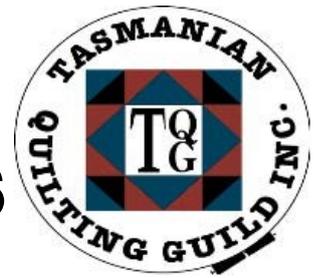




ISLAND THREADS



Newsletter of the Tasmanian Quilting Guild
Inc. PO Box 181, North Hobart, Tasmania

Volume 32, Issue 4

November 2015



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FROM THE PRESIDENT

ALISON HOWLETT



Hopefully you all have had a good 3 months and not fallen to the flusadly it found me hiding and snuck up very silently and hugged me very tightly...not nice at all.

Well we are heading into the festive season and there are plenty of last minute Christmas gift to be making, which brings me to our Christmas dinner meeting on the first Saturday in December. Don't forget we are having a best dressed table competition and a secret Santa for those who want to participate. Also have your best singing voices on.....

The last few months have been a bit difficult with issues surrounding our future with Island Quilts but with all the help from our committee members I am sure it will be resolved shortly.

However, we are looking volunteers to help so if you could spare some time please let us know.

We are also looking for a new Northern Rep so if you are from the north and would like to be part of a great committee please let us know.

So I hope you all have a wonderful Christmas and New Year break and please keep safe. I know those rotary cutters and needles can be pretty nasty if not handled correctly....mmmmmm

Alison Howlett



Don't forget Secret Santa at the
Christmas Lunch
Gifts to the value of \$15

Join the fun



The Committee of Management

Role	Address	Email	Phone
President Alison Howlett	4 Glenrose Drive Tea Tree Tas. 7017	alisons_laptop@hotmail.com	0419 589 278
Vice President Wendy Fittler	14 Burnett Street George Town Tas. 7253	wfittler@bigpond.com	03 6382 1816
Secretary Margaret Treloar	P.O. Box 39 Lilydale Tas. 7268	mrtreloar@bigpond.com	03 6395 1137
Treasurer Susan Holdcroft	PO Box 215 Lilydale Tas 7268	susanbholdcroft@hotmail.com	0419 708 280
Newsletter Editor Wendy Townsend	1 Cherry Crt Forcett Tas 7173	wendyjoytownsend@gmail.com	0422274279
Exhibition Convener	Vacant		
Northern Rep	Vacant		
North Western Rep Janine Richardson	10 Halstead St., Burnie 7320	janinerichardson2000@yahoo.com.au	6431 6299
Southern Rep Jenny Croxton	232 Nelson Road Mt. Nelson 7007	jmcrox@netspace.net.au	6225 3503

Appointments for the following positions were confirmed

Auditor: Lynne Makepiece

Public Officer: Margaret Treloar, (Secretary)

Retreats: Zoe Johns

Historian: Helen Ducker

Valuation: Marlene Boatwright

Valuation Administration: Sharon Thomson

Website Manager: Wendy Townsend

Aims of the Tasmanian Quilting Guild Inc.

To promote the art and craft of Patchwork and Quilting

- To bring quilters together from all parts of the state
- To encourage the establishment of affiliated groups
- To encourage and maintain high standards of workmanship and design in both traditional and contemporary quilting
- To foster interest in the history of Patchwork and Quilting
- To organise exhibitions
- To publish a newsletter
- To arrange for the giving of lectures to members of the Guild on subjects of concern or interest to them

New Members *Welcome*

Tania Marree BURKE, Michelle DOBSON, Julie MILLS, Beverley WARR, Freda HENSHAW, Susie PIKE & a new group Lilydale Moderns



FROM THE EDITOR

Wendy Townsend



I have been busy in the last few weeks getting the new website up and launched. . This website is designed to be user friendly and accessible to both members and the public.

There is a members only area where you can access back copies of the newsletter and forms. This area is password protected and I will notify members of the password by email and in the newsletter. See below.

Please let me know if there is anything you would like added to this area.

Contributions and suggestions will be welcomed and encouraged. Please let me know if there is anything you would like to be added to the website.

Link to the website <http://tasquiltguild.org.au/>

Members password tasquilt2015 (this will now be changed annually in January)

It was decided at the Committee meeting on October 25th to make our Facebook open to the public to try and encourage new membership. If the public can see how busy and exciting we are in the guild they will be enthused to join us. Anything that is designed just for members will appear on the website.

As this is the last newsletter for the year I am making it a Christmas theme, to cheer us all up as we near the festive season. Don't forget our Christmas lunch and meeting on the 5th of December at Punchbowl.

Spot 10 Differences



THE ELVES HAVE BEEN WATCHING 'PIMP MY RIDE'!

- 1. KNOT IN TOY BAG CHANGED
- 2. PINK STRIPE MISSING FROM BACK OF SLEIGH
- 3. SHINE MISSING FROM SLEIGH BLADES
- 4. RAG MISSING FROM GROUND
- 5. REAR VISION MIRROR MISSING
- 6. POM POM MISSING FROM MRS CHRISTMAS HAT
- 7. EXTRA EXHAUST PIPE
- 8. BUCKET MOVED
- 9. FATHER CHRISTMAS' EYEJID MISSING
- 10. ELF MISSING POCKET

WENDY FITTLER Vice President 2015/2016



I have been a passionate quilter since 2002, when I retired, although I had tackled a few quilts prior to that time in a very unskilled way. A quilter at my place of employment invited me to join her local group, Wilted Quilters, so I could develop my skills!

My fabric stash grew uncontrollably and seeing that I was spending a fortune on fabrics with no substantial income, I thought I'd better have some lessons to avoid waste. Adult Ed was my first port of call, and thanks to Fran Williams, tackled my first "real" bit of quilting – a foundation pieced blue wren.

Then there were a couple of classes in our local quilt shop, The Corner Patch and Stitch, and by the end of those I was truly hooked. These classes were quickly followed by many more.

A couple of years down the track, I decided to have a go at designing my own quilts and spent more time with pencils and paper than I did with needle. I will have to live to be two hundred to make all my designs! However, I managed to complete quite a few quilts in the next couple of years, mostly hand pieced and hand quilted. Between quilts, I made bags, bags and more bags and filled in the spaces in time with small projects such as table runners and wall hangings. Luckily, hubby, Ray did not mind and encouraged me greatly, even though there were many nights that he had to cook his own tea!

By 2010 Ray was so sick of my sewing paraphernalia scattered in nearly every room in the house, that he offered to build me a studio sewing room so it could all be contained in one spot and not under his feet – especially the pins! Great excitement ensued with the plans for my hide-away. "Oh," says he who offered me my haven. "You can't have it that big!" so I had to be content with his plans, about two-thirds the size. But it is all good – a little crowded, but very good.

My styles of quilting have been varied, thanks to the opportunities to do classes with excellent tutors, and the babies that have come along for me to make quilts for. I have always favoured hand piecing (and still do) but now also do quite a lot of machine piecing as well. I have attempted applique using a variety of methods and embroidered quilts as well as foundation piecing and EPP, but I have found that the hand quilting is no longer so kind to my hands so I tend to rely on Sarah, of Patchworks Plus to do my quilting for me.

