

Gilding the Needle

“A few stitches today—an heirloom tomorrow”

Volume 14 Issue 2

December 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



Congratulations, Ros Hanes winner of this year's

People's Choice Award at 2015 Needle Arts Fair.

Catarqui 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

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President's Message



Are you ready for the Winter Adventure?

Sometimes life reminds me of those stories of Arctic explorers - cold weather ahead, hatches being secured, stores full of needed provisions, and the possibility of new sites to view.

Our Guild has lots of new adventures ahead. Our present CGNA site will not be crushed in a field of Arctic sea ice. The western side of the church where we meet is about to be visited by the Demolition Man. Hopefully we will be okay tucked away in the eastern corner of the building, but options may need to be explored. A new path—doors by the lake—are being used for now, but that may change. Mickie will keep us all informed. Be ready to man the lifeboats if our site needs to be adjusted. If a new temporary site is needed, we will be looking for somewhere bright and warm that has access to parking, and a kitchen facility for tea and coffee. We will need volunteers to explore in small parties to look at all options.

As to do with provisions—the morning *Learn a Stitch* is about to lead to further enchantment opportunities for the embroidered garden with hard working spiders making intricate webs, and beautiful butterflies filling the skies. In the afternoon, there are now three options for November and December. Donna will be teaching the EAC Christmas ornament in time for the Season. Theresa's Wessex Stitchery continues to weave its spell. As always, a UFO table needs crew members, and Carolyn Mitchell's workshop has added to my store of UFO's. Please come and stay for the day, morning and afternoon, build on your skills and help those new to some of these stitches.

The Magic of this season is upon us and to complete this, a Pot Luck feast for December 14 is just ahead.

I look forward to charging on with all.

Remember - Winter is coming! Know how I know? I see Jack Frost's magic, and delicate flakes of snow. *Diane*



Welcome New Guild Members

Mary Anne Kingston Mary Frink Gabrielle Moon

Did you know that Gabrielle makes beautiful chain mail jewelry? And Mary just came back from a beautiful trip to Italy?

2015-2016 Executive
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Note Cards

Maureen is our note card maker, but she needs your help. The note cards are for cards that the guild sends out—Thank You, sympathy, get well. What Maureen needs from you are the embroidered inserts that she can use to complete the cards.

The designs need to be on a 5 inch square of material. The design can be on a 3 inch square, 3.5 inch diamond, 3.5 inch circle or a 4 X 3 inch oval. You make up the design. It can be any type of technique.

If you have any questions check with Maureen.



What do these mean?

PIG KISS WIP

“Learn the rules like a pro, so you can break them like an artist.” ~Pablo Picasso



Needle Cleaner Workshop

On Monday November 2, we were dazzled not only by the glorious sunshine and the warm temperatures outside, but also by the fabulous array of colours that Carolyn Mitchell presents in her kits. Vibrant turquoise, soft and subtle pinks, rich, deep wines and warm fall rusts, made it difficult to choose which color palette to work with.

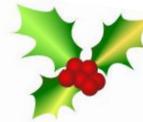
While the needle cleaner project is a small one, it certainly could not be completed during our allotted workshop time. However, Carolyn not only provided us with excellent written instructions, but also demonstrated all of the stitches, so that we would be able to continue to work on the project at home with complete confidence. She was very generous with her time, knowledge and positive encouragement, so that the day seemed to end all too soon.



This was my first introduction to canvas work and I am excited to complete this project; to learn more about this type of needlework; and to further explore the variety of stitches that can be used within a piece.

What fun!

I'm looking forward to seeing that same fabulous array of coloured flosses in the finished projects in upcoming "Show and Share" sections of our meetings. Maybe mine will even be one of them! *Janet*



Threadworks

In 1987, Threadworks was a special project of the Ontario Network of Needleworkers' (ONN) members. It showcases exceptional and creative needlework by artists from across Canada. It is a juried exhibition that is mounted every three years and travels across Ontario to many museums and galleries. The Wellington County Museum and Archives in Fergus, Ontario proudly hosts, sponsors and supports the inaugural exhibition, acting as the organizing venue.

The theme for 2016 is FLASHBACK. What does that word bring to your imagination? Just how far back does it take you? Whether it's to your own youth, your Grandmother's time or pre-history, ...anything other than this minute, or tomorrow qualifies. Here are a few suggestions: fashion, art deco, architecture, environment/nature/fossils, summer camp, holidays, music, war, hippies, home, ancestors, weddings, babies and the list goes on and on...

