

SNIPPETS



July 2011

Table of Contents

Chairman's Message	1
The Beauty of Colour	2
Mark your calendar	2
Chocolate Crispy Cakes	4
July 21st Meeting - Shalom House	5
KQG Executive Council - 2011	5
Quilt Workshop Etiquette: 10 Tips	6

TIPS & TRICKS

do you have any you want to share
for publication in the next issue???

please send by email

kenyaquiltguild@gmail.com

**"Quilter Tested! ...
Quilter Approved
Quilt tips, Patterns,
or Recipes, ?
you want to share
with our fellow members????
will be glad to publish them!
let us make our newsletter fun!**

A note from the Chairman!

Dear Members

Hope you all have had a good month and once again its time for our next meeting, which will be an interesting one. Don't forget to bring your work in progress quilt tops for critique. I am looking forward to this!!!!

Ladies, we have lots of new books in the library now and would advise you all to take advantage of these books. Get books to also get ideas for our African Challenge for September. Also start working on African quilts for the year 2013 for the Canada Exhibition, as we would like to take as many quilts as possible, the more the better. So start working on it.

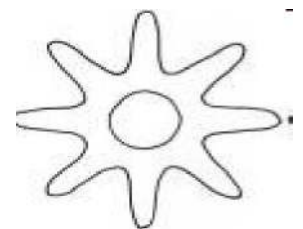
I would also like to point out that for those of you who want to sell things relating to quilting at our Guild meetings, you must ring either me or any executive committee member for permission, and we would like to inform you that we have now waived the 10% of the sales, but would appreciate a donation of whatever you would like to give the Guild.

We are working on getting some more quilt teachers out from overseas and hope that all of you will make the most of it. My advise to you all ladies out there is that PLEASE take advantage of all these classes, as we will always learn something out of it and I know that you all are busy, but am sure that you can make time and arrangements when these are taking place.

Don't forget that we are meeting at **Shalom House** this month followed by a workshop in the afternoon, so please make sure that you stay for it and bring your machines and sewing kits.

Happy Quilting

Neela Shah



The Beauty of Colour

In order to understand the psychology of color you must understand that it isn't a science but an ongoing study of the effects that color has on the human psyche. Although some colors will universally spur different emotions within a certain region there may be varying results depending on age groups also.

RED is the most emotional color that will deliver any one of the following feelings to your visitors/readers depending on the mannerism you use it and intents you have to use it: Energy, strength, passion, eroticism, fire, lust, desire, blood, risk, war, danger, attention and romance. When you think of this color you should be thinking about hearts, stop signs and fire trucks.

PINK is an easy one and is more of a soft color that will deliver the following feelings: Romance, love, friendship, femininity, truth, passivity, good will, emotional healing, peace, calming, affection, emotional maturity, caring, nurturing, sweet tasting, sweet smelling,

ethereal, delicacy. It can also give the emotion of devoting to breast cancer. For obvious reasons you can see why the National Breast Cancer Foundation chose this color for the breast cancer awareness month. You should be thinking about women, breast cancer, romance and candy when you think of this color.

ORANGE is a stimulating color and is used to be associated with life and health. In restaurants it is used to encourage appetite. Orange is also associated with being tropical, fresh and invigorating. Orange usually is associated with the following feelings: warmth, energy, vibrancy, the sun, friendly, intense, joy, tropics, growing things, heat, creativity, autumn, earth, appetite stimulant, and youth. When you think about orange you should be thinking about fresh oranges, sunsets and sunrises.

BROWN is an earthy tone and usually is associated with growth and life. When using brown it is usually to associate with health and nature. The typical emotions derived from brown are: earth, materialistic thoughts, home, outdoors, inexpensive, reliability, credibility, comfort, endurance, stability, simplicity, comfort, longevity, intimacy, tranquility, masculine, nurturing, contentment, fertility, generosity, dirt, substance, practicality, and hard work. Brown is best used with a texture to imply these things, otherwise it is simply just to plain of a color. When thinking of brown you should be thinking about dirt, wood and general nature.

GOLD is a color that exerts wealth and has a general sense of class associated with it. In order for it to be used properly to get these connotations though it must be shiny in some mannerism otherwise it looks cheap. The obvious and only think that comes to mind when using gold is money and alcohol. But mostly just money and wealth are the two main and universal associations with the color gold. When thinking about gold you should be thinking about wedding bands, class and wealth.

YELLOW is said to stimulate mental activity and be one of the primary colors of attention. When using yellow it is best to not use it too lightly or loses it's stimulating effects. The typical emotions that are derived from yellow are: intelligence, light, cooperation, sunshine, joy, happiness, intellect, energy, cheerfulness, optimism, purity, warmth, honor, caution (only when used in small amounts), cowardice (although only within the last thirty years or so), imagination, hope, summer, philosophy, uncertainty, restlessness, glory, and enlightenment. When you are thinking of yellow you should be thinking of the sun, religion and caution signs.



