a hot (not scalding!) iron on the unit. Don't move the iron back and forth, simply allow its weight and heat to do the work. This step sets the seam, flattening puckers that might have occurred when patches were sewn together.

If you chain piece, you'll already have multiple units on your ironing board, all waiting to have their seam allowances pressed to one side. The extra 'setting' step adds just a few seconds for each unit, and will improve the accuracy of the units once they are pressed open.

**Quick Tips for Quilters**  
 by Janet Wickell.