



Gilding the Needle

A few stitches today.....an heirloom tomorrow.

**Cataraqui Guild of Needle Arts is a chapter of
Embroidery Association of Canada**

Website www.quiltskingston.org/cgna

Volume 21, Issue III Spring 2023

President's Message

I hope everyone enjoyed our Christmas and 20th Anniversary Celebrations. After making those lovely gnomes for our Christmas trees, we listened to Margaret Morris' talk about her journey through embroidery. It was wonderful and inspiring! We all heard how her travels with her husband influenced her stitching. We had to bring our own lunches instead of enjoying a potluck luncheon. However, we certainly were surprised with delicious treats: the lovely 20th Anniversary CGNA shortbread cookies and the carrot muffins that Tricia's brother, Randy, made for us. They were yummy and decorated with our Heron Logo! And it was edible! The presentation was beautiful! Many thanks, Randy Kellett. You did a wonderful job and were a highlight of our Celebrations.

And then there was Christmas Eve! What in the world happened? The wind and snow were incredible. My neighbour across the street, the one with a double driveway, had NO SNOW in his driveway. But around the side of the house, there was this big snow bank! It was very strange indeed, when he brought out his snow blower to remove the snow on the grass, not his driveway. He had basement windows on that side of the house! I'm sure you all noticed differences in wind patterns too. And here we are in February, and I went for a walk today in my shoes, not my boots. Four degree C will do that for you. The snow is melting and finally the sunshine has been out for more than 3 hours and for more than one day in a row. Strange weather this year, indeed. I'm soaking up the sunshine! Hope you are too.



We continued to experience challenges with our January program. Your Program Committee has had to be very flexible making changes on the fly. Many thanks to Susanne and Elizabeth V and to the teachers who were able to work with them. We hope you enjoyed our Pulled Thread classes with Elizabeth V. This month Beth A will show us some Canvas Work Stitches. Beth M finished her fun Cross Stitch Hummingbird classes and summarized what we can expect if we tackle advanced projects in the future. I hope you finished yours. Leola finished two! Anjali began showing us the Kantha in her beautiful saris and how we can begin to make our own "Saree" designs. Watch for pictures on both these topics later in the newsletter.

Our Program Committee continues to provide us with lots of fun things to stitch and techniques to try or refresh. If you have ideas of what you'd like to try, do contact them. If you're so inclined, please contact Susanne if you'd like to join this Committee. They need more help. And it is very rewarding.

Here's to another great year of embroidery!

Let's go stitch! *Donna*

CGNA Executive for 2022-2023

President	Donna
Vice President	Anjali
Past President	Lorna
Secretary	Tricia
Treasurer	Lyn
Membership	Lynn
Librarian	Beth M.
Program	Katherine Susanne Elizabeth
Hospitality	Janet Nancy
Archives	Susanne
Website	Donna
Newsletter	Theresa



Thanks Janet for the lovely Christmas ornament.

Support our sponsors

Kimat Designs
Knowledge & Needles
X's & Oh's



Check these out:



The Unbroken Thread <https://www.theunbrokenthread.com/>

Asnimar Embroidery <https://fb.watch/hVgFTafYsR/>

Royal School of Needlework Stitch Bank <https://rsnstitchbank.org/>
(This is a treasure trove of stitches!)

World of Threads Festival <http://www.worldofthreadsfestival.com/>

(Also check out World of Threads Images to see what has been shown in past shows.)

DMC Colour Families

https://www.dmc.com/media/color_charts/DMC_Embroidery_Floss_Color_Families_2021.pdf

Nashville Needlework Market <https://needleworkretailer.com/nashville/>

Celeste Chalasani -- EAC Virtual Speaker April 15.

https://eac-acb.ca/wp-content/uploads/2020/09/Feature_CelesteChalasani.pdf

<https://egausa.org/needle-arts-magazine/profile-celeste-chalasani/>

Almonte Fibre Fest <http://almontefibrefest.ca/>

You Can Always Learn Something New



While our Guild and its executive members did an amazing job of keeping our group interested and active during Covid through Zoom meetings and special presentations, it was still a pleasure to meet face to face and to once again participate in focus groups and workshops.

