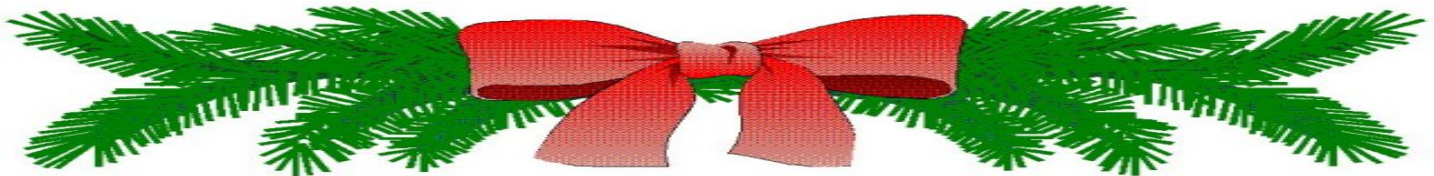




The **Ottawa Valley Guild of Stitchery** meets from September to June. Meetings are held on the third Tuesday of the month at the McNabb Community Centre, 180 Percy Street, Ottawa at 7:30 p.m.



PRESIDENT'S MESSAGE

By *Kate Dinsmore*

It's hard to believe but another year has already gone. I could have sworn that it was only a few months since the last time I was finishing Christmas Ornaments. I do enjoy stitching them; I'm just not very good at finishing them. However, now that I know Dani's method and her secret (which is sheet foam) I don't mind nearly as much.

2006 was the Ottawa Valley Guild of Stitchery 30th year as a guild. We are one of the very earliest guilds and I venture to say, one of the largest. The NeedleArts show was the highlight of our year AND IT WAS SPECTACULAR. We're modest, too, as we could have easily sprained our wrists patting ourselves on the back, but didn't. One of the wonderful things about belonging to a guild is the chance to meet like-minded people and to share in that wonderful creative process, the synergy, that happens when a group of people gets together to create something. It was, also, incidentally my very first time on Television. Sheila Wattie organized it to advertise our show. I wasn't particularly nervous, as I didn't think very many people actually watched cable. So, I was more than taken aback to have people at work come up to me the next day and say they saw me on TV. Mind you, they were just as taken aback to discover I did something as "girly" as stitching. I had a lot of conversations about stereotypes this year! Several of them came to the show and I had one tell me it was one of the most interesting things he has ever seen.

In September, Ottawa also had the chance to welcome all the Presidents from the other guilds in the Atlantic Central region to the annual meeting in September. I am pleased to say, that we did ourselves proud ~ I have had several very nice and heartfelt thank-you's from various places. Again, it was an amazing thing to watch, all those Presidents together in one place; discussing the guilds and the work that we do. The display of work that was brought for the meeting was wonderful. One could not help but be inspired by the breath and depth and skill of the needle workers in his country.

And of course, our very own Madeline Basta is now the President of the National Embroiders Association of Canada. I am

so pleased for her and for us – the EAC is in strong and capable hands for her term.

On the down side (even though it's Christmas, I can't just Pollyanna nonstop) we lost two positions on the executive. Margaret Vant Erve had done an amazing job as our Workshop Chair, but had done it for quite some time and needed a break. The members of the executive will try to keep to the schedule of two workshops each year, but I cannot make any promises. Dani has been filling in and I think you will be very happy with the workshops she is organizing. Claire Todd stepped down as the Program Chair as she was building a new home and moving out of the house she had lived in for 30+ years. We really do need someone to step up and be responsible for program. If there is something you would like to see, or if there is something you would like to teach, please talk to anyone on the executive. We really have no difficulty letting anyone in the guild who's interested trying a program. We are more than happy to assist, but we cannot do it all. (Continued on Page 9)

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MESSAGE TO OVGS MEMBERS:

If you did not receive a Members List in the mail with your newsletter, you can collect one at the Guild Meeting or if requested arrangements can be made with the Editor, Lynne Demmery or the Membership Chair, Leslie Crepin. It will **NOT** be posted online, at the OVGS Website).

OVGS EXECUTIVE

2006 – 2007

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president@ovgs.ca

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Newsletter Advertising and Rates: *Needle Notes* is published four times per year: August, December, March and June. All advertisements are payable on submission either in cash or by cheque. Please make cheques payable to the Ottawa Valley Guild of Stitchery. Submission deadline for the March 2007 issue is February 25, 2007.

