

# Pieces of the North

Yellowknife Quilters Newsletter

Website: [www.ykquiltersguild.ca](http://www.ykquiltersguild.ca)

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Picture taken by Linda Whitford

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## Next Meeting

*Cancelled until further notice!*

## *Superior Threads Suggests 10 Bad Habits Quilters Need to Quit*

Have you heard the story about the woman that every time she makes a roast, she cuts off the ends because that's the way she saw her mother cook it? The truth

was the mother had too small of a cooking pan and cut the ends to accommodate. Sewing and quilting can be like this too. You're taught or observe someone doing something and figure that's the way to do it. But there are some sewing and quilting habits that could be hindering your sewing experience. Here are nine habits we recommend quitting:

### **Not organizing your fabric scraps**

Will you ever use fabric scraps if you can't even tell what you have? Our favorite method is to organize scraps by colors. If you don't have them organized, you might as well throw them out because they won't be used and they're taking up precious space!

### **Too much criticism**

Do you nit-pick and over-analyze your stitches and points? The best advice to receive when you find yourself doing this is to stop. Stop the criticism and the "if only". You should start by celebrating the fact that you made time to sew! Congratulate yourself for finishing a project and be happy that you created something that didn't exist before.

*Continued next page*

### **Cutting the same place on your mat**

Want a quick way to wear out your cutting mat? Always cut at the same place. Mats need time to heal and cutting at the same position each time is a sure way to wear it out quickly. Move your cutting line regularly, so you are able to use the entire mat and get more life out of it.

### **Sewing over pins**

Sewing over a pin can cause problems. Needles may bend, dull, or worse—break. If you have a habit of sewing over pins because you haven't experienced issues yet, I recommend you stop before you experience a problem.

### **Not maintaining your machine**

This is the biggest no-no on the list. If you want your machine to stitch well, take care of it. Clean your machine regularly. Change the needle when you see stitch quality decrease or hear a gentle thud sound (that's a cue that your needle is becoming dull). Take your machine to the machine repairman for a service once in awhile. Be good to your machine and she'll be good to you.

### **Unthreading the machine incorrectly**

We've all heard that you need to unthread your machine in the same direction as cutting it. The sentiment is that if you pull your thread against the flow, you could end up leaving grooves along the thread path. I haven't experienced this myself, however, I've heard from friends that swear their machine required maintenance after one-too-many times of unthreading the machine incorrectly. So I've decided to play it safe and unthread in the same direction as threading. I snip the thread coming right off the spool and pull from the needle.

### **Using dull cutting tools**

This is a no brainer, but sometimes you just hope that the rotary cutter will make it a few more cuts or that the frayed fabric edges from your shears aren't that bad. Sewing is much easier with crisp edges and choosing to use high-quality cutting tools can help alleviate a lot of frustration and save time. It's much cheaper to replace a rotary blade than spend the time required fixing a poor cut on your fabrics.

### **Using low-quality thread and fabrics**

You knew this was coming! Low quality threads throw a lot of lint in your machine, break, skip stitches, and aren't much fun to stitch with. Similarly, fabric quality can affect how long your quilt will last and how well the stitches form. A low quality fabric has fewer warp and weft yarns, isn't as dense, and may not be colorfast. Our recommendation to everyone who sews is to buy the highest quality fabric, thread, and notions one can afford. Using high-quality products will make your sewing experience more enjoyable and mitigate problems which can be easily avoided.

Sourced from:

<https://www.superiorthreads.com/education-bad-habits-quilters-need-to-quit>



It is with a heavy heart that CQA/ACC has cancelled Quilt Canada 2020 in Edmonton as of 30th April 2020. If you had registered to attend, please check with the CQA/ACC website

<https://canadianquilter.com/> about refunds or quilts sent for the show etc.

Janet Sanders

## Messages from our members!

As the requests for fabric face masks increases the elastic supply has dried up. Marilyn McGurran put me on to making elastic from t-shirts. I like it better than elastic as it is softer on the ears - more like some hair ties (which are also becoming rare).

I found a couple of videos on YouTube with good demos by searching for "elastic from t-shirts". One by Sheryl Smith was good, and Amy Eds has one called "t-shirt yarn".

I also saw a news report of results from a lab about which fabrics are good. They suggest using high count bed sheets for linings - so the ones I hadn't thrown out are now going to good use.

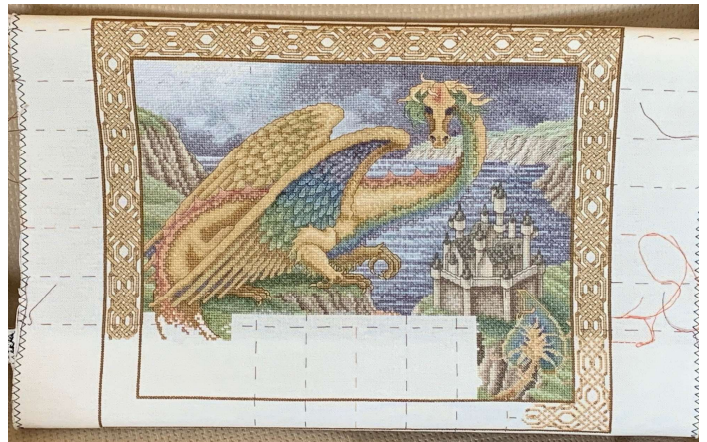
Teresa Watson

*Do You Know Quilting Acronyms?  
WHIMM = Works Hidden In My  
Mind*

One of my current projects:

I started this cross-stitch project in 2012. I decided that I would give it to my husband when complete but wanted to change the colors of the dragon to purple (My husband's favorite color is purple). Switching the colors to purple did not work for several reasons: not enough color variations in the purple thread I had and the contrast from light to dark. Light golden colors are used for the dragon and background colors are darker. For the dragon to stand out I would have to choose light purple colors – this would not do for a dragon. I am remarkably close to finishing it. I estimate about 500 hours so far. I have 3 ½ letter sized pages left out of 12. And as with any crafter I have several projects on the go. Happy crafting everyone.

Leslie Thomas



*Do You*

*Know Quilting*

*Acronyms?*

*HST = Half  
Square Triangle*

# Recipe Corner

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



## Spinach Feta Quesadillas

I found this recipe on the back of a President's Choice Flour Tortilla package. Although this may not be quick and easy it did look yummy. (Note: I was hungry at the time.)

Provided by Leslie Thomas

### Ingredients:

- |                     |  |
|---------------------|--|
| 2 cups              | PC Pizza Mozzarella Shredded Cheese              |
| $\frac{3}{4}$ cup   | crumbled feta cheese                             |
| $\frac{3}{4}$ cup   | thawed and squeezed-dry frozen chopped spinach   |
| 2 tbsp              | PC EV00 Extra Virgin Olive Oil                   |
| 2 $\frac{1}{2}$ tsp | fresh lemon juice                                |
| 1 small             | clove garlic, minced                             |
| 1 pkg               | PC Large Whole Grain Whole Wheat Flour Tortillas |
| 1 cup               | PC Plain Greek 0% Yogurt                         |

### Directions:

1. In a bowl, stir together mozzarella, feta, spinach, olive oil, lemon juice and garlic.
2. Heat large non-stick fry pan over MEDIUM heat. When hot, place one tortilla flat in pan, spread with  $\frac{3}{4}$  cup cheese mixture and top with another tortilla, pressing down with a spatula. Cook until bottom is browned, about 2 - 3 minutes. Turn; cook until cheese melts and bottom is brown, about 2 - 3 minutes. Set aside. Repeat with remaining tortillas and filling.
3. Cut warm quesadillas into wedges and serve with yogurt for dipping.

*Makes 6 servings.*





## The Quilted Raven

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Hello Quilters! Spring is here, Yes, it is! We have many new arrivals of fabric and notions that have arrived and keep on arriving!

I'd like to thank everyone that helped us get face masks made up for non-medical essential works here in Yellowknife. We are more than halfway to our goal of 500!

Don't forget, WE ARE OPEN these days 'By Appointment' only. Our appointments are on Monday, Wednesday and Thursdays and they are booked every 45 minutes. Please contact me through [thequiltedraven@northwestel.net](mailto:thequiltedraven@northwestel.net) to arrange an appointment. Our Facebook page has up-to-date info about store happenings and fabric arrivals!

Take care!

**Charlene and the Ravenettes!!**

### Draws

The following draws take place at each Guild meeting:

Book of the Month  
\$2 each or 3 for \$5  
Members Only

Mystery Bag  
\$2 each  
Members Only

Door Prizes  
Free  
Members & Guests

### Guest Policy

Guests are welcome to join us at any meeting. If a guest returns for a second or subsequent meeting, there is a \$5 charge per visit. For details, please see the full policy on the website.

### Members Giveaway Table

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

### Meeting Etiquette

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

### Newsletter Submissions

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

[leslie06thomas@gmail.com](mailto:leslie06thomas@gmail.com)

*Deadline for submissions is the 4<sup>th</sup> Thursday of the month by 5:00 p.m.*

# *North of 60 Quilting Services*

[www.northof60quilting.com/](http://www.northof60quilting.com/)

## *North of 60 Quilting Services*

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



Anita Griffore  
Marilyn McGurran  
867.446.0464

[northof60quiltingservices@gmail.com](mailto:northof60quiltingservices@gmail.com)  
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## *Longarm of the North*

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**Executive for 2019-20**  
[quiltingyk@gmail.com](mailto:quiltingyk@gmail.com)

President	Christine Hoiland
Vice President	Diane Corbeil
Treasurer	Donna MacDonald
Secretary	Julia Merola
Director	Hazel Wainwright
Director	Debbie Gillard

### **With Help From**

Cindy Taylor, Leslie Bromley, Lisa Fleet, Lesley Singer, and Dawn McInnes



@YKQuilters



Yellowknife Quilters Guild

[www.ykquiltersguild.ca](http://www.ykquiltersguild.ca)

### **ADVERTISING RATES:**

Members for Sale Items FREE

Businesses \$35 full page

\$20 half page

\$10 quarter page

(or equivalent)



## COVID-19 Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## Take steps to protect yourself

### Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

### Avoid close contact



- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

## Take steps to protect others

### Stay home if you're sick



- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).

### Cover coughs and sneezes



- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## Wear a facemask if you are sick



- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick.](#)
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

## Clean and disinfect



- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

Courtesy of:



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™