One of the offered workshops was by Beth Mewhort. The project was a charming counted cross-stitch pattern by Theresa Wentzler and the workshop was to take place over five weeks. Foolishly I wondered how complicated cross-stitch could be that it would take five weeks and approximately seventeen hours of class time. However, the pattern was charming, I had often thought about working a Theresa Wentzler pattern and the stitching seemed simple enough for me to handle, so I added my name to the class list.

From the very first class to the last class I learned something new. I learned just how confusing and frustrating 1/4 and 1/2 stitches can be when there seems to be an over abundance of them, how to solve the case of the disappearing stitch, the difference between Danish x-stitch and English x-stitch. I also learned about techniques for stitching over 1 thread, backstitching, and for using blended threads and how to organize these blended threads and to keep track of them. At this point, I thought we must have covered it all. Wrong! At the final class Beth spoke about different floss types (Anchor, DMC, hand painted etc), different types of fabrics and embellishments and how to use them. And finally, she told a few “horror” stories of things that could and have gone wrong so that we knew what pitfalls to avoid.

Thanks to Beth I not only have a lovely finished hummingbird waiting to be framed, but I have learned never to wonder “How much can there be to learn about _____?”, but to realize that there is always something more to be learned that will make us better at whatever it is we do. *Janet*



10 March 2023 **Kimat Desgins Market Day** 11:00 – 21:00
210 Thornton Rd. N. Oshawa

18 March 2023 **Kathy Andrews –The Unbroken Thread** EAC Virtual Speaker
<https://eac-acb.ca/event/eac-acb-speakers-series-kathy-andrews-the-unbroken-thread>

10 –14 April 2023 **Spring Retreat** at Odessa Fair Grounds contact Beth A

15 April 2023 **Celeste Chalasani** -- EAC Virtual Speaker will be talking about Stumpwork. Make sure you register!

21-22 April 2023 **Fibre Fling**—Out of the Box Exhibition Kitchissippi United Church, Ottawa

13 May 2023 **Peterborough Fibre Arts Festival**
<http://www.ptbo-hwsg.com/events/fibrefest-2016/>

2-4 June 2023 **Kingston Quilts Show and Sale**, Royal Kingston Curling Club

7-11 September 2023 **Almonte Fibre Fest** Register early for workshops

16 September 2023 **Leeds Grenville Fibre Extravaganza**

What's New?

Winter is a good time for stitchers: Long cozy evenings in the recliner chair by the fireplace, no looming deadlines, a chance to experiment with new goodies from the Christmas loot. My goodies included a new brand of embroidery floss and a new style of fabric.

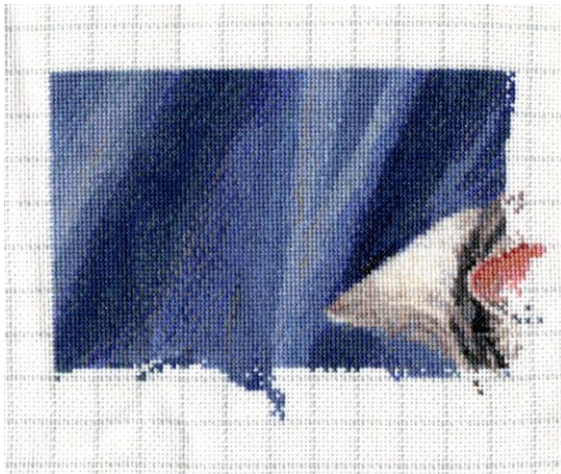
Cosmo Floss

My new floss is Cosmo floss, manufactured in Japan by the Lecien company, who also produce Shashiko thread, perlé cotton, overdyed floss and the like in about 500 colours, a selection comparable to the range of DMC and Anchor. Members of our cross-stitch class passed around skeins of Anchor, DMC and Cosmo black cotton and reported a big difference in feel. The Cosmo thread is softer and silkier than the other two, although the Anchor floss was deemed by some to have more “body”. I have started stitching the *Celtic Mosaic* (design by *Textured Treasures*) using Cosmo pinks, Anchor browns, and DMC 3371 (black-brown). Although the differences between the threads are subtle enough that I’m comfortable mixing all three brands in the same piece, the soft feel of the Cosmo thread is very noticeable. This floss does not knot or fray; it is a joy to stitch with.



