

Gilding the Needle

“A few stitches today--an heirloom tomorrow”

Volume 14 Issue 1

September 2015



A chapter of the Embroiderer's Association of Canada (EAC) eac.ca
A member of the Ontario Network of Needle Workers (ONN) onguilds.ca

President's Message



Autumn is calling to Summer to retire from the stage, and let the new season begin. My garden flowers dance in the wind in colours from the brilliant yellow of heliopsis and mums, and pretty pink of sedum and coneflowers, to the more subtle green of hostas and the dark purple of tradescantia. The tomatoes and apples are feeding my family and the garden wildlife too. Birds, furry feeders of all sizes and I are all out gathering the bounties of this season. The brilliant colours are about to fade into subtle colours of Fall, and then the white of snow..... no wait... Mondays offer a new opportunity to save these visions.

Your fantasy garden is about to begin. Come September, Sally and Eileen will be guiding us all through a threaded enchanted scene using bullion knots, stump work, stem and chain stitch, needle lace and so much more. That blank piece of cotton or linen is about to come alive with flowers, bees, frogs and butterflies using threads, ribbon, beads and imagination.

In the afternoon, Mary Lou and Theresa will continue this adventure with a fancy bird and a sampler of Wessex Stitchery.

Cataraqui Guild of Needle Arts

meets

1st & 3rd Mondays

9:30 am - 3:30 pm

at

Edith Rankin Memorial Church Hall

4080 Bath Road

Kingston, ON

Advertisers	13
Autumn Programme	10
Beautiful Doilies from India	8
Challenges and Exchanges	8, 9
Check these out	2
Coming Events	3
Cook's Corner	11
In the Beginning....	6
Meet the New Executive	4,5
Mountmellick	9
Needle Arts Fair	11
Photo Gallery	14
President's Message	1,2
Road Trip	12
Sugar Scrub	2
Use It or Lose It	7
Workshops	3

The CGNA Newsletter is not responsible for any infringement of copyright law by contributing authors.

2015-2016 Executive
Cataraqui Guild of Needle Arts
Suite 802 829 Norwest Road
Kingston, ON, K7P 2N3

www.kingstonquilts.org/cgna/

President

Diane Dukoff

Vice President

Bethany Garner

Past President

Irene Hodge

Treasurer

Lorna Rae

Secretary

Tricia Vretteas

Librarians

Dorothy Forrester

Eva Kruglye-Smolkska

Membership

Jacquie Boisvert

Newsletter Editor

Theresa Lawrence

Hospitality

Janet Wagg

Jean Clair

Mary Stevens

Programme

Sally Fink

Eileen Hanson

Workshops

Mary Lou Wilson

Debbie Kotelniski

I look forward to seeing everyone in September. I miss everyone over the summer. I cannot wait to see what everyone has completed this summer. It is so interesting to see all of these creations at our Show and Share and the Needle Arts Fair in October.

There is so much to be done. Come Stitch!

Diane



Home Made Sugar Scrub

Are your hands rough from gardening? Too much time in the kitchen sink? Do your hands catch on the material or threads you are using? You need to try a Sugar Scrub to make your hands (and other body parts) soft and smooth.

Sugar Scrubs are easy to make.

1 cup granulated sugar and 1 cup of oil and, if you like, 2-4 drops of essential oil. Mix together and store in a glass jar.

To use, take a small amount of scrub and rub all over your hands and fingertips for about a minute. Let sit on your hands for 3-4 minutes. Rinse off and pat dry with a towel.



Check these out:

<http://www.rostapestry.com/index.htm> **The Ros Tapestry in Wexford, Ireland.**

<http://www.wimp.com/embroidered-zoetrope/>

Google *Wessex Stitchery for images of this type of embroidery (real eye candy)*

Still time for
you to sign
up! Check
with
Mary Lou

Needle Cleaner Workshop
with

Carolyn Mitchell

Edith Rankin Memorial Church

November 2 201

9:00 AM to 3:30 PM.

FEE \$25.00

The stitches used are Cornelli Work ,
Square Eyelets, Cross Stitch, Continental,
Trellis Work Upright Crosses, Tied
Staggered Oblong Cross Stitch, Mosaic,
Hungarian and Double Straight Cross to
name a few.



are needed to help out at the Needle Arts Fair. Be sure to sign up on Monday the 14th of September. We will need docents; people to set up displays; people to help with set-up and break down; admissions desk; demonstrations table; and general dogs bodies. Thanks. Sign up sheets will be available at the September meetings or contact Theresa.



