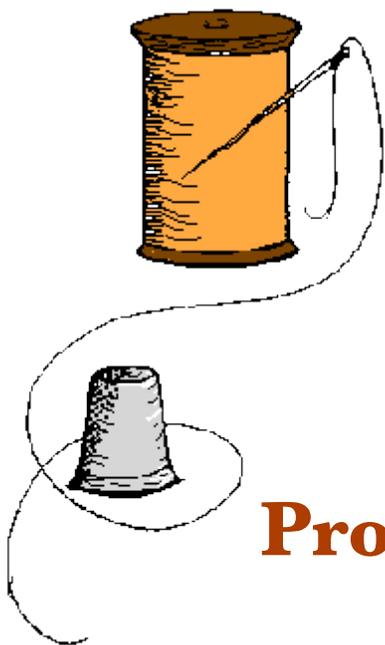


Scraps of Wisdom

MARCH 2013

WATERLOO COUNTY QUILTERS GUILD NEWSLETTER

VOLUME 29 ISSUE 6



Program for March 20, 2013

Trunk Show by Dwayne Wanner

Dwayne's primary interest is abstract and expressionist styles of artists around the world. His early education in patchwork quilting from his grandmothers, coupled with an interest in art, architecture and cultures provides a basis for his fibre art. His art quilts have been exhibited across Canada and the US. Website: dfwannerquilts.com.

F.R.O.G.S. Reminder

Only 3 months left! How are your F.R.O.G.S coming along? To have a chance at winning the froggy bank with money, your finished project must be shown at or before May's meeting

The vendor this month is Hyggeligt Fabrics from London.

Zehrs Tapes
Don't forget to donate
your Zehrs tapes.

Abstract Expressionist Quilts Workshop with Dwayne Wanner

Saturday, March 23 and Saturday, Apr 13, 9:30 am - 4:30 pm

Mannheim Community Centre

Cost: \$100/person, required when registering

This is a 2-day workshop with time in between to do homework. You will piece and assemble a quilt (approx 4 ft square) based on the principles of random colour distribution. See his website for examples of previous students' work: www.dfwannerquilts.com.

President's Message

Hi everyone. Sally here this month.

I can't believe it's March already. The best thing about March is the return of the light. Longer days always make me happier, and of course, there's more time for sewing.

To catch up since last time I wrote: I finished a quilt top over Christmas, and have bits and pieces left on a couple of wall hangings. I also got around to starting a quilt I've been eying for a long time (I've had the fabric set aside for about 2 years). It's the Bella Roma quilt from the Bella Bella book. It's not that difficult but there's a LOT of piecing, so don't expect to see it at guild for quite a while.

In January I went to Yellowknife on business. I made it to one quilt store (the other was at the edge of town in the mall) and am happy to report that The *Quilted Raven* is worth a look if you're up that way at all. I picked up some fabric and a couple of patterns for small wall hangings designed by a woman from the Northwest Territories. I got there after the really cold weather had lifted -- it was -25 rather than -40! I stayed the weekend after my meeting and had a great time; even went on a dog-sled ride.

We had a wonderful time on President's day, and made enough blocks for a complete quilt. A big thanks to Audrey for volunteering to quilt it for us. I can't wait to see it finished. I hope Judy remembers to give us her soup recipes.

Finally, the Executive had a really good meeting with Betty Anne Keller from the City of Waterloo on February 27. We weren't the only group negatively affected by new rental rates or by the language of the affiliation agreement. The proposal Betty Anne put forward on Wednesday was much better, and everyone on the Executive is positive that we'll be able to negotiate a deal that allows us to stay where we are without having too much impact on our budget. Please be patient as we work through this - we'd rather take our time and get the best agreement we can than rush into things.

See you soon,

Sally

SMILE BEE DAY **Saturday April 27, 2013 – 9:30 to 3:30**

Your Smile Committee is organizing our annual spring Bee Day at the Community Centre in Mannheim Park and everyone is welcome. This is an opportunity for our members to get together and work on their Smile Quilts for the Pediatric patients of the Grand River Hospital. Our priority continues to be children with long term or life threatening medical challenges.