My Cosmo thread came from a U.S. online store www.123stitch.com, but I have found two Canadian distributors: <https://theworkroom.ca/collections/thread-embroidery-floss-1> and www.chartingcreations.com. At \$1.42 per 8-metre skein, it is a bit of a luxury. I am not about to purchase a complete set of Cosmo and substitute the “best-matching” colours for a chart that calls for DMC, the current norm in North America, although conversion charts are available (e.g., <http://www.mystitchworld.com/DMC-Cosmo-Conversion-Chart.asp#.Y-gaOa3MI2w>). But, for a piece with a limited number of colours, such as blackwork or a geometric cross-stitch, spending an extra \$5 on the threads seems less of an indulgence than an opportunity to try something new.

Easy-Count Fabric



I first heard of Easy-Count fabric from Kristeen; this version of Aida and Lugana fabric is made by Zweigart and carried in many North American needlework stores, including Gitta’s, Stitch-It-Central, and Charting Creations. The fabric is white (rather a greyish white), and every tenth thread, both horizontally and vertically, is grey, producing a grid on the fabric. The grey dye is supposed to wash out in warm water. I have only rarely gridded fabric for cross-stitch; it’s a tedious process to baste those grid threads in, and they invariably get in my way when I am stitching. So, Easy-Count fabric looked like a brilliant idea to me, particularly as I am fond of mega-stitch projects (a.k.a., solidly stitched, full-

coverage).

I’ve started stitching *At Play*, a chart by Artecy (www.artecyshop.com), and can report that those grid lines speed things up enormously. I get much bolder about carrying a thread beyond the area I am concentrating on, and catch errors before they get anchored in by other stitches. But, I was alarmed to see that the grid lines show through the stitching when the floss is very pale. Mind you, I am stitching over-one on 25-count Lugana with a single strand; the problem might not occur if threads and fabric count were chosen to provide better coverage.

Still, having got this far, I was reluctant to continue on a project that will take months if not years to complete without some evidence that the grid lines will, in fact, wash out as advertised. I stitched a

block of white on a scrap cut from a corner, and dumped it in a bowl of warm tap water. Nothing changed. I checked the website for instructions, which told me to soak it in warm water for about an hour. After an hour, there was still no change. After two hours, with several refreshes of the warm water, the grid lines were somewhat faded, but still quite visible. Reasoning that any dye that was loosened by the warm water needed a place to go that was not the fabric, I put my scrap on a plastic sieve, and stuck it under the hot water tap, with the temperature as high as it could go. This worked! I have some confidence now that I can get the grid washed out when I need to, so I will finish *At Play*. But, I would hesitate to stitch a piece done primarily in whites and pastels, or a piece that involves fibres that might fade in hot water on this fabric. Like many specialized products, it is a godsend in some situations, but I think the situation should be chosen with care. *Beth M*

CONGRATULATIONS to Kimat Designs on their 25th Anniversary!



Just asking.....How do you store your threads?

I have always stored my embroidery threads in thread boxes, after I put them on the cards. Sometimes I would put the DMC or Anchor numbers on them and sometimes not. Threads not processed found themselves in a bag. The threads were organized by colour. Not number. It worked fine, unless I wanted to make a pattern that listed colours by number.

When I visited Beth M. She also used the same thread boxes as I do. However, she had them ALL organized in numerical order, according to the DMC thread card! She inspired me.

I went home and put all my threads in DMC numerical order. It certainly makes it easier to find thread when I know the number. And I can still see the colours if I want to work that way. It didn't take as long as I thought to get them into numerical order. I did it as I watched TV.

