

# Prairie Piecemakers Quilters' Guild

## Inside the Guild

Website: [www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)

may  
2020  
Issue 2020-05



[https://en.wikipedia.org/wiki/Florence\\_Nightingale](https://en.wikipedia.org/wiki/Florence_Nightingale)

### May 12, 1820

Florence Nightingale (1820-1910), known as “The Lady With the Lamp,” was a British nurse, social reformer and statistician best known as the founder of modern nursing. Her experiences as a nurse during the Crimean War were foundational in her views about sanitation. She established St. Thomas’ Hospital and the Nightingale Training School for Nurses in 1860. Her efforts to reform healthcare greatly influenced the quality of care in the 19 and 20 centuries.

<https://www.history.com/topics/womens-history/florence-nightingale-1>

The month of May is full of health care worker appreciation days and weeks, including nurses, doctors, and medical laboratory technicians. In these difficult times and in more settled times. we think of these workers with gratitude.

**National Physicians' Day May 1st**

**National Nursing Week May 11 - 17**

**Medical Laboratory Technician Week April 25 - May 2**

<https://www.cma.ca/national-physicians-day> <https://www.cna-aiic.ca/en/news-room/events/national-nursing-week>

<https://www.csmls.org/About-Us/What-We-Do/National-Medical-Laboratory-Week.aspx>

<https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>

**NOTE: Important Guild business on page 32**



**Guild Officers and Directors**

**President:**

Shelley K.  
ppqgreg@gmail.com

**Secretary:**

Dianne P

**Vice President:**

Sherrill-Anne T

**Treasurer:**

Marlene SC

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Linda W  
Debbie W  
Kathy W  
Wendy S

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*newsletterppm@gmail.com*  
Deena A\*  
Frances L

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Maxine K

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[ppmqguild@gmail.com](mailto:ppmqguild@gmail.com)

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Heather I\*  
Iris L

**Membership Committee:**

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Aline M

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Betty U  
Sheree S

**Retreats:**

Shannon B\*  
Jacquie B  
Roanne D

**UFO's:**

Heather H\*  
306-519-2311

**Connecting Threads:**

Marlene SC

**Facebook Page:** Jackie S

**Guild Committees**

**Meeting Dates for 2019-2020**

September 3, 2019  
October 1, 2019  
November 5, 2019  
December 3, 2019  
January 7, 2020  
February 4, 2020  
March 3, 2020  
April 7, 2020  
May 5, 2020  
June 2, 2020



Want to join the Guild? Information on last page.

**Monthly Meetings**

First Tuesday of month:  
September to June, 7 to 9 pm

Good Shepherd Lutheran Church  
3825 Hillsdale Street  
Regina SK S4S 3Y5

Website: [www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)

Facebook: **Prairie Piecemaker Quilters' Guild**

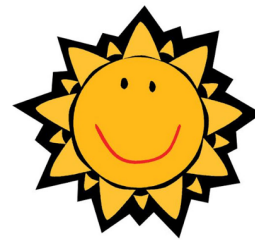
Newsletter: [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com)

Email: [ppmqguild@gmail.com](mailto:ppmqguild@gmail.com)

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President's Message May 2020



**My hope is that all of you are in good health physically and mentally.**

Secondly, I hope you are able to obtain the essential items you need to sustain comfort at home.

The Saskatchewan Government has released a five phase plan to re-open Saskatchewan. The announcement was made April 23; dates are set for phase 1 and 2; however not for the following phases. Phase Three allows public and private gatherings of 15 people, so there may be an Executive meeting and meetings called by committee leads.

It isn't until Phase 5 where more than 30 people can meet, so we will not have a general meeting until Phase 5. You will be notified of meetings by email as usual. Until then, continue to follow the guidelines provided by our officials. We must trust them and following their directions to protect ourselves and others.

**We will get through this.**

**Shelley K.**

*Ignite*

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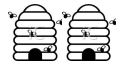
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## So what have you been doing while at home?

Shelley K.

I have been doing a lot of sewing, some scrapbooking and genealogical research. Later this month, I'd like to plant some annuals; I'm not sure how to get those, but I'm sure the local nurseries will have a solution.



I have also been taking advantage of all the free webinars and subscriptions being offered. Blueprint, which used to be Craftsy, (<https://www.myblueprint.com/>) had a couple weeks of free access to all of their classes. They have everything from cooking and quilting to fitness on their website. I followed a quilt binding technique shown by Susan Cleveland and practiced on a couple of donation quilts.



I keep up my spirits by following Pluto (<https://plutoliving.com/fun-stuff/> or on Facebook ([https://www.facebook.com/pg/PlutoLiving/videos/?ref=page\\_internal](https://www.facebook.com/pg/PlutoLiving/videos/?ref=page_internal)). There is nothing better than a good laugh.

I also tried a technique by Joe Cunningham – quilting without a pattern. That worked out well for me. I have been trying some new things. (Because my UFO list is shrinking. LOL) I am sewing clothes by hand as taught by Natalie Chanin (<https://alabamachanin.com/>). I'm also practicing quilting by hand. This allows me to be mobile, even if it only takes me to the living room, kitchen and patio.



Another source of much pleasure and laughter is watching Guinness, my new nine-month old Lab, after a good night's sleep. Every morning he races across the kitchen floor with a rubber ball in his mouth, throws it and then pounces on it like a cat.



Then it is off to the family room where he leaps into the air, not even touching the steps, and slides across the floor to get another ball.

This is repeated until the leash comes out and then he races down the hallway and back again about 5 times before he sits waiting for the leash to be put on his neck. After a long walk there is an hour of quiet time and snore meditation (defined by Pluto) and the activity starts again. Laughter is the best medicine.

