



QUILTING IN THE QUIET 2012

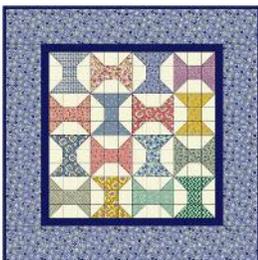
www.hillsview.ca/ - Bowsman United Church - Quilting in the Quiet 2012

Retreat Activities

- ◇ Workshops 1
Discharge Dying
- ◇ Workshop 2
Working with
Curves
- ◇ UFO Time
- ◇ Tai Chi
- ◇ Vendors
- ◇ Trunk Shows
- ◇ 5" Square Swap
- ◇ Block Challenge
- ◇ Fat Quarter Draws
- ◇ Camp Fire Pig Out
Hour
- ◇ Meet other Quilters
- ◇ Trading Quilt
Artist Cards
- ◇ Food
- ◇ Laughter
- ◇ Beauty of Nature
- ◇ Remembering
Childhood Camp-
ing Experience
- ◇ Rotary Bade
Sharping

Wade Allison Dale
P.O. Box 237
453 LaVerendrye Bay
Swan River

Phone:204-734-2177
E-mail: zara2679@mymts.net



Bowsman United Church Prayer Quilt Group

Quilting in the Quiet Retreat

August 24, 25, 26, 2012
United Church Bible Camp
Wellman Lake

Cost is \$150.00 per person

Our Mission Statement:

"To use our God given talents for the care and comfort of others!"

**4 cabins with 5 bunk beds in each are
available with Hospital Mattress.**

**If you prefer you can bring a tent, trailer, RV
or traveling to camp each day.**

**Come and join us in a weekend of quilting comradeship
and enjoying the beautiful surrounding of Wellman Lake**

"First come, first served."

Registration deadline is—June 30, 2012

For full information and registration information go to www.hillsview.ca/ and click on Bowman United Church. Then click on Quilting in the Quiet.
(Print the registration sheet on page 14 & 15.)



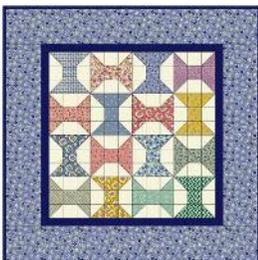
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Schedule

Friday August 24, 2012

- 2:00-4:30p.m.
- ⇒ Register (main Cabin)—get all your information
 - ⇒ Turn in your—fat quarters, 5" squares, block challenge, Quilt Artists Trading Cards, breakfast foods
 - ⇒ Get setup in your cabin
 - ⇒ Check out the beautiful surroundings
 - 5:00 p.m. Supper
 - ⇒ Fat Quarter Draw
 - 6:30 p.m. Trunk Show
 - 8:00 p.m. U.F.O. Time— Set up workstations and get quilting

Saturday August 25 2012

- ⇒
- 7:00 a.m. Tai Chi
- 7:30 Breakfast
- ⇒ Fat Quarter Draw
- 9:00 a.m. Workshop 1—"Discharge Dying Workshop"
- Noon Lunch
- 1:00—4:30 p.m.**
- ⇒ Vendors
- ⇒ U.F.O. Time
- ⇒ Or time to complete workshop 1
- ⇒ 5" square swap
- ⇒ Free Time
- 5:00 p.m. Supper
- 6:30 p.m. U.F.O. Time
- 9:00p.m. Camp Fire Pig Out Hour
- 10:00 p.m. U.F.O. Time

Sunday August 26, 2012

- 7:00 a.m. Tai Chi
- 7:30 Breakfast
- 9:00 p.m. Workshop 2—"Working With Curves"
- Noon Lunch
- ⇒ Block Challenge Winners
- ⇒ Evaluation forms
- 1:00 p.m. Pack Up



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Wellman Lake Bible Camp



The Main Building
Bathrooms, Showers
Eating, and Working Area



Bunk House Cabins
5 Bunk Beds Each
4 Cabins



Each cabin has room for 10 people. They all have bunk beds. All have hospital mattress that are covered with plastic. Each cabin does have a small electric heater.

Wellman Lake United Church Camp
THE QUIET beautiful setting for our retreat!



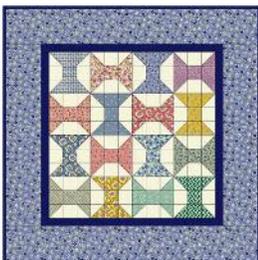
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Quilt Retreat Supply List

Food

- ◆ 1 dozen home made muffins for breakfast (to share)
- ◆ Fruit for breakfast (to share)
- ◆ We will supply hot breakfast casseroles.
- ◆ Pig Out Hour—anything full of calories, not nutritious, something you usually hid in the back of the cupboard from the kids.

