



## 2015 - 2016 Executive

President:	Joy Brown
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Membership:	Kathy McColeman
Secretary:	Marsha Unheim
Programs:	Margaret Hill
Library:	Judy Walkey
Newsletter:	Sharon Walker
Comfort Quilts:	Terry Whiteman
Website:	Teresa Niwinska

<http://gmdqg.ca>

Hello everyone,

Have you noticed how the maple trees are changing color into fabulous shades of pinks, reds and rusts? I remember as a child growing up in England having calendars sent from relatives in Canada with these fabulous pictures of colorful scenes with maple trees. Now I get to see the real thing!

We have an active itinerary leading up to Christmas starting with an interesting class this month presented by Teresa, which I am looking forward to having already seen the woven samples.

At the beginning of November, we have the White Rock retreat. We always have a great long weekend with a lot of quilting, laughter, good food and the odd bottle of wine. I think there are still a few spaces left if you are looking for a fun weekend. Catriona will be happy to help you!

The Executive is going to review the guild's "Policy and Procedures" document as it has been pointed out to me that a couple of items need to be revised. Therefore, if you have anything you would like to see added or removed from the last revision dated June 2013, please contact me.

See you all at our October meeting,

Joy

Grouse Mountain Day Quilters Guild meets the third Thursday of the month at 10 a.m. at St. Martin's Anglican Church, 195 Windsor Road East, North Vancouver.



## PROGRAMS

Thanks to Joy for providing the September program. It was lovely to reminisce about Judy and see all the beautiful quilts from her family.

Teresa will be leading the October workshop. I hope everyone is busy sewing their tubes! If you need the instructions, look back at the September newsletter. For the workshop, you will need to bring:

- Completed tubes
- scissors
- 100 small head, short straight pins or push pins
- masking/painters tape or 1/4" double sided tape
- 20" X 22" cardboard to weave on
- marking tool [chalk, pen or pencil]
- 1 yard of backing fabric [can use muslin]

November will be the "Back to Basics" session with stations of demonstrations given by several of our own members. Come prepared to learn tips and techniques from those with lots of experience. Bring questions, too!

The UFO sign up will be available again. The fee is \$2 for general quilts and \$1 for Comfort quilts.

See you with your 36 tubes!!

Margaret

(Comment from Sharon – Teresa's method of ironing the tubes by pulling the strip of plastic through the tube is spectacular – even if I never make the woven quilt again, I will remember that technique. It was so simple and so effective. Thank you Teresa!)

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NEWS  
UPDATE



*Canadian Quilters' Association /  
Association canadienne de la courtepointe*

## **Quilt Canada 2016- Registration Date Delayed!**

Registration Date Delayed!

You heard it right, we are delaying the registration because something BIG is happening and we WANT YOU to be in on it!

We don't just mean a bit BIG, we mean GIGANTIC BIG EXCITEMENT! We can hardly contain it, but we are going to sit on it until October 28, 2015. Then we are releasing our AWESOME NEWS! You do not want to miss this, so be sure to join us on October 28th when we tell you our BIG NEWS! Information pertaining to Quilt Canada 2016 at the International Centre in Toronto, Ontario, June 15-18, 2016 is now on our website:

<http://www.canadianquilter.com/events/quilt-canada-2016.php>.

We have 50 workshops and many levels of pricing to meet your budget! We also have 9 Lectures to offer you. Get ready to register: October 28, 2015 for CQA/ACC members and November 18, 2015 for non-members.

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## Trend-Tex Challenge

Kits for the 28th Annual CQA/ACC Trend-Tex Challenge entitled "Living a Life in Green" will be available for purchase on October 1, 2015 for CQA/ACC members and October 15, 2015 for non members. Rules have been published in the Autumn 2015 "Canadian Quilter" magazine and on our website:

<http://www.canadianquilter.com/events/quilt-canada-2016.php>

The CQA/ACC will have a booth at the Fall 2015 Creativ Festival in Toronto at the Metro Toronto Convention Centre, North Building, where you will be able to visit us and purchase your Trend-Tex Challenge Kit.

