



A Note from the President

Christmas time will soon be here and we can get out all our beautiful linens and specially embroidered Christmas ornaments and decorations. I love the non-commercial aspects of this season!

The last three months have just sped by. We have welcomed several new members to the guild—Beverlee B., Francine L., Sally O., Margo P., Nancy H., and Sharron M. I do hope that you ladies feel at home in our guild.

Exciting things have happened over the last couple of months. Debbie kicked off our canvas work *learn-a-stitch* in September with lots of good tips on how to get started with canvas work. Bethany followed that up with a talk on colour. Lots of opportunity to explore and develop a design of your own.

Beth's spirit dolls have raised the spirits of those involved in this project as they laugh and giggle away at their dolls. I, for one, am looking forward to seeing the finished products.

Gilding the Needle

VOLUME 15, Issue 2

December, 2016

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2016 – 2017**

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Our Needle Arts Fair was a great success, despite all the other activities going on in the city. Everyone I talked to seem pleased with what they saw.

The Button workshop with Carolyn Barnett was another success. Thanks to Mary Lou and Debbie for making that run smoothly.

We have an interesting new Round-Robin project on the go. It involves making a different banner for CGNA. The dolls were so successful last year that we might give them another go—just with a different twist this year.

We have invited some of our old embroidery friends to join us for our Christmas Potluck on December 12th. So, hope everyone can make it.

Dave and I would like to wish all of you a Happy Christmas and a HEALTHY New Year.

Theresa



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Our Newest Members Introduce Themselves



Jane is not afraid to think "big"...

Jane R.

I am a returning member after five years of migrating south for the winters (aka a "snowbird"). Within those five years, I have let my hair go grey (au natural!) put on 15 pounds (alas!) and have four grandchildren...👨👩👧👦 ...The best part of aging! My favorite pastime is needlework along with bridge. It is wonderful to come back and see so many familiar faces. Sadly, some are missing, but I am very happy that the guild is still going strong.

Francine L.

Several years ago, I heard about a Needle Arts Guild. Although I anticipated joining to learn new stitches, with a full-time day job, the timing was just not in the cards. I waited patiently and knew the right time would eventually come, and I would be able to join your Guild. Here is my version of how I started my journey to crafts which lead to needlework and to Guild.

At an early age, my mother taught me to sew and later to knit. In school I learned to crochet but always did sewing as my passion. At age 19, I married and had a son; then we moved to Germany for 4 years and had our daughter. I thought my life was set. While in Germany, I was introduced to the world of cross-stitch and also learned needlepoint / tapestry work from a friend. I was hooked and now had a passion for crafts. But, while raising a family, often things you would love to do are out on hold for a while. Then, several years ago, I was introduced to the Quilt World. Another passion grew. I met Donna and rekindled my passion for needlework. Just had to wait out the right timing.

Happily, after 25 years of working at Queen's University, I finally made the decision to retire and pursue the next chapter of my life. Retirement! Don't you just love that word? However, for me, that word does not exist. I am enjoying the best time of my life and able to share with all the wonderful considerate people - meaning all of you! I am able to rekindle my passion for needle work and feel more confident each day because of all of you.

Thank you so much for your input. I look forward to learning new stitches and the fun as well.

Beverlee B.

It was time to make a life change so I moved to Kingston in March of this year. I hope to take advantage of what the city has to offer, especially in the pursuit of creative and textile-oriented courses and opportunities.

My late mother was an amazing seamstress who put her personal artistic flare into everything she created. When Mom's sewing machine was humming, I knew all was well with the world - well, my little world anyway! I was the only one of four kids who took an interest in sewing and still use her machine today. I can't even remotely say that I am as skilled or dedicated as she was but I am strongly drawn to creating with fabric and textiles.

I was never introduced to any other sort of fibre or thread work but, in participating in the bimonthly Mondays with the CGNA, I hope to gain stitch wisdom that I can use as I venture down my path of my personal creative journey.

Sally O.

I moved to Kingston in July, 2016, to join my daughter and her family who came to Kingston in Aug., 2015. For almost a year, I shuttled from Oakville to Kingston almost every month, trying to connect with the fantastic special interest arts groups in Kingston. My first experience was a felting workshop where I made a beautiful vest. In Oakville, I was a member of the Oakville Fibre Artists, who met regularly in the new Queen Elizabeth Community and Arts Centre, something like the TETT centre here. Also I was a member of the Oakville Sewing Forum.



