

Waterloo County Quilters' Guild

SCRAPS OF WISDOM



In addition to our new logo, the Waterloo County Quilters' Guild now has a QR code. Welcome to the digital age!

The Waterloo County Quilters' Guild provides an opportunity for quilters to learn in a supportive, sharing, social environment. We encourage you to get the most out of your membership by becoming more deeply involved in the guild.

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A Message From Our New President

Hello Ladies,

I hope you are all enjoying this magnificent summer we have been given. Many of you are travelling with friends and family, experiencing the many sights our Canada has to offer. Some of you may be joining me in visiting that quaint summer spot known as "Backyardia".

Whatever you choose to do to pass the summer days, I hope you will take the time to read our newsletter which contains all the news you need to know before September...thanks to Marg for keeping us up to date. While you are at your computer, please check out our NEW website. It is truly amazing. Our wizard of a webmaster, Kathy Bissett, has done an awesome job. The site is very easy to navigate and our new guild logo is front and centre. Your old favorites, such as the full library index and access to newsletters both current and archived are still there. Also many new pictures, too! You can visit by clicking on the following link:

www.wcquiltersguild.on.ca

I hope you all have a safe and relaxing summer and I am looking forward to meeting you all at our September meeting.

Sew long for now,

Deby Wettges,

President





ArtKWilt Entry at Quilt Canada 2018

At the AGM in June, we were privileged to see this tribute to Canadian artist Emily Carr, brilliantly depicted by Marg Notar, Dorothy Holdenmeyer, Judy Pearce, Ilene Atkins and Nancy Winn.

“For Emily, Wherever We May Find Her” - Centre portrait by Judy Pearce, The Point by Ilene Atkins, Indian Church by Nancy Winn, Big Raven by Dorothy Holdenmeyer & Trees in the Sky by Marg Notar

Artists’ Statement: As female artists, we looked to Canadian art, and specifically Canadian female artists, for inspiration. Emily Carr and her work quickly became the obvious choice as she represented a creative, Canadian woman whose work evolved as her life unfolded. The movement in this piece reflects the movement of her life: Clockwise from top left: The Point, Indian Church, Big Raven, Trees in the Sky. Centre: Emily Carr.

Congratulations on having this work included in Quilt Canada 2018 in Vancouver!



Council honours exemplary citizens in Waterloo Region

The Region honoured a number of volunteers at Regional Council in June.

“Volunteers are at the heart of this great community and it is important that we pause to recognize all that they do”, said Regional Chair Ken Seiling.

Ontario Heritage Award for Lifetime Achievement

Lary Turner, a long-time resident of Cambridge, has contributed significantly to the conservation of Hespeler’s cultural heritage for over 40 years. Locally, he is known as “Mr. Hespeler,” having acquired an expert knowledge of the area through years of community involvement. Lary played an integral role in founding the Hespeler Heritage Center, an organization devoted to the promotion and preservation of history and community. He has been an active member of the Waterloo Regional Heritage Foundation and currently serves as one of the Foundation’s Elected Directors.

Young Heritage Leaders Awards (Group)

Since 2000, teachers and students at Bluevale Collegiate Institute have volunteered at the Waterloo Wellington Children’s Groundwater

Festival. Each year a group of enthusiastic volunteers spends a great deal of time and effort preparing for and animating 50 hands-on, interactive learning centres.

The Groundwater Festival aims to educate more than 5,000 students in grades two to five about the importance of water in their daily lives by delivering several key messages: use water wisely, protect your water, examine the relationship between water and technology, and celebrate the role of water in our ecosystem.

Ontario Senior of the Year

Ruth Hicks’ many volunteer contributions to Waterloo Region Museum and Schneider Haus have enhanced visitors’ experiences. Ruth, a retired nurse, has been a dedicated volunteer for over 23 years and has donated over 2,800 hours of her time.

Ruth’s passion for gardening has been put to good use in the heritage gardens at Doon Heritage Village. During the summer months, you will find Ruth in period costume, tending to the plants on the 60 acre property. She has also been active in programs like Day in the Life, Lantern Tours, and Starry Night.