Timesless Textiles Mississippi Textile Museum, Almonte, ON **July – Sept 5**

Fibrefest 2015 Mississippi Textile Museum, Almonte ON, **September 12-13**

Lakeshore Creative Stitchery Guild, Point Claire, QC, **September 19 -20**

Textiles Around the World—Needle Arts Fair, Kingston, ON, **October 3rd**

Creative Festival --Metro Toronto Convention Centre, **October 15-17**

Annual Oshawa Fibre Show Centennial Albert United Church, 19 Rosehill Blvd
(corner of Bond St W) Oshawa, **November 12-14** from 10:00-5:00



Meet the Executive

Bethany Garner—Vice President

I really haven't made note of the date I joined/supported the founding of CGNA, but 2005 comes to mind. I certainly remember being at the meeting in the Teaching Centre at Loblaws, with a terrific group of ladies all keen to have an active embroidery group become a reality in Kingston. Having had to miss meetings due to work commitments over the past 10 years was always a disappointment, and for me, the value of the shared meeting time with like-minded, stitch focused friends is invaluable. There is much joy at CGNA meetings, and I hope to be as much help as I can this next year as the Guild's 'VP'.

Focusing on the adding hand stitches is a special part of all of my work...and while I have not committed to making embroidery skills a priority in past years, with the new found time of retirement, I plan to more actively commit time to perfecting my skills and exploring a new favourite, Black Work, in a series of Heritage Samplers for our home.

Those of you who know me well recognize that I definitely work intuitively and find it difficult to commit to following patterns. Heading into a piece of cloth with abandon and seeing what evolves is a more exciting approach to new work for me personally. I so respect the beauty and detail of embroidery and the various very complex crafts like lace making, Hardanger, pulled thread work, canvas work and more. One Sampler at a time, I hope to commit to practice and add some new work to my

home this year and am very excited about what the Guild's Program and Workshops Committees have planned!

Tricia Vretteas—Secretary

I joined in October 2012. I've been puttering around with embroidery off and on for 30 or so years. My favourite type of embroidery is fancy needlepoint stitches on mono canvas. I don't know what it is called other than needlepoint but NOT the boring tent stitch.

Lorna Rae—Treasurer

I've been a Guild member for 3 years, starting number four. I've been embroidering since I was 9, over 50 years! I actually "caught" my husband by embroidering a cobra on his jeans. :-) I love the dimensional aspect of stump work, and find it works up just as fast as cross-stitch. My Mother is Ukrainian. Her mother cross-stitched endlessly. She died before I was born but I have one piece of her handiwork. My Dad was a textile chemist. Fibre must be in my genes, as we are descendants of the Huguenots (weavers).

Dorothy Forrester—Librarian

I joined the CGNA last autumn after moving to Kingston shortly before then. Bobbin lace has been my focus for about 18 years. I also really enjoy Hardanger and the Blackwork I have been learning at the guild meetings over the last year. I am looking forward to learning even more new techniques and styles of needlework in the guild's "Learn-a-stitch" program that has been planned for the coming year.

Janet Wagg—Hospitality

I am a fairly new Guild member having joined just 2 years ago, but I have always been interested in embroidery, sewing, knitting etc. I first started to embroider when an aunt gave me a chocolate box full of embroidery floss when I was about 10 years old. The box originally contained "Black Magic" chocolates but as far as I was concerned, the floss was far more magical than any kind of chocolates. Being a member of a teaching Guild is allowing me to explore new techniques and to discover even more magic in that old "Black Magic" box of threads.

Donna Hamilton—Webmaster

I joined CGNA in January 2011, 4 ½ years ago. I embroidered as a kid, but never got off on the stem and daisy stitches. I had no idea how much there was to embroidery. I used some embroidery in my quilts, and was encouraged to join CGNA by other quilters who learned so much and spoke highly of CGNA. I don't have a favourite type of embroidery yet—I'm still learning. My career with Queen's Computing Centre (Information Technology Services) actually led me to quilting as I tried many software packages to design quilts and sent suggestions via "snail mail" (before email)

to the developer of the first quilt design software, PC Quilt. I helped faculty, staff, and students use computers at Queen's and ended my career as the first female manager in the department (for over 10 years) helping faculty use computers in teaching. I'm retired now.

Penny Arnott—Brockville Rep

I was one of the founding members of the Guild when it was formed in 2002.

My aunt in England taught me to knit and to embroider when I was quite young. I still like to do both. I started with crewel work, then surface embroidery, cross stitch and Hardanger. Can't say what is my favourite—I love them all!!! I just wish that I could keep up with all the UFOs that are looking at me presently.