At present, I am working on two EPP projects, a foundation pieced quilt and have just started a small art quilt. I think I have about nine finished quilt tops ready to be quilted and a drawer full of UFOs. Love the challenge of starting, obviously!

The highlights of my quilting "career" have been six years of working in a small group to produce the series of George Town Bicentennial quilts which are exhibited in the George Town Memorial Hall, winning a couple of exhibition ribbons, getting Viewers' Choice prizes at local art and quilt shows, and being on the Committee of Management for TQG



WENDY TOWNSEND Island Threads Editor and Website Manager

2015/2016



Hi everyone, I am a retired Registered Nurse who for most of my career managed Operating Theatres, both here in Australia and overseas in UK, Hong Kong & Germany. I am married to Nigel and have been for 36 years, he is a retired Army Officer. We have one son David the light of our lives, he is currently studying Medicine and will be a doctor in December. In a previous life he did a degree in Multimedia Design and had his own business for 6 years. He is the one who has helped me greatly with the website.

My quilting story began about 20 years ago, here in Hobart when I joined a class at Elizabeth Sewing Centre. The class was to make the Federation Quilt. It was a great way to learn heaps of technique. I did another quilt with Saakia, which she had in pretty, delicate pinks. Mine had to be different and I did it in black, red and gold, with Japanese embroidery, this quilt was raffled and raised over \$1500 for a charity.

Well that started me, I then went on to try anything that took my interest. From patchwork to appliqué, to tote bags and children's quilts. When I was working full time it was fitted in between, work, family and home. But then I retired, oh what fun, I can spend 8 hours day playing if I want.



Whilst I was living in Victoria we were based at Puckapunyal, and I had the pleasure of teaching at local neighbourhood

centre. This was after I retired, it was great fun teaching young army wives about patchwork and quilting. This is one of the quilt I taught to the girls.

When we moved back to Tasmania we built our own home and an important part of the plan was a dedicated sewing room with store room attached. I am very spoilt, and have now taken over part of the sunroom (which is large) to accommodate my machine quilting frame.

I love quilting and it really keeps me sane and busy in my retirement.



Reports



Tasmanian Art Quilt Prize and Exhibition Report



Thank you to all the guild members who entered the Art Quilt Prize.

The exhibition of 17 finalists will be held from the 6th November until the 22nd November.

The entry to Narryna is \$7. Narryna Heritage Museum has a wonderful display of antique quilts and other textile items. These are of interest to a wide number of people especially those involved in the textile arts.

We would be very grateful if you could volunteer to do a white glove duty during the exhibition.

Volunteers do not have to pay an entry fee. Please contact Fran Bowden to book a time.

franbowden@primus.net.au or 62251255

Members will be pleased to note that due to the generosity of our sponsors we are confident that we will be able to cover all expenses. However, there will be raffle tickets sold during the exhibition as an additional fund raising exercise. Pip Scholten is organising a 'Christmas Box'. This will be drawn at the Christmas Lunch meeting on December 5th.

Major Sponsor

Bernina Australia

Sponsors

Annie's Cottage Crafts, St Helens

Bagdad Quilting Supplies

Break O'Day Stitches

Calico Crossroads

Easysew, Hobart

Frangipani Fabrics

Kathy Mumford

Myrna McHugh

Neirrina B & B

The Fabric Parcel, Wynyard

Sewknit, Launceston

Stitching and Beyond

SPOTLIGHT

Wafu Works, Kingston Beach

Supporters

Blue Willow Designs

Craft Spot

Flowerpot Quilts

Leesa Chandler Designs

Patchworks Hobart

Patchwork MARIKO JAPAN

Punch with Judy

Quilt Top Quilting

The Craft Cubby

The Fabric Café, New Norfolk

The Scissor Man

Thank you, Barbara.

Reports



Valuation report.

We had our last valuation day for the year. 13 quilts valued. Tentative dates for next year are April 2nd and October 15th.

Please consider having your quilts valued. Marlene.

Ah, quilters! We are obsessive about fabric. We brake for quilt shops. We store mountains of materials in our homes. Quilting tools and gadgets catch our eye. We pour over patterns, and delight in seeing each others' creations. Some of us are even quite competitive about these things.

We are the people who cut perfectly lovely, large pieces of fabric into tiny pieces, just to sew them back together into large pieces again! How can we NOT find a lot to laugh about (or at) in our pursuit of creating quilts?



Southern Rep. Jenny Croxton

Hello from your new Southern Representative! Only a few weeks since I took on the position, I'm looking forward to making contact with southern members, through local groups at first, finding out what's going on down here and reporting back to the Guild.

As I submit this, the South is looking forward to events such as the **Tasmanian Art Quilt Prize** exhibition at Narryna from 6 – 22 November and the popular **Shop Hop** from 30 October – 14 November, with five fabulous shops participating between Huonville, Kingston Beach, Hobart and New Norfolk. If you're reading this before their closing dates, be sure you go and enjoy them.

I encourage all our southerners to consider attending the TQG Christmas meeting and party – it's always a lot of fun, and visitors are very welcome to join in.

I understand that driving to meetings in Launceston can seem like a chore and yes, it's a long day. If you'd like to go but need a lift, or if you are driving and have a spare seat for a passenger, I am happy to act as a liaison to help set up some car-pooling arrangements. I'm at 6225 3503 or jmcrox@netspace.net.au.

Reports



ACQ Report

Well, it is only a few months before Tasmania will be hosting the next ACQ conference. It is to be held in February in Hobart at the Airport Travelodge. Bookings have been made and plans are under way. As one of the smaller guilds we want to make an effort to show the other states that bigger is not always better.

This conference is for the benefit of all quilters and if anyone has anything at all that they feel should be discussed at ACQ, please contact us and, if appropriate, we will put up an agenda item for the conference. A lot of topical items have already been discussed over and over at past conferences so we do not want to raise the same old issues. However, progress has been made on things such as standardisation of valuation and judging methods. There is still some way to go yet before these goals are reached but we do seem to be getting closer over time.

If anyone is interested in coming into the conference and listening to the discussions, you are very welcome. Please just let us know when you would like to be there or if there are particular agenda items you would be interested in listening to. As observers, you will not be able to participate in the discussions but, hopefully, you will find them interesting. We will not have a full list of the agenda items until closer to the conference but if you feel you may be interested in attending as an observer, don't hesitate to contact Chris or myself and we can let you know what agenda items are listed and the times that those items are likely to be discussed.

We realise that ACQ costs the Guild a substantial amount of money each year so if you are keen to know how this money is spent and what value the Guild can get from the conference, please get in touch and ask questions or come along and observe.

Chris can be contacted on 6395 1424 or 0417 130391 and Margaret on 6395 1137 or 0402 440726.

