



SUNSHINE SNIPPETS

President's Message

September and October are my favourite months. I suppose years of being a student and then a teacher have trained me in appreciating them. In education, September marks a new beginning, a time of excitement and renewal: "This is the year I'm going to do everything right." By Thanksgiving, some doubts about that high aspiration are beginning to surface, but optimism still reigns. It will take another few weeks before the November doldrums set in.

However, now out of the educational fray, I can see these months without that inevitable crash.

And so I can say that I love everything about fall. I love the freshness in the air, the early morning bite and the gentle warming of noontime. I love the smells of fall, I love the stunning colours that assault us whenever we take a walk, I love that now everyone else's garden looks as crumbly as mine, I love that I no longer have to think up an excuse not to be seen in public in a bathing suit.

I even love that sense of excitement created by the knowledge that winter is coming and it is necessary to prepare for it. Each outside job that gets done gives satisfaction: water turned off, lawn chairs away, furnace checked. I'm ready. Let 'er rip.

Also, these months bring one of our best holidays, Thanksgiving. It's the holiday associated with gathering: gathering the harvest and gathering the family to enjoy the harvest. With a bit of embarrassment, I admit that in my family, Thanksgiving dinner was about the only time that we did say grace before a meal. Then, we thanked God for the normal things like our food and family and wished everyone well. This was done as efficiently as possible so that we could get down to the business of eating.

In other words, very little attention was paid to the actual meaning of the holiday. However, this year, as I was driving home from my sister's, I considered the weekend in the light of what I have learned in the last while and so I need to thank those parliamentarians who first designated Thanksgiving as a national holiday.

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Mission Statement: The Orillia Quilters' Guild is a non-profit organization dedicated to promoting interest and excellence in quilting.

Meeting at: Royal Canadian Legion, Upstairs
Mississaga St., Orillia
Third Wednesday of the month

President	Gillian Isnor-McVeigh
Past President	Frances Westgarth
Vice President	Leslie Quinn
Secretary	Meryl Drake
Treasurer	Marilyn Lippert

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President's Message Cont'd

I have learned that psychologists continue to analyze the nature of happiness and studies have proven that happiness is not dependant on conditions of health and prosperity, but in cultivating a mindset that decides that happiness is possible. Experts say that one of the most effective ways to cultivate a happy, contented mindset is to express gratitude. Indeed, Shawn Achor, a psychologist studying happiness, states that one way each of us can heighten our sense of happiness is by writing down three things a day that we are grateful for. He believes that doing that for 21 days can have a positive effect.

I have been trying this for awhile. I don't write my ideas down because that means going to find paper and pen and I think that dampens the enthusiasm. Instead, I say them aloud to the dog, or even just think them. By doing this, I can acknowledge pleasurable thoughts at a moment's notice. I find it works.

However, if you are trying to do this exercise on a regular basis, the big generalities such as good health and good friends won't cut it. Instead, out of necessity, you have to start micro analysing these generalities. Thus, good friends gets subdivided into being thankful that a friend phoned you today just to chat, or that you have a friend that you feel comfortable with to do the same. Good health gets narrowed to feeling blessed because today your knee is not hurting. From those smaller, more personalized approaches, it is a simple leap to, "I'm grateful that my programmable coffee maker let me have a fresh cup of java ready when I woke up this morning," and "I'm glad that this soap is so fragrant and silky."

Do those sound silly to you? I beg to differ. All these minor observances force us to acknowledge the little things in our lives that give bits of pleasure. It gets us to focus on the Now. It forces us to acknowledge what we have and turns us away from contemplating what we don't have.

So, having finished 2015's official Thanksgiving, I'd like to continue my exercise of remarking on those things that give me pleasure and one of the things I am most thankful for is my interest in creating quilts and paintings. I have friends who have no confidence that they can make anything beyond a good Sunday dinner, and I have great sympathy for them because they do not know the pleasure of immersing themselves in a project just for the joy of seeing what happens. That is one reason why I love the Quilt Guild. We are all kindred spirits in that respect and understand that, for us, the act of creating is necessary in developing a life-well-lived. We are lucky;



COOKIE CREW

October

Dar Whyte
Gwen Hook
Jean Wallace
Nikki Watt
Sue Edwards

November

Pat Dauphinee
Elaine MacInnes
Lynn Fisher
Mary Staines
Penny Fitchett

ADVICE FROM A SINGER SEWING MANUAL
FROM 1949

Prepare yourself mentally for sewing. Think about what you are going to do... Never approach sewing with a sigh or lackadaisically. Good results are difficult when indifference predominates.

Never try to sew with a sink full of dirty dishes or beds unmade. When there are urgent housekeeping chores, do these first so your mind is free to enjoy your sewing. When you sew, make yourself as attractive as possible. Put on a clean dress. Keep a little bag full of French chalk near your sewing machine to dust your fingers at intervals. Have your hair in order, powder and lipstick put on. If you are constantly fearful that a visitor will drop in or your husband will come home, and you will not look neatly put together, you will not enjoy your sewing.

Tater Patch Quilts
Merrill, Oregon

Thanks Karleen Bradford
for the advice from
1949 !!



SCHOOLHOUSE

This month Penny Fitchett will be bringing a few of her favourite things for the Schoolhouse segment of the meeting.



WHITE GLOVES

October

Jeanne Wallace
Shirley Clark
Elaine McGee
Leslie Quinn

November

Lynn Fisher
Penny Fitchett
Debbie Hewitt
Linda Woloshyn



PROGRAM

SALE! SALE! SALE!

