

Patchwork Press



The Newsletter for Durham Trillium Quilters' Guild

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President's Message - Debbie K

Good morning to you all.

Another unique winter day has blossomed filled with potential as I look out my window and see green and brown grass with a flake of snow flying by. Wonder if it will stay around. It's such a different winter from the last few, but then again it has been and continues to be an incredibly exceptional year for the world.

Currently, we're experiencing another lockdown, a "stay at home order" in Ontario and many other provinces in Canada, bringing huge changes in the world's way of operating. Uncertainty in some things and sameness of behaviour in others. People making decisions that they never thought they would need to, and others wondering if they will get to make a decision for themselves. The world is in a huge state of flux

and we humans have a hard time with change. Our brains need to know that a new method to old habits will be safe before it truly accepts it.

It wasn't that long ago that any modification in routine meant danger and could cost an ancestor his/her life. Protection mode kicks in anytime there is a possibility of change to set ways. Also, the brain uses less calories when you work by habit versus doing something new. That is one of the reasons why, when you are learning a new pattern, doing something a different way, or working outside of your comfort zone, you may get anxious, hungry, or tired all of a sudden. Your brain is using up so many calories learning something new. Your mind is an extremely powerful and busy organ that does amazing things and can do more if we train it. If you want to learn more about this, there are some excellent Ted Talks

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Happy Valentine's Day

"To fall in love with yourself is the first secret to happiness."

-- Robert Morley

"Everyone of us needs to show how much we care for each other and, in the process, care for ourselves."

-- Diana, Princess of Wales

"Loving yourself isn't vanity. It's sanity."

-- Katrina Mayer

"We just need to be kinder to ourselves. If we treated ourselves the way we treated our best friend, can you imagine how much better off we would be?"

-- Meghan Markle

"Today you are you! That is truer than true!

There is no one alive who is you-er than you!

Shout loud, 'I am lucky to be what I am!'"

-- Dr. Seuss



on YouTube that I love to listen to while I am sewing.

Speaking of sewing (planning, prepping, piecing, quilting), there is a sameness of the craft that connects us with the world – past, present and future. A needle joining material - putting two pieces of fabric together creating something new in this world - helps add beauty, joy, warmth, and protection for those we care about. As quilters, we have the privilege of knowing how. For many of us, being able to do this craft is a way to focus on the now and leave the rest of the world outside the door for a while.

Last month, we had the pleasure of learning how to be kinder to our bodies while working at our craft. Rose Parr shared with us from her wealth of experience in three different professions to help us be in healthier positions while working, how to create a routine that is kinder to our bodies, and shared some exercises and stretches to help us warm up, relax and be more fluid while sewing and living. Rose has shared her PDFs with us so we can have the information at hand to keep us on track and stay healthy. Steven sent these out in an email to the membership on January 23.

One good thing about this COVID-19 lockdown is that we are able to have speakers at our meet-

We are still able to learn, grow, be encouraged, energized, inspired, and gather together as a community of like-minded people.

DTQG Morale Page

ings that were previously inaccessible. We are still able to learn, grow, be encouraged, energized, inspired, and gather together as a community of like-minded people. (And we don't even have to dress up if we don't want to.) I want to thank Lina and the other Executive for working so well at searching out interesting speakers and bringing them to us. Your Executive is a great team. They care about our members and are always thinking of ways to reach out and connect with you. I genuinely appreciate every one of them.

Today, the 24th of Jan 2021, is another Guild Sew Day hosted by Jacqueline. I look forward to connecting with many of you in the Guild for some sewing, crafting, or just chatting. We normally have between 20 – 25 people who drop in and join us on the Zoom Sewing time. So many have said it helps them get projects done (or started), and how chatting with others

has lifted their spirits. Many ask questions about techniques, advice on colours, input on layouts, share cool patterns or YouTube tutorials they have come across and, from others' input, have their questions cleared up. Just like being on a retreat, but you do not have to pack up your life to get together. If you have not joined us before, please drop in and share in the fun.

Our Morale Officer, Jacqueline, posts a wonderful article every week on our website and all her previous articles are there for you to glean from and enjoy. She has an amazing way of connecting with others and adding a bright spot to your day. You may even learn something new along the way.

