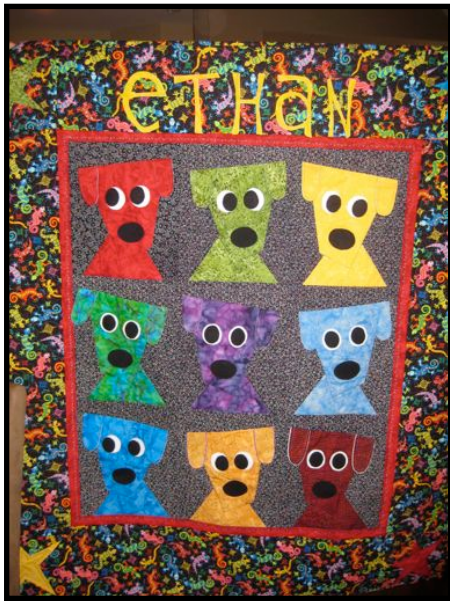




NEWSLETTER



Important Dates:

Next Guild Meeting:
February 23rd

Next Sit n Stitch:
March 9th.

Feb. 'Betweens' class
"Cherry Blossom
Splendor" with Carol
MacNamara

Please Remember:

Membership Badge

Mug

BOM & FQ Draw

Projects for Show & Tell

Tooney for 50/50

For more details about
upcoming events,
meetings, speakers, the
guild... please check out
our excellent website at
Langleyquiltersguild.com

My New Addiction:

Yes, I admit it, I've found a new addiction. It's not shopping, chocolate, exercise or texting, although all of those (except the exercising/texting have been past 'interests').

This time it involves fabric. I've been quilting for quite a few years and my stash just seems to keep growing along with my waistline. But I've finally

discovered (I'm a late bloomer, what can I say) that if I use up the leftover fabrics from the front of the quilt.....and even add a few more if needed, I end up with a LOT less leftover fabrics AND, the lucky recipient gets a **reversible** quilt! Plus I don't have to buy separate backing fabric!

I know I'm not the first to discover this, but I'm delighted to say that it works like a charm.

QUILTING TIP:

From my florist: Use the netting that comes on the flowers over your spools of thread to hold it all together when storing them. No loose ends, everything neat as a pin!





Friendship Is Like A Flower

by Regina

Friendship is like a flower,
Glowing in its glory,
Each and every seed,
Telling its own story.

As each flower blooms,
And then continues to grow,
More of its strength and
knowledge,
Continues to show.

And like a garden,
It blooms much more fair,
When carefully tended,
By those who care.

Once in a while,
You come across a friend,
Who is as beautiful as a flower,
With a good heart to lend.

So I picked this flower,
And pulled it apart,
And soon all its pieces,
Grew into my heart.

But what I realized,
Was that this flower that grew,
Was not leaves and petals,
But pieces of you.

Your love and kindness,
Your strength and power,
Have helped me grow,
Into my own little flower.

And now with our friendship,
I'll never let go,
And we can help others,
To flower and grow.

Turned Edge Applique: Freezer Paper & Starch:

Cut out your freezer paper pattern. Iron the waxy side of the paper templates to the wrong side of your fabric. Cut around your pattern, leaving a turn-under allowance of about 3/16" beyond the paper template. Heat your iron to a cotton setting. Spray a little starch (Best Press is great) into a cup. Use a cotton swab to apply the starch to the turn under allowance of the fabric and press until the starch is dry. When the starch is dry, remove the paper. Press again.



Quilting Halo is simple, but very effective .

A new quilting tool makes free motion quilting easier for everyone, and far less painful for people with carpal tunnel, arthritis, or other hand and shoulder pain. Free motion machine quilting on a standard home sewing machine is challenging. Keeping three layers of fabric and batting together, and unpuckered, while trying to regulate the length of the stitch and the motion of the fabric, is a bit like trying to pat your head and rub your stomach at the same time.

There are several products designed to make free motion quilting easier, such as rubber-tipped gloves, fabric stabilizers, and stitch regulators, but the simplest, and most effective is the Quilting Halo, invented in an "ah-ha" moment by quilter and teacher, Sharon Schamber.

