

# Patchwork Press



Newsletter for the Durham Trillium Quilters' Guild

Mail Address: PO Box 30575, RPO Stevenson King, Oshawa ON L1J 8L8

April 2021 – Issue 08

| [www.durhamtrilliumquiltersguild.ca](http://www.durhamtrilliumquiltersguild.ca)

| Email: [dtqguild@gmail.com](mailto:dtqguild@gmail.com)

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## President's Message - Debbie K

Good day, DTQG members.

As I was thinking about what to say this month the word "resilience" kept popping up in my brain. A great word, an extraordinarily strong, helpful word, and one skill all of us have had to develop over this past year. I see how each one of you has created coping skills for the new way of living that we had to learn for this time. I see how so many of us have learned new skills (Zoom being a big one) to find unique, creative ways to reach out and connect with others.

Part of being resilient is the ability to change direction when our plan does not seem to be working, or needs to be adapted to the situation in which we find ourselves. Being open to the different possibilities, other available solutions, and asking for help from people, encourages us to grow and develop into better versions of ourselves. Just like

## Welcome Spring

"If you watch how nature deals with adversity, continually renewing itself, you can't help but learn." -- Bernie Siegel, MD

with quilting. Sometimes we just don't have the exact colour fabric for what we were planning, but by being open to looking at other choices in our stash, we create something unique, beautiful and truly our own. And it helps us to grow by stretching us out of our comfort zone.

Welcome to spring, a season that shows us hope. Hope for the future, hope all things will renew themselves, and hope in the new growth around us. It's time for

us to get back outside, revel in the fresh colours that are springing out of the ground (I love the green colour of the grass and leaves in the spring), get inspired by the longer days, and continue to enjoy the new season. Our hearts and spirits are lighter for the most part, and we smile more which does so many good things for us physically. There is also hope this spring of many being able to get the COVID-19 vaccine so the world

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All article website and email addresses are clickable links.

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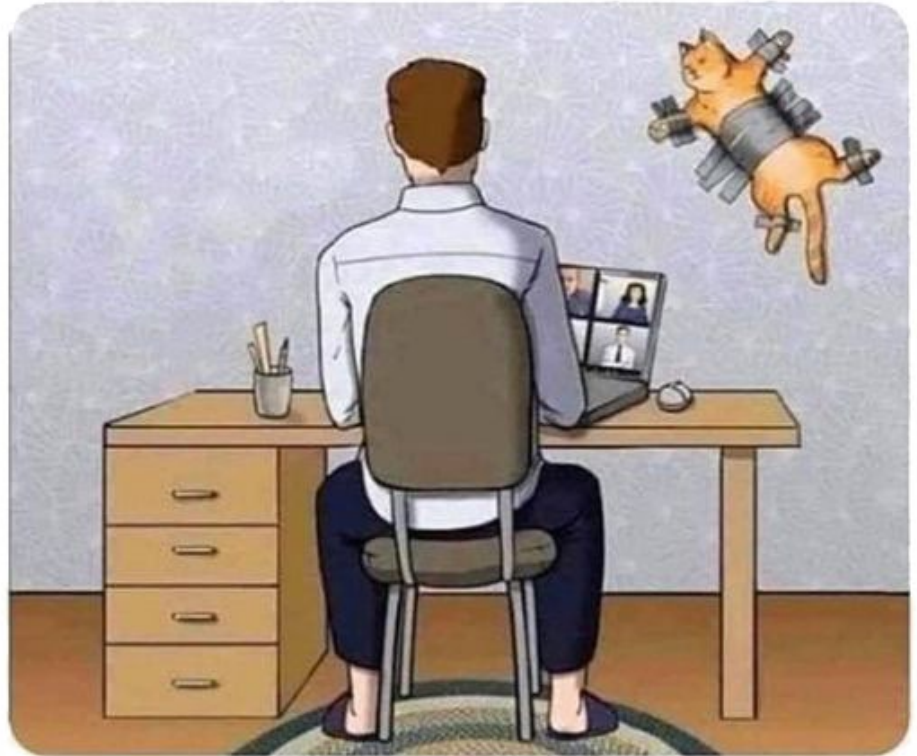
can have a more normal existence.