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## Guild Insurance

November 1, 2015 is the renewal date for guilds already enrolled in the "umbrella" property and/or liability insurance plans that the CQA/ACC has arranged with Intercity Insurance Services. The cost remains the same as last year: \$130 plus applicable tax for Liability Insurance and \$80 plus applicable tax for Property Insurance. If your Guild hasn't already taken advantage of this great plan more information can be found on our website or by contacting: [secretary@canadianquilter.com](mailto:secretary@canadianquilter.com)

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## CQA/ACC Board of Directors and Administration

**President:** Linda Schmidt [president@canadianquilter.com](mailto:president@canadianquilter.com)

**Vice President:** Leslie Whitby [vicepresident@canadianquilter.com](mailto:vicepresident@canadianquilter.com)

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**Social Media Director:** Jackie White [socialmedia@canadianquilter.com](mailto:socialmedia@canadianquilter.com)

**CQA/ACC Administrative Assistant:** Jackie Philpott [jackie@canadianquilter.com](mailto:jackie@canadianquilter.com)

**Sponsor Coordinator:** Jackie White [sponsors@canadianquilter.com](mailto:sponsors@canadianquilter.com)

**Conference Coordinator:** Liz Thompson [cqacoordinator@gmail.com](mailto:cqacoordinator@gmail.com)

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## WHITE ROCK RETREAT

Friday, November 06 to Monday, November 09, 2015

### OIL THOSE MACHINES & PACK YOUR BAGS !

We will be staying at the Ocean Promenade Hotel, 15661 Marine Drive in White Rock. Reservations: 1-888-976-2326 [www.oceanpromenadehotel.com](http://www.oceanpromenadehotel.com). A variety of rooms are available – from single and double bedrooms to full kitchen, 2-bedroom suites to share with others. Book your own room and let them know you are with the Grouse Guild, as we have arranged a special room rate for you.

The cost per person to rent the Conference (sewing) room is \$ 50.00 for the weekend. Call Catriona (604) 985-2193 and she will put your name on the list when she receives your deposit. **Deadline for your deposit is at the October 15<sup>th</sup> meeting.** This deposit is non-refundable, unless you are able to replace yourself with another member.

There are many restaurants within walking distance of the hotel, or if you are planning to rent a suite, bring your own food. There is also a daytime breakfast & lunch coffee shop in the hotel.

This is a great time to share ideas, finish off UFOs, or just sew, sew, sew.

Hope to see some of our new members join us for a fun-filled weekend of quilting and getting to know each other a little better.



Moja Coffee Corp.  
1412 Rupert Street  
North Vancouver, BC V7J 1E9

Moja is a wonderful place to grab a cup of coffee. It is located at the corner of Rupert Street and Harbour Avenue (east of Canadian Tire).

Moja takes pride in supporting our community and we are pleased to thank Moja for their generosity.

When in the area, please drop in for a coffee. Enjoy a Thomas Haas treat and say 'Thanks' for providing our guild with coffee every month.

## COMFORT QUILTS

At the last meeting we donated six single sized bed quilts to Sage House. Please keep an eye out for mushroom and food prints. The chef at the hospice is interested in having a quilt using food fabrics.

In the next couple of months I will be looking for some help in cutting strips and squares, to make some kits for our comfort quilts. Please let me know if you can help. We can either get together at my house or you can take some fabric and cut it at home.

I have been contacted by Lisa Hansen at Sunnyhill Hospital where I used to work. They are wanting to make and donate some quilts to an orphanage in Copper Canyon Mexico. They would like bright colored tops or quilts approximately 45 by 60 inches. They can be finished or unfinished with any kind of batting, but they would prefer flannel backings. If you can help in any way please contact Lisa at [778 870 6910](tel:7788706910). Someone will be taking them down to Mexico possibly next March so that gives us lots of time to get busy.