Chris and Margaret (ACQ Delegates 2015)



Meeting Minutes



TASMANIAN QUILTING GUILD INC.

MINUTES FOR GENERAL MEETING

Held at the Punchbowl Christian Centre, 19 September, 2015

Meeting commenced at 10.30 am.

PRESENT: As per book

APOLOGIES: As per book + Janice Daley, Helen Lutz, Cindy Watkins, Karen Stagg, Tessa Hunt, Sarah Frazer, Linda Stillman.

WELCOME: Alison welcomed traders and thanked Sherrie for doing Hostess Duties.

Change of time of the AGM announced: 1.30pm

CONFIRMATION OF MINUTES

Moved W. Fittler seconded A. Brown that the minutes of 20 June 2015 meeting as published in the August edition of Island Threads be accepted as a true record. Carried.

BUSINESS ARISING FROM MINUTES

Meeting in the South: discussion to be deferred until General Business.

REPORTS

President (Summary) Alison Howlett

An interesting three months since our last meeting; an outstanding Island Quilts show; thank you to all volunteers. Friendship Day, not big numbers but fun had by all; thanks to Wendy Townsend for games. Future events: Christmas Dinner, Quilter of the Year award, hosting ACQ in February. Volunteers for Island Quilts committee required. Some challenges to be faced. Please see Committee members if you have issues or problems.

Treasurer (Margaret Treloar)

Balance Sheet as at 19 September 2105

Current assets

	\$
CBA account 28064101	13,444.40
CBA account 10733963	6,316.07
CBA Term Deposit	10,419.56
	\$ 30,179.03
Total Assets	\$ 30,179.03

The amount of \$3,500 has been received from other state guilds as deposits for Australian Council of Quilters to be held in February. These funds will then have to be paid out to cover costs.

The Guild's financial situation is recovering.

CORRESPONDENCE IN

Newsletters

Common Thread	Geelong Patchworkers and Quilters	June	2015
Common Thread	Geelong Patchworkers and Quilters	July	2015
Common Thread	Geelong Patchworkers and Quilters	August	2015
Material Facts	Queensland Quilters Inc	September	2015
Patches	Quilters' Guild of South Australia	Aug/Sept	2015
The Quilters Patch	The Australian Quilters' Assoc Inc	July	2015
The Quilters Patch	The Australian Quilters' Assoc Inc	August	2015
The Quilters Patch	The Australian Quilters' Assoc Inc	September	2015
Quilters' Quarterly	W A Quilters' Association Inc.	September	2015
The Template	The Quilters' Guild of NSW Inc	August	2015
Vic Quilter	The Victorian Quilters Inc	July	2015
Newsletter	Southern Country Quilters Assoc	June/Aug	2015
Newsletter	Waverley Patchworkers	July	2015
Newsletter	Waverley Patchworkers	August	2015
Newsletter	Waverley Patchworkers	September	2015
Snippets	Darwin Patchworkers and Quilters	August	2015

Letters and other mail

CORRESPONDENCE OUT

Stephanie Quadrito	Re photos of IQ for publication in APQ
Judy Newman & Gary Fitz-Roy	Exhibition concerns
Denyse Robertson	Queries on costs for IQ
Daniel Heather	Payment status for costs

Moved Susan Holdcroft; seconded Barbara Mellor that the correspondence be accepted.

Island Quilts (Summary) Chris Coulbeck-McMurray

Island Quilts seems to be now in the distant past.

Many mishaps and problems, at the show but they were back office and hopefully not noticed front of house.

A personally challenging year has resulted in my resignation from the position of Island Quilts Convener.

An "open door" policy enabled Committee of Management to be involved and they gave full commitment and support over the three years.

Thank you to Island Quilts Committee and Committee of Management.

This year is the last of the 5-year commitment by Expertise Events. The future is unknown.

My full support will be offered to new Exhibition Convener.

Thank you to my husband, without whose support I would have crumbled under in a year.

The journey overall has been good and I have enjoyed it. But it is time for someone else.

Best of Tasmania Quilts will be announced in the Newsletter.

Membership (Susan Holdcroft)

There have not been many new members and there are still a number of outstanding unfinancial members.

Receipts for payments can be collected today.

Valuation

Next valuation day is 17 October. Paperwork must be in two weeks prior. Forms available on the website or contact Marlene Boatwright to have them sent out to you.

Retreats

Nothing to report yet.

Newsletter (Wendy Townsend)

Items to be with Editor by 31 October. Seventy members now receive newsletter by email. Let Editor know if you want to receive electronically and let her know also if there are problems you see in the publication so they can be corrected.

Forms can be down loaded from emailed newsletters.

Suggestion that spare copies be made available at meetings for people to read.

Web manager

Members are asked to update contact details if required.

Area reports

North

Break O'Day Stitchers

We have been very busy these last few months. In August a two-day Leesa Chandler workshop was conducted where a new Leesa Chandler design of a spacious bag was made.

Barbara Mellor did a Thread Painting class using a photo of a pet. This class was so popular it was repeated a month later for those who missed out on the first one.

The group held a Friendship Day on Sept 4th. It took weeks of planning and many willing hands on the day to make it a success. There were four traders, Cindy Watkins, Robyn Miller of Sewknit, Judy Duckett and Rita Summer who had lots of goodies to tempt us to spend. Barbara Mellor was M.C. and Kay Roberts gave a talk on Hawaiian quilting. Kay will be doing a class on this in October.

Wilted Quilters

Members of Wilted Quilters had a wonderful three days at Camp Clayton for their annual retreat at the beginning of August. After a shopping spree on the way to Camp, three days (and nights) were spent working on and finishing a large number of interesting projects, between more shopping, eating, chatting and very little sleeping.

We have started planning our Christmas gift swap, which will be exchanged at our Christmas Dinner in December.

The group have made two butterfly-themed quilts and donated them to Ainslie, Low Head to cover the gurney when residents make their final departure from the home. Nearly all members had some role in the planning, cutting, block sewing, assembling or finishing of these quilts. Sarah of *Patchworks Plus* quilted them.

Several members have participated in a range of great classes at Patchworks Plus and have produced some clever and useful bags.

LPQ

LPQ have had four 80th birthdays and one 90th birthday. They were all given lap quilts for which members made blocks and all helped celebrate with a luncheon, balloons and High Tea.

The first-ever 80th birthday quilt that was made for Christine Wheeler in 1991 turned up in an op shop and it is now hanging in the meeting room.

LPQ also had a very successful Friendship Day in June. 160 attended wearing pearls to celebrate our 30th anniversary.

"O" birthdays were celebrated in June by those reaching significant milestones.

Our Annual Retreat was held in July at Camp Clayton.

North West

Wynyard Cottage Quilters

This year we are celebrating our 30th birthday.

We decided at the beginning of the year to make ourselves a group badge - a small cottage, burgundy in colour, with interesting embroidered gardens. Our names will also be embroidered and these will identify us as the Wynyard group when visiting Friendship Days and meetings.