Please enjoy this newsletter. It is packed with information, successes, and upcoming events developed by Kay who works so diligently at bringing us something that we look forward to reading. Thank you, Kay, for bringing us such a professional and interesting newsletter every month.

Until the next time we see each other, keep on stitching, creating, and taking care of yourselves. You are needed, wanted, and important just as you are. Thank you, be blessed.



Piecing a Love Story

For Valentine's Day, I want to share a truly remarkable love story that will just make you sigh with the depth of romance involved.

Although the story was first posted in 2013, it's an amazing tale that makes one realize that true love is everlasting. I don't want to spoil the quilt's story, so check it out here:

[Piecing a Love Story](#)

A Fabric Tip - Debbie K

The debate continues as to whether or not one should pre-wash their fabrics prior to making a quilt. There are various reasons for and against as evidenced by countless thread arguments on social media feeds and other internet sites.

However, if you are in the quilters' camp that favors pre-washing fabrics, this website outlines a great tip to make handling your yardage in an efficient, easy way while keeping the integrity of the fabric intact.



[A Fabric Tip](#)

Mystery Quilt - Kate H

We have over 45 members signed up for this year's mystery quilt program. So exciting!!

Sherri Hisey from Border Creek Station has designed a lovely quilt pattern just for our guild. Clue #1 was sent out the night of the last meeting. Hope everyone is putting along nicely. We've also set up a Facebook Group – DTQG 2021 Mystery and all participants have been invited to the group. We can share our progress, fabric selections, questions and good-natured camaraderie. In addition, Sherri has pulled together some fabric collections for those who need more beautiful fabrics. Some of us have taken advantage of ordering their fabrics directly and many of us have pulled from our



stash. Regardless of where you get your fabric, just have fun and do your best to keep up. Quilting is all about the journey and it is not a race!

Is it too late to join? NO!! There is still time to join if you want to hang out with the greatest group ever! The cost is \$15.00 per person. Use the "Contact Us" on the website regarding late registration and payment information. Clues will be emailed until such time that we can meet in person.

Looking forward to seeing the progress!!

Quilt Map

My grandma stitches swatches matching patches blue and red. She's making me a crazy quilt to snuggle with in bed.

I help her sort the batches into stacks of every size. I watch her sew. I watch it grow. I can't believe my eyes.

Up and down her needle flies turning clothes into a map. I try to read where I have been in flannel patterns on her lap.

A shirt I wore until it tore is now a country, soft and new. And jeans I ran in yesterday have turned to seas of faded blue.

My grandma stitches snatches of my past into a quilted land so I can sleep with memories... made by Grandma, all by hand.

-- Amy Ludwig VanDerwater



[Sue's Website](#)

[Guest Tickets](#)

February 8 Guild Zoom Meeting

Speaker: Sue Sherman

Topic: Quilting Journey of a Renaissance Woman

Our February meeting will feature speaker Sue Sherman who will give a talk called "Quilting Journey of a Renaissance Woman."

Sue is a national and international award-winning Newmarket textile artist working with fabrics, dyes, and sewing machine to make quilts depicting wild animals. She painstakingly paints or stitches feathers, scales, or fur to create very realistic images, mostly using her own amateur photographs as a basis for each design. Sue's other quilting interest is in hand stitching including Hawaiian quilting. To see some of Sue's work, visit her website using the provided link.

Guests are welcome to purchase tickets to attend this meeting. Tickets can be purchased up until 11:30 PM on February 04, 2021.

Life is like a quilt... Years bound together, embellished with family and friends, backed with tradition, stitched with love, with cornerstones placed carefully to create a one-of-a-kind journey through time.

Show & Share - Anne M & Jean K

Our monthly Show and Share is a chance to share finished quilt projects. We love to admire your work and hear the background story about the importance of the project to you. To display your quilt "virtually," please send a photo of finished projects with a few remarks to Laura B via dtqguild@gmail.com by 5:00 PM on Friday, February 5.