Your Executive team has been very responsive to change, creating opportunities for people to gather, sew together, share thoughts, gain insight and inspiration from each other, and keep us connected in so many different ways. They are an amazing team who care deeply about the Guild members and ensuring that resources are available for all of us to stay connected and growing in the art of quilting.

There are a few positions that are either vacant or will be becoming vacant at the end of this guild year. We need your help to keep this team vibrant, inspired, and able to continue to serve the members of DTQG in the best way possible. You have skills that can be shared with others and you can be part of a team that continues to make a good difference in so many lives. Thank you for considering sharing your talents by being a part of the Executive.

Many of you are the strength that is keeping your families together, adapting, and surviving this past year. Be immensely proud of yourselves and what you have been able to accomplish. Many of you have had to learn to work from home, create a space for children to do their learning, look after others in your family and community, totally change your routines, and still create wonderful works of art. You

# How to prepare for a Zoom meeting



are amazing.

There are many members in our guild that need us to send good energy, strength, healing for themselves and family members, and generally lots of love to help them to continue on with the tasks they have before them. Please, when you think of the guild or someone specific, send them virtual hugs, joy, and love. Together, we will survive and thrive through these unique times. Thank you for helping others.

I saw that Karen Brown has released a new video on how to cut straight. Here is the link to her web-

site where you will find lots of good information and videos. I am also including a link to the Mayo Clinic article on Resilience. I certainly learned so new things when I read it; hope you find it as informative.

Be blessed, have a Happy Easter and see you at the sew days/meetings/workshops coming up. Take care of yourselves.

**Just Get It Done Quilts**

**Mayo Clinic: Resilience**



# Please



The best way to find yourself is to lose yourself in the service to others.

-- Mahatma Ghandi

## Open Positions for the 2021-2022 Executive Committee - Sharon M

The Durham Trillium Quilters' Guild is only as successful as its members' involvement.

Despite these challenging times, the current executive is providing a guild year that surpasses many other guilds. We have been providing monthly virtual guild meetings, sew days, workshops, and executive meetings. This will continue into the next year whether it be virtually or in person.

To be successful, however, we are seeking out members to fill open positions on the executive. We would love to have you be part of the team that makes things happen. The goals of our guild (listed below) are achieved by having an executive in place and members who are committed to achieving them. Everyone in the guild is important and we all have skills and resources to contribute.

Please review the outlined positions that need to be filled for the 2021-2022 guild year and consider your availability to share your valuable talents with your fellow quilters.

## Help Wanted: Member for Nominating Committee - Sharon M

A member of the guild is required to serve on the nominating committee along with the Past President and Vice President. The mission is to actively seek candidates and recruit for open positions on the guild executive for the next guild year: 2021-2022.

If you would like to assist with recruitment, please contact Sharon M or Laura B to put your name forward. This is a short-term role but extremely important to the guild executive already in place for next year. Your guild needs you!

Many hands make light work. As quilters, we are not strangers to volunteering. Since the invention of needle and thread, people have come together to do their part to help create and build amazing quilts. You do not need to be an "expert" to volunteer for an executive role. "None of us is as smart as all of us." -- Ken Blanchard

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." -- Dale Carnegie

We invite you to join our executive team. "Alone, we can do so little, together we can do so much." -- Helen Keller



## DTQG's Goals

- Enhance the knowledge of quilting
- Preserve quilting as an art form
- Establish, maintain, and upgrade quilting standards
- Exchange ideas and methods
- Participate in community projects



## Open Executive Positions

### Guild Officer

- Secretary

### Voting Executive

- Membership
- Program
- Community Outreach
- Website
- Social
- Show & Share

### Non-voting Executive

- Community Outreach Helper(s)

### Secretary

This person is responsible to take, produce, and electronically distribute the Executive Meetings' minutes. Typically, the Executive Committee meets on the fourth Wednesday of every month except July. Currently, we have been meeting using Zoom. The president of the guild will establish the meeting schedule in August. If the secretary is not available to attend a scheduled meeting, it is their responsibility to find an alternative person to take down the minutes of the meeting.