Read more at Suite101: [Free Motion Quilting Tool: Quilting Halo Makes Machine Quilting Easy](http://www.suite101.com/content/free-motion-quilting-tool-a103685#ixzz1ENgkHAJM) <http://www.suite101.com/content/free-motion-quilting-tool-a103685#ixzz1ENgkHAJM>

The Halo has been tested by some fellow guild members and they loved it. Said it gave them great control!



Around the Block Quilters not pictured:
Sunny, Janie, Nora, Barbara



AROUND THE BLOCK QUILTERS:

Every year in February, this smaller group of dedicated quilters gathers for a daytime retreat. For the past two years, their group project has been a "Quilt of Valour", which is then donated to a Canadian soldier injured in fighting for our country.

This year, after putting 'pedal to the metal' for the first day and piecing the top, they then turned their efforts to working on Community Quilts, where two more tops were pieced and readied for quilting by another ATB member.

Well done, ATB!

Would you like to share what your smaller groups are working on? We'd love to hear about it!



A BEND in the road is not the END of the road unless you fail to make the turn.

Author Unknown.

(Thanks, Nancy! (#116)



CHRISTMAS QUILTS WITH NANA: BY CAROL MACNAMARA (#64)

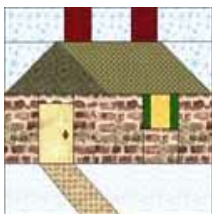
This Christmas, as with past years, I had made each of our 8 grandchildren a couple of pair of pj's. I cut what was leftover from the flannel into 5" squares and when Emma (7) saw these she asked if she could make a quilt for her little sister, Lauryn (6). What an awesome job she

did too - she actually sat at my sewing machine and sewed all the squares together under my supervision. Both girls love quilting with Nana - another two little girls who have been bitten by the "bug!" ;-)



At the **February Guild meeting**, the Betweens Committee will begin registering for **Bonnie Hwang's Curve Play** workshops on April 27 and May 25. This simple yet elegant quilt can be made as a wall hanging (40" x 40") or as a lap quilt (42" x 59").

Choose an exciting feature fabric and multiple coordinates for best results. It uses an easy freehand technique to form the curves and since lining-up is not required or desired, this project will come together before you know it. The cost will be \$30 and you can buy the pattern (\$10) when you register or at the workshop in April. If you would like to look at the pattern on Bonnie's website, go to funeasydesigned.com - then click on "patterns", then click on "003 Curve Play Quilt".

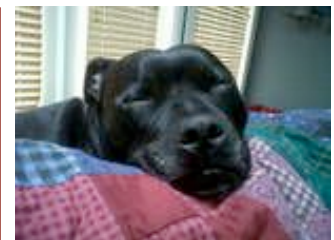


Ty Pennington from "Extreme Home Makeover" has now designed a new line of fabrics called "Impressions". Have a look:

<http://www.typenningtonfabrics.com/>

This is my daughter's dog "India" who is peacefully sleeping on one of the first quilts I ever made. Can you say "Contented"?

Thanks, Nora (#114)





"Warshing" Clothes Recipe.....
this was in the "good old days."
Never thought of a "warsher" in this light
before..what a blessing!

"Warshing Clothes Recipe" -- imagine
having a recipe for this !!!

Years ago, a Prince Edward Island
grandmother gave the new bride the
following recipe: this is an exact copy as
written and found in an old scrapbook -
with spelling errors and all.

WARSHING CLOTHES :

Build fire in backyard to heat kettle of rain
water. Set tubs so smoke wont blow in eyes
if wind is pert. Shave one hole cake of lie
soap in boilin water. Sort things, make 3
piles

- 1 pile white,
- 1 pile colored,
- 1 pile work britches and rags.

To make starch, stir flour in cool water to
smooth, then thin down with boiling water.

Take white things, rub dirty spots on board,
scrub hard, and boil, then rub colored -don't
boil just wrench and starch.

