

SNIPPETS



Newsletter of
The Kenya Quilt Guild

April 2011

A note from our Chairlady!

Dear Members

I don't have to introduce myself as most of you know me, except for the new members.

First of all I would like to welcome my new committee and hope that we all will have a good year ahead of us, and can come up with brilliant new ideas.

Secondly, thank you Jasvinder for a job well done as past chairperson and all the hard work and for looking after Paramjeet.

I would also like to mention that those who did Paramjeet's classes really enjoyed them, had fun and have learned a lot of new things and she was full of ideas and a very good teacher.

Neela

Rules for Quilting

1. Always buy fabric no matter how much you already have
2. Sew All Day and All Night absolutely no cooking allowed
3. Use a lot of spit for tiny droplets of blood, this always makes the quilt personal
4. Always start a new quilt before the last one is finished, this requires you to go back to step # 1

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From the Editor

Welcome to another issue of the Snippets magazine,

This is my first issue, and I look forward to working with all members to make our magazine exciting and fun. Please let us know of any email address changes or any constraints you may have in accessing this newsletter as we would like you to get the most benefit out of it.

I welcome your contributions to this newsletter, which will be published subject to availability of space.

Please submit any article contributions at least a week before monthly meetings. Looking forward to producing a newsletter full of good content.

Goodie

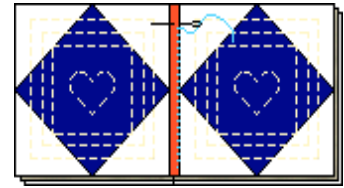
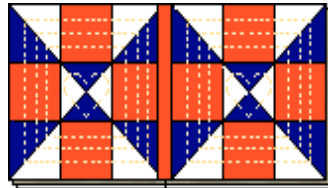


April Meeting: Quilt-As-You-Go

Demonstration on 'Quilt-As-You-Go' by **Martine and Jasvinder**

Quilt-As-You-Go is a wildly popular quilting technique these days. As you might suspect from the title, it allows you to quilt as you piece, rather than piecing the entire quilt and then quilting it. Not only is it a time saver, it is also an easier method of putting blocks together to get a quilt ready to bind. Fast and furious! This is mostly by machine, and a tiny bit by hand. Quick, simple and versatile, it is very good for beginners as the quilt grows very quickly.

If you have any work using this method, please bring it along to the meeting.
The next monthly meeting of the Kenya Quilt Guild will be held on Thursday, April 21, 2011.



Bits & Pieces

The Woman Shop:

New: Fat Quarters & Jelly Rolls
(Gradiations) for Dena's Class now available



ADDICTED TO QUILTING

*She Learned to Quilt on MONDAY.
Her stitches all were fine
She forgot to make us dinner
So we all went out to dine*

*She quilted miniatures on TUESDAY
she says they are a must
They really were quite lovely
But She forgot to dust*

*On WEDNESDAY it was a sampler.
She says stippling's fun
What Highlights What Shadows!
But The LAUNDRY was'nt done*

*Nine Patches were on Thursday
Green, Yellow, Blue and red.
I guess she really was engrossed
She never made the Bed.*

*It was wall hangings on Friday.
In colors she adores
It never bothered her at all
That crumbs were on the floor*

*I found a maid on SATURDAY
My week is now complete
My wife can quilt the hours away
The house will still be neat*

*Well, now its only SUNDAY
I think I,m about to wilt
I cursed,I raved,I ranted
Cause the Maid has learned to QUILT !*

COMMITTEE MEETINGS

May	Monday	9 th
June	Monday	6 th
July	Monday	11 th

MONTHLY MEMBERS' MEETINGS

April	Thursday	21 st
May	Thursday	19 th
June	Thursday	16 th

Kenya Quilt Guild Meetings are held in the East Africa Women's League Headquarters in Nairobi.
Meetings are held, with few exceptions, on the 3rd Thursday of every month.
The meeting commences at 10 a.m. Members and visitors are asked to gather at 9:30 a.m. to check in, browse the library, and chat.
No meetings are held in the months of August and December.
Annual subscriptions for the year is Ksh. 1200 anyone joining after August 2011 cost will be Ksh. 600
Please note that from January 2012 a full membership will have to be paid, regardless of when you join during the year.
Members must present their membership cards at the door. Individuals may come to KQG meetings as a guest no more than twice per year.
Guests must be accompanied and signed in by a member. The guest fee is 100/.