Another important task which falls under the Secretary's portfolio is that they are responsible for managing the Guild's email account by forwarding messages to appropriate members. Regular mail also falls in this person's docket. The guild post office box is in Oshawa near King and Park. The mail should be emptied at least once a month, prior to the executive meetings, and distributed accordingly.

You may also be asked to attend an officers' meeting once or twice a year. These are called by

the president on an as required basis. Computer skills are required for this role. A working knowledge of word processing software is required for documenting the minutes.





## Membership

The Membership Convenor is typically one of the first members a guest meets. A smile and friendly face are very welcoming to our members and guests.

The convenor is responsible for compiling our membership information using an Excel spreadsheet. To ensure members are current, the convenor ensures members have registered and paid dues prior to adding them to the current member listing. If meetings are in person, the convenor may receive payments on-site. If payments are sent by e-transfer or cheque, the convenor records information on payments by email.

Maintaining the email address list on our Gmail account, and ensuring it is current and up-to-date is also part of the job. Other duties include ordering badges for our members and reporting on membership numbers to the executive.

This position requires working knowledge of Excel and email. The Membership Assistant can help with the learning curve as well as provide ongoing assistance with the duties.

Once we are meeting again in person, the Membership Convenor is required to attend each meeting or arrange for a representative to represent them at the membership desk.

## Program

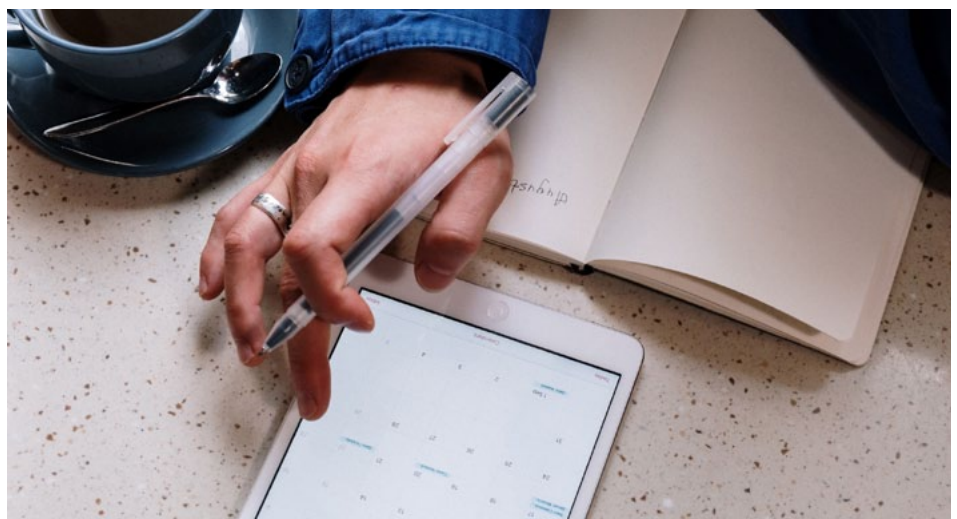
The Program Convenor selects and arranges the main features for our monthly meetings, except for December and June. The proposed invitees are submitted to the Guild's Executive Committee for approval. Using word processing software and email, a contract is drawn and shared with all parties. This contract and a payment request form is then submitted to the Treasurer to arrange payment to the presenter.

The Program Convenor ensures all equipment required by presenters is available on meeting night. If these guests are speaking virtually, assistance is available to the convenor. With in-person meetings, the Program Convenor is to be there to greet the presenter and help with setup and take down if necessary. The Program Convenor also is responsible for introducing the guest speaker to the guild and thanking them after their presentation.

## Community Outreach

Can you see yourself leading a group of quilters who produce what is needed for our guild to support our community? This has typically been a committee with a leader who would be the Community Outreach Convenor. At least one helper is also needed to assist the Convenor.