I store my pearle cotton in cut paper tubes (cut vertically down the length of used paper towel tubes). I keep them in a drawer; #8s together and #12s together. So far I don't worry about keeping them in numerical order: not enough colours yet! Works pretty well. *Donna*



I started organizing my threads on cards in plastic tackle boxes. They are the same size as boxes made specifically for threads and were cheaper to purchase. When winding the threads onto the cards I slip the packaging with the number on it under the threads so it is visible at the bottom of the card. They are arranged numerically in a colour family. Any without a number attached are added to the end of that colour. Somehow I always seem to have lots in this category. *Theresa*

AND from Central Ontario

Greetings from Central Ontario. Our chapter President just sent us your December newsletter and I saw your request for info about how we store threads.

Almost all of my DMC has been wound on bobbins from the heyday of cross stitch back in the



1980s. My mom, MIL and I each collected all the colours of the day, and as time went on both my mom and MIL gifted me their collections when their eyes could no longer do the work, so I have a LOT of DMC. For years I stored it in those divided plastic containers we all bought back then.

In addition to being an embroiderer, I'm a lacemaker, and when I moved house a couple years ago, I decided to set up a dedicated place to store as much of my stitching and lace supplies as I could.

I found a used high-boy chest with 7 drawers that conveniently has two shallow drawers in the middle. I figured they'd be great

for holding embroidery floss. The problem was how to divide the drawers.

After scouring the dollar store and Amazon for some plastic solutions, none of which came in the right size to hold the bobbins, I came across a video on YouTube for an origami box.

<https://www.youtube.com/watch?v=89Kz3xWZS3g> . They're a bit of a snug fit, but they're doing the job nicely, and it sure beats what's going on in my canvas work threads drawer! I taped the trays together side-by-side with shipping tape in pairs. This has enabled me to put trays right to the back of the drawer. By lifting the tray in the middle and sliding the row forward, I can put thread to the very back of the drawer and still access it.

The top three drawers have

- my sizeable collection of perle cotton (bought in a blanket bag at a garage sale many years ago),
- my messy canvas work threads and
- my fine tatting and lace threads.

The bottom drawers of the unit have fabric in the bottom and kits in the next one up. Suddenly starting a new project is easy, as everything is in one unit (Well, almost everything - there is some overflow).

If shallow drawers aren't available, you can build lift out trays to fit the smaller origami trays - a benefit of this is that the larger trays can be customized to fit the number of small trays you have. Just Get it Done Quilts has a great video on making trays for drawers from dollar store foam board at <https://www.youtube.com/watch?v=q5xwfNdInQg>

The idea of using a chest of drawers for embroidery supplies has been a game-changer for me, and it's something that might be useful for empty nest stitchers. I got mine for about \$75 at the local Restore.

Cynthia MacDougall
Simcoe County EG

WANTED

- Looking for someone to take on the Archivist's position.
- Looking for someone to join the Program Committee.

Thank you for making our guild stronger.
When we all pitch in we all gain, especially you

You asked, “What does EAC do with my money?”

- Maintains national book, slide and video libraries that you can borrow.
- Maintains a Heritage collection of stitchery, some samples we can borrow
- Maintains a sampler registry to locate and document samplers in Canada for the purpose of study and research.
- Study portfolios to aid in research and education of the Needle Arts
- Develops individual and group correspondence courses in a variety of embroidery techniques from basic to advanced levels.
- Offers monthly Virtual Speakers
- Manages a Teacher Certification Programme
- Provides support and start up materials for the formation of youth guilds.
- Publishes “Embroidery Canada” magazine, two issues yearly
- eThreads distributed monthly
- Sponsor contests, workshops, seminars, exhibitions, competitions and awards.

Not sure what type of material you have?

Here is a Fabric Burn Test Chart to help you.

Burn test charts are used as a quick and easy reference to identify different materials. The charts give information about the characteristics that are expressed when each material is burned. This helps you to be able to tell if a material is synthetic or natural so that you can narrow down and eliminate certain ones.