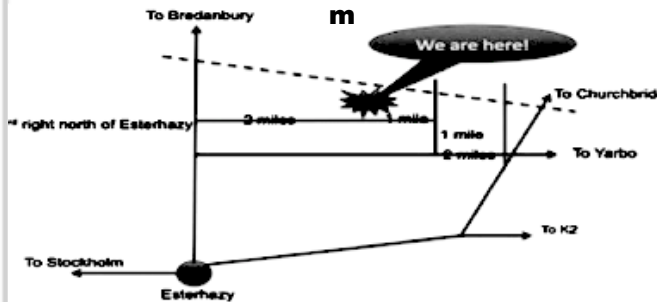
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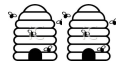


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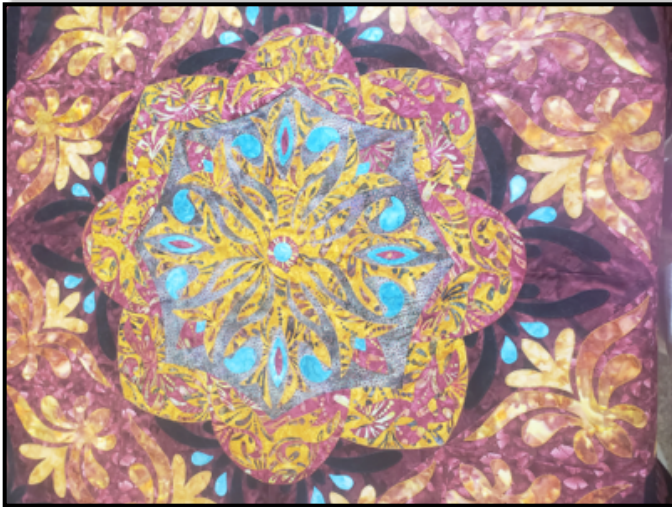
<https://www.facebook.com/sewmaterialisticnipawin>



WORKSHOP  
INFO **WORKSHOPS**

Heather I., Iris L.

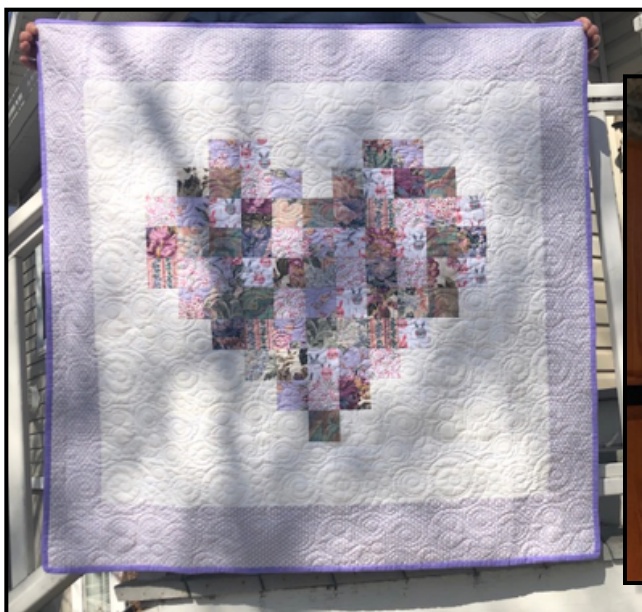
**So what have you been doing while at home?**



Beautiful hand work from **Heather** ... keeping her busy during this "at home" time.

My friend Dean Renwick along with his family and approximately 100 volunteers have made over 3000 Facemasks (and counting). I have been using the remnants from their facemasks to make lap quilts and Lois G has done the quilting. We have donated 5 so far. Dean will use a draw to distribute them to the volunteers.

**Iris L.**



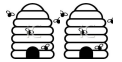


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**From the Board of Directors and Executive Director of the CQA/ACC**

**April 30, 2020**

The CQA/ACC Board of Directors and staff have been closely monitoring announcements from our Canadian health agencies, the provincial and federal governments and, given the present circumstance, **we regretfully announce our decision to cancel Quilt Canada 2020 in Edmonton.** This difficult decision was made to ensure the health and safety of all of our attendees. We are very disappointed and know that you share in this sentiment.

We will be working behind the scenes in the coming weeks to see how we might share the wonderful quilts that were to be displayed at Quilt Canada on our website in a virtual quilt show. Please stay tuned for more information about our new website, launching this summer, showcasing Canadian quilting and quilters and some aspects of Quilt Canada 2020 in a virtual manner.

**If you have registered to come to Quilt Canada 2020 , you will receive an email from the Quilt Canada Registrar, Janet Kasper today. You will receive a full refund. Refunds will be issued automatically within the next 3 months. Please reach out to us if you have not received a refund by August 1, 2020.**

If you are a CQA/ACC Member Guild who has donated money towards Quilt Canada 2020 we appreciate your support. CQA/ACC has incurred many expenses related to the conference that are not refundable. Now that the conference has been cancelled you can choose one of three options for this donation. You can leave it with us for next year's Quilt Canada in Toronto, you can leave it with us for a general donation to the Association or you can request a refund by contacting our Treasurer, Brenda Horvath, at [treasurer@canadianquilter.com](mailto:treasurer@canadianquilter.com) prior to June 1, 2020.

**If you have any questions, please contact:**

Jane Cramer @ [Jane.Cramer@canadianquilteradministration.com](mailto:Jane.Cramer@canadianquilteradministration.com)

Carole McCarville @ [executivedirector@canadianquilteradministration.com](mailto:executivedirector@canadianquilteradministration.com)

**MORE INFORMATION:** <https://canadianquilter.com/quilt-canada-2020/>



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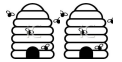
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Bonnie R Linda W Debbie W Kathy W Wendy S

## So what have you been doing while at home?

My trusty cell mate has a cell phone; together we took the pictures of the quilts I have made while serving our joint sentences for being over 70 and living in Saskatchewan.

The first one is the back of the mystery quilt from Tannis's 2019-2020 Mystery Quilt; the next is the Mystery Quilt. The last picture is a quilt I made using bits and pieces left over from quilt(s) made previously.

It occurred to me before my sentence that even if I had three life sentences, I would never use up my stash of fabric. 100% of the Mystery quilt came from my stash; I estimate that at least 95% of the blue quilt came from my stash and the balance from bits and pieces from Connecting Threads. Both quilts are going to Connecting Threads when we resume. The batting came from Connecting Threads.

I am not and probably will never be a free-motion quilter—so both quilts are quilted using basic straight stitching. For the Mystery quilt, starting from the centre I quilted straight lines every 60 degrees. For the blue quilt, I used a string, a piece of soap, and with the help of my cell mate did a segment of a circle from each corner and then parallel quilted approximately every 4 ". There are some interesting jags in the circle segments, but I did like the finished result and will definitely use this technique again.

**Happy Quilting!**

**Bonnie R**





*sharing the art of quilting*

Half Yard Quilting Studio is owned by Shelley Wicks

## COVID 19

I am continuing to operate Half Yard Quilting during this COVID 19 crisis. In order to stay open and serve my customers I must follow the guide lines laid out by Sask Health. I am following the social distancing guidelines and regularly cleaning surfaces in my studio. With your co operation, I can still take in your quilts, quilt your quilts and sell you batting and backing.

