

# Prairie Piecemakers Quilters' Guild

## Inside the Guild

Website: [www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)







FEBRUARY

2020

Issue 2020-02



Black History Month becomes African-Canadian Black History Month <http://mcos.ca/acbhm/>

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### Meeting Dates for 2019-2020

- September 3, 2019
- October 1, 2019
- November 5, 2019
- December 3, 2019
- January 7, 2020
- February 4, 2020
- March 3, 2020
- April 7, 2020
- May 5, 2020
- June 2, 2020



**Guild Officers and Directors**

**President:**

Shelley K.  
ppmqguild@gmail.com

**Secretary:**

Dianne P

**Vice President:**

Sherrill-Anne T

**Treasurer:**

Marlene SC

**Guild Committees with Directors\***

**Library Committee:**

Bonnie R\*  
Linda W  
Debbie W  
Kathy W  
Wendy S

**Newsletter/Advertising:**

newsletterppm@gmail.com  
Deena A\*  
Frances L

**Proofreading:** Frances L & Mary F

**Program Committee:**

Shelby L\*  
Maxine K

**Website/Promotions Committee:**

Cindy T\* www.prairiepiecemaker.com  
ppmqguild@gmail.com

**Workshop Committee:**

Heather I\*  
Iris L

**Membership Committee:**

Cheryl A\*  
Aline M

**Guild Committees**

**50/50 Draw Committee:**

Betty U  
Sheree S

**Retreats:**

Shannon B\*  
Jacquie B  
Roanne D

**UFO's:**

Heather H\*  
306-519-2311

**Connecting Threads:**

Marlene SC

**Facebook Page:** Jackie S



PPQG next quilt show "20/20 Endless Visions" - May 8 & 9, 2020

Want to join the Guild? Information on last page.

**Monthly Meetings**

First Tuesday of month:  
September to June, 7 to 9 pm  
Good Shepherd Lutheran Church  
3825 Hillsdale Street  
Regina SK S4S 3Y5

Website: [www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)  
Facebook: **Prairie Piecemaker Quilters' Guild**  
Newsletter: [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com)  
Email: [ppmqguild@gmail.com](mailto:ppmqguild@gmail.com)

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President's Message February 2020

Hello everyone,

Well we made it through January. How is it possible for the temperature to be -30°C and 0°C two days later? I don't understand weather patterns, but there are some patterns I understand, and after the February program we'll all know more about designing our own.

It takes a lot of volunteers to make this guild move forward. The support of our members is vital and directly linked to the variety of opportunities offered to the membership.

I would like to thank the members of the executive and committees and all volunteers for a job well done this year. I want to let you know just how much your dedication is appreciated and to make sure that everyone at the guild is grateful too. Whether you are a long-time volunteer or you got involved fairly recently, and regardless of the task you preformed, it's important for you to know that what you do makes a difference. Please know that your volunteerism is recognized, appreciated, valued and cherished. We would not have a guild if it wasn't for volunteers and the time they sacrifice.

It is that time of year when the executive members decide whether they will continue in their position or not.

There are several positions open for next year so, I am asking for more volunteers to come forward to create a nominations committee. We need three non-executive members for this committee. Next, I'd like to ask all of the members to consider letting their name stand for one of the vacant positions for the upcoming year. Or, maybe you know someone that would be perfect for a position; encourage them to volunteer. The vacancies include: president, vice-president, secretary, workshop lead and program lead. Deena, lead for the Newsletter and Promotion committee, would like someone to co-edit the newsletter. Please take the time to ask previous members of the executive about their responsibilities. All terms are one year and there is always someone with experience to help you when you need. It is a good feeling to be part of the organization of the Guild.

The Quilt Show committee is in full gear with the final plans coming together for our show in May. The website has been uploaded with information and the registration form, vendors are booked, banner hall floor plan is ready, ribbons are ordered and other behind the scenes activities are underway. Please consider signing up for the volunteer positions for the show. Signup sheets will be out at the February meeting.

Happy Valentine's Day – you are appreciated.

Shelley K.

20/20 PRESIDENT'S CHALLENGE 20/20

I would like to invite you to participate in this year's president's challenge. Since our quilt show 20/20 Endless Visions is coming up, I am challenging you to use the number twenty (20) in your project.

20

20

Your creation is about the number twenty (20). Use your imagination and creativity to create a quilted item; you can make a quilt, wall hanging, bag, placemat or whatever you want.

20

20

Perhaps you will have 20 blocks, or 20 fabrics, or 20 colours, or 20 pieces in each block, or whatever you can think of to represent the number 20. Maybe you have nineteen friends to help make a group project.

20

20

Your construction method can be anything that works best for your creation, for example, machine piece, hand piece, paper piece. Challenge yourself. Add a label and give credit to the source that inspired you.

20

20

Use your imagination and create your own design with your factor of 20. Have fun!

Items entered in the challenge will be viewed at the April 7, 2020 general meeting. A prize will be awarded by random draw.



# WINTER SALE



**JANOME – 6700P**

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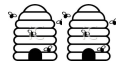
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# Program

# March

The March program is a much anticipated visit from fellow quilters from Tourquay, Sk, They are going to bring a trunk show of their amazing work. Maxine and I are really looking forward to seeing their pieces.

Shelby L, Maxine K



From Shelley K

March 24	Executive meeting 7 pm
April 7	President's challenge, Factor of Twenty
April 7	Gateway to Adventure Challenge pieces
April 10	Quilt Show entries

## NO QUILT QUILTING

Professional Longarm Quilters

Moose Jaw, SK

All our prices are very competitive.  
We offer basting to extreme custom work. We offer it all!