Quilting Supplies

- ◆ Working sewing machine, give it a tune up at home before you come.
- ◆ Rotary cutter
- ◆ Self healing board
- ◆ Quilt rulers
- ◆ Sewing Machine Needles
- ◆ Thread
- ◆ Pins
- ◆ Scissors
- ◆ Long extension cord
- ◆ Power Bar
- ◆ *We provide cutting board station and ironing stations.

Camping Gear

- ◆ Toiletries
- ◆ Towel (s)
- ◆ Soap / shampoo
- ◆ Bathing suit
- ◆ Sweater / Jacket
- ◆ Rain Gear
- ◆ Sleeping Bag / Pillow (NOTE: no bedding is provided)
- ◆ Bring any musical instrument you play

**MAKE SURE YOU CHECK WHAT SUPPLIES YOU
NEED FOR THE WORKSHOPS!**



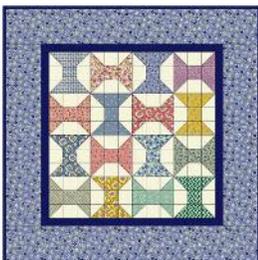
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Meals

Breakfasts

- ◆ Muffins
- ◆ Fruit
- ◆ Hot Breakfast Casseroles
- ◆ Coffee, Tea
- ◆ Milk
- ◆ Juice
- ◆ Toast

Lunches

- ◆ Two kinds of soup
- ◆ Sandwiches
- ◆ Cheese/ Vegetable trays / Dip
- ◆ Desserts
One day fruit pies
Second day dainties

Suppers

- ◆ Catered

EVENINGS Pig Out Hour

- ◆ What ever you want to bring. We are planning on between 30-40 quilters (if you want to share).
- ◆ All the things your mother said were not good for you. **BRING IT.**
- ◆ Has no nutritional value. **BRING IT!**
- ◆ Things you hid on the top shelf. **BRING IT!**

**What happens at the Quilt Retreat , stays at the
Quilt Retreat!**



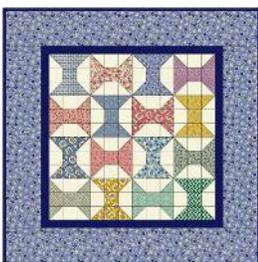
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Workshop 1—Discharging Color from Fabric

Instructor: Kathy Tanner
Harmony Hand Dyes—Tisdale Sk.

Have you ever bleached something you didn't want to?...Well, this time we want to!

Using leaves, rubber stamps, stencils, ironed on freezer paper silhouettes and folding techniques create your own designs by removing dye from solid black fabric (or test on other colours as well). Discharging hand-dyes is also an option. If you wish to try some leaves, you can press some ahead of time to have ready for the class. (Kathy will have some freezer paper designs—trees, a witch, elevator. If you have something you would like to try, print the outline on freezer paper and cut it out).

Kathy will bring supplies for two different methods:

1. Chlorine bleach and the “Bleach-Stop” crystals needed.
2. Decolourant—cream and spray.
You can also embellish the designs using Jones Tones Plexi-glue and Jones Tones foil or Shiva paintstiks.

Individual Supply List

- ◆ Wear old cloths including shoes.
- ◆ 3 ice cream pails or other plastic buckets with at least 1 lid.
- ◆ A long handled spoon to stir.
- ◆ A clean up rag.
- ◆ Foam stamps, foam shapes, foam paint brush, stencils, pressed leaves...a variety if you have some. Kathy will share, don't buy.
- ◆ “Plastic Cardboard” (corroplast), old laminated wall calendars, approx. 2' x 2' (something that will wipe off between uses—Kathy will bring some extras.
- ◆ Plastic table cloth or poly to cover your work space.
- ◆ Straight pins (the smaller the better).
- ◆ If you have a small squirt bottle—like the kind they use for hair perms solution—clean.
- ◆ Kathy will bring Bleach and Palmolive dishwasher gel.

Your Workshop Kit includes

- ◆ 2 meters of fabric
- ◆ Bleach and Bleach Stop use of decolourant during the class
- ◆ Glue and foil to use at class
- ◆ Use of Shiva Paintstiks if you choose to do some embellishment
- ◆ This is part of your registration fee.

