

# Lions Gate Quilters' Guild Newsletter

April 2019



## President's Message

The weather is perfect for quilting right now...enough sunshine to show off the cherry and magnolia trees and enough rain to make us glad to stay inside and quilt.

The Community Quilts committee held their annual quilt weekend, and this was my first time attending the three day workout. Retirement has its benefits. Karen and Brenda will give the highlights, but I will add that on this rainy weekend, there was a lovely turnout, with several people there all three days. If you didn't bring your machine, there were still things to do, like sewing on binding and labels, layering quilts, cutting out kits, and spending too long picking out squares for an I Spy quilt. This will be a good way to practice machine quilting, which is my least favourite part of quilting. The highlight for many of us was a field trip from Larson School's Grade 1 class, who walked over to the church to learn about quilting. They got to pore over the I Spy squares and pick out a couple per child to add to a class project.

Our guest speaker in March was Sandy Sandvik, a fibre artist and quilter from Mayne Island. She gave us a great presentation on her passion for ethical quilting... Zero Waste – Upcycled Quilting. Sandy lived in northern BC for many years, where the quilt store was very far away and there was no internet shopping. Her photos, quilts, and a wonderful woven umbrella helped us remember the humble roots of quilting, of salvaging fabric and saving precious scraps, and of the creativity that comes from making do with what we have. She also talked about the garment industry, keeping fabric out of the landfill, and the water use and pollution that accompany fabric production. Then, in the way of coincidences, I was talking to Pat Rooker at the Community Quilts weekend, who also mentioned "Our Social Fabric", a non-profit group in Vancouver that works with local manufacturers to keep fabric out of the landfill. Volunteers sort donations from industries and sell to the public twice a month. I will think of my stash and shopaholic tendencies in a different way now.

I've included some links you might find interesting (see page 3).

**Karen Munro**  
**President**



**July 20th**  
**Summer COPS Day**

**In the Village Hall, Lions Bay**  
**9 am — 5 pm**

**Sign up AND PAY at the**  
**May meeting or COPS Day.**

**Details on page 2**

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# Guild Calendar

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## Spring/Summer 2019

<b>April 23rd:</b>	Monthly Guild Meeting Sewing in the hall before the meeting ( <b>NEW</b> : see pg 6 for details)
<b>April 30th:</b>	Executive Meeting ( <b>NEW TIME</b> : 7pm)
<b>May 14th:</b>	Newsletter Deadline
<b>May 25th:</b>	<a href="#">Botanical Beauty Workshop</a>
<b>May 25th:</b>	<a href="#">COPS Day</a>
<b>May 28th:</b>	Monthly Guild Meeting
<b>June 4th:</b>	Executive Meeting
<b>June 11th:</b>	Newsletter Deadline
<b>June 25th:</b>	Monthly Guild Meeting



Mark your calendars everyone! I have booked the village hall in Lions Bay for July 20th for a sewing day. We had a Cops day here a couple of times a few years ago and it was a hit, so since I've had several requests I booked it again for this summer. I am won't be taking sign ups until the May 25th Cops day.

I MUST have sign ups and PAYMENT by the end of May to go ahead with this day! I will send out a reminder when I get back with payment options if you won't be at the May Cops day or the LGQG meeting on the 28th.