I ask that you now make an appointment with me to drop off or pick up rather than just dropping in, so I can ensure that there is only one customer in the studio at a time. As well, that way, if you prefer contactless drop off and pick up, that can also be arranged.

**I won't be taking renters for the time being.**

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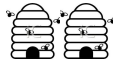
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Please don't hesitate to call us for any of your longarm needs.





# Program

## So what have you been doing while at home?

For the most part I have enjoyed my time at home.  
 I have found it relaxing not to have to look at the calendar every day and to organize my day.  
 I have spent my time mostly indoors except walking our dog.  
 Baking is something I enjoy so our freezer is now well stocked.  
 I usually like to have my spring cleaning done before the garden works starts.  
 I have taken some time to work on making greeting cards and sent them to friends to say hello.  
 My husband showed me how to download talking books from the library and now I have something to listen to while I quilt.  
 We have family who work in health care so I have made some masks and scrub hats.  
 I am looking forward to the nicer weather as I am anxious to get out into the garden.  
 I have spent a LOT of time on the telephone talking to friends and family. Keeping in touch is really important to me.  
 I am very grateful for our good health and the hobbies I have to keep me busy.  
 When I am out walking I always check the "little neighbourhood library".  
 The other day there was a surprise waiting for me – some kind soul had put some quilting magazines in the unit!!  
 I helped myself to them, looked at them and then have passed them on.  
 What a lovely treat.

Shelby



It seems like yesterday that we returned home from a month or so in Arizona. We had a fabulous time. We were busy everyday.

When we got back we no sooner touched base with a few friends and then the realization hit that we too should be self quarantined, which we did. It started out with a daily ritual of walking, sewing, reading, and eating, but then life threw me a bit of a curve.

I was out jogging and went over on my foot and broke a bone. I now have a boot on for six weeks and my walking/jogging days are over for a while. It cut into my sewing too because I sew with the injured foot, but things have improved.

I have managed a dozen skull caps a few masks, and have completed a pieced quilt top. I read a lot and still eat! I love reading all the jokes on Facebook and chatting with our six grandsons.



Maxine

Take care all my quilting buddies,



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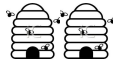
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## So what have you been doing while at home?

My life took a 180 turn on March 16. The week before my daughter had prepared me to stock up in preparation for self isolation. We had a family dinner on the 14th to celebrate birthdays, then it was to be isolation.

Then Monday with all that was going on followed by the announcement that school would be closed, I phoned my daughter and begged to be the kid's babysitter, ages 9, 7, 5 ½, and 3. I pitched an "I will make the meals and do the clean-up. I want to take care of the home stress so you only have to deal with work stress". (She is in the healthcare field.)

Fortunately for me she agreed. Although I am supposed to be helping her, she is helping me as I don't think I could face life alone in a north facing condo for an indefinite period of time.

I love cooking for a large family, reminiscent of my life in the '80's. I have two assistants to help me cook. Other than wondering if I would ever be able to buy yeast and flour, things have gone smoothly. I even made a couple of loaves of sourdough bread. My sewing expertise is mending stuffies.

Homeschooling 3 youngsters is a wild card that I could do without.

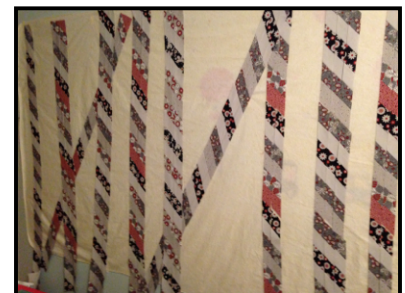
Frances L

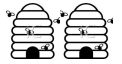
In 2019 while working with my husband to close his business and retire, I did not have one minute to do any quilting. So I really appreciate all the time I have now to work on my projects. I finished this star quilt top for for my grandson and even did some embroidery for it. There were some initial big cutting errors, enough to make another smaller quilt. Working on a design for it. Cooking has become a new pleasure instead of a chore - a surprise benefit of more indoor time. Some of the successes appear in the newsletter.

Spring seems to be slowly arriving so I'm out on my bike. Now all my muscles are stiff.

Hope you are all well and safe and have everything you need.

Deena A





## So what have you been doing while at home?



I've had these winter/Xmas wall hangings and panels that were donated to Connecting Threads for some time. I've made them into quilts that will be donated to kids in the fall. Only 2 more panels to make up and then I will run out of Xmas fabric.

Marlene SC





## Dr Theresa Tam, BMBS (UK), FRCPC

Chief Public Health Officer,  
Public Health Agency of Canada



Dr. Theresa Tam was named Canada's Chief Public Health Officer on June 26, 2017. She is a physician with expertise in immunization, infectious disease, emergency preparedness and global health security.

Dr. Tam has held several senior leadership positions at the Public Health Agency of Canada, including as the Deputy Chief Public Health Officer and the Assistant Deputy Minister for Infectious Disease Prevention and Control. During her 20 years in public health, she provided technical expertise and leadership on new initiatives to improve communicable disease surveillance, enhance immunization programs, strengthen health emergency management and laboratory biosafety and biosecurity. She has played a leadership role in Canada's response to public health emergencies including severe acute respiratory syndrome (SARS), pandemic influenza H1N1 and Ebola.

Dr. Tam obtained her medical degree from the University of Nottingham in the U.K. She completed her paediatric residency at the University of Alberta and her fellowship in paediatric infectious diseases at the University of British Columbia. She is a Fellow of the Royal College of Physicians and Surgeons of Canada and has over 55 peer-reviewed journal publications in public health. She is also a graduate of the Canadian Field Epidemiology Program.

Dr. Tam has served as an international expert on a number of World Health Organization committees and has participated in multiple international missions related to SARS, pandemic influenza and polio eradication.

### More Information:

<https://www.thestar.com/news/canada/2020/03/16/dr-theresa-tam-foresaw-her-job-would-mean-harnessing-the-efforts-of-the-many.html>

[https://www.who.int/about/who\\_reform/emergency-capacities/oversight-committee/theresa-tam/en/](https://www.who.int/about/who_reform/emergency-capacities/oversight-committee/theresa-tam/en/)



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Canada



King—Vaughan

## The Honourable Deb Schulte

**Minister of Seniors**

Minister Schulte is an accomplished community leader who served as a former and regional councillor for the City of Vaughan. In 2017, her dedication to the diversity of her community was highlighted when her Private Member's Motion was passed, marking every June as Italian Heritage Month in Canada.