GREEN is an earthy and calming color that can also imply intelligence also. It also has the implications of money with it but typically only in the US. Typically green is associated with the following emotions: earth mother, physical healing, monetary success, abundance, fertility, growth, renewal, youth, stability, endurance, freshness, nature, environment, tranquil, refreshing, quiet, hope, immortality, health, healing, good luck, renewal, youth, jealousy, trees, grass, vigour, growth, harmony, envy, calm, contemplation, and friendliness. When thinking about green you should be thinking about money, health and tranquility.

BLUE is the color of wisdom and trust, it is also the favorite color of over 2/3 of the world and is least disliked by most cultures. This may be because the sky is blue and the water reflects the sky making most things seen on the planet blue. It is generally associated with technology and progressive creativity. The most common feelings that people have with blue are: communication, wisdom, protection, spiritual inspiration, calmness, reassurance, fluidity, water, sea, creativity, peace, calming, higher thoughts, the sky, devotion, progress, freedom, trust, loyalty, intelligence, reassurance, artistry, compassion, sadness, tranquility, confidence, security, cleanliness, order, comfort, cold, technology, intellect, ideas, sharing, empathy, relaxation, affection, inspiration, friendship, patience, contemplation, infinity, harmony, non-threatening, and dependability. When thinking about blue you should think about the ocean, technology, and tranquility.

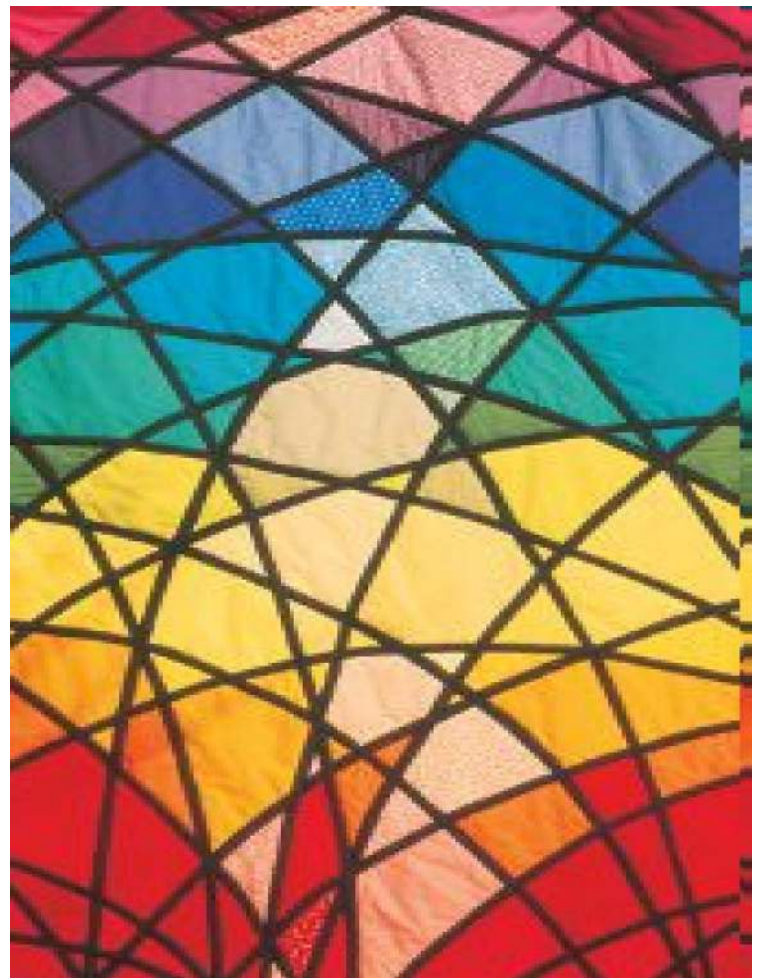
PURPLE is a color typically associated with royalty and is also the most liked color of pre-adolescent children over any other color. When thinking about purple the most common feeling are: influence, spiritual power, self assurance, dignity, high aspirations, royalty, spirituality, nobility, ceremony, mystery, transformation, sophistication, arrogance, dreams, imagination, wealth, extravagance, magic, creativity, energy, ego, ambition, fame, luxury, and power. When thinking of purple think of monarchy, children and luxury.

WHITE is a pure color and is typically associated with being good and is the most religious color. The typical emotions that are derived from white are: spirituality, peace, higher self, purity, virginity, reverence, simplicity, cleanliness, humility, precision, innocence, youth, birth, winter, snow, good, sterility, cold, clinical, sterility, clarity, perfection, innocence, goodness, light, fairness, safety, positivity, faith, coolness, charity, union, self-sacrifice, holiness, feminine divinity, pristine, chastity and positivity. When thinking about white think about church, goodness and pristine.