For you non-Islanders - wrench means,
rinse :->

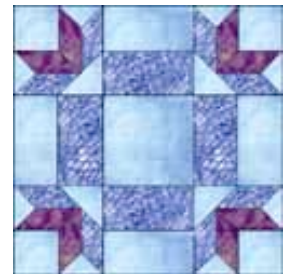
Take things out of kettle with broom stick
handle, then wrench, and starch. Hang old
rags on fence. Spread tea towels on grass.
Pore wrench water in flower bed. Scrub
porch with hot soapy water. Turn tubs upside
down.

Go put on clean dress, smooth hair with hair
combs.. Brew cup of tea, sit and rock a spell
and count your blessings.

**Paste this over your washer and dryer.
Next time when you think things are
bleak, read it again, kiss that washing
machine and dryer, and give thanks.. First
thing each morning you should run and
hug your washer and dryer.**



AND WE THINK WE HAVE IT
ROUGH !



Ode to My Wife the Quilter
~Anonymous

*She Learned to Quilt on MONDAY.
Her stitches all were fine
She forgot to make us dinner
So we all went out to dine
She quilted miniatures on TUESDAY
she says they are a must
They really were quite lovely
But She forgot to dust
On WEDNESDAY it was a sampler.
She says stippling's fun
What Highlights What Shadows!
But The LAUNDRY wasn't done
Nine Patches were on THURSDAY
Green, Yellow, Blue and Red.
I guess she really was engrossed
She never made the Bed.
It was wall hangings on FRIDAY.
In colors she adores
It never bothered her at all
That crumbs were on the floor
I found a maid on SATURDAY
My week is now complete
My wife can quilt the hours away
The house will still be neat
Well, now it's only SUNDAY
I think I'm about to wilt
I cursed, I raved, I ranted
Cause the Maid has learned to QUILT !
(Thanks, Janie!)*



RESPONSE TO OUR JANUARY QUESTION - "WHAT DO YOU DO WITH YOUR SCRAPS"

I absolutely LOVE scrap quilts. To me they truly epitomize what quilting is about. Making do with what you have and still having it turn out beautiful. Mom and I have always dealt with scraps by placing them in drawers by color. This was really convenient for applique quilts, but even my mom can't applique fast enough to use them all up! The drawers were becoming so full we were no longer able to close them. I wanted to do something with them, but knew I simply didn't have the time. So my Mom surprised me one day by taking on our ever growing collection. She started ironing everything and then decided to cut them into categories (see below). Only my Mom would have this kind of patience! Basically, we always have 3-4 scrap quilts going in order to optimize the use of fabric from "planned" quilts. Now that our scraps are all cut-up and sorted we're sure to get our scrap quilts done more quickly. Well, that's the plan anyway...

- 2" squares for an ongoing "trip around the world" scrap quilt
- 2 1/2" squares for an ongoing English paper pieced hexagon scrap quilt
- 2 1/2 " x 3" rectangle for an ongoing English paper pieced "squashed" hexagon scrap quilt
- Anything < 1 1/2" wide is cut into 1/4" strips for a Portuguese style Rag rug

Liz & Maria da Silva (# 319,#318) -Thanks SO much ladies!

CATEGORIES:

- Strips (by color) - 1 1/2 " wide (any length) for a scrappy strip quilt



Portuguese Rag Rug

Scrappy Strip Quilt

Hexagon Scrap Quilt



New Product (not tested by staff)

The Free-Motion Slider has a pure Teflon top that simply lays on your machine bed and lets your fabric slide with zero friction -makes free-motion machine quilting easy. \$29.95

www.freemotionslider.com (from Quilters World Dec.2010)



Check out this wonderful website for Western themed fabrics etc:

www.e-prairiegirls.com

Thanks, Eleanor! (#44)



TIP:

Keep swatches of current projects or UFO's in a mini spiral notebook in your purse. This way, you'll always be able to match up any fabric and you'll never miss a sale or 'maybe this fabric will work' situation again.



From Ann Clemmons (#162)

I was recently directed to a survey from the Township of Langley regarding Arts & Culture in Langley. The survey only takes a few minutes (21 questions) & is easy to complete. I think many of our guild members would be interested in completing this survey. Please log on to the Township of Langley website and there is a heading to direct you to the survey.