A local advocate for most of her life, Minister Schulte was appointed to the Greenbelt Task Force and served on the Board of Directors of the Oak Ridges Moraine Foundation, a non-profit organization dedicated to enhancing and preserving one of southern Ontario's most distinct landscapes.

Minister Schulte is a long-time member of the Humber Watershed Alliance, now known as the Regional Watershed Alliance.

Minister Schulte has a degree in mechanical and aerospace engineering from Princeton University, and 22 years of engineering and business experience with Bombardier Aerospace, now known as Bombardier Aviation.

Minister Schulte lives in Vaughan with her husband, Dave, their two sons.

### **More Information:**

<https://pm.gc.ca/en/cabinet/honourable-deb-schulte>

[https://www.ourcommons.ca/members/en/deb-schulte\(88799\)](https://www.ourcommons.ca/members/en/deb-schulte(88799))

<https://www.facebook.com/DebSchulte82/>

 Looking Forward → **Moose Jaw Prairie Hearts Quilters' Guild**

Moose Jaw Prairie Hearts Quilt Guild retreat at Dallas Valley will take place from Monday, October 19, 2020 to Thursday, October 22, 2020 (arrive Monday at 1100 and return home Thursday after lunch). All meals and snacks are provided. Cost is \$225 for double and \$265 for single rooms. There is room for 11 more people who do not need to be a member of any guild. We welcome everyone! If interested please contact Colleen Lawrence at 306-631-5303, or [clx5@sasktel.net](mailto:clx5@sasktel.net).

*Thanks hope to see you there.*

**Moose Jaw Prairie Hearts Quilters' Guild Proudly Presents**

*Sew Full of Whimsy*

**16th Biennial Judged Quilt Show**

**Quilt Show - Friday, April 16, 2021**

**Quilt Show - Saturday, April 17, 2021**

<http://prairieheartsquilters.com>



I want to mention that the Moose Jaw Guild is sponsoring a drive by quilt show on **Sunday, May 24, from 1000-400.**

Addresses will be posted on Facebook and in our Moose Jaw newspaper which comes out on Wednesday's.

Look for these notices after May 15.

Just in case anyone wanted to take a drive to Moose Jaw!

<https://www.moosejawexpress.com>

**Colleen L.**

<https://www.facebook.com/pages/category/Charity-Organization/Moose-Jaw-Prairie-Hearts-Quilters-Guild-684598121678736/>

**Sew Full of Whimsy – Moose Jaw 'Prairie Hearts' Quilt Show  
Friday, April 16 & Saturday, April 17, 2021 Categories**

1. Hand Quilted – Over 300” perimeter; quilt top and quilting must be completed by the same person.
2. Hand Quilted – 150 – 300” perimeter; quilt top and quilting must be completed by the same person.
3. Hand Quilted – Under 150” perimeter; quilt top and quilting must be completed by the same person.
4. Machine Quilted – Over 300” perimeter; domestic machine only, quilt top and quilting must be completed by the same person.
5. Machine Quilted – 150 – 300” perimeter; domestic machine only, quilt top and quilting must be completed by the same person.
6. Machine Quilted – Under 150” perimeter; domestic machine only, quilt top and quilting must be completed by the same person.
7. Appliqué – Over 200” perimeter, may be hand or machine appliqué, quilt top and quilting must be completed by the same person.
8. Appliqué – Under 200” perimeter, may be hand or machine appliqué, quilt top and quilting must be completed by the same person.
9. Mid or Long Arm Quilted – Over 300” perimeter, quilt top must be completed by you, **QUILTING DONE BY PAID PROFESSIONAL, QUILTER MUST BE IDENTIFIED.**
10. Mid or Long Arm Quilted – Under 300” perimeter, quilt top must be completed by you, **QUILTING DONE BY PAID PROFESSIONAL, QUILTER MUST BE IDENTIFIED.**
11. Mid or Long Arm Quilted – Over 300” perimeter. **QUILT TOP AND QUILTING MUST BE COMPLETED BY THE SAME PERSON.**
12. Mid or Long Arm Quilted – Under 300” perimeter. **QUILT TOP AND QUILTING MUST BE COMPLETED BY THE SAME PERSON.**
13. Custom Quilted Mid or Long Arm – Any size; quilt top must be completed by you, **QUILTING MUST BE UNIQUE AND DESIGNED TO ENHANCE THE OVERALL PATTERN IN THE TOP, QUILTING DONE BY PAID PROFESSIONAL, QUILTER MUST BE IDENTIFIED.**
14. Art Quilt – Must be an original design and composition and may be abstract (non-pictorial, with emphasis on colour, line and design), portrait (must illustrate some recognizable aspect of the human or animal form), or landscape/still life (must illustrate aspects of natural or manmade scenery or recognizable object), all work must be your own.
15. New Generation – Under 18 years of age; any size; any technique; can be quilted on a domestic, sit down or stand up mid/long arm machine by the person who made the quilt with MINIMAL adult help.
16. Beginner – Any size; any technique; may be part of a beginner or learn to quilt workshop or class. Must have started quilting within the last 5 years. **ALL WORK MUST BE YOUR OWN.**
17. First Time Entry to Our Show – Any size; any technique. All work must be your own.
18. Senior Quilt – Any size; any technique; must be made by a quilter 75 years or older; must have been made within the past three years and not been shown in any Moose Jaw Prairie Hearts Quilt Show.
19. Friendship or Group Quilt – Hand Quilted – Any size; work on this quilt is that of more than two people (i.e. block exchange, round robin, group exchange, etc.); names of all who contributed to the quilt should be on the label.

