



Hello fellow quilters,

## A message from our new President

I am pleased to take on a new role as president of the guild. Having been secretary for the past two years, I am familiar with the topics of interest and concerns of the guild. It was heartening to see how people stepped forward well before the AGM to fill the positions. No arm twisting, begging, or crying needed at all. The remaining and incoming executive members appreciate your support, and look forward to working together.

A special thank you, it bears repeating, for outgoing co-presidents Karen Cooke and Kathryn Gillis, membership coordinator Katherine Morgan, member at large Marilyne Carey, and workshop coordinators Helen Jorgensen and Susan Lum. And also to all the other people who work behind the scenes to keep us running on coffee and goodies, and the many other things that keep us going. Wasn't it illuminating and inspiring when Kathryn asked former executive members and other volunteers to stand up? The only people left sitting were new members (or as we might hope, future executive members!).

Now we can get back to quilting, and more quilting. As I write this, the remnants of a March snowfall are outside my window. Good thing [Community Quilts](#) days were put off to April 4 to 6. We won't have to battle snow to get there. I hope the folks at Retreat this weekend are having a good time, and not worried about being snowed in after Sunday (I think it happened a few years ago). The good thing about winter weather is that we don't feel guilty about the lovely hours spent in the sewing room instead of gardening and hiking. And making a quilt for someone brings warmth to hearts and bodies. I love sitting with the weight of a quilt over my legs as I hand quilt or finish off the binding.

I think a few people have volunteered to take on the raffle quilt, and I will confirm it at our March meeting. However, we don't have a new webmaster yet. Penny, our communications coordinator, has a good handle on a lot of the website management tasks, but it would be good to have some back-up. Our [website](#) is in WordPress.

Remember to send us your ideas and suggestions for workshops, programs, and general activities to us. We aim to please, and remember, even though we are women, we are not mind-readers.

**Karen Munro**  
**President**

# Guild Calendar

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## Spring 2019

**March 26th:** Monthly Guild Meeting  
Sewing in the hall before the meeting (**NEW:** see pg 6 for details)

**April 2nd:** Executive Meeting (**NEW TIME:** 7pm)

**April 4th– 6th** [Community Quilts Workshop](#)

**April 9th:** Newsletter Deadline

**April 13th:** [COPS Day](#)

**April 23rd:** Monthly Guild Meeting

**April 30th:** Executive Meeting

**May 14th:** Newsletter Deadline

**May 24<sup>th</sup> and 25<sup>th</sup>:** [Botanical Beauty Workshop](#)

**May 25th:** [COPS Day](#)

**May 28th:** Monthly Guild Meeting

**June 4th:** Executive Meeting

**June 11th:** Newsletter Deadline

**June 25th:** Monthly Guild Meeting

### COPS Days

April 13th  
May 25th



[email Marsha](#)  
to book your spot

[FULL DETAILS](#)

# Workshops

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Hello enthusiastic quilters!

We, Krista and Andrea, are excited to be your new workshop coordinators. We have some great teachers and workshops in mind for you. Hopefully by the May and June meetings we can give you an idea of classes planned for September and October.

We'd love to hear from you; if you know of a teacher or specific workshop, or you are anxious to learn a new technique or make a sewn item that is related to, but not necessarily a quilt, we would love to help make it happen. Please email any suggestions to us [here](#), or find our direct email addresses on the Membership Contact List.

Something we'd like everyone to know is that we will be reinstating a former practice of asking guild members to volunteer as workshop angels. We both have limited weekend availability, so we need one angel per workshop to be responsible for room set up, tea/coffee, extension cords, irons/boards and assisting the instructor if necessary. If you'd like to join a roster of potential angels, please email us your telephone and cell number and we'll add you to the list. Angels get to observe the workshop at no charge!

We have an exciting 2-day workshop happening this spring. Please join Sandra to make her gorgeous Botanical Beauties quilt. Bring a cheque or cash to the March meeting to secure your spot. If you've signed up and not yet paid, we'd appreciate your commitment with payment at the March meeting.