Theresa Lawrence—Newsletter Editor

My friend Mary Ann kept bugging me to join the guild. "What a great group of ladies—you should come." That was in the spring of 2003. And she was right—they are a great group of ladies. As a child, I'd learned to do a bit of embroidery—lazy daisy stitch etc., but not much more. I enjoy trying new challenges and there are always new things to try with this guild.



In the Beginning..... *(This article is taken from Embroidery Canada March 2003, Volume 30 Number 3. It was submitted by Carole Prytula—Secretary of the Cataraqui Guild of Needle Arts)*

Katherine Gorman moved to Kingston two years ago to find neither an EAC guild nor any other stitching group. Bi-weekly a group would make the two – hour round trip to the nearest guild. But the trip could be hazardous in the winter. Discussions concerning the feasibility of starting a chapter in Kingston began. While exhibiting and demonstrating needle arts at a local quilt show leaflets were distributed to determine interest. Twenty people signed on. An article appeared in the local weekly newspaper just prior to the public information meeting. Hoping for twenty interested people, it was delightful when over fifty arrived.

It was difficult to pull people away from the display consisting of EAC information, correspondence course catalogue, embroidery Canada magazine, completed and in progress correspondence courses. Katherine described what a guild and EAC is all about. The agenda of the first three meetings planned to include instruction for a couched monogram, a Shadowwork piece and a Blackwork project. She valiantly volunteered to be president if people would volunteer to fill other key positions. There was no hesitation! People signed up and paid their dues. A new Chapter was born.

A name was needed. The obvious, Kingston, already existed (in New Brunswick). Cataraqui Guild of Needle Arts was voted in.

With over forty members a new meeting place was needed. After much investigation, two rooms and kitchen

facilities were located in a local Girl Guides building.

The executive committee met to determine the meeting format, define responsibilities and plan the programs. The meeting lasted over five hours but was very productive. The group consisted of dedicated, passionately driven women who love needlework and strive to promote it.

The morning of September 16 was one of those typically Canadian early fall mornings, a bright blue sky and warm sunshine with just a little crispness in the air. A hostess table was complete with baked treats, juice, coffee and tea presented on a pretty embroidered tablecloth. The membership chair handed out welcome packages containing name tags, guild etiquette and a list of basic needlework supplies. Included was a questionnaire to determine skill levels and interests. We introduced the executive committee and then got down to stitching. Kathy was teaching a couched initial on a sachet. Mornings were to be devoted to “learn a stitch” and a small project utilizing that stitch would follow in the afternoon. There were fifty members in attendance. The energy level was “off the charts”. The enthusiasm was high. However it became apparent that we had overlooked one very important point. Kathy noticed the worried looks on our faces and asked in her quiet manner” How many of the ladies here today have not done this stitch before?” An amazing number of hands went up. “Er, how many ladies here today would class themselves as beginning stitcher?” Nearly all the hands went up. We had promoted ourselves as a “teaching” group and people were here to learn!

Use It or Lose It *From the Mayo Clinic website.*

People who participate in arts and craft activities and who socialize in middle and old age may delay the development in very old age of the thinking and memory problems that often lead to dementia, according to a new study published in the April 8, 2015, online issue of Neurology®, the medical journal of the American Academy of Neurology.

Study author Rosebud Roberts, MB, ChB, says, "As millions of older US adults are reaching the age where they may experience these memory and thinking problem called Mild Cognitive Impairment (MCI), it is important we look to find lifestyle changes that may stave off the condition. Our study supports the idea that engaging the mind may protect neurons, or the building blocks of the brain, from dying, stimulate growth of new neurons, or may help recruit new neurons to maintain cognitive activities in old age."

A Mayo Clinic study found that engaging in cognitive activities like reading books, playing games or crafting in middle age or later life are associated with a decreased risk of mild cognitive impairment. Mild cognitive impairment (MCI) is a transitional state between normal aging and the earliest features of Alzheimer's disease. It is a disorder of the brain in which nerve cells involved in one aspect of cognitive processing (thinking abilities) are impaired.

"This study is exciting because it demonstrates that aging does not need to be a passive process," says Yonas Geda, M.D., a Mayo Clinic neuropsychiatrist and author of this study. "By simply engaging in cognitive exercise, you can protect against future memory loss."

As part of the Mayo Clinic Study of Aging, Dr. Geda and his colleagues identified more than 1,300 people between the ages of 70 and 89. Of those, 197 individuals had mild cognitive impairment and 1,124 were cognitively normal. Both groups answered questions about their activities within the past year and when they were between 50 and 65 years old.

