

Pieces of the North

Yellowknife Quilters Newsletter

Website: www.ykquiltersguild.ca

January 2022
Issue 175

Quilt Art by Hazel Wainwright

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Next Meeting

January 13, 2022 at 7:00 pm,
via Zoom
(Zoom link to be sent via email)

2022
happy new year

*May the New Year bring you happiness, peace, and prosperity.
Wishing you a joyous 2022!*

~ From The Executive ~

President's Message

Happy New Year.....

Hope you all had a great holiday season and got a chance for a little R & R and some quilting. The January 13th meeting at the Baker Center was intended to be "a return to normal....ok, as "normal" as we can be, with the return of the "Special" and "Book" Draws, in person demos, etc.

Sorry...☹ Thursday's update from the Office of the Chief Public Health Officers reporting a record number of new cases of COVID-19 within the territory in the past day; telling schools to delay reopening classrooms; asking territorial government and other staff to work from home if possible from Friday onward; discouraging non-essential travel within some of our communities, etc., etc....has resulted in the Executive agreeing that the appropriate move is to take the January meeting to a full Zoom event.

So, let's do this! Starting with SHOW n TELL... Send me (lgw@northwestel.net) pictures of what you are working on...works in progress... completed pieces... pieces you need help with, etc. You all know Show n Tell is my favourite part of each meeting. I, like others, use it for inspiration. I will put the pictures together in a slide show, and you can talk about your piece when we show it!

If you have an idea, a tip, a book, or anything quilting related that you would like to share with the group, there will be space for that too. I know it feels like we are taking a step backward, and that is probably true to some extent - but they didn't write an instruction manual on how to survive and thrive in a pandemic, but we are going to give it our best shot. A link for the meeting will be sent out

with this newsletter. Remember, if you have a guilty friend you would like to introduce to the Guild, please invite them to join you.

A couple of other bits of business...1) The Sharing Gift Blocks are due back at the February Meeting, or you can drop them off in the Guild Basket by the Library. Be sure and put your name on it; and 2) Donna is looking for online quilting courses that might be of interest to our members and will talk more about it at the meeting. If you have any suggestions, please send them to her at baja@ssimicro.com with "Online Course Recommendation" in the subject line.

And with that, I had better start doing a little research on a tip/trick/technique to see what might interest you at the meeting.

Take care and stay safe....

Linda

Make More Quilts!

My 9 Best Productivity Tips and Trick
to Help you Finish Quilts Faster!
From Tiny Orchard Quilts

1. Organization
2. Establish a work triangle
3. Embrace chain piecing
4. Prepare yourself for sewing
5. Have the right rulers
6. Make a sample block
7. Get rid of distractions
8. Schedule it (sewing time)
9. Outsource

For source video click:

https://www.youtube.com/watch?v=t7xFgC_E7EI

Out of Town Teacher Announcement/Request

As I am sure most of you are aware, we have been unable to schedule any teachers from out of town to come teach for our Quilt Guild. Because of the past/present and possibly future Covid situation, we won't be having any out-of-town teachers for the foreseeable future. This is so unfortunate as we have in the past been able to bring up some pretty stellar instructors, but it is what it is at the moment.

We still have some Arts Council grant money left over (from 2020) that we need to spend. The Arts Council has been giving us a little bit of leniency on this but we do need to spend the money on member education. One way we thought that we could use the money would be to help subsidize an online course that a member may be interested in taking.

So...what does that mean??

It means that if you wish, you may take any online course that you would like (from a Canadian, American, British, French, etc. instructor or a Zoom course from a quilt shop located in another province or country) and the Quilt Guild will reimburse some of the cost for you to take it. We recognize we have a variety of local classes (which we encourage you to take!!), but we are making this offer give you an opportunity to do a class that you may never have had the opportunity to take before and perhaps meet instructors/students from all over the world. You may choose an on-demand class or participate in an online Zoom class...whatever suits you best.

The complete logistics are still being worked out but a couple of quick facts for you to know and to encourage you to start thinking about what you might like to take.

1. It is open to all Quilt Guild members and will be a minimum of a \$40.00 contribution to the class you choose. It might be slightly more depending on how many or how few people choose to do this.
2. Feel free to send to me any instructors that you may like to take a class from so that I can share it with all members. I will be doing up a list of of some instructors that I know that do online classes and sending them out to you all. I am hoping to do that after our next meeting so that will give you time to submit some names to me.
3. You will need to submit a copy of the payment receipt to me (Quilt Guild Treasurer) in order to be reimbursed.
4. Payment for the class and submission of your receipt must happen by Monday, March 14, 2022. Your class can be scheduled and completed at any time.
5. You aren't obligated to do this. We are just providing this one-time opportunity for our members to foster your continuing quilt education.



I know this might seem a bit confusing but...feel free to contact me or any executive member with any questions, comments or concerns you might have. The executive has been working hard towards bringing you this opportunity so hopefully it is something you will be able to participate in.