**Marsha MacKay**  
**COPS Day Coordinator**

# Workshops

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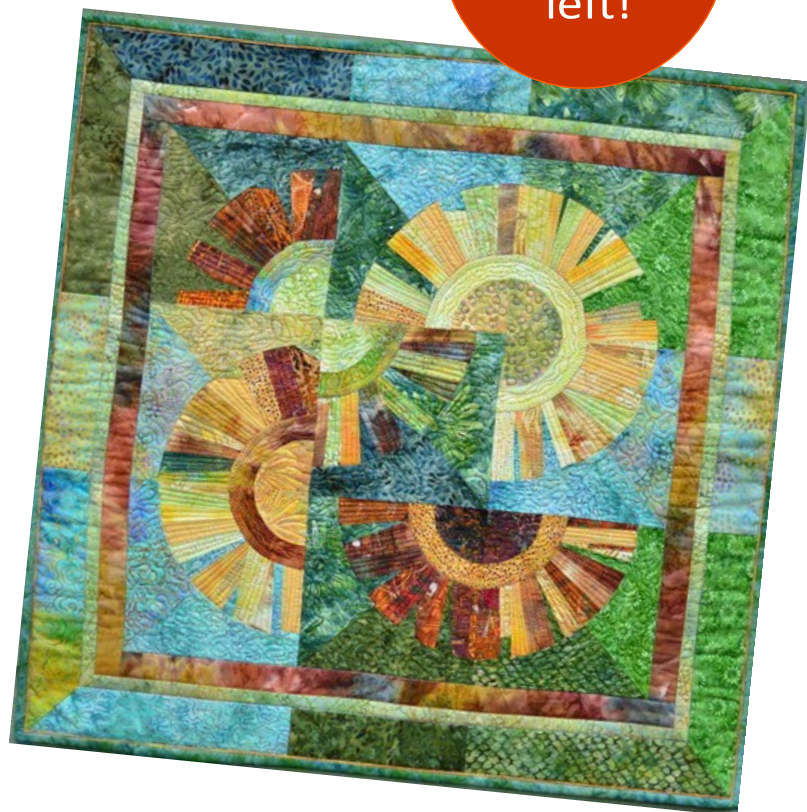
Only one  
or two spots  
left!

## Botanical Beauty Workshop by Sandra Sandvik

Date: Saturday May 25, 2019  
Time: 9:30 a.m. to 4:00 p.m., ½ hour lunch  
Location: St. Agnes Church, 530 East 12<sup>th</sup>  
North Vancouver  
Cost: \$75.00

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, balis, colourful prints and solids.

**Krista Hennebury and Andrea Cowie**  
Workshop Coordinators



### Zero Waste – Upcycled Quilting (Resources Courtesy of Sandy Sandvik)

#### Local Sources

Our Social Fabric – shopping for industry's textile waste (sign up for the newsletter) - <https://oursocialfabric.ca/>

Value Village – lots of fabrics to recycle - <https://www.valuevillage.com/>

Fabcycle in Vancouver (recycles and sells textile waste) - <https://fabcycle.ca/>

The Quilter's Connection – Canadian Magazine with an article on textile recycling - <https://quiltersconnection.ca/vancouver-textile-recycling-initiatives/>

#### Action

Donate your good quilting cottons and flannels and Days for Girls will turn them into menstrual supplies for girls in the Third World, allowing girls to attend school more regularly - <https://www.daysforgirls.org/>

#### Some upcycle quilting inspiration

Becky Tillmen Pedersen's blog about her journey of upcycle quilting projects -

<https://www.quiltedtwin.com/100-upcycled-quilts-the-story/>

Scrappy Octagon shape: Sujata Shah author of the Root Connection Cultural Fusion of Quilts

<https://basketfulofscraps.blogspot.com/2019/01/overlapping-octagon-how-to-draft-your.html>

<https://basketfulofscraps.blogspot.com/2019/03/unconventional-and-unexpected-octagon.html>

Rachel Daisy's Whiz Bang - <https://bluemountaindaisy.blogspot.com/>

#### Documentaries

Fashion's Dirty Secrets: Thirsty Clothing (documentary) - <https://www.cbc.ca/player/play/1433209923541>

RiverBlue – BCIT's Mark Angelo's documentary of consequences of the fashion industry (river pollution) – <https://vimeo.com/ondemand/riverblue> - \$5 fee to view the movie



# P rograms

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## *April Speaker: Thomas Roach on 'Cloth and Connection'*

Our guest speaker will be Thomas Roach. He is a Vancouver based textile artist who recently managed the (in)finite: spiritual conversations in cloth exhibition at Christ Church Cathedral.

It is in that community that he created the Prayers of the Church Project (2016). This was a community art project permanently installed; 230 screen print, stitched and embroidered textile panels. Thomas co-led the Common Threads Indigo Quilt Project (2012-14).