With no training session involved, you can just walk in and start to load your quilt. You can also have us pre-load your quilt for a small charge. During a one-on-one session of no less than 4 hours, you may choose from many threads, and a large variety of edge to edge designs - a creation that's all your own.

If you have ever wanted to experience quilting your own quilt on a computerized machine with thousands of edge to edge designs to choose from, we have a plan for you! We're offering our computerized Gammill Statter longarm machine in a great deal. This will be a no sweat, and no stress experience

Of course, we still offer quilting for those who want to continue to have us quilt for you. We also have a large selection of battings, including wide, black, wool/cotton blend, bamboo, 100% natural cotton, 100% cotton bleached white, 80/20 cotton poly, the last 2 being available in Hobbs, and Arctic.

With the lowest prices around, don't hesitate to give us a call to book your spot! You can call Colleen at 306-631-5303.

Please don't hesitate to call us for any of your longarm needs.



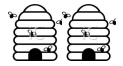


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**WORKSHOP**  
**INFO**  
**WORKSHOPS**

Heather I., Iris L.

No refunds for workshop fees if unable to attend. You may find someone to take your place or check with the workshop lead to see if there is a waitlist.



**All classes will be held at the Sask Abilities Council 825 McDonald St.**



***Tool Tote***

February 8, 2020

**1 day workshop**

Learn to make the perfect bag to use for workshop supplies. Sample will be available December and January guild meetings.

**Cost is \$35.00    Instructor: Rene B**



***Mystery Quilt Completion***

March 4, 2020    Instructor: Tannis F

**Cost is \$35.00**



***Dyeing 101***

April 4, 2020 – 1 day class

This class will take students through basics on dyes, chemicals and additives while focusing on how to mix and blend colors to get your desired effects. Once you prepare your dyes students will learn immersion dyeing, direct application, and tie-dye. All techniques will be learned through fun projects that students can take home with them.

**Cost is \$35.00    Instructor: Leanne C**

Kit fee \$10.00 This covers the dye/chemical and bags for the class.

**NOTE LOCATION CHANGE class will be at Neil Balkwill Center.  
Doors open at 0830.**

## Quilters Haven

422 Main Street North  
Moose Jaw S6H 3K2  
306-693-8523

email: [quiltershaveninc@sasktel.net](mailto:quiltershaveninc@sasktel.net)

website: [quiltershaveninc.ca](http://quiltershaveninc.ca)

If you **LIKE** us on **FACEBOOK** you can keep up to date with all the current happenings in our shop.  
Heather, Arlyce & Staff at Quilters Haven



## Loreen's Sewing School

Children's Sewing Classes

Registered "Kids Can Sew" Instructor

Loreen Yanko, Owner

[loreenyanko@gmail.com](mailto:loreenyanko@gmail.com)

95 Dale Cres Regina, Saskatchewan S4N 5J6

306 761-0841

## Colleen's Quilting

Longarm Quilting Service

Colleen Matheson 290 Qu'Appelle Drive West  
[mathesonc@sasktel.net](mailto:mathesonc@sasktel.net) Lumsden, Saskatchewan

306 731-3603

SoG 3Co

APQS Millennium

## Loreen's Longarm Quilting Services

Loreen Yanko Owner

[loreenyanko@gmail.com](mailto:loreenyanko@gmail.com)

95 Dale Cres

Regina, Saskatchewan S4N 5J6

306 761-0841

## The Quilter's Quilter

\*\*\*\*\*

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546 Fairford St. E

Moose Jaw

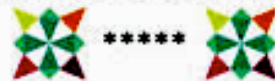
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Large selection of batting and backing incl. minky, fireside + 108" wide cotton and flannel

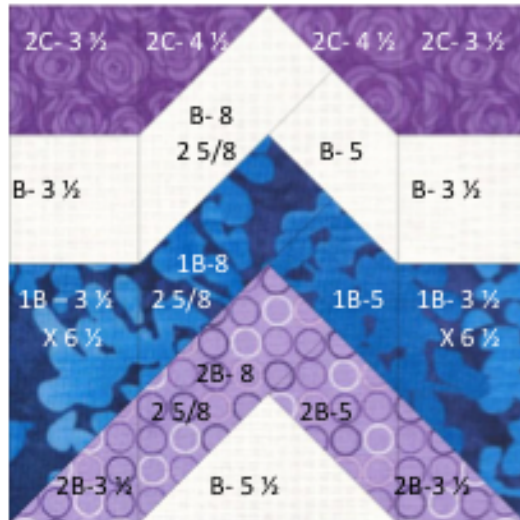
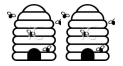


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- .0175 per square inch
- Fast turn around time
- 15 yrs. Of long arm quilting
- Great references
- Top quality threads used







Make 2 Blocks 12 1/2" x 12 1/2"

**Fabric requirements for 2 blocks**

B- Background 1- 5 1/2" sq. 4- 3 1/2" sq. 2- 2 5/8" x 8" 2- 2 5/8" x 5"

Fabric 1B 4- 3 1/2" x 6 1/2" 2- 2 5/8" x 8" 2- 2 5/8" x 5"

Fabric 2B 4- 3 1/2" sq. did not cut in September 2- 2 5/8" x 8" 2- 2 5/8" x 5"

Fabric 2C 4- 3 1/2" sq. 4- 4 1/2" sq.