**Krista Hennebry and Andrea Cowie**

**Workshop Coordinators**

## Botanical Beauty Workshop

by Sandra Sandvik

Date: Friday May 24, 2019  
and Saturday May 25, 2019  
Time: 9:30 a.m. to 4:00 p.m.,  $\frac{1}{2}$  hour lunch  
Location: St. Agnes Church, 530 East 12<sup>th</sup>  
Street,  
North Vancouver  
Cost: \$150.00

This is based on a Pattern designed by Rhena Ferris and is used with her permission. Sandra will teach free-form foundation piecing, working with colour (your choice of flowers for colour inspiration), mitred corners and narrow borders. You will create a wall-hanging or table-runner with free form machine quilting and embellishing to finish your masterpiece. As you can see this works beautifully with many fabrics, batiks, colourful prints and solids.



# Programs

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Sign up  
for Sandy's  
*Botanical Beauty*  
workshop  
in May!

## 'Zero Waste – Up-cycled Quilting?'

Our guest Speaker this month will be Sandra Sandvik from Mayne Island, who'll present her trunk show "Zero Waste – Up-cycled Quilting"

A textile artist for 30 years, Sandra's current love of textiles has focused on quilting, mix media, art quilts and weaving. She hopes to answer the questions around what is zero waste, what is up-cycling or repurposing and how does that work into her quilts and textile art? She will share her inspiration with us using power point presentation and samples of her work. She'd like us all to leave already planning our next quilt with some of her up-cycled inspiration! Sandra will be returning to the guild on May 24 and 25 as the teacher for the "Botanical Beauty" workshop.

## *Animal Quilt-a-long Month #4*

Thank you to everyone who brought their blocks to our February meeting. Congratulations to Karen Munro who won the cat pouch that included a cat tea towel!

You just need two new animal blocks to be entered into the prize draw every month. Bring your monkey and squirrel blocks along!

**Carol Piercy, Becky West, Paulette Morton & Sharon Bovee  
Program Coordinators**



*"People are making up their own blocks, making whole quilts, bringing in other animals – it's great!"*

Carol Piercy



# Membership

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We had 82 members attending our February 26, 2019 Guild meeting, including 5 new members, plus 1 guest, for a total of 83 attending.

Thanks to Lorna Shapiro of Quilter's Dream, who was our speaker for the meeting and generously donated some extra prizes. The door prize winners were: Connie Blundy, Cathy Hinds, Karen Marshall, Suzanne Patchell, Rose Moore and Bryan Gidinski. Thanks also to members who have recently donated a door prize; we appreciate you passing on quality fabric or items that can be used as prizes for future meetings.

Remember to wear your nametag if you would like to win a door prize; everyone who signs in has an opportunity to win. Nametags are available at the membership table for \$1.00 each if you forgot yours.

Our new membership year starts March 1, 2019. Registration / Renewal Forms are now posted to our website. Please fill in and print the form ahead of time; you can then bring your registration and payment to the next meeting(s). If you aren't able to do this, there will also be forms available at the Membership table.

Our Guild membership pins are also available – please come to the Membership desk to pick up (and sign for) yours, if you haven't done so already.

I've enjoyed my position as Membership Coordinator for the past two years – please join me in extending a warm welcome to Sherry Jonn, our new Membership Coordinator!

Should you have any questions, [please feel free to contact Sherry](#).

**Katherine Morgan**  
Outgoing Membership Coordinator

## Time to renew!

Please complete and print the [2019 Registration/Renewal Form](#) on our website and bring it, with payment, to the meeting. There'll be some forms at the Membership table if you can't get it online. Thank you!