Fiber Type	Flame	Odor Produced	Ash
Cotton/ Hemp / Ramie Natural	Burns quickly and easily. Will continue to burn or glow after flame is removed.	Burning wood, paper, or leaves	White or gray, soft, and powdery
Linen Natural	Not as quick to start burning, but will burn easily and continue to burn when flame is removed.	Burning paper	Gray, soft, and powdery
Wool/ Cashmere / Alpaca Natural	Doesn't catch fire easily. Will sizzle and burn slowly when it does. Fibers may curl away from flame and extinguish when removed.	Burning hair	Hard black bead that can be crushed to powder
Silk Natural	Doesn't catch fire easily. Will sizzle and burn slowly when it does. Fibers may curl away from flame and extinguish when removed.	Burning feathers	Dark bead that can be crushed to powdery ash
Nylon Synthetic	Will melt in droplets instead of lighting on fire.	Celery	Hard, gray beads
Polyester Synthetic	Will melt instead of lighting on fire.	Sweet chemical smell	Hard, dark or black beads



Note: Ann is closed for the winter. She will be back in April.

From the Book Shelf



Here is a book our quilters might be interested in.

<https://www.ifabutterfly.com/quilt-guild-page/>

Did you know that EAC/ACB has a large library collection? Guild members can borrow books from this library for a month and shipping is free.

<https://eac-acb.ca/leonida-leatherdale-needle-arts-library>

From the Program Committee

Starting in September, we initiated some of the changes that had been suggested at the last meeting in the park. We switched around the timing of learn-a-stitch and afternoon classes (formerly known as afternoon workshops), leaving some of us only slightly befuddled, for a short time, then presented small sized projects for LAS so as to compile them at the end of the year -as well as actually finish them.

A Big Shout Out to all our presenters! We wouldn't be able to fulfill our teaching Guild mandate or be gently poked out of our comfort zones and have fun without **YOU!**

We have already met via zoom to plan the Fall - Summer program, using the answers and suggestions from the Survey as well as including new ideas. One of these is that the LAS will be one large project with a single theme which will come to life through a series of challenging as well as 'old favourite' (French knot, mmmm) stitches. Members willing to take on a stitch or two to teach will be well supported with material, so please think about participating in this way. Some members have already indicated on their Survey response what they are willing to present afternoon classes - they will be fine!

In the Fall we shall have a gold workshop presented by Lorna, and using donated material so that minimal cost is involved. The other event will hopefully be a bus trip to Oakville to see the International World of Threads exhibition.

If you have any ideas for this upcoming program, or have the time and inclination to join us on the program committee, we would so like to have you! Elizabeth V, Katherine and I with Beth A a staunch supporter could use your help.

Happy stitching!
Susanne

CGNA PROGRAMME MARCH- JUNE, 2023

DATE	MORNING LEARN A STITCH	AFTERNOON WORKSHOPS
Mar 14	Business update Show and Share Crewel – Beth A	Mountmellick – Eileen
Mar 28	Business update Show and Share Crewel – Beth Abbott	Kantha – Anjali
Apr 11	Business update Show and Share Book Cover – letters/other ideas Elizabeth V	Mountmellick – Eileen
Apr 25	Business update Show and Share Silly Birds Beth A/Elizabeth V	Blue Vase Project – Theresa
May 9	Silk Fusion – Beth A	
May 23	Business update Show and Share Catch up on projects	Silk Fusion – Beth A
June 13	Annual General Meeting , Activity to be announced	



Meeting Schedule

Learn A Stitch - 9:30 a.m. – 11:30 a.m.

Coffee Break - to be decided by leader

Business Update and Show and Share - 11:30 a.m. – noon

Lunch – noon – 1 p.m.

Workshop - 1 p.m. – 3 p.m.



Mountmellick:

The history of Mountmellick embroidery had unfolded in three distinct stages:

its invention by Johanna Carter, a revival by Mrs Millner and a subsequent revival by Sister Teresa Mararet McCarthy. After the first two stages, Mountmellick embroidery declined in popularity and could have been forgotten, so we are very fortunate to have this style of embroidery.

Mountmellick embroidery is named after the town where it originated in the 1700s.

The embroidery designs were based on nature and featured plants that grew in the surrounding area. White cotton thread and fabric were used due to their ready availability.