Copied with permission from the Kitchener Citizen July 2018

Program Schedule for 2018-19

September - Dorothy Holdenmeyer

October - Celeste Compon, Meerkat Trading

November - Christmas Social, no speaker

January - Marilyn Farquhar

February - Susan Forbes

March - Alin Chan

April - Pauline Grondin

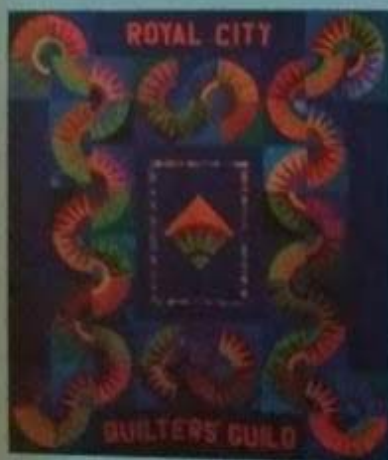
May - Laura Coia

June - Annual General Meeting, no speaker



Doors open for guild meetings at 12:45 in the afternoon and 6:30 in the evening. **Unless you are involved in setting up the room, please do not arrive until after the above mentioned times so those setting up have room to work.**

Thank you!



2018 A GATHERING OF QUILTS
 Quilt Show
 presented by
Royal City Quilters' Guild of Guelph
 Sat Sept 29, 10-5 & Sun Sept 30, 10-4