## Next meeting

Tuesday, Mar 26th  
7.30 pm – 9.30 pm



Speaker: Sandy Sandvik  
*Zero Waste – Up-cycled Quilting.*

St Andrew's & St Stephen's Church  
2641 Chesterfield Avenue, North Van

# Meeting reminders

1. Come and sew in the hall before the meeting... bring EVERYTHING you need (see below for details)
2. Bring your completed membership renewal form and payment
3. Bring payments for the **Botanical Beauty** [workshop](#) if you'd like to register
4. Bring your Animal Quilt-along blocks
5. If you haven't yet... pick up a cute l'il guild pin at the membership table!
6. Bring your mug
7. Wear your nametag for a chance to win a door prize (or buy one for \$1 at the door)
8. Bring a toonie (or more) for the 50/50 (half the pot goes to Community Quilts)
9. IF YOUR BIRTHDAY IS THIS MONTH: please bring a baked good of some sort (or even fruit) or anyone who feels like baking and would like to contribute to the meeting we would be happy to accept donations (from Dorothy M.).
10. And last but not least - Bring a friend (or enemy – we're not picky!)

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**Can't make the evening meeting?  
Come and quilt in the afternoon!  
(or come for both :-)**

From around noon on the day of each monthly Guild meeting, our members are free to use the church hall for sewing. At this time, you'll need to bring everything you need to sew, including a power cord, an iron, your machine, and all the usual items you would normally bring to a workshop, COPS Day or retreat.

We will be making further arrangements later this year, but for now, if you need the space and want some sewing company, feel free to use the hall!



# Community Quilts



Hello Community of Quilters!

I'm going to be brief this month and just give you the facts. Community Quilts Workshop is April 4, 5 and 6<sup>th</sup>. Show up. Make a quilt. Make a kit. Eat a delicious sandwich. Have fun with fabric. That's really all we need!

We'll have some signup sheets at the March meeting, as we need a bit of help toting supplies from and back to the locker. We're looking forward to seeing many of you, and hopefully the snow will hold off.

**Karen Marshall and Brenda Sangster**

Community Quilts Co-Presidents

## Quilt sizes

Wee Baby: 16" x 20" or  
18" x 24"  
Baby: 36" x 40"  
Wheelchair: 36" x 40"  
Child/Lap: 42" x 54"  
Twin: 54" x 72"  
Sizes are also on our new [webpage](#).

**2019 Community Quilts Workshop:**  
**April 4th–6th**  
**Thurs/Fri 9.30 to 4.30**  
**Sat 9.30 to 3pm**  
**DETAILS are on our webpage**



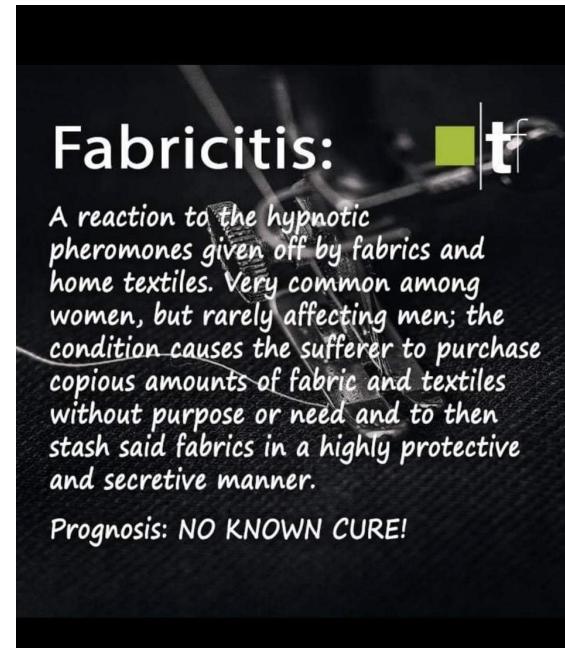
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# What we're making

## COPS Days: We have a fabulous problem!

Our most recent COPS Day took place on Saturday, March 16th—quite fittingly, on National Quilting Day. Twelve people signed up, so our stalwart COPS Day person, Marsha, sent out an email to say we would not be fetching additional tables. This has to happen before 8.30 am on the day of the event or otherwise it can't happen due to a class taking place in the church's gym, where the additional tables are kept.