Sally shows off two creations (she's wearing one)

Since my retirement from a long eclectic career as a civil engineer, college professor, manager, etc., I immersed myself in my hobbies: fibre arts, embroidery, creative wearable arts, etc. My garments and machine embroideries have been displayed in a national quilting conference, *Just For US Originals*, and several trunk shows. Although I was encouraged to sell some pieces, which I did for very good prices, I decided to concentrate only on the hobby aspect, especially after the birth of my granddaughter.

I enjoy the camaraderie and the company of like-minded creative women. I am happy that I joined the embroidery guild here and hope to learn, to be inspired, and certainly to make friends in this group.

Margo P.

I have a great appreciation for any handwork, and when I saw the guild's display at a local quilt show a few years ago, I had an instant urge to sign up and explore the embroidery.

I'm a beginner with minimal experience from my distant childhood, but I grew up with a long tradition of many generations of women doing embroidery and other forms of hand-stitching. I hope to learn some basics to be able to continue this craft in the future.

Margo's "find":
Oriental panel in blue silk



Sharron M.

Just wanted to say I am happy to be part of the Guild. I have been retired now for 4 years. I am a proud mother of 3 children and a proud grandmother of 5 amazing grandkids, with another one on the way.

My hobbies are knitting, crocheting, reading, doing crossword puzzles to keep my brain going, and now, of course, embroidery. I also belong to a knitting group called The Bar Knitting Club. We used to meet at restaurants and knit but now we meet at the Isabel Turner Library every Wednesday night and sit around and knit and gab. A lot of fun!

Nancy H. will be introduced to guild on Dec. 5th.

I taught Francine and Sharron the "loop start" – useful when stitching with 2 strands of the same floss. Cut a single strand of floss, double the length you need to stitch with, and fold it in half. Thread the two cut ends, leaving a loop at the far end. Bring the needle up at the beginning of the stitch and pull through partially, leaving the loop at the back of the fabric. Send the needle down at the end of the stitch and pass it through the loop. One can also do a loop start entirely from the front of the work. Prepare the thread as above. Send the needle *down* at the beginning of the stitch, leaving the loop on the front of the work. Bring the needle *up* at the end of the stitch and pass it through the loop. Pull back gently on the stitch so that the hole you just came up in is visible. Send the needle back down the exact same hole, popping the loop to the back of the work.

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Needle Arts Fair 2016



I'd like to start by thanking everyone who came out to help. Without your help the Needle Arts Fair would not happen nor be the success that it was. So a big THANKS. Also to Dave, my right-hand man, his support and assistance made my day so much easier and he really enjoyed himself and looks forward to the event.

Yes, the fair was a financial success for our guild. We also had a good crowd come through the doors. There was certainly lots of competition going on throughout the city vying for peoples' attention. There was a large contingent of people visiting from the Peterborough Guild as well as people visiting from Belleville, Ottawa and Point Claire guilds, with many others in between.

This year we had 26 vendors, and they were a mixture of all facets of fibre arts—9 were embroidery, 2 hookers, 3 beaders, 2 felters, 4 spinning, weaving, knitting, books, a couple with beautiful materials and some finished products for sale. Most vendors I talked with were pleased with their sales. I know that I was able to empty my pockets of cash at several places.



Our special display this year was EAC's Heritage Collection of Purses and Bags. Some of them were truly amazing. Guild members filled out the exhibit with purses of their own—hand-made or collected. Many compliments about that display, aside from the distance away from the rest of the show.



We also had some outside help. The soft sculpture display on the stage was thanks to a friend's mother. Gesina's sculptures of Sir John A and Emily Carr were amazing and so life-like. At first glance you thought they were real people.

Tricia's sisters Rhonda (rug hooking) and Roxanne (tapestry weaving) also added to the show with their demonstrations. Mike Parr, from Ottawa, did a lovely demo on Dresden Lace. Beth A. demoed spinning; Donna highlighted bobbin lace, and Anjali kantha.



Pieces in our own exhibit were lovely. Linda Burke, our featured artist, showed many different sides of her talent in her display. Congratulations to the winners of the Viewers' Choice awards (see next page).

Plans are already afoot for next year's fair, September 30th, so mark your calendar now and save that day—we will need your help in celebrating Canada's 150th birthday and our guild's 15th anniversary.

