



## President's Message

Are you ready for another year's drive into the world of embroidery? 'Cause the bus is about to leave! I went to bed after a full day of embroidery in June and woke up this morning. Boy, that was a fast summer! Where did it go? Anyone see it?

The squirrels are busy hiding their nuts for winter (that is if their neighbour doesn't see them and eat it for lunch!). It must be time to think about embroidery. I hope you've managed to design a piece for some leaves for Learn-A-Stitch. It will be fun just to see the variety of ways we each design our piece. And then there's the different stitching. Hope you found a good one to teach us? I can hardly wait! This should be fun. How many different leaves have you seen this summer in your backyard? I've seen a ton ... unless I dreamed it.

Anjali is setting up the afternoon focus groups so you can finish your projects from last year, or maybe another year. Already done? Be sure to bring something you are working on. Further on in this newsletter you can find details.

I remind you that if you found a technique that intrigues you, please share it with us. Maybe we can set up a way for you to learn it with us. A win-win situation. That goes for any bus trips you want to go on. Lots of things are coming back online.

<b>Gilding the Needle</b>	
VOLUME 23 Issue 1, FALL, 2024	
<b>Contents</b>	
President's Message	1
Lansdowne Textiles Festival	3
End-of-Year Party	5
Denise Sokolsky	6
Show and Share	8
Stitching by the Lake	10
Library Cupboard	12
Program	13
Upcoming Events	14
CGNA is not responsible for any infringement of copyright by contributing authors.	

We have been working on ideas suggested at our Town Hall meeting. CGNA will be teaching mending with embroidery at the Kingston Public Library downtown this fall. Details are on Page 13. If you want to join in, let Katherine or Diane R know.

AND ...

Drumroll, please! Leola's husband, Heinz, has finished, yes that is FINISHED our new bookcase! It is in the Church Hall awaiting books. And he came in under budget! Just amazing. Our library issues are a thing of the past. A big THANK YOU, to Heinz for coming through for us!

I remind you that the Kingston Fall Fair is from Thursday September 12 through the 15<sup>th</sup> inclusive. You can bring items in on Wednesday evening or Thursday morning before 11 a.m. Hope you have a piece to share. I sent you the Prize Book link a short time ago. It is:

<https://www.kingstonfair.com/2024-prize-book>.

Please bring what you've been working on over the summer to our meeting. We'd love to see it!

Wishing you all a wonderful year of stitching. See you at the Church Hall!

*Donna*



## **CGNA Administrative Committee 2024 - 25**

### **Executive**

*President:* Donna

*Vice-President:*

Katherine/Diane R.

*Past President:* Diane D.

*Secretary:* Kristeen/ Beth A.

*Treasurer:* Lyn M.

### **Standing Committee Chairs**

*Programme:* Anajli

*Communications:* Beth M.

*Library:* Ellen

*Hospitality:*

Nancy/Janet/Francine

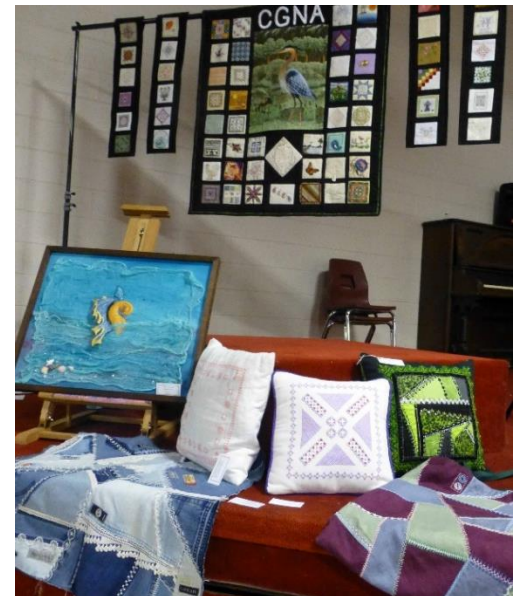
*Membership:* Lynn P.

*Special Events:* Tina, Ruth Ann

## Lansdowne Textiles Festival



The Lansdowne Textiles Festival is billed as an annual event, but, like so many fun things, it was hijacked by Covid for a couple of years. One worried that, when it returned, it might be a mere whisper of the busy event this community has hosted in the past. Happily, the festival, held on Saturday, June 1, was bigger and better than ever! We congratulate Liane for organizing such a great event and thank her for including us.