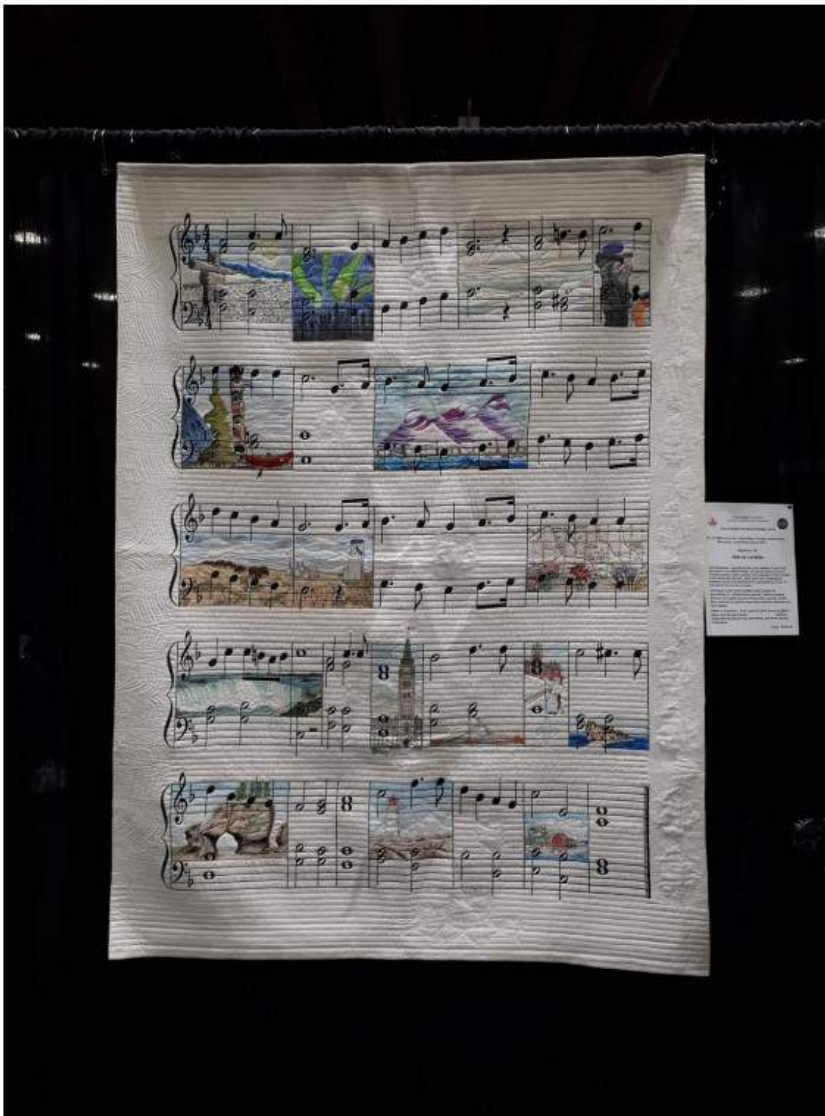
**** NEW LOCATION ****

Puslinch Community Centre
 23 Brock Road South, Aberfoyle, ON
 Admission \$8



www.royalcityquiltersguild.ca

Guild Rosette Invitational Show



CQA/ACC member guilds, who had awarded a CQA/ACC Rosette to the Viewers' Choice or Best in Show quilt at their 2017 Quilt Show, were asked to have that quilt submitted for entry to the 2018 Guild Rosette Invitational. Nineteen beautiful quilts were hung in this show, and our conference guests voted for their favorite. The winner of the CQA/ACC Guild Rosette Invitational Viewers' Choice Award received \$1000.

And the Viewers' Choice winner of the 2018 CQA/ACC Guild Rosette Invitational show was...

'Ode To Lavallee'

Created by quilters: Ilene Atkins, Dorothy Holdemeyer, Marg Notar, Judy Pearce and Nancy Winn, art KWilt connection

CONGRATULATIONS!



Save the date for QUILT CANADA 2019!
June 12-15, 2019
EY Centre, Ottawa, ON

<https://canadianquilter.com/quilt-canada-2019/>

Library Book Workshop - Karen Eckmeier's "Happy Villages"

It seems that the Stupendous Stitching workshop was a huge success. I loved the sharing of fun, laughter, supplies and the beautiful show and tell that followed.

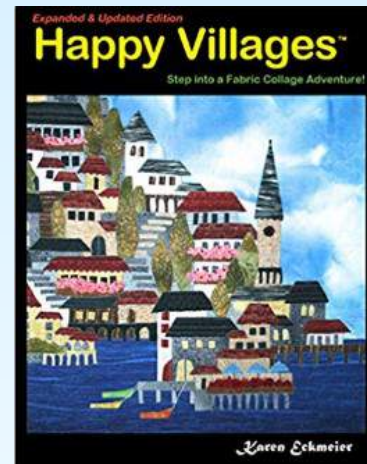
Let's do it again! This time we'll gather around another of our library books, Karen Eckmeier's "Happy Villages". This is a REALLY fun technique that is doable in a day (except for the quilting). Just like Carol Ann Waugh's "Stupendous Stitching", it doesn't take a huge amount of thinking...just fun. Here is a link to a youtube video of Karen's technique.

<https://www.youtube.com/watch?v=gUqtM8bIVi0> She demonstrates another of her techniques first (Accidental Landscapes) so you'll need to fast forward to 13 minutes to begin the "Happy Villages" portion. Her Accidental Landscapes would be fun for a future workshop.

The workshop will be held on Saturday, September 29, 2018 at the Mannheim Community Centre. The cost is \$20.00, payable before the workshop. **This workshop booked up quickly at the AGM in June, so there is a waiting list.**

Here is a supply list:

- A piece of background fabric, whatever size you'd like to make (any fabric will do) I'd recommend starting with a piece no larger than about 15" x 20". Smaller may be better.
- Small scraps of fabric to make houses, roofs, windows, doors
- Sky fabric, if you choose to have a sky (it's up to you)
- Water fabric, if you choose to have water
- Mountain or rock fabric, if you want them in your village
- Small bits of green fabric for trees
- White glue or a glue stick
- Tulle to cover your piece before quilting. It is nice to audition different colours, so I will bring a variety of colours so you can audition them after making your piece. I'll have a donation bucket there for loose change if you choose to use what I bring
- Batting and backing to fit your piece
- Thread for quilting and detail
- Safety pins for basting



Looking forward to a fun day of gathering around another book from our excellent library collection.