– Theresa

Viewers' Choice Awards

3rd Place (tie): Irene's Blackwork Cushion & Beth M.'s Autumnal Abstract



This Blackwork Cushion was based on Elizabeth Almond's design entitled "Save the Stitches". Blackwork is a counted-thread embroidery technique in which repetitive patterns are used to fill design areas. It has been popular since the 15th – 16th centuries and was influenced by Catherine of Aragon who was married to Henry VIII.

- Irene

I think of counted cross-stitch as the piano in the stitching orchestra. You can play a transcription of almost any musical piece on the piano, and you can render almost any style of painting in cross-stitch. But, not all styles suit the medium. Every once in a while, a pianist needs to get back to music intended for the keyboard. And, every once in a while, a stitcher needs to do an Autumnal Abstract (a Vervaco kit, sadly OOP), a piece done in whole cross-stitches with a limited palette of colours. It's the "Goldberg Variations" of cross-stitch!

- Beth M.



2nd Place: Susanne's "Still Down There"

For years now, every September my son-in-law and his father and brothers sit on the cold pier at foggy hours with their rods, hoping to catch "the ONE" in the Owen Sound salmon fishing derby. They don't drink beer. . . and every year only a little sunfish may take a bite. I found myself shivering along with them and thought of the tranquil movement in the deeps as the colourful bodies gently undulated on their way. Do fish laugh?

Having just learned the lure of the French knot, I perused the library for all the salmon pictures I could find, then set to work.

Such fun! Soon a pickerel frog appeared and, of course a turtle, as well as various plant life (photographed from the pier at

Sonya) that clearly belonged down there too. A few fly fishing lures (I have done a bit of that fishing) around the border and there they were:

"Still down there".

The guys have seen the work - and laughed out loud. They went again this year

Susanne

1st Place: Ros's Old Tree with Mushrooms

My old tree with mushrooms was done as part of the morning learn-a-stitch for 2015-16. One of the lessons was on how to make padded three-dimensional mushrooms, so I decided to put mine near the roots of a big old tree. I worked on a patterned soft grey upholstery fabric sample which gave the feeling of a quiet peaceful place. I used a number of different stitches (stem, chain, french knots, straight) and a great variety and weights of threads (both pearl and strand cottons) and wools to build up the tree. I also added a few seed beads, stone beads and a little netting. I gradually built the tree up and then decided to add a couple of padded fungi a bit higher up on the tree plus some smaller trees in the background to give a feeling of depth to the scene. I hope it looks like a place that one would like to go into and quietly explore.



I have used a number of different upholstery samples this past year for doing the various learn-a-stitch projects and have enjoyed looking for ones that could work with the various techniques we were learning. And then sometimes the fabric will direct the way the work on the piece should go, not always successfully but that's OK. I'm always learning something new. Fun!

- Ros

Cook's Corner

Donna's Lemon Zucchini Loaf with Lemon Glaze

Makes one 9x5" loaf

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup canola oil
- 2/3 cup sugar
- ½ cup buttermilk
- Juice of 1 lemon (or 2 Tablespoons lemon juice)
- Zest of 1 lemon
- 1 cup grated zucchini (*you don't need to peel the zucchini before grating it*)

Preheat oven to 350°. Grease and flour a 9x5" loaf pan; set aside.

In large bowl, blend flour, baking powder, and salt; set aside.

In medium bowl, beat 2 eggs well, then add canola oil and sugar, and blend well. Then add the buttermilk, lemon juice, and lemon zest and blend everything well. Fold in zucchini and stir until evenly distributed in mixture.

Add this mixture to the dry ingredients in the large bowl and blend everything together, but don't over-mix.

Pour batter into prepared 9x5" loaf pan and bake at 350° for 45 minutes, or until toothpick inserted in centre comes out clean (if your oven tends to run hot, check the loaf after 40 minutes; also if you make this in an 8x4" loaf pan, your baking time may be a little longer ... about 5 to 10 minutes more). Cool in pan 10 minutes, then remove to a wire rack and cool completely.

While loaf is cooling, you can make the glaze ...

LEMON GLAZE

- 1 cup powdered sugar (*I used less*)
- Juice of 1 lemon (or 2 Tablespoons lemon juice)

In small bowl, mix powdered sugar and lemon juice until well blended. Spoon glaze over cooled loaf. Let glaze set, then serve. (*I spooned the glaze over a slightly cooled loaf*).