**Directions Cut B- 5 1/2" and 2C- 4 1/2" squares, diagonally once**

**Centre**

For the center of the block make a braid. Start by sewing 2B- 2 5/8" x 5" onto the right side of B 5 1/2" sq. cut diagonally once matching top corners. Press. Remember there will be a tail. Sew 2B - 2 5/8" x 8" onto the left side of unit matching top corners. Press. Continue sewing fabric 1B right 2 5/8 x 5" and left sides 2 5/8 x 8" pressing after each seam. Do not worry about the tails they will be trimmed later. Sew on fabric B right 2 5/8 x 5" and left sides, 2 5/8 x 8" press. Sew 2C 4 1/2" squares (cut diagonally once) onto the top right side first leaving a 1/2" inch tail on the top. Sew on left side triangle. Trim unit to 6 1/2" x 12 1/2" making sure your bottom points are correct and leaving a 1/4" on top. The 3 1/4 mark on your ruler will run down the center of your braid. Make 2

**Sides**

Mark with the diagonal on 2B 3 1/2" sq. all 4 squares. Place each 3 1/2" sq. on the lower end of fabric 1B 3 1/2" x 6 1/2" making sure to make a left and a right orientation. Sew on the pencil line of 2B 3 1/2". Trim off excess fabric and press making a 6 1/2" x 3 1/2" unit. Sew fabric B 3 1/2" sq. onto top of fabric 1B. Sew Fabric 2C on top press. Sew sides onto center units matching seams. Press

**Make 2- 12 1/2" x 12 1/2" blocks**

*Cruise with me!*

*Quilt Beachin' Caribbean Cruise*

**March 14-21, 2020**

Brought to you by  
Quilt Retreat at Sea  
and Sponsored by  
Janome

**QUILTER ON FIRE**  
BRANDY MASLOWSKI

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FOR MORE DETAILS CONTACT  
Michelle at  
Travel Adventures by Michelle  
**210-858-6399**  
michelle@traveladventuresbymichelle.com

La communauté des Africains Francophones de la Saskatchewan

# MOIS DE L'HISTOIRE DES NOIRS / BLACK HISTORY MONTH

## 2019

Thème: La migration noire / Theme: Black Migrations

**Saskatoon: 2 février à 14h00** / **Saskatoon: February 2<sup>nd</sup> at 2PM**  
Lancement: Le Relais, 308 4<sup>e</sup> Avenue Nord / Launch: le Relais, 308 4<sup>e</sup> Avenue North

- Panel de discussion sur le thème: Migration noire: Défis, apports et perspectives / - Discussion panel on the theme: Black migrations: Challenges contributions and perspectives

**Saskatchewan: du 4 au 22 février** / **Saskatchewan: February 4<sup>th</sup> to 22<sup>nd</sup>**  
Activités dans les écoles du conseil des écoles francosaskoises et les écoles d'immersion / Activities in school board of francosaskois schools and immersion schools

**Regina: 23 février à 14h00** / **Regina: February 23<sup>rd</sup> at 2PM**  
Au Bistrot du carrefour horizon 3850 Hilsdale, Regina / Au Bistrot du carrefour horizon 3850 Hilsdale, Regina

- Faisons le point sur les 10 ans / - Celebrations of the 10th anniversary of the CAFS / - 10-year perspective / - Celebrations of the 10th anniversary of the CAFS

**Gravelbourg: 27 février à 18h00** / **Gravelbourg: February 27<sup>th</sup> at 6PM**  
Activité: au centre culturel Maillard 133 5<sup>ème</sup> Avenue Est / Activity: at the centre culturel Maillard 133 5<sup>ème</sup> Avenue East

- Projection d'un film / - Screening of a movie

INFO: coordination.sud@cafs-sask.org, coordination.nord@cafs-sask.org  
ou 306.815.0152, 306.715.8055, Site web: cafs-sask.org

<http://mcos.ca/acbhm-events/>

# Sew & Sews

**117 Main Street, Carlyle SK**  
**Phone: 306-453-2562**

**Quilter's New Year's Resolution...**  
Finish all the projects from 2019 that I should have done in 2018 after I started them in 2017 after planning them in 2016 and buying the fabric for them in 2015 while having the pattern for them since 2014!

Stop in for your 2020 inspiration!  
**Big City Selection, Small Town Service!**

Like us on facebook [www.facebook.com/carlylesewandsews](http://www.facebook.com/carlylesewandsews)



Hi, my name is Sheree S.

I'm one of two who look after the 50/50 draw.

I've been married for over 36 years to my husband Ralph. We have one daughter Amelia, who is married and they have given us two grandsons, Lincoln, who is 6 ½ and Alexander who is 4 years old.

I joined the Quilt Guild in January 2018.

### How would you describe your quilting style?

I would describe my quilting style as traditional. I'm still pretty new to quilting and all the quilts that I've created are from patterns. But hope to one day start creating my own designs

### What is your best quilting tip?

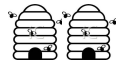
My best quilting tip would be to always press your seams. I find things to go together much better if you do.

### What do you do with the quilts you make?

I've only completed a few quilts so far. One I kept for myself and the others were given away to my grandson's and as baby gifts. I also have about a dozen pieced quilt tops waiting to be finished.

### What is the best part of the quilt guild meetings?

The best part about the guild meetings is meeting and talking with all the members who love to share their knowledge of quilting. And of course show and share. There are so many talented members in our guild.