Thomas currently serves as the BC Rep for the Surface Design Association, and is a resident artist for Christ Church Cathedral.

Thomas will be discussing Cloth and Connection. He states while a quilt is typically defined as three layers stitched together, I believe that the result is vastly more than the simple sum of the component materials. There are a myriad of layers of meaning, memory and connection that at first don't seem visible, but are often transmitted anyway by the visual and tactile experience. Such is the power of cloth. As quilters, weavers, fibre artists and lovers of textile we know this.

Imagine opening that experience up to a community to (re)discover together. Join Thomas to hear about his experience leading two large textile based community projects and how it has changed his approach to textile art-making.

## *Animal Quilt-a-long Month #5*

At the March meeting, the squirrel 'Becky Bag' and monkey socks were won by Karen Marshall! There are two more chances to win a fabulous 'Becky Bag'! You ought to have received your elephant and mouse patterns. Those blocks are due in April.

The April meeting will be the unveiling of the last two blocks, which will be due in May. The quilt tops (they don't need to be quilted, we want to keep this low stress!) are due at the June meeting and will be eligible for the grand prize.

It's really gratifying to see how many blocks, and with such variety, are coming in every month. A big thanks to all of you!

### **Program Coordinators**

**Becky West, Carol Piercy, Paulette Morton, Sharon Bovee**



*The March prize (left) and a menagerie of animal blocks!*

# Library

Happy Spring Everyone!

We will have several new books at the April meeting. The following are on order:

*Step-by-Step Texture Quilting* is Christina Cameli's new book on free motion and walking foot quilting techniques. We have Christina's earlier book *Wedge Quilt Workshop* (#1270) in the library, but she is better known for teaching free-motion quilting. This new book includes new designs that emphasize what pops up between the quilting lines, rather than the stitches themselves. It's a different way of thinking about quilting your quilts, and I think it sounds freeing and creative.

The *Rulerwork Quilting Idea Book* by Amanda Murphy will be of interest to those took Carola's ruler work workshop. It starts with using rulers to create basic shapes and outlines, and then Amanda shows you how to fill them in with free motion and ruler work quilting. She includes tips for and techniques for ruler work on domestic sewing machines.

*On a Roll: 14 Quilts that Start with 2 1/2" Strips* is a compilation book from Moda for using jelly rolls (or any 2 1/2" strips), which includes new designs from several Moda designers. I really need to crack open and use several jelly rolls!

*East-Meets-West Quilts* is by Patricia Belyea, a Seattle designer. She imports and sells beautiful yukata cottons and other Japanese textiles. This book provides a Japanese-inspired starting point for using these fabrics in improvisational quilts. Quilts are finished big-stitch boro-type quilting.

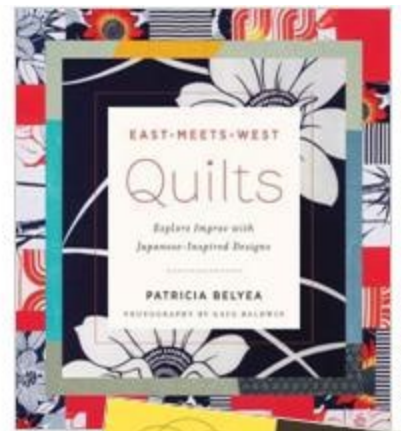
*Text It!* by Sherry Noel is a book of quilts and projects including words and phrases. It includes patterns and techniques for seven alphabets. I really like the bias-strip applique writing technique.

And finally—I hope this one arrives by the meeting—*Scrap Patchwork: Traditionally Modern Quilts*. This book is a suggested purchase from one of our members. The patterns are a great assortment of scrappy traditional quilts, shown in fresh modern colours. The author (Sandra Clemons) includes tips for organizing your scrap stash to choose great colour palettes for your quilts.

Just a reminder that our library "fines" are \$1 per book per meeting. All proceeds also go into the library budget to buy more books! (So I don't really mind if you're late returning a book, but please don't just drop it on the table without paying your fine :-)

**Paula Bohan**  
Librarian

You can browse our entire library catalogue [online](#). If you want to place a hold on any book for April, or a suggest a new acquisition, please [contact me](#).