Thanks so much for doing this-Ann

FEBRUARY RECIPE OF THE MONTH

CAROL MACNAMARA (#64)

APRICOT AND HAZELNUT BISCOITI

- 1/3 CUP BUTTER
- 2/3 CUP SUGAR
- 2 TSP BAKING POWDER
- 1/2 TSP. GROUND CARDAMON OR CINNAMON (CARDAMON IS BETTER)
- 2 EGGS
- 1 TSP VANILLA
- 2 CUPS ALL PURPOSE FLOUR
- 3/4 CUP TOASTED CHOPPED HAZELNUTS OR ALMONDS (HAZELNUTS ARE DELICIOUS)
- 3/4 CUP FINELY SNIPPED DRIED APRICOTS



1. IN A LARGE BOWL, BEAT BUTTER WITH AN ELECTRIC MIXER ON HIGH FOR 30 SEC. ADD SUGAR, BAKING POWDER AND CARDAMON. BEAT UNTIL COMBINED. BEAT IN EGGS & VANILLA. BEAT IN AS MUCH FLOUR AS YOU CAN WITH MIXER. STIR IN ANY REMAINING FLOUR, THE NUTS & APRICOTS. DIVIDE DOUGH IN HALF. COVER & CHILL UNTIL EASY TO HANDLE.
2. LIGHTLY GREASE A COOKIE SHEET & SET ASIDE. SHAPE EACH PORTION INTO A 9" LOG. PLACE 4" APART ON THE COOKIE SHEET. FLATTEN LOGS SLIGHTLY UNTIL ABOUT 2 " WIDE.
3. BAKE AT 375 FOR 25-30 MIN, OR UNTIL A WOODEN TOOTHPICK INSERTED NEAR THE CENTRE COMES OUT CLEAN. COOL LOGS ON A WIRE RACK FOR 1 HOUR. WITH A SERRATED KNIFE, CUT EACH LOG DIAGONALLY INTO 1/2 " SLICES. LAY SLICES CUT SIDE DOWN ON AN UNGREASED COOKED SHEET.
4. BAKE IN A 325 OVEN FOR 8 MINUTES. TURN SLICES OVER; BAKE FOR 8-10 MIN. MORE UNTIL DRY AND CRISP (DO NOT UNDERBAKE). TRANSFER COOKIES TO A WIRE RACK AND LET COOL.



TIP: WHEN I AM SEWING BINDING ON I PUT MY BINDING IN ONE OF THE DRAWERS ON MY SEWING TABLE AND THEN ITS NOT PILING UP ON THE FLOOR TAKING A CHANCE OF ME ROLLING OVER IT WITH MY CHAIR. IF YOU DO NOT HAVE A DRAWER THEN YOU COULD USE ONE OF THE THOSE GIFT BAGS FROM THE DOLLAR STORE TAPED TO YOUR TABLE. *THANKS, SUNNY! (#172)*



COMMUNITY QUILT UPDATE: Feb. 2011

Here we are already half way through the guild year, so it is a good time to review. So far I have distributed a total of 35 quilts to a variety of organizations in the Langley area. This does not include the 110 placemats that were given to Meals on Wheels in December 2010. The full list was in the January meeting minutes. I already have a dozen quilts piling up in my spare bedroom, waiting to be sorted into appropriate sizes for the various organizations. There are also 5 quilts on display in the Langley Central Library on Douglas Crescent. These will come down in the summer and a new display will go up in September.

The "Scrash" Challenge last fall, produced quite a bounty for us and I hope cleared out a few shelves and cupboards, to give space for more fabric shopping. We have now asked for 'strips' 50 inches long -any width. Last week at Sit n Stitch we made up several unique tops with these strips, so please keep them coming in.

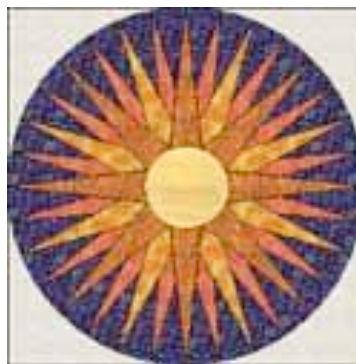
Our team, Dale, Lana, Darlene and Nuala (evening rep) and I are having a great time. We have had 2 large donations of fabric this year - one from a discontinued quilt shop and the other from an estate.

