



CGNA is a chapter of the Embroiderers' Association of Canada.  
 We meet bi-monthly at Edith Rankin Memorial United Church.  
 Please visit our website: [www.quiltskingston.org/CGNA](http://www.quiltskingston.org/CGNA)

## Note from the President

As we come to the end of the 2016-17 year, I am amazed to see all the interesting projects that we have embarked on this year. We had a few snowy days that threw us off schedule, but it is not the destination but the trip that makes it so interesting. I, for one, am looking forward to seeing all of the projects completed and on display at our Needle Arts Fair in the fall—Spirit Dolls, Blackwork, Felting projects and our Learn-a-Stitch canvas work. How did you incorporate your polymer clay pieces?

For me, one of the most exciting projects was the creation of the *Images of Kingston* that was Beth Mewhort's vision. The aim was to design embroidery patterns that represent some of the memorable sites of Kingston. The patterns incorporate different styles of counted-thread work. The first six patterns, representing five iconic images of Kingston, are well along the production line. We expect to have some charts ready for sale to members and invited guests at

### Gilding the Needle VOLUME 15, Issue 4 June, 2017 Contents

Advertising	4,6,16,18
Canvaswork	7
Canvaswork Photo Gallery	10
Cook's Corner	6
Felting Workshop	13
First Year of CGNA	15
Member News	3
Mickie's Farewell	5
President's Message	1
Show-and-Share Photos	17
Stretches for Stitches	11
Tips & Snippets	2,4,9,10,16,19
Upcoming Events	18

The CGNA Newsletter is not responsible for any infringement of copyright law by contributing authors

our final meeting in June and to the broader market next fall at the Needlearts Fair. Well done to all who worked on this project to make it happen!

Speaking of which, this June marks the 15<sup>th</sup> Anniversary of our guild. To celebrate this event, we wanted to make a “wow” for all our guild members, past and present, to see what we have accomplished over the years. Members are asked to bring in the projects they have completed in guild over the years 2002-2017 for display. We have invited past guild members to join us as well as interested people from the church. You are also encouraged to bring along a friend. We will need to have an idea of numbers as we are planning a light lunch for everyone. In the afternoon, the **Historical Costume Club of Kingston** is doing a presentation on *Underwear Thru’ the Ages—from Egyptian times to Victoria’s Secret*.

This year could not have run so smoothly without the help and encouragement of the guild members and the executive. I want to thank Jane for the professional yoga warm-up exercises, the volunteer teachers, the Hospitality crew and all who contributed goodies for us to enjoy.



A special **Thank You** to **Mickie**, who has been our Communications Officer for many years (see page 5). We all appreciate how much time and energy you’ve put into keeping us informed, along with the many other hats you’ve worn over the years—hospitality, program, volunteer instructor and always a helping hand and an easy smile. We will miss you. You are always welcome to come for a visit.

**Eileen and Sally** have done a phenomenal job over the past two years pulling together the program. It is what keeps us coming back.

**Janet** and her crew have kept us watered and feed. She has made sure the coffee was on and ready for us by break time. She would even drag her husband in to help set up the tables. Thanks, **Avery**.

Over the summer, find a nice shady spot to sit and stitch and we will see you in September.

### *Theresa*

Tompkins Funeral Home (on Davis Drive) supports the Kingston community by providing a meeting space, free of charge, to various groups. They even provide coffee! Our CGNA executive meet there on the fourth Monday of each month – all members of CGNA may join us. Thank you, Tompkins, we appreciate your support!

## Cataraqi Guild of Needle Arts

### Executive

2016 – 2017

<b>President</b>	Theresa Lawrence
<b>Vice President</b>	-----
<b>Past President</b>	Diane Dukoff.
<b>Treasurer</b>	Lorna Rae
<b>Secretary</b>	Tricia Vretteas.
<b>Librarian</b>	Gabrielle Moon.
<b>Membership</b>	Jacque Boisvert
<b>Newsletter</b>	Beth Mewhort
<b>Hospitality</b>	Janet Wagg
<b>Programme</b>	Eileen Hanson. Sally Fink
<b>Workshops</b>	Mary Lou Wilson Debbie Kotelinski.
<b>Website</b>	Donna Hamilton
<b>Archives</b>	Susanne Grugel

## Member News

Introducing **Daphne Hawkins**, our 50<sup>th</sup> member (...maybe, depending on how you count....)



It seems that I've been doing some type of needlework most of my life. I learned the basics of embroidery, sewing and knitting from my mother. When I had my children, I concentrated on sewing and knitting. Later, I discovered cross-stitch which I taught myself, albeit with many errors in the process.

Now I'm ready to try expanding my skills. I'm most impressed with the ability and artistic skills of the guild members and with their welcoming attitude. You have a wonderful learning environment and I'll add to my stitching repertoire with the help and advice of the guild members.

*Daphne*

Members **Bethany Garner** and **Margaret Morris** were amongst the Kingston fibre artists exhibiting at the Tett Centre from March 18 to April 13. Our friend and “button-making” instructor, **Carolyn Barnett**, also had pieces in the exhibit. It was particularly satisfying to see the influence of our guild’s activities on Marg’s pieces: Her six floral miniatures on silk reflect last year’s “Fantasy Garden” Learn-a-Stitch and her “Fancy Bird” was made in Mary Lou’s afternoon stumpwork class.



Associate Member **Christine Allan** hosted the first Canadian Swedish Weaving convention at the Kingston Confederation Hotel, April 30 to May 2. Christine is also offering the *Celtic Sampler Project*, a 3-month course available through EAC until Sept. 30, 2020.



Congratulations to member Jean Clair, who was the featured quilter at the Napanee Heritage Quilters' Guild show last April 22 – 23. Such exquisite hand-quilting!



A huge thank-you to guild member **Beth Abbott**, whose workshop on felting (see page 14) will long be remembered as the afternoon when no-one wanted to go home. Before the workshop, Beth brought in bags of wool so that each participant could personally choose the colours for a piece, which Beth then custom needle-felted to be ready for wet-felting. Beth also brought in a truckload of rovings for us to try out needle-felting, demonstrated and let us try her embellishing machine, and offered us scads of information and encouragement. Then, to top it off, she donated her teacher fee back to the guild in the form of a new library book, Sheila Smith's *Felt to Stitch*. How lucky we are to have Beth in our guild!



At a stitching retreat, I had some good advice on correcting chart errors from a fellow-cross-stitcher. Before working out a correction for an obvious chart error, check the designer's website. Many designers post a list of errata. If nothing is posted, you can often contact the designer and let them work out the correction (which may be safer and less hassle than doing it yourself). Although no-one likes being told they made a mistake, reputable designers will want to correct errors, rather than have faulty charts out under their name.

## Fifteen Years of Embroidery:

### A Farewell Message from Charter Member *Mickie Beauchamp*

Dear Members of the Cataraqui Guild of Needle Arts,

Where do I begin? I shall start as a young girl in Montreal watching my Mom sew a dress for me. My Grandmother taught me how to knit and crochet and my Great Aunt taught me how to do embroidery. At the beginning, sewing was my passion. I have two daughters and a son and sewed for them for years. The only thing that I refused to sew was jeans.

When I retired in Pickering I started to search the community for a fabric store. I did find one and behold! they sold fabric and sewing machines and also gave quilting lessons. To that point I wasn't interested in quilting because I thought it was for more senior ladies. I decided to take lessons and never looked back. Quilting became my hobby. Then we moved to Kingston and I continued quilting here.

Eventually Betty Gill asked me if I would like to join an embroidery guild. Not knowing much about embroidery, I thought that would be a good way of getting to know people in my new town. Well, I was hooked. Embroidery now became my thing as I learned the different techniques, hardanger, white work, surface embroidery and my favourite, stump work.



*Amazing stumpwork butterflies*

The highlight of my time at CGNA was when Mary Lou and I went to Kelowna, to be guests at the 2008 Embroidery Association of Canada (EAC) Seminar. We went there to observe how an EAC seminar worked and to present the programme we were going to have for the 2009 EAC seminar in Kingston. What an experience it was. We learned a lot of *dos* and *don'ts* during our stay there. The name for our seminar was "1000 Islands/1000 Stitches" and it was held at St. Lawrence College from May 19 to the 27<sup>th</sup>. I volunteered to help out registering meals. It was an exhausting time but a fun time.

When I started quilting I thought there was nothing that could replace that hobby. Well, fifteen years later I have done embroidery of all kinds and have enjoyed it very much. Now it is time to go back and complete all my unfinished quilting and embroidery projects, but I am now also involved in Rug Hooking. Wow, like quilting and embroidery you cannot have enough of threads, fabric or wool in your home. Where to put all of these goodies?

Finally I would like to thank all the members of CGNA, past and present, for making the last fifteen years both educational and enjoyable. I wish you continued success in the future.

## Cook's Corner

### Mickie's Strawberry Gazpacho

1/2 cup granulated sugar

1/2 tsp. each salt and freshly ground black pepper

6 cups (2 quarts) strawberries

2 tbsp red wine vinegar, plus more to taste

2 tbsp olive oil

For garnish: balsamic vinegar, sliced cucumber, fresh basil or mint leaves

Rinse, hull, and quarter strawberries. Gently fold in sugar, salt and pepper, until sugar and salt have dissolved. Cover and refrigerate for at least an hour or as long as one day to macerate.

Fold in vinegar and olive oil. In a blender, purée strawberry mixture until smooth. Strain through a mesh sieve to remove seeds. Taste and adjust seasoning as necessary.

Divide gazpacho into small bowls or glasses. Garnish with a small drizzle of balsamic, cucumber slices, and basil or mint leaves. Serve immediately.

Makes approximately 4 cups.



*The Kingston area's largest knitting  
(and so much more) store—With lots  
of **FREE PARKING** right at our door.*

At **KnitTraders** we have been sharing our passion for knitting and other fibre arts traditions for 20 years. We are especially proud of the community we have built in the Kingston area and beyond by offering supplies and support for knitters, crocheters, felters, fibre artists, spinners and traditional rug hookers.

*Visit our website where you can:*

- follow our blog, - view our products,
- sign up for our monthly e-newsletter,

[www.knittraders.com](http://www.knittraders.com)

725 Gardiners Rd, Kingston ON

613-384-3951 [shop@knittraders.com](mailto:shop@knittraders.com)

**CGNA MEMBERS**

Receive

**10% off**

regular priced merchandise  
when you present this coupon.

## Not my Mom's Type of Needlepoint!!!!

*Debbie Kotelinski*

As most of you know, I LOVE canvas work. I have explained many times that I am enjoying learning the embroidery stitches that have been taught. I am familiar with hardanger, pulled thread, and cross stitch; however, my favourite is canvas. I love the way everything is symmetrical and even. Very organized. For those of you who have not been exposed to working with canvas, take a look at the picture below.



This has been done on canvas!!! Look at all of the embroidery stitches used -- none of it is even or organized. Here is how it was designed:



So embroiderers pull out a piece of canvas and experiment. I believe that because the canvas is much stronger and sturdier than fabric it can handle the layering and the amount of thread contained in the piece above.



We are all familiar with the needlepoint that our mothers and grandmothers did. Classic chair covers, pictures and my mom did a bell pull once. All with the classic and very repetitive tent/continental stitch. Well, there are now designers who are taking those needlepoint charts and embellishing them. Gone are the days of the same stitch used throughout with the correct colour of yarn to create the picture painted/stamped onto the canvas. As you have all learned some new stitches, take a look at the Elizabeth Turner design on the left. Gorgeous!

Some designers are painting their canvases and having other designers create a stitch guide. One of my favourite designers is Laura J. Perin. Here she was asked to create a stitch guide for this piece called *Snapdragons* by Sandra Gilmore. The picture on the right shows how LJP did it!

See that these designers are creating depth and richness and a 3-D effect purely with the stitches they use. Also notice that there are large areas of canvas that have been left open. Not all threads have been covered.



During our learn-a-stitch program this year, we learned a number of different stitches. There are thousands and thousands of stitches that you can do. You can even make up your own stitches as you go along. One of the interesting aspects of canvas work is experimenting with different threads and techniques. I have to admit that I find it very depressing trying to shop for canvas work items here in Canada. The selection and the cost make it very difficult. But keep your eye out and you can find some interesting stuff. So pick up some canvas and all sorts of threads. Once you have your “stuff” ready, do it. Paint your canvas if you like. Create your own pattern. The sky is the limit! Surf the web; check out Pinterest. The resources that are available are immense. I encourage all of you to look at the piece below and create your own!!!!



*Tropical Punch* by DebBee's Designs

At last year's "Colour" workshop, Carolyn Mitchell taught us a nifty trick for assessing the values of colours (floss, fabric, etc.). Scan or photocopy the samples on the black-and-white setting. If you are converting colours, say changing the reds in a design to blues, this is a good way to check that the range of blues you are considering will work in the pattern in the same way as the designer's choices for a range of reds.

## Members' Canvaswork Photo Gallery



*Clockwise from top left: Susanne's piece (WIP), Irene's finished cushion, Tricia's work-in-progress, Gabrielle's LJP Victorian Ribbons (WIP), Lorna's Kimono (WIP), Kristeen's finished piece.*

## Stretches for Stitchers

*Jane MacDonald*

Stitchers, quilters, and knitters find themselves sitting, using mainly the muscles in their arms and hands as they focus on their current project. It is easy to become immersed in what we are doing and forget about posture until something in our body ‘sounds the alarm’. Although we may stretch out the fingers once in a while, or give our shoulders a few shrugs or circles, it is equally important to consider how we sit and how to mobilize the spine.

### Jane’s Mantra

Bring your needlework up to you, not you down to your work.

If you find yourself sitting for long periods of time, consider setting an hourly alarm and doing these five simple exercises to bring movement back into the major joints and muscles. You will see I refer to the ‘sitz’ bones; these are the bony parts of your pelvis that you can feel deep within the flesh of your buttocks.



Sit in a firm chair, from which you can place your feet flat on the floor, with a table or a desk nearby to assist if you wish.

### Seated Forward Fold (Paschimottanasana)

1. Sit wide-legged on your chair on your sitz bones.
2. Exhale and lean forward from the hip joints, not waist, keeping your sitz bones rooted to the chair.
3. Let the arms drape down like empty coat sleeves, hold the back of your ankles, or hold opposite elbows.
4. When coming up, do so slowly, walking your hands up your legs and keeping your chin to chest if you feel at all lightheaded, until the sensation passes.

OR, fold forward onto the table top and allow your upper body to completely relax.

### One-Legged Seated King Pigeon Pose (Eka Pada Rajakapotasana)

1. Sit with your sitz bones rooted to the chair and your feet flat on the floor.
2. Cross your left outer ankle atop your right lower thigh (just above the knee) keeping both sitz bones secured to the chair.
3. Flex your left foot and relax to allow the leg to open at the hip joint.
4. Repeat on the other side.

### Standing Cobra Pose (Bhujangasana)

1. Place your hands or fingertips on the table/desk a little wider than your body.
2. Externally rotate your arms by thinking about hugging your elbows to the sides of your body while keeping your hands in place.
3. Press down into the feet and bring your pelvis slightly forward as you draw your tailbone

towards your heels.

4. Inhale to gently extend through the belly. Keep the shoulders away from your ears and reach your heart up to where the wall meets the ceiling, while broadening your collarbones.

OR, remain seated and do exactly the same thing!

### Seated Crescent Moon Pose (Chandrasana)

1. Place both feet flat to the floor and root your sitz bones to the chair.
2. Reach your arms above your head, exhale, and reach your right hip to the side while arching your trunk over the left.
3. Keep your feet firmly grounded and your seat engaged as you reach up and out through the top of your head.
4. To release, inhale and press both feet to the floor as you come back to centre.
5. Repeat on the other side.

OR, stand with your feet shoulder distance apart and do exactly the same thing!

### Wrist Stretches

It doesn't really matter how, but get those wrists moving! Maybe make circles, maybe gently stretch each using the opposite hand (as we have done at meetings), or maybe just shake them out. In today's digital world there are literally hundreds of online ideas for activities to stretch and strengthen the body.

Here are a couple of hand stretches from a knitter at <http://www.nordicneedle.net>

Stretch your fingers wide and hold for a count of 5. Then bend your fingertips down and hold for a count of 5.

Then push your stretch further by repeating the next two exercises ten times. Stretch your fingers wide and hold for a count of 5. Make a fist and hold for a count of five. Place



your hands in a praying position at chest level with your fingers closed. Then raise your elbows up so they are parallel to the ground.

While your hands and elbows are in this position, slowly spread your fingers apart, keeping your palms together and then close them again. Repeat this five times.

Here are the three hand positions:



Open      Fingertips down      Fist

Just be careful; you can spend a lot of time searching on the web – time you won't be stitching or knitting or quilting or gardening!

With thanks to [early@carlystong.com](mailto:early@carlystong.com) from whose video clip I modified the first four exercises. You can learn more about my yoga journey at [www.janemacdonaldyoga.weebly.com](http://www.janemacdonaldyoga.weebly.com)

## That Happy Felting Feeling

*Jane Rodgers*



Felting is a new area of artistic expression for me. I always thought of it as "shrink a wool sweater (by mistake) and voila!"... I've felted! Now what the heck will I do with my once favorite cardigan? But after the expert teaching and patience of Beth, I now realize what an incredible fibre-art form it is.



There is something very rewarding about taking fluffy bits of wool fibers and shaping them into a tangible piece on which one can create an original embroidered "masterpiece".

The blending and forming of the above-mentioned "fluff" was very cathartic indeed. Handling sharp needles and stabbing them again and again into said fluff as it lay helplessly over a porous sponge was very gratifying to say the least! I believe I saved myself many dollars on therapy during this time of preparation. As an aside, I also noticed how much more relaxed and jovial my embroidering sisters were ... such a feeling of peace and calm fell over the room, it was almost palpable!



From this point of budding creativity, my selection of colors and placement seemed to take on a life of its own...it became a blur of blues, greens, whites and bits of yellow...oh lord! it started to look like a pasture with sheep and not very healthy sheep at that! Something told me, I was going to need the help of an embroidery needle and a wee bit of a miracle to make peace with the shepherd! Kidding aside, I thoroughly enjoyed the experience and I am most grateful to Beth for sharing her talent and expertise with us. And the comradery was great!



## Reflections on the first year of CGNA

*Mary Lou Wilson*

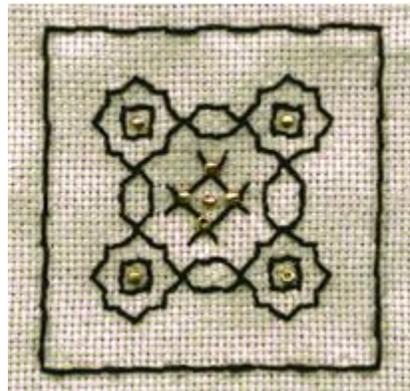
In the spring of 2002, Kathy Gorman, Betty Gill and Linda Burke and several other stitchers decided to start an EAC embroidery guild. To find out if there was any interest in the community, a display table was set up at the Verona quilt show. In May, they put an advertisement in the local paper and set a meeting at the Loblaw's community room. Twenty-four members signed up at that meeting and three of the necessary executive positions were filled. The decision was made that the Guild would be called the Kingston Needlearts Guild. This would later be changed to Cataraqui Guild of Needle Arts, due to a conflict of names with an existing guild. It was also decided that we would be a teaching guild and that the guild would meet on the 1st and 3rd Mondays of the month.

To qualify as an EAC guild, certain positions needed to be filled. Over the next few weeks the following volunteered to fill the positions and formed our first executive: Kathy Gorman, president; Shirley White, vice president; Carol Prytula, secretary; Elaine McKinnon, treasurer; Betty Gill, membership; Mary Lou Wilson, newsletter; Joyce Bushnell, librarian; Jane Silvassy, program.

Over the next few weeks a group set about to find a venue. The Girl Guide centre fit the bill and our first meeting date was set. Another group met to write a constitution and still another group planned the first program. We received our charter in June 2002 and by the first meeting we had twenty-nine members.

That first guild meeting was something to behold. A room full of novice stitchers – some who had never held a needle before. It had been decided that a couched monogram on a needle case would be good first project. The instructors – Kathy Gorman, Shirley White, and I – had our hands full. By the end of that first day, we wondered what we had gotten ourselves into! Everyone persevered and the majority of the members came to the next meeting, so we must have done something right.

### **An Initial Project**



### **Blackwork Pin Cushion**

Designed by  
Mary Lou Wilson  
October 2002  
For CGNA

That first year was very busy. The meeting format took shape with a business meeting, coffee break, Learn-a-Stitch, and show-and-share, followed by afternoon classes. There were a lot of other firsts: the first bus trip, the first guest speaker, the first issues of our newsletter, the first 2-day workshop, and the first Fair and Exhibit. By the end of the year we had 62 members.

Nancy claims that the one essential stitch for a novice stitcher to learn is the frog-stitch (ripit, ripit), also known as reverse stitching or ripping out. She says that the frog-stitch is the one she uses the most.

Fifteen years later, the decisions made by that first executive have stood the test of time. Many of the initial policies and practices are still in place today, for example --

- The format of the meeting
- The needle arts fair
- The practice of members teaching each other new embroidery techniques and sharing experiences
- The desire to have as many members as possible involved in all the decisions. For example, the town hall meetings are held twice a year and all members can discuss how things could be improved and what did and did not work.

One wonders if they will keep us going for another fifteen years?

Gabrielle learned a trick for stitching eyelets from Mary Lou. Stitch the eyelet twice, stitching every other stitch the first time round, then adding the missing stitches on the second round. This helps equalize the pull on the fabric from all four directions, and keeps the stitches from bulking up on the last side that is stitched.



Do stitchers endanger their health by spending so much time in a sedentary activity? One could wear a step-counter to check whether or not you walk enough. In a discussion on the internet,

<http://www.knittingparadise.com/t-404403-1.html>

a knitter avows that her step count increased drastically when she wore the step-counter on her wrist. A spinner got the same effect by wearing the step-counter on her ankle. Bring on the aerobic stitching!

# Show-and-Share Photo Gallery



## Summer Guild Activities

**Monday, June 5. Annual General Meeting** – reports on the year’s activities. **Town Hall Meeting** – the chance for members to speak up. Please think about issues you want aired. Which aspects of guild work well for you? Which work poorly? How might they be changed?  
**Pot Luck Lunch** – bring a dish to share and your own place setting.

**Monday, June 19. 15<sup>th</sup> Anniversary Celebration.** Please bring completed pieces from workshops, classes, and learn-a-stitch programs. We will be setting up between 9 and 11 a.m. We have invited a number of friends and former members to join us for refreshments (supplied), to view the exhibit, and to attend the presentation by the Historical Costume Club of Kingston on *Underwear Thru’ the Ages—from Egyptian times to Victoria’s Secret.*

**Saturday, June 24.** Lansdowne Textile Festival. We have been allotted a free table, indoors and with power, to demonstrate our activities. If you can volunteer for an hour or two to man the table (“woman” the table?), please see Theresa.

### July – August

Please think about which pieces you can complete to exhibit at the fair. It would be great if everyone had at least two pieces to show. If you will need the services of a professional framer or finisher, allow for time to order materials and complete your piece. Remember that everything moves a little more slowly in the summer.



**Tuesday, July 25.** MacPherson House, Napanee.  
<https://www.lennox-addington.on.ca/museums-archives/demo-day-stitch-embroidery>  
We have been invited to demonstrate and exhibit our work. To volunteer, please see Theresa.

**August 15.** Deadline for entries to **Canada 150** contest.

**Tuesday, August 22.** Our “spin-off” group of bobbin lace ladies will be demonstrating at MacPherson House, Napanee.

**September** meetings. Because the first Monday of the month is Labour Day, the September meetings will not be the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month. Please watch for info on the website and in your e-mail box for the correct meeting dates.

## **Saturday, September 30. THE FAIR!!!!**

The Needle Arts Fair is shaping up nicely for this year. Here is a list of our vendors. If there is something special you want them to bring, please send them an e-mail beforehand to make sure they have it for you.



BaaBaaBundles	Hooked on the Lake
BeadFX	Kimat Designs
Books for You	Knowledge and Needles
Calcutta Rescue Canada	L'atelier de Pénélope Inc.
Charms' And Stitches	Purlin'J Roving Yarn Truck
Christine's Swedish Weaving	Rive Designs
Cornerstone Fibres	Rox's Woven Dreamz <b>NEW</b>
Dragon's Lair Beads <b>NEW</b>	Textured Treasures
Dreams and Creations	Trillium Lace
Fibre Art by Wendo	X's & Oh
H'ewe Phoria <b>NEW</b>	

We have room for a few more vendors. If you discover a vendor over the summer that you think would be a great addition to our fair, get some contact information and let Theresa know.

While trolling through the archives recently, Theresa found that the first Needle Arts Fair was held on March 17, 2003. There were 71 people in attendance: 35 were guild members and 36 were guests. They made a profit of \$108. We've come a long way!!

## **More summer events of interest to stitchers (see our website for details)**

**June 2- 4: Genesee Valley Quilt Fest 2017** <http://www.geneseevalleyquiltfest.com/>  
**June 3 - 4: Flying Geese Quilt & Craft Show & Sale** Contact Debbie 613-543-3369.  
**June 6 - Sept 16: A Life Inspired - A Retrospective (William Hodge)**  
<http://mvtm.ca/exhibitions/>.  
**June 8 - 11: Canada 150, A Celebration of Art through Fibre** [ailsacraigquiltfestival.ca](http://ailsacraigquiltfestival.ca).  
**June 10 - 11: Stitching Among Friends.** Alliston, ON. <http://aqcguild.edublogs.org/>  
**June 14 - 17: Quilt Canada 2017. Toronto** <http://canadianquilter.ca/>  
**June 23- 24: Sew Much to Celebrate, Eh! Quilt Show** The Queen's Bush Quilters from Markdale <https://www.facebook.com/QueensBushQuilters/>  
**June 24- July 5: Quilt of Belonging @ Ottawa** <https://www.quiltofbelonging.ca/>  
**July 11 - Aug 16: Quilt of Belonging @ Hamilton** <https://www.quiltofbelonging.ca/>  
**July 13 - 16: Odessa Fair** <http://odessafair.ca/>  
**Aug 18 - Sept 4: Quilt of Belonging @ CNE** <https://www.quiltofbelonging.ca/>