

Gilding the Needle

The Newsletter of The Cataraqui Guild of Needle Arts

"A few stitches today – an heirloom tomorrow"



We meet on the second and fourth Tuesdays of the month, at St. John's Anglican Church. Come join us!

Donna's Final President's Message

Another embroidery season is coming to an end. June's Strawberry Moon has come and gone. We are all making plans for the summer. Here's to a warm but not too hot season this year. Hope yours includes stitching with your friends in someone's garden or by the lake.

This past year there has been a focus on leaves, your way. We learned some interesting stitches from each other, some without a name. They were videos on Pinterest. Some of us have finished our projects, and others are still working on them. Let's try to complete them over the next couple of months.

Our year started with Leola's husband, Heinz, making our dream bookcase, enabling us to have all our books in one location. Thank you, Heinz! No more lugging books from members' homes! Thanks to all the members who did this for us when it was necessary.

We were part of two special events: A mending workshop in the public library and the Lansdowne Textiles Festival. We also made Izzy Dolls to help a few children in Israel have something to hold on to.

Covid appears to be mostly behind us, occasionally showing its head causing members to stay home. (Thank you to all who did this.) We had the opportunity to see the Kingston Fibre Artists display at the

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The seahorse featured in this issue's header was stitched by Susanne on silk with floss, beads, and metallic threads.

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Tett. The Two Diane's put on a wonderful show at Kingston Frameworks. Our afternoons were focused on finishing UFO's. Hope you took this opportunity to finish one of yours.

We had two speakers come to see us: Heather from "Stitch by Stitch" and Colin from "Kingston Frameworks". These were two very different speakers talking about their very different shops in town that can help us in very different ways. And we invited Cynthia MacDougall (EAC/ACB's Chapter Director) and Terri Briggs (President), to talk to us about what we can get from our national organization.

I have been your President for four interesting years with many ups and downs. I am passing along the wooden needle into Lyn Moore's very capable hands. I wish her lots of luck and I'm sure she will enjoy her stay with you as President as I did. I thank all those who were part of my executive and all members. In this guild, we all work together to make things happen. Please continue to voice what you see and hear so we can all share in the discovered fun!

Wishing you a happy, warm – not hot – summer with lots of stitching!

Let's go stitch!



Donna passed the regalia of the president (the large wooden needle and the bring-to-order bell) to Lyn, our new president



The New Executive:

Back row: Leola (Treasurer), Lynn (Membership), Beth (Communications), Donna (Past President), Lyn (President), Francine (Hospitality). *Front row:* Nancy (Hospitality), Anjali (Programme), Tricia (Secretary).

**CGNA Administrative Committee
Effective June, 2025**

Executive

President: Lyn M.
Vice-President: Diane R.
Past President: Donna
Secretary: Tricia
Treasurer: Leola

Standing Committee Chairs

Programme: Anjali
Communications: Beth M.
Library: Ellen, Mary Ann
Hospitality: Nancy, Francine
Membership: Lynn P.
Special Events: Katherine, Tina, Diane R.
(no chair)

Izzy Dolls

You've probably heard of "Izzy Dolls". They honour the memory of Canadian Corporal Mark "Izzy" Isfeld who, whilst serving on a peacekeeping mission in Croatia, realized the significance of dolls for children. His mother, Carol, began knitting little dolls for Canadian soldiers to distribute to children in areas ravaged by war. The movement sprouted wings –



thousands of dolls have been distributed, free knitting and crochet patterns are available online and the effort has been recognized internationally.

Last March, Diane D. proposed that our guild make some Izzy dolls, which Ellen agreed to transport to Israel. Our members embraced the initiative, and 25 Izzy dolls congregated on Ellen's doorstep.

On April 8, Ellen sent a message for guild to Donna:

If Donna has sent this out, or is reading it at a meeting, then I am finally safely in Israel and enjoying hugs from my daughter and the warm weather....

Managed to SQUEEZE every one of the Izzy dolls into my luggage and carry-on, without having to stuff my pockets or my bra. Phew! And, no-one questioned why I had a plethora of hand-made dolls in my luggage. Go figure? Our first idea was to give them to my daughter's colleague who is a part-time EMT, but then she decided that we should go to the local hospital and give them out to the children who are in the hospital over the holidays. Sadly, I doubt if I will be able to get pictures.