This kit is part of your registration fee.



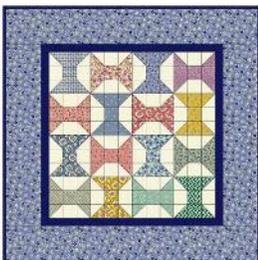
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Workshop 2 –Working with Curves

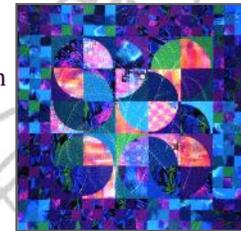
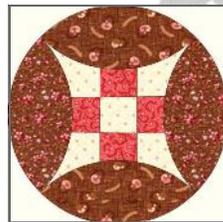
Instructor—Wade A. Dale
Swan River

Do you have nightmares about sewing curves?
Have you always passed up that beautiful pattern because it has curves or circles in it?

Then this workshop is for you. Using some simple tricks you will be able to make any of the quilts pictured below.

Materials Needed:

- 4 fat quarters
- Circular cutter (if you have one)
- Or prepare two circle templates—one a 1/4" larger than the other.
- Two—12.5" x 12.5" nine patch squares (use different colors in Each.





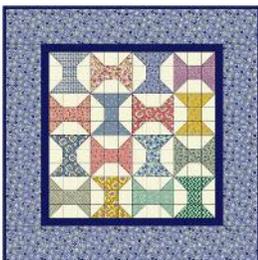
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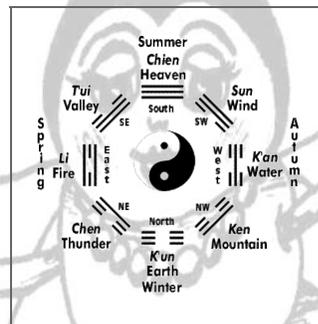


U.F.O.—Unfinished Objects

You will have lots of time to finish some of those quilting projects you have been meaning to do once you have a quiet moment. Well... we will have three U.F.O. times. Friday night, Saturday afternoon and Saturday Night.

So bring along any projects you would like to work on. There will be someone to help you out if you need. Also if you wanted to do a project you need help with, bring it along, we all will give you our advice.

Tai Chi



tai chi benefits

“Brought up in the 'no pain -no gain era' we couldn't see where the tai chi benefits would come from - it all looked and felt easy. Sure, the classes were relaxing and we always felt refreshed when finished but health benefits?....”

What are the benefits of practising tai chi?

Immediate benefits from practicing tai chi tend to be a clearer and more relaxed mind - and this can happen on day 1.

Clinical studies in the US report improved balance and peace of mind after only 8 weeks of a very simple set of movements taken from a variety of tai chi styles.

Other, less expected, benefits of tai chi include improved working of internal organs, better breathing and finding it easier to sleep at night.

People report more strength, stamina and suppleness as a direct result of doing their tai chi.

Our fitness for life section has more in depth details.

And for others tai chi benefits come in the form of reduced stress, and an improved ability to deal with difficult situations.



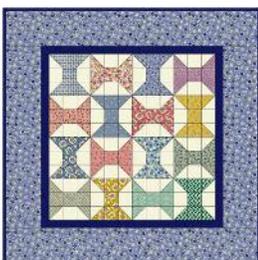
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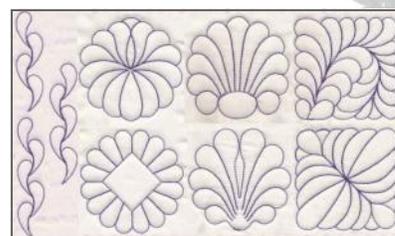
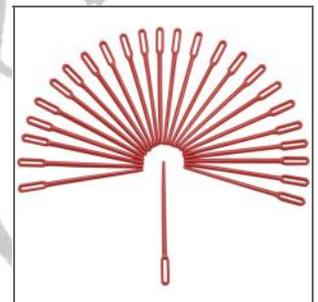
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Vendors

Saturday afternoon we will have vendors who will be available to relieve you of some of your quilting budget money.

1. Bowsman United Church Prayer Quilt Group
 - Quilting Cook Books
 - Quilt blank note cards
 - Orders taken for our 2013 Calendar
 - Rotary Blade sharpening—free
2. Wendy van der Walt & Glenda Foster of "Fabricoulous"
3. Kathy Tanner—Harmony Dyes



Example Combinations:

12"	12"	24"	24"
12"	12"	12"	
24"		24"	

- Two 12" long rulers can be connected to make a 24" long or 12" square that will fit in your sewing machine case when taken apart.
- Get more connectors to join multiple rulers.