In March, we had a small exhibition at the Wynyard Agricultural Show. We were set a challenge to make a small quilt, 42cm by 30 cm using the theme of pearls and/or thirty pieces of patchwork in the quilt.

Audrey Mulcaster was the winner by public vote, with her shell background fabric made into cathedral windows and added pearls. Congratulations Audrey.

We are now making a monthly "Roosting Robin" quilt and there is great excitement when we present our borders each month. Such interesting centre blocks have been chosen. The finished quilts should be spectacular.

Recently we held a "High Tea" at Alexandria House in Wynyard. We wore pearls, fake and real. It was a great venue and we certainly ate well and congratulated ourselves with some bubbly.

During July and August we had an extended exhibition at the Information Centre, Wonders of Wynyard.

At the beginning of the year, our group purchased some fabric for each member to make into a quilt. This is a very challenging piece of fabric, especially if you don't like orange! All will be revealed at our break up luncheon.

So it has been a very busy birthday year and we have had lots of fun.

South

More friendship days are wanted in the south and members are seeking places to hold them at a reasonable cost. A 'Creating with the Masters' workshop will be held at Sherrie's at Kempton.

Tasmanian Art Quilt Prize (Barbara Mellor)

The judges have done a great job selecting 17 finalists from 6 states and territories for exhibition. The entrants have been informed of their selection.

I am quite happy with the amount of fundraising and sponsorship that has been accomplished. We are lucky to get Gloria Loughman's accommodation sponsored. We have decided not to hold a second quilt raffle and the one Pip has donated will be held over until next year. Narryna has agreed to let us sell raffle tickets so there will be a small Christmas Box of handmade items. This will be drawn at the Guild Christmas lunch.

The Gloria Loughman workshop is full with a waiting list. Chris Hussey has done a great job organising this.

Kathy Mumford has done a wonderful job using Dropbox, especially as Gloria was overseas when the judging was being done.

The Governor, Her Excellency Professor Kate Warner, will open the exhibition. 6.30 pm on Nov 5th, 2015.

Please let Barbara Mellor know if you are attending, as numbers are required. If weather is fine the opening may be in the garden.

Exhibition 5th – 22nd November. Entry \$7.00.

See Fran Bowden if interested in volunteering. Admission is free for volunteers.

GENERAL BUSINESS

Christmas Lunch Meeting

Punchbowl Christian Centre on 5th December, catered by Amanda's Catering from Longford.

\$25.00 per head. Must be paid by Nov. 28th.

Contact a C.O.M. member if you require a special diet. Menu will be published in the Newsletter.

Be prepared for some Christmas singing.

Best decorated table will be judged.

Don't forget the Vice President's Challenge – a star quilt. See Newsletter for details.

Quilter of the Year

Members are reminded to submit their nominations for Quilter of the Year before 12 October. Forms are in the August Newsletter. Please put nominator's name on the form.

Guild Meeting in the South

Suggested as a possible means to involve more members in decision-making and Guild meetings.

Correspondence received from members, Lorraine Hyland, Linda Stillman and Margaret Prettyman was read and members, Di Mitchell, Lauree Brown, Jenny Croxton, Janine Richardson, Denise Eddy, Helen Dixon, Robyn Miller and Beryl Cross contributed to discussion.

The points of discussion included:

- The issue has been raised before and the decision was to leave the meetings in Launceston because it is central to all regions
- The distance and time needed to travel to meetings and the ensuing costs
- Aging members finding the longer distances more difficult to travel
- Regional meetings could be organized on a rotational basis but may result in decline in meeting attendance/membership
- The number of members in each of the regions varies. Currently there is a greater membership in the South than in the North or the North West. *(There is a slightly higher membership in N and NW combined than in South. Secretary)*
- We should not let the North/South issue get in the way of the good things done by the Guild.

It was resolved to take the matter back to the Committee for further discussion and return with the results at the next meeting.

Island Quilts and Expertise Events

- Correspondence to Judy Newman and Gary Fitz-Roy (Expertise Events) regarding concerns of members and the public about the Craft Fair, was read. Some members considered the reply did not address the issues fairly or appropriately.
- Correspondence to Exhibition Convener from Denyse Robertson detailing costs of \$4,461.85 to be paid was read. Chris replied, stating that the costs should be reviewed, stating that no payments had been required in the past and there were items listed that we did not have.
- Legal advice was sought. Correspondence to Daniel Heather informed that legal advice had been sought and we had been advised the amount detailed does not have to be paid.
- Further correspondence about payment appeared threatening but there has not been any tax invoice or agreement on the amount to be paid.
- Discussion indicated that members believe if we pay, it will set precedence for payments in the future if the contract is renewed.
- It was suggested we inform other guilds of bullying tactics being used by EE and to be wary.

Moved Lee Wallace; seconded Susan Holdcroft :

The Guild pay nothing until a tax invoice is received then seek legal advice from that point.

Carried.

Bernina

The 2016-17 agreement with Bernina for has been received. Alison asked them if they would go ahead if EE pulled out. They will continue to sponsor so long as we have a "good" show.

Presentation

A presentation of flowers and a gift was made to retiring Committee of Management members, Leonie Champ, Chris Coulbeck-McMurray, Lesley Lyons and Sherrie Jewson.

Raffle

Raffle won by Di Mitchell.

Thank you

Leonie thanked all members who had helped her in her role as Northern Rep, especially members of LPQ who gave their time regularly.

Traders

Julie and Michelle from Fabric Parcel, Wynyard, Sue from Flowerpot Quilts, Yvette from Make on Longford and Robyn from Sewknit.

TASMANIAN QUILTING GUILD INC.
ANNUAL GENERAL MEETING

Held at the Punchbowl Christian Centre, 19 September, 2105

Meeting commenced at 1.30 pm.

Present and Apologies As per General Meeting.

Minutes:

The minutes of the Annual General Meeting, held 20 September, 2014 at the Punchbowl Christian Centre were read. Moved Pam Stewart; seconded Susan Fisher that the minutes be accepted as a true record. Carried.

Annual Report: (Presented by Alison Howlett, President.)

This year has flown past and we are back at the AGM.

I personally have learnt so much more about how the guild works and how much each member is an integral part of this guild. It's been a challenge as well and I think the following year will bring more interesting challenges ahead. But I'm sure the committee will do their best to represent our members. I have really enjoyed this year, even with its ups and downs and I would like to personally thank all who have given me advice and guidance throughout the year.

This year we have had the Christmas dinner, Margaret and Chris representing us at ACQ and I personally had my first visit to AQC, which was only a day trip, but next year I will make it longer. We also had Island Quilts, which I thought was a great success, showing all our talented quilters' wares and Friendship Day.

All in all, a good year I think. There were a few hurdles but that is what makes it interesting.

I wish to thank all the committee for the commitment and hard work, but sadly have three area reps retiring – Sherrie, Leonie and Lesley and on behalf of the guild we thank you for your support throughout the last years. I would also like to especially thank retiring IQ convener, Chris. A special thank you for all you have done with Island Quilts, but also with the committee.