Community Outreach is an especially important part of our guild. This group prepares and tracks quilt kits, sorts through donated fabric, and distributes finished items to approved charities in the Durham region. The necessary supplies for this team may be kept in the Guild's storage unit or in someone's home. If you would like to be involved in this rewarding position, we would love to see this work continue. The current bins have been sorted and are in our storage unit just waiting for you.





## Website

The Website Convenor is responsible for maintaining the guild's website. The convenor is also responsible for adding new features as approved by the Executive. You need to be able to create and edit documents on the computer. The website platform is provided, but the knowledge of editing documents in a word processor or other program will assist you in editing the website.

## Social

Once we are meeting again in person it would be nice to have a Social Convenor to ensure we have refreshments and treats at our meetings. The equipment for hot beverages is currently in the storage unit and could be kept at the convenor's home if preferred. Treats are provided by members. The convenor creates a sign up for members to indicate which month they will bring refreshments.

## Show & Share

The convenor arranges for the display and presentations of all materials brought to the meetings by members. If virtual meetings continue, ideally the convenor will create a power point presentation and share it at the meeting. Assistance on how to do this can be provided if necessary.

## Proposed 2021-2022 Executive Committee

Officers	Voting Executive	Non-voting Executive
Debbie K • President Laura B • Vice President <b>VACANT</b> • Secretary Maureen E • Treasurer Sharon M • Past President	<b>VACANT</b> • Membership <b>VACANT</b> • Program Maria S • Library Holly P • Retreats Jacqueline H • Workshops & Sew Days Susan S • Publicity Advertising <b>VACANT</b> • Show & Share Kay K • Newsletter <b>VACANT</b> • Website Kate H • Block of the Month   Mystery Quilt <b>VACANT</b> • Community Outreach <b>VACANT</b> • Social	Barbara S • Chance Draw Jacqueline H • Fabric Basket & Retta H Pam T • Fabric Exchange Janet H • Library Assistant Diana S • Membership Assistant <b>VACANT</b> • Community Outreach Helper(s)

*"We have an awesome community of people in our guild."*



## April 12 Guild Zoom Meeting

Speaker: Dawn Piasta

Topic: "Trunk à la Mode"

Get ready to be inspired! Quilt artist, graphic designer and motivational instructor, Dawn Piasta will be coming to the Durham Trillium Quilters' Guild live via ZOOM on April 12. You will enjoy a "front-row seat" view of her colourful collection of art quilts. She incorporates many techniques (pieced, applique and multi-media) into her quilts. Dawn's work blends colour, pattern, surface design and stitching. Her work draws on influences of family, travel, global awareness and social issues. This prairie girl is particularly drawn to rainbows, rivers and wildflowers. Dawn's quilts have travelled

extensively through various exhibits in the United States, Canada and Europe. Dawn is a juried member of Western Canada Studio Art Quilters' Association (SAQA), a member of the Fibre Arts Network of Canada, the Fibre Arts Network of Manitoba (TFAM), and the Manitoba Representative of the Canadian Quilters Association. Most recently, she is one of the administrators of the Facebook Group "Canadian Quilt Guild Network." See Dawn's artistry on FaceBook, Instagram and on her website.

Guests are welcome! Click [here](#) to purchase a guest ticket. Guest tickets are on sale until April 8 at 11:30 PM. Guests will be emailed the online invitation a few days before the meeting.

[Website](#)

[Guest Ticket](#)



## Tutorial - Kay K

I haven't made it to this step...yet. However, I would love to try this some day. Here's how to made a personalized photo quilt label that is produced on your home ink jet printer. Perfect for a sentimental quilt to cherish for years to come.

[Photo Quilt Label](#)

## Scrap Quilt Inspiration

It's always a dilemma when it comes to quilt scraps. To keep or not to keep? And what to do with the scraps you just can't let go. Here's a link that may provide some inspiration for your next scrap quilt project.

[Scrap Quilt Ideas](#)



# Mystery Quilt | Kate H

We are past the halfway mark of the program! Woohooo!!

Congratulations to Judy B and Brenda L for their wins for January and February's submissions.

Our mystery group is 50 strong now and everyone should be receiving their emails by the end of the night of the meeting.