Tricia noticed that the Oxford English Dictionary has officially recognized *tink* as a word. Tink (*knit* spelt backwards) means to rip out a single line of knitting. And, next year, will the verb meaning of *frog* make the dictionary?

Our Newly Renovated Library

To quote Charles Dickens “It was the best of times, it was the worst of times...”.

The best of times because it is my privilege to become the latest Librarian for the Guild; the worst of times because at the end of our meeting schedule last summer, a notice from the Church administration stated that the Library cupboard would need to be emptied and moved to accommodate renovations. No matter how carefully those books were packed into small, manageable boxes, they invariably changed places – the books authored by those whose last names started with “W” somehow joined those starting with “M”. Our Library is now properly re-shelved, in alphabetical order.

It is the best of times since the Library cupboard is now located in the same room, at the same level, where our meetings are held. It is the worst of times, since due to generous donations, the shelves are too full to house our entire collection. For those of you whose favourite designer is Erica Wilson (translated - residing on the lowest shelf) and out of your reach, please check with me. I don't mind doing a little yoga or deep knee bends to retrieve those books. Every extra stretch counts!

It is the best of times due to the resource information in of all those books. I am the gateway to the shelves which means I am able to review them and get tempted to learn another technique, renew my interest in a discipline that I'd forgotten about, and become more knowledgeable about our Library in order to assist our members in locating a publication. It is the worst of times due only to having so few hours a day to devote to reading, learning, and practising.