Terry

At the September meeting, Manisha Dadlani thanked the guild on behalf of North Shore Crisis Services Society for the quilts they had received from us. At their The Good Stuff Connection location, they will happily take donated clothing and household linens. It is located at 154 West 3rd Street in North Vancouver. Sage House and its residents are the beneficiaries of many of the donations. Their website is <http://nscss.net/how-to-give>. It includes instructions on how to delete your browser history – which totally put a chill into me. But it clearly points out that there are women out there who need to know how to clear their browser history for their own safety. It makes me happy we have supported NSCSS through Sage House.

Sharon



## FOR SALE

### B-Line Home Quilting System

I have a quilting frame set-up seated on a folding table. The approximate measurements are 8ft. 4inches long by 38inches wide. The unit comes with a B—Line Cruise control with manufacturers instruction manual for set-up. The tracks and take up rods are all in good order. Sale price \$400

I also have a Babylock Quilters Choice Professional sewing machine with a 9inch throat, which I use on the frame. The machine comes with feet, extra bobbins and a Babylock Instruction and reference guide. Price \$800

I am trying to streamline my sewing room as we will probably be downsizing in the next couple of years.

Joy Brown



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## Suggestions for Success!

(from Loose Threads in Quilters' Connection Magazine, September 2015)

*Every quilter has a time in their life where they lose their motivation to quilt. For some it happens more often than others - sometimes it's just that life gets in the way. Or maybe you've*

*taken a break from quilting for another reason - such as an illness or extended holiday - and just can't seem to get back into the swing of things. Whatever your reason, don't be down on yourself for it. It happens to the best of us.*

Here are a few tips to help you get your quilting mojo back, and get those projects done!

## **CALL A FRIEND**

Make a date with a quilting friend for an afternoon, or if you can swing it, a full day of quilting.

## **ATTEND A GUILD MEETING**

There's nothing like a Show & Tell to inspire you to go home and sew!

## **MAKE A LIST**

Write down all the UFO's you have, and every time you complete one, cross it off. You'll have that feeling of accomplishment and satisfaction as you see the list shrink!

## **PENCIL IT IN**

Schedule quilting time in your calendar. Be realistic though - if you can only do 30 minutes, three times a week, then so be it.

## **THERAPY - RETAIL THERAPY**

Go shopping! Buy a magazine or a new book and spend an hour reading. It's amazing how this will motivate you to get back into your sewing room

## **Finally...**

## **DON'T BERATE YOURSELF**

If at first you don't succeed, don't beat yourself up about it. Just try again.

(Comment from Sharon – these suggestions also apply to lots of things other than just quilting – maybe I will get back on my diet!!)

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### **STITCHING STASH SALE**

The **North Shore Guild of Needle Arts** is holding their annual sale on November 12, 2015, at St. Martin's church Annex in North Vancouver.

The meeting begins at 9:30 a.m. and visitors are welcome to come at that time or to wait until 10:00 a.m. and join them for coffee. The sale will be from 10:30 to 11:30 a.m.

Sale items may include anything to do with stitching by machine or hand, fabrics, threads and fibres, beads, charms and buttons, patterns, magnifiers, hoops, lights and stitching accessories.

## COMING EVENTS

### **Vancouver Quilters' Guild Show - October 23 & 24, 2015**

<http://vancouverquiltersguild.com/show.htm>

Come join us for a really fun event: quilts, tea room, vendor booths, and our own VQG boutique of quilts, hand-made gifts and nickel squares.

**When:**

- Friday, 10 am to 5 pm
- Saturday, 10 am to 4 pm

**Admission:** A low \$7.00 for a high value event.

**Location:** St. Mary's Ukrainian Hall, 550 West 14th Av (near Cambie) Vancouver

### **Quilt Canada 2016**

**Mark your calendars!** Quilt Canada 2016 will be held **June 15-18, 2016 at the International Centre, Toronto, Ontario**. We are pleased to be able to offer eighteen teachers and 50 workshops and lectures for you to choose from. For more information or to volunteer for this exciting event contact Linda Schmidt at: [president@canadianquilter.com](mailto:president@canadianquilter.com)