We have plenty of batting and backing fabric on hand, so phone or email Darlene Muench at brokencirclem@telus.net with your requirements and she will arrange to get it to you at the next guild meeting or Sit/Stitch.

The donating of quilts to our community is part of our mission statement as a registered non-profit organization. I keep a photographic record of all the quilts and this will be on a compact disc at the end of the year. This would be available if we were ever audited. It also gives us all an outlet for all those extra bits, and is a great way to try a new technique or pattern, and for me, best of all, it gives me an excuse to work with my friends on a project.

If you are one of our many new members, please come and meet us at the Community table at guild or at the Sit/Stitch (second Wednesday of each month).

-Rita Raun-



Would you like to be inspired? Visit the website of Diane Rose.

[The Amazing Quilter, The official site of Diane Rose, the only ...](http://theamazingquilter.com)

Vision-impaired with glaucoma all her life, Rose became blind as a result of an ... (read about her story..)

theamazingquilter.com/ -

We would like to send out a truck load of roses to Nuala Adderley and Nadine Nelson, for the wonderful CD with videos and pictures of our Retreat .

It was awesome and makes a memorable keepsake of our 2010 Retreat. Thanks again, you gals are awesome.

Sunny (#172)



A tribute to the unique and long-established art form of patchwork quilting, this abstract animated film uses computer and experimental techniques to choreograph quilt motifs and designs to music.

<http://www.nfb.ca/film/quilt/?ec=en20110209>

Thanks, Carol (#64)

Just a quick note regarding Quilts of Valour. Debbie Gray is not the only QoV contact for BC. I am the Fraser Valley contact for QoV and have been for the last year.

I have collected over 80 quilts in the last year and have delivered all of those to various locations in need of quilts for injured soldier.
<http://rosyquilter.blogspot.com>
<http://community.webshots.com/user/rosyquilter>

Remember yesterday, dream about tomorrow, but live today

Carolyn (#150)



WHAT IS A VISION BOARD?

A vision board is simply a visual representation or collage of the things that you want to have, be, or do in your life. It consists of a poster or foam board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or what you want to become. The purpose of a vision board is to activate the 'law of attraction' and pull things from your external environment to enable you to realize your dreams. By selecting pictures and writings that charge your emotions with feelings, you will begin to manifest those things into your life. The 'law of attraction' states that we attract into our lives anything that we give attention to, regardless whether it be positive or negative.

- What would you do differently when you realize your goal?
- Where would you travel?
- Where would you live?
- What would you wear?
- What things would you own?
- What kind of vehicle would you drive?
- What would you do for work?or would you work?
- Who would you help?
- Where would you like to go creatively?

A vision board is typically a poster board on which you paste or collage images that you've torn out from various magazines. The idea is to surround yourself with images of who you want to become, what you want to have, where you want to live, or where you want to vacation.....your life changes to match those images and desires.

5 Steps in Creating a Vision Board.

1. Go through magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it. Make a big pile of images and phrases and words.

2. Go through the images and begin to lay out your favourites on the board. Eliminate any images that no longer feel right. This step is where your intuition comes in. As you lay the pictures on the board, you'll get a sense of how the board should be laid out.

3. Glue everything on the board.

4. (Optional, but powerful). Leave a space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board.

5. Hang your vision board in a place where you'll see it often.



We'd like to thank all our wonderful Guild Members for their contributions to this Newsletter. If your article or tip is not in this issue, it probably means it'll be in the next, as sometimes we run out of space or your announcement might be more appropriate in a later issue.

Please keep sending in your ideas, tips, suggestions and articles! We couldn't do it without you.

-your Newsletter Staff



TIP:

To keep track of the various machine needles you use, take a pin cushion and divide it into sections using a permanent ink marker. Then put an initial in the divided section (U for Universal, S for Sharps etc). When you switch needles during projects, you simply stick the needle in the appropriate section on the pin cushion.

This would also work well for applique needles.