Canadian Quilters' Association /  
Association canadienne de la courtepointe

<https://canadianquilter.com>

### Suzi-Q Youth Challenge 2020

#### My Next Great Adventure



#### GUIDELINES

The 2020 challenge for youth is to complete a quilt based on the theme *My Next Great Adventure* using any style of quilting – art, traditional and/or modern. The quilt *must* include, all or part of, an eight-inch square of challenge fabric on the face of the quilt. The fabric can be obtained by sending a stamped and self-addressed envelope to:

Sheryl Garrett, Box 178, Moosomin, SK S0G 3N0.

More ... <https://canadianquilter.com/suzi-q-youth-challenge-2020/>

### Try-A-Triad Challenge 2020

This modern challenge includes the use of colours red, blue and yellow, which are equidistant around the colour wheel. Using these colours, CQA/ACC dares you to get in touch with your inner modern. Using solid colours only, play with design elements such as: negative space, graphics, improvisational piecing, grid work, asymmetry and modern traditionalism.

More ... <https://canadianquilter.com/try-a-triad-challenge-2020/>

### Row by Row Quilt

How exciting that a nation of quilters can participate in a biweekly Row by Row Party!

How this works:

**Starting February 18th, every 2nd Tuesday morning** a new set of instructions for a row will be posted here. There will also be a post on social media (Facebook and Instagram) reminding you to download your new set of instructions.

Instructions will only be on the website for 4 weeks and then they will be removed, so make sure you download each week.

More ... <https://canadianquilter.com/row-by-row-quilt-along/>

### Quilted Postcard Challenge 2020

Make and donate a postcard (or a bunch!) to be sold at *2020 Quilt Canada* in Edmonton. Help CQA/ACC and Cindy's Threadworks raise funds for Glenrose Paediatric Brain Injury Unit in Edmonton, AB! **Need ideas?** Have a look at the *2018 Postcard Challenge* for inspiration!

<https://canadianquilter.com/quilted-postcard-challenge-2018/>

**CHALLENGE THEME: INSPIRED BY NATURE!**

More ... <https://canadianquilter.com/quilted-postcard-challenge-2020/>



half yard  
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shelley@halfyardquiltingstudio.ca  
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Half Yard Quilting Studio is a well lit space nestled in my backyard in a quiet neighborhood. We have two APQS long arm machines, that you can rent or bring your quilt in to have quilted.

**We carry a large assortment of wide backings, 108" cotton, 60" and 90" plush and 60" Fireside. Batting available as well**

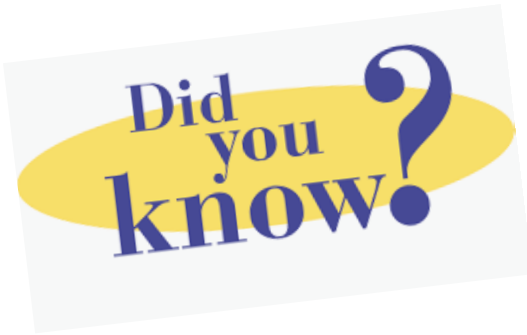
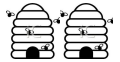
**Tuesday - Wednesday - Thursday  
10am - 5pm  
Or by appointment  
Text, call or email**

*Its always recommended you check to see if I'm in before stopping by*

**Quick turnaround  
Can accommodate rush orders!**

1166 Grafton Ave. Moose Jaw, SK S6H 3S5

**306.684.4046**



Friday May 8 & Saturday May 9, 2020



### Call for Entry

Tannis F  
Quilt Show Chair

Enter your quilt in the Prairie Piecemakers Quilter's Guild, 2020 Endless Visions Show to be held May 8 and 9, 2020 at Evraz Place – Banner Hall.

Registration is online at <http://www.prairiepiecemaker.com/> from January 10, 2020 to April 10, 2020.

Your quilt will be displayed for all to see and admire. Cash prizes will be awarded. All quilts entered will be judged by Certified Canadian Judges.

Although they are called Judges, they are there to provide positive and constructive comments on every quilt and art piece.

All skill levels are encouraged to participate in this enriching experience. By entering your quilt, you will be advancing our knowledge of quilting and gaining tips on improving your skills. Not to mention the fun you will have.

*Please consider entering!*

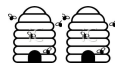
### Quilt Show Penny Parade Donations

We are looking at the following categories of baskets:  
Baby, Food/drink, Floral/spring, Christmas, kids, seasonal, sports, Diva/pamper Me, We are looking for quilting sewing items but also items in those categories.

You can give the items to Betty and Sheree at the 50/50 table.

Thank you for the support!





**SPONSORSHIPS, DONATIONS  
- LARGE OR SMALL -  
ARE ALL VERY WELCOME!**

**HAVE A CHAT WITH IRIS L TO SEE HOW YOU  
CAN HELP...**



**Guild Table**

**Transform Your  
Unused Quilt  
Fabrics and Supplies  
Into Cash!**

Contact Sherill-Anne T for a  
number and sign up.



**FUN FUN FUN**

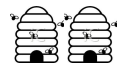


**THREE WAYS TO SIGN-UP!**

1. Sign at a meeting. TONIGHT!
2. View the spots available on our website and send an email to newsletterppm@gmail.com to request a timeslot.
3. Call Deena 306-757-6216 and request a timeslot.

Tickets available from Sally B.





Below are the Quilt Show volunteer opportunities as of February 4, 2020.  
 Please contact Deena at [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com)  
 or 306-757-6216 to sign up.