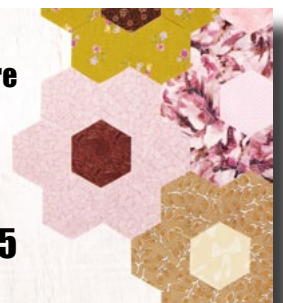
Please remember to:

- put "Show and Share" in the email subject
- include the name of the person submitting the quilt since we can't always tell from the email address
- send as many pictures as you like, but if there are a lot provided, we will limit displaying photos to two shares per person
- indicate your favorites if submitting more than two pictures
- provide a short blurb about the quilt(s) OR
- specify if you will talk about the quilt(s) at the meeting (note that stories will be limited to one minute per quilt)

Multiple entries welcome, but please use a separate email for each entry. Each submission qualifies for the monthly draw of a \$10 gift certificate from a local quilt shop. In June 2021, there will be a draw that includes all entries for the year. So remember - the more you participate, the greater your chance of winning a prize!

**Next
Show & Share
Deadline**

**Friday,
February 5**





Scrap Basket - Jaqueline H

"When life gives you scraps - make quilts."

Here's an adorable way to use up your leftover fabric. Take those odds and sods pieces and cut them into 2.5-inch squares. Center a 6.5 center block of light fabric, and build a frame around it with your 2.5-inch squares. In no time at all, you will have a 10x10 inch block ready to connect to another block.

So again, put one row of 2.5-inch squares all the way around your center square. Join these one blocks together to build rows, and voilà, you will have a scrappy quilt!

Note: the idea came together when a geocaching girlfriend ("Trishplayshorn") sent me this photo of her most recent top.



Morale Officer - Jacqueline H

If you feel unable to attend to your daily routines because of the Covid-19 stress, then it truly is time to seek professional guidance.

If you just need a boost, a laugh, or to feel a connection to others, then our website's morale page "Keep Calm and Stitch/Quilt On" is the place for you.

We have kept the full year of ideas and suggestions up so you can always dive down the rabbit hole of on-line wellness when you need a lift.

Please promise to be gentle with yourself and seek connections as needed. Your guild is here for you.

Guild Meeting Dates

Our guild meets every second Monday of the month.

In-person meetings are currently suspended due to COVID-19's physical distancing requirements.

Instead, members and pre-registered visitors will receive an email invitation to Zoom meetings. We look forward to you joining in and sharing at our virtual meetings.

Upcoming Presentations:

March 8 - Get Your Motor Running by Melissa Marginet

April 12 - Trunk Show à la Mode by Dawn Piasta

May 10 - Pandemic Art Quilt's Journey by Bethany Garner



Sew Days - Jacqueline H

With Sew Days #9 and #10 successfully completed, we are looking forward to more dates (and prizes). Please keep watching the website for updated sessions.

Sew Day #9 didn't have a "theme" as it accidentally fell on my husband's birthday. But Colleen Z earned that prize as she was the 16th person to reply back to save her spot (since my husband's birthday was Jan 16). We shared laughter, recipes, and loads and loads of humour.

Sew Day #10 was back to a theme. Participants had to come ready to fill in the blanks from the phrase...

My _____ of _____ are truly too many!

Did I mention we have a lot of laughs during a sew day??

I was going to turn it into a matching game (which quilter said which phrase, but I thought that might be too HARD). So here is the synopsis instead:

- MY 3.5 bins of blue fabric (and I don't even like blue fabric) are truly too many!
- My 41 pairs of scissors are truly too many!
- My 10 different block of the month project kits are truly too many!
- My 145 zippers are truly too many!
- My 10 sewing machines are truly too many!
- MY 600 magic pins are truly too many!
- My 18 quilt tops ready to be quilted are truly too many!
- My 3000 buttons are truly too many!
- My 8 types of hobbies are truly too many!
- My 50 rulers are truly too many!
- My 128 pairs of shoes are truly too many! (And that doesn't include the ones she has left in Florida!)

Watch for the Sew Day E-mails... we really do have a great time!



Upcoming Sew Days

Every Sunday usually starting at 8:00 PM, Debbie K hosts a sew along Zoom session for any member who would like to participate.

Jacqueline H has also planned some sew dates, in particular, some sessions to make more placemats for the Meals on Wheels (MoW) program.

We are extending the President's Challenge from last year to create more rays of sunshine and happiness for our community through this program.

Mark your calendars for the following events, and start times will be announced at our Guild meeting.

