



October 2011

## IMPORTANT FACTS ABOUT THREADS & NEEDLES

### THREAD

The thread is chosen according to use. For a perfect sewing result, thread and fabric quality play an important role. It is recommended to use quality brands.

### COTTON THREAD

Cotton thread has the advantage of a natural fibre and therefore is especially suitable for sewing cotton fabrics.

If Cotton thread is mercerized it will have a slight sheen.

### POLYESTER THREAD

Polyester thread is suitable for practically all sewing needs.

It has a high tensile strength and is particularly colorfast.

Polyester thread is more flexible and is recommended where a strong and elastic seam is required.

### NEEDLE, THREAD & FABRIC

Care must be taken when choosing needle and thread. The correct needle size does not only depend on chosen thread, but also has to be well suited to the fabric used. The fabric weight determines the thread weight and needle size and point form.

*Courtesy "Kundan Pattni"*

## A note from the Chairman!

Dear Members

Once again its time for us all to meet again. I am excited to know who has won the African Challenge for the Judge's Choice, and can't wait any longer. As for the Viewer's choice we will all have to judge ourselves and wait and see.

The next ten days is also a very busy time for us. Hope all of you who had written down your names have paid for your classes and are looking forward to doing all of them. I know I am. Ladies, please take advantage of these courses and attend them. As you all know this month we have a talk from our overseas teacher, Paula Benjaminson.

Ladies, we have lost a very noble person, Wangari Mathaai, and to commemorate her death, I think that all members should plant a tree in your gardens or anywhere you would like. This was a suggestion from one of our members.

As I had announced at our last meeting, we are missing a very popular book from our library, 'Applique Delights'- a hundred irresistible blocks from Piece-O-Cake designs, by Becky Goldsmith and Linda Jenkins'. If anyone has this book and have forgotten to return it to the library, we shall appreciate if you would return it back to the library. Please check your stacks at home to see if you have it, as this should not be happening at all and we should be able to trust our members.

My apologies that this month we will not have library books as we could not bring them from WEAL house. We will be accepting the books back so please bring the ones that you have to return otherwise you will be charged as normal.

That's all for now

*Neela Shah*

## TABLE OF CONTENTS

A Note from the Chairman.....1	Inspiration Pictures of the Doodle Class.....4
Pam Holland - Quilter Extraordinaire.....2	KQG Executive Council - 2011.....5
Kanga Stories - The Cloth that Reveals.....3	Fabric Stamping Safari.....6

## PAM HOLLAND QUILTER EXTRAORDINAIRE

One of the highlights of my trip to the S African Quilt Festival at Stellenbosch was the lecture given by Australian quilter Pam Holland (mother of 15 natural and adopted children) whose website at <http://www.pamhollanddesigns.typepad.com/> is headed "Taking quilting one step further" and Pam certainly does that!

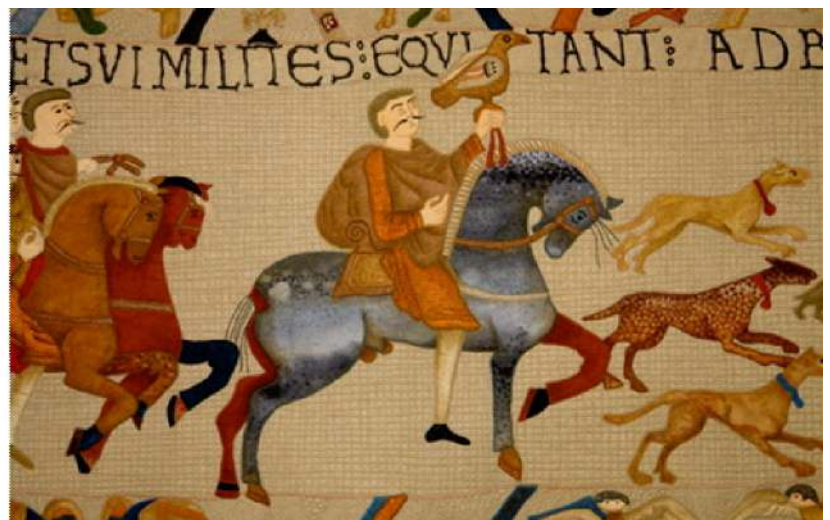
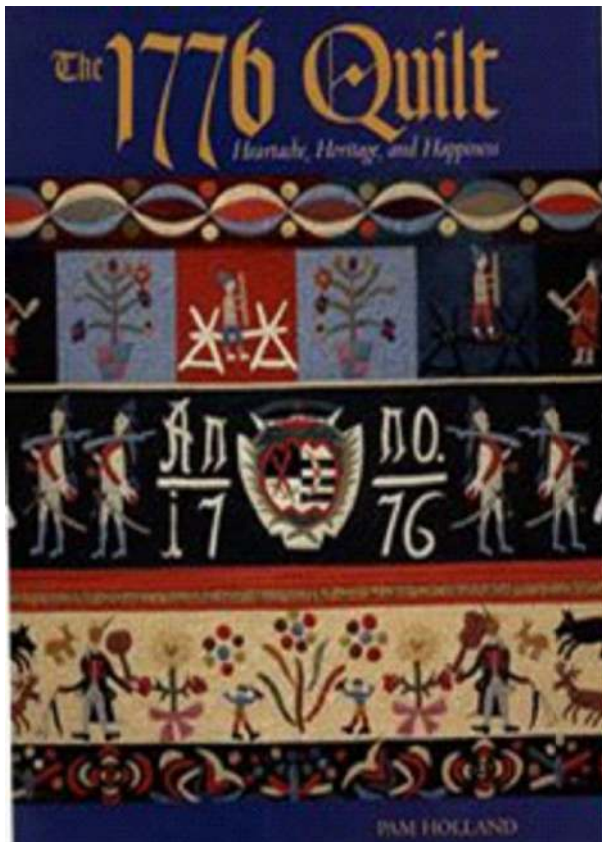
Pam's quilting life started when she came across the mention of the 1776 quilt which is an amazing story- quilt made by Sorbian soldiers on the battlefield as Prussian troops marched into Bohemia. The quilt was made from pieces of the soldiers' felted wool uniforms, using an old European method known as Silesian quilting.

We now know this inlaid method of piecing as Intarsia quilting. Despite being a relatively inexperienced quilter, Pam replicated the 1776 quilt, using modern methods, and the quilt later won Best of Show at the Houston Quilt Festival.

See the 1776 quilt pictured below together with the book which Pam wrote about her quilt journey, including the emotional discovery that her own grandfather came from the area of Europe where the quilt was made. Pam is a prolific quilter. She travels, teaching and lecturing, for 8 months of the year and tries to quilt for 6 hours a day when she is at home. If she spends less than 6 hours, she makes up for it the following day.

Do check out her website <http://www.pamhollanddesigns.typepad.com/> and browse the archives – it's a joy to read.

*Courtesy Gill Rebelo*





Please note that our next executive committee meeting will be on the 14th November and our monthly meeting will be on the 17th November, at SHALOM HOUSE.

Members please note that we will be having a Christmas Lunch on the 8th December, which is the second Thursday of the month. We are looking for a venue, if anyone can offer their place, please get in touch with me. Any ideas for what we can do at the lunch will also be welcome.

At our next meeting we will be watching a video on actual stories from ladies who have had fistula problems. This will be 15-20 mins and will be presented by Patty Arensen. We will then have a talk on Kanga's by Gill and followed by Kundan giving us a demonstration on how to use different kinds of feet in your sewing machine.

## THREADS & NEEDLES

### Fine Fabrics:

Fine thread

(darning thread, embroidery thread)

Needle No. 70-75

### Medium Weight Fabrics:

Normal Thread

Needle No. 80 - 90

### Heavy Weight Fabrics

Heavier Thread

Needle No: 100, 110, 120

## KANGA STORIES THE CLOTH THAT REVEALS

This is the title of an on-going exhibition at the Nairobi Gallery Museum (the old PC's office on the corner of Kenyatta Avenue and the highway) which has been extended till the end of November.

We sometimes forget that we are surrounded by the most beautiful art work in Kenya, in the form of kangas. This exhibition tells the stories behind the cloth. Do pop in to see it – its well worth a visit.

*Courtesy Gill Rebelo*

**KANGA STORIES EXHIBITION**

*Kanga Stories, the Cloth that Reveals;* is an exhibition on the kanga cloth, an essential aspect of the Kenya's cultural heritage. The kanga is an effective way to chronicle history and convey both literal and socio-cultural messages which sets it apart from other cloths used by our communities.

Come and discover the colorful dynamic world of the kanga!

*The Cloth That Reveals*

**EXTENDED TO  
END OF NOVEMBER  
DUE TO PUBLIC DEMAND**

**NAIROBI GALLERY MUSEUM**  
NEXT TO NYAYO HOUSE

MINISTRY OF CULTURE AND HERITAGE  
THE BRITISH MUSEUM  
Nairobi's New Art Gallery

## ARRIVAL OF NEW FABRICS AT BUTTONS & BOWS

*Anila has brought in a lovely selection of Moda fabrics*

*- both plain and patterned - in a large range of colours.*

*These are priced at 750/- per metre which is remarkably cheap considering the current state of the shilling.*

*Hurry along to the Yaya Centre, to get the best of the selection.*



# The Woman Shop

New accessories for Bernina sewing machines available now!

- New sole for edge stitching and in-the-ditch stitching. This sole is an extra attachment for all existing Bernina walking foot.  
It is specifically designed for stitching in the ditch.
- Circular embroidery attachment.  
The circular embroidery attachment in combination with open embroidery foot or embroidery foot allows you to sew perfect circles or semi-circles of various diameters, using utility or decorative stitches or lettering.
- Patchwork foot with guide.  
This is 1/4" foot with an additional side guide to aid in sewing perfectly straight lines.

*Inspiration Pictures of Doodle Class by Paula Benjaminson*  
**THURSDAY 27TH AND MONDAY 31ST OCTOBER**







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**November 3, 2011:**

**Try It Now! Experimenting with the Latest in Quilting Materials, 6 hours, all levels**

Have you heard about quilters using tyvek, lutradur, paintstiks, foil, model magic (think beads, buttons, and a cartouche), angelina, fusible film, inks, expandable paints, and other unusual materials on their quilted pieces? Would you like to take a class where someone will explain what these things are, how to use them, and why you might want to add them to your quilting toolbox? Then, this is the class for you!

We'll have a fun day experimenting with surface design techniques using these with fabric paints, adhesives, and heat. Several sewing machines will be available for students to use, but most of our time will be spent learning non-traditional ways to make fabric art. Come with an open mind and be prepared to get messy!

Find more information and details in the Try It Now! Workshop Supply List. Workshop Fee: KES 2,700/= (includes specialized materials mentioned above)



#### 2011 Kenya Quilt Guild Executive Council

Family Name	Given Name	Office	E-mail 1 - Value	E-mail 2 - Value	Phone 1 - Value	Phone 2 - Value	Address 1 - Formatted
Arensen	Patty	Community Outreach and Charitable Works Subcommittee Chair	BPArensen@aimgint.net	parenson@aimgint.net	0720 896 402		PO Box 21010 PC 00505 Nairobi
Bhamra	Poley	Member-at-Large	poleybhamra@gmail.com		020 445 0098	0733 770 936 :: 0721 289 110	PO Box 17539 PC 00500 Nairobi
Crain	Dena	Advertising & Promotions Subcommittee Chair; Public Relations Officer	dena@denacrain.com		0733 782 147		P.O. Box 1141 Nakuru 20100 :: PO Box 1141 PC 20100 Nakuru
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Patni	Kundan	Memberships Subcommittee Chair	cnpatni@thewomanshop.net	kcpatni@yahoo.com	020 374 8374	0734 304 820 :: 0722 671 550	PO Box 20482 PC 000623 Nairobi
Phull	Jasvinder	Immediate Past Chairman (non-voting)	The_Phulls@hotmail.com		020 374 6161 :: 020 374 270	0733 785 786	PO Box 48338 PC 00100 Nairobi
Rebello	Gill	Education Subcommittee Chair	rebello@connect.co.ke		020 418 2776	020 4183593 :: 0722 613 105	PO Box 44485 PC 00100 Nairobi
Shah	Neela	Chair	neelashah20@hotmail.com		0723 987 160 :: 020 712 0300		PO Box 66619 PC 00800 Nairobi
Sekhi	Jasbir	Member-at-Large	dajiv_s@hotmail.com		0733 782 011 :: 020 851 2236		PO Box 44498 PC 00100 Nairobi
Syan	Raji	Librarian (non-voting); Education Subcommittee Member	rajsyan@gmail.com		0722 362 362		PO Box 48045 PC 00100 Nairobi

Because the third Thursday of October is the 20th, the national holiday Kenyatta Day, and the fourth Thursday is the 27th, Hindu holiday Diwali, the next monthly meeting of the Kenya Quilt Guild will be held on Friday, October 28, 2011. We will meet at Shalom House off Ngong Road because we cannot hold our meeting at EAWL Headquarters, WEAL House.

Please note that the October Guild meeting will be held at Shalom House on Ngong Road (see map below) beginning at 9:30 a.m. Bring a mug for your coffee or tea, as we will not be supplying styrofoam cups, or get there early to order coffee and tea from the restaurant Larena next door.

We will be exhibiting the African Challenge quilts and awarding prizes for the First and Second Place Judge's Awards and for the Viewer's Choice as selected by yourselves.

Our guest speaker will be Paula Benjaminson, with us from her new home in Gabon. Paula will be talking about her life and her quilts. Her husband's work as a diplomat has taken Paula to such diverse places as Namibia, Canada and now Gabon. Paula's quilts demonstrate her passion for Africa, its people and cultures as well as its wildlife. Paula will also be teaching some workshops for us while she is in Kenya

## November 1-2: Fabric Stamping Safari—DIY Fabric, 12 hours, all levels



In this two-day workshop, we'll create original fabric with an African flair and then learn how to use it. On the first day, I'll tell you a bit about the hand-carved African wood blocks from Oshiwa Designs in Namibia that we'll be using. Then we'll get right to work experimenting with them, using them to stamp single images, layered images or "transparencies" on sheer fabrics. We'll also emboss velvet and do some rubbings.

These wood blocks come in a wide range of sizes, shapes, and styles, and can yield an amazing variety of looks depending on colors of paint and techniques you use, and types of fabric you work with. I'll have available a tempting array of fabric paints and other media for you to try out, and there will be plenty of interesting examples of different techniques to spark your creativity. I'll also cover how to take care of wood blocks like these so you can keep them in perfect

condition for many years. By the end of the day, you'll have many unique pieces of fabric ready for the next day's sewing.

On the second day of class, I'll hand out directions for several different projects you can make. I'll also give you some pointers for using pieces of stamped fabric that didn't turn out quite the way you had in mind. For finishing, I'll show some examples of pieces quilted and embellished in different ways, often using the Oshiwa block designs as inspiration. At the end of class, you can have a small project done, and come away with tons of ideas for your remaining pieces of stamped fabric.

Find more information and details in the Oshiwa Stamping Workshop Supply List. Workshop Fee: KES 3,900/= (includes paints, stamps, hand-outs)

Oshiwa Stamp Quilt by Paula Benjaminson

