



Website: <http://www.mahonebayquiltersguild.com/>  
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## President Message

I'm writing this note after attending the workshop today by Jen Houlden.

First, I want to thank Pina for organizing such a fun and relaxing workshop for our members. I have started my second curved background piece already!

Please check out this newsletter for details on the new and exciting things coming this winter and spring. Our members have been working hard to bring creative events to our Guild and I appreciate all the hard work.

There is another exciting workshop booked for February and of course our Extraordinary Quilter (EQ) Event in April.

We have a date booked for UFO Day via Zoom and Cuddle Quilt Day, in person, at the TUC Hall. Look for more details in this newsletter.

Details are being looked at for our Spring Retreat so keep reading for the latest details.

## Executive Members

**President** – Annette Fralic –  
[president@mahonebayquiltersguild.com](mailto:president@mahonebayquiltersguild.com)  
or 902-624-6467

**Vice President** – Vacant

**Treasurer** – Nina Scott-Stoddart –  
[treasurer@mahonebayquiltersguild.com](mailto:treasurer@mahonebayquiltersguild.com) or  
902-634-9140

**Secretary** – Kellie Skelhorn –  
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**Communications** – Colleen Paton –  
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or 902-444-0559

**Membership** – Eldora Baillie –  
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**Library** – Judy Cooper –  
[library@mahonebayquiltersguild.com](mailto:library@mahonebayquiltersguild.com)  
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**Past President** – Krista Garber –  
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**Workshops** – Josie (Pina) Wall –  
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or 902-693-2018

**Monthly Program** – Daphne Strowbridge –  
[program@mahonebayquiltersguild.com](mailto:program@mahonebayquiltersguild.com)

**Newsletter** – Sheena Gibbs –  
[newsletter@mahonebayquiltersguild.com](mailto:newsletter@mahonebayquiltersguild.com)

## Next Meeting

Our next meeting is **February 5, 2024 @ 1:00pm**. Doors open at 12:30pm. It will be in-person only at the Trinity United Church.  
\*see page 15 for meeting reminders!

For Information on Slow Quilting, Sew Zoom and other Guild Activities check out our Website Calendar:  
<https://mahonebayquiltersguild.com/events/>

We need volunteers for various positions. Our EQ needs a Tea and Trunk Show Co-ordinator, so if this would interest you, please let Pina or me know. We also need several volunteers for the Quilt Show Committee. They are doing wonders getting so much done but they definitely need more hands. Please read the Quilt Show update to find out where the current needs are and contact Donna Egan if you are able to assist.

Carole Swim has volunteered to manage our February fat quarter draw. This month's theme is polka dots and stripes! Bring as many fat quarters as you want and receive a ticket for each entry. Good luck everyone.

Daphne has our Monthly Programs arranged for the remainder of the year to keep us inspired and spark our imagination.

I just want to add this reminder to get working at your "Presidents Challenge" piece with the "Ugly Fabric" kit we provided. The pieces will be voted on at the April Meeting and the piece with the most votes will receive a prize from the President (Me). If you have joined since we initiated the "Presidents Challenge" and you would like to take part, please let me know as I do still have a few "Ugly" kits left. The guidelines again are this: You may leave one of the four "ugly" fabrics out. You may add up to two fabrics of your own choosing.

Thanks again for all your creativity.

Annette Fralic, President

## **Quilt Show 2024**

The challenge quilt kits will be available at every meeting. The cost is \$20.00 for each kit.

Raffle tickets will continue to be sold and money and ticket stubs will be collected at every meeting. We have had a really good start for requests of raffle tickets from our members. We expect that every member will do their part and sell a minimum of 2 books of 6 tickets for a total of \$20. The Quilt Show is very expensive to put on and this is our major fund raiser to offset the costs. Thank you everyone for helping.

We are starting our advertising for the Quilt Show, but we need a volunteer to head the Advertising committee. Nina Scott-Stoddart is creating the art design for our posters and postcards.

We also need a volunteer to register the Quilt Show floor quilts that will be for sale at the show.