Batting, both polyester and Hobbs 80/20, will be available and also some flannel backings. We will cut them to the sizes you require. Don't forget to bring all your supplies and equipment necessary to complete your smile quilt top. Remember to bring a bag lunch. Tea and coffee will be provided.

We will have sign-up sheets at the Smile Committee table at our March and April meetings, along with an idea instruction sheet, by Judy, to give you inspiration. This does not obligate you, but it does give us an idea of who is interested. Even if you have not signed up and find that you are free, just come. Every one is welcome.

Your Smile Quilt Committee - Joan, Peggy, Helene, Judy, Deb

Presidents Day Saturday, February 23rd Held at Stanley Park Community Church



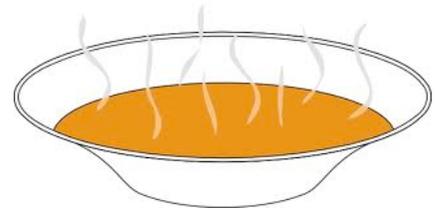
Thanks to everyone who participated in the President's Day. What a great day we had together creating a beautiful quilt!!

There were several requests for the soup recipes. I don't really use recipes for soup.....the following "recipes" are more like methods and I never measure amounts of ingredients. My phone number is in the pink book if something needs clarification!!!

Judy

Curried Butternut Squash and Sweet Potato Soup

I start by sautéing a couple chopped onions and a chopped red, yellow or orange sweet pepper in a small amount of oil. (a green pepper would work too but I think it might be a strange colour in the end) For Saturday I used a red one. Add a couple cloves of chopped garlic once the onion is fairly soft. Then stir in some curry spices. This batch had curry powder, cayenne, cumin and coriander. I've also added garam masala and turmeric other times.....whatever spices you like in your curry.



Once the spices are heated through and fragrant, stir in some cubed sweet potato. and butternut squash. I prefer to partially bake the squash first as it's easier to peel. Then add some chicken broth.

Simmer until all the vegetables are soft, then puree in a food processor. Add cream and/or milk until it is the consistency you like. I like it thick!! Add salt and pepper to taste. I have a friend who makes a similar soup and adds coconut milk instead of cream. That would probably be very tasty and more authentic with the curry. I've never tried plain yogurt in it but that might be good too.

Ham and Potato Soup

Boil a meaty ham bone for several hours. Chill. Skim off the fat. Remove the meat and bones. To the broth, add lots of sliced potatoes and other vegetables. Saturday's batch had carrots, onion, fresh green beans and corn. Simmer until the vegetables are soft. Cut up the meat and return it to the soup. If the soup is thick enough from the potatoes, just add milk and/or cream to taste. If it isn't thick enough, add some flour or corn starch to the milk before adding to the soup. (I shake it together in a jar) Saturday's batch had both milk and cream and a bit of corn starch. I added some black pepper and find the ham is salty enough that I don't need to add any salt.

Italian Chicken Pasta Soup

Slice and fry some bacon. Drain the fat and add several stalks of chopped celery, a couple onions and some mushrooms. Sauté until soft. Add a couple teaspoons of Italian seasoning and hot pepper to taste. Add a can of tomatoes and some chicken broth. Simmer for at least a half hour. About 15 minutes before serving add some pasta and cubed chicken. Salt to taste. Simmer until the pasta is soft.

Mannheim Quilting Circle Mannheim Quilting Circle Wednesday March 13, 9am - 4pm

Spring is in the air-its always sunny and warm at Mannheim. Work on your show projects-time is running out. Bring your projects/lunch/beverages. New members always welcome.

Directions to Mannheim are in your handbook or on the Guild website under "Community Outreach"

Fabia Joyce and Bernice Gammy



Mannheim Quilting Circle February Meeting

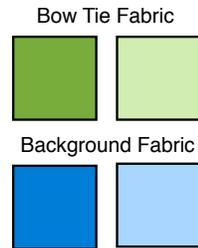
We had our annual Stone Soup Day. Charlene Stevens read the story of "Stone Soup". All present brought a cup of chopped vegetables suitable for soup. With this, Fabia and Bernice make a soup which is different every year and always delicious.