urls for blog (<http://kenyaquiltguild.wordpress.com/>)
Facebook Group (<http://www.facebook.com/?ref=home#!/group.php?gid=134328889915923>);

Paramjeet Bawa workshop

Paramjeet Bawa, art quilter and teacher from Kuwait, was in Kenya last week to teach Kenya Quilt Guild members her unique styles of free motion quilting. Through six different classes, members learned or reviewed their skills of free machine quilting. We learned how to sketch, sew raw edge appliqué, create wonderful goldwork embellishment and do some thread painting. These process classes introduced numerous techniques and tricks, which Paramjeet calls "cheats," that will allow quilters to stitch beautiful feathers or any pictorial representation. Kenya Quilt Guild members definitely pushed themselves and their machines to their furthest limits. The quilt workshops included:



The Three Ladies

This was the most intense workshop, Featuring raw edge appliqué worked from the back of the foundation fabric. *Three Ladies Quilt Project, Class Participants above.*



Sunflower Workshop: Participants show off their new skills



Sketching Workshop:

This quilt workshop started with a review of all basics on free motion machine quilting and knowing your machine, especially testing tension. Then participants moved to Thread Sketching. This technique allows quilters to draw on fabric with thread, even if you think you cannot draw. Everyone drew and then stitched the Blue Mosque.

Golden Feathers Workshop:

In this quilt workshop, students started by quilting beautiful feathers on 100% synthetic fabric. When it was a bit too challenging, they learned a small cheat, and used a sketch on paper to make beautiful feathers. Then with a soldering iron they burnt the edges of the feathers.

Thread painting:

In this final quilt workshop, participants discovered Solvy. Working with frames, they learned basic free motion embroidery stitches. Zigzag stitch effects were the most popular, but everyone had their eyes opened to the possibilities, and they cannot wait to practice more ideas!

Paramjeet Bawa was a fine teacher for the Kenya Quilt Guild members. Soft-spoken and gentle in her approach, Paramjeet made everyone feel comfortable and willing to work hard to learn what she could share. We hope to have her return to Kenya soon



stitch this!

MACHINE QUILTING ERGONOMICS

By Heather Thomas

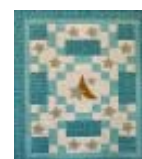
When I first started making quilts more than 25 years ago, I thought a quilt wasn't a quilt unless it was hand quilted. A few queen-sized quilts cured me of that misconception. Though I still enjoy hand quilting, I leave it for those special occasions when I want to step back in history and get in touch with my roots. Now, machine quilting has become my passion, my reason to piece and create. I enjoy the absolute thrill of staring down a quilt top, knowing that I get to doodle all over it with my machine. After years of hurting myself while quilting: sore back, neck, shoulders, and arms, I consulted with my chiropractor and he and I came up with a way of approaching the machine that would allow me to quilt for hours (sometimes 10 hours at a time!) without hurting myself.

Armed with this new approach I was able to spend the time needed to really hone my machine quilting skills.

Here is what I've learned so far:

- ☞ Sit so that you are up above the machine. Your bent arms should rest easily on top of the table that your machine is sitting on. Be sure to tuck your behind firmly into the back of your chair.
- ☞ Place your machine close to the edge of the table, and sit as close to it as you can thus forcing your elbows back to your waist.
- ☞ Avoid bringing both of your elbows away from your waist at the same time. If you use your left hand to pull the quilt toward the back of the machine, then keep your right elbow at your waist or vice versa. In this manner, the muscles in your neck, upper back and shoulders are rarely, if ever engaged. It is the engagement of these muscles that causes all those aches and pains.
- ☞ Hold the quilt in your hands, lightly and gently, like a steering wheel at 10 and 2 (no flat hands making a frame!). This negates the need for gloves, sliders, or any other tool to help move and or control the quilt. This position will give you a dinner plate-sized view of the area you're quilting and allows the quilt to sort of hover over the bed of your machine, thus making it easier to manipulate.
- ☞ Rarely roll a quilt. Rather, accordion fold the quilt's excess bulk up against the inside of the machine then un-accordion fold it as you stitch in the opposite direction. This saves time and the need to haul around the weight of the quilt.
- ☞ If you have two tables, set them up in an "L" formation with the short arm of the L on your left and the long arm in front of you and butted up against another table or a wall. This keeps the quilt from wanting to droop off of the edge of the table.