- **Wed, Feb 17** - MoW Sew Day
- **Sat, Feb 20** - MoW Sew Day
- **Sun, Feb 28** - MoW Sew Day
- **Sat, Mar 6** - Sew Day
- **Sun, Mar 14** - Sew Day
- **Wed, Mar 17** - St. Patrick's Quilt 'til You Wilt Sew Day
- **Sun, Mar 28** - Sew Day

Remember that pre-registering for the Sew Days organized by Jacqueline H puts you in the running for a \$10 gift card.

Collection of the Meals on Wheels placemats will be from March 5 - 12.

Looking forward to enjoying your company at these "sew" productive, uplifting, social events.



Library - Maria S

Since my job as a Librarian is not necessary at this time, I thought I would provide you with a website where you can find quilt patterns and instructions on how to make them.

The site is "JordanFabrics.com." Their videos on "YouTube" are very informative with clear instructions for making quilts using their own patterns.

Although they do not provide measurements for piecing together other companies' quilts (only their own), they do demonstrate

techniques very well.

Be sure to browse through their free patterns section as well. For purchases, be sure that you are on their Canadian site to get the correct prices for items.

Please let me know if you find this helpful, and if so, I will search for other web sites for you. Also, if you are looking for a particular pattern, I can *try* and find the instructions for you.

[Jordan Fabrics Tutorials](#)

Free Online Quilting Calculators

If you're like me, I don't like math. My talent is working with words, not numbers, and I freely admit it.

I admire those who can calculate and crunch math problems, especially in their head. To me, that is borderline magical.

This website is for mathematically challenged people like me. Be sure to scroll down to get to the main list of calculator options.

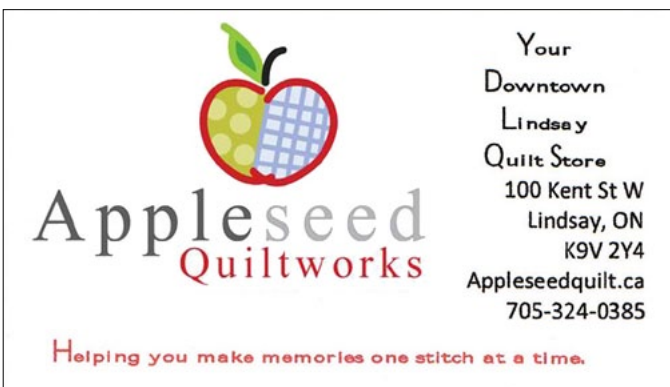
[Free Quilting Calculators](#)

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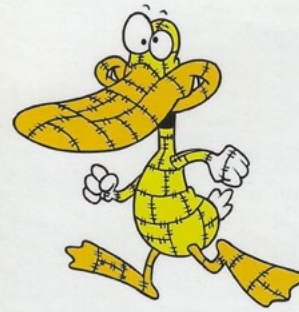


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No one is useless in this world who lightens the burdens of others.
-- Charles Dickens

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**Feb 22
9:00 AM**

The next newsletter submission deadline is February 22 at 9:00 AM. Thank you for meeting this deadline, it is super appreciated.



Membership - Diana S

Our Guild members' list continues to grow with previous members renewing their memberships and new people joining our group. We currently have 82 members in good standing.

For the foreseeable 2021 future, we will continue with our monthly meetings in a virtual format. That means it is an excellent time to encourage your out-of-town quilting friends to join us.

Simply visit the Durham Trillium Quilters' Guild website for the link to Eventbrite, the platform we are using to allow guests to pay meeting entrance fees. Don't forget, a guest paying to attend a Guild meeting is also entitled to join us for an "at home" sew day!

[Guest Tickets](#)

The Canadian Quilt Guild Network - Bev M

The Canadian Quilt Guild Network is a great Facebook group to join. All you have to do is belong to a guild (which we all do) to join. You can get ideas, ask questions, find out what other guilds across Canada are up to. They also have hosted a couple of virtual retreats.

I attended the last three day virtual retreat and was able to attend workshops, listen to Ricky Tims, Laura from Sew Easy, Trendex and more. Check it out!!

Also, be sure to look at the Quilts of Valour website under events to register for a free afternoon of sewing "Hug Blocks" for the quilts. Every block helps!