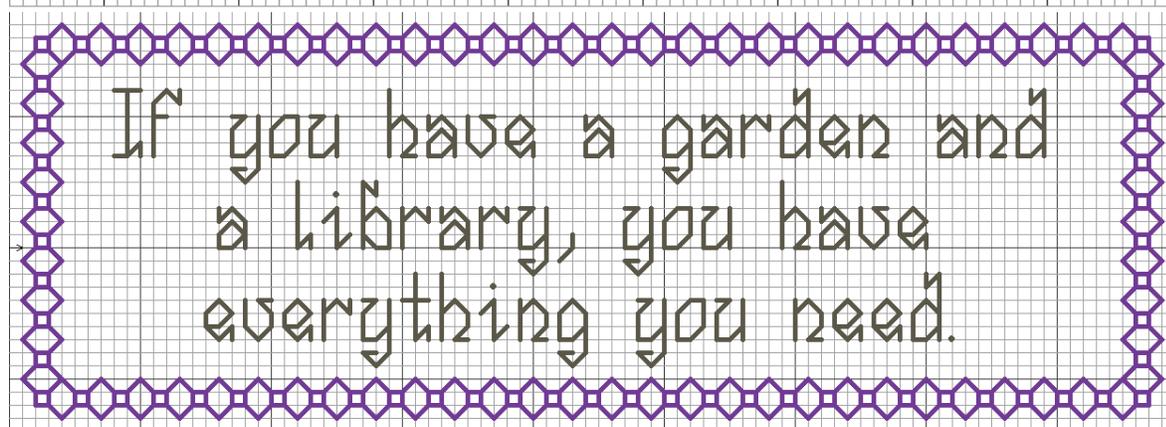
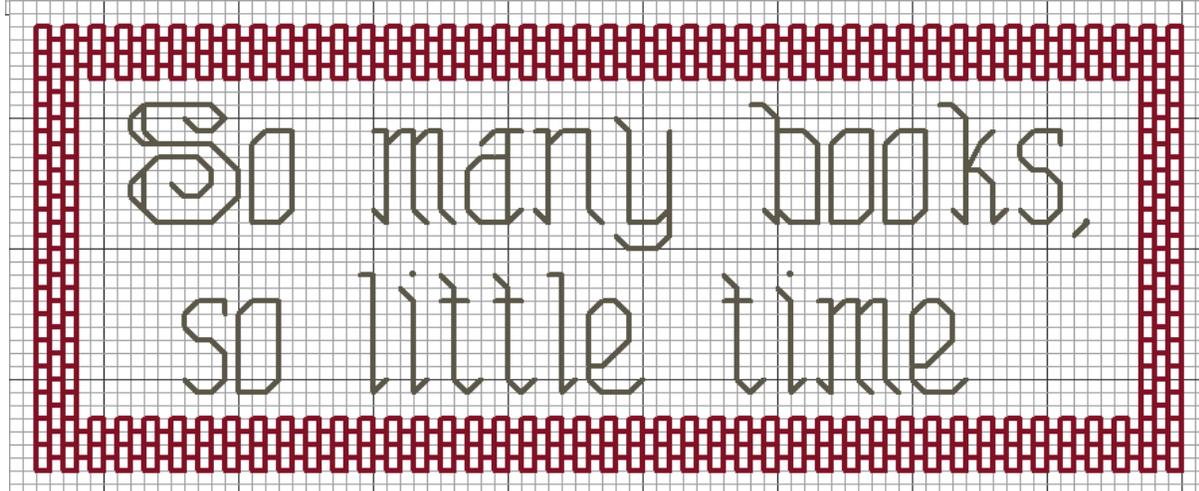
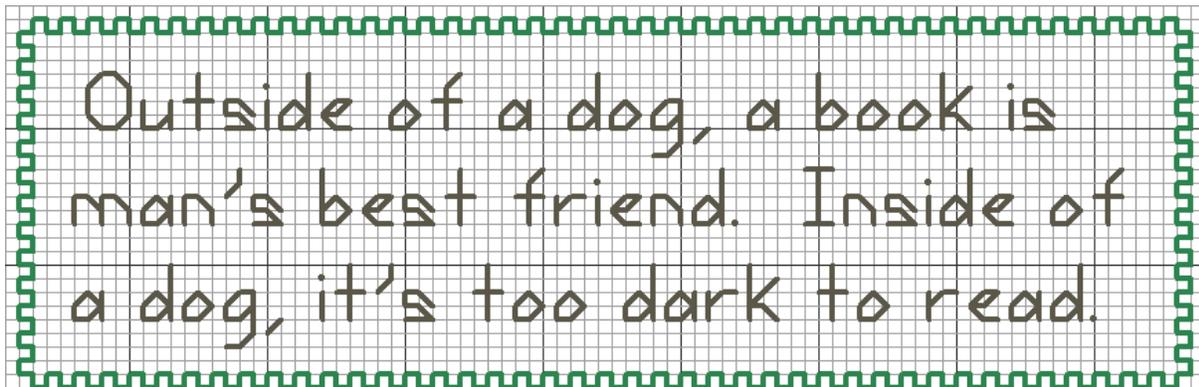
It is the best of times, since our Library holdings list is on our webpage, thanks to Donna (<http://www.quiltskingston.org/cgna/indexGuildInfo.html>) . There are two more ways of finding your books, other than browsing, if you know either the type of technique you are interested in or the author. The information on both lists is the same but they are sorted differently – one by author, the other by genre. Titles appear on these lists too. The lists are available in print form in the psychedelic blue/green covered binder in the cupboard. To borrow a book, simply remove the recipe card from the book, fill in the date and your name and then deposit the card in the yellow recipe box. There is no set loan period, although you may be asked to return a book if someone else is requesting it. To return a book, place it in the box marked CGNA Library and *voilà*, the transaction is complete.

Please continue to donate relevant books, continue to alert me to possible purchases to further enhance our Library, and continue to borrow books from your Library. It can only be the “best of times” when we read and learn.

- Gabrielle

Charts for Bookmarks

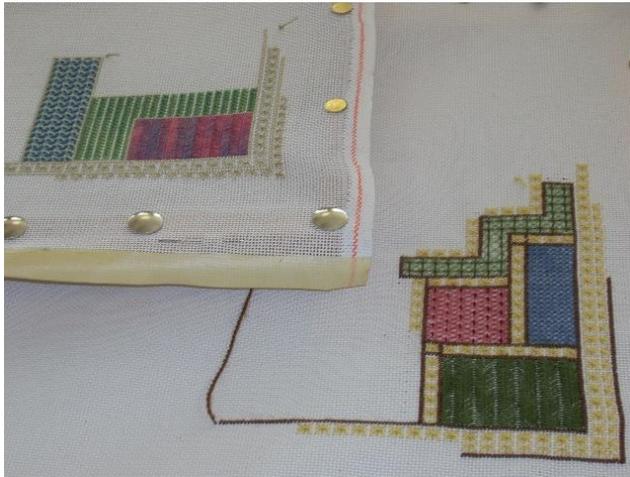
Two of Santa's elves, Flossie and Knotty, are skilled needleworkers. At this time of year, they are busy stitching up bookmarks to tuck into Christmas stockings. For those who wish to join the company of elves, here are some "bookish" sayings and borders, charted up to fit on bookmark-sized pieces of evenweave. (Quotations from Groucho Marx, Frank Zappa, and Marcus Cicero.)