A workshop will be starting on March 14th to introduce you to this style of embroidery. *Eileen*

The Blue Vase

This is an opportunity to let your creative juices flow. The piece can be as big or small as you want. Prerequisite: you start with a blue vase—any shape; any size. You embroider /embellish the vase.

Attach the vase to a background piece of material. It could be patterned or plain; cotton or aida cloth.

Fill you vase with flowers. They could be button flowers; surface embroidered; ribbon embroidery; beads or cloth or a combination.

I will give you some ideas for flowers but the rest is up to you. *Theresa*



Silly Bird Challenge

Have you been working on your Silly Bird yet?

Beth A introduced us to Zen Doodles a few years ago and I really enjoyed playing with them. When this challenge came up I went looking through my doodles and found this one.



I tinkered with colours, and played with stitches—blackwork, turkey work (lots of it), shading, satin stitch.

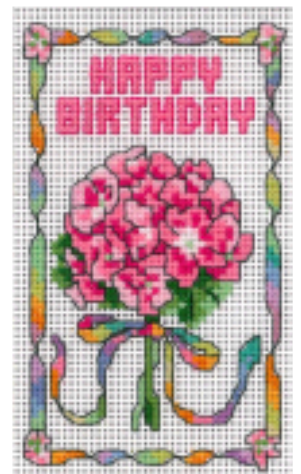
Then there was the beading and as this bird likes shiny things added some silver metallic too.

She was really fun to do.

There are lots of great examples of silly birds on the internet so have a look and let your imagination go wild!

New Release

Floral Pink Geranium is the first in a series of 8 floral card designs, coming out over the next year. The artwork is by Frances Tyrrell, the conversion to needlework is mine. I made it to fit a large tri-fold card with a rectangular opening – the whole series will be this size. There is a complete alphabet included (with each), so you can write what you want on the card – and even exchange alphabets! This is now available as a little leaflet, and if anyone needs tri-fold cards, I carry an assortment of sizes and openings, which can be found on my website (or give me a call). FYI, a red geranium chart has gone out to my distributor, and will be available next month.





The only other piece I've completed is for *A Needle Pulling Thread* though it won't be available until Issue 62 comes out (that's the next issue). Attached is a sneak peek of *You Were Made*. Apologies if the pic is too small to read – I'll attach a larger one as well. The saying is "*BE HUMBLE, for you are made of earth, BE NOBLE, for you are made of stars*". I quite enjoyed working on this one, which you may notice is Assissi work, meaning the background (moon) is stitched, and the lettering and figures are left unstitched, so the fabric forms those parts of the design. *Jo*



Jo Gatenby, Designer

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Remember to support our sponsors.

Deadline for June Issue
15 May 2023
cgnanewsletter@gmail.com

Blessed are they who can laugh at themselves, for they shall never cease to be amused.!" (Unknown Author)

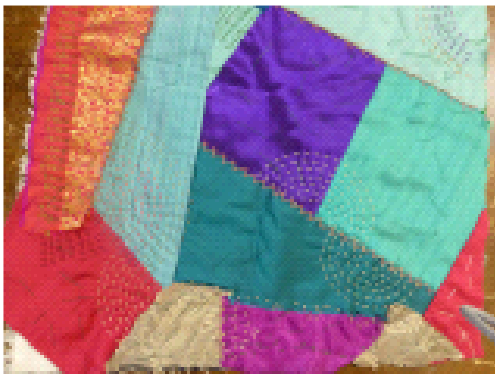
Journey Through Embroidery with Margaret Morris

Margaret was the featured speaker for our Christmas Program. She told of her journey through embroidery. Many of her pieces of work were a result of the many places she and her husband had lived over their working life. Beautiful work and lovely memories.



Anjali's Kantha Class

Anjali showing us her kantha stitched saris



Note the even stitching

Crazy quilt using kantha stitching

Show and Share



Another Silly Bird



Nancy and Donna showing their Shashiko work.



Elizabeth with a lovely combination of lace and embroidery.



Donna's Schwalm



Lyn's Christmas

Leola has finished not one but Two hummingbirds.



Gabrielle shared this bookmark her Brazilian neighbour gave her.



Lynn sharing her beautiful flowers.