The online entry form for Threadworks 2016 will be available on January 1, 2016. Checkout Threadworks Web site: www.threadworksart.ca/

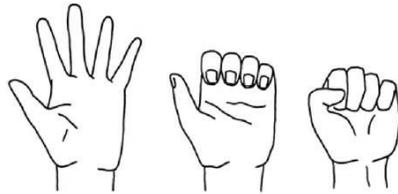
Healthy Hands

Do your hands ache when you've been stitching for a long time? Here are a few things we can do to make our stitching time more enjoyable.

Foremost is paying attention to where you are stitching and watch your posture. You shouldn't slouch and you should keep both feet flat on the floor. The next problem is sitting in that position for a long time. To help remedy this situation, get a cheap kitchen timer and set it for no more than 30 minutes. When it goes off, get up and take a short break. If you have to put the timer on the other side of the room so you are forced to get up and turn it off.

Think of your hands in an athletic sense. A 5K course is 3.1 miles long. An average walker will take about 45 minutes to finish the course. That walker is not going to start the 5K without warming up first. Do you know how many muscles there were in our hands? If you stitch at least 45 minutes at a time, shouldn't I be warming up my stitching muscles as well?

Stretch your fingers wide and hold for a count of 5. Then bend your fingertips down and hold for a count of 5. Make a fist and hold for a count of five. Repeat 10 times. Here are the three hand positions: open, fingertips down, fist.



Here are a couple of other exercises that you can do before, during, and after your stitching session.



Wrist Stretch: Place your hands in a praying position at chest level with your fingers closed. Then raise your elbows up so they are parallel to the ground. While your hands and elbows are in this position slowly spread your fingers apart, keeping your palms together and then close them again. Repeat this five times.

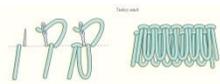
Wrist Flex: Extend your arm out and bend your hand up. With your other hand, gently bend your wrist back to give it a little stretch. Change hands.



Wrist drop: Just like your thread sometimes your wrists need to "unwind". Let your arms drop to your sides and gently shake your hands. Slowly rotate your hands in a clockwise circle, and then reverse directions.

A pair of special gloves can gently support and massage your hands while you stitch.

Winter Program

Date	Fantasy Garden Learn-a-Stitch	Sharing	Afternoon Projects
Dec 7	Padded Mushroom—Part 2	Shashiko & Japanese Embroidery	Wessex Stitchery—Theresa Christmas Ornament—Donna Needle cleaners—Debbie UFO's
Dec 14	Town Hall Meeting—Bring your ideas Stash Sale		
Jan 4	Pansy Part 1 –Lorna 	Show and Share	Ukrainian Stitching—Eva UFO's
Jan 18	Pansy Part 2 –Lorna 	Show and Share	Ukrainian Stitching—Eva T-shirt stencils—Lorna UFO's
Feb 1	Dragonfly Part 1-- Mickie 	Show and Share	Ukrainian Stitching—Eva T-shirt stencils—Lorna UFO's
Feb 15	Dragonfly Part 2-- Mickie 	Show & Share	Ukrainian Stitching—Eva T-shirt stencils—Lorna UFO's
Feb 29	TBA		
Mar 7	Turkey work—Eileen 	Show & Share	Fancy Bird—Stumpwork—Mary Lou Bobbin Lace—Dorothy UFO's
Mar 21	Silk Ribbon-- Sally 	Show & Share	Fancy Bird—Stumpwork—Mary Lou Bobbin Lace—Dorothy UFO's

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



A big “Thank You”, to everyone who helped with the Needle Arts Fair this year. We had a very successful event and we couldn't have done it without you. We had the largest number of vendors ever and the largest attendance ever. There were lots of very positive comments about the fair in general and particularly the caliber of the work we exhibited. We had visitors from Toronto through to Pointe St. Clair. In the email addresses there was one from Saskatchewan U and another from the UK. So, well done! Now it is time to think about next year. Any ideas for a theme? Check out the Needle Arts Fair Supplement on our website. www.quiltskingston.org/cgna/



Textile Museum, Almonte—*Surface Fabrications* by Diane Laundry and Robin Law Fields Dec 8, 2015 – Feb13, 2016

Textile Museum of Canada—*Home Economics—A 150 Years of Canadian Hooked Rugs* Sept 24, 2015-Feb 8, 2015

Textile Museum of Canada—*Lyn Carter: 11th Line* Oct 21, 2015- Mar 20, 2016

Cabin Fever Workshops—Bethany Garner January 22-24, 2015, Odessa visit www.fibreworkskingston.blogspot.ca for details)

Threadworks Juried Show—*Flashback*—Wellington County Museum & Archives April 16, 2015 – May 29, 2016

Carolyn's Alaskan Adventure—August 28- September 4, 2016 Join Carolyn on a seven-day round-trip cruise from Vancouver, BC to Icy Strait, Ketchikan, Juneau, the capital of Alaska, the Hubbard Glacier and the Inside Passage. Carolyn's project may be previewed and pricing will be available on her website.