BLACK is a color that has mysterious and sometimes negative connotations that can create the wrong image if used improperly. The typical feelings that are derived from black are: protection, repelling negativity, power, sexuality, sophistication, elegance, mystery, fear, evil, anonymity, unhappiness, depth, style, evil, sadness, remorse, anger, underground, space, secretiveness, night, emptiness, dramatic, authority, prestige, grief, anger, and serious. When thinking about black you should think about space, evil and mystery.

There are of course other derivatives of these colors that can mean different things. These are not necessarily the things that your audience will immediately think of it is more of a subconscious thing then anything. It just helps to build that rapport that you want to establish with whoever is going to be looking at your quilt designs.

When it comes to color: things are pretty basic, either it looks good or it looks like crap and that is typically left to the designer on whether they can develop that skill or if they are going to fail to impress their audience enough for them to enjoy the design or bare with it to get the content they want quickly and efficiently.



Someone writes "My quilt guild has a 'free table' at every meeting. If you don't want something, put it on the free table. People put things on it like fabric (large and small pieces, quilting and non-quilting fabric, patterns, magazines and even embellishments like lace and beads. And whether you put on it or not, everybody there is welcome to take what they want or can use. **ONE PERSONS TRASH IS ANOTHER'S TREASURE".**

"Princess Mutero"



CHOCOLATE CRISPY CAKES

A wicked way with Mars bars and rice crispies, these crispy cakes are quick, easy and catnip to kids.

Ingredients

- 5 Mars bars, chopped
- 150g/5oz butter, chopped, plus extra for greasing
- 100g/3½oz Rice Krispies, or other puffed rice cereal
- 75g/3oz plain chocolate

Preparation method

- Grease a 20cm/8in square, deep-sided tin with butter.
- Suspend a large heatproof bowl over a pan of simmering water (do not allow the base of the bowl to touch the water).
- Add the Mars bars and butter to the bowl and stir until melted, smooth and well combined. The mixture will curdle at first, but keep stirring (or use a whisk) and it will eventually become smooth.
- Remove the bowl from the heat, add the Rice Krispies and fold until coated in the chocolate mixture.
- Spoon the mixture into the prepared tin and press down to form an even layer, pushing the mixture into the corners and sides of the tin. Set aside to cool.
- Meanwhile, suspend another heatproof bowl over the pan of simmering water (do not allow the base of the bowl to touch the water). Melt the chocolate in the bowl, then drizzle or spread it over the cooled chocolate crispy cake. Set aside to cool and harden.
- Chill the chocolate crispy cake in the fridge until set, preferably overnight. Cut into squares while still in the tin, then remove from the tin, pile onto a plate and serve.

Less than 30 mins preparation time, Less than 10 mins cooking time, Makes 16-20



COMMITTEE MEETINGS

July Monday 11th

August Monday 11th

MONTHLY MEMBERS' MEETINGS

July Thursday 21st

September Thursday 15th

October Thursday 20th

November Thursday 24th

Participate by send any tips, quilting inspirations stories, recipes, jokes etc - together we can make our KQG newsletter worth looking forward to!

kenyaquiltguild@gmail.com

African Quilt Challenge

Deadline Postponed

KQG Members, please note:

The deadline for completion of your African Challenge Quilt has been

postponed until our regular monthly meeting on

September 15, 2011.

This extension of time should ensure that we receive the best possible entries, and plenty of them.

Use your summer holidays wisely, and work on your African Challenge Quilt!

please let us know if you are participating in this challenge, to help in organisation: kenyaquiltguild@gmail.com



"Masai Woman," Quilt by Bubby Ghataure
- courtesy KQG blog

JULY 21ST MONTHLY MEETING

The next monthly meeting of the Kenya Quilt Guild will be held on Thursday, July 21, 2011. The demonstration topic will be critique and it will be presented by Dena Crain. Dena will conduct live critiques of several quilts volunteered by Guild members.

Guild member participation in the critique process will be invited. We are sure to learn much about how to give and how to receive constructive, tactful critiques so that we may better encourage and help our fellow quilters in future.

To help Dena and to gain some insight into your work, please bring any unfinished works in progress. By volunteering the use of your quilt top for this presentation, you will learn much about your work as you permit others to critique it. Thanks!

Please note that the July Guild meeting will be held at Shalom House on Ngong Road (see map below) beginning at 9:30 a.m.

*** check map on google or kqg blog

Bring a mug for your coffee or tea, as we will not be supplying styrofoam (ugh!) cups, or get there early to order coffee and tea from the restaurant next door.