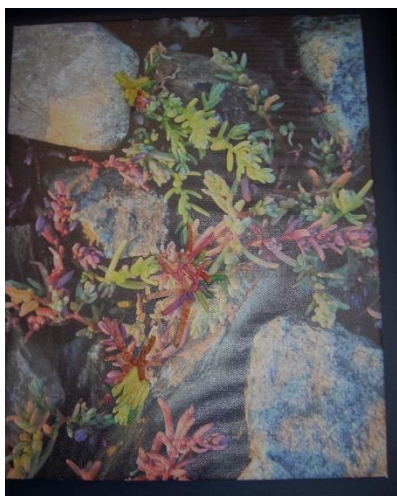
I know that each doll was made with love, and each little person who receives one will feel just a little bit better because someone cared. My sincere thanks, on behalf of each and every one of those little people. You have taken a bad memory and made it a bit softer.....

Spring Exhibits

Every Spring, we crawl out from our cozy stitching chairs like grouchy bears emerging from their caves to visit the spring exhibits and admire what our stitching sisters have produced.

In March, Kingston Frameworks (see Page 12) invited our member, Diane R., and her friend, Dianne L., to mount “More than Me: The Sea Project”, a sequel to their presentation last year at the Tett. Although we had seen some of the pieces before, the blue walls and more intimate space of the exhibit gave the familiar pieces a different character. Other pieces had been specially created for this event.

Some highlights:



Then, in April, it was time for the Kingston Fibre Artists' annual exhibit at the Tett Centre. CGNA has a strong bond with this group – sometimes we have members who are, or have been, members of this group, and we have had wonderful presentations from some of their members. Thank you, Donna, for the following photos:



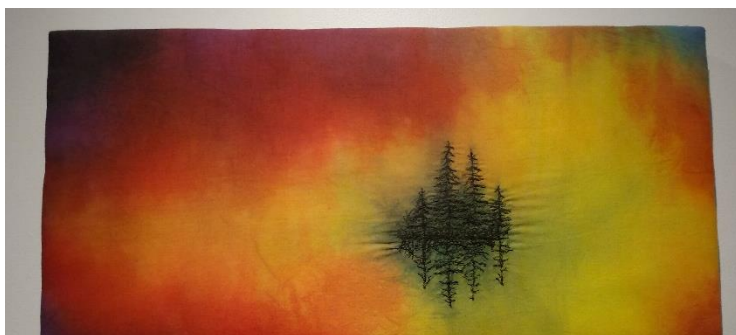
Seymone Armstrong: **Jubilation**



Lori Everett: **Abundance**



Carolyn Barnett: **Harlequin 2.0**



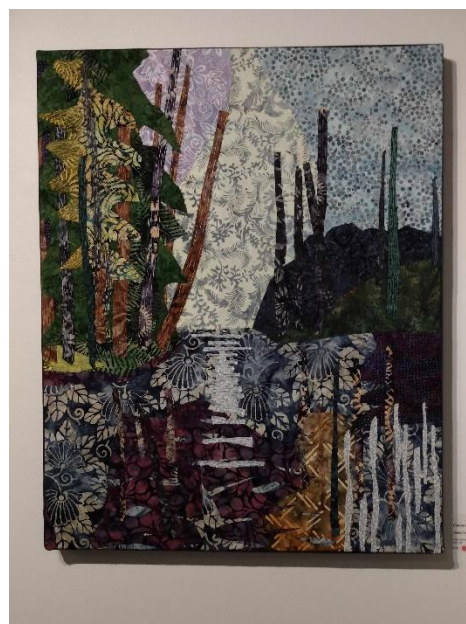
Wilma Kenny: **Global Warming**



Elaine Armstrong: **Teabag Peonies**



Nelly Kamphuis:
Our Beautiful Canada



Follow Me
Linda Coulter

EAC/ACB Speaker Event

Kristeen

The April EAC/ACB Speaker Series talk was “The Art and Science of Appraising Needlework” by Laurie S. Kelly. Laurie is American but appraisals in Canada follow the same procedures using the same standards. There are several steps that happen for an appraisal - define the problem; develop scope of work; collect, analyse, and reconcile market; apply approaches to value and finally prepare a report. An appraiser must know the market for the item; follow the international standards; know the client's intent and use of the appraisal (insurance/sale) and research and report findings and opinions. The provenance of a piece can be very important when determining its value.

The value of needlework changes with the passage of time. In general needlework received a much higher appraisal value in the 1990's than it receives today.

After considering all the variables it seems to me that there is possibly more art than science in appraisals in needlework, but it was a very interesting and informative talk.

The talk was, I believe, the last of the 2024/25 series, but Dima always appreciates your suggestions for future speakers.

Cook's Corner: Coconut Macaroons

*These treats were popular at our March 25 meeting. Since most of us need to have some gluten-free items in their recipe boxes, Leola shares her recipe, clipped from a **Homemaker's** magazine in the 1980's*

Ingredients:

4 egg whites
1/4 tsp. salt
3/4 tsp. vanilla
1/4 tsp. almond extract
1-1/3 cups sugar
4 cups flaked coconut

Method:

Preheat oven to 325°F.