# Membership

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We had 80 members attend the March 26<sup>th</sup>, 2019 guild meeting, which included 4 new members, plus 3 guests, for a total of 83 attending. Our guild has a current total of 108 members.

Membership cards are available at the membership table, if you have not received yours yet you can pick it up when you sign in. Some members have already picked theirs up, but for members that just renewed at the March meeting your cards will be available at the April meeting.

The door prize winners were Rosalind Knight and Lucy Scott, congratulations! Remember to sign in and wear your name tag if you would like to win a door prize. If you forget your name tag, there are some available at the membership table for \$1.00. Door prize donations are gratefully accepted, come see me at the membership table if you would like to donate.

For the new members, we have our Guild Membership pins, please stop by the membership table to pick up (and sign for) yours if you have not received one already.

[Please let me know if you have any questions or concerns.](#)

Sherry Jonn  
Membership Coordinator



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## Next meeting

Tuesday, Apr 23rd  
7.30 pm — 9.30 pm



Speaker: Thomas Roach  
*Cloth and Connection.*

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

*Visitors welcome: the first visit is free,  
thereafter a fee will apply.*



# M<sup>e</sup>eeting 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

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Hello Community of Quilters,

The snow held off, which was a pleasant change to this year's workshop! We had 10-12 people Thursday and Friday, with a few more than that on Saturday. Thanks to everyone that made it out, even if you couldn't stay too long.

We are now replenished with kits! Mostly tops that need to be quilted, but there are lots to choose from. I think we managed to get a lot done, as there were at least 15 quilts that were completed or handed in, and several more that were started. We had some dedicated hand sewers, and quite a few machines humming along for the weekend.

We had the pleasure of a few younger faces on Friday after lunch as my daughter's grade one class walked up from Larson Elementary to see some quilting action. We let them choose some squares and Katherine M was generous with her time and even let them sew a few squares together on her machine! That was by far their favourite thing, but I think they got a good introduction to quilting and they are excited for me to go to their classroom soon and help THEM make a quilt. Thanks for letting them share.

Big THANK YOUs are in order! Mona for all your time in the kitchen, you are amazing and I hope you got to put your feet up on Saturday. Linda who was there for the "full pull" and was gracious enough to organize our "traditional lunch" of Galleria sandwiches. Brenda, who had other commitments, but still did A LOT of behind the scenes organizing and made sure we had all the supplies we needed. And to EVERYONE who helped pack, tote and unpack supplies from the locker. It's a lot of work to pull this off.

We did so much that we are OUT OF batting at this time. We will order some more, but we're not sure when it will be available. Please make sure to use what you've taken and return any projects that are "stalled" in your sewing room. It's hard for us to keep track and we need your help to make it work.

Reminder, please use standard sizes for your quilts (or close as possible), it makes it much easier for us to determine where the quilts should go and what they can be used for. Quilt sizes are on our [webpage](#).

So overall I am calling it a WIN. I never cease to be amazed by how much quality work we all do. Thanks again for coming and making it a success.

**Karen Marshall and Brenda Sangster (Linda H and Mona M)  
Community Quilts**



Some of the Ladies at lunch on Friday before the kids came to visit.





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Nightfall ~ from Art Gallery. Stunning!



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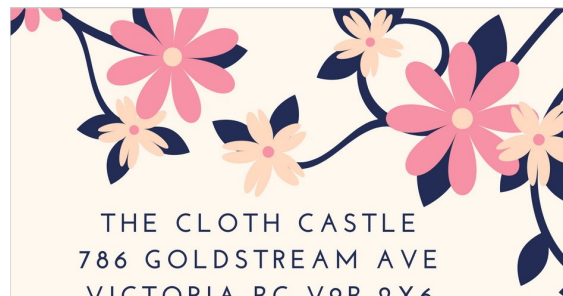
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# What we're making

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## Myra's making fun pillowcases!

Out of chaos came piece.