- |  |  |
|--|--|
| <p>1. Quilt Registration: Lead: Shelley K<br/> <b>Tuesday, May 5</b><br/>                 Need: 4 Drop off locations</p> <p>2. Judging: Lead: Tannis F<br/> <b>Wednesday, May 6</b><br/>                 Morning: Need: 12<br/>                 Afternoon: Need: 12<br/> <b>FILLED:</b> 4 Scribes recruited by Tannis</p> <p>3. Show Set-Up: Lead: Jymmi Kaye D<br/> <b>Thursday, May 7:</b> 8:00 - 4:00 (20 positions)<br/>                 Need: 20</p> <p>4. Vendor Set-up: Lead: Joanne H/Mary F<br/> <b>Thursday, May 7:</b> Morning and Afternoon<br/>                 8:00 - 12:00 Need: 1<br/>                 1:00 - 4:00 Need: 1</p> <p>5. Admissions: Lead: Lynne W<br/> <b>Friday, May 8</b><br/>                 9:30 - 11:30 Need: 3<br/>                 11:30 - 1:00 Need: 1<br/>                 1:00 - 3:00 Need: 1<br/>                 3:00 - 5:00 Need: 1<br/>                 5:00 - 7:00 Need: 1<br/> <b>Saturday, May 9</b><br/>                 9:30 - 11:30 Need: 2<br/>                 11:30 - 1:00 Need: 1<br/>                 1:00 - 3:00 Need: 1<br/>                 3:00 - 5:00 Need: 2</p> <p>6. Guild Table: Lead: Sherrill Anne T<br/> <b>Thursday, May 7:</b><br/>                 3:00 - 6:00 Need: 3<br/> <b>Friday, May 8</b><br/>                 9:30 - 12:00 Need: 3<br/>                 12:00 - 2:30 Need: 3<br/>                 2:30 - 5:00 Need: 3<br/>                 5:00 - 7:00 Need: 4<br/> <b>Saturday, May 9</b><br/>                 9:30 - 12:00 Need: 3<br/>                 12:00 - 2:30 Need: 4<br/>                 2:30 - 5:00 Need: 3</p> <p>7. Penny Parade: Lead: Betty U./ Sheree S.<br/> <b>Friday, May 8</b><br/>                 9:30 - 11:30 Need: 2<br/>                 11:30 - 1:00 Need: 2<br/>                 1:00 - 3:00 Need: 2<br/>                 3:00 - 5:00 Need: 2<br/>                 5:00 - 7:00 Need: 2</p> | <p><b>Saturday, May 9</b><br/>                 9:30 - 11:30 Need: 2<br/>                 11:30-1:00 Need: 2<br/>                 1:00-3:00 Need: 2<br/>                 3:00-5:00 Need: 2</p> <p>8. Raffle Ticket Sales: Lead: Sally B<br/> <b>Friday, May 8</b><br/>                 9:30-11:30 Need: 2<br/>                 11:30-1:00 Need: 1<br/>                 1:00-3:00 Need: 1<br/>                 3:00-5:00 Need: 1<br/>                 5:00-3:00 Need: 1<br/> <b>Saturday, May 9</b><br/>                 9:30 - 11:30 Need: 1<br/>                 11:30 - 1:00 Need: 1<br/>                 1:00 - 3:00 Need: 1<br/>                 3:00 - 5:00 Need: 1</p> <p>9. White Glove: Lead: Shelby L<br/> <b>Friday, May 8</b><br/>                 9:30 - 11:30 Need: 2<br/>                 11:30 - 1:00 Need: 2<br/>                 1:00 - 3:00 Need: 2<br/>                 3:00 - 5:00 Need: 2<br/>                 5:00 - 7:00 Need: 3<br/> <b>Saturday, May 9</b><br/>                 9:30 - 11:30 Need: 2<br/>                 11:30 - 1:00 Need: 2<br/>                 1:00 - 3:00 Need: 2<br/>                 3:00 - 5:00 Need: 2</p> <p>10. Floater Volunteers: Lead: Deena A.<br/> <b>Friday, May 8</b><br/>                 9:30 - 11:30 Need: 1<br/>                 11:30 - 1:00 Need: 1<br/>                 1:00 - 3:00 Need: 1<br/>                 3:00 - 5:00 Need: 1<br/>                 5:00 - 7:00 Need: 1<br/> <b>Saturday, May 9</b><br/>                 9:45 - 11:30 Need: 1<br/>                 11:30 - 1:00 Need: 1<br/>                 1:00 - 3:00 Need: 1<br/>                 3:00 - 5:00 Need: 1</p> <p>11. Show Dismantling: Lead: Jymmi Kaye D<br/>                 4:30 to completion<br/> <b>Saturday, May 9</b> Need: 15</p> |
|--|--|

**THINGS TO KNOW:**

1. You pay for one day admittance & get one day free.
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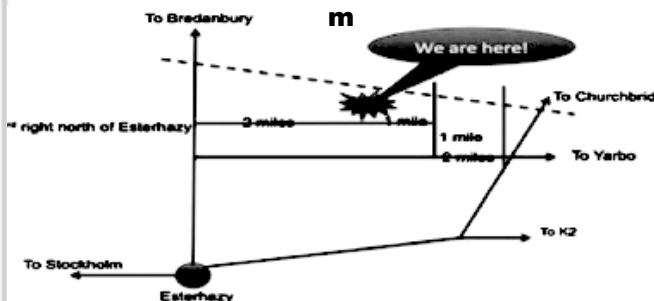
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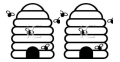
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Bonnie R Linda W Debbie W  
Kathy W Wendy S

Dear Quilters,

Don't you love January and February – months truly designed for quilters! This month I took three books from our shelves for review—based on the colourful spines of the books!