Well now on to a new year and a new challenge ahead in which I am sure we will all do our best for the members of the guild.

But don't forget, a guild is only as strong as its members, so thank you all.

Proposed Alison Howlett; seconded Sherrie Jewson that the Annual Report be accepted.

Treasurer's Report

The audited Financial Report was presented by the Treasurer, Margaret Treloar.

This will be published in the November edition of *Island Threads*.

Summary: Total members' Funds \$24,100.30

Proposed C. Coulbeck-McMurray, seconded J. Croxton that the Treasurer's Report be accepted.

Election of Office Bearers for 2015-2016

The Chair was vacated by the President and taken by Barbara Mellor. In accordance with the Constitution, all Committee of Management positions were declared vacant.

<i>Role</i>	<i>Nominee</i>	<i>Proposer/Second</i>
President	Alison Howlett	Wendy Townsend/Wendy Fittler
Vice President	Wendy Fittler	Wendy Townsend/Alison Howlett
Secretary	Margaret Treloar	Wendy Townsend/Susan Holdcroft
Treasurer	Susan Holdcroft	Alison Howlett/Margaret Treloar
Exhibition Convener		
Northern Rep		
North West Rep	Janine Richardson	Lesley Lyons/Vonda Jeffrey
Southern Rep	Jenny Croxton	Pam Stewart/Brigitta Jensen
Newsletter Editor	Wendy Townsend	Sherrie Jewson/Leonie Champ

As there was only one nomination for each position, all candidates were declared elected.

Appointed positions

Appointments for the following positions were confirmed

Auditor	Lynne Makepiece
Public Officer	Margaret Treloar (Secretary)
Retreats	Zoe Johns
Historian	Helen Ducker
Valuation	Marlene Boatwright
Valuation Administration	Sharon Thomson
Website Manager	Wendy Townsend
Workshop & Activities Convener	

Proposed Margaret Treloar; seconded Beryl Cross that Lynne Makepiece be retained as Auditor. Carried.

Membership

It was decided by the C.O.M. that the 2015-16 joining and membership renewal fees would remain unaltered at \$40.00.



I wish to thank all the committee for the commitment and hard work, but sadly have three area reps retiring – Sherrie, Leonie and Lesley and on behalf of the guild we thank you for your support throughout the last years. I would also like to especially thank retiring IQ convener, Chris. A special thank you for all you have done with Island Quilts, but also with the committee.

From the Treasurer

TASMANIAN QUILTING GUILD INC
Income and Expenditure Statement
For the year ended 30 June 2015

	2015	2014
	\$	\$
Income		
Advertising receipts	179.00	194.00
Australian Council of Quilters	1,250.00	0.00
Bus fares collected	0.00	170.00
Christmas lunch	2,085.00	2,400.00
Donations	55.00	40.00
Friendship day	475.00	1,420.00
Gatherings	404.00	888.00
Group insurance	1,254.00	792.00
Island Quilts Exhibition	15,791.25	4,980.00
Interest received	419.66	688.23
Membership subscriptions	11,697.70	9,955.00
Raffle proceeds	505.15	722.25
Retreat	7,897.00	9,551.00
Traders	530.00	560.00
Tasmanian Art Quilt prize	3,311.40	4,110.00
Valuations	330.00	130.00
Workshops	0.00	1,575.00
Total income	46,184.16	38,175.48
Expenses		
ACQ Conference	2,234.59	3,634.39
Audit fees	400.00	400.00
Bank fees and charges	294.99	382.79
Christmas lunch	3,146.00	3,135.14
Exhibition - Island Quilts	12,854.50	3,871.19
Fees and charges	59.20	58.40
Friendship Day	347.50	2,260.00
Guest speakers	0.00	50.00
Hire of venue	705.00	890.00
Insurance	2,235.00	2,095.00
Mail redirection	691.25	603.80
Newsletter	4,438.58	7,923.92
Postage, printing and stationery	520.60	531.97
Retreat	7,969.51	9,442.40
Reps' expenses	0.00	167.10
Sundry expenses	286.29	309.24
Tasmanian Art Quilt Prize	614.00	8,759.62
Travel expenses	545.15	1,204.72
Valuations	493.75	1,103.75
Website	319.00	132.00
Workshops	0.00	1,134.45
Total expenses	38,154.91	48,089.88
Profit from ordinary activities:	8,029.25	-9,914.40

TASMANIAN QUILTING GUILD INC
Detailed Balance Sheet as at 30 June 2015

	2015	2014
	\$	\$
Current Assets		
Cash Assets		
CBA account 28064101	9,613.60	5,313.45
CBA account 10733963	4,067.14	757.60
CBA Term Deposit	10,419.56	10,000.00
Total Current Assets	24,100.30	16,071.05
Total Assets	24,100.30	16,071.05
Net Assets	24,100.30	16,071.05
Members' Funds		
Accumulated surplus (deficit)	24,100.30	16,071.05
Total Members' Funds	24,100.30	16,071.05

NORTH

Dorset County Quilters - meet on the third Wednesday of each month

at the Uniting Church Hall, King Street, Scottsdale from 9.00am to 4.00pm.

Contact : Jenny Millwood (03) 6356 0181.

George Town Wilted Quilters - meet on alternate weeks on Monday evenings from

7.00pm at the Old Courtroom (Quilters' Quarters) at the George Town Council Chambers.

Contact : Carla Coogan (03) 6382 1154.

Lilydale Moderns

Meet the first and third **Monday** of each month from **10 a.m.** at the home of Rach Denholm, Whites Mill Road, Lilydale. Contact Rach on 0427 951 498 Bring your lunch and your own mug.

Launceston Patchworkers & Quilters - meet at the Punchbowl Bible Chapel,

100 Punchbowl Rd, Launceston, every Thursday from 10.00am to 2.00pm and

the second Saturday of the month from 11.00am to 4.00pm.

Contact : Fran Williams (03) 6331 9498.

Meander Valley Quilters - meet fortnightly at Elemental Artspace, 3 Emu Bay Rd, Deloraine from 1.30 - 3.30 pm. Bring your current project to work on.

Contact: Cindy Watkins 0437 057 417

NORTH-WEST

Burnie Piecemakers - meet on the first and third Monday of the month (except

public holidays) at the Baptist Church Hall, 57 Mount Street, Burnie from 10.00 am.

Contact: Lynn Hoodless (03) 6431 7596 .

Devon Patchworkers & Quilters - meet at the Devonport Library,

Fenton Street, Devonport each Wednesday from 1.00 pm - 4.00 pm and each Thursday evening from 7.00 to 9.00 pm.

Contact : Vonda Jeffrey (03) 6424 4632.

Leven Quilters - meet every Monday at the Catholic Church Hall, Alexandra Rd,

Ulverstone from 10.00am to 3.00pm.

Contact : Janine Richardson, (03) 6431 6299.