Beat egg whites with salt, vanilla and almond extract until soft peaks form. Add sugar gradually, about 2 tablespoons at a time, and continue beating until stiff peaks form. Fold in coconut. Drop by rounded teaspoonfuls (don't make them too big) onto greased baking sheets, spacing cookies about 2 inches apart. Bake 18 to 20 minutes until firm and very delicately browned. Cool briefly on sheets, just until macaroons can be lifted without losing their shape, then transfer to wire racks to cool.

Yield: 3 dozen cookies **Calories per cookie:** 68

Show 'n' Share



Our S&S theme for April, "Having the blues" sent some members searching for old treasures. Anjali's underwater piece was the result of a class with Pat Caffery and involved learning a variety of techniques. Kim's Wessex Stitchery piece shows a classy, all-blue version of a pattern often stitched with a rainbow of bright colours. Diane D's pillow sparked a discussion of the history of candlewicking: Our forbears couldn't always get nice floss, so they stitched with what they did have – the material used for candle wicks.



Hollie found the kit for the little garden piece (above) at the local Home Sense store. She had it half-stitched before she found the instructions – can't fault her for lacking creativity! The second floral piece (right) was a garage sale find which she stitched in time for Lansdowne – a one-week wonder!!



Christmas is coming! Maybe not soon, but definitely coming. Every stitcher knows that hand-made Christmas gifts must be started early in the year, and Kristeen already has seven of these precious fridge magnets ready.



Susanne has been experimenting with incorporating real moss in her stitched works. The picture really doesn't begin to capture the delicacy of this three-dimensional work: knots, beads, fibres of different weights and sheen, a variety of stitches. Absolutely stunning!



Francine's **Candlelight** quilt won "Best Bed Quilt" and also tied for first place in the Viewers' Choice category at the show mounted by the Napanee Heritage Quilt Guild in April. The design is by Kenny Kreations. The quilt features machine-embroidered central motifs with stunning colours on a black background. Francine used Robison-Anton jewel toned thread. All the batiks fabrics were purchased at *Stitch by Stitch*.



Beth M's "Northern Lights" is a full-coverage counted cross-stitch design from Penumbra Charts (marketed by Etsy). It stitched up remarkably quickly: Even though over 80 different DMC colours are used, the design involves large swatches of colour, so that one does not have to finish off one colour and re-thread with another every few stitches. Stitched with two strands over two threads on 36-count evenweave by Fabric Flair.



Lynn P.'s exquisite Hardanger piece was her project during last year's spring LAS. Her version of the class project is much more advanced than most of us could even conceive of – wonderful inspiration for what can be done with this technique!

Connections

The craze for “Wordle” may be waning, but some of us do the NYT Connections daily puzzle. The puzzle consists of 16 words and the task is to sort the words into four groups of four words such that the words within a group are connected somehow. Some of the connections, like synonyms (*tune, melody, air, strain*), or items from a category (*pot, pan, bowl, dish*), are easily seen; some, like homonyms of male names (*pall, dug, matte, fill*) can be downright bizarre. I confess that I often identify the words in the last group because they’re the four words left over after I’ve identified the other groups, not because I see the connection between them. But, what really stumps me is cases where the connection has to do with American sports, or rock music, or some other peculiarity of U.S. culture. I think that I could make a Connections puzzle that would stump whoever makes these at the New York Times, but be a cinch for stitchers. So here it is.

Since we don’t have the perks of playing online, try highlighting each group of four words that you think belong to a category with a different coloured marker. Answer on Page 13.

FOREST	FRENCH	AVARICE	SHARP
BRIEFLY	STRAW	TAPESTRY	COLONIAL
WASTE	SYSTEM	CORAL	HUNTER
TROLLEY	LIME	PARROT	ACROSS



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Lansdowne Textile Festival

It's been a late and rather disappointing spring, but June 7 brought a taste of summer – warm and sunny, just right for a drive through the country north and east of Kingston to Lansdowne. CGNA was proud to participate in the 6th annual “Textiles Festival”, one of the few such community events that has survived the prohibitions of the pandemic years.



The community hall was bursting with colour. Our member, Ellen, had a booth that included her rainbow of Fabric Flair fabrics, and Tricia's sister was there with bins of hand-dyed wools. Our former member, Simone, had a table with hand-crafted purses and bags. There were supplies for quilting, weaving, and crafting of all kinds. Spinners and weavers were demonstrating their skills.



Our exhibit was expanded when the space next to us went unclaimed – we had five full tables to fill with finished and in-progress needlework. No problem filling that space!! Katherine had a table to demonstrate her visible mending, and Tina had space to stitch on her current project.