Here's the fabulous problem: ALMOST 30 PEOPLE SHOWED UP FOR COPS! How fantastic is that? The number of attendees has been pretty high for the last several COPS Days, in fact. It was a wonderful day of fun, sewing and chatting, and the food was great.

But... we didn't have enough tables for everyone to have their own, and some people ended up having to share. I think we all know this is one instance where we don't really *want* to share... I mean, what with a cutting mat, sewing machine and all the other paraphernalia we have, there just isn't space if one has to share! It's unfair to those who did sign up, as Diane pointed out.

The request is to please let Marsha know if you are attending—even the day before is fine.

**Our next COPS Day is April 13th. Sign up by [contacting Marsha](#).**



March  
COPS Day

Barb finished her beautiful wintry blue quilt top!



Bena's piece looks like a beautiful tile backsplash

Marsha making a pillow for the homeless. Spot Paula's quilt in the background! Myra's pillow instructions are on page 16.

Another "blues" quilt in the making, this time queen size, by Katherine M.



# What we're making cont.

## COPS Day Recipe

We're not just quilters and sewists, we're also a great bunch of cooks and bakers! Marilyne suggested we start sharing some of the recipes of dishes brought to COPS Days (and other events) and so here is the first. **Nicky Jennings**, a new member, brought some delish scones to our March COPS Day. Here's her recipe.

### Cheddar, onion and herb wholemeal scones

1 tbsp olive or canola oil Makes eight big ones or many little ones.

1 onion, peeled and finely chopped

1-2 tsp finely chopped thyme (or rosemary)

75g mature cheddar, plus extra to finish

250g light brown plain flour

3½ level tsp baking powder

¼ tsp salt

½ tsp mustard powder

50g cold butter, cubed

100ml milk, plus extra to finish

100ml yoghurt

Heat the oven to 220C/425F/gas mark 7. Grease a baking tray or line it with nonstick baking parchment.

Heat the oil in a frying pan over a medium heat, add the onion and fry gently for about 10 minutes, until soft and lightly coloured. Stir in the thyme and set aside to cool.

Cut the cheddar into 3-4mm dice – you can just grate it, but this way the tiny cubes give you melty, cheesy pockets in the finished scone. Put the flour, baking powder, salt and mustard powder in a large bowl, and whisk to aerate and combine. Rub in the butter until there are no large chunks left and the mix looks like fine breadcrumbs. Stir in the diced cheese and the cooled onion.

Combine the milk and yoghurt, and stir into the flour to form a rough dough. Tip on to a lightly floured surface and work gently into a ball – it's important not to knead or overwork it. Pat out into a rough circle about 3cm thick and cut into eight wedges. Transfer to the baking tray, brush with a little milk and grate more cheddar on top. Bake for 12-15 minutes, until risen and golden brown. Transfer to a rack.

Eat just warm with lots of butter, or keep in an airtight container and eat within 48 hours – warm them through for five minutes in a hot oven before serving. They freeze well, too

*The recipe is credited to High Fearnley Whittingstall of 'River Cottage' Recipe copied below from here:*

<https://www.theguardian.com/lifeandstyle/2012/jun/22/summer-baking-recipes-fearnley-whittingstall>

*I would love to get the recipe for the sour cream coffee cake we had, too!  
Feel free to email it to me, Penny,  
and I'll share it here next month*

# What we're making cont.



2019  
Retreat



# What we're making cont.



More from the Retreat

# What we're making cont.



## More Retreat pics:

Many thanks to Leslie Chatelain and MaryElise Citton for the photos. There are too many to include all of them!