Contact Lynne Demmery at (613) 230-5818 or e-mail at ovgs@hotmail.com

Advertising rates per issue: Full page- \$25.00; Half Page – \$15.00; Quarter Page – \$11.00, or Business Card – \$8.00

The Ottawa Valley Guild of Stitchery is a non-profit organization to encourage and promote the practice and knowledge of the art of embroidery in all its forms. This organization provides monthly meetings, chapter newsletters, special day and/or evening workshops, lending library within the Guild, and membership in the national organization, the *Embroiderers' Association of Canada*.

The Embroiderers' Association of Canada, founded in 1973, is the parent organization of the *Ottawa Valley Guild of Stitchery*. As a member of the OVGS one automatically becomes a member of the Embroiderers' Association of Canada, which entitles the member to the Association's book, slide and video libraries; study portfolios; books on crewel, counted thread and canvas embroidery; individual and group correspondence courses in embroidery techniques from basic to advanced levels; *Embroidery Canada* magazine, four issues yearly; workshops and seminars; and exhibitions, competitions and awards.

You will find your membership expiry date at the top of the address label on the front of this newsletter. If your membership has expired or is about to expire before the next issue of the newsletter, it will indicate so. For more information on when your expiry date occurs, please contact the Membership Chair, Leslie Crepin.

MEMBERSHIP UPDATE

By Leslie Crepin

Welcome. I would first like to welcome new members, Debra Wright, Lenore Richards, Stacy Finklestein, and Francisea Botelho. I would also like to extend my apologies for missing several meetings this season. Unfortunately, work has had a way of interfering with stitching, but I am always available by phone.

Membership Card Procedures. Linda Brenner, our new EAC membership chairperson, has elected to distribute membership cards with your name imprinted. I will forward your cards to you when I receive them, approximately one month after each renewal period – Feb, May, Aug or Nov depending on your renewal date.

OVGS Membership. Because of the turnover in national membership, Linda has been gracious in extending the grace period for fall renewals. That period has now ended. I would like to remind each of you of the importance of submitting your renewals well in advance of your termination date. For example, if you are due to renew your membership on 1 February 2007, you should be submitting your checks to me before 1 January 2007. I would recommend that you submit your application about two months before your membership expires. Please remember, there is only one person working on membership at the national level and she has thousands of accounts to process. (Continued on Page 11)

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PROGRAMME

By OVGS Executive

Due to the fact that a Programme Chair has not come forward, the executive has been forced to put together a simple Programme until such time we have a new Programme Chair.

JANUARY Pulled Thread Group Correspondence Course and Catherine Phillips Correspondence Group of Groups

FEBRUARY Pulled Thread Group Correspondence Course and Catherine Phillips Correspondence Group of Groups

MARCH Pulled Thread Group Correspondence Course and Catherine Phillips Correspondence Group of Groups

APRIL, MAY AND JUNE - TBA in March Newsletter

GREAT FREE ALPHABETS ON THE WEB

By Janet Perry

Blogged under newsletter archives (November 2006 or alphabets) "Nuts About Needlepoint" (<http://www.nuts-about-needlepoint.com>). Janet M. Perry specializes in creating innovative stitch guides for painted canvases. You can see her business site Napa Needlepoint, <http://www.napaneedlepoint.com>.

These days I seem to be thinking about alphabets a lot. There are some fantastic resources on the Web for creating your own charted words, creating an alphabet, or just great charts.

Here's a round-up of my favorites:

How to Chart your own Alphabet (<http://www.dragonbear.com/uncial.html>) This page has been around for a long time, but it gives the best instructions I've seen on how to chart your own alphabet.

Celtic Cross Stitch (<http://www.celticxstitch.ie/cgi-bin/stitches.cgi>) has a free on-line chart generator which will take any word and produce a chart in a lovely Celtic alphabet. The charts are for personal use only.

Carnie's Creations (<http://www.freepatternsonline.com/xscharts/alphabets.htm>) has over 40 alphabets, mostly small and simple, available on-line. There is even a Greek upper case alphabet for sorority and fraternity initials.

Tink Boord-Dill's Americana (<http://www.tinkbd.com/Americana.htm>) - My friend Tink has this lovely 18 stitch alphabet for free on her site. It's a superb example of what's available in her alphabet and monogram books. It's also a great alphabet for needlepoint.