The study found that reading books, playing games, participating in computer activities and crafting led to a 30 to 50 percent decrease in the risk of developing mild cognitive impairment. People who watched television for less than seven hours a day in later years were 50 percent less likely to develop mild cognitive impairment than those who watched more than seven hours of television per day. Additionally, individuals who participated in social activities and read magazines during middle age were about 40 percent less likely to develop mild cognitive impairment than those who did not participate in those activities.

This information from the Mayo Clinic was brought to my attention. It is something that should be shared as none of us are getting any younger. We really do need to use it or lose it

Beautiful Doilies Souvenirs From India



These beautiful doilies were brought back to England at the end of the World War II. They came from the northern part of India—Dehra Dun. Beautiful gold work with iridescent beetle wings sewn into them. Thank you Joan Woodyly for sharing these with us.



Threadworks Challenge for 2016: FLASHBACK

Online Entry forms will be available 1 January 2016. The scope for this theme is wide open. It can be a flashback to just about anything you want it to be—wedding, first kiss, music, place you visited, favourite fishing hole, you name it. Pieces will be on exhibit at Wellington County Museum & Archives (between Elora and Fergus) April 16 to May 29, 2016. From there chosen pieces go on tour throughout the province for a three year period. For more information and contact go to www.threaworksart.ca/index.php

Are you looking for black walnuts for dying? Contact Theresa

If I stitch fast enough, does it count as aerobic exercise? ~Author Unknown

Challenges and Exchanges from EAC

Here are a few challenges you might be interested in participating in. For more information check out the EAC Website. www.eac.ca

Rose Challenge: This challenge, organised by Barbara Gilbert, is featured in the summer Embroidery Canada, and there is information on participating in both the main website and YourEAC where there is more detailed information. Please remember you must log into YourEAC first.

Winter Ornament Exchange: The Third Annual Winter Ornament Exchange is hosted by Marigold Guild of Needle Arts.

Spring Scissor Fob Exchange: EAC would like to hold a Spring Scissor Fob Exchange and we are in search of a chapter or guild to host this exchange. Please email our Communications Director, Nicole, if your chapter or guild would like to participate.

New On-line Courses from EAC

EAC has a new online course ***An Apple A Day*** by Diane Scott. This three-dimensional piece is for experienced beginners and intermediate stitchers. Registration begins on August 1, 2015 with the course starting October 15, 2015.

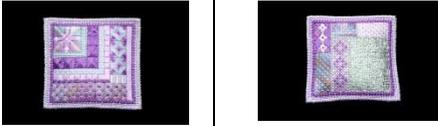
EAC also have two new author-owned courses: ***Delft Tile Design in Silk and Gold*** by Margaret Vant Erve and ***Shockwave***, a beginner canvas work piece by Lorene Salt.

WESSEX STITCHERY

Wessex Stitchery was created by Mrs Margaret Foster of Bath, England early in the last century. She was born in 1843 and continued stitching well into her 90's! In 1934, when she was at least 90, there was a major exhibit of her work at the Medici Gallery. The exhibition consisted of 300 pieces of work with no two pieces alike! Her work was featured at several exhibitions especially in the 1930's. She loved color and wasn't afraid to use it in her designs. She was not fond of the stamped work being done at that time and so she went her own way!

This is a considered to be a counted thread technique, so you will need an even weave fabric. You can probably start stitching straight from your stash. Stranded and pearl cottons work great, but you can also try other threads so you have a variety of finishes.

Autumn Programme 2015

Date	Learn-a-Stitch	Sharing	Afternoon Projects
Sept 14	Introduction to Fantasy Garden: Techniques and Variety of stitches	Show and Share Summer Projects	Registration for: Wessex Stitchery—Theresa Intermediate/Advanced Stumpwork—Mary Lou
Sept 21	Trees 	Projects for Needle Arts Fair	Wessex Stitchery—Theresa Intermediate/Advanced Stumpwork—Mary Lou UFO's
Oct 5	Bullion Knots	Trunk Show Felting	Wessex Stitchery—Theresa Intermediate/Advanced Stumpwork—Mary Lou UFO's
Oct 19 Election Day	Black-eyed Susan 	Show & Share	Wessex Stitchery—Theresa Intermediate/Advanced Stumpwork—Mary Lou UFO's
Nov 2	<i>All Guild workshop with Caroline Mitchell Canvas Needle cleaner 9:30-3:00</i>		
Nov 3 & 4	<i>Colour theory workshop with Caroline Mitchell at Odessa.</i>		
Nov 16	Spiderweb and spider 	Show & Share	Wessex Stitchery—Theresa Intermediate/Advanced Stumpwork—Mary Lou UFO's
Nov 30	TBA		
Dec 7	Padded Mushroom 	Trunk Show Shasiko & Japanese Embroidery	Wessex Stitchery—Theresa Intermediate/Advanced Stumpwork—Mary Lou UFO's
Dec 14	Town Hall Meeting—Bring your ideas		