Judy Pearce

PROPOSED WORKSHOPS DURING 2018-19

- September 29 - Happy Villages with Judy Pearce (which is full with 6 on the waiting list)
- October - Possibly another Happy Villages with Judy Pearce
- November 10 - Smile Quilt Bee at Mannheim
- November 17 - Using Rulers to Quilt on a Domestic Machine with Robin Bogaert
- January - Possibly Accuquilt Cutting
- February 23 - Susan Forbes - Curved Quilts
- March - Mini Retreat at Emmanuel United Church
- April 27th - Stash Buster with Deb Beirnes

CALLING ALL WCQG QUILTERS FOR 2018-19

June and September are renewal months for your membership. Remember, if you renewed in May or are renewing in June, you are eligible for the draw (at the September meeting) for a free membership for the coming year. The renewal form is on the website under "Membership".

You can:

- Fill it in online and print it out
- Print the form out and fill it in by hand
- Or, there will be forms and envelopes at the June and September meetings for your convenience

Please remember to put your \$35 in an envelope along with the membership form. If you put in \$40, you will get the \$5 back at the next meeting. We are very lucky that our membership fees have not increased like so many things: been to the garden centre lately, or bought gas for your car!?!?

We are a bargain. Renewals are \$35 and new memberships are \$40.

Thanks,

Madeline Hughes, Membership Chair

Pictures:

Please put a check mark next to your picture at the membership desk if it is still okay for this coming year's handbook. I will be taking pictures of our members for the 2018-19 WCQG Handbook at the June and September meetings. I have almost 170 pictures of our members. If you wish a retake or need a picture taken, please let me know at the June or Septembers meetings.

Madeline, non-professional picture taker

Health benefits of knitting go way beyond a warm hat

Crafts have therapeutic effects on the brain and body alike

Amanda Mascarelli

When I picked up knitting needles for the first time about two years ago, I couldn't have imagined how vital the hobby would become to my well-being. Learning to knit was hard, but once I mastered it, the craft became addictive. It calmed me and helped me to write and to deal with the frustrations of motherhood.

Crafters have long recognized the therapeutic value of activities such as knitting and crocheting. (A 2013 survey of more than 3,500 knitters worldwide, for example, found that 81.5 percent of respondents rated themselves as feeling happier after knitting.)

But could crafts such as knitting offer more far-reaching, long-term health benefits?

Mind-stimulating activities such as these have been used by occupational therapists to alleviate symptoms of depression and to help improve motor functions in people with illnesses such as Parkinson's disease, says Sharon Gutman, an occupational therapist at Columbia University in New York.

In a 2007 review paper, Gutman and Victoria Schindler surveyed the literature that analyzes the neurological basis for how hobbies and activities relate to health and well-being. They found that engaging in such activities as arts and crafts, music, meditation, home repairs and reading stimulates the mind, reduces the effects of stress-related diseases and slows cognitive decline.

In a 2012 study, Mayo Clinic professor of neurology and psychiatry Yonas Geda and colleagues studied the effects of activities including knitting, quilting and playing games in 1,321 seniors, nearly 200 of whom had mild cognitive impairment, an intermediate stage between normal aging and dementia. The researchers found that those who engaged in crafting, computer activities, playing games and reading books were 30 to 50 percent less likely to have mild cognitive impairment than those who did not.

Geda notes that activities such as crafting may help build up "cognitive reserves and the ability to buffer and withstand lots of assault by bad chemicals in the brain and bad proteins accumulating." He points to animal studies showing that mice and rats living in enriched surroundings — such as with running wheels, toys and complex environments — are less likely than others to develop cognitive problems such as dementia and Alzheimer's disease.