You did a great job again,
ladies!



Taking the Mystery Out of the 3-D Bow Tie Block

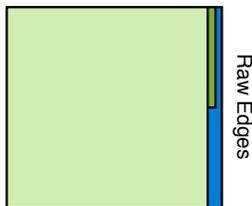
For each block you need 5 squares; three for the bow tie and two for the background. They should all be the same size. The block can also have a different fabric for the knot of the bow tie. In the illustrations below, the dark value represents the right side of the fabrics and the light value represents the wrong side of the fabrics.



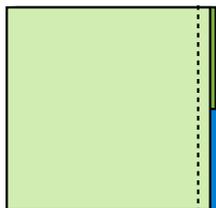
1. Fold one of the bow tie squares in half with the right sides out. This will become the knot of the bow tie and referred to as the "folded knot".



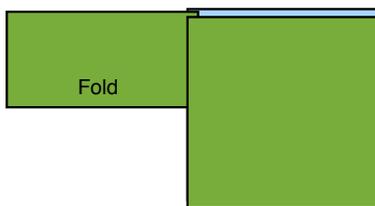
2. Sandwich the folded knot between a background square and a bow tie square, with right sides together and raw edges aligned.



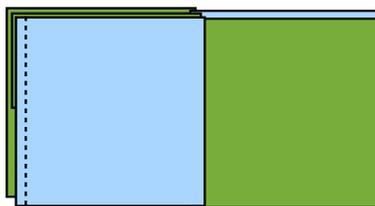
3. Sew a 1/4 inch seam as illustrated below.



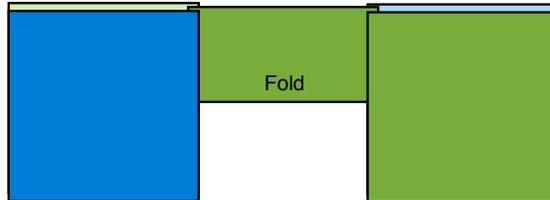
4. Fold back the background and bow tie squares exposing the folded knot.



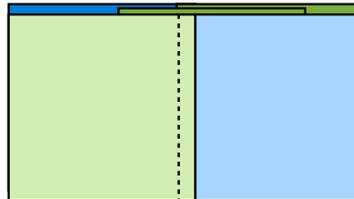
5. Sandwich the other end of the folded knot as in step #2, but reverse the background and bow tie squares with right sides together and raw edges aligned and sew as in step #3.



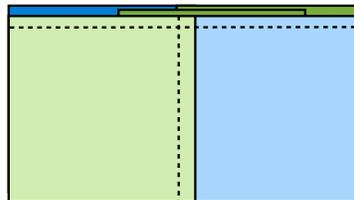
6. Fold back the background and bow tie squares on both sides of the folded knot, as illustrated below.



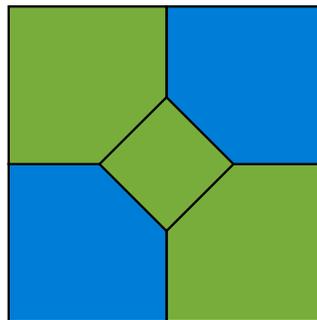
7. Open the pouch formed by the folded knot. Carefully stretch it out so that the raw edges of the pouch line up with the edges of the background and bow tie squares and that the centre seams line up and pin in place.



7. Sew across the top, catching in the raw edges of the folded knot.



8. Open and press your Bow Tie Block..





Bali Fiber Tours

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If you're looking for a reason to purge your linen closet, I'm looking for vintage "whitework" for use in a quilt project. "Whitework" is typically white embroidery on white fabric. It can be on either linen or cotton fabric from tablecloths, pillow cases or towels etc. in reasonable condition. Stains and holes are fine as they will be trimmed off.

These items can also contain fine drawn threadwork or small cutwork, which is fine, but not necessary, however, lace and Battenburg are not appropriate for this project. If you're looking for a good home, just let me know or bring them to the guild meeting.

Thanks so much.

Marilyn Farquhar



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