Caption Generator (<http://www.crostitch.com/fontform.html>) - free version cross stitch only. Enter a phrase and get a Backstitch chart, centered or not. There is a paid version with more options.

Times New Roman (<http://www.yarntree.com/036alpht.htm>) A 14-stitch tall version of this elegant typeface. Both upper and lower case letters.

Subversive Cross Stitch Alphabets (<http://subversivecrossstitch.com/howto/alphabet.htm>) Three free alphabets from this creator of unconventional cross stitch kits.

French Alphabet (<http://francine-broderies.com/Alphabet.html?lang=en>) A lovely vintage embellished alphabet (like on old linens) for needlepoint or cross stitch. There are also several alphabets for free embroidery on the site.

Medieval Alphabet (<http://www.dragonbear.com/uncial.html>) two medieval alphabets in two chart formats.

PROGRAM CHAIR WANTED

- An exciting opportunity to play a part in planning the OVGS monthly activities .
- The program chair plans and executes the monthly programs for the guild.
- No experience is required and you have a wonderful support team with the guild executive and membership.
- Enthusiasm and love of stitching is an asset.

For more information please contact :

Terri Ann Coville at
ovgs@hotmail.com



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ERGONOMICS AND NEEDLEWORK - PART I of III

By Lynne Demmery

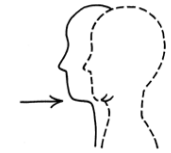
I am a co-chair of the Joint Health and Safety Committee at my "real job". We've been preparing our ergonomics policy and I found that much of what we were looking into could be applied not only to computer work, but to when you're doing needlework. I am preparing this for you in 3 parts. Part I contained Neck and Face Exercises and Hand and Wrist Exercises (this Issue), Part II contains Shoulder and Arm Exercises (Available in the March 2007 Issue), and the final installment, Part III Legs and Ankle Exercises (will be available in the June 2007 Issue of OVGS NeedleNotes). Stay tuned and collect all three issues.

NECK AND FACE EXERCISES



Raise the eyebrows and open your eyes as wide as possible. At the same time, open your mouth and stick your tongue out. Hold for 5 - 10 seconds. Repeat 3 - 5 times.

Caution: If you have clicking or popping noises when opening mouth, check with your dentist before doing this exercise.



Sit or stand upright. Slowly drop your head forward, letting the weight of the head gently stretch your neck. Hold for 5 - 10 seconds. Return to neutral posture and relax. Slowly let your head fall backward. Slowly open and close your mouth. Hold for 5 - 10 seconds. Repeat 3 - 5 times.

Sit or stand upright. Slide your head straight back until it feels like you have a double chin. Hold for 5 - 10 seconds. Repeat 3 - 5 times.



Sit or stand upright. Slowly drop your head to the left, trying to touch your left ear to your left shoulder. Do not elevate your shoulder to your ear - keep your shoulder in a relaxed position. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat on the right side.



Sit or stand upright. Slowly turn your head to the left until you feel a stretch. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat on the right side.



HAND AND WRIST EXERCISES



Palms and fingers facing the ceiling. Separate and straighten your fingers. Hold for 5 - 10 seconds. Bend your fingers at the knuckles. Hold for 5 - 10 seconds. Make a fist. Hold for 5 - 10 seconds. Straighten your fingers. Repeat 3 - 5 times.



Arm in the handshaking position. Close the hand such that the fingertips touch the palm of the hand. Make five large circles with your thumb, in both directions. Repeat to other thumb.



Place your palms together, so that your elbows are bent and your wrists are at right angles. Keeping palms together push your left palm and fingers firmly against the right palm and fingers. Hold for 10-15 seconds, then release. Repeat 3 - 5 times.

Grasp the left hand. Keeping the left elbow straight, slowly bend the left wrist downward until you feel a stretch. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat with right hand.



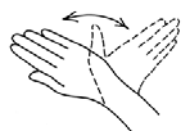
Grasp the left hand. Keeping the left elbow straight, slowly bend the left wrist upward until you feel a stretch. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Repeat with right hand.



Arms in the handshaking position. Slowly rotate palms down until you feel a stretch. Hold for 5 - 10 seconds. Repeat 3 - 5 times. Rotate palms up until you feel a stretch.



Slowly bend wrist from side to side as far as possible. Hold for 5 - 10 seconds. Repeat 3 - 5 times.