**Sew Full of Whimsy – Moose Jaw 'Prairie Hearts' Quilt Show  
Friday, April 16 & Saturday, April 17, 2021 Categories**

.../2

20. Friendship or Group Quilt – Machine Quilted – Any size; work on this quilt is that of more than two people (i.e. block exchange, round robin, group exchange, etc.); names of all who contributed to the quilt should be on the label.
21. Scrap Quilts – Any size; any technique and must contain a large variety of scrap fabrics.
22. Varied Techniques – Any size; includes but not limited to: hand piecing, English paper piecing, crazy quilts, hand embroidery, Battenburg lace, thread painting, machine embroidery, etc. **NO 3-D OBJECTS OR CLOTHING.**
23. Collage Quilt – Any size; all work must be your own; can be from a pattern or your own design.
24. Modern Quilt – Over 200” perimeter; must include but not limited to: the use of bold colours and prints, high contrast and graphic areas of solid colour, improvisational piecing, minimalism, expansive negative space and alternate grid work.
25. Modern Quilt – Under 200” perimeter; must include but not limited to: the use of bold colours and prints, high contrast and graphic areas of solid colour, improvisational piecing, minimalism, expansive negative space and alternate grid work.
26. Recycled Materials Quilt – Any size; **no garments or 3-D objects**; 50% of the fabrics must come from a recycle source (i.e. bedspreads, ties, coats, draperies, etc.), please indicate the recycle area is room available. Any quilter with an entry in this category will be informed at least one week before quilt drop-off if there is room for your entry to be displayed.
27. Purses or Bags – Any size; **MUST** have visible quilting on at least 50% of the exterior of the piece, all work must be your own.
28. Miniature Quilt – less than 96” perimeter, may be pieced (if pieced maximum 4” block size) or appliquéd. All work must be your own
29. Paper Pieced Quilt – Any size; the majority of the quilt must have used a paper piecing technique.
30. Table/Bed Runner or Table Topper – Any size; any technique.
31. Row by Row Quilt – Any size; must have a distinct row pattern.
32. Block of the Month Quilt – Over 160” in perimeter; any technique; must be part of a ‘Block of the Month’ series from any source
33. CQA ‘52 Blocks in 52 Weeks’ – Must use all 52 blocks, can be any layout, all piecing must be your own.
34. 3D Quilted Objects – All work must be your own, must have visible quilting. May be books, stand up displays, etc.
35. Display Only – Non Judged – Any size, must not have been entered in a previous Moose Jaw ‘Prairie Hearts’ Quilters’ Quilt Show. This is a non-judged category and entries will only be accepted if there is room available. Any quilter with an entry in this category will be informed at least one week before quilt drop-off if there is room for your entry to be displayed.

**Sew Full of Whimsy - Moose Jaw 'Prairie Hearts' Quilt Show  
Friday, April 16 & Saturday, April 17, 2021 Categories**

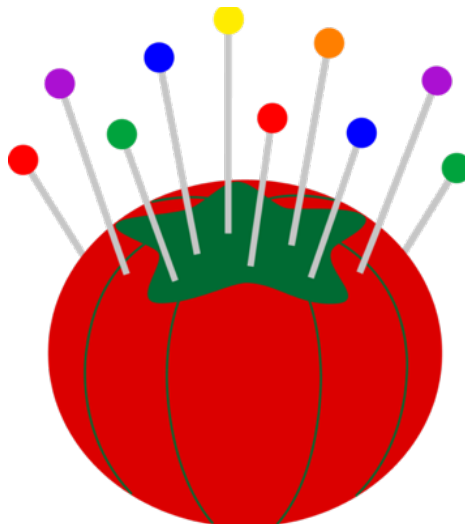
.../3

**Special Award Quilt (SAQ)**

- Must be a quilt that represents the whimsy of quilting whether it is pieced or appliquéd - Limited to one entry per person
- ALL WORK MUST BE YOUR OWN
- Quilt must be less than 300 inches in perimeter and larger than 100 inches in perimeter - Must be creative and innovative

**Guild Challenge (GC)**

- Must be appliquéd, embroidered or stitched representing the theme of "Sew Full of Whimsy" - Guild members only
- Limited to one entry per person
- ALL WORK MUST BE YOUR OWN
  
- Present a block no larger than 12 1/2" x 12 1/2" finished size, needs to be quilted - Must include a hanging sleeve
- Must be creative and innovative





Thank you to all of the scrub cap sewers.

As of May 5, 405 caps, made by 37 people, were collected and distributed. They are truly appreciated by the recipients. If you still have some on the go, please finish them. Shelley L will still pick them up and distribute them. You can text or call her at 306-552-8850 to arrange pickup.

This project will **not** continue in May.

**Shelley K**

# MASKS

## How to make your own disposable mask

### Material required:

- One square of blue shop towel
- 1 paper clip
- 2 elastic bands
- Scotch tape
- Stapler



### Method:

- Straighten the paper clip, leaving a small hook at each end (so there are no sharp ends to poke your face)
- Tape the paper clip to the centre of the towel, about half an inch from the top
- Fold the towel over the clip twice.
- Accordion-fold the rest of the towel, until you have a strip of folded towel, the width of the towel and about an inch and a half deep
- Staple each end of the towel about half an inch from the end, to hold the folds in place
- Insert the end of an elastic band into the end of the towel, between the staple and the end, and staple the elastic band in place. Repeat on the other end.

Wesley United Church newsletter April 17, 2020

**Note: I have done this without the paper clip and using paper towel. Works very well. – Deena**

Simple version w/o the paper clip, using paper towel: <https://www.youtube.com/watch?v=cZGU2vWHKC8>

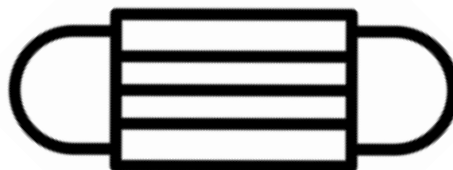
Complex version w/o the paper clip, using paper towel: <https://www.youtube.com/watch?v=u9MnDsUyYAA>



## URBAN THREADS



### Free Face Mask pattern



<https://www.urbanthreads.com/products.aspx?productid=UTZ3018>

Second soup favourite so far. If you'd like, please send me your favourite recipes for others to enjoy...

## Fennel and Lima Bean Casserole with Rosemary

Servings 6

### Ingredients

- 5 Tbsp olive oil, separated
- 2 medium fennel, halved, cored and chopped
- 2 medium onions, chopped
- 4-6 cloves garlic, minced
- 3 sprigs rosemary
- 3-4 cups cooked large white lima beans, or white cannellini beans
- 3 cups canned chopped tomatoes
- 1-1.5 tsp salt
- 1/4 tsp fresh ground pepper



### Instructions

- 1 Prepare the fennel. To do this, start by cutting off the fronds (the tubes on top).
- 2 Half the fennel.
- 3 Remove the core of the fennel.
- 4 Chop the fennel and onions.  
Preheat the oven to 350F if cooking today.
- 5 Heat 1 Tbsp of oil in a large non stick pan or wok over medium heat. Add onions and fennel and sauté until tender which is approximately 10-15 minutes. You may need to cook the fennel and onions in 2 separate batches depending on the size of your pan. Season with a little salt and pepper while cooking.
- 6 Once onions and fennel are lightly browned and tender, add the garlic to the pan and cook another 1-2 minutes.
- 7 Place cooked fennel, onions and garlic mixture into a large casserole dish.
- 8 Add remaining ingredients to the casserole dish including the 4 Tbsp olive oil. Leave the rosemary sprigs whole.
- 9 Cover dish and bake for 75 minutes at 350F. Once cooked, remove from oven and let sit with the lid off for 5-10 minutes before serving.