This year, CGNA was more visible than we have been in former years. Our location on the main floor ensured that our displays were viewed by virtually all of the festival's visitors – some gave us a cursory once-over, but many spent a long time looking at our works and chatting with our attendants. Thank you to Donna, Tricia, Anjali and her niece Naina, Gabrielle, Ros, Katherine, Norma and Barb for giving up their Saturday to

man (make that **woman**) our display. We were allotted three tables -- generous space for a large and varied selection of stitched items. Thank you also to everyone who entrusted their pieces to us for the day.



As the first such event in some time, the Lansdowne Festival was a chance to re-unite with some of our sister organizations and some former members. Theresa was there tending the Lacemakers' table, and Simone had a table with her hand-made bags. Lots of smiles and hugs, all 'round.

Upstairs, in a slightly quieter space within the community hall, our member Beth Abbott had a display of silks, including antique pieces from WWI which her Grandfather had sent to her Grandmother from Europe. Some items were from her husband Ron's family - his grandfather's scarf, and his Dad's semaphore flags from WWII. (He was in plant protection at Fords in Windsor and had to learn to use them, just in case.) They are pure silk - very fine. Beth also had a few items that she had made from handspun silk and a few skeins of silk. There were silk scarves dyed with leaf and flower material rolled into the scarf and cooked, as well as some dyed with indigo and a few dyed with weak acid dyes.



She had a collection of cocoons from a variety of wild silks from all over the world and some spun silk at various stages in the process. She set up a pot with silk cocoons and found the one single end that the silkworm exuded to make the cocoon, then reeled the silk onto a silk reeler. Folks found that very interesting; many had no idea how silk was created or processed. The display was very popular; one gentleman came back three times to ask questions. Some of the visitors shared interesting stories; one woman's grandfather was a silk merchant! We are proud that Beth won the People's Choice Award. Congratulations, Beth!!

## End-of-Year Party

CGNA's stitching year runs from September to June, making our last June meeting a bit special. This year, we had an amiable and thoughtful Town Hall Meeting, focussing on ideas to promote our organization, to attract new members, and to restore financial stability. Donna also announced changes to the administrative committee. Katherine and Diane R. will be sharing the Vice-President's position, Ellen is our new librarian, and Anjali is taking responsibility for program. Special Events will be handled by two of our new recruits, Tina and Ruth Ann. A big thank-you to all of these ladies – please support them as they settle into their new roles. We are still looking for an archivist.

Hospitality organized a buffet of finger food to follow the business part of the day, complete with a batch of CGNA punch. The idea was that we should enjoy sharing food while keeping preparations and complications to a minimum. Hospitality would like to take this time to thank all CGNA ladies for the abundance and variety of delicious finger foods that they prepared and brought in.

Lunch was followed by a special presentation by fibre artist, Denise Sokolsky (see Katherine's report, beginning on Page 6.)

*It was hard to choose just one "finger food" recipe to publish here, but here's one popular one:*

### **Cook's Corner: Tortilla Roll-ups**

*Mary Ann*

- 8 oz. cream cheese
- 1 cup feta cheese
- 1/4 cup chopped green onions
- 6 oz. dried cranberries
- 4 small tortillas (or 2 large)

Soften the cream cheese. Add crumbled feta, green onions and cranberries. Mix together very well. (I use my little hand mixer.) Spread over 4 small tortillas. Roll tortillas up tightly, making sure ends have some filling. Refrigerate 6 hours or longer. Slice into rounds. Makes about 40 pieces.



**Knowledge  
& Needles**  
www.knowledgeandneedles.com

**Cross Stitch Supplies**      **Ann McDonald**  
613-475-4843  
e-mail: annmcdo@gmail.com  
190 Smith St., Brighton, ON K0K 1H0

## Presentation by Denise Sokolsky

*Katherine*



At our June 11 meeting, we had a special presentation by Denise Sokolsky, a member of the Kingston Fibre Artists. Denise is an artist whom I have long admired. Although I enjoy the element of the hand in hand embroidery, I am fascinated by Denise's machine embroidery techniques and her stunningly beautiful artworks of a lace-like quality. For the presentation, Denise brought a range of her machine-embroidered works, plus her sewing machine and other tools to illustrate the process. What intrigues me the most about her work is that the *stitching*, which we usually think of as embellishment on a fabric or structure of some sort, plays quite a different role in Denise's work. The stitching becomes both embellishment *and* structure.