Lastly, we do need a volunteer to head up the committee for the boutique. It is a big job, but not to worry, there is always a lot of help if you are interested. Many members would like to sell their creations and it all must be itemized and tracked. If we do not get a volunteer to head up the committee for the boutique by the April meeting, we will not include the boutique in the quilt show. We must have a volunteer or group of volunteers to be the Boutique Committee by the April meeting for organization and to be able to have it advertised on the postcards and posters.

Donna and Kirsten, 2024 Quilt Show Co-Chairs

## **Membership News**

Each year the Guild recognizes the extraordinary contribution of one member who volunteers their time and skills to support the guild. This recognition puts a spotlight on our amazing members who give of their time. It can be any member!

It's time to start thinking about nominations for this years' Volunteer of the Year. You can nominate as many members as you wish. Nomination Forms will be available at the April and May meetings with the award being presented at the June meeting.

If you are unable to attend either of these meetings, you can also send an email to Eldora with (1) name of the member being nominated and (2) the reasons to support your nomination.

Nominations will close at the end of the meeting in May.

Eldora Baillie, Membership Chair

## Program News

February program will be a presentation by Rhonda Church on Project Linus, March is a trunk show by Barb Robson. Daphne is still hoping someone will come forward to assist in the program planning. Please speak to her to see what her needs are.

Daphne Strowbridge, Monthly Program Chair

## Library News

I had a request for a book on making Mug Rugs / Mats at the last meeting. It got me thinking that I had something related to this in my own bookshelf. Well, I had two copies of the same book, Learn to Make Mug Rugs by Carolyn S. Vagts. I certainly don't need two copies so I'm donating one to the library collection.

Mug Rugs can be any size, big enough for a cup or larger to hold a snack and drink. Making them is also a great way to practice quilting applications without spending a lot of time making a quilt. These little projects are also perfect for using scraps, fat eights and fat quarters as well as orphan quilt blocks. If you aren't into mug rugs, then make them larger and hang them on a wall. They make great gifts too. This book also has instructions for making small, skinny table or shelf toppers and placemats.

The mat with the mug is from this book with a minor change. I brought the binding to the front and machine stitched around the edge. Tried my hand on mitred corners which I have to practise some more.



This mug rug is reversible, hearts for February and snowflakes for winter. I did some freemotion stitching on the surface. Easy as can be, no binding just stitched and turned right sides out!



Here are links to check out:

<https://crafting-news.com/mug-rug-tags-download-free/>

[Too Cool for Spool Mug Rugs | AllFreeSewing.com](#)

[9 Free Easy Mug Rug Patterns For Beginners - DIYsCraftsy](#)

[The cutest Gnome Mug Rug ever! - The Crafty Quilter](#)

[Cozy Cup Mug Rug Pattern - The Polka Dot Chair](#)

[A new holiday mug rug pattern - The Crafty Quilter](#)

Judy Cooper, Guild Librarian

## Workshop News

### January:

By the time you read this newsletter, the January workshop with Jennifer Houlden would have taken place. Curved piecing, couching, texture magic, free-motion zig-zag are just a few of the techniques covered. The group will have the big reveal of our finished improv quilts with Jennifer on March 9<sup>th</sup>.

### February 10<sup>th</sup> & 24<sup>th</sup>:

Summer Puffin Workshop with Ralph Jarvis only has a couple of spots available. Kits and patterns are on their way and will be handed out at the February 5<sup>th</sup> Guild meeting.

### Workshop Policy reminder:

You are not registered for a workshop or skills day until payment is made. If you are paid and cannot attend, it is your responsibility to find someone else to take your spot. No refunds will be issued.

**EQ Tea and Trunk Show for Melissa Marginet  
Wednesday, April 10<sup>th</sup>, TBA**

**Mahone Bay Legion**

**21 Pond Street**

Ticket Price: to be confirmed



We are still looking for a coordinator for this event. We have a very detailed "Tea & Trunk Show Resource Binder" that was developed and used for the very successful 2019 Tea.

As the coordinator you would oversee all aspects of the Tea and Trunk Show.