9:30 Business Meeting, 10:00 Tea, coffee & treats, 10:30 Learn-a-Stitch, 11:30 Sharing, 12:00 Lunch 12:30 Afternoon Programme

Rice Krispie Date Squares



1/2 cup butter, melted
2/3 cup sugar
1 1/4 cup chopped dates
1 egg beaten
1 tsp vanilla
2 cups rice krispies

Mix together then microwave 2 minutes. Stir. Microwave 1 minute and stir again until dates have softened. Pour in **2 cups Rice Krispies**. Coat bottom of pan with coconut. Pour in date mixture and top with another layer of coconut. Refrigerate .

Pat Caffery's dish at the June Pot Luck

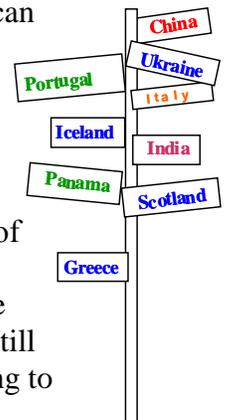
Variation—soften ingredients in a frying pan instead of the microwave. After mixing in the Rice Krispies form into balls and roll in coconut. Refrigerate.

Textiles Around the World—Needle Arts Fair 2015

The Needle Arts Fair continues to grow. We now have 23 vendors and they can supply us with a wide variety of materials, all related to textiles and fibre arts. Check out our website for specific vendors. Remember, if you are looking for something specific, contact the vendor and they can make sure they bring what you are looking for.

Pat Caffery is to be our featured artist this year. We've also added a "Best in Show" viewers choice award so please make sure you supply Mary Lou with lots of entries for the exhibit side of things. There will be prizes!

If you have a piece of embroidery or a textile from a country that is not on the sign board, please let me know as we will have a table for those pieces too. We are still looking for costumes for our stage display. If you have something that you are willing to share please let me know ASAP. *Theresa*



It is going to be a great day so spread the word and come and enjoy.



Road Trip to Almonte

A few weeks ago, in the company of two friends, I took an interesting road trip to Almonte and the Mississippi Valley Textile Museum to see the Kingston Fibre Artists Group retrospective exhibit “Timeless Textiles” which opened in July and runs until September 5. I certainly hope that you were able to take the time to see this wonderful show.

There were many techniques employed including air brushing, hand embroidery, crocheting, rug hooking, quilting and machine stitching to name a few. Handmade felt, painted cloth, ribbons, yarns and silks in a myriad of colours were all on display.

Some of the pieces were designed to make you think, delivering strong messages about today’s world, while others make you smile and feel hopeful by using brilliant colours and bold designs. All used colour and textile choices to full advantage.

If you missed this show, I recommend you try to see their next one.

Elizabeth Vandenberg



Les Belles Bouclettes
High Quality Mohair, Llama and Alpaca Fibre



Fleece, locks, rovings, yarn,
 Bath and body care products
 and much more

Isabelle Perdigal & Jacques Morin
 Direct from our family farm, Ferme Bonne Mine
 Vankleek Hill, ON – (613) 678-5690
 www.bellesbouclettes.com – bbouclettes@gmail.com

Moved to Belleville

Christine's Swedish Weaving



"A creative way to relax at the end of the day!"

Monk's Cloth, patterns, books,
 notions, yarns, kits and more
 Classes and wholesale

205-135 Tracey St.
 By appointment
 Christine 613-779-7928

www.funandfastpatterns.ca
 christine@funandfastpatterns.ca



Knowledge & Needles
 www.knowledgeandneedles.com

Cross Stitch Books,
 Supplies & Workshops

Ann McDonald
 613-475-4843
 e-mail: balych@kos.net
 190 Smith St., Brighton, ON K0K 1H0

*Open
 from May to
 November .



KINGSTON AREA'S BEST AND LARGEST KNITTING (and more) STORE

Visit our website:
www.knittraders.com
 Join us on Ravelry, Facebook and Twitter

725 Gardiners Rd. Kingston, ON
 613-384-3951

CGNA MEMBERS
 Recieve a
10 % discount
 off regular priced merchandise
 when you present this coupon.

Thanks to our advertisers.

Food, glorious food.....

Where's the
vegetarian?



Where's the
gluten free?

Don't ask what the world needs, ask what makes you come alive, and go do it.

Because what the world needs are people who have come alive."

~Howard Thurman