**The Quilter's Edge** *Borders, Bindings and Finishing Touches* by Darlene Zimmerman delivers exactly what the title promises. Lots of tips, suggestions, and how-tos: chapter headings include "Setting Options", "Formulas", "Borders", "Binding", "Edge Finishes", "Prairie Points", "Knife-Edge Finish" (which I didn't even know existed and now I do), "Ice Cream Cone Border" and chapters on final finishing—labels, hanging sleeves, and finishing a pillow.

**Tula Pink's City Sampler-- 100 Modern Quilt Blocks** by Tula Pink was added to the library in 2013-14. And as the title suggests, she delivers 100 modern quilt blocks grouped as "crosses", "rectangles", "triangles", "stripes", "squares", and "Haiku". This is followed by six separate projects, each using the modern blocks—in ones only or in multiples.

**Quilting with a Modern Slant** *people, patterns, and techniques inspiring the MODERN QUILT COMMUNITY* by Rachel May. Modern quilting is described as takes on traditional and art quilting along with a sense of experimentation and inspiration. The author interviewed numerous quilters of the modern stripe and describes what inspires/inspired them. "A Sense of Play", "Improv", "The Political is Personal", "Quilting from Tradition", "For the Love of Color", "Practical Scale(s)" and Coming Full Circle are the chapter headings.

So cosy up to your cutting table, stash, and machines and enjoy the best indoor activity ever!

Bonnie R  
Library Committee

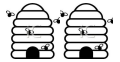


[www.periwinkle.biz](http://www.periwinkle.biz)

It's Cccoldd out! So maybe you would prefer not to drive. And the thought of a Canadian Uber ride to Saskatoon ... ?!!  
So why not check out the on-line store. Always adding our new products as they arrive. Yardage, precuts, kits, notions, dig around and see what you can find. Once it is warm again, do stop in at the shop when your travels bring you to Saskatoon.

  
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# U F O

Heather H



**A** Total to date: 69



**B** Total to date: 94



**C** Total to date: 171



**D** Total to date: 183

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## Quilters Posture and Exercises



Proper Quilting Posture protects you from injury and, in the long run, will make you a more skilled quilter. If you have ever experienced pain in your back, arms, or hips while piecing and quilting, then learning about posture may be helpful for you! Keep reading to learn how you can enjoy sewing and take good care of your body!

### STRING & STORY

<https://www.stringandstory.com/blog/quiltingposture>

## Colchester Mill Fabrics

<https://colchestermillfabrics.com/healthy-sewing-habits/>

1. Set A Timer. Get Up. MOVE AROUND!!!
2. Stretching! Before, During, and After You Sew!
3. Repetitive Motions & Hand Health:



### The Ergonomics of Sewing: Feel Comfortable While You Quilt

- 1 Adjust your chair. This is a basic step that's all too often overlooked. ...
- 2 Adjust your table. ...
- 3 Minimize friction. ...
- 4 Use magnification for fine work. ...
- 5 Use **quilting** gloves. ...
- 6 Use a standing frame for hand **quilting**. ...
- 7 Take breaks.

<https://wunderlabel.com/blog/p/ergonomics-sewing-feel-comfortable-quilt/>

## *Quilting Ergonomics - How to Be Comfortable While You Quilt*

<https://www.youtube.com/watch?v=hbmQ2riM7Yo>

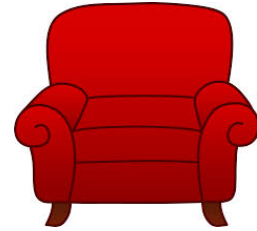


*Tara Brach* Breathing – Rest and Relaxation

I recommend *9 Magic Breaths* 5:50 minutes as a starting place.  
– Deena

<https://www.tarabrach.com/guided-meditations/>

## Is Sitting the New Smoking?



**ScienceDaily**

Sitting is NOT the new smoking, contrary to popular myth

In the latest issue of the *American Journal of Public Health*, researchers from Canada, the US and Australia say that while research does suggest excessive sitting (roughly more than eight hours a day) increases the risk of premature death and some chronic diseases by 10-20%, this pales in comparison to the risks associated with smoking.

For more ... <https://www.sciencedaily.com/releases/2018/11/181105105419.htm>

**The New York Times**

Is Sitting a Lethal Activity?

By JAMES VLAHOS APRIL 14, 2011

Over a lifetime, the unhealthful effects of sitting add up. Alpa Patel, an epidemiologist at the American Cancer Society, tracked the health of 123,000 Americans between 1992 and 2006. The men in the study who spent six hours or more per day of their leisure time sitting had an overall death rate that was about 20 percent higher than the men who sat for three hours or less. The death rate for women who sat for more than six hours a day was about 40 percent higher. Patel estimates that on average, people who sit too much shave a few years off of their lives.

For more ... <https://www.nytimes.com/2011/04/17/magazine/mag-17sitting-t.html>



What are the risks of sitting too much?

Edward R. Laskowski, M.D.

When you sit, you use less energy than you do when you stand or move. Research has linked sitting for long periods of time with a number of health concerns. They include obesity and a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels — that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer.