Learn-a-stitch Canvaswork

Last year, many of us developed a taste for canvaswork. First, there was Caroline Mitchell's needle-cleaner workshop, an example of what can be done with beautiful fibres and intricate stitches. Next, Debbie and Lorna showed off some gorgeous full-sized pieces at Show-and-Share. But, how could a class be structured? Eileen seized on Freda Murfin's instructions for a canvaswork purse in the summer issue of *Embroidery Canada*, complete with diagrams for all the stitches. Jacquie managed to procure some extra copies of the magazine for new members. We had interest, mentors, a project –this Learn-A-Stitch was meant to be!

Debbie began our first session with a clear explanation of what was needed and where we could get it. A dollar-store frame is fine, but the correct needle is essential. The fabric? Mono canvas is not available anywhere in town, but the guild purchased enough 18-count white canvas to give every member a 12" x 16" piece. The most unexpected stitching aid? A brick, to anchor the work to the table, enabling two-handed stitching. Most members wanted to stitch in their

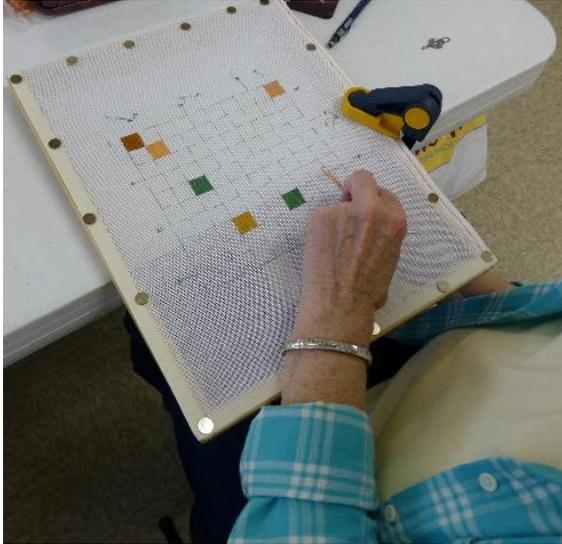


own choice of colour palette, and

Bethany gave some advice on how to choose colours that work well together.



And so we began, practising a different stitch each meeting. Canvaswork generally includes blocks of colour and stitches; one starts at one edge, working the areas in

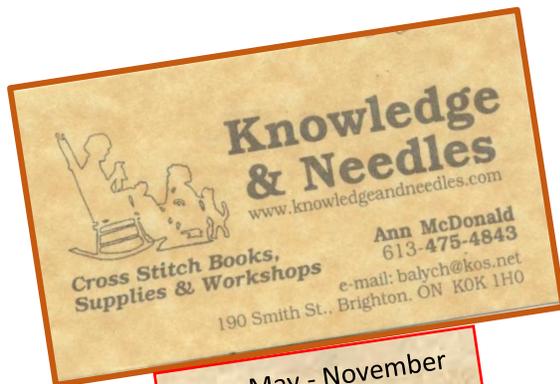


sequence. But, our class naturally started with easy stitches – how does one prevent the easy stitches from being clustered together at one edge? Irene solved the problem by gridding her fabric (see left, where Irene is stitching two-handed on gridded fabric, with her piece clamped to the edge of the table.)

Meeting by meeting, the canvases progress. Each member's piece is different and each is lovely. Look for more pictures in the March and June issues of the newsletter.



Debbie showed us how to lay stitches, a technique which makes multiple strands lie parallel to each other with no twists or lumps. Bring the needle up at the beginning of the stitch. Relax the tension slightly and place your laying tool across the thread on the opposite side to where the stitch will go. Send the needle down at the end of the stitch, pulling only partly through. Continue to pull though as you flip the laying tool to the far side of the stitch. Pull through completely, releasing the laying tool.