Material Girls - meet every Wednesday at the Supper Rooms of the Memorial Hall, Gilbert St, Latrobe from 10.00am to 4.00pm.

Contact: Susan Travers 0408 380 439

Penguin Village Stitchers - meet every Tuesday 10am to 2pm at the

Baptist Church Hall, Ironcliffe Road, Penguin.

Contact: Rosemary Barrenger, (03) 6442 2169.

Platypus Patchers - meet every Tuesday morning 10am to 12noon at the Latrobe Recreation Centre, Cotton Street, Latrobe.

Contact: Margo Barber (03) 6496 1156

Queenstown Quilting and Craft - meet every Tuesday morning 10am to 12 noon at the

Galley Museum in Driffield Street, Queenstown.

Contact: Iris Beams (03) 6471 2043

Smithton Town & Country Patchworkers & Quilters - meet every second Saturday of the

month at the Smithton Christian Fellowship Building in Nelson St, Smithton, from 10.30am to 4.00pm.

Contact : Cathy Parsons (03) 6456 1284

Wynyard Cottage Patchworker & Quilting Group - meet in members' homes on the

fourth Tuesday evening at 7.00pm and the first and third Monday of the month at 11 am.

Contact : Helen Dixon, (03) 6442 3181

EAST COAST

Break O'Day Stitchers - meet every Friday at the St Helens Neighbourhood House

Bungalow, St Helens, from 10.00am to 3.00pm. General meetings held on the last Friday of the month 10.00am for about an hour. Contact : Ann Luttrell - mluttrell2@bigpond.com

Which Stitches- meet at Sufi's of Triabunna on the first and third Mondays, from 7-9 pm, for a pleasant conversation, sewing and coffee and supper. Contact : Pat Bell

SOUTH

Aberdell Haven Quilters - meet Wednesdays 10-4 and Fridays from 4-10pm, in Acton Park area; limited spaces for machine and hand sewing

Contact: Judi Spurr (03) 6248 1100

Channel Quilters - meet alternate Tuesdays in members' homes from 10.30am to 3.00pm Contact: Lauree Brown

Claremont Quilters - meet every Wednesday from 10-3, at Claremont RSL, 9 Bilton Rd, Claremont. New members welcome.

Contact: Karren Walker 0409 471 112

Come Quilting Loose Threads - meet each Wednesday morning 9.30am to 12 noon, in the hall under St Francis Xavier Church Hall, cnr Adelaide & Anglesea Sts, South Hobart. Contact: Shirley Gillam (03) 6223 4835

Kensington Quilters (formerly St Anne's Quilting Group) meet at the Uniting Church Hall, Kensington St, Glenorchy, each Wednesday from 9.30am to 12 noon, and on last Wednesday of the month at 9.30 to 2pm.

Contact: Janice Daley (03) 6272 9343.

Quilt Inn - meet fortnightly in members' homes. This a closed group with a waiting list.

Quilting Companions New Norfolk New Members Welcome

Contact: Jenny (03) 6261 3795, 0400 166 542

Scattered Pieces - meet last Saturday of the month from 12.30 to 4.00pm

at Corpus Christie Church, Alma Street, Bellerive. Contact : Lisa Rose (03) 6273 9933

Sippers and Sew-Hers - meet every Tuesday, from 10 am - 4 pm

Contact: Caroline Wells (03) 6254 7133

Sommers Bay Quilters - meet on the second and fourth Saturdays of the month

at 623 Sommers Bay Rd, Murdunna at 1.30pm.

Contact : Margaret Pendlebury (03) 6253 5609

Stitching and Beyond - meet on the third Monday of the month at the Adult Education Centre,

Hutchins Street, Kingston from 10.00am to late lunch, and on the first Thursday of the month at

The Friends School, Argyle Street, North Hobart, from 6.00 to 8.00pm. Contact : Faye Twining (03) 6272 0531

Tasmanian Modern Quilt Guild - meet on 1st Wednesday of month at the New Town Bay Rowing Club from 6-8 pm. Meeting cost \$5;

Membership \$35 + \$10 joining fee.

Contact: tassiemqp@gmail.com; facebook.com/tasmanianmqg; instagram.com/tasmqg; blog tasmanianmodernquilt-guild.blogspot.com

Willow Court Quilters - meet every Monday, from 10 am - 3 pm, at the Patchwork Cafe, 15 George Street, New Norfolk. New members welcome Contact: Janine 03 6261 5730, 0417 916 479

The WWW Group meet at the Lauderdale Hall from 10.00am to 2.00pm each Wednesday. Contact Geoff King 0412 463 365

These shops and services are operated by members of TQG Inc and/or are Tasmanian sponsors of Guild activities.

Disclaimer: the information on this page is provided for the convenience of viewers and neither TQG Inc nor the author of this newsletter can be held responsible for the products or services offered by those listed below.

NORTH

Launceston

Esme's Shop 1, 216 Charles St. Launceston, Tas 7250 Phone : 03 6334 9775

Open: 10.00 am - 4.00 pm Monday - Friday

10.00 am - 1.00 pm Saturday website: www.esmes.com.au email: lil.a@bigpond.net.au

Patchwork and Quilting, Haberdashery, Needlecraft..

Purrfectly Quilted (Jane Monk) P.O. Box 5, Legana Tas 7277 Phone: (03) 6330 2515 Open: anytime by appointment

web: www.purrfectlyquilted.com.au email: jmonk@bigpond.net.au

Long Arm Machine Quilting service.

Sewknit Shop 29, York Town Square Launceston, Tasmania 7250 Phone: (03) 6331 3266 Fax: (03) 6331 7177 (phone/fax)

Open: 9:00am - 5:30pm Monday - Friday 9:00am - 2.00pm Saturday

email: sewknit@bigpond.net.au

Sewing machines, fabrics and sewing essentials

Patchwork Plus 14 Anne Street, Georgetown, 7253, PH: 03 63823999

Open Tuesday-Friday 9.30am until 4.30pm. Saturday 9.30am - 2pm

<http://patchworkplus.com.au/>

Longford

MAKE on Longford 23 Marlborough Street, Longford, 7301 Phone: (03) 63912023

Open: Weekdays 9:30am to 4pm

And Saturdays 10am to 2pm web: www.makeonlongford.com.au email: makeonlongford@gmail.com

Craft Supplies Shop

NORTH-WEST

Burnie

Quilt Top Quilting (Pam Jarman) 12 Cranwell Street, (P.O. Box 808) Burnie, Tasmania 7320 Phone: (03) 6431 3650

Open: by appointment

Longarm Quilting Service

Deloraine

Elemental Artspace 3 Emu Bay Road, Deloraine Tas 7304 Phone: 0437 057 417

Open: 9.00am - 5.00pm Daily (Closed Christmas Day) website: www.elementalartspace.com email: deepeacestudio@yahoo.com.au

Wide range of quilting fabrics, haberdashery, art quilt and dyeing supplies. Classes and workshops.