### **Abstracted - Fibre Art Network of Western Canada – until October 10, 2015**

ACT Gallery, Maple Ridge Town Center, Maple Ridge

Contact: [vkapusta@telus.net](mailto:vkapusta@telus.net)

Hours: Daily and Admission: Free

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

### **Three Decades of Loving Stitches - Chilliwack Quilters' Guild – October 23-24, 2015**

Chilliwack Alliance Church, 8700 Young Road, Chilliwack

Contact: [joyquilter1@gmail.com](mailto:joyquilter1@gmail.com)

Hours: Fri 5-8:30; Sat 9-4 and Admission: \$5; Husbands & Children Under 12-Free

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

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## Quilt Guild Websites

The following list of quilt guild websites was in the newsletter last year, but I thought it was worth repeating with some minor updating. It is a great way to spend some quality computer time – looking at these sites and many times their newsletters are also accessible. There is interesting information about yearly costs (some very cheap), cost to mail newsletters (some quite expensive) and community quilts (many do many, many premie quilts) and much more. They are worth a look. Sharon

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

Blue Mountain Quilters Guild (Port Coquitlam) [www.bluemountainquiltersguild.ca](http://www.bluemountainquiltersguild.ca)



# GROUSE MOUNTAIN DAY QUILTERS GUILD NEWSLETTER

October  
2015

Boundary Bay Quilters Guild [www.boundarybayquiltersguild.ca](http://www.boundarybayquiltersguild.ca)

Lions Gate Quilters Guild [www.lionsgatequiltersguild.com](http://www.lionsgatequiltersguild.com)

Campbell River Friendship Quilter's Guild (Parksville) [www.crfriendshipquiltguild.com](http://www.crfriendshipquiltguild.com)

Quilt House Quilters' Guild (Coombs) [www.parksvillequiltthousequilters.com](http://www.parksvillequiltthousequilters.com)

Victoria Quilters' Guild [www.victoriaquiltersguild.org](http://www.victoriaquiltersguild.org)

Sunshine Coast Quilters Guild (Sechelt) [www.scquiltersguild.com](http://www.scquiltersguild.com)

Langley Quilters' Guild [www.langleyquiltersguild.com](http://www.langleyquiltersguild.com)

Squamish Valley Quilters' Guild [www.squamishquilters.wordpress.com](http://www.squamishquilters.wordpress.com)

Nanaimo Quilters' Guild [www.islandquilters.ca](http://www.islandquilters.ca)

Chilliwack Quilters' Guild [www.chilliwackquiltersguild.com](http://www.chilliwackquiltersguild.com)

Fraser Valley Modern Quilt Guild (Abbotsford) [www.fvmodernquilt.com](http://www.fvmodernquilt.com)

Fraser Valley Quilters' Guild (Delta) [www.fvqg.org](http://www.fvqg.org)

Vancouver Modern Quilt Guild [www.vancouvermodernquiltguild.ca](http://www.vancouvermodernquiltguild.ca)

Vancouver Quilters Guild [www.vancouverquiltersguild.com](http://www.vancouverquiltersguild.com)

Whistler Quilt Guild <http://whistlerquilters.com>

Whistler Valley Quilters' Guild <https://www.facebook.com/Whistler-Valley-Quilters-Guild-1599587396934985/timeline>



## Hamels

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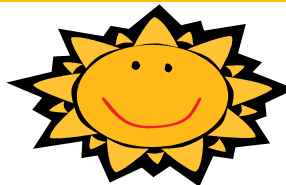


\*Serving the Vancouver area since 1989\*



**REMINDERS!!!**

- Name Tags
- Mugs
- Library Books
- Show and Tell



Do you know of a member who is under the weather? If so, please let Dorothy Sanders know.

Grouse Mountain Day Quilters Guild

**Next Meeting: Thursday, October 15, 2015**

10:00 a.m. - 1:00 p.m.  
(doors open from 9:00)

*Apologies for any errors/omissions.*

*Contact Sharon for changes at 604-929-2276 or [sharon.walker1184@gmail.com](mailto:sharon.walker1184@gmail.com)*