For more ... <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>

## Focus on Hands

*Certain repetitive hand activities may put you at higher risk for developing a variety of wrist problems. By learning how to modify how you use your hands, you may be able to reduce the risk.*

- Keep your wrist in neutral. Avoid using our wrist in a bent or twisted position for long periods of time. Try to maintain your wrist in a neutral (straight) position.
- Rest your hands. Periodically give your hands a break by letting them rest briefly. You may be able to alternate easy and hard tasks, switch hands, or rotate activities.



### Gripping

To release muscle tension in your hands, slowly make a fist then stretch you fingers out straight while spreadking your fingers. Hold this position for a second, then relax. Repeat 5-10 times, several times during the day.

### Thumb Stretch

To release muscle tension in your thumbs, stretch you thumb out to the side gently pullong it with your opposite hand. Hold it in a stretched position for a count of 3, then release. Repeat 5-10 times, several times during the day.

---

### Occupational Therapy Hand Exercises 4min 20 sec

[https://www.youtube.com/watch?v=xQrP97h4MMg&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=xQrP97h4MMg&feature=emb_rel_pause)

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### Yoga for Seniors ♥ Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress

<https://www.youtube.com/watch?v=3ZvmKOPoFVo>

**Chair yoga** is a great way for older adults to get the wonderful health **benefits of yoga**. ... **Yoga** is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

<https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>

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### LSC Meditation Mondays at 7:15 pm

Eastside United Church, 3018 Doan Drive Regina

All are welcome to explore meditation with us within a friendly and loving circle of people. Dress comfortably, bring a friend.

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**Ads**

Wooden ruler racks, one with six slots (\$6)  
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Contact Mary F at the meeting or phone  
306.546.3046



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<https://friends.ca/why-friends/our-purpose/>



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*The Flower People*  
Exhibition by *Melanie Monique Rose*

**January 11th – March 14th**

*Saskatchewan Craft Council* is pleased to present **The Flower People**, a solo exhibition by *Melanie Monique Rose*. *Melanie Monique Rose* is a fibre and visual artist from Regina, Saskatchewan, Treaty 4 Territory. *The Flower People* is an ongoing theme for *Rose*, derived from the name "The Flower Beadwork People," a name given to the Métis who are well known for their floral beadwork. *Rose* uses felting techniques on collected blankets to create a canvas; exploring her Métis identity alongside her Ukrainian heritage.

<https://saskcraftcouncil.org/scc-gallery-exhibitions/current-exhibition/>



**SASKATCHEWAN CRAFT COUNCIL**

### **Call for Applications: Saskatchewan Craft Council Jury Sessions**

**Deadline: February 17, 2020**

SCC members interested in receiving consultation and feedback on your work are invited to apply for *Saskatchewan Craft Council's* **Annual Free Jury Sessions**. They will take place over two weekends in April in both Saskatoon in Regina. Applicants are juried by two senior craft artists working in the same craft media, against written standards of excellence developed by the SCC. Being a juried member allows the artists to sell at SCC markets and can apply to be considered for *SCC Fine Craft Boutique*. Applicants must be or become a *Professional Craftsperson, Affiliated Marketer, or Student* member of the *Saskatchewan Craft Council* prior to being juried.

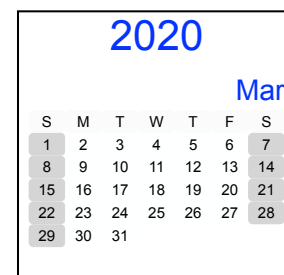
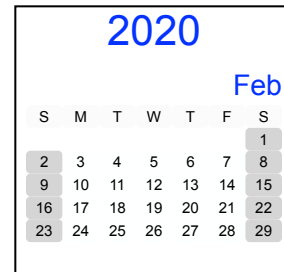
**You can find the application at the link below.**

**Please note:** The *Saskatchewan Craft Council* is an organization that supports fine craft artists and their work. Unfortunately we are not in a position at this time to take on any additional *visual artists* as new members.

<https://saskcraftcouncil.org/wp-content/uploads/2020/01/Jury-Application-Form-2020-Revised.pdf>

## Prairie Piecemakers Quilters' Guild Regular Monthly Meeting Agenda February 4, 2020

Welcome and call to order	Shelley
Announcements	Shelley
Approval of the January 7 meeting minutes	Shelley
Nomination Committee	Shelley
Workshops	Heather I.
Library	Bonnie
Quilt Show Volunteer signup and drop off locations	Deena/Shelley
Quilt Show Sponsorship	Iris
Show and Share	
UFO challenge	Shelley
Break	
Program – Elements of Design by Tannis Fahlman	Shelby/Maxine
Mystery Quilt	Tannis
Nomination Committee	Shelley
Membership	Cheryl
Door Prizes	Shelley
50/50 Draw	Betty/Sheree



## Prairie Piecemakers Quilters' Guild Minutes Regular Monthly Meeting – January 7, 2019

**Welcome and Call to Order** – Shelley called the meeting to order at 7:00 p.m. Meeting started with a presentation by Ev Rieder, Recreational Therapist from Saskatchewan Health Authority about the importance of exercising and stretching.

**Approval of November 5, 2019 Meeting Minutes** – No errors or corrections to the Minutes of the November 5, 2019 Meeting. Minutes approved.

**Announcements** – Shelley advised that the CQA 52 Blocks/52 Weeks will be adding extra blocks. They will be starting a new Quilt Along involving borders.

Three members expressed an interest in participating in the Gateway to Adventure Challenge. Projects will be shown at the April Guild meeting and one will be selected to be sent from our Guild.

**Quilt Show** - Shelley presented Tannis' report – Website for quilt registration will open on January 10. It will include the list of all quilt categories. Paper copies of the submission form available at the meetings. Iris Lord has sponsorship kits available.