Ulverstone

Cranberry Crafts 71 Reibey St Ulverstone, Tasmania 7315 Phone: (03) 6425 1077 Fax: (03) 6425 6939

Open: 9:30am - 5pm Tuesday - Friday 10am - 2pm Saturday Closed Sunday, Monday & public holidays

website: www.cranberrycrafts.com.au email: info@cranberrycrafts.com.au

EAST-COAST

Triabunna

Sufi's Craftshop 26 Vicary St, Triabunna, Tas 7190 Phone: (03) 6257 3212

Open: 10:00am - 4:00pm daily website: www.sufiscraft.com email: pat@sufiscraft.com

SOUTH

Hobart

Frangipani Fabrics 78 Queen Street, Sandy Bay, Tasmania, 7005 Phone: (03) 6224 0244

Open: 9.30am - 5.30pm Mon to Fri 9.30am - 4.00pm Sat

website: www.franfab.com.au email: franfab@octa4.net.au

Fabrics, books (including a lending library), haberdashery & classes. Mail orders welcome.

Easy Sew and Possum Patch 122A Elizabeth St, Hobart, Tasmania 7000 Phone & Fax: (03) 6234 5616

Open: 9.00am - 5:30pm Monday - Friday 9:30am - 3.00pm Saturday

website: www.easysew.com.au email: mail@easysew.com.au On Facebook as Easysew

Sewing machines, fabrics & sewing essentials

The Patch Works 91 Patrick St, Hobart, Tasmania 7000 Phone: (03) 6234 2279

Open: 10.00am - 4.00pm Wednesday to Friday 10.00am - 2.00pm Saturday

website: www.thepatchworks.com.au

email: enquiry@thepatchworks.com.au

Fabrics & quilting supplies

Kingston & Channel

Artbeat of Tasmania 2/16 Mertonvale Circuit, Mertonvale Kingston, Tasmania 7050 Phone: 6229 3800

website: www.artbeat.com.au email: artbeatoftasmania@bigpond.com

Art, craft & quilting supplies.

Flowerpot Quilts 3947 Channel Highway, Flowerpot, Tasmania 7163 Phone: 0438 674 900

Open Tues 10am to 4pm, other times by appointment website: www.quiltstodyefor.com.au email: sue@quiltstodyefor.com.au

Hand-dyed fabrics, other fabrics & quilting supplies

Huonville

Craftwise (Julie Ruscoe) PO Box 442, Huonville, Tasmania 7109 Phone: 0448 838 655

website: www.craftwise.com.au email: admin@craftwise.com.au

Quilting, craft & sewing supplies. Internet and mail order only

New Norfolk

Patchwork Cafe, 15 George Street, New Norfolk. Contact: Janine 03 6261 5730, 0417 916 479



Just a reminder
There will be great prizes at the
Christmas Lunch for the best dressed
table



NEWS



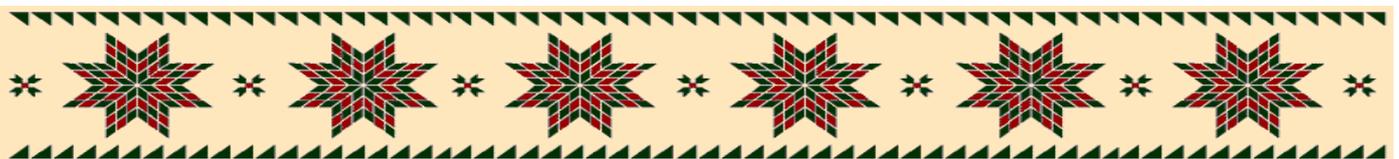
Vice President's Challenge

This years theme is *STARS*

Entries will be displayed at the Christmas function

It can be smaller but most not be larger than 1 metre square.

Myrna McHugh has donated \$150 as the prize.



Members don't forget CHRISTMAS LUNCH

December 5th 2015 at Punchbowl

If you would like to attend it is \$25.00 per head
Please send a cheque or make your payment into the Guild account. Make sure you quote your membership number and pay before [27 November](#). Bank account details are: BSB 067 600 Account No. 10733963. If you are paying for more than one person, please list names.



DATES TO REMEMBER 2015/2016

Tasmanian Quilting Guild Events

ITEM	DATE		LOCATION
Newsletter	November 2015	Articles to Editor by 28 th October	
	February 2016	30 th January 2016	
	May 2016	30 th April 2016	
	August 2016	30 th July 2016	
	October 2016	29 th October 2016	
Committee Meeting	16 th January 2016		Ross
	16 th April 2016		"
	16 th July 2016		"
	15 th October 2016		"
General Meetings	5 th December 2015	Christmas Lunch	Punchbowl
	19 th March 2016		"
	16 th June 2016		"
	17 th September 2016	AGM	"
	3 rd December 2016	Christmas Lunch	"
Friendship Day	20 TH August 2016		TBC
Retreats	11 th – 15 th May 2016		Poatina
	18 th – 22 nd May 2016		
Island Quilts	TBC		

Australia Wide

- Australia Best Craft Events - <http://www.craftevents.com.au/>
 - Australasian Quilt Convention - <http://aqc.com.au/>
- Modern Quilt Show Australia - <http://www.modernquilters.com.au/>
- Other Australian Guild shows to visit Perth Melbourne Sydney Brisbane Canberra Darwin

Adelaide



You can have sex on my quilt

You can have sex on my quilt. In fact, please do.

Yes, have hot sex on my quilt or use it for a picnic blanket if you fancy a day at the park. Or, better yet, let your kids make a fort out of it and play under it with a flashlight and a hidden stash of cheese crackers. And, if I might be so bold, wrap your sick pup in it while taking it to the vet. There is nothing like a quilt for comfort.

I made you a quilt to be loved and used and to be part of all the parts of your life. I am well aware of what happens in life. Birth and death and, if you're lucky, more than a bit of sex in between.

Our time on this mortal coil is messy and long and wonderful, and I want the quilt I gave you to be part of every bit of the joy you scrape out of this life. This quilt is now yours to do with what you want and need.

While I love the finished quilt I have given you, made of the fabrics I have collected and petted, cut apart and sewn back together again, there is nothing there that is truly sacred or holy or invaluable. It is given knowing that to become real it must be loved and used, even if using it means its eventual destruction.

To separate the process of quilting from the outcome is a true gift that I don't take lightly. I see way too many quilters who tie themselves in knots about how their quilt is used or not used after it leaves their sewing rooms.



They wring their hands in anxiety that their quilts will not be cherished, or they fume in frustration when they find out that the quilt they hand appliquéd for over a year is being used for a sofa throw. Neither of these reactions is ideal, and many

of these situations lead to hard feelings and even needless family feuds over what in the end is just fabric.

Better to let it go and just enjoy the process of creating the quilt without focusing on how it will be used. After all, if you are not enjoying the process, why the hell are you doing it anyway?