Sherri Hisey from Border Creek Station designed a lovely quilt pattern just for our guild. Clue #3 was sent out the night of the last meeting. Hope everyone is moving along nicely. The Facebook group

(DTQG 2021 Mystery) has been active and it's been fun to see everyone working diligently! The group is a safe space where people can share their progress, fabric selections, questions and good-natured camaraderie. Remember, quilting is all about the journey and it is not a race!

Prize details: How to get an entry for a prize? To be eligible for the monthly draw, send your progress photo (jpeg format) with your name and which clue # you are submitting in the subject line

to my email address available from the membership contact list. Photos must be submitted a week before the guild meeting to be eligible for that month's draw and to make it into the slideshow for the guild meeting. Please do not send them to the guild email or post them on Facebook only, they won't count! You must send it to me in an email.

**The next deadline for submission is April 4, 2021.**

Looking forward to seeing your progress! Happy sewing!!







## How to Kick Start Your Sew-Jo During Lockdown

Can you believe it's been over a year since we've had to deal with a global pandemic? While we're making the best of the situation, it has not been easy.

A number of things have suffered during this time - socializing with friends and family, special date nights out on the town, shopping just for fun, and for some families, the painful loss of loved ones and having to live through an extended isolation when you need to grieve.

A few important lessons have emerged from being "locked away" for so long.

Give yourself mental breaks. Safely keep in touch with others. Exercise. Don't let go of the things you love to do. This article outlines ways to stay connected to your sewing space and why it's important to keep on sewing as we keep on keeping on.

**Kick Start Your Sew-Jo**

## Your Purchase Counts - Susan S

Do you have quilt tops that need quilting? Check out our newsletter advertisers to find a long arm quilting service to do the quilting for you.

Are you running out of fabric during this pandemic? Look to our newsletter advertisers to discover where to buy more supplies.

Does your machine need a tune-up or servicing? Peruse our newsletter advertisers to find help for your machine.

Planning a quilting getaway? Contact one of our newsletter advertisers to help with your plans.

Supporting our local businesses is more important than ever. Here are some things you can do to support a friend's small business for free:

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It's easy to connect with our advertised vendors. Simply click on their ad in our newsletter and a link will take you to their webpage or social media platform. Thank you for shopping and supporting local!





## Show & Share - Anne M & Jean K

Our monthly Show & 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](mailto:dtqguild@gmail.com) by 5:00 PM on Friday, April 9.

Please remember to:

- put “Show & 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!



### 25 Stunning Quilt Borders to Inspire You

Be sure to scroll down past the ad to find a wonderful collection of border ideas to stir your imagination and challenge your sewing skills.

From simple to intricate, there’s a new border idea waiting to come alive under your needle.

#### 25 Quilt Borders

#### More Quilt Labels

Here’s another set of ideas to experiment with for your next quilt label. Lots of cool ideas to challenge your creativity.

### Snail’s Trail Block Pattern

If you would like to add to your “To Try” list, here’s a link that may be of interest. It’s for a Snail’s Trail quilt block, and the finished result is very eye catching. The instructions look like they’re easy to follow, as well.

#### Snail’s Trail Block

#### Baby Quilt Ideas

Babies are fabulous reasons to start a new quilt. If someone in your family is expecting, here’s some inspiration for you.

### Denim Quilts from Old Blue Jeans

If you have access to a lot of worn out or ruined denim, this project may be for you. It’s a great tutorial on how to make a denim quilt from blue jeans. I love this idea because my hubby works in construction, and his jeans are work casualties on a fairly regular basis.

#### Denim Quilts

#### A Hexie Project

Here’s a different project if you want to go for something that’s relaxing, yet satisfying. Little hexies can add up to a great quilt.



## Champion Win for Meals on Wheels

### A Photo Finish for Meals on Wheels - Jacqueline H

Thank you to everyone for helping with our Easter Placemat run for Meals on Wheels. We had between 10 and 20 people on each of the three days of work. I believe we sent 243 placemats in total for distribution between the Southern and Port Perry branches of Meals on Wheels. The colours were glorious. I would like to once again applaud and thank each and every one for contributing to this worthwhile effort. I know the recipients just radiate happiness when these small tokens are bestowed to them!