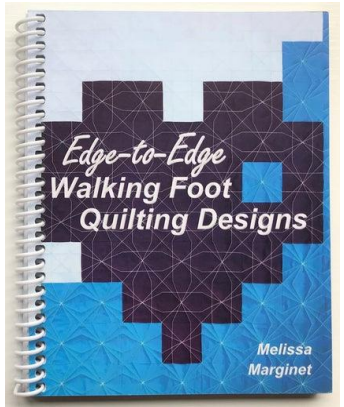
- Identify each job and the number of volunteers needed.
- Have the volunteer lists ready for the March meeting to pass around.

Should no one volunteer by the end of the February 5<sup>th</sup> guild meeting, the **Tea** portion of this event will be cancelled. The Trunk show will continue.

## April Workshops with Melissa Marginet

### Thursday, April 11<sup>th</sup> Custom Edge to Edge Walking Foot

Do you dislike burying threads? By quilting from edge to edge you will not have to bury any threads (unless your bobbin runs out or your thread breaks). But just because you are quilting from edge to edge, doesn't mean you are limited to a boring quilt design or following the same pattern throughout the quilt. We work on designing the quilting then quilt a quilt together. It is recommended that you have some walking foot quilting experience or have taken a previous class in walking foot quilting.


<b>Where</b>	<b>Mahone Bay Legion, 21 Pond Street</b>	
<b>Time</b>	<b>TBA</b>	
<b>Cost</b>	<b>\$40 Non-Members: \$60 Class limit: 20</b>	
<b>Required:</b>	<b>Book – Edge to Edge Walking Foot Quilting. Available for purchase from Melissa, \$30 + GST</b>	
<b>Supply List</b>	<ul style="list-style-type: none"> <li>• Sewing machine in good working order and basic sewing supplies</li> <li>• Extension table if you have one</li> <li>• Walking foot if you have one</li> <li>• Open toe foot if you have one</li> <li>• Favourite marking pens or pencils</li> </ul>	
<b>Homework</b>	<ul style="list-style-type: none"> <li>• 10 (4.5") squares x 10 (4.5") square quilt (sandwiched and ready to quilt) Pattern &amp; instructions sent via email upon paid registration.</li> </ul>	

### Friday, April 12<sup>th</sup> Zen Tree Project

This is a fun day of learning techniques that will result in this lovely Zen Tree which measures 12" square. First, we will learn improv piecing to create a tree. We will then learn the walking foot quilting designs and how to place them within the tree. To finish the quilt we will make a faced binding that can also be used to hang your quilt.


<b>Where</b>	<b>Mahone Bay Legion, 21 Pond Street</b>	
<b>Time</b>	<b>TBA</b>	
<b>Cost</b>	<b>\$40 Non-Members: \$60 Class limit: 20</b>	



<b>Supply list</b>	<ul style="list-style-type: none"> <li>• Fabric for background, tree, backing, batting</li> <li>• Sewing machine in good working order</li> <li>• 1/4" foot, walking foot with an open toe foot if you have one</li> <li>• 8"x8" quilt sandwich to practice</li> <li>• Basic sewing supplies including thread</li> </ul>	
<b>Homework</b>	<ul style="list-style-type: none"> <li>• Detailed cutting instruction will be sent via email upon paid registration.</li> </ul>	

**Saturday, April 13<sup>th</sup> Break it Up – 9 Ways to Quilt as You Go**

There are so many ways you can quilt-as-you-go. You will learn several ways, starting off with the basic sashing method, by making samples to take home with you for future reference. We will also look at patterns and see how we can break them up so they can be finished on your home sewing machines.

<b>Where</b>	<b>Mahone Bay Legion, 21 Pond Street</b>		
<b>Time</b>	<b>TBA</b>		
<b>Cost</b>	<b>\$40      Non-Members: \$60      Class limit: 20</b>		
<b>Supply List</b>	<ul style="list-style-type: none"> <li>• Sewing machine in good working order &amp; able to do a zig-zag stitch</li> <li>• Basic sewing kit</li> <li>• 1/4" foot</li> <li>• Zipper foot</li> <li>• Walking foot (check if you can change your needle position to get a 1/4" seam)</li> <li>• Cutting mat, 12" ruler, rotary cutter</li> <li>• Iron, pressing mat</li> <li>• Fine sharpie marker</li> </ul>		
<b>Homework</b>	<ul style="list-style-type: none"> <li>• Prior to class you will make a quilt sandwich which will be cut into individual small, quilted pieces.</li> <li>• Several fabric pieces</li> <li>• Detailed instructions will be sent via email upon paid registration.</li> </ul>		



