–QUILT CONNECTIONS

Edmonton and District Quilters' Guild Newsletter

70 Bonnie Doon Mall P.O. Box 68004, Edmonton, Alberta T6C 4N6 www.edqg.ca

Issue 415: March 2024

March – Cathie Ugrin

"Art & Mental Health"



Living with mental illness is a journey and a process. An emotional and physical roller-coaster that includes and involves loved ones, family and friends. In this artist talk, Manitoba-based fabric artist Cathie Ugrin presents her own experiences as a case study and talks about how the creation of her solo fibre art exhibit 'Feeling from Without and Within' uses art as a release and means to understanding.

cathieugrin.com IG @cathieugrin, FB Cathie Ugrin

See the full article on the EDQG website www.edqg.ca



In the interest of keeping everyone safe, we strongly encourage members and guests who attend EDQG activities in person to sanitize hands often and physically distance when possible. Masks are optional and can be worn at your discretion.

March 20, 2024 Guild Meeting
Zoom doors open at 7:00 pm, meeting begins at 7:15 pm in the Auditorium
(watch for e-blast link Monday, March 18)

Board and Committees

https://edqg.ca/2023/05/13/board-members-and-committee-chairs/
This link is for a members' only area. Members will need to be logged in to see it.



Musings from the Chair

Pushing Boundaries: Embracing Challenges

Quilting offers endless opportunities for growth and creativity. Step out of your comfort zone and embrace new challenges.

Challenging your skills in quilting not only expands your repertoire but also fosters personal development and artistic expression. Whether it's experimenting with complex designs, mastering new techniques, or working with unconventional materials, each challenge presents an opportunity to push the boundaries of your abilities.

Embracing challenges in quilting encourages continuous learning and innovation, fueling a sense of accomplishment and fulfillment with each completed project. It's through facing these challenges head-on that we sharpen our skills, refine our craft, and ultimately, discover the true extent of our creative potential.

So, quilting companions, let us dare to venture beyond the familiar, to explore the unknown, and to challenge ourselves in ways that elevate our artistry to new heights.

- Enter the Prairie Rose Challenge
- Volunteer on a committee or as a Director
- Take a class
- Sign up for the next retreat

For it is in the face of challenge that our skills are truly put to the test, and our quilts reflect the depth of our passion and dedication.

-Warmly, Melissa D., Chair, EDQG

Elections

Nominations are open for three Board positions: secretary, Director of Governance (responsible for Membership and Endowment committees) and Director of Community Outreach (responsible for Community Service and Quilt Show). Please contact Kathy at pastchair@edqg.ca if you have questions about the positions and/or if you are interested in standing for a position.

EDQG 45TH ANNIVERSARY

The 45th Anniversary Committee is coming together for planning some fun activities to celebrate our 45th anniversary, If you would like to help in any way, please let Kathy know, pastchair@edqg.ca.

COMMUNITY SERVICE

An EDQG member has brought to our attention the need for quilts at Oak Hill Ranch. This is a facility north of Edmonton that helps young people ages 10-15 heal from traumas that they have experienced, with individual programs that cover family, culture, education, activity, programming and clinical help.

They require 32 twin sized quilts and we have given them 10 so far. (oakhillranch.ca)

We have received two large donations of fabric. Come to a sew day to select some for your charity project or let us know what you need and we can select for you.

Next Community Service Sew Days: March 12th, April 9th, May 14th, June 11th
FFAA Studio, 10554-110 street NW, Edmonton, 9:30-4:00pm
Link to website https://edqg.ca/2024/03/02/community-service-update-march-2024/

Peace,

-Judi C., Community Service Committee Chair, communityservice@edqg.ca

Quilt Show 50/50 Fundraiser is Back!

We are starting to plan the *2025 Festival of Quilts* and with that comes fundraising. As you know, it is costly to put on a quilt show so we will be running several 50/50 draws to raise funds to offset the costs associated with holding the quilt show. All funds raised will be used to assist with facility rental costs for the show. Watch the EDQG website banner for the link to purchase your tickets. We expect to have the link go live in early April. Best of luck to all!

-Myrna P, Vice-Chair, vicechair@edqg.ca780-464-9047

A Note from Friends

There are times in everyone's life when a note of celebration, appreciation, encouragement or other expressions of caring may be called for. The Communications Committee would like to respond to those. If you are aware of a situation in a fellow Guild member's life that warrants such acknowledgement, please let us know by email: communications@edqg.ca





2024 Prairie Rose Quilt Show

- You still have time to get a challenge piece done! The theme is Block Party, and both art and traditional interpretations are welcome. Having your quilt judged is optional (but recommended!). The maximum dimension is 160 inches in perimeter, so the largest square quilt would be 40x40". Of course, other shapes can be entered as long as the perimeter is not exceeded. The entry form will be posted on the website this month and must accompany your quilt, to be delivered no later than the May 15th meeting. Other drop-off arrangements can be made by contacting Kathy at pastchair@edqg.ca.

- *Kathy LdCh., Past Pres.*

Library

Library book box #13 with titles starting SM, ***Stack, String, Strip*** will be available at the March meeting. Go to the Book Titles List on our website to view the complete list. You can also request any books from our collection by using the Shopping Cart feature or contacting me directly at librarychair@edqg.ca.