We had a neck-to-neck race for the most placemats sewn by any individual. I felt like I was announcing a wonderful horse race. "Out of the shoot, Holly took the

early lead with 8 placemats, but coming around the first bend, Lina gave us the number of 13!

"Then rounding the second bend, Holly announced she had 15 done.

"Lina was neck and neck with 17 completed.

"Three days before the deadline, Holly headed into the straight away with 17 completed, then Lina took the lead again with 23!

"On the final day of the event, both ladies were neck and neck almost at the finish line...when out of the dust came Andrew, thundering into the three-way tie for a photo finish! Wow, what an amazing feat and what incredible generosity from all of our participants."

Congratulations to all three top contenders for completing the "race" and getting in their place-

### Upcoming Sew Days

Jacqueline H has planned our next sew dates so mark your calendars for the following events:

- **Sun, April 4** - Sew Day from 1:00 PM - 4:00 PM
- **Thurs, April 15** - Quilt 'til You Wilt Sew Day starting at 9:00 AM
- **Sun, April 24** - Sew Day from 1:00 PM to 4:00 PM

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

mats. Your prizes (gift baskets of quilting goodies) will be dropped off in the week following the guild meeting. Again, congratulations! Our grand total of placemats from the 30 people that were able to help with this initiative was an amazing 243!!

### Fabric Basket - Retta H & Jacqueline H

Please keep saving your "hand sized" scraps of fabric for when we can gather again safely. Last month, I gave you instructions on sizes of squares you could cut for leader and ender quilts. This month, might we suggest you keep 2.5 inch strips of fabric together in a basket. You could make a scrappy log cabin for charity. It is amazing how quickly scraps make up into amazing projects. Please put scraps smaller than your hand into a doggie pillow case.



## Sew Day Socials - Jacqueline H

We are all looking forward to our April Sew Days. There is still time to get your name on our list. We take three hours and sew, sew, sew!

We also share "Tips and Tricks from the Sew Day Peeps." Our Sew Day Peeps are letting you know that now is the time to dig out your long forgotten rulers.

We will be surveying you at the Guild meeting to see which rulers you would be willing to share your expertise with, and which rulers are still problematic for you.

Please note the time change in Sew Days. We will go from 1:00 PM – 4:00 PM in the month of April.

The April Sew Days are Sunday, April 4 and Sunday, April 24. And just a reminder, we have a "Quilt unit you Wilt" on Thursday, April 15 from 9:00 AM until the last quilters' sewing. You may recall that our very own President worked in her sewing room until she wilted - after a whopping 14.5 hours!!

Our "Sew Day Socials" have been between 20 and 30 members usually. A reminder to pre-register with



Jacqueline so your name can go in for the pre-registered draw. Our winners thus far have been:

- Sew Day #1 - Grace R
- Sew Day #2 - Louise L
- Sew Day #3 - Barbara S
- Sew Day #4 - Judy B
- Sew Day #5 - Patricia K
- Sew Day #6 - Mary Lou H
- Sew Days #7 and #8 were on New Year's so no prizes were awarded.
- Sew Day #9 - Colleen Z
- Sew Day #10 - Terri F
- Sew Day #11 - Diane W
- Sew Day #12 - Margaret S

We will report monthly Sew Day winners in the future.

**Sometimes  
the best  
therapist  
has fur and  
four legs**

Mika modeling a quilt by Patricia K



### Morale Officer - Jacqueline H

Wow! What a year it has been! I would personally like to thank all of my new found ZOOM friends. Did you know that sometimes at an in-person meeting, you can't really chat with every one you would like to? But in our sessions on Zoom, you can connect with many more people and make lasting friendships. It takes a village to raise a child. Well, it takes a few ZOOM meetings to build a quilt. So... keep calm and quilt on!