MARIAN PARRY EDUCATION SCHOLARSHIP

- The Ottawa Valley Guild of Stitchery offers an education scholarship named in honour of the late Marian Parry, one of the founding members of the Guild and its first president. The Marian Parry Education Scholarship is aimed at promoting the art of embroidery through education and is offered to all OVGS members in good standing.
- The scholarship for 2006/2007 has an approximate value of \$425 to be awarded as two grants, one grant of \$300 and another of up to \$125.
- The \$300 grant may be applied toward registration for an Embroiderers' Association of Canada (EAC) Seminar workshop.
- The grant of up to \$125 may be applied towards an EAC correspondence course or an OVGS workshop.
- Scholarship grants must be used within the same membership year as awarded. Each successful applicant will receive a cheque for the full amount of the grant upon registration for Seminar 2007, the correspondence course or OVGS workshop.
- Applications must be submitted to the Scholarship Committee by the date indicated below. The successful applicants will be determined by the Selection Committee and approved by the Executive.
- Successful applicants will be required to submit a brief evaluation report to the OVGS Executive within one month of attending the Seminar or OVGS workshop or completing the correspondence course. They will also be required to share their experience with other members of the Guild by giving a short presentation (this could be at "show and tell") or writing an article for the OVGS newsletter at a time to be agreed upon with the Guild executive.

Applications should be forwarded to:

Please contact ovgs@hotmail.com for instructions on where to send your application.

DEADLINE FOR APPLICATIONS IS MARCH 31, 2007

GUIDELINES FOR APPLICATION

1. Please be as detailed as possible when completing the application form. List all needlework-related courses and workshops including formal education, if applicable.
2. If you have examples of needlework or photographs of previous work, you may include them as part of your submission.

Please note that all OVGS members are invited to apply whatever their needlework skill level. Good luck to all applicants.

If you have any questions regarding the application form or the guidelines, please do not hesitate to call me.

Jim Cripwell

**MARIAN PARRY EDUCATION SCHOLARSHIP
APPLICATION FORM**

Please give a short summary of your background and interest in embroidery or related needle arts. If more space is required, please add additional pages as necessary. If you are a beginner with no experience, please indicate this. Applicants are not judged based on their experience.

Briefly indicate how this workshop or course will benefit you.

This application is for: _____
Name of EAC Seminar Workshop, EAC Correspondence Course or OVGS workshop

Please indicate the method by which you will share the experience with the Ottawa Valley Guild of Stitchery:

_____ Short Presentation _____ Article for Newsletter _____ Other (indicate) _____

I hereby apply for the above scholarship award and, if successful, agree to provide an Evaluation Report and share with the guild members the experience gained, in the manner agreed upon with the Executive of the Ottawa Valley Guild of Stitchery.

Name: _____

Address: _____

Phone #: _____

Signed

Date

ITALIAN NEEDLEWORK FORUM - RIMINI, ITALY

By Jeanine Robertson (Embroidery Guild Newsletters Group)

I have forwarded a press release that was sent to me by the folks who host a Needlework Forum in Rimini, Italy. This is their third show (previously 2003 and 2005). I know that they are well attended by European English-speaking Needle Workers and many North-Americans (last show was attended by several Americans and at least one Canadian from one of the Lace Guilds in Quebec). For those lucky enough to be able to afford to go, they make a huge effort to make information available in English and other languages.

Good morning from Italy!

Just a short message with the aim of drawing your attention on the dates, program and new location of 2007 Italia Invita. I am attaching a press release, but more details can be found on www.italiainvita.it - in 5 languages. I would be very grateful if you could forward this information to friends and people you know, who would be interested in our event.

Thank you for your attention
Fiorella

For Press Release

The event The third Italia Invita International Forum of Lace and Embroidery, a biennial event, will be held at Palacongressi of Rimini Riviera – Via della Fiera 52 from 4th to 6th May 2007. Theme: Research and Development. The rich Italian heritage has attracted visitors to the first and second forums from over 20 countries, including some overseas. Approx. 75 stands, each dedicated to one technique of Lace and Embroidery. Exhibitors are a selection of associations, artisans, laboratories from all over Italy. It will be a journey through the textile culture of all Italian regions with works specially created for the event. In every stand teachers will be available for demonstrations.

Ateliers

The participants badge or the entrance ticket will entitle you to attend free two hour ateliers to choose among all techniques exhibited in the stands.