# Out & About

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## QUILT SHOWS

### WESTSHORE QUILTERS' GUILD

PIECE! QUILT! LOVE! April 12 & 13. Fri 10-5; Sat 10-4. Eagleridge Community Centre Langford, Victoria [DETAILS](#)



• Merchant's Mall • Featured Quilter • Guild Boutique • Raffle Quilts & Baskets • and much more...



For more information: [www.boundarybayquiltersguild.ca](http://www.boundarybayquiltersguild.ca) or Matt Wheeler 604-417-2195



Abbotsford Quilters Guild

## QUILTS IN THE VALLEY

Raffle Quilt (made by Karen Brewer)  
3 Times Winner of the 2018 CQA Juried Quilt Show  
Merchants Mall • Tea Room  
Wheelchair Accessible • Ample Parking

April 26 & 27, 2019  
10am - 5pm each day  
Admission: \$5

Abbotsford Pentecostal Assembly Church  
3145 Gladwin Road, Abbotsford, BC



Please email Newsletter items to [Communications](#).

## WORKSHOPS

### SEYMOUR QUILTERS GUILD

COURTHOUSE COLOURPLAY with Krista Hennebury. \$55. Wednesday, May 8th, 9.30 am—3.30 pm. Contact Barb on (604) 325-7922 to register. Only a few spots left! [DETAILS](#)

### NORTH VAN ARTS WOOL WEAVING—With Cheximiya

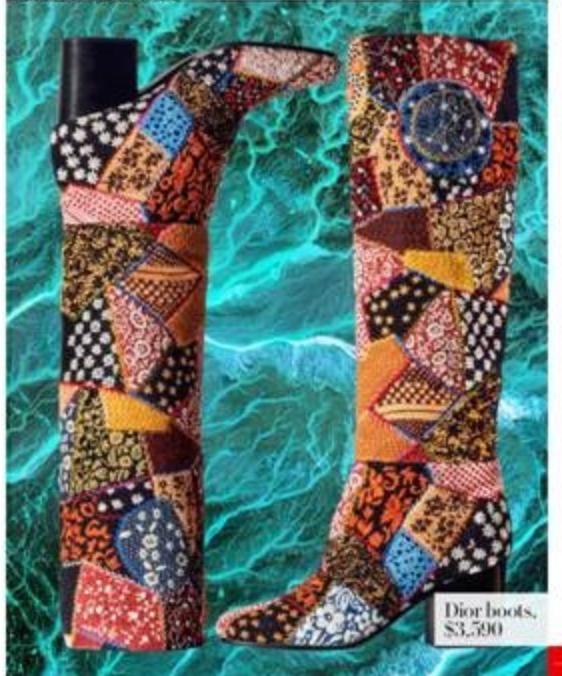
Allison Burns Joseph. Friday, March 22<sup>nd</sup>, 7—9 pm at Maplewood house. Learn to create a woven wool headband in the Coast Salish Style. Cheximiya has been guided in her practice by master weavers and is now sharing her skills. [DETAILS](#)



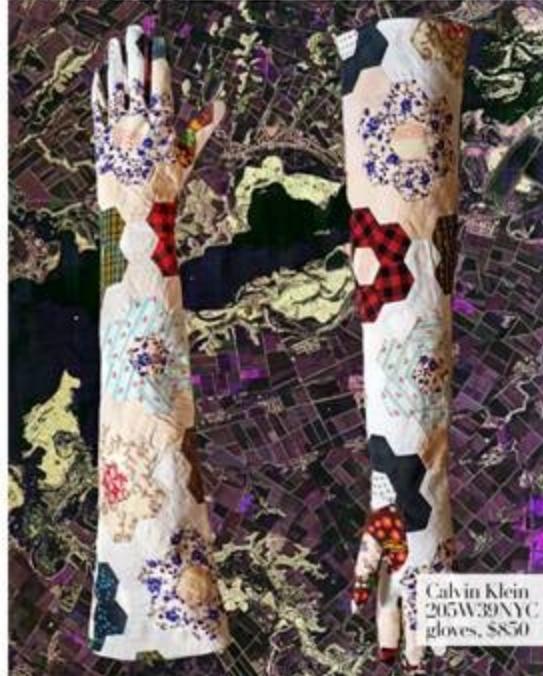
## More quilts gone glam

Many thanks to Sonia, who sent us these tres glam patchwork items to share, spotted in the September 2018 edition of Vogue. We might add... also tres expensive :-) Look at those hexies!