FIBREWORKS Kingston Spring 2016 workshops are listed below (with all of the details at www.fibreworkskingston. Spring 2016 Workshops Series... (registration is open and a \$50 deposit for each workshop holds your seat - visit www.fibreworkskingston.blogspot.ca for details)

March 11-13th - **SAYWARD JOHNSON** - "Knitting and Weaving with Wire"

April 22-24th - **LORRAINE ROY** - "TREE SERIES"

May 13-15th- **KAREN GOETZINGER** - "Recipe and Ingredients for Great Design"



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Hugo's Amazing Tape

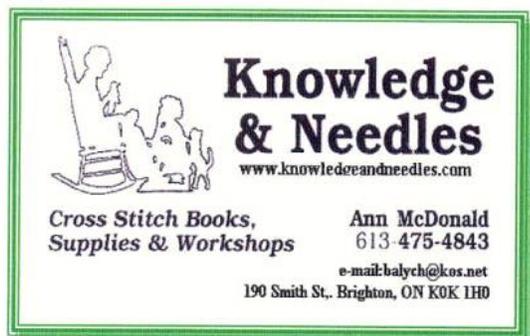
While in Carolyn Mitchell's class, I was re-winding my spool of kreinik metallic braid and balancing it on my frame as I couched the thread. As it fell off for the umpteenth time, I thought "I need my amazing tape for this!" Not to sound too much like an info-mercial, but this stuff really is amazing! I brought in a piece to show Carolyn, and she immediately used it to bundle up her skeins of yarn.

So what is it, you ask? This plastic tape has no sticky adhesive, yet with a simple stretch and wrap, it grips and holds to itself. I use it primarily to wrap my spools of specialty threads, ribbons and serger threads, or bundle wool skeins for a project. It is washable, you can write on it, it can be used 100's of times and it still sticks to itself. It is a mainstay in my sewing room.

You will need to guard your roll of tape though. It is also good for wrapping fishing line, holding wood pieces together while gluing, bundling books, controlling office cords, securing luggage, etc. It can even be used to keep a cookbook open. Or how about as a first aid sling, or a joint wrap for arthritis pain? How many more uses can you come up with? I can see my roll disappearing out to the garage....maybe I need to put one in hubby's Christmas stocking :-)

I purchased my roll a few years ago from Sew Fancy in Guelph. At the time, she sold 1/2 inch x 50 feet rolls for around \$15.00. Currently she only carries 2 1/2 inch x 50 feet rolls for \$25.98, but she says it can be cut into thinner strips, so therefore many times the value. You could pool together and share the tape roll and the shipping. Or even share with your significant other. (Note that it is not on her website)

I recently noticed in the latest Lee Valley flyer that they carry a similar product "Reusable Bundling tape" 1 inch roll x 50 feet for \$12.95. Knowing the reputation of Lee Valley...I'm sure it is a good product too. --Lorna



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Note: Ann's shop is closed now until the end of April.

Really I don't dislike to cook, but what you cook is eaten so quickly. When you sew, you have something that will last to show for your efforts. ~Elizabeth Travis Johnson



Greetings from Malta—Dorothy

I'm at the apartment in Sannat, Gozo now and tomorrow will be the end of two weeks of lace lessons. I've also been going to my teacher's class at the university so I've been very busy but really enjoying it.

The weather has been wonderful as well, highs of 25 during the day and only down to about 16 at night. I'm still wearing summer clothes and sitting on the balcony. My apartment is on the second floor of a building on the edge of the village of Sannat and looks across fields and vineyards towards the hills and the town of Victoria (Rabat) and some other villages. I have been all over the island exploring and it is very beautiful. I've even been out socializing with two different people I met at my pensione in Valletta and meeting some really interesting people from different countries. One is an art therapist and one comes here to work as an artist's model.

As far as the lace goes it has been an interesting and humbling experience! I knew I would have some trouble adjusting to the very odd pillow with all the bobbins hanging in the air and I was right! It's as if I needed to forget everything I knew and start over which of course is impossible. Even the bobbins get wound what, I would call the wrong way; and I would automatically do it my normal way without thinking. And making leaves in Maltese lace is such a very different technique and again after making it must be a thousand or so, it's really hard to change you habits. After two weeks I'm starting to find it a little easier and am getting quite a lot

accomplished. I'm working on a silk scarf on one pillow, doing various Maltese motifs on another one and also making a design for a stole. My teacher is very kind but sure is busy.