The process is key. Denise begins with a drawing on a sheet of Wash'N' Gone dissolvable stabilizer (or some other dissolvable stabilizer), and she stitches onto the sheet, following the lines of the drawing with her machine needle set to free-motion stitching. The foot makes the stitching fast, but the hand takes the needle slowly around the image. She uses both straight stitches and zigzag stitches to create thick as well as--and this is important--**connected** embroidered lines. If the stitches are too thin or not well overlapped, the piece will not have proper structure (as with lace). Once the image is completely stitched, she dissolves the stabilizer in water (it takes a few seconds), and then lays out the stitched image to dry, sometimes molding it onto a form to get an interesting shape.



The green leaf and red circular design have been stitched onto stabilizer. After soaking to remove the stabilizer, Denise molds the design.



When stitching is structural, stitching can also be sculptural, and this is an important element in all of Denise's works. Each individual stitched piece is sculptural in itself. But Denise also composes them in ways that heightens the effect. In some examples, pieces are pinned to backings but lifted



Molded petals and tiny beads create a delicate beauty that this two-dimensional photo can only remind us of.

from the back (using beads) allowing cast shadows to play an important aesthetic role. Light plays across her stitched works in a way that is very different from traditional embroidery. Denise's art pieces are objects that fill a space, reaching forward, receding, stretching outward. They invite us to look from above, below; changing our angle changes the composition.

The complexity of Denise's work would be hard to understand without her showing us the steps of the process and, at the end, inviting us to try our hands at stitching, dissolving the stabilizer, and molding the stitched images onto a support while drying. Here it felt like a small workshop, with people gathered around different parts of her display, trying their hands at the embroidery process or examining more closely the different

works of art. Denise was generous with her time and moved around to answer questions and encourage our involvement. It was a lovely and exciting event to conclude our year of stitching.



## Show and Share



Eileen completed her Brazilian embroidery (left) and Kristeen completed her cross-stitched Cosmos piece. These were the first finishes from their respective focus groups.



**Crazy Quilts:** Ros and Mary Anne display an antique crazy quilt. It was purchased at a garage sale in the northern U.S. – for a dollar – by Betty Gill’s sister and was given by Betty to Ros. Ellen shows off her crazy quilt from this year’s Learn-a-Stitch.



Hardanger: (Above left) Our workshop motivated Kristeen to finish her gorgeous “Four Seasons” Hardanger piece. Leola’s piece (above right) is still in its Q-snap with basting threads, but is also complete.



**Weddings, Past and Future:** *Left:* Diane, our queen of reuse and recycle, brought in her wedding dress, made from embroidered linen handkerchiefs. *Above:* Ellen’s cross-stitched piece is a wedding present for her grand-daughter. Her framer was anxious to know the date of the wedding, so that he could meet the deadline. He relaxed a bit when Ellen explained that her grand-daughter was five years old.

## Summer Stitching by the Lake

*Summertime! And the stitchin' is easy.  
Linen wrinkles, so it's cotton I'll try.  
Oh, the gold braid's rich, and the silk is good-looking.  
My stitching, so even, pleases the eye.*

*One of these mornings, you'll be off to the framer's.  
Fit for gifting you'll be, and I'll tell you good-bye.  
But 'til that morning, there's a-nothing can harm you  
With friends who love stitching standing by.*



Formal meetings and classes may be over in June, but CGNA members still get together in the summer to stitch and chat, to encourage and inspire. This year, Ellen generously invited all crafters to her place on the water every Tuesday. She set up tents and tables outside on good days, but accommodated us indoors on less good days. All she wanted in return was a donation for the food bank.