Other Exhibitions

The Works of Luciana Doff Sotta
The Works entered for Il Colore
The Cushions – a parade of the works presented by all exhibitors.

Dealers Hall

Over 30 dealers specialized in articles for lace and embroidery from Italy and many European countries (Spain, France, Germany, Belgium, Finland, Denmark, Czech republic, Switzerland, Great Britain ...) will offer cloth and threads in silk, cotton, linen, hem and the most varied equipment: special lamps, looms, bobbins, pillows, books, patterns, kits....

And more Free expertise (maximum 2 pieces) given by museums consultants, museum shops, meeting rooms, Elisa Ricci space, special Stamp Cancellation from Italian Mail and more, a rendezvous not to be missed.

Registrations

It is possible to buy a Forum special package, including 3 nights half board accommodation in a luxurious 4 star Hotel on Rimini beach, Forum badge, welcome drink and gala dinner. Form and details in Italia Invita website.

Incentives for Group registrations and day visits

Opening times for registered participants and day visitors 9.30 – 18.30, (Sunday 18.00). Entrance fee: € 18
[http://www.italiainvita.it/](http://www.italiainvita.it) offers all event related details in 5 languages. For further questions, please contact: Cristina Notore (cristinanotore@italiainvita.it) or Fiorella Gaggi (fgaggi@rimini.com) at Phone No: +39 3480394421.
You will get immediate reply.

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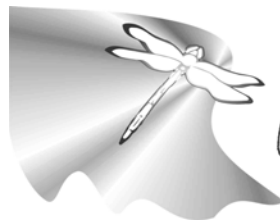




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STITCHING GROUP RECIPES

By Lynne Demmery

Most of our members are also members of stitching groups. I have asked our members to share their favourite recipes for things they make when their stitching group meets. The following recipe I got out of the Kraft Kitchen Recipe Magazine a few months ago. Works very nicely and is yummy, even with No-name brand cream cheese. Yummy, well worth a try.

Mini Oreo Cheesecakes

(Makes 12)

2 pkg. softened Cream Cheese (250 g ea.)

½ cup Sugar

2 Eggs

12 Whole OREO Cookies

3 squares Semi-sweet Chocolate, melted

1 cup Whip Cream

12 Muffin Paper Cups

1. Preheat oven to 350°F. Beat cream cheese and sugar in a large bowl with an electric mixer on medium speed, until well blended.
2. Add eggs, one at a time, at low speed after each addition until blended.
3. Place 1 whole cookie at the bottom of 12 paper-lined muffin cups. Fill evenly with batter.
4. Bake 20 minutes or until centres are almost set.
5. Cool, refrigerate 3 hours or overnight.
6. Drizzle with melted chocolate and top with whipped cream.

TIP: To soften cream cheese, place unwrapped package in a microwave on HIGH for 15 sec. or until softened, add 15 sec. for each additional pkg. added to microwave at once.

If you have any recipes you'd like to submit in the future, just contact me (Lynne Demmery) at ovgs@hotmail.com.

INVENTORY TIME! (Just a Reminder)

The OVGS has a lot of "stuff" out there with our membership. In order to compile a master inventory of all OVGS belongings, we require your help in facilitating this mission.

If you have anything that belongs to the guild please contact :

For more information please contact :
Terri Ann Coville at ovgs@hotmail.com

PRESIDENTS MESSAGE

(Cont'd from Page 1)

This is also the year that the city changed its regulations, forcing us to move all our library books off-site. They have offered us some cupboard space in the kitchen, but aside from the fact that a kitchen is not a good place to store valuable books, it's not a large enough space for all of them. The executive has spent a lot of time struggling with this thorny problem but it is not resolved as yet. I am hopeful of a workable and equitable solution early in the New Year.

To all members of the guild, and their families, I wish you the peace of and joy of the Christ Child and hope that you have a safe and happy holiday with those you love. To those of you from other traditions, I wish you peace and happiness with those you love. Please remember, one of the reasons that we are safe and warm in our homes and can stitch when and what we want is because members of the Canadian Forces, the Royal Canadian Mounted Police and the Diplomatic Service are on guard for us, in the line of danger, overseas.