New this year was our boutique area where we offered hand-embroidered objects for sale – bookmarks, cards, fridge magnets and the like. One of the sale items that attracted a lot of attention was a

pair of fridge magnets crafted by Susanne with her new skill of combining knots, beads, and stitching with real moss. I was delighted to

sell the second of those magnets to a woman who appeared with her daughter at our exhibit. The daughter was fascinated by that stitching, so Mom waited until the daughter wandered away. Mom purchased it quickly and hid it in her bag – a surprise gift for later.





It takes a lot of woman-hours to mount such a display. Not every guild member feels safe with highway driving – but enough of you volunteered large vehicles and driving skills to get our display items and gear safely transported. Not every guild member has the physical strength to lug and lift those items into and out of the community hall – but enough of you did that we survived set-up and tear-down. Not every guild member is comfortable loaning out needleart that has taken hours to create – but enough of

you entrusted your work to us to make an impressive display. Not every guild member has the artistic eye needed to mount the display items attractively – but a few of you do and so the display was mounted. Not every guild member has the skill and the will to make little “sellable” items – but enough of you generously donated little items that our sales table looked appealing. Not everyone has the confidence (and the eyesight) to demonstrate stitching in public – but enough of you did. Thank you to everyone who contributed to our exhibit in whatever way worked for you. When we work together, we accomplish so much.



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CGNA's June Speaker Event

Colin Morris, CEO of Kingston and Belleville Frameworks, entertained and enlightened us about the many ways they can frame, restore and repair artwork. Since moving to larger premises, they can provide various and extensive services for clients.

The presentation was informative and delivered with a sense of humour and expertise. The team of experts can frame almost anything and services include custom framing, digital printing, canvas stretching, art restoration and installation. Preparation stages include blocking, which can take two or more days as soaking and drying varies with the material. Stretching techniques are used to smooth out wrinkles. There is also an ozone chamber which kills mold and takes out smoke damage.

Also discussed was the use of various types of glass, many of which are available. Staff are there to assist clients with choosing the best glass to enhance their art work.



The question period was great – everyone had time to ask specific questions regarding their own work. The conclusion was that a visit to Frameworks would provide an opportunity for us to tour the facilities and see the options available.

Answers to Connections Puzzle (page)
<p>Knots: COLONIAL, CORAL, FRENCH, WASTE</p> <p>Shades of Green: FOREST, HUNTER, LIME, PARROT</p> <p>Needles: SHARP, STRAW, TAPESTRY, TROLLEY</p> <p>Names of stitches, preceded by other letters: ACROSS, AVARICE, BRIEFLY, SYSTEM</p>

Program Preview



Twisted Band Sampler

Northern Expressions

Because this year's Learn-a-Stitch involved different surface embroidery stitches suitable for depicting leaves, Anjali has decided that next year's LAS will be devoted to stitches normally worked on counted fabric. There are a number of commercial patterns, mostly samplers, which use a variety of counted-thread stitches, as well as many free patterns online, such as those available at DMC. Over the summer break, members are encouraged to select and acquire the pattern, fabric, and threads they will use for next year's LAS project.

For example, **Northern Expressions** (an Ontario design company) has published several large sampler patterns. The **"Twisted Band Sampler"** (pictured left), is one of the most popular – it's the choice of Leola's husband, and a completed model of it can be viewed at **Knowledge & Needles**. Copies of the pattern can be ordered through Ellen. The specialty stitches that it uses necessitate stitching on evenweave or linen fabric. Recommended threads are listed for DMC cotton, Dinky Dyes silks, or Au Ver a Soie silks. (For fabric size and thread list, see Leola, or shop online.) A tentative schedule for learning the stitches is given below. Yes, this piece is a big investment. If it's too much (money or time), then please consider a more modest project. Leola outlined some of these at our May meeting, including making a stitch book that will then be a reference for the stitches taught, or creating one's own band sampler.

Date	Stitch(es) Taught
Sept. 9	Cross-stitch on Evenweave
Sept. 23	Herringbone Variations
Oct. 14	Smyrna Cross, Leviathan, Windmill
Oct. 28	Eyelet Variations, Ray, Scallop
Nov. 11	Rice Stitch, Van Dyke Stitch
Nov. 25	Plaited, Spratt and Norwich Stitches

Later in the year, we will move to a different counted-thread technique: Pulled-Thread work. The proposed project is available for free download from Gitta's:

<http://www.gittas.com/Products/FreeStuff/KathrinsFreebies/kathrinfreebies.html>

Afternoon activities are still being defined. If you have an idea or request, please speak to Anjali or any member of the Executive.