### Recipe Notes

This dish will freeze well.

Recipe Provided by Melissa's Vegan Kitchen

<https://www.melissasvegankitchen.com/fennel-lima-bean-casserole/>

**Notes:** It's not usual for us to have fennel on hand but well worth getting it from the store just for this recipe. We used up the dried lima beans I had in storage and soaked them overnight. Added a little more liquid than this calls for to make a soup rather than a vegetable dish. Add ham for a little extra flavour.

We used the Instant Pot to cook it as it would take hours in the oven to make the beans tender. Yes, this dish freezes well but on thawing the beans are a little mushier - flavour is still really good.

**ENJOY!**

~Deena~





### Ramadan Start in Canada

April 24 to May 24, 2020

Like many of my fellow Muslims, I was taught about the importance of fasting from a young age. After fasting for a few days each Ramadan, by the time I reached puberty, I was expected to partake in the ritual. My parents never threatened me or punished me into fasting. They taught by example that fasting is about empathy. Rather than through their words, they demonstrated through their actions that we fast to foster empathy. We fast to feel the hunger of the poor. We fast as a reminder that not everyone has full bellies before they go to bed or start school in the morning. We fast to increase our awareness of ourselves, our God and one another.

JAVEED SUKHERA

- <http://trk.cp20.com/click/e7a4-1yrxb-mqgxo-acqmadr4/pmreg33oorqwg5boivugc43iei5cezbwizeskmsgvktarljrr5de5sloj4dmzsl5ggy3kboeztinkbi5tce7i%3D>
- <https://www.cbc.ca/news/canada/toronto/ramadan-2020-1.5542795>
- <https://www.timeanddate.com/holidays/canada/ramadan-begins>

### Wesley United Church email Announcements May 3-9, 2020

- Carmichael is looking for the following items:
- homemade sandwiches
  - juice boxes
  - snacks like granola bars
  - fresh fruit

Deliveries are received at their door at 1510 12<sup>th</sup> Ave. Between 9:00 a.m. and 2 p.m. You must phone Shawna at 306 757-2235 first so she can come to the door and meet the delivery. You can phone on your cell phone from right outside.

I called and confirmed this is correct - Deena



### Her Majesty The Queen



<https://www.canada.ca/en/canadian-heritage/services/royal-portraits.html>



<https://www.royal.uk/queens-birthday>

### May 5th as a National Day of Awareness for Missing and Murdered Native Women and Girls

<https://www.niwrc.org/news/may-5th-national-day-awareness-missing-and-murdered-native-women-and-girls>



[https://www.facebook.com/lori.johb?\\_tn\\_= %2Cd\\*F\\*F-R&eid=ARCLk6rrXpNqAJpC\\_BHa7PVQQH6algSvR1l28iSFX8bAZt1THG-qdITYfkqRRUy\\_VWih2kS7qDtnwuO&tn-str=\\*F](https://www.facebook.com/lori.johb?_tn_= %2Cd*F*F-R&eid=ARCLk6rrXpNqAJpC_BHa7PVQQH6algSvR1l28iSFX8bAZt1THG-qdITYfkqRRUy_VWih2kS7qDtnwuO&tn-str=*F)

### World Laughter Day First Sunday Of May

<https://www.daysoftheyear.com/days/world-laughter-day/>



### Knock, Knock ... We Wrote You Some Quilting Jokes

<https://www.mybluprint.com/article/quilting-jokes>  
**1 Year of Quilts**  
<https://1yearofquilts.weebly.com/quotes-jokes-and-sayings.html>  
**allpeoplequilt.com**  
<http://www.allpeoplequilt.com/tag/sewing-humor>

<https://whilesheaps.com/2017/05/story-of-mrs-bobbins.html>



# Seniors' University Group

## Lifelong Learning Centre Remote Courses

Now, more than ever, we want you to stay healthy, so we're coming to you!

Starting on May 2 the Lifelong Learning Centre will offer free one session evening or Saturday courses remotely via Zoom. Introduction to Computers, Vegetable Growing, Spring Gardening, Bike Maintenance, Cloud Computing ... all options to keep you learning and productive while at home!

Later in May, you can learn or improve your Spanish, French or Chinese. The special introductory fee for these eight week courses is only \$100. So why not connect with our great instructors and other learners while you have time to practice speaking another language?

Here is the link to all the LLC courses available on-line: <https://www.uregina.ca/cce/non-credit/zoom-courses.html>  
You can register directly online at link above or by calling 306-585-5748.

## BIG Book Sale 2020 Cancelled

Sadly, the Big Book Sale coordinating team has decided to cancel this year's Big Book Sale. Given the issues surrounding the Covid-19 pandemic, and the difficulties that we would encounter regarding physical distancing and other important protocols, we feel it would be impossible to have the sale and still keep volunteers and customers safe.

To the great people who have supported us so loyally in past years, we hope to be back stronger and bigger in 2021. The dates have already been booked for the second week in August.