**Ellen writes:** Thank you to everyone who came out to Tuesday Craft Days. You kept me stitching all summer, and you made sure that I had some social interaction and some sunshine. (My children and my doctor thank you also!) It became a ritual to check the weather Monday night so that I would know whether to put up the tent Tuesday, or not ... and sometimes we did a quick pivot into the house when the weather didn't cooperate, or I guessed



wrong. Special thanks for ignoring the dust bunnies that have taken up residence in my home, because I would rather be stitching than cleaning. But, the best part was that you helped me to help the community. Look at all of the food that is being donated to the Morningstar Mission, from all of us! Thank you SO MUCH for caring about others, and including me in that. Not sure what it will look like, but hoping to continue a Bring Your Own Craft Day once a month in the fall.



**Mary Ann writes:** I would first like to thank Ellen for inviting us to her home this summer. It was wonderful to get away from the heat and sit on her lawn watching the ferry going back and forth, the flocks of geese that were on the shoreline each week and the breeze that kept us cool as we stitched. In the flyer Ellen put out in the spring, she asked for donations to the foodbank, hoping to get 100 lbs by September. The donations surpassed this request. There has been a discussion about continuing to take donations at the meetings we have twice a month, rather than twice a year as we do now.

If you would like to participate, a small spot will be found to drop off non-perishables.



Francine made great progress on **Banbury Cross** (design by X's and Oh's)



## 2024 CGNA Library Cupboard

*Leola*

**Editor's Note:** Ever since I joined guild a decade ago, finding adequate space for our library has been an issue. Our old cupboard had suffered from multiple moves and consistent over-loading, but new, desirable books kept coming in. A year ago, Heinz volunteered his time to repair the old cupboard, which houses about half our collection. He commented that, really, it would be easier just to build a new one. And, this year, he volunteered to do just that, at cost! CGNA unanimously voted to accept his offer. Over the summer, he built and installed our spanking new library cupboard. We could not be more grateful!

The CGNA discussion on May 28<sup>th</sup> reiterated the need for additional library book storage. Heinz Becker assessed the situation and put together a proposal which was accepted at the June 25<sup>th</sup> guild meeting.

Heinz borrowed a pick-up truck to pick up birch veneered plywood on sale at Glenn Supply and transport it to the Rona cut shop, where the 4' x 8' panels were cut into smaller sections. These were further cut to the final dimensions with a small table saw in Becker's garage.



Four coats of golden oak water-based Varathane were applied to each piece. These were then assembled using many screws and corner brackets to maximize stability.

The goal was to have a fully functional library cupboard ready for 2024-2025. It is not perfect. Boards warped, knots and areas did not soak in the finish evenly, and so forth. However, it is sturdy, should help store the CGNA book collection, and was done on time and under budget.



Kristeen found the following tip for determining needle size at the Embroidery Marketplace in Alberta: For tapestry needles, add 10 points to the fabric stitch count. That is, if you are stitching 14 stitches per inch, use a needle size 24; for 16 stitches per inch, use a size 26 needle, etc.

# Fall Program

## Learn-a-Stitch

The learn-a-stitch for this year will be leaves with different embroidery designs. CGNA members are encouraged to design their own pieces. The size, design, colour, and type of material are all at your discretion. For example, you could make random leaves, or a tree of life, or a wreath, etc. The design is not limited to leaves but might include birds, critters and other creatures.

Beth A. has created a Pinterest page for us to get ideas and inspiration. The link has been sent to our members. *Beth's advice:* There are many short videos on how to work different stitches that are suitable for leaves, and lots of ideas of how the design might be used in a project. Try to visualize a leaf design where there may be something else shown. You could use many of the images as a start for creating the main lines of your design and just substitute leaves for the flowers or whatever else is there.... You can think tiny delicate leaves on fine fabric in the technique of your choice - think blackwork, white work, surface embroidery which includes crewel – there are tons of ideas out there. OR you could think bold, colourful leaves on a heavy fabric for a bag or apron. What about using a fabric with leaves printed on it and stitching on the leaves? There are soooo many ideas out there - maybe one of these ideas will spark your interest.

Leola recommends the following websites:

<https://www.stitchdoodles.com/stitch-a-leaf-a-day/> “31 days of stitching leaves” on a tree, with links to the Royal School of Needlework directions. This would be very helpful to those teaching each session.

<https://www.stitchdoodles.com/a-year-of-tiny-leaves/> has a “stitching a leaf for every day of the year” tree. This would be for the inspired amongst us!