## Community Outreach - Maria S

Last month, I volunteered to help out with Community Quilts. Andrew, my son, who just renewed his membership recently, and I have been putting together kits made from both our stash and from fabric, batting and backing donated to the Guild. On Tuesday, March 23, we delivered two containers to Laura B, our Vice President, and she is ready to be the pick-up and drop-off point for you to come and pick up kits to make quilts. At the moment, we have quilt tops ready to be quilted, and soon we hope to have some kits ready to make quilt tops. The Children's Aid Society is looking forward to accepting our quilts and some walker bags for their members. Please contact Laura B before you drop by to pick up a kit or drop off a completed quilt. As we move forward with the program, we will be having a draw for prizes for those who complete these quilts and other quilts donated to the Community Quilts program. More details to come soon!

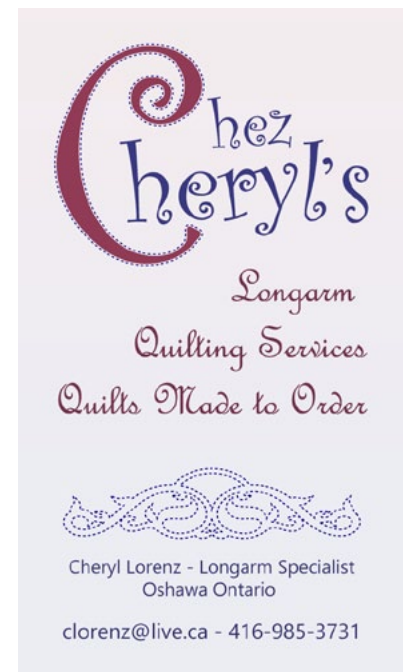
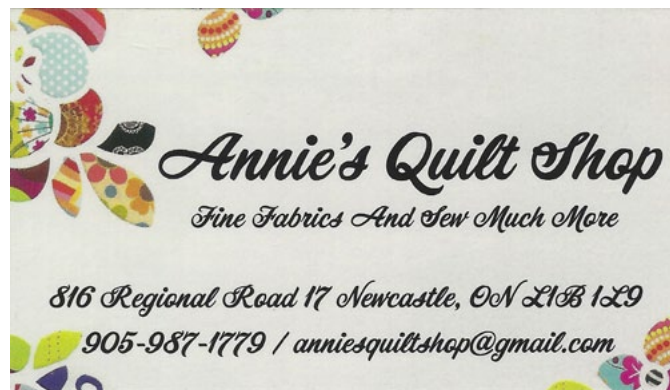


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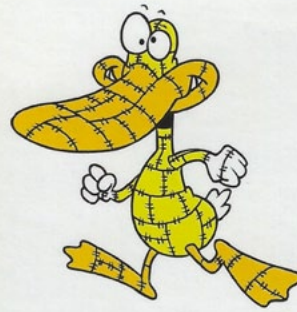


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## How Ida Holdgreve's Stitches Helped the Wright Brothers Get Off the Ground

Can you believe a spelling mistake got Ida Holdgreve a job with the Wright Brothers? Yes, THOSE Wright brothers of airplane fame. Check out the incredible story about a Dayton, Ohio seamstress who ended up becoming a key part of aviation history using her sewing skills.

### Ida's Story



## Editor - Kay K

I'm looking for graphics. Sometimes, it's hard to find the right quilt illustration on a stock photo website, particularly when the Show & Share pictures demonstrate the incredible talent of our guild.

If you are interested in having your quilt or other item potentially featured as a graphic illustration in one of our newsletters, I'd love to get a picture of your project for our guild's graphic library. Submission signifies you give permission for the DTQG to use your photo for its newsletters as needed. Put newsletter as subject.

Please email me at:  
dtqguild@gmail.com

### Mini Quilt Patterns

### Designing Your Own

Have you ever wanted to design your own quilt? Maybe you have ideas swirling as you sew, or inspiration comes along as you have to rip out that seam yet again. Check out this link to see how one woman approaches quilt design. Her thought process and work method are interesting.

### Sewing Room Tips

I am going to use the first tip presented in this little article to keep my rulers super handy. I don't know why I didn't think of it myself, but I'm so glad that I can use it to keep those rulers organized, yet accessible. Yay!