## Slow Quilting Link

Join Zoom Meeting

<https://us02web.zoom.us/j/84862604080?pwd=ZFdYMhJPT093OWVBOCtjN1QzYmFaZz09>

Meeting ID: 848 6260 4080

Passcode: MBQG2021

## Sew Zoom Link

Join Zoom Meeting

<https://us02web.zoom.us/j/87958143153?pwd=eU5PSGJ0OGpZZHNbdmdaL1JIYStxdz09>

Meeting ID: 879 5814 3153

Passcode: 121475

## Cuddle Quilt Day

Cuddle Quilt Day is coming soon! In coordination with National Quilter's Day, it will be held on Saturday, March 16, at the church hall from 10am - 4pm. Members and the general public are welcome. More details will be available via email and at the February meeting, as well as a sign-up sheet for volunteers. Meantime, we can all get a head start at home on our Cuddle Day quilt tops or, better still, completed quilts. All size quilts, wheelchair quilts, walker-bags and pillowcases are welcome!

At the February meeting, we will have batting available. Please bring your quilt sizes so we can cut batting for your needs. However, we are short on quilt backing. So, if you have any backing fabric or fabric that can be pieced for backing, a donation would be greatly appreciated. You can bring it to the February meeting or contact me to arrange pick-up. Any completed items or quilt tops can also be dropped off at this meeting.

Feel free to contact me with questions or to volunteer. This is my first kick at the can, so your support and guidance would be very helpful. You can reach me at [learning.betty@hotmail.com](mailto:learning.betty@hotmail.com).

Betty Learning, Cuddle Quilt Day Co-ordinator

## UFO Day

**Save the Date for the UFO Day Saturday March 2 from 10am-4pm.**

This is a free day of sewing fun.

There will be 2 demonstrations.

Random prize draws throughout the day.

Set up your machine or handwork sewing space and be ready to tackle your UFOs.

This has always been a popular event, enjoyed by many.

### **Itinerary**

10am- Welcome and a short introduction of participants UFOs for the day.

1pm-Nina Scott-Stoddard will discuss making a "Sea Glass Quilt".

3pm-Peggy Abbott will give a Stitch Talk.

Presentations will be kept short but interesting.

There will be random prize draws throughout the day.

Come one, come all, for a fun-loving event and get some stitching done on your UFOs. I know you have them!!

Contact Peggy Abbott to register: [abbott@bwr.eastlink.ca](mailto:abbott@bwr.eastlink.ca)

## Preemie Quilts Update



The IWK NICU is now using a "Safe Sleep" program so my understanding is there are no quilts in the incubators. And for some reason they stopped giving the families quilts when the babies were discharged. I asked what they were doing with all the quilts if they weren't been given out and I didn't get an answer. Everything changed with Covid and to deliver the quilts I had to meet someone from Volunteer Services outside and give them the quilts. Before Covid we took them up to the NICU and hand delivered them. The nurses always loved getting the quilts.

We have been giving the IWK NICU quilts for almost 18 years. It all started when my twin grandsons were born 3 months prematurely at the IWK and there were a few small quilts on the linen carts. I asked where they came from but no one seemed to know, they just "appeared". So I told them I knew some quilters and that I was sure we could keep them well supplied...and so we did. I am forever grateful for the enthusiasm that Guild members took on the "Preemie Quilt Project". My grandson Liam Inglis (2lbs 10 oz) lived for 6 weeks at the IWK NICU, many of his days were spent wrapped in a MBQG preemie quilt. Sadly he passed away June 15, 2007. His brother Ben (2lbs) will be 17 in May, he is over 6' tall now. He loves cars, does well in school and he may follow in his Dad's footsteps and become a firefighter. He still loves his quilts.