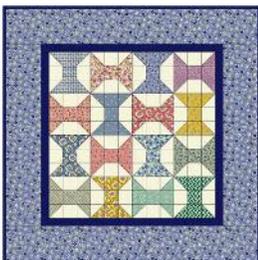
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5" Square Swap

Optical:

If you would like increase you stash of small squares of fabric ...then this is for you.

Bring as many 5" squares of 100% cotton. You will receive a slip with the number of squares that you put into the pot. At the set time you will be able to withdraw the same number of 5" square out to increase that fabric stash.

At a set time we will have the swap, you will have to have your ticket with the number of squares you can take out.

No charge for this.

Fat Quarter Draws

Optical:

If you would like to be part of this draw, bring along any number of 100% cotton fat quarters.

You will receive a ticket for each fat quarter that you brought.

We will divide the fat quarters into 4 sections (as evenly as possible) so we can have 4 draws. Saturday breakfast, lunch, and supper. Also Sunday breakfast.

Good Luck



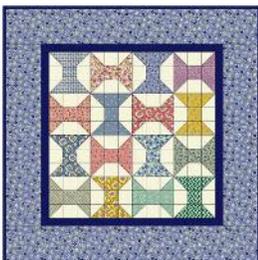
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Block Challenge

When we have received your registration form and fees, you will receive a 10" x 10" square of fabric with your conformation. This year "NO THEME"!

We ask you to create a unfinished block that is 12.5" x 12.5". You must use the challenge fabric in your block. How much or how little of it you use is up to you. You will hand in your block at registration and it and you will be given a number. The blocks will be displayed and the voting will happen during breakfast on Sunday. Awards will be at lunch on Sunday.

Three Competitions:

1. **Patchwork (hand or machine)**
2. **Applique (hand, fused, machine)**

There will be a trophy for first place in each category. The first place winner will receive all the blocks in that category (patchwork or applique). Also two meters of the challenge fabric to help complete the top. We would love to have a picture of the finished project

There will be medals for 2nd and 3th place.

3. Best Over All Block

Will receive a trophy.

Judges

Each retreat member will receive 3 votes, 1 for patchwork, 1 for applique and 1 for over all block.

Awards will be based on number of highest votes for 1st place, then second highest number of votes for 2nd and then third highest number of votes for third.

For the Best Over All Block the award will go to the block with the highest number of votes.

Note– no backing, batting or turned under edge.

Use all of your creative juices and come up with that winning block.

Good Luck!



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Quilt Artist Trading Cards

How to make your own Trading cards (Optical)

Program: Microsoft Publish

Business Cards—choose a blank card or delete information out of a template

1. Make two sheets—one for the front and one for the back each side give you 10 cards. (If you use the same template they will line up when printed.)
2. Front—a picture of a quilt you are proud of.
3. Back—Picture of yourself—Your name and address, including phone, cell, and email—also website if you have one.
4. At the bottom put information about the quilt you put on the front—Name, Size, when you finished it, and any other information you like. If you are lucky and can print two sides of your paper, do that. Use White card stock. If your not lucky take the two pages to a business who can do color coping and have them do it for you. 4 sheets should be plenty.
5. If you like have them laminated.



Front



Back



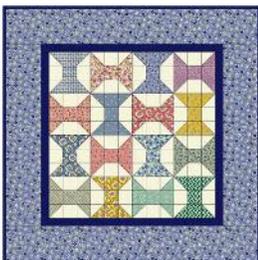
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Camp Fire Pig Out Hour

Ok—have you heard of the saying “What happens at the quilt retreat, stays at the quilt retreat.” This saying stands!!!!

So here is your change to eat all the things your mother told you was bad for you. Has no notorious value at all. Anything you have been hiding in the back of the highest cupboard away from your spouse or children. This is what you need to bring. Weather you buy it or made it, we would love to sample it.

Saturday night (weather permitting we will have a bomb fire and Pig Out).

Come prepared and enjoy yourself. We're not talking.

Rotary Blade Sharping

Saturday afternoon during Convenor time we will be sharpening your Rotary blades (all three sizes) using a rotary sharpening machine for you (no cost).

So bring all your old blades that you would like sharpen.

Note: the machine will not take out nicks.

No charge.

Main Cabin

It will have many uses for us during the quilt retreat.