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Upcoming Classes by Dena Crain

The first workshop, **Beautiful Bindings**, is a must for every quilter, an introduction to finishing quilts with top quality bindings.

This workshop will be offered immediately following the **19th May** Guild meeting. Bring your Student Supplies and a packed lunch to the meeting in the morning. You will set up and begin working immediately after the meeting finishes so everyone can receive 3 full hours of instruction and expect to leave before rush hour traffic becomes too heavy.

Dena has taught **Darned Quilts** all over the world. Now we're to have her teach this exciting workshop in Kenya! Working with gradation fabric bundles, now available at The Woman Shop, students will learn how to construct a freehand cut and pieced background, stabilize the background with fusible interfacing and embellish it with all kinds of decorative trims and stitches. From that amazing initial construction, you will cut and swap identical shapes to play contrasts in value and color to the max! What fun, and what a fresh approach to patchwork! Bring your Student Supplies, and a packed lunch and snacks for the day, or join us for pizza ordered in from L' Arena next door.

Dates: 20 -21 May 2011 at Shalom Centre off Ngong Road

Events in Pictures - April 2011

3 years of Bernina in Kenya - the Woman Shop & Bernina event on 9th April 2011,



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AFRICAN QUILT CHALLENGE

Every year, members of the Kenya Quilt Guild participate in a quilt challenge event. The quilt challenge for 2011 is to make an African Quilt. From our good friend Magie Relph has come the following challenge description:

Use the name or idea of an African myth, legend, folk tale or god as a basis for a quilt. The quilt does not necessarily have to be pictorial, showing the actual story of the legend. Think about the subject of the story and see if it can lead you to depict the idea of the theme in a different way.

Perhaps you could use certain traditional blocks to represent specific ideas? What about the use of colour to represent certain ideas? Blue-the sky, brown, red ochre- the earth, are simple colour translations. What about using symbols...

Your finished African Challenge Quilt can be any shape, but it must be no larger than 2,304 square inches in area. For example, you might make a square quilt measuring 48" x 48" (2,304 square inches). A quilt 32" wide may be no longer than 72". To find the correct proportions to maximize the area, simply divide 2,304 square inches by the width or height of your intended quilt. The answer will be the correct remaining dimension: $2,304 \text{ sq. in.} / 27 = 85$ and so on. Your quilt need not be this large; smaller quilts will also be most welcome.

If you would like to participate and join in the fun, you might like to have a look at a few websites that can provide some inspiration:

- * Indigenous People of Africa and America's Overview of Kenyan Folklore
- * Kikuyu Fables and Legends
- * Myths Encyclopedia's African Mythology
- * Kiki Amedja's African Legends
- * Godcheckers (what fun!) African Gods

For others that address notions of "what is an African quilt?," take a look at these:

- * Dena Crain's What Makes an African Quilt "African?" Tutorial
- * Google Images African Quilts
- * Magie Relph's The African Fabric Shop
- * The St. Theresa Textile Trove
- * The South African Quilters Guild

Then, build up your stash of African fabrics, push your imagination to come up with new design ideas, and come join the fun!

Challenge quilts must be completely finished and ready for display by June 1, 2011. A prize will be awarded for the best quilt. Get started NOW!

This quilt challenge is open only to members of the Kenya Quilt Guild



ON SALE!

Check details on Kenya Quilt Guild Blog: EIGHT! Count 'em—8—sewing machines are currently for sale! Ranging in price from KES 8,000/= to KE 80,000/=, all electronic and some computerized, these second-hand sewing machines run the gamut from basic to beyond.

Don't miss this super opportunity to pick up a bargain, give yourself a primary or back-up sewing machine!