When I heard that Project Linus had a South Shore chapter and was meeting last Friday I took the last of the preemie quilts I had and donated them on behalf of the Guild. They were very grateful to receive them. I would like to encourage members to consider making preemie and baby quilts and donating them to Project Linus or to Ronald Macdonald House. RMH are building a new "house"

across from the IWK on South St in Halifax and will be able to offer many more families a wonderful place to stay while their children are receiving care at the IWK. They will happily take any quilts, any size that we would like to make and donate.

Many thanks again, I will never forget your kindness and generosity.

Barb Robson

## **MBQG 2024 Retreat**

The survey results are in - 22 people replied they would attend a virtual retreat via Zoom. We will proceed with this option on May 7 and 8, 2024. The "Zoom room" will be open from 10-4 each day. On May 9, we will meet briefly at the church hall, followed by a group lunch.

Your \$10 nonrefundable registration for this Zoom event can be paid to Krista at the sign-in desk at the February, March or April general meetings. Stay tuned for more details in upcoming newsletters.

To those who took the time to respond - THANK YOU, THANK YOU! Perhaps we can resume an in-person retreat next year.

Krista Garber, Past-President

## Ryan's Case for Smiles



### **Thank you for Creating Smiles**

When illness makes it necessary for a child to be hospitalized, this is often a terrifying and traumatic experience for the child and the family. Fifteen years ago one mother, whose teenage athletic, fun-loving son, Ryan, had been hospitalized multiple times, struggled to give him a reason to smile. A simple pillowcase made from cheery sport-themed fabric for his hospital pillow created that smile. To honour Ryan, his parents formed the international non-profit organization *Ryan's Case for Smiles*. It's motto,

### **“Creating smiles that help kids FEEL better to HEAL better”**

has touched many hearts. Since its formation, thousands of volunteers around the world have created and donated more than 2,500,000 whimsical pillowcases, giving children, their families, and hospital personnel a reason to smile. Here in **Nova Scotia** our Chapter has distributed over **1600 pillowcases** to Regional Hospitals, the IWK, Transition Houses as well as young victims of our forest fires this past year!

The goal of the Nova Scotia Chapter is to give each Nova Scotia child with life threatening or life altering illness or injury a reason to smile. Achieving this goal requires the commitment of volunteers, donors, and hospital personnel.

### ***Your Guild's enthusiastic support is really appreciated!***

To learn more about **Ryan's Case for Smiles** visit **caseforsmiles.org** website or contact Nova Scotia Co-ordinators **Susan Malcolm** or **Anne Newcombe** at [pillowcasesmiles@gmail.com](mailto:pillowcasesmiles@gmail.com).

Many thanks once again for your support, Anne Newcombe

## Textile Exhibit



A celebration of Nova Scotia's textile heritage, Craft Nova Scotia presents Airing The Archives: Craft Nova Scotia Textiles 1974-1986, featuring historical fibre works from our collection.

An exhibition showcasing the work of Craft Nova Scotia members from the 70s and 80s.

Exhibitions Run: February 1 – March 10, 2024

Opening reception: February 1, 6pm 2024

Location: Mary E. Black Gallery, 1061 Marginal Rd., Suite 140, Halifax, Nova Scotia

Craft Nova Scotia is honoured to present a selection of historical textile pieces from our permanent collection.

Airing The Archives brings together a collection of textile crafts that were highlights of members' exhibitions from the 70s and 80s and were subsequently acquired by Craft Nova Scotia. This exhibition is a tribute to the beauty and functionality of traditional textile crafts, and a celebration of our organization's history and of the vibrant craft community that has thrived in Nova Scotia for generations. It also marks the beginning of our renewed engagement with the works that have

been collected by our organization over the years, and invites the public into our exploration of how best to celebrate and care for these special works of art moving forward.

We invite you to join us in celebrating the rich history and enduring legacy of textile crafts in our community. This exhibition is a testament to the power of craft to connect us to our past, inspire us in the present, and shape our future.

## **Meeting Reminders**

Reminders for the February meeting:

- Doors open at 12:30pm
- Events are scent free
- Wear a name tag
- Polka dots and stripes themed fat quarter
- Ensure you return library books

Sheena Gibbs, Newsletter Chair

**NEXT NEWSLETTER DEADLINE IS February 24<sup>th</sup>!**