One reason, Gutman says, is that these activities engage several of the brain's lobes — the frontal lobe (guides rewards processing, attention and planning), the parietal lobe (handles sensory information and spatial navigation), the occipital lobe (processes visual information), the temporal lobe (stores memories and interprets language and meaning) and the cerebellum



DAVE CARTER NEWS SERVICES FILE PHOTO

(co-ordinates precision and timing of movement).

Calling on all of these brain regions stimulates neural connections and keeps the connections working quickly and efficiently, Gutman says. The more we use these connections as we age, "the more they seem to stay intact and preserve our brain's function and stave off illnesses such as dementia."

So far, only a few studies have explored the therapeutic potential of crafting. In one study, 38 women hospitalized for anorexia were given a questionnaire about their psychological state after being taught to knit.

After an average 80 minutes of knitting a day for an average of three weeks, 74 percent of them reported less fear and preoccupation with their eating disorder; the same percentage reported that knitting had a calming effect, and just over half said knitting gave them a sense of pride, satisfaction and accomplishment.

There is a great deal more anecdotal evidence of the beneficial health effects of knitting. For instance, the McLean, Va.-based nonprofit Project Knitwell, which offers knitting instruction for caregivers, hospital staff, patients and patients' relatives, has found that participants "are less worried and feel a great sense of accomplishment when they complete a knitted item," says the group's founder, Carol Caparosa.

The rhythmic movements of knitting offer many of the same kinds of benefits as meditation, says Carrie Barron, an assistant clinical professor of psychiatry at Columbia and coauthor of the book *The Creativity Cure: How to Build Happiness With Your Own Two Hands*. In addition, she says, seeing a project take shape provides a deep sense of satisfaction.

I will keep all of this in mind the next time one of my knitting projects goes awry. It's good to be reminded that it's the process — not just the end product — that matters.

The Washington Post

Mannheim Sewing Circle

Please join us in September for our first Mannheim sewing day after the summer break. Bring your own bagged lunch. Don't forget your sewing supplies and the project of your choice on which to work. Tea and coffee will be provided. Your \$4 donation helps cover the cost of the room rental. Find directions to Mannheim on our guild website, or in your membership handbook. See you there on Wednesday, September 12th, from 9 to 4.

Megan and Tamara



2018 INTERNATIONAL PLOWING MATCH & RURAL EXPO
SEPT. 18-22 • PAIN COURT, ONTARIO

INTERNATIONAL PLOWING MATCH & RURAL EXPO
CHATHAM-KENT 2018

Be part of history. Join us for a unique agricultural experience!

International Plowing Match & Rural Expo 2018 Quilt Competition - All entries will be displayed during the Quilt Show held August 17 & 18, 2018 at St. Paul's Congregational Church, 450 Park Avenue West, Chatham, ON, where judging will take place and prizes awarded. All quilts entered will be exhibited in the Lifestyles Area of the Chatham-Kent International Plowing Match & Rural Expo at Pain Court, September 18 - 22, 2018.

And the Winner is...

Several draws were held at the AGM in June regarding on-going efforts to encourage more quilting last year. The following are the winners whose names were randomly drawn from the entrants:

Round Robin - Maria Wirth

UFO - Glenda Dippel

Library Challenge - Marg Sandiford

Thank you to all who entered these various contests, and congratulations to the winners.

A quilt is
just pieces
of fabric
that
believed in
themselves.

www.Anniescraftstore.com

What are
YOU
planning for
our 2019
exhibit?

Please refrain from wearing perfume to guild meetings as some members are allergic or sensitive to them.



DON'T FORGET TO SIGN IN AT THE MEMBERSHIP DESK AND GET YOUR DOOR PRIZE DRAW TICKET! It is important for fire regulations that we

know how many people we have in the community centre, especially during the afternoon meetings.

Professional Guild Members

Any guild members who provide a quilt-related service or operate a quilt-related business have an opportunity to be listed on our website under "Member Professionals".

Please review existing member listings to see what to include.