The Quilts of Valour Virtual Sew Day is February 5.

[QOV Virtual Sew Day](#)

Be My Valentine

As Valentine's Day approaches, you may be looking for a romantic outlet to creatively express your love.

When asked, "What is the most wonderful thing anyone has done for you?" many responses involve receiving someone's care and service.

As quilters, we love the process of cutting up fabric just to put it back together again, making items that become cherished family heirlooms, and using this craft as a way to give back to the world.

If you would like to start a sweet project for someone you love (including yourself!), here's a free pattern called Stitches from the Heart that was shared at one of the Guild's Sunday Night Sew Zoom meetings. Enjoy!

[Free Pattern](#)

Rebecca Page Virtual Quilt Summit

Rebecca Page is the founder and CEO of Rebecca Page Ltd., a company that develops and produces patterns for the modern sewist.

She is hosting a free virtual quilting and sewing summit from February 1-5. Over 20 world class instructors are scheduled to present at this online event.

[Quilt Summit](#)

Jennifer Tryon

You may recognize Jennifer from her previous job as a news correspondent. She is now a full-time crafter and is hosting a virtual sewing event from March 26-28.

While the event is sold out, there is a waiting list and other interesting ideas to check out on her website. Be sure to peruse her videos for lots of DIY ideas.

[Jennifer Tryon](#)





Blankets of Love

Sheila Ethier is a remarkable woman. This incredible nurse has created and given away over 2,500 Blankets of Love quilts to psychiatric patients since 1996.

To read more about her inspirational story, read the article written by Kyle Muzyka for CBC News. Quilting helped her deal with her pain. Then check out her website from the posted link below.

I hope her experience serves as a reminder that your special talent of crafting a quilt is truly remarkable and particularly needed by someone feeling shut in and alone.

[CBC Article](#)

[Blankets of Love website](#)

Quilts for Frontline Workers

It can be surprising to remember that quilting is a pastime enjoyed by people all over the world, and even in outer space as was mentioned in last month's newsletter.

Check out what Taruna Sethi is hoping to achieve by August 15, 2021 to honor some of India's frontline workers who are bravely facing the COVID-19 pandemic in that country.

While COVID is presenting challenging times around the globe, it's uplifting to see how others use quilting to fight for and appreciate others during this pandemic.

[Quilts for Workers](#)

With Tender Loving Care

I can't be there to hold your hand
I can't be there to hug you,
I can't be there to dry a tear,
But there is one thing I can do.

I can sit here in my room at night
And dream of you out there,
And make a blanket just for you
With tender loving care.

When you hold this blanket in your arms
And close your eyes real tight
You can feel the love I tucked inside
When I made this late one night.

So dry your tears and smile a smile,
You aren't alone, you see.
You have this special blanket -
You have a part of me.

-- Pam Braden

Heart 2 Heart - Kay K

For Valentine's Day, my focus is on loving oneself. This pandemic is sending me through a roller coaster of emotions from feeling caged to being scared witless to step outdoors. More of my dear friends have been exposed to COVID, one has contracted the virus, and I'm so scared for her.

However, life goes on. We have to work with what we have. And for me, that is doing things to inspire myself every day. Since the internet is full of all kinds of ideas, I will share only two routines that I try to do daily to keep myself from

getting overwhelmed and too sad about what's going on.

My first suggestion is turn on the music. I use the free website, I Heart Radio, to get myself in a better mood, maybe dancing a little, and energized. Type in an artist you like, and it will play songs that fit the musician's genre. I play Tony Bennett when it's time for me to get in the kitchen. If a song gets hung up, just hit the fast forward button, and you should be ok.

The second thing I do to cope is unclutter my brain. To do that, I put everything I need to remember in a wonderful program called

Trello. I use the free version, and it helps me organize my day, my family dinners, my daily routines, my newsletter schedule, and now my sewing UFOs (that one is quite a list!!).

It's ok to not feel ok, as long as you don't let yourself stay "not ok" for too long. Put these free tools to work for you for positivity. My hope as you celebrate the love in your life this Valentine's Day is that you take the time to love and celebrate you, too.

[I Heart Radio](#)

[Trello](#)