Parting shots:

- Just because you are a quilter does not mean you are required to give a quilt for every occasion. Cut yourself some slack if you can't separate your quilt from your feelings. Just buy a gift card instead.
- Hard as it may be to believe, not everyone likes quilts. While this is baffling, don't make quilts for people who don't enjoy them.
- And yes, someone is likely to be having sex on a quilt you make. If that upsets you, take up quilting with burlap. That should take care of it!

Maddie Kertay,
BadAss Quilters Society
(reprinted with permission)



Maddie Kertay writes her blog *Badass Quilters Society* because, as she says, 'With a passion for quilting and enough sass to fuel a power plant, I needed a way to channel that energy into something productive that let me grow in my own art and support others in their artistic journey, while all the while being myself in a quilting world that often wants quilters to be quiet, grey-haired and a bit frumpy.'

Go to www.badassquilterssociety.com to read more.



Vintage Made Modern
Centennial Celebration
by Amy Barickman
Modern Gored Skirt
and
Petite Stitched Purse

Phone
0296072724
Amy is now designing for
RJR Fabrics Distributed
by Dayview Textiles.

indigo junction



Vintage Made Modern
Centennial Celebration
by Amy Barickman
Sidekick Wrap Skirt



indigo junction

Dayview Textiles Pty Ltd - www.dayviewtextiles.com.au



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Special

from August until November

Quilmakers pure wool batting
150cm width, weight 350 gr per mtr,
\$27.50 per mtr. Black available

Pure silk batting
1200x800cm, weight 500gr, \$55.00

Please quote where you read this advertisement

www.beautifulsilks.com

Notices



If there are any questions please feel free to contact me by email or at the shop. I appreciate your help.

Jill Griffin [PatchWorks]



Coming in January

A Leesa Chandler 2 day workshop

Contact Felicity for details



BREAK O'DAY STITCHERS INC.

Announce the 2016 Annual Easter

QUILTING & EMBROIDERY EXHIBITION

Saturday 26th March – Tuesday 29th March 2016

Portland Memorial Hall, St Helens,

Open Sat. – Mon. 10am to 4pm Tues. 10am to 3pm

This Year's Challenge theme is "ORIENTAL"

(maximum one metre on longest side)

**Winners Prize is a sewing machine donated by
SEWKNIT of Launceston & Bernina Australia**

Viewers' Choice prizes with a new Hangers' prize awarded

Working displays on every day

ADMISSION: GOLD COIN DONATION per PERSON

(Children under 16 free if accompanied by an adult)

Further enquiries or to request an exhibitor entry form please contact Felicity fbonner3@bigpond.com.au or 63761002

Launceston Patchworkers & Quilters

30th Anniversary Exhibition

Thursday 12 – Saturday 14 November

10am – 4.30 pm daily

Entry \$5

Punchbowl Christian Centre

100 Punchbowl Road

Kings Meadows

Refreshments available



Why craft is great for your brain: a neuroscientist explains

Knit one. Purl one. Knit one. Purl one. Knit one. Purl one. The rhythmic and repetitive nature of knitting is calming, comforting and contemplative. It's not a stretch for you to imagine knitting as a mindfulness practice, or perhaps a form of meditation.

I'm delighted to report that neuroscience is finally catching up on brain health aspects of the trend some have called 'the new yoga'.

Research shows that knitting and other forms of textile crafting such as sewing, weaving and crocheting have quite a lot in common with mindfulness and meditation – all are reported to have a positive impact on mind health and well-being.

In an online survey of more than 3500 knitters by Betsan Corkhill, a UK-based knitting therapist who has done research on the therapeutic effects of knitting, more than half of respondents reported that knitting left them feeling 'very happy'. And many said that they knitted solely for the purposes of relaxation, stress relief and creativity.

The study found a significant relationship between the frequency of knitting and respondents' perceived mood and feelings. Frequent knitters (those who knitted more than three times a week) were calmer, happier, less sad, less anxious and more confident.

Corkhill's study concluded, 'Knitting has significant psychological and social benefits, which can contribute to well-being and quality of life'.

Interestingly, the study also found that people who knitted as part of a group were even happier than solo knitters. Knit-ins, stitch 'n' bitch groups and even scrapbooking parties have many keys of mind and brain health covered.



Here are ten ways crafting with friends may improve mind and brain wellness:

- 1 mental challenge and problem solving
- 2 social connection
- 3 mindfulness
- 4 development of hand-eye coordination, spatial awareness and fine motor dexterity
- 5 learning and teaching
- 6 focusing attention and thoughts on a task
- 7 encouraging active creativity
- 8 giving a sense of pride and achievement
- 9 teaching patience and perseverance
- 10 facilitating memory formation and retrieval.

According to her paper, 'The skills and feelings experienced while knitting and stitching can also be used to facilitate the learning of techniques, such as meditation, relaxation and pacing, which are commonly taught on pain-management courses or in the treatment of depression'.

'Using knitting to achieve a meditative state of mind could enable a much wider population to experience the benefits of meditation, as it doesn't entail having to understand, accept or engage in a prolonged learning period of the practice. It happens as a natural side-effect of knitting.'

Others have likened crafting to entering a state of 'flow', what positive psychologist Mihály Csikszentmihályi describes as 'a state of concentration or complete absorption with the activity at hand and the situation. It is a state in which people are so involved in an activity that nothing else seems to matter'.

And, according to Corkhill, even Albert Einstein was reputed to have knitted between projects to 'calm his mind and clear his thinking'.

Neuroscientists are beginning to understand how mindfulness, meditation and experiencing 'flow' impact the brain. Research shows these practices improve depression, anxiety, coping style in the face of adversity, improve quality of life, and significantly reduce stress. All vital for maintaining brain health and well-being.

Dr Sarah McKay

This article first appeared on mindbodygreen.com.
(reprinted with permission)

Advertising Rates For Island Threads

Please Note:

- Finished artwork is required for all advertising submissions
- Articles can be supplied as typed/written copy, USB or email
- Good Quality photographs and illustrations can be reproduced
- Island Threads is published four times a year: August, November, February and May
- Send articles/advertisements to: TQG Newsletter Editor

Email: wendyjoytownsend@gmail.com

Or

PO Box 181
North Hobart
TAS 7002

Advertiser	Rates			
	1/4 Page	1/2 Page	Full Page	
TQG Members	\$15	\$25	\$45	Per issue
	\$60	\$100	\$180	4 issues
Local Business	\$30	\$65	120	Per issue
	\$90	\$195	\$360	4 issues
	Local Business who are Guild members will receive 10% discount			
Commercial	\$250 or \$800 for 4 issues			
Directory of Patchwork and Quilting Businesses		\$15 for 4 issues for a 12 month period. Maximum of 6 lines, single column, A4 page.		

Payment must be made when advertisements are submitted. Payments may be made either by cheque/money order direct deposit.

Bank Details:

Name of Bank: Commonwealth Bank of Australia

Branch No: (BSB) 067600

Name of Account: Tas Quilting Guild Inc.

Account Number: 1073 3963

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Bernina Australia are very kindly sponsoring
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