Donna

Out of Town Teachers Co-Ordinator and Treasurer

December Meeting Show 'n Tell



More Show 'n Tell



Holiday Cheer at December Meeting



Top 10 Quilting Tips from Chatterbox Quilts

- 1) Close Your Rotary Cutter - every time after making a cut
- 2) Measure Twice, Cut Once - avoids errors
- 3) Buy Good Quality Thread - least expensive item in quilting and will save time and frustration
- 4) Wind Several Bobbins - before starting a new project have several bobbins ready
- 5) Clean Your Bobbin Area - for every new project, a clean machine is a happy machine
- 6) Wind Bobbins for Free Motion Quilting - FMQ can use up bobbins
- 7) Start with a New Needle - start with a new needle for a new project
- 8) Clean Your Iron - avoid ruining fabric
- 9) Don't Iron Your Fabric - Iron fabric once, save you time
- 10) Put Fabric Away - easily retrieved when needed



For the full video click:

<https://www.youtube.com/watch?v=iYJ9EP0QvCc>

Recipe Corner



We all struggle when preparing meals for our families while we have been spending the day quilting. Your problem is solved here in our new QUILTER'S RECIPE CORNER!! Each month we will give you a quick, tasty and healthy option so you can spend more time working on your projects and not in the kitchen! If you have a recipe that you use that's quick to prepare, please send it to us at YKQuilters@outlook.com. We would love to use it in our Corner.



Unrolled Cabbage Rolls

Yield: 8 generous servings

Nutritional Information: 258 cal, 3.3g fat, (my input - a minimum of 4g fiber, not noted in original recipe)

Provided by Linda Whitford, Reprinted with permission from Greta Podleski (Looneyspoons Collection).

Ingredients:

¾ cup chopped onions
1 clove garlic, minced
1 ½ cup low sodium, reduced-fat chicken broth (I replace ½ cup of the broth with water to help reduce the sodium even further)
¾ cup uncooked long grain white rice
1 medium head cabbage (about 3-4 pounds)
1 ½ pounds lean ground turkey (skinless)
1 egg white
¼ cup chopped fresh parsley
1 tsp dried marjoram
½ tsp each salt and black pepper
2 cans (10 oz each) low fat condensed tomato soup (Campbell's healthy request).

Directions:

1. Spray a medium saucepan with non-stick spray. Add onions and garlic. Cook over medium heat for 2 minutes, stirring often. Add broth and rice. Bring to a boil. Reduce heat to medium low. Cover and cook for 20 – 25 minutes, until rice is tender, and liquid has been absorbed. Stir occasionally.
2. Meanwhile, bring a large pot of water to boil. Cut cabbage into 8 wedges. Boil cabbage wedges for 5 minutes. Drain, remove tough inner pieces. Separate individual leaves and set aside.
3. Combine cooked rice with turkey, egg white, parsley, marjoram, salt and pepper. Mix well (using your hands works best).
4. Spray a 13 x 9 inch baking pan with non-stick spray. Line bottom with ½ the cabbage leaves. Spread rice/turkey mixture evenly over cabbage. Top with remaining cabbage leaves.
5. Empty both cans of soup into a medium bowl. Add 1 can water and mix well. Pour soup evenly over cabbage. Cover and bake for 1 hour at 350 degrees. Reduce heat to 325 degrees and cook another 45 minutes. Let cool for 5 minutes before serving.



Longarm of the North

Offers longarm services, fabrics, quilting
and knitting supplies, and locally handmade products

roxanne.julie@longarmofthenorth.com

Center 50 Mini Mall, Yellowknife

867-445-2986 or 867-688-7932



The Quilted Raven

www.thequiltedraven.com

Email: thequiltedraven@northwestel.net

5005 53rd Street
1-867-920-0303

Members Giveaway Table

More and more Guild members are purging their stashes and offering items to Guild Members at the meetings. We will be setting up a table in the outer hallway for any items you would like other members to treasure.

Meeting Etiquette

Please be courteous when someone has the floor and refrain from other conversations.

Newsletter Submissions

Please send articles, news, favorite quilt websites, tips, and other quilt related items for the newsletter to:

leslie06thomas@gmail.com

Deadline for submissions is the 3rd Thursday of the month by 7:00 p.m.

North of 60 Quilting Services

North of 60 Quilting Services

We have options!
Let us finish your quilt
OR
learn to use the longarm
and finish it YOURSELF



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Marilyn McGurran

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Executive for 2021-2022

quiltingyk@gmail.com

President	Linda Whitford
Vice President	Kathryn Paddock
Secretary	Teresa Watson
Treasurer	Donna MacDonald
Director	Alecia Callahan
Director	Leslie Bromley

With Help From

Cindy Taylor (Membership), Debbie Gillard (Library), and Leslie Thomas (Newsletter)



@YKQuilters



Yellowknife Quilters Guild

www.ykquiltersguild.ca

ADVERTISING RATES:

Members for Sale Items FREE

Businesses \$35 full page
 \$20 half page
 \$10 quarter page
 (or equivalent)



*Canadian Quilters' Association
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