Just a reminder that you can

- Borrow up to 5 books
- Renew books
- Return books at the meeting (or contact me to make alternate arrangements)

Our raffle books for March are:
Urban Quilting: Quilt Patterns for the Modern-Day Home, by Wendy Chow
Two-of-a-Kind Quilts: 12 Scrappy Designs That are Double the Fun, by Lissa Alexander and Susan Ache

For a full description of these books and last month's books and winners, please visit our website https://edqg.ca/2024/03/02/library-update-march-2024/

-Sandra P., Library Chair library@edqg.ca

Retreat



We had a wonderful winter retreat this past February at Providence Renewal Centre with 40 people in attendance. We saw lots of beautiful projects being worked on and completed. It was a great time of meeting new friends and getting together with old ones. If you are interested in joining us for our next retreat, mark your calendar.

The Fall Retreat will be October 4 – 6, 2024, at Camp He Ho Ha. Watch the newsletter for registration details.

-Laurrie G.



EDQG BOM

https://edqg.ca/2024/03/02/bom-march-pineapple-blossom/

BEE GROUPS

For information on bee groups, check it out on our website: https://edqg.ca/bee-groups/

Show and Tell



Please send your beautiful creations to showandtell@edqg.ca by Sunday March 17th to be included in this month's presentation.

Virtual Sew Days!

Come sew with us. It's easy!

Sew Day dates for the rest of the 2023/24 year are March 16th and April 13, they are both Saturdays. These will be the last ones till next fall.

– Cathy T., Sew Days

Resources for EDQG Members:

ZOOM - The EDQG pays for a ZOOM account in order to hold our monthly guild meetings. We are able to host up to 99 people each month. As a paid member of our guild, you have access to the use of this ZOOM account for no cost. It is an underutilized resource of the guild so bee groups and individuals are encouraged to use it for your sewing related activities. Please contact me by email in order to check availability and set up your next zoom activity!

FFAA – The space that is currently leased by the Focus on Fibre Arts Association and is shared with the EDQG. We currently have access to this space on the second Tuesday of each month and is currently being used by Community Service for sew days. It is also available on the fourth Monday of each month. The space is located at 10554 – 110 Street NW, Edmonton, T5H 3C5. If you or your bee group are in need of a sizable space for your "sewing" activities, feel free to contact me and check the availability of the space.

-Myrna P., vicechair@edqg.ca 780-464-9047

General Bulletin Board

The Edmonton Quilt Board has a General Bulletin Board online where any individual can post without charge quilt-related items for sale. You do not need to be a member of the guild to post.

FFAA Focus on Fibre Art Association

The FFAA *"Keeping it Local 2024"* competition/exhibition Call for Entry will be open March 1- May 15. For more information, re categories, application process, etc. go to www.focusonfibreart.org.











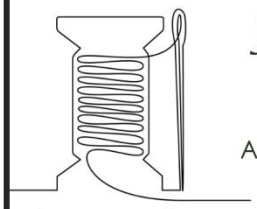






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Instructor, Designer, Longarm Quilter, Tour Host
780-288-9008
kim@kimcaskey.ca
* All-over edge-to-edge designs .03¢ per square inch
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SPOOLS THE WORKSHOP

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Quiltessential Co.
100 McKenney Ave, St. Albert
780 418 7845
We are thrilled to be offering classes again and we have a lot of new and exciting projects on the go. Come in to see the latest notions, fabrics, and books. We are trying to keep our customers safe, so please check our hours and protocols on our website.
Check us on Facebook Pinterest Instagram or www.quiltessentialco.ca

Calendar of Events

Guild items are in **BOLD**

March		
Mar 5	7 – 9	**Stitching Connections**
Mar 12	9:30 – 4	**Community Service Sew Day FFAA**
March 16	9:30 – 4	**Sew Day**
Mar.18	9:30 - 12:30	**Stitching Connections**
Mar 20	7-9pm	**EDQG Guild Meeting**
Mar 26	7-9pm	**Coffee Bee Group**
April		
April 2	7 – 9	**Stitching Connections**
April 9	9:30 – 4	**Community Service Sew Day FFAA**
April 13	9:30 – 4	**Sew Day**
April 15	9:30 – 12:30	**Stitching Connections**
April 17	7-9pm	**EDQG Guild Meeting**
April 23	7-9pm	**Coffee Bee Group**
May		
May 7	7 – 9	**Stitching Connections**
May 14	9:30 – 4	**Community Service Sew Day FFAA**
May 15	7-9pm	**EDQG Guild Meeting**
May 27	9:30 – 12:30	**Stitching Connections (May 20 is a holiday)**
May 28	7-9pm	**Coffee Bee Group**

June

June 4	7 – 9	**Stitching Connections**
June 11	9:30 – 4	**Community Service Sew Day FFAA**
June 12	7-9pm	**EDQG Guild Meeting**
June 25	7-9pm	**Coffee Bee Group**

Newsletter Submissions: Email your submission to newsletter@edqg.ca . Please use EDQG Newsletter as the subject line. Your submission should include your name and contact information. We encourage submissions from members such as book reviews, articles about the accomplishments of guild members (Shining the Spotlight), upcoming events of interest to quilters, information on free patterns, websites, tips and tricks or new quilting ideas or techniques. We reserve the right to edit articles. If you are including photos with your submission, you must include information about the person or group to be given credit for the photo and confirmation of permission to publish the photos with your submission. We reserve the right to publish submissions without photos if the necessary information and permissions are not provided.

Newsletter Ads: email requests to: Ethel R., memberprizes@edqg.ca
Check the website regularly for additional news: http://www.edqg.ca/

Website Submissions: email your submissions to the webmaster, Charlene, at webmaster@edqg.ca . The same rules apply to pictures submitted for posting on the website as apply to pictures submitted to be printed in the Newsletter.



Deadline for submissions to the April 2024 newsletter:
Friday, March 29, 2024