Some of these mini quilts are just too adorable for words. Take a peek, and you'll start getting ideas.

### Holy Toledo

If you like making half square triangles, this project is for you. While the pattern is not free, it looks pretty amazing.

### 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 Presentation:

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





Cross-stitch project by a DTQG member

### Gee's Bend Quilters

Quilting has been influenced from all over the globe. The celebrated Gee's Bend quilters have permanent collections in museums all over the world and were an influence for Michelle Obama's dress in her official portrait. Check it out with the title link.

### Canada's Quilt History

If you've ever been curious about Canada's quilt history, this article provides a comprehensive yet interesting overview of how quilting in Canada began as a necessity and has since evolved into an art form.

### More Quilt History

Whether intentional or not, every quilt has a story. In this collection of articles, we learn about quilting women in a way that history books simply can't capture. The pictures of hand-sewn quilts are exquisite and denote hours and hours of patient labour, all making up each quilt's story.

### Stabilizing Quilts

Maybe this is something you already do, and maybe it's something you might try for your next complicated quilt. This article reviews the plus side of anchoring your quilt layers before the free motion step, ensuring everything is super secure to prevent hiccups.

# be happy



Have a sense of wonder.



Stay inspired.



Help others.



Do things you're good at.



Read books.



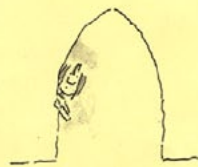
Limit television.



Love your work.



Exercise.



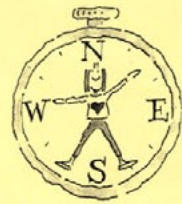
Face your fears.



Believe in yourself.



Stay close to friends and family.



Let your heart be your guide.

BY MONICA SHEEHAN

## Just for Today - Kay K

It looks like we're headed for another lock-down. To say Covid-19 has everyone worn out is an understatement. Unfortunately, I know first hand the viciousness of this disease. We lost my hubby's uncle last March, and it has made my family super cautious about being in contact with others, especially our senior family members. So please, stay vigilant.

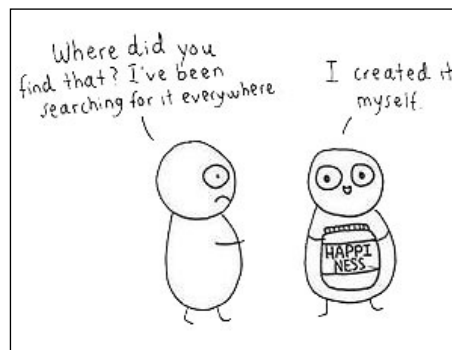
I want to share my "go to" message in the hopes it will help you take life day-by-day right now. I don't remember how I got a hold of this article by Sibyl F. Partridge, but it helps me check in with myself. I hope you find it useful, too. Above all, be happy.

### JUST FOR TODAY

Just for today I will be happy. This assumes that what Abraham Lincoln said is true, that "most folks are about as happy as they make up their minds to be." Happiness is from within; it is not a matter of externals.

Just for today I will try to adjust myself to what is, and not try to adjust everything to my own desires. I will take my family, my business, and my luck as they come and fit myself to them.

Just for today I will take care of my body. I will exercise it, care for it, nourish it, not abuse it nor neglect it, so that it will be a perfect





machine for my bidding.

Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways; I will do somebody a good turn and not get found out. I will do at least two things I don't want to do, as William James suggests, just for exercise.

Just for today I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with praise, criticize not at all, nor find fault with anything and not try to regulate nor improve anyone.

Just for today I will try to live through this day only, not to tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.

Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate two pests, hurry and indecision.

Just for today I will have a quiet half-hour all by myself and relax. In this half-hour sometimes I will think of God, so as to get a

little more perspective into my life.

Just for today I will be unafraid, especially I will not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that those I love, love me.



You can rise up from anything. You can completely recreate yourself. Nothing is permanent. You're not stuck. You have choices. You can think new thoughts. You can learn something new. You can create new habits. All that matters is that you decide today and never look back.

[averstu.com](http://averstu.com)