## Tracking the coronavirus: a map with cases province by province

[https://newsinteractives.cbc.ca/coronavirustracker/?fbclid=IwAR3mBum4\\_S3subnofUflkUxBaT\\_KkE6LGhnkp42dfXuyNC97oeq0C-ykCjU](https://newsinteractives.cbc.ca/coronavirustracker/?fbclid=IwAR3mBum4_S3subnofUflkUxBaT_KkE6LGhnkp42dfXuyNC97oeq0C-ykCjU)



<https://www.canada.ca/en/revenue-agency/services/tax/businesses/topics/gst-hst-businesses/complete-file-when.html>

<https://www.canada.ca/en/revenue-agency/services/tax/businesses/topics/corporations/corporation-income-tax-return/when-file-your-corporation-income-tax-return.html>

<https://www.theglobeandmail.com/investing/personal-finance/taxes/article-nine-changes-for-taxpayers-that-come-with-the-covid-19-economic/>

## Latest News

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

## Self assessment

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>

**Maggie Abbasi's video of how to wash your hands:**

[https://www.facebook.com/maggie.abbasi?eid=ARDwEXfxR9oVjdmZ9GJKPdwqdaRSx2zg\\_DRFbVkJFuWjZkIS-JJ4VNnz2wn3f3R31vGTUicpxkkpoT6Xe](https://www.facebook.com/maggie.abbasi?eid=ARDwEXfxR9oVjdmZ9GJKPdwqdaRSx2zg_DRFbVkJFuWjZkIS-JJ4VNnz2wn3f3R31vGTUicpxkkpoT6Xe)

**Basically the same instructions:**

 <p>0</p>	 <p>1</p>	 <p>2</p>
Wet hands with water	apply enough soap to cover all hand surfaces.	Rub hands palm to palm
 <p>3</p>	 <p>4</p>	 <p>5</p>
right palm over left dorsum with interlaced fingers and vice versa	palm to palm with fingers interlaced	backs of fingers to opposing palms with fingers interlocked
 <p>6</p>	 <p>7</p>	 <p>8</p>
rotational rubbing of left thumb clasped in right palm and vice versa	rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.	Rinse hands with water
 <p>9</p>	 <p>10</p>	 <p>11</p>
dry thoroughly with a single use towel	use towel to turn off faucet	...and your hands are safe.

<https://www.saskatchewan.ca/government/news-and-media/2020/april/23/reopen-saskatchewan-plan>

**Phase One – Beginning May 4, 2020**

- The first phase of the plan includes the re-opening of medical services restricted under the current public health order, and the resumption of low-risk outdoor recreational activities, including fishing and boat launches, golf courses and a fixed date for parks and campgrounds. The size restrictions of public and private gatherings will remain at a maximum of 10 people.
- On May 4, public access to medical services will be reinstated, including access to dentistry, optometry, physical therapy, opticians, podiatry, occupational therapy and chiropractic treatment. When it is not possible to physically distance, providers will be required to take precautionary measures as outlined by the Chief Medical Health Officer.
- Low-risk outdoor recreational activities will be allowable with precautionary measures, including fishing and boat launches (May 4), golfing with physical distancing guidelines (May 15) and a fixed date (June 1) and clear guidelines for the operation of parks and campgrounds.

**Phase Two – May 19, 2020**

- The second phase of the plan includes the May 19 re-opening of retail businesses and select personal services that were previously not deemed allowable.
- The size restrictions of public and private gatherings will remain at a maximum of 10 people.
- A full list of retail businesses and select personal services that will be deemed allowable in phase two is included in the Re-Open Saskatchewan plan, along with guidance, protocols, and physical distancing measures that allowable businesses and services are required to observe.

**Phase Three – Date To Be Determined**

- The third phase will be implemented following an evaluation of transmission patterns of COVID-19, and does not have a pre-determined date. The third phase will include the re-opening of remaining personal services, along with the re-opening of restaurant-type facilities, gyms and fitness facilities, licensed establishments and childcare facilities. Capacity limits will remain in some facilities, such as limits to 50 per cent of regular capacity for restaurants and licensed establishments.
- All businesses and customers will be expected to maintain physical distancing practices, guidelines and recommendations.
- Other than in allowable businesses, the size of public and private gatherings will increase to a maximum of 15 people.

**Phase Four – Date To Be Determined**

- The fourth phase will be implemented following an evaluation of transmission patterns of COVID-19, and does not have a pre-determined date. The fourth phase will include the re-opening of indoor and outdoor recreation and entertainment facilities.
- All businesses and customers will be expected to maintain physical distancing practices, guidelines and recommendations.
- Other than in allowable businesses, the size of public and private gatherings will increase to a maximum of 30 people.

**Phase Five – Date To Be Determined**

- The fifth phase will be implemented following an evaluation of transmission patterns of COVID-19 and the preceding four phases, and will include the consideration of lifting long-term restrictions.

'Rice ATMs' around Vietnam provide free rice for people out of work due to the coronavirus crisis



<https://www.facebook.com/givingtuesdaycanada/>



<https://givingtuesday.ca/gtnow>

What is #GivingTuesdayNow?

#GivingTuesdayNow is a global day of giving and unity that will take place on May 5, 2020 as an emergency response to the unprecedented need caused by COVID-19.

The global day of action will rally people around the world to tap into the power of human connection and strengthen communities at the grassroots level. We invite all Canadians to join us in demonstrating the power of kindness and generosity.



If you are feeling unwell do please stay home. You might be a carbureter ... I mean have Covid 19! But seriously, we do hope all our customers are staying safe, sane and industrious. To help with that the online shop is open 24 hours a day for delivery by Canada Post, or you can pick up ... if you are bored ... and need to get out of the house for a drive ... a long drive.

  
**Periwinkle**  
Quilting & Beyond

270 - 2600 Eighth St. E., Saskatoon, SK  
ph: 306-933-3072 e-mail:  
[periwinkle@sasktel.net](mailto:periwinkle@sasktel.net)

follow us on *instagram* and *facebook*

[www.periwinkle.biz](http://www.periwinkle.biz)

OPEN TO EVERYONE IN THE COMMUNITY



University of Regina  
**A L U M N I**

The University of Regina Alumni Engagement Office, in partnership with the Lifelong Learning Centre is pleased to present:

**Research with Impact 2020**, a free and virtual lecture series.

Over the course of the series, you'll hear from three dynamic U of R researchers as they present their timely and important work and how it impacts our everyday lives.

**This popular series will be offered via Zoom webinar - a web-based video conferencing tool. Instructions will be emailed to registrants 2 days prior to each presentation.**

<https://events.ely.com/VirtualResearchWithImpact>

***Research with Impact 2020***

The University of Regina Alumni Engagement Office, in partnership with the Lifelong Learning Centre, is pleased to present our 2020 lecture series. Research with Impact highlights the timely and important work of U of R researchers and how it affects our everyday lives.

This popular series will be offered via Zoom webinar - a web-based video conferencing tool. Instructions will be emailed to registrants 2 days prior to each presentation.