Yours in stitches,

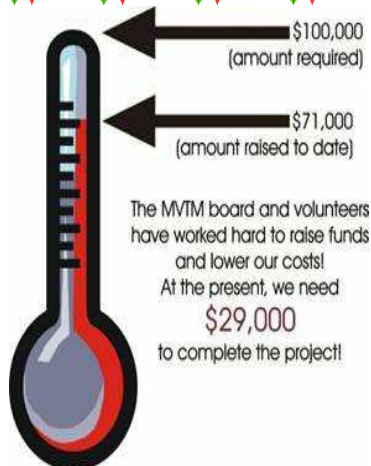
Kate

Norah Rosamond Hughes Gallery Restoration Project

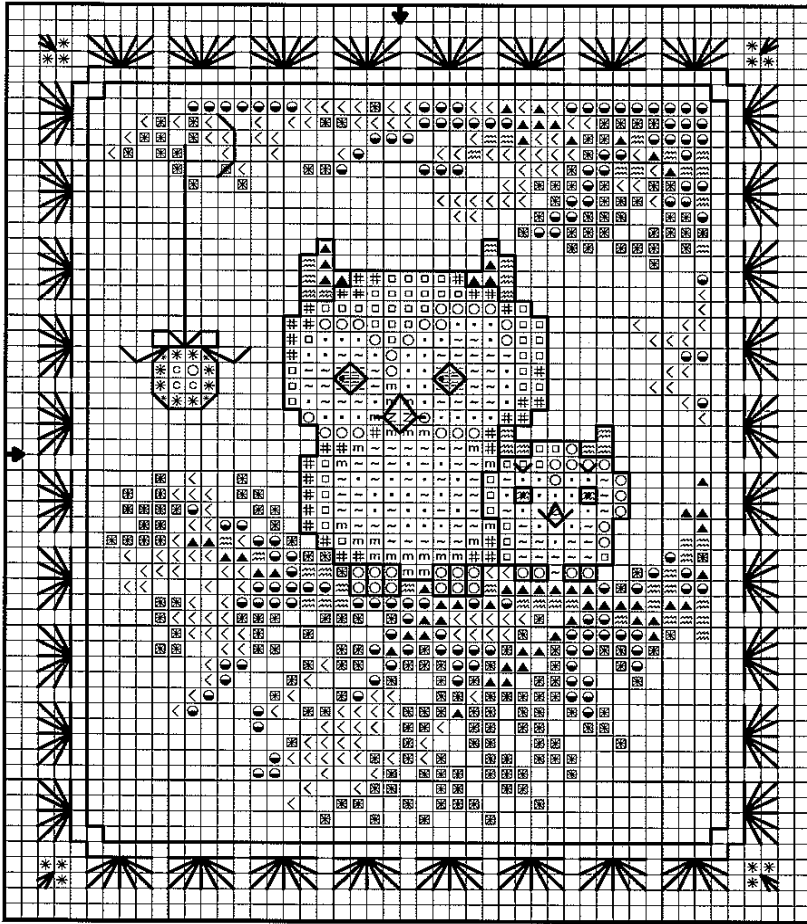
As you are aware, the Mississippi Valley Textile Museum has been undergoing renovation work since August to restore our Norah Rosamond Hughes Gallery. Work on the foundation project has been progressing smoothly, but we have run into extra costs that were not anticipated. When excavating around our warehouse building, we hit a large amount of bedrock which needed to be removed to continue with the project, at a great expense. At the present time, we are nearing the end of the foundation project, but we have not raised enough funds to complete all of the work. We are almost there, but we need your help!

How can you help? If you are interested in learning more about this project, or would like to lend your support contact the museum Curator at 613-256-3754 or mvtm@magma.ca.

Thank you to everyone who has supported this project to date!



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32-ct. Antique White Lugana

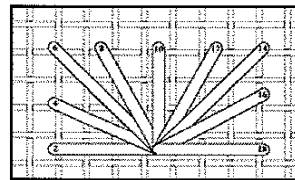
Use 2 strands for Cross & Qtr. stitches over two threads.

Use 1 strand for Backstitch, Straight Stitch, Eyelet & French Knot.

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Backstitch and Straight Stitch Instructions:

- #742: Ornament string and bow
- #304: Ornament ball outline, inside backstitched border
- #895: Partial Eyelet Stitch border and corner backstitches in border
- #869: All backstitches on owls
- Blanc: French Knots in eyes (see dots)



Partial Eyelet

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Here's a pattern for all of you "Owl" lovers. If you're not into Christmas, it can easily be edited to not reflect Christmas. Enjoy.- Lynne

UPCOMING EVENTS

Margaret Vant Erve is offering a workshop titled "Spring Garden", January 13th and 14th, 2007 (9 a.m. to 4 p.m.) Location is yet to be determined.