We have the hall rented for the day!

Bring a packed lunch or join us at L'Arena for a quick and delicious pizza or pasta dish.

Bring your sewing machine and kit and stay until 4:30 p.m. to help us work on the raffle quilts for our next exhibition.

Visit with your quilting friends and make new friends as well. We will have a highly social and productive afternoon workshop session with your participation



2011 Kenya Quilt Guild Executive Council

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Quilt Workshop Etiquette: 10 Tips!

Attending and participating in a quilt workshop, whether at home or abroad, entails more than simply breezing in late, handling your personal telephone calls, wasting time chatting, and then leaving early. Here are some guidelines to help you decide whether you really want to join in, do the work and learn a lot:

- Only make a reservation for a quilt workshop if you are fully committed to it, and pay your registration fee immediately to show that commitment and help you keep it. Being committed means that you can:
- Work your schedule around the workshop hours.
- Expect your husband and children to help out so that your time will be free.
- Arrange adequate transport to make sure you arrive and leave on time.
- Afford the cost of the workshop and the cost of the materials you will need for it.
- Make sure your sewing machine will be clean, oiled and well-serviced, ready for hassle-free use before the workshop begins.
- Before the workshop dates arrive, acquire a list of the fabric and sewing supplies you will need. Shop for those items you do not have, and shop early. Others will be shopping for those special fabrics or tools at the last minute, and they may get left out; make sure you have your supplies well in hand.
- Seeing what the teacher's supply list includes, plan to bring a little more than what she asks you to bring. You never know; you might get creative and be glad you had a little more to work with than what the list required.
- Arrive up to 1/2 hour early. You will need time to park, unload your vehicle, find the classroom and set up your sewing equipment before the class begins. Your teacher will likely be there early, too, and available to answer any last minute questions you might have. Having all your kit in order and set up before class will go a long way toward reducing your stress levels, and it will ensure that all of your class time is spent doing the quilting work.
- Make sure you can remain in the classroom until the stated finishing time. Caggy teachers often fill that last half-hour with important information you will not want to miss! If you leave early, you will be sorry!!
- Come with the correct attitude: a quilt workshop is a learning experience, not a situation in which someone else carries responsibility for helping you make a quilt masterpiece. If, at the end of the class, you throw away the materials you have been working with, you still will not lose what you have learned in that day!
- Switch off your mobile phone. At the very least, set it on vibrate and keep it in your pocket. There is no excuse for thoughtless disturbance of the quilt workshop or your classmates or teacher. If you must handle telephone calls, you can quietly and discreetly leave the room to return a call. Mobile phone etiquette is still in the formative stages but the governing principle is always the same: consider others first!!
- Idle chatter wastes your time and that of your classmates. Keep extraneous discussions and the noise level to a minimum. Everyone will appreciate your thoughtfulness as well as your dedication to your work.
- Carry a notebook, ask plenty of questions, and take notes about the answers. Your mind will be bombarded with a great deal of information in a day-long workshop, most of which will fly straight out of it the minute you walk out the door. Two or three weeks later, when you finally have time to return to your project, your notebook will be your principal reminder and guide. Make simple sketches to illustrate the concepts if you can. Treat your notes with respect.
- SAFETY FIRST!! Specific risk hazards include power lines and extension cords snaking across the floor. Tape them down with duct tape if at all possible. Likewise, be alert to the position of the power cable for your sewing machine in relation to your rotary cutting equipment. Cutting through a live wire could cause serious injury, not to mention damage to your machine. Most important of all: get into the habit of ALWAYS closing your rotary cutter before it leaves your hand. An open cutter flying through the air is lethal! If you cannot manage to close your cutter every time, buy one of the cutters that closes automatically.

Following these ten tips for quilt workshop etiquette will help everyone have a good, safe time and learn as much as possible during the few hours you will be with your teacher.

Teachers work hard to share their knowledge, skills and experience. They will appreciate your courtesy and put more effort into their teaching if they know their hard work is appreciated.

Most important of all, you will receive the best value for money if you follow these guidelines. You will help keep yourself and everyone else safe and unharmed. You will be able to follow the teacher's instructions as the day progresses, and you will have the best chance of recording information for later use. You will not become a distraction or a nuisance to others; instead, you will help them achieve their goals of advancing their knowledge even as you gain information for your own use.

Be a thoughtful quilt workshop participant. Everyone will benefit from your courtesy!

Welcome to the Kenya Quilt Guild!

Courtesy: Kenya Quilt Guild Blog

Interesting Sites to look through!!!!

www.pippamoore.ca, <http://kitambaa.blogspot.com/>

Check out this group: African Folklore embroidery For people who love quilting, knitting, embroidery, beading, sewing and needle arts african folklore - on Face book