Open May - November

Dan MacDonald worked as a painter/ decorator and knew what it was to have dry, chapped hands. He discovered Gloves-in-a-Bottle and introduced it to his wife's *Knowledge & Needles* clients. Gloves-in-a-Bottle is not a scented cream; it is a sealant. It is sold in dark blue bottles with the medicated skin products in Rexall's. If you have not yet found the hand cream you swear by, you might want to give it a try.

Baubles, Buttons, and Beads

On October 17th, our meeting room was furnished with an oven, several pasta machines, cutting tools, and aluminum trays. The participants were thoughtfully kneading little coloured balls of some dough-like substance. Was this a cooking class? No! it was Carolyn Barnett's workshop on creating with polymer clay.

Although billed as the "Buttons" workshop, Carolyn recommended first making a name-tag. Once those were popped into the oven to cure, participants branched out to make buttons, ear-rings, pendants and the like. Carolyn offered lots of ooh-inspiring tips on how to blend colours, cut the clay neatly, and "drill" holes.

Carolyn commented that she enjoyed observing how the participants' attitudes changed over the course of the day. In the morning, the ladies were tentative, very concerned about doing things correctly. By late in the day, they had given up worrying about what they were *supposed* to do and were just enjoying what they *could* do. A fun day for all who attended.



WINTER PROGRAMME, 2017			
DATE	LEARN-A-STITCH	SHARING	AFTERNOON PROJECTS
Jan. 16	Canvas Work	DRAWN THREAD (Whitework, Hardanger, pulled thread, etc.)	UKRANIAN STITCHING (Eva K-S) BASIC BLACKWORK (Irene H.) IMAGES OF KINGSTON (Beth M.) UFO group
Jan. 30	Canvas Work	Show and Share	UKRANIAN STITCHING BASIC BLACKWORK IMAGES OF KINGSTON UFO group
Feb. 6	Canvas Work	EMBROIDERY FROM THE EUROPEAN CONTINENT	UKRANIAN STITCHING BASIC BLACKWORK IMAGES OF KINGSTON UFO group
Feb. 20, Mar. 6, Mar. 20	Canvas Work	Show and Share	UKRANIAN STITCHING 4 X 4 SQUARE FOR BANNER IMAGES OF KINGSTON UFO GROUP

Workshops: Plans are underway for a felting workshop in the spring, then a 2-day workshop with Liz Almond next May or June. Stay tuned!

Afternoon Program: Images of Kingston

Kingston is certainly a picturesque city, but, unlike many other cities, there are very few stitching patterns of Kingston's sights available. So, it's up to us! We all have different opinions on what the most memorable landmarks of Kingston are, and on how we would combine them into



samplers or collages. But, as a first step, it is our aim to produce a set of six charts for counted work that portray some iconic aspects of Kingston; each design would stitch up to about 16 sq. in. (4" x 4") on 14-ct. fabric. The charts would be available for public sale at next year's Needlearts Fair. The project is not a class, nor even a focus group in the traditional sense. Rather, it is a group of interested members whose different skills – photography, design, model-stitching, artistic criticism, marketing – will come into play as each chart develops.

Afternoon Program: 4” x 4” Squares for Banner

Each guild under the EAC umbrella has its own banner, which is proudly displayed on official occasions. Ours includes a central block with our emblem, the blue heron, flanked by 4” by 4” squares contributed by the members. If you have not stitched such a square, we invite you to create one in whatever genre is your specialty (design area = 4x4, with 1-inch margins for attaching). It will stand as a permanent record of your participation in the guild. For details, please see Theresa.



Announcements

EAC Correspondance Courses: Intermediate Stumpwork (Deanne Bertelson); Florentine Fun (Kit Gates); Delt Tile design (Margaret Vant Erve); Ahwahnee (Lorene Salt).



Please log in to members’ pages at <http://eac.ca/> for details and registration info.

The Canadian Swedish Weaving Convention will be held in Kingston, Apr 30 – May 2. Meet-and-greet, class projects, and free weaving time. Enrolment is limited to 50 people. For enrolment forms and more information, please contact christine@funandfastpatterns.ca .

Save-the-Day We have been invited to participate in the Lansdowne Textiles Festival, June 24, 2017. For info, contact "Liane" <lianesalmon@yahoo.ca>

Don’t forget our **Canada Challenge:** A competition of original designs that say “Canada” (entry forms due in Aug.)

Mary Poppins said,
“Once begun is half
done.” I wonder if she
knew any stitchers?