### Last Look



### Last Look



# Pillow Talk

## Making pillows for the Outlook Shelter

These are just some basic guidelines:

- ✓ use a lightweight upholstery fabric
- ✓ cut 2 pieces of fabric 16" to 18" squares
- ✓ sew a 5/8" seam all the way around leaving about a 10" gap to fill with batting scraps
- ✓ only batting please, it is lighter and won't absorb water
- ✓ slip stitch or machine stitch the opening closed once you have it nicely packed with batting.



### Deluxe Version

Before assembling pillow case:

- ✓ line the wrong side of fabric with a full piece of batting, maybe about an inch less all round so there is no batting in the seams
- ✓ stitch it down as you would for quilting but not too densely, keep it soft
- ✓ Then continue as above.

*Ta da! You got yourself a pillow!*

Collect scraps of batting at your next class or COPS day or our upcoming Community Quilts day.....lots of opportunity!

I will bring some squares of lightweight fabric to the Guild meeting for anyone who wants to get started.

Bring finished pillows to the guild meeting and I will collect and deliver to the Look Out Shelter on Bewicke and 2nd, North Van, or you are welcome to drop it off yourself.

Thanks!

**Myra (why do I keep falling asleep) Frampton**

*Oh, yeah.....this pillow has been tested and approved!*

*Instructions also available [online](#)*

## COPS Days

April 13th  
May 25th



[email Marsha](#)  
to book your spot

[FULL DETAILS](#)

Please email Newsletter items  
to [Communications](#).

Deadline: 2nd Tuesday of each month  
(except July, August and December)

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\$180 per quarter page (all year)

*Booking deadline:  
First Tuesday of the month*

*Material deadline:  
Second Tuesday of the month*

**2019 Invoices will be  
emailed soon**

2019 Executive Positions	Name
President	Karen Munro
Vice-President	Leslie Chatelaine
Secretary	Karolina Karcz
Treasurer	Suzanne Forshaw (Sue)
Program Committee	Sharon Bovee
	Carol Piercy
	Becky West
	Paulette Morton
Communications	Penny Nelson
Librarian	Paula Bohan
Membership	Sherry Jonn
Member at Large (1)	Connie Blundy
Member at Large (2)	Shauna Dennert
Workshop Coordinator	Krista Hennebury
Workshop Assistant	Andrea Cowie
Other Positions	Name
Community Quilts (Co-Pres.)	Brenda Sangster
Community Quilts (Co-Pres.)	Karen Marshall
COPS Day	Marsha MacKay
CQA Liaison	Margaret Duckham
Hospitality	Dorothy Moseley
Hospitality	Mona Morrison
Hospitality	Rose Moore
Quilt Show Coordinator 2020	Colleen Bell
Raffle Quilt 2020	TBD
Challenge Coordinator 2020	TBD
Retreat	Leslie Rutledge
Webmaster	Vacant
Community Events	Vacant
Facebook Administrator	Dianne Ritter
Pillows for the Homeless	Myra Frampton
<b>Mailing Address</b> Lions Gate Quilters' Guild, PO Box 54194, Lonsdale West PO, North Vancouver, BC V7M 3L5	<b>Executive Meetings</b> Tuesday after monthly meeting at 7.30 pm
<b>Website</b> <a href="http://www.lionsgatequiltersguild.com">www.lionsgatequiltersguild.com</a>	<b>General Meetings</b> 4th Tuesday of each month at 7.30 pm St. Andrew's & St. Stephen's Church (except Jul, Aug, Dec)