**This series is being offered free of charge.**

**Tuesday, May 12, 2020**

*Exercise and the brain*

Dr. Cameron Mang, Assistant Professor  
Faculty of Kinesiology & Health Studies

**Zoom webinar opens at 11:30 a.m. CST**

Presentation: Noon to 1:00 p.m. CST

**Tuesday, May 19, 2020**

*Getting to net-zero by mid-century*

Dr. Brett Dolter, Assistant Professor  
Faculty of Arts

**Zoom webinar opens at 11:30 a.m. CST**

Presentation: Noon to 1:00 p.m. CST

**Tuesday, May 26, 2020**

*The economics of cannabis*

Dr. Jason Childs, Associate Professor  
Faculty of Kinesiology & Health Studies

**Zoom webinar opens at 11:30 a.m. CST**

Presentation: Noon to 1:00 p.m. CST



## Prairie Piecemakers Quilters' Guild

*So what have you been doing while at home?  
Are you missing "Show and Share"?*

Visit our Facebook page and see what your fellow quilters are doing.  
Upload pictures of your creations for others to enjoy.

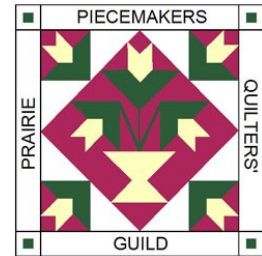
<https://www.facebook.com/ppmqg>



Recent picture of a fabulous, cheeky quilt!



## UPDATE from the PPQG Executive



**COVID-19** has had a huge impact on how the Guild members can stay connected. Gone are the monthly meetings, show and tell, and workshops for the next few months until Phase 5 opens up. In the meantime there is the business portion of the Guild that cannot wait any longer.

**In May 2020**, we were to have the Semi-annual General Meeting to elect the new Executive for the 2020/2021 season. Since we cannot physically meet, the current Executive has approved bylaw changes to allow for:

1. Meetings held entirely by Electronic Means and
2. Electronic voting

**Neither of these options** was used by the Guild prior to COVID-19. For now, the current Executive will use meetings by electronic means and electronic voting as a way to communicate with the members, and present the bylaws changes to the members at the next Annual General Meeting for ratification.

**The Executive** has also authorized us to ask you to renew your membership. Our Bylaws indicate you must be a member to vote, so if we have a meeting after June 30, 2020, none of us will be able to vote because our memberships have expired.

### Elections

**In the next day or two**, you will be receiving an email explaining your opportunity to vote and a link to the electronic ballot. If you prefer to have a ballot mailed out to you, please email or call Marlene SC. Her contact information is 586-5346 and msmith.collins@sasktel.net.

**The email you receive** will also contain a membership renewal form. We would appreciate it if you would complete the form and send it in either by email or snail mail.

**Shelley K.  
President**



## Advertising Information

## Inside the Guild

The Prairie Piecemakers Quilters' Guild is entering its twenty-seventh year as an incorporated organization, serving quilters, promoting the quilting arts and supporting the development of quilting in Regina. Your advertisement is an effective way to reach a local and a broader audience of quilters:

**Local audience:** the Prairie Piecemakers Quilters' Guild publishes 10 newsletters each year, monthly from September through June. The newsletter is distributed to all Guild members (currently 128 members and growing).

**Extended audience:** advertisers in the newsletter are recognized on the Guild website ([www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)) with a link to their website and/or contact information.

Each newsletter is posted on the Guild website and remains available for public download through the newsletter archive.

### Timelines:

Advertisers should send their advertisement copy to the editor of the guild newsletter two weeks before the end of the month prior to the next issue of the newsletter. Please see the Guild website for our Advertising Guidelines.

### Contact:

**Inside the Guild** Newsletter Editor  
Prairie Piecemakers Quilters' Guild  
Box 33043, Cathedral P.O.  
Regina, SK S4T 7X2  
Telephone: 306-584-9509  
Email: [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com)  
Website: [www.prairiepiecemaker.com](http://www.prairiepiecemaker.com)

### Want to join the Guild?

Visitors and new members at all levels of quilting are welcome.

Guild membership consists of quilters of varying ages and abilities who share a great appreciation for the art of quilting and the fabric used to piece the quilts together:

- The membership year runs from July 1 to June 30 of the following year.
- New members are welcome at any time during the quilting season.

The Guild is a member of the Canadian Quilters' Association.

Please contact us by email at [ppmqguild@gmail.com](mailto:ppmqguild@gmail.com), through the website, or directly to a Membership Committee member (pg. 2).

## Commercial Advertising Rates

Single Issue Rate			Full Year
Category	Size	Rate	Rate
Full page	7.5" x 10"	\$50.00	\$250.00
Half page (horizontal)	7.5" x 5"	\$25.00	\$125.00
Half page (vertical)	10" x 3.75"	\$25.00	\$125.00
Quarter page	3.75" x 5"	\$16.00	\$80.00
Business card	3.75" x 2.5"	\$8.00	\$40.00

### Non-Commercial **Classified** Advertising Rates

Advertisements must be sewing, quilting, or fibre art related. 1/4-page and 1/2-page advertisements, containing a photo, a graphic, or an image are to be in .pdf, MSWord, or .jpeg format (ready for insertion) and sent to [newsletterppm@gmail.com](mailto:newsletterppm@gmail.com). Include your complete contact information.

Please make your cheque payable, in the correct amount, to PPQG and forward it to Prairie Piecemakers Quilters' Guild, Box 33043, Cathedral PO, Regina, SK. S4T 7X2.

Advertisement Sizes	Guild Member	Non-Guild Member
	Per issue	Per issue
Classified Ads of 50 words or less - no photo, graphics, or images	FREE maximum insertion 3 months	\$8.00
1/4 page	\$5.00	\$16.00
1/2 page	\$10.00	\$25.00

Except where noted, all graphics and photographs are from Google Images.

**Privacy of Information:** As a public organization, the Prairie Piece Makers Quilters' Guild, Inc. (PPQG) is compelled to abide by the Canadian rules applying to the Privacy of Information. We cannot share information about members without this consent. The personal information collected consists of name, address, telephone number, and email address and is used to contact members for Guild business. As the Guild's membership form does not specifically ask members if they will allow their names to be published in the newsletter, the newsletter will not publish full names, excepting for the executive and committee chairpersons, who have signed disclaimer forms for the editor or when expressed permission is provided. When submitting articles for the *Inside the Guild* newsletter, please state as to whether you will allow your full name to be published in the newsletter print format, available at Guild meetings and the online copy published on the Guild's website. *Thank you.*