Anyone interested can inquire directly with Margaret at ovgs@hotmail.com, (we will forward your email to her). She will be more than happy to send an image of the workshop to you. Below is a description.

Spring Garden by Margaret Vant Erve 2 day workshop - Basic surface embroidery knowledge required. Project size - 8" x 6". The spring garden is probably the most delightful vision for the Canadian gardener. After a long winter it is wonderful to witness the profusion of colour that emerges from the ground. This embroidered garden features some standard favourites; Siberian irises, tulips and daffodils nestle in front of bleeding hearts while scattered in the foreground are dandelions and forget-me-knots. This class will teach the student how to use combinations of simple surface embroidery stitches to create each of the flowers in this dense garden. DMC flosses are used on Habotai silk.

Kit cost = \$35.00. Workshop cost = maximum fee of \$100.00; fees will be less dependent on how many students register.

Exhibition & Events Schedule 2006-2007 (Mississippi Textile Museum)

November 1 2006 – January 28, 2007

Fibre Expressions – Elements

By: Out of the Box

A fibre art exhibition with the "Elements" as its theme, "Elements" to be interpreted by the artists as they wish.

November 30 2006 – April 1, 2007

The Loom Drum

By: Juan Geuer

Juan Geuer's renowned installation piece, presenting recorded seismic activity of 5,500 earthquakes that occurred between 1960 and 1989.

December 1 – 22, 2006

Gift Shop Sale

25% off all gift shop inventory! Members receive an additional 10% discount!

January 31, 2006 – April 29, 2007

Ruffle

By: Karen Jordon

Installation work incorporating reworked clothing and various found objects related to the domestic.

March 1 – October 31, 2006

Every Wednesday from 1PM – 4PM

Weaving & Spinning Demonstrations

Come in and try the fine art of weaving and spinning with members of the West Carleton Fibre Guild.

Free with your admission to the museum.

OVGS Needle Notes - December 2006

"CORRESPONDENCE GROUP" GROUP

By Catherine Phillips

Do you look at other people's needlework and think: "I can't do that.?"

Would you like to learn new techniques and stitches?

In a semiformal setting. Have you ever thought of taking correspondence course with the EAC?

Did you know you can do a correspondence course as a group of one?

I am putting together a Correspondence Group of many EAC Correspondence Groups. There are many people in our guild that have previously done correspondence courses and willing to share their experience with those doing a course.



Why not email me (ovgs@hotmail.com)?

And maybe together, we could find a course you would like to do during a guild meeting in our group of groups.

MEMBERSHIP (Cont'd from Page 2)

Membership Applications. Follow the instructions below to complete your application.

- ◆ Fill out the membership form and privacy waiver in full. Membership forms may be downloaded from the OVGS web site, picked up at any general meeting, or found at the end of this newsletter.
- ◆ Indicate *Yes* or *No* on the privacy agreement.
- ◆ Include a check written to OVGS for \$55.00 or \$20.00 if you are a dual member and identify the name of your parent/dual guild.
- ◆ Tell us if you would like to receive your newsletter in the mail or if you will be downloading it from our web site.
- ◆ Submit your renewal form as you sign in at any general meeting, or mail it to my home address.
- ◆ Note that Lifetime members will only receive a new card upon request.

Privacy Pledge. We are obligated to respect your privacy and request that you identify whether we may include your name on our published Membership List – select *Yes* on the privacy statement. Please review your information and contact me if you find any errors in your listing*. If you allow us to share your contact information, we will include your name on our membership list once a year in our newsletter, but only in the printed version. Your contact information will not be included on the electronic newsletter. You are asked to use this information only for matters related to the guild and not to provide members' contact information to non-members. This list will allow you to contact other members of the guild to discuss classes, arrange for ride-sharing or contact executive members if necessary.

***If you did not receive a Members List in the mail with your newsletter, you can collect one at the Guild Meeting or if requested arrangements can be made with the Editor, Lynne Demmery or the Membership Chair, Leslie Crepin. It will NOT be posted online, at the OVGS Website.**

ATLANTIC-CENTRAL REGIONAL ANNUAL MEETING

Report By: Dani Baillie – Vice President

I'd like to start this report by tooting the OVGS horn! Our members did a fantastic job putting together and hosting this year's ACRAM here in Ottawa. All events were well organized, facilities were well chosen to facilitate this year's meeting, and any hiccups were taken care of so well that you didn't know there was mad scrambling going on in the background. I also would like to give a huge THANK YOU to all our members who opened up their homes to complete strangers by billeting the attending delegates.