THIS IS YOUR YARD SALE.

Bring your unwanted/no-longer-loved:

- Notions, Books, Items, Yardage, UFO's, Embellishments.....
- Anything that fits under **Sewing** or **Fibre Arts (Whatever!)**

- Put the price you want on each item and set up your stall (table) in our Yard. i.e.meeting room
- Bring a container to be your 'cash drawer'
- Bring smaller bills and coins to make change.

- Most of all bring the stuff you'd like someone else to own and enjoy.

This can be a **Stash Breaker** or **Stash Re-newer** ...and you keep all the profits!!!

- **SELL – TRADE – BUY – ENJOY –**

Warning: some bartering might occur.....



SUNSHINE QUILT SHOW

Oh, those cooler days are fast approaching—great for working on those quilt projects. The Sunshine Quilt Show 2016 is a great opportunity to showcase your talents and your hard work by entering a quilt or quilted article in the show.

You can pick up your **Intent Forms** for displaying your quilts, wall hangings, clothing, etc. from Brenda Stride or they are always available on the Orillia Quilter's Guild website www.orilliaquiltersguild.com

Showing the items you have spent many, many hours quilting will help make the 2016 Sunshine Quilt Show a great success.

The Market Inventory forms for selling items in the Sunshine Market are available in the library or from Brenda Stride, and are also on the Orillia Quilter's Guild website www.orilliaquiltersguild.com

If you are one of our lucky snowbirds, you can sign up now to volunteer the weekend of the show. If you can, wile away those warmer southern hours readying your quilt project for the spring show. Please contact Christine Palmer or Nikki Watt if you are interested in volunteering. There is a volunteer form on the Website that you can complete and email back to Nikki. It is not necessary to print the form, just download it, fill it in and email it back. (no signature required).

Submitted by Lynn Fisher

Just a reminder to pick up your Raffle Ticket books for the April 2016 Sunshine Quilt Show from me at each OQG meeting. If I am unavailable please see Marilyn Lippert.

Two reasons to sell Raffle Tickets:

One: You will be supporting our Guild's efforts to raise funds so that Trillium Manor's Activation Department may select a piece of equipment for use by its senior residents.

What a great way to say "Thank You" to Trillium Manor for hosting our Sunshine Quilt Show!

Two: You will be providing ticket purchasers chances to win our wonderful raffle quilts or Penny's yummy preserves basket.

Tickets are to be sold for \$2.00 each or three for \$5.00.

Please return all your stubs and money together in a small baggie for easier accounting purposes.

Let's sell all 3,000 tickets!!

Submitted by Leslie Quinn



WORKSHOPS

Back By Popular Demand !

Workshop Title : Machine Quilting

Workshop Facilitator: Jenn Houlden of Jenn's Quilts

Date: **November 17, 2015**

Time: 9 am to 3 pm

Location: Orillia Legion

Cost: \$35 member or guest

Now that the quilt top has been created and finished it is time to quilt it. Learn how you can use different free motion and walking foot designs to quilt your own quilts with your domestic machine.

Each motif will be demonstrated with lots of time for practice. Start with the walking foot and work up to the free motion foot. Learn how to stipple and add in other patterns with the stippling such as stars, leaves and hearts to name a few.

The class includes tips for sandwiching the layers, marking designs and a discussion on thread and batting plus lots of time for questions.

The advance class will step it up a bit where you will learn more advanced free motion designs and trapunto.

A great class to learn what your machine can do and how you can quilt your own quilts.

Jennifer Houlden

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Newsletter & Webmaster**Pat Hill*****A Message To All Readers***

This is your Newsletter. If you have a story, tip or recipe that you would like to share please forward to Pat Hill by the second Friday of the month.

by E-mail (orilliaquilters@gmail.com)
or in writing

**Next Meeting
November 18, 2015****Don't Forget:**

Name Tag
Show & Share
Mug for Coffee/Tea
\$ for 50/50 Draw
Library Books

50/50 Winners - SEPTEMBER

Nikki Watt Marg Parke

Don't forget to come early to sell 50/50 tickets

Permission is required to have photos of members
and their work published on the website.

If you DO NOT give permission, please advise the
webmaster.

PRESIDENT'S CHALLENGE**DETAILS ARE ON THE WEBSITE UNDER SUNSHINE QUILT SHOW****Here they are in a nut shell:**

Choose a creative work of any medium that is not fibre art (paintings, stained glass, vases, written work, music, photographs, movies are a few examples) and either copy it in a quilt or use it as an idea to fashion your quilt. For instance, you could render Tom Thomson's "The West Wind" in fabric as faithfully as you want, or you could use the colours, or the shapes or the subject matter and take off with that to create your own design. (If you are doing an exact copy and you are planning to sell it rather than keep it for yourself or gift it to a loved one, you may wish to protect yourself from possible copyright infringement by getting written permission to use the image.)

Restrictions:

- It must not be larger than 20" wide and 24" long so there will be room to display a number at the quilt show.
- There must be at least one appliqué piece. Any method of appliqué is acceptable.
- All submissions must have a hanging sleeve.
- Due Date: March meeting. Submissions will be judged at the meeting based on curb appeal by the membership as a whole.
- At the March meeting, along with your Picasso Quilt, please try to submit a photograph of your inspiration and a brief explanation of how it inspired you to create your quilt.