This truncated email arrived last week from Dorothy. She will be back with us in time for the Christmas Pot luck so I'm sure she will have lots of stories to tell and beautiful work to show us.



Check this out

The Quilt of Belonging has a new web site for you to visit. You can see all of the blocks and learn about the culture of each country. www.quiltofbelonging.ca

Lots of beautiful Pinterest sites with great ideas or just google embroidery wildflower stitches and look at the Images for ideas and great websites to go to.

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Welcome to eThreads #3.

What's New...

Seminar: Please register by December 1, 2015 especially if you think your class choice may go to lottery. Visit Seminar 2016: Inspiring Threads website.

New Initiative: The library will pay for postage both ways for any library books that are requested for loan. This will begin December 1, 2015, and run until May 30, 2016.

Your EAC Password: Reminder that the password for Your EAC (members' only area of our website) was changed on November 1, 2015. Contact your chapter or guild president, or EAC regional representative if you need assistance.

Project 150: Project 150 is travelling the country, stopping at guilds from the west coast to the east coast, and spots in between. If you would like to see how this project is progressing, visit Project 150 webpage and see highlights of this wonderful project. Both National members and members of guilds can contact Helen McCrindle, Project 150 Coordinator for information about the different locations of the panels across the country.

New Educational Offerings: We have two new courses, Delft Tile Design in Silk and Gold and Shockwave: A Beginner Canvas work piece.

Meet the Board Band Sampler: This thirteen-band sampler was a project designed by your Executive as a way to meet you at Seminar 2015. The charts and stitching information will be released every two weeks on our Blog and Facebook. Upon completion, the entire project will be found in the Projects page of Your EAC. Create your own version by adding more bands and make your own very special band sampler. We would love to see the results, so be sure to send your photos to our Webmaster.

Let Your Creativity Out Challenge: You have a designer inside you trying to get out! Set yourself free! Challenge yourself! See your very own needlework design published in Embroidery Canada magazine and/or the EAC blog and website. Check our Challenges page for all the details.

Spring Scissor Fob Exchange: This great exchange is hosted by Alderney Needle Arts Guild in Dartmouth, Nova Scotia. Details may be found on our Exchanges page.

Teachers Needed: Calling EAC members who would like to teach a class (or classes) on behalf of EAC at the Creative Festival in Fall 2016. Please contact the Communications Director for more details.

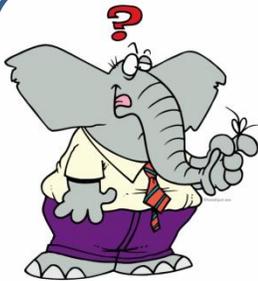
Until next time, Happy Stitches
Nicole McReavy, Communications Director EAC

Colour Theory Workshop with Carolyn Mitchell

Exactly how many shades of grey are there? What colours blend well together? How do you make a colour “pop”? How do you make an object fade into the background with colour? Which colours complement each other and which ones shouldn't be seen together? What is a tint? a hue? a shade? Some of the mysteries of colour we were able to unravel or should I say wrap up.



Carolyn has passed on a pattern for you to try out—it's her dragon boats. They would make great decorations for your Christmas tree. I'll be sending it as a separate file.



funny forgetful elephant cartoon by tooni_dooni

Don't forget to sign up for Carol Arsenault's one day stumpwork workshop. April 18th. Kit fee \$35.



DEADLINE for next Gilding the Needle is March 15. Please forward your information, ideas and pictures to cgna.news@gmail.com.

*I cannot count my day complete
'Til needle, thread and fabric meet.*

~Author Unknown

PIG—Project in Garbagebags
KISS—Keep it simple stitcher
WIP—Work in Progress



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Picture Gallery of Work



Maureen's felted Monet inspired Waterlilies.



Lorna's felted vest



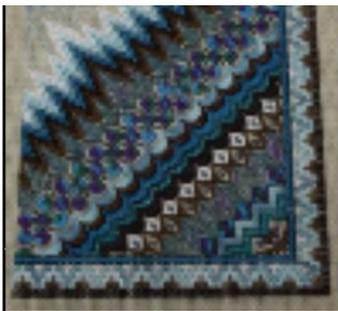
Barbara's funky long and short stitch echinnacia pillow bordered in a crazy patch frame.



Donna's Elizabethan cat.



Diane's quirky scissor case.



Lorna's bargello Winter's Night