This year's ACRAM started on Friday September 22nd, 2006 with delegates arriving from 21 guilds. Delegates were in attendance from Ontario, Quebec, Nova Scotia, Newfoundland, New Brunswick, Prince Edward Island and as far as Bermuda. Lois Jensen started us off that evening with a fantastic reception, where all the delegates got to meet in a social atmosphere.

Saturday September 23rd, 2006 the ACRAM was held at St. Timothy's Church on Alta Vista where we quickly got down to business. The meeting was chaired by the Atlantic/Central Director, Joyce Gill. She, started off by welcoming us all to the meeting.

Joyce's goals as A/C Director are :

- Better communication between guilds, herself and the EAC;
- That guilds need to be in closer contact with EAC National members (these are people who have joined only EAC and are not members of any particular guild/chapter (approx. 250); and
- To promote positive news rather than focus on the negative.

Our very own Madeline Basta, President of the EAC brought forth greetings from National and outlined the following objectives for the upcoming year:

- Improve member satisfaction within the EAC; and
- Increased communication between EAC/Guilds/Members. The EAC website & Embroidery Canada are tools to do this. Members are encouraged to write and submit articles, the magazine is only as good as the content submitted by members.

- Inform members that the EAC is a research tool for all.;
- To encourage a closer and constant communication between National and Guilds; and
- Correspondence course certificates will now be sent by teacher/counselor when projects are returned.

The rest of the day was spent reviewing Chapter reports and discussions led by those in attendance in regards to common problems. This is where chapters were able to share and discuss their ideas and solutions. Highlights of these discussions are :

- Correspondence courses : there are now more basic courses available, older courses are being reviewed/re-written. These courses can now be used as part of Guild program where in the past groups had to meet on their own.
- Workshops : there is an up to date list of teachers available through the EAC, chapters are encouraged to communicate when bringing a teacher in, so that two guilds may be able to share the costs.
- Libraries : many guilds have found they do not have the space or the ability to store their collections at their meeting site.
- Volunteerism : it is a challenge to get members to take positions on the executive, or to help out at Guild events. Often the same people are seen volunteering over and over again.
- Privacy issues/privacy policy : OVGS is a forerunner in the EAC for protecting their member's information.
- Needlework supplies : many stitchers in Eastern Canada are finding it difficult to find sources of supplies, Embroidery Canada hopes to compile a list of suppliers in Canada.

After our meeting had adjourned, many of the delegates, took a well deserved break that included a little S.E.X. (Stash Enhancing Experience) at the Cross Stitch Cupboard which was so kind to stay open a little later, just for us! I'm sure we made it worth their while! (Thank you Cross Stitch Cupboard!) When we returned to the meeting site, volunteers had a fantastic dinner ready for the delegates and their hosts. We went home tired and full of ideas!

I was glad to have this opportunity to attend this year's ACRAM; to make contacts, meet people and to learn more about what makes the EAC and other guilds tick!

CALL FOR SUBMISSIONS

The Mississippi Valley Textile Museum is now accepting submissions for our upcoming exhibition *Community Threads*. We are looking for art or artifacts, things you have or things you have made, that represent your connection to the historical textile industry, the contemporary fibre arts or where the two meet.

Do you have any artifacts or relics of the local textile industry? Items used by a former mill worker? Are you an artist or artisan working with fibres? Then we are looking for your items and artworks to display in the first exhibit of its kind to be displayed at the Mississippi Valley Textile Museum. to celebrate the reopening of our Norah Rosamond Hughes Gallery.

Please submit images of your items or artworks with a brief biography or personal statement by email to: textile@magma.ca or by mail to: MVTM Box 784 Almonte, ON K0A 1A0 or drop by the museum with a CD or slides.

For more information, please contact Erin Snow, Acting Curator, at 613-256-3754 or email mvtm@magma.ca. The deadline for submissions is February 4th 2007.

The Mississippi Valley Textile Museum is located at 3 Rosamond St. E. in Almonte, ON. We are open Wednesday to Sunday from 10am – 4pm. www.textilemuseum.mississippimills.com.