Yorkshire Rose Quilt Show
 A Lively Mix of Modern and Traditional Quilts
September 22 & 23, 2018
 Ellesmere Community Centre
 20 Canadian Road, Scarborough
 Saturday: 10 am to 5 pm Admission: \$8
 Sunday: 10 am to 4 pm

Over 100 Quilts Displayed
 Vendors Mall
 Members Boutique
 Tea Room
 Special Draw - Win an Elna Lotus!



QUILTS 55!

Thanks to everyone, we have exceeded our goal!

55 quilts were donated and have all been delivered! Heartfelt thanks have been received.

Watch for news for next year in the September newsletter and keep on sewing! The heat is forcing me to spend extra time inside, hence a great start for next year.

- Judy Siegner

If you know of a guild member who has become ill, please let our secretary, Doris Martin know so she can send a get well card from all of us.

Brant Heritage Quilters Guild presents ...

Once Upon a Quilt



General Admission: \$7.00 **Quilt Expo 2018** Children Under 12 Free

FEATURED ARTIST : ROSELINE DUFOUR

Friday October 19th - 10 am to 7 pm & Saturday October 20th - 10 am to 4 pm
Best Western Plus - 19 Holiday Drive - Brantford, Ontario

quilters walk of fame • quilt on a stick • opportunity quilt • challenge quilt display • quiltique • vendors • tombola

www.brantheritagequiltersguild.com   

PRESENTED BY  London Friendship Quilters Guild

Quilts for all Seasons

OCTOBER 19
10AM-6PM

OCTOBER 20
10AM-4PM

2018

Join us for
MERCHANTS MALL • BOUTIQUE

ADMISSION: \$7 | FREE PARKING
TEA ROOM INCLUDED

LOCATION: Oakridge Presbyterian Church
970 Oxford Street West, London ON



 **CHECK US OUT**
LFGG BLOGSPOT.COM/ AND ON FACEBOOK



Bountiful Harvest Quilt Show

Erie Shores Quilters' Guild
October 12-13, 2018

Meadow Brook Church
219 Talbot Rd E,
Leamington, ON
N8H 3V6

Erie Shores Quilters' Guild

October 12-13, 2018
Friday 10:00-5:00
Saturday 10:00-4:00

Quilt Displays by Local Quilters
Block Sale
Merchant Mall
Demonstrations
Members' Boutique
Visit our Cafe

General Admission \$5.00
ereshoresquiltersguild.com



LOCATION:
Seaforth Legion (Upstairs)
123 Main St S, Seaforth, ON N0K 1W0

PRINCE
CHERRYWOOD
CHALLENGE 2018
An all quilting event sponsored by Cherrywood Fabrics Inc.
www.cherrywoodfabrics.com

The Cotton Harvest Quilt Shop is proud to host the Cherrywood Quilt Show again in 2018!

Admission | \$8.00

For more information, please contact:
thecottonharvest@gmail.com
or 519-600-1646

Elected Officers of the Guild 2018-2019

- President:** Deby Wettges
- Vice President:** **Vacant**
- Treasurer:** Jean Cloes
- Secretary:** Doris Martin
- Past President:** Lilla Hall
- Standing Committees**
- Historian:** **Vacant**
- Librarians:** Kathy Janzen & Helene Stevens
- Membership:** Madeline Hughes (E)
Pat Lockyer (E)
Kitty Mitchell (E)
Betty Anne Scott (A)
Bettie Schuurman
- Newsletter:** Marg Sandiford
Pat Lockyer - Mailings
- Advertising Coordinator :** Marg Sandiford
- Program & Workshops:** Bonnie Murdoch,
Barbara Pye, Sandra Bussey & Darlene Ekmanis
- Quilt Exhibit:** Ruthanne Snider, Co-chair
& Elaine LaRonde, Co-chair
- Website:** Kathy Bissett
- Facebook:** Marg Sandiford



Quilting Months Ahead

Month	Day	Activity
September	12	Guild Executive Meeting at Albert McCormick in the small meeting room, 7pm
September	12	Mannheim Sewing Circle
September	19	Regular Guild Meetings
September	29	Happy Villages Workshop with Judy Pearce

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