I had to pack up my sewing room a couple of months ago, water damage. Not to fear, there was very little damage to my happy place.

I managed to get my Bernina and Featherweight along with a couple of boxes of fabric and projects to sustain me over the coming months while the rest was taken away to storage. I set up in the dining room and made a dozen or so novelty pillow cases for the upcoming birthdays. It felt so good to get these done and to use up fabric I won't use in quilts anymore.

I got one Community quilt done and a second on the way. It was very liberating to be forced to limit my focus.....and get it done! A side effect was less burnt dinners! I was no longer downstairs absorbed in my projects.

**Myra Frampton**



*Instructions for Myra's pillows for the shelter are on our [website](#)*

## COPS Day Recipe

Last month I asked for the recipe for the Sour Cream Coffee Cake **Cathy Hinds** brought to the March COPS Day, and she kindly passed it along. Here it is!

### Sour Cream Coffee Cake

Cream 1/2 cup butter/marg with 1 cup sugar.

Add 2 eggs, one at a time.

Mix 1 tsp baking soda with 1 cup sour cream (light is fine) and add to butter mixture.

Mix 1 1/2 tsp baking powder with 1 1/2 cups of flour and add to mix. Stir well.

Add 1 tsp vanilla.

Pour batter into prepared 9" pan.

In a bowl, mix 1/2 cup brown sugar, 1 1/2 tsp cinnamon, 1/3 cup chopped pecans and 1 tbs butter.

Sprinkle on top of batter. Bake at 350F 40-50 minutes.



# What we're making cont.

A small selection from  
Show and Tell  
at our March Meeting

*Thank you, Dianne Ritter,  
for the pics! More available  
on our [Facebook page](#).*





# Out & About

## QUILT SHOWS

### VANCOUVER ISLAND FIBRE FEST

May 3-5. Campbell River Community Centre,  
Campbell River.

[DETAILS](#)

### SPRING ON THE COAST

May 10-11. Sunshine Coast Quilters Guild.  
Gibsons and Area Community Centre, Gibsons.

[DETAILS](#)

### MATERIAL MAGIC QUILT SHOW

June 7-9. Nanaimo Quilters' Guild. Nanaimo  
Curling Club, Nanaimo.

[DETAILS](#)

Fraser Valley Quilters' Guild  
presents  
its 2019 Show

**COLOUR  
CARNIVAL**

Where: George Preston Rec. Centre, 20699 42 Ave, Langley  
When: Friday, May 17th and Saturday, May 18th, 2019  
Time: 10.00 a.m. to 5.00 p.m. each day  
Entry: \$7.00 (Men are free)

Featured Artists      Members' Market  
Merchant Mall      FAN Exhibit

**Fabulous Raffle Quilt**

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

Abbotsford Pentecostal Assembly Church  
3145 Gladwin Road, Abbotsford, BC

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

**Boundary Bay Quilters Guild**  
**2019 QUILT SHOW**  
**'Quilts by the Bay'**

Saturday, May 4 and Sunday, May 5, 2019  
10 am to 4 pm both days

South Delta Recreation Centre  
1720 56th Street, Delta, BC  
(Tsawwassen)

**Quilts by the Bay**  
**BBQG 2019**

Admission \$6

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

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

## COPS Days

May 25th  
July 20th  
(in Lions Bay)



[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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#### *Rates:*

*\$20 per quarter page per insert  
\$40 per half page per insert  
\$90 business card size (all year)  
\$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 Mosely
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
<div> <p><b>Mailing Address</b> Lions Gate Quilters' Guild, PO Box 54194, Lonsdale West PO, North Vancouver, BC V7M 3L5</p> <p><b>Website</b> <a href="http://www.lionsgatequiltersguild.com">www.lionsgatequiltersguild.com</a></p> </div> <div> <p><b>Executive Meetings</b> Tuesday after monthly meeting at 7.30 pm</p> <p><b>General Meetings</b> 4th Tuesday of each month at 7.30 pm St. Andrew's &amp; St. Stephen's Church (except Jul, Aug, Dec)</p> </div>	