1. Registration
2. Showers—Men's and Women's (once the men are done we will have a sign so that the women can use it also).
3. Bathrooms—Very Clean
4. Meals—all meals will be served in the main cabin.
5. Work area—we will be having all workshops and UFO times in the cabin. Make sure you bring an extension cord and a power bar.
6. Convenor's afternoon— Rotary Blade Sharping—Saturday afternoon



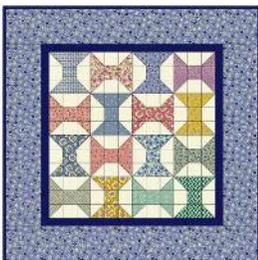
QUILTING IN THE QUIET 2012

Retreat Activities

- ◇ Workshops
 - Discharge Dying
 - Kathy Tanner
- ◇ Workshop 2
 - Working with Curves
 - Wade Dale
- ◇ UFO Time
- ◇ Tai Chi
- ◇ Vendors
- ◇ Trunk Shows
- ◇ 5" Square Swap
- ◇ Block Challenge
- ◇ Fat Quarter Draws
- ◇ Camp Fire Pig Out Hour
- ◇ Meet other Quilters
- ◇ Trading Quilt Artist Cards
- ◇ Food
- ◇ Laughter
- ◇ Beauty of Nature
- ◇ Remembering Childhood Camping Experience
- ◇ Rotary Bade Sharping

Wade Allison Dale
 P.O. Box 237
 453 LaVerendrye Bay
 Swan River

Phone: 204-734-2177
 E-mail: zara2679@mymts.net



Registration Form—Please Print

Name: _____

Quilting Organization: _____

Mailing Address: _____

Town: _____ Province: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Gender M F - T Shirt Size S M L 1XL 2XL 3XL 4XL

Sleeping Arrangements

Lower Bunk Upper bunk (if possible)

Have my own tent, trail or RV. I will travel each day (No bed needed)

Medical

Medical No: _____

Medication Allergies: _____

Food Allergies: _____

Other Allergies: _____

IN CASE OF AN EMERGENCY PLEASE CONTACT

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____



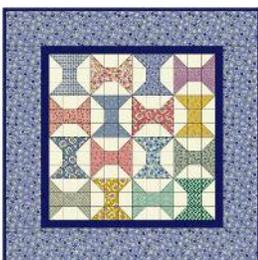
QUILTING IN THE QUIET 2012

Retreat Activities

- ◇ Workshops
 - Discharge Dying
 - Kathy Tanner
 - Harmony Dyes
- ◇ Workshop 2
 - Working with Curves
 - Wade Dale
- ◇ UFO Time
- ◇ Tai Chi
- ◇ Vendors
- ◇ Trunk Shows
- ◇ 5" Square Swap
- ◇ Block Challenge
- ◇ Fat Quarter Draws
- ◇ Camp Fire Pig Out Hour
- ◇ Meet other Quilters
- ◇ Trading Quilt
 - Artist Cards
- ◇ Food
- ◇ Laughter
- ◇ Beauty of Nature
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Registration Form Part 2

I will take part in the 5" square swap. Yes No

I will take part in the Fat Quarter Draw. Yes No

I would like to have my old Rotary Blades sharpened. Yes No

My block challenge is for Patchwork Applique

Special request: (we will try but if we can not we will let you know).

1. _____
2. _____
3. _____
4. _____

Payment: Please made cheques payable to BOWSMEN UNITED CHURCH in the memo please put Quilting in the Quiet 2012. No refunds after August 1, 2012.

Registration Fee: \$150.00 _____

Total \$ _____

Mail to: **Wade Allison Dale**
Quilt Retreat Coordinator
P.O. Box 237
Swan River, Mb
Canada R0L 1Z0

Questions: email—zara2679@mymts.net or call 204-734-2177

Note: You will receive a confirmation letter and fabric challenge fabric.



QUILTING IN THE QUIET 2012

Retreat Activities

- ◇ Workshops
 - Discharge Dying
 - Kathy Tanner
- ◇ Workshop 2
 - Working with Curves
 - Wade Dale
- ◇ UFO Time
- ◇ Tai Chi
- ◇ Vendors
- ◇ Trunk Shows
- ◇ Neck & Shoulder Massages
- ◇ Scissors Sharpening
- ◇ 5" Square Swap
- ◇ Block Challenge
- ◇ Fat Quarter Draws
- ◇ Camp Fire Pig Out Hour
- ◇ Meet other Quilters
- ◇ Trading Quilt Artist Cards
- ◇ Food
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