**Mystery Quilt** – Marlene SC and Shelley showed the two different January blocks. There is only one more month of blocks to complete.

**Workshops** – Heather I. advised that the February Tool Tote workshop will be led by Renee B. - cost \$35.00. The workshop for March is the Mystery Quilt Completion led by Tannis F – cost \$35.00.

**Library** – Bonnie R. advised that they have 5 new books this month.

**UFO Challenge** – Heather H advised that the responses are slow right now.

**Guild Table at Quilt Show** - Sherrill advised that vendor numbers are available from her for anyone wanting to sell items at the Guild Table.

**Anthropology on Quilting – Master Degree Project** – Katelyn J. talked about when she is hoping to learn from the guild about quilting and why she chose this topic.

**Raffle Quilt** – Marlene SC showed the raffle quilt so that members could take a picture of it. The quilt was completed by Darlene S and Jackie H. and quilted by Colleen M.

**Thank You Cards** – Cards of thanks were received from Saskatchewan Health Authority (placemat donations); Quilt Canada winners -Diane C & Anne B. (Guild sponsored category); Joan L. (cancer quilt recipient); Regina Qu'Appelle Health -4F Pediatrics (donation quilts for patients); Allan Blair Cancer Centre (donated quilts for patients); 4 Directions Community Health Centre (donation quilts for patients).

**Program** – A Year of Quilts – presentation of twelve seasonal quilts by Maxine K and Lynne R.

**Membership** – Cheryl A advised that there were 83 members (including 1 new member) and 5 guests.

**Door Prizes** – Susan M., Sheree S. and Joan G.

**50/50 Draw** – Winner of \$91.00 was Maxine.

**Adjournment** – Meeting was adjourned by Shelley K. at 8:35 p.m.

**Next meeting is February 4, 2020.**

## Advertising Information

The Prairie Piecemakers Quilters' Guild is entering its twenty-seventh year as an incorporated organization, serving quilters, promoting the quilting arts and supporting the development of quilting in Regina. Your advertisement is an effective way to reach a local and a broader audience of quilters:

**Local audience:** the Prairie Piecemakers Quilters' Guild publishes 10 newsletters each year, monthly from September through June. The newsletter is distributed to all Guild members (currently 128 members and growing).

**Extended audience:** advertisers in the newsletter are recognized on the Guild website ([www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)) with a link to their website and/or contact information.

Each newsletter is posted on the Guild website and remains available for public download through the newsletter archive.

### Timelines:

Advertisers should send their advertisement copy to the editor of the guild newsletter two weeks before the end of the month prior to the next issue of the newsletter. Please see the Guild website for our Advertising Guidelines.

### Contact:

**Inside the Guild** Newsletter Editor  
Prairie Piecemakers Quilters' Guild  
Box 33043, Cathedral P.O.  
Regina, SK S4T 7X2  
Telephone: 306-584-9509  
Email: [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com)  
Website: [www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)

## Want to join the Guild?

Visitors and new members at all levels of quilting are welcome.

Guild membership consists of quilters of varying ages and abilities who share a great appreciation for the art of quilting and the fabric used to piece the quilts together:

- The membership year runs from July 1 to June 30 of the following year.
- New members are welcome at any time during the quilting season.

The Guild is a member of the Canadian Quilters' Association.

Please contact us by email at [ppmqguild@gmail.com](mailto:ppmqguild@gmail.com), through the website, or directly to a Membership Committee member (pg. 2).

## Inside the Guild

### Commercial Advertising Rates

Single Issue Rate			Full Year
Category	Size	Rate	Rate
Full page	7.5" x 10"	\$50.00	\$250.00
Half page (horizontal)	7.5" x 5"	\$25.00	\$125.00
Half page (vertical)	10" x 3.75"	\$25.00	\$125.00
Quarter page	3.75" x 5"	\$16.00	\$80.00
Business card	3.75" x 2.5"	\$8.00	\$40.00

### Non-Commercial **Classified** Advertising Rates

Advertisements must be sewing, quilting, or fibre art related. 1/4-page and 1/2-page advertisements, containing a photo, a graphic, or an image are to be in .pdf, MSWord, or .jpeg format (ready for insertion) and sent to [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com). Include your complete contact information.

Please make your cheque payable, in the correct amount, to PPQG and forward it to Prairie Piecemakers Quilters' Guild, Box 33043, Cathedral PO, Regina, SK. S4T 7X2.

Advertisement Sizes	Guild Member	Non-Guild Member
	Per issue	Per issue
Classified Ads of 50 words or less - no photo, graphics, or images	FREE maximum insertion 3 months	\$8.00
1/4 page	\$5.00	\$16.00
1/2 page	\$10.00	\$25.00

Except where noted, all graphics are from Google Images.

**Privacy of Information:** As a public organization, the Prairie Piece Makers Quilters' Guild, Inc. (PPQG) is compelled to abide by the Canadian rules applying to the Privacy of Information. We cannot share information about members without this consent. The personal information collected consists of name, address, telephone number, and email address and is used to contact members for Guild business. As the Guild's membership form does not specifically ask members if they will allow their names to be published in the newsletter, the newsletter will not publish full names, excepting for the executive and committee chairpersons, who have signed disclaimer forms for the editor or when expressed permission is provided. When submitting articles for the *Inside the Guild* newsletter, please state as to whether you will allow your full name to be published in the newsletter print format, available at Guild meetings and the online copy published on the Guild's website. *Thank you.*