You may use fabric of your choice from your stash but if needed, there will be material available for purchase. There will be different stitches to learn at every meeting.

LEARN – A- STITCH FALL SCHEDULE		
Sept. 10	Introduction, Designs	Beth A.
Sept. 24	Appliqué	Diane R.
Oct. 8	Beading	Tina
Oct. 22	TBA	Eileen
Nov. 12	TBA	Diane D.
Nov. 26	Stitching “for sale” items (tentative)	

## Afternoon Activities

Focus Group for Goldwork

Focus Group for Hardanger

Open stitching with UFO's and ongoing projects of personal choice

## Mending & Upcycling Workshop

CGNA will be hosting a creative mending and upcycling fabric workshop at the Kingston Frontenac Public Library (Central branch, 130 Johnson St.) this fall. The focus will be mending using the running stitch—inspired by Boro, Kantha, and Sashiko stitching traditions. We will be supplying a range of fabrics, naturally dyed threads and other embroidery threads, and our enthusiasm.

Katherine, Anjali and Diane R. have volunteered to run the workshop; more volunteers would be welcome. More information to follow.

## Upcoming Events

Sept. 3- 11 **Almonte Fibrefest** (see poster, right). Vendor Market on Sat., Sept. 7 (10 – 5) & Sun., Sept. 8 (10 – 4). Admission: \$5.

Sept 12 – 15. **Kingston Fall Fair** Agricultural Fair, includes an “Artisan’s Alley”. Several categories of needlework competition, info at <https://www.kingstonfair.com/2024-prize-book>. Admission: \$10 (\$30 for a 4-day pass).

Sat. Sept. 14, 10 – 5 & Sun. Sept. 15, 1 – 4. **Lakeshore Creative Stitchery Guild Exhibition and Demonstrations.** Stewart Hall (176 Lakeshore Rd., Pointe-Claire, QC, in the Montreal area). Free admission.

Thurs., Oct. 11 (6 – 7:30 p.m.). **Creative Mending and Upcycling Workshop.** Kingston Public Library, 130 Johnson St. Katherine, Anjali, & Diane R will be teaching uses for the running stitch. Free admission.

Sat., Oct. 26 **Sale and Stitch with Quinte Needlearts Guild**, Belleville. (See poster on right). Sale of embroidery fabrics (mainly counted-thread) & assorted needles. (CGNA are invited and must R.S.V.P.)

Sat., Nov. 16 & Sun., Nov. 17, 10 a.m. – 3 p.m. **CFB Kingston’s Holiday Craft Sale.** Thompson Drill Hall, CFB Kingston. \$3 cash entry fee.

Sat., Nov. 23, 9 – 4. **A Christmas Market**, presented by Timeless Memories. (See poster, right) Olympic Harbour, 53 Yonge St., Kingston. Free Admission & free Parking.



**Almonte Fibrefest**

Almonte's 29th annual festival of fibre arts with 80+ vendors and 20+ workshops!

Vendor Market  
September 7 - 8, 2024

Workshops  
September 3 - 11, 2024

Tickets: \$5

Learn more at [mvtm.ca/whats-on/fibrefest/](http://mvtm.ca/whats-on/fibrefest/)

Mississippi Valley Textile Museum

**QUINTE NEEDLEARTS GUILD**

*INVITES YOU*  
*To come stitch with us and attend a specialty and fine fabric sale*



**Saturday, October 26**  
**10:00 am - 2:00 pm**

**Salvation Army Citadel**  
**290 Bridge Street West**  
**Belleville**



TIMELESS MEMORIES PRESENTS  
**A CHRISTMAS MARKET**  
VIRGINIA@MYTIMELESSMEMORIES.CA  
613-539-9533

THIS YEAR, VISITORS WILL BE TREATED TO OVER 60 EXHIBITORS, MORE FASHIONS AND MORE INSPIRING IDEAS TO HELP MAKE YOUR HOLIDAY SEASON THE BEST EVER!

9:00 AM TO 4:00 PM

NOVEMBER 23, 2024

FREE ADMITTANCE

OLYMPIC HARBOUR  
53 YONGE ST.  
KINGSTON, ON

