



Next Meeting:

**October 14th, 2025 In Person Meeting
At the Greenbelt Church,
839 Shefford Road, Gloucester**

*Doors/Library open: 6:30 pm

*Meeting: 7:30 pm—9:00 pm

*Programme:

Jennifer Tryon of HomeMade

* Shop of the Month:

HomeMade, Kingston, ON

* Fat Quarter Club: This year Fat Quarters are focusing on a different colour each month. Donations need to have some of that colour in the Fat Quarter.

October is **Sunset Colors!**

SEE YOU THERE!!!

In this Issue:

- * Programme Information 1
- * Executive 2
- * President's Message 2
- * In Town Retreats 3
- * Sew Days 3
- * Let's Hear it for our Advertisers! 3
- * Community Projects 4
- * Quilt Show Category Information 5
- * Membership Desk 6
- * **The Quilt Show Needs You!** 7
- * Library 8
- * Accuquilt Go! Cutters 10
- * Sew and Share 10
- * Workshop Information 11
- * Quilters Recycle Table 12
- * **Greenbelt Parking Information** 13
- * Community Events 14
- * CTQG Map of Advertisers 15

If you are a guild member and not receiving the newsletter, please let us know at:

ctqg.membership@gmail.com and

ctqg.newsletter.editor@gmail.com

PROGRAMME INFORMATