



CGNA is a chapter of the Embroiderers' Association of Canada.
 We meet twice a month at Edith Rankin Memorial United Church.
 Please visit our website: <http://quiltskingston.org/cgna/>

President's Message

The days are getting longer, and aren't we glad to see sunshine! All the better light for stitching!

Our learn-a-stitch mini-projects continue to encourage us all to try a 'new' technique and/or to refine our handiwork if we are re-visiting stitches from our past. I personally am enjoying these immensely. They are small 'tasters', quite fun and easily stitched up in one or two sessions. I know I have discovered that I thoroughly enjoy a technique which I previously was not that interested in pursuing. Who knew? I am so glad I tried. I can't wait to see what people do with their samples. A booklet? Cushion? A collaged wall hanging?

Our first-ever exhibit at the Thousand Islands History Museum, "Old Traditions and New Innovations", opened successfully this past month and looks absolutely magnificent. All of our members should be very proud of the work displayed. There are three informative presentations coming up, so do include another road trip on your calendar and take advantage of the expertise offered.

Gilding the Needle

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Contents

Advertising	7,10,15
Chicken Scratch Embroidery	10
Cook's Corner	7
Guild News	2
Head-of-Hair Embroidery	9
History in Lace	3
Linda Hetherington	5
Old Traditions, New Innovations	11
Photo Gallery	8
President's Message	1
Program	13
Alabama Reverse Appliqué	13
Grumpy Stump Workshop	14
Christmas in Springtime	14
Snippets	7,10,12
Upcoming Events	15

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Looking forward, we anticipate having a fun one-day workshop with Wendo on April 6th, as she teaches us how to create “grumpy stumps”. We will be poking and prodding our masterpieces using needle-felting techniques. I will be channeling my granddaughters as I attempt to create a stump with the utmost of character!

On another note, we are still missing a Vice-President. This position has been vacant for a while. Please consider stepping forward to take on this role. It is a good introduction into the running of our Guild and allows for time to learn with the help of all of the executive. Many hands make light work, and no one has to do it alone. We all help each other.

Enjoy the last of winter, and know that spring is soon on its way.

Lorna

CGNA Administrative Committee 2019 – 2020

Executive

President: Lorna
Vice-President: ????
Past President: Eva
Secretary: Leola
Treasurer: Kim

Standing Committee Chairs

Program: Ros
Communications: Donna / Beth M.
Library: Gabrielle
Hospitality: Mary Anne
Membership: Glenda
Special Events: Theresa

Guild News

A huge thank you to **Tricia**, our crafty Christmas elf, who appeared at our December party with a basket of post-it notepads in covers that she had made by hand – enough for all our guild members. Mine says, “You can and you will” – an apt message that encourages me on a daily basis.



Our official banner features squares made by members in their favourite styles and is infinitely expandable. Thank you, **Theresa**, for adding in the latest batch of eight squares from some of our newer members. For any members who have not yet contributed a square, the door is still open. As you can see, there is space on the side panels just waiting for your offerings!

We now have a stitched band that we can display to identify ourselves! Thank you to **Tricia** and **Kristeen** for completing the stitching and to **Lorna** for the assembly.



The Administrative Committee has a new member. **Glenda** is taking over the Membership Chair from Marg H. She thinks it will be a good way to get to know everyone better! Please prove her to be correct.

Congratulations to **Theresa** on completing a 5-metre strip of bobbin lace that uses a single pattern. After she submitted her photo and Donna sent in a testimonial, Theresa was officially admitted to the Canadian Lacemaker Gazette’s “Five Metre Club”.



History in Lace



Last November, CGNA hosted a visit from a Queen's graduate student who brought us a framed piece of antique lace that she had "rescued" from an antique store. I had never before seen bobbin lace used to create a pictorial representation of a real object! Donna and Theresa took on the challenge of researching its origins and came up with the following information, which will be published in the spring issue (2020) of the Canadian Lacemaker Gazette.

This beautiful piece of lace, (40" by 21.5"), depicts Ypres Cloth Hall, Belgium, in 1913, before it was destroyed in WWI. It is a very fine bobbin lace inserted into and edging a pale yellow silk. It may have been created as "souvenir lace", produced by the ladies in Ypres to sell to soldiers and tourists as a fund raiser to rebuild the Hall. It was found by a friend of the Lupins and Lacemakers, Joanna Dermenjian, in the Kingston area. How the lace travelled to Canada is unknown.

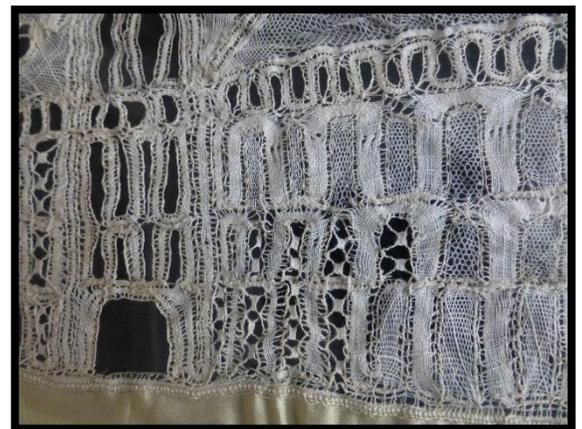
*Here is a brief history about "Cloth Halls" and our Ypres Cloth Hall. According to Wikipedia, "A **cloth hall** or **linen hall** is a historic building located in the centre of the main marketplace of a European town. Cloth halls were built from medieval times into the 18th century. A cloth hall contained trading stalls for the sale, particularly, of cloth but also of leather, wax, salt, and exotic imports such as silks and spices." (1)*



Also, according to Wikipedia, "(Ypres Cloth Hall) It was one of the largest commercial buildings of the Middle Ages, when it served as the main market and warehouse for the Flemish city's prosperous cloth industry. The original structure, erected mainly in the 13th century and completed 1304, lay in ruins after artillery fire devastated Ypres in World War I. Between 1933 and 1967, the hall was meticulously

reconstructed to its prewar condition, under the guidance of architects J. Coomans and P. A. Pauwels. At 125 metres (410 ft) in breadth, with a 70 metres (230 ft)-high belfry tower, the Cloth Hall recalls the importance and wealth of the medieval trade city. The building now houses the "In Flanders Fields Museum." (2)

Joanna is looking for a Canadian collection for this lace where it will be restored and cherished, and will be available for study and occasional public display to be examined and appreciated. We would like to ask you to send any information you may have about this lace piece or similar pieces and also ideas for a new home to lupinsandlacemakers@gmail.com.



- (1) https://en.wikipedia.org/wiki/Cloth_hall
 - (2) https://en.wikipedia.org/wiki/Ypres_Cloth_Hall
 - (3) Today's Image of Cloth Hall by Marc Ryckaert - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=72425198>
- Remaining pictures by Donna Hamilton

Linda Hetherington, Multi-Media Artist

Beth M. with Katherine

For our December event, we were treated to guest speaker Linda Hetherington, a local artist who has worked in painting, quilting, fibre arts, and rug hooking. While most of us have heard Marshall McLuhan's edict – "The medium is the message", for Linda, the medium was clearly not the message but the **challenge**. She acknowledged that "every medium has its own limitations" but opined that the artist's task was to find ways to convey her own message within and around those limitations.



Linda began her artistic career with oil painting, a domain where she had considerable commercial success. I googled her name, and up popped some oils listed for sale in the multi-hundred dollar range. She hasn't hung onto many of these paintings, but they established her reputation in the artistic community as well as serving as a source of family income. Once her children were effectively "launched", it was her time to indulge her interests: She enrolled in the Fine Arts program at St. Lawrence College and embraced her opportunity to learn everything from print-making to fibre art. She worked

so hard that she won the Governor-General's medal for her year, the award given to the top student in the college (from all programs, all campuses)! It was at St. Lawrence that she first interacted with Bethany Garner; she also credits Marg Henshaw as an influence on acquiring skill in quilting.

Over the next years, she was a member of CGNA, of the Kingston Heirloom Quilters, and of the Kingston Fibre Artists, relishing the tutelage and the stimulation from the members of these groups. One cannot sell fibreart for a price that recompenses the artist for the hours that the work requires, but, at this stage of her life, Linda was happy to create for her own fulfillment and to give her masterpieces to her family members. Her art is not meant to be hung behind glass and admired; it is to be used. And so, she finishes her quilts to withstand some rough wear, and she invites us to walk on her hooked rugs, as she (and her dogs) quite regularly do.





And so, what is the theme of Linda Hetherington's artwork? My first impression was that it is big and bold – bright colours on huge pieces (although she confessed that her long rug was cut down in size from her original plan: "One becomes overzealous.") Her work is almost always inspired by nature. Not only does she portray the colours and patterns of plants and their gentle vitality, but she also uses natural materials -- walnuts, or marigolds, or onion skins – in dyeing the wools used for rug-hooking. Although it seems presumptive to articulate Linda's message in words, her mission seems to be conveying the beauty and joy that she finds in nature. One cannot look at this artwork without feeling happy.

It seems fitting and proper that her current passion is to create in her garden: "My husband and I have been gardening for over fifty years and have expanded the garden a lot over the past years. I find it to be good exercise as well as relaxing." And so, she has moved from "painting landscapes with flowers" in oils to "painting landscapes with flowers" where the living plants are the medium. I, for one, am looking forward to springtime and a drive past her home in the country.



Cook's Corner

Anajli's Jeera Aloo (Cumin Potatoes)

Ingredients

1 pound boiled potatoes, diced (unboiled potatoes can be used, but cooking time will be longer)
1 tsp. cumin
1/2 tsp. turmeric
1 tsp. coriander powder
1/2 tsp. garam masala
chili powder or flakes to taste
salt and pepper to taste
fenugreek seeds or dry fenugreek (Optional)
Fresh coriander for garnish

Method

In a pot, heat oil (your choice). Add cumin. Wait until it is fragrant, then add turmeric, coriander powder, garam masala, and chili powder or flakes.
Add diced potatoes, salt and pepper. Mix and leave covered for 5 minutes on medium to low flame.
Garnish with fresh coriander.



New shoes, electronics, some medications, and the like often have little packets of **silica gel** packed with them. They are carefully labelled “Do not eat” (who would be tempted?), but their purpose is often unclear. In fact, silica gel is a desiccant – it absorbs moisture. So, if you save those little packets and pack them with your stash, you might protect your fabric and threads from the damage that can result from high humidity.

Donna has been using organic buckwheat hulls to stuff “yoga tadpoles” – the little pillows used to cushion or support various parts of the body whilst holding yoga poses. Such pillows are light, soft, and mold to the body. In Kingston, buckwheat hulls are available downtown at Tara’s.

Photo Gallery: When You're Smiling....



Head-of-Hair Embroidery

Jane



Coming back in the New Year after being away since mid-October, I wasn't up-to-date on afternoon projects. I quickly found out that two courses were on offer for our new semester: chicken scratch and head-of-hair embroidery. I wasn't feeling particularly hungry (after just finishing my breakfast a short while earlier), and besides, I was having a particularly bad "hair day", so I opted for the latter.

Oh, what fun was awaiting us! Our instructor, Tricia, Ros and myself got right down to "heads and hair" styles. I swear we must have been hairstylists in another life for we took to it like shampoo to a scalp of dirty hair: so many styles and so little time left in the afternoon. Alas, home we went to finish off our creations for our next session.



I was overtaken with the great desire to give this lady the best "do" I could possibly create. Into my 'stash of stuff' I went, and after a bout of sneezing and promising to reorganize it again for the hundredth time I found what I needed: my crewel wool, threads, ribbons and trinkets from other almost finished projects, to help complete this 'lady in waiting'. I abandoned all else in pursuit of "Hairology 101"!

Out of bits and bobbles, a 'coiffed' mademoiselle appeared. Her premiere was well-received by our group (which pleased me very much). Then a new creation began to take root that afternoon...a man silhouette, to be more precise... a 'dude'... yes!... a 'dude' started to emerge in my overactive brain!

Ros and I were joined by Beth Abbot at our next meeting. Now we weren't just 'company' but a 'crowd'! Beth brought some excellent examples of hair designs from Pinterest which made us very excited about all the possibilities out there.

In all seriousness this course was incredibly creative and fun. I certainly would recommend it to others for an afternoon of great enjoyment.

In closing, I showed my daughter my second finished piece and she said she would surely date my dude!



Beth's Polynesian Girl



Ros's Ice Cream Kid, incorporating carnation stitch

Chicken-Scratch Stitchery

Glenda



What's old is new again – especially for a group of us at CGNA, lead by the talented Theresa Lawrence.

We have selected various stitching projects using a style that was popular from the 30's to the 50's called "Chicken Scratch", so named because some stitches resemble chicken foot prints.

This is an easy style comprised of simple stitches such as cross, double-cross and running stitch on gingham cloth. Gingham with 1/8-inch checks was used mainly for small projects (pin cushions, jar lids, bookmarks and sachets) while fabric with 1/4-inch checks was most often used for larger ones (pillows, quilts, placemats and tablecloths). The fabric's inherent white checks are enhanced by weaving white thread around the stitches encircling them, creating a pleasant lacy effect. At least two additional threads, in colours that complement the gingham, provide contrast, interest and definition. Whatever the pattern, the overall combined effect of fabric, stitch and colour transforms the ordinary gingham into something special.

This generational look back recalls a creative way to make the most of what we have, an enviable skill, regardless of our means.

Here's how to keep stitch length uniform when stitching blanket stitch (or some other stitches in surface embroidery). With a marker, draw a line on your thumb (the thumb that normally rests on top of your stitching). Make the line the length that the stitches should be. As you stitch, make each stitch the same length as that line.



“Old Traditions and New Innovations” CGNA’s Ongoing Exhibit at the 1000 Island History Museum

Donna



On Thursday, Jan. 30, a sunny but very cold day, Lorna, Theresa, Ros, Anjali, and Donna headed to Gananoque to set up the CGNA Exhibition “Old Traditions and New Innovations” at the 1000 Islands History Museum in Gananoque. It would run from February 1 through to April 15, 2020. We soon found we had an interesting problem. Thanks to the generosity of our members, we had more pieces than wall space. That is, until we saw the hooks hanging from the ceiling between two posts ... if we hung two of the large quilts, our problem would be solved! And it worked! Now we had lots of space!

By the end of Thursday, most of the Exhibit was up. We came back Friday for a few items: Linda Hetherington’s long rug was to be hung on a ladder, and four paper signs and four fabric signs from the Limestone Quilters Guild reminded viewers to look only with their eyes. Other signs told viewers what the different kinds of embroideries were and who had made the numbered items in each display case. The new additions were added to our banner. Our brand-new brochures were set out on a table along with a visitors’ sign-in book. We were ready.





On Friday, Feb. 14, the members of CGNA were invited to an Opening Gala complete with champagne, yummy date squares and heart sugar cookies. Several members braved the cold temperatures on a beautiful sunny day to see the Exhibit. We were welcomed by the Executive Director of the Museum, Joanne van Dreumel. Theresa told the story of how the Exhibit came to be, and Lorna told the crowd about our Guild and what we do. Everyone we spoke with loved the Exhibit and were impressed by our work and the variety of pieces that were there. We truly are a very talented group who have been successful sharing what we know with one another. Hope you get to see this Exhibit. It is well worth the short drive to Gananoque.



The folks who set up and arranged the various displays at the Gananoque Museum for the fibre displays did a great job. In fact the whole venue and experience was top-notch. The CGNA panel display attracted a lot of visitors and comments, the display on Bobbin Lace was well thought out, and the lighting for the quilts was perfect.

Thanks guys for a great job! - *Avery Wagg*

Spring Program

Date	Show & Share	Learn-a-Stitch	Afternoon Activities
Mar. 2	Your choice	Mountmellick (Eileen)	Alabama reverse appliqué (Lorna) Open Stitching (including continuing Chicken Scratch)
Mar. 16	Silk Ribbon embroidery	Silk Ribbon (Sally)	Alabama reverse appliqué (Lorna) Open Stitching (including continuing Chicken Scratch)
Apr 6	One day Needle felting workshop with Wendo "Grumpy Old Tree"		
Apr 20	Your choice	Silk Ribbon (Sally)	Christmas Ornaments Open Stitching
May 4	Needle Lace	Needle Lace (Theresa)	Christmas Ornaments Open Stitching
June 1	Your choice	Needle Lace (Theresa)	Christmas Ornaments Open Stitching
June 15	Annual Business Meeting Pot Luck Afternoon program TBA		

Alabama Reverse Appliqué

Lorna



This class is meant to give you a fun and simple way to jazz up some of your plain t-shirts, knit dresses, skirts, etc. I plan to do some t-shirts or dresses for my granddaughters!

The technique is straightforward:

- (a) Stencil a design onto the garment using fabric paints.
- (b) Place a co-coordinating piece of knit fabric behind it.
- (c) Stitch the two layers together around the outer edge of the stenciling using a fun thread.
- (d) Clip out the middle of the top layer to expose the under layer.
- (e) Wear it!

Grumpy Stumps Workshop



From Wendo: My Grumpy Stumps workshop will be held on April 6, 2020, 9:30 - 3. We will create a wire armature of our trees and then clad it with fibre. The kit will provide everything we'll need to create these wacky trees. I ask all participants to bring their own scissors.

Kit includes: wire, felting needle, foam to work on, fibre, yarns and miscellaneous fibres for the leaves. If participants have a stash of yarns or embroidery floss or eyelash yarns they would like to use, please bring them along.

Note that this workshop will be funded through CGNA seminar funds. CGNA members pay only the kit fee of \$25. Still space to sign up!

Christmas in Springtime



CGNA is responsible for organizing the 2020 Ornament Exchange for EAC. Elizabeth and Janet have taken on this administrative task. Hopefully, many of our members will take part in this year's exchange. The time to start the stitching is this spring!! This is also the ideal time to check your stash for the little bits of ribbon, cord, beads, and gewgaws left over from other projects – they're expensive if you buy whole packages but a great thing to share. And those finishing techniques learnt from Theresa and Lorna last fall will come in handy. One stipulation: Ornaments destined for the exchange must be flat (for mailing).

Upcoming Events

For more information and updates, please visit our website: <http://quiltskingston.org/cgna/>

Ongoing – Apr 15. The Cataraqui Guild of Needle Arts presents **Old Traditions and New Innovations**, an exhibition of over 100 pieces of embroidery, quilts, weaving, bobbin lace, rug hooking, and beading. 1000 Islands History Museum, 125 Water St., Gananoque. Admission by donation.

Mar 6: Special presentation: **Antique Samplers** with Lianne van Leyen, 1:30 p.m.

Mar 27: Special presentation: **Intro to Bobbin Lace** with Theresa Lawrence and Donna Hamilton, 1:30 p.m.

Ongoing – Mar. 15. Wild. “Five emerging Canadian artists ... render fabulous flora and fauna that are defiantly aberrant, untamed, and uncultivated.” Textile Museum of Canada, Toronto.

Mar. 9 – 13 (9:30 – 4). **Beth & Barb’s Odessa Retreat** (Odessa Agricultural Hall). Bring your own lunch -- coffee, tea, & goodies supplied. Please contact Beth to book ahead as spaces are limited. \$15 per day.

Mar 27 - 28, 10-5. The Etobicoke Quilters' Guild presents **Quilt Fever 2020 - A Quilting Journey**. Neilson Park Creative Centre, 56 Neilson Dr., Etobicoke, ON. Admission \$10.

<https://www.etobicokequiltersguild.com/quilts-shows-gallery/quilt-fever-2020/>

Apr. 3 – May 3, Mon - Sat: 10 - 6 / Sun: 10 – 5. **Kingston Fibre Artists** present **Art Threads 2020**. [The Tett Centre for Creativity and Learning](#), 370 King Street West, Kingston. Free admission.

Meet the Artists: Sat, Apr 4, 2 – 4.

Demo Day: Apr 8, 1 – 4. Features presentations by: (a) Phillida Hargreaves – Sorbello Stitch (Hand Embroidery) (b) Carolyn Barnett – the Knitting Machine (c) Linda Coulter -- Printing with a Thermofax Screen (d) Lori Everett: Free Piecing and Free Motion Stitching

Apr. 3 (10 – 8), **Apr 4** (10 – 5). **Out of the Box Fibre Artists** presents **Fibre Fling 2020**, Art Show & Sale. Kitchissippi United Church, 630 Island Park Drive, Ottawa. Admission: \$5.

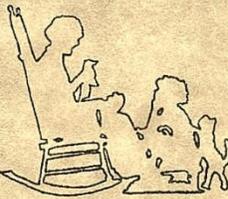
Apr 23 (10 – 5), **24** (10 – 7) & **25**(10 – 4): The Huron Perth Quilters' Guild & The Stonetown Quilters' Guild present **Piecemakers 2020 Quilt Show**. The Pyramid Centre, 317 James St. C., St. Marys, ON. Admission \$8.

<https://huronperthquiltersguild.com/> or <https://www.stonetownquiltersguild.com/>

May 2 – 3 (10 – 4) **Knowledge and Needles** annual spring re-opening. New goodies from the Nashville Market, a chance to re-stock necessities, and a time to rub shoulders with stitching friends.

May 1 – 3. 2020 Fibre Spring Retreat. 533 Route 315N, *Lac-Simon, Quebec*

<https://festivaltwist.org/en/spring-retreat-2020/>



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May 1 (10 – 8) & 2 (10 – 5). The Rouge Valley Quilters' Guild presents **Quilts from the Valley.** Forest Brook Community Church, 60 Kearney Dr, Ajax, ON. Admission \$7. <https://www.rvqg.com/>

May 2 (10 – 3). The Ottawa Guild of Lace Makers invites you to their 32nd **Lace Day.** Rendez-vous des aines francophones (RAFO), 3349 Navan Road, Orleans. Admission: \$5, children under 12 free. <http://www.ogldo.ca/?p=2594>

May 8 (10 – 7) & 9 (10 – 5). The Common Thread Quilt Guild presents their **2020 Quilt Show.** City View Curling Club, 50 Capilano Drive, Ottawa. Admission: \$10 per day OR \$15 for 2 days. <http://commonthreadquiltguild.ca/quilt-show-2020/>

May 8 (10 – 6) & 9 (10 – 4). The Mississauga Quilters' Guild presents **Mississauga Quilts!** at the Burnhamthorpe Community Centre & Arena, 1500 Gullenden Dr, Mississauga, ON. Admission \$8. Advance tickets \$7. <http://www.mississaugaquiltersguild.ca>

May 8 (10 – 5) & 9 (10 – 4). The Chatham Kent Quilters Guild presents **Stitches in Bloom Quilt Show.** St Paul's Congregational Church, 450 Park Ave W, Chatham, ON. Admission \$10. <https://ckquiltguild.com/category/quilt-show/>

May 18 – 22 (10 – 5) & 23 (10 – 4). Ailsa Craig Quilt & Fibre Arts Festival presents **Quilts of Spain.** Ailsa Craig Recreation Centre, 155 Annie Ada Shipley St, Ailsa Craig, ON. Additional displays at Ye Olde Town Hall and Ailsa Craig Arts Centre. Admission \$12; Youth \$5; Children Free <https://ailsacraigquiltfestival.com>

May 20-25: EAC Seminar - Rhythm of the Needle. Hosted by the Marigold Guild of Needle Arts. Saint Mary's University, Halifax, Nova Scotia. <https://eac-acb.ca/seminar2020/>

May 22 (10 – 6) & 23 (10 – 4). The Thousand Island Quilters' Guild present their **Quilt Show & Sale 2020.** Brockville Memorial Centre, Magedoma Drive, Brockville. Admission \$8. <https://thousandislandsquiltersguild.com/>

May 29 (10 – 8), 30 (10 – 6) & 31(10 – 4). The Niagara Heritage Quilters' Guild presents **20/20 Visions of Quilts in Niagara.** The Meridian Community Centre, 100 Meridian Way, Fonthill, ON. Admission \$8, children 10 and under free. <https://niagaraquiltersguild.com/>

May 30 (10 a.m. – 4 p.m.) Northumberland Hills Stitchery Guild hosts ONN meeting, including a display of needlework in Lion's Community Centre, 157 Elgin St. East, Cobourg. Open to the public, free admission.

June 6: Westmount Congregation and the Westmount Quilting Group present **Orillia Quilt Sale.** 23 Westmount Dr. S., Orillia. Free Admission & parking. Only cash & cheques accepted for purchases.

June 20 (10 - 4). Fifth annual **Lansdowne Textile Festival.** Lansdowne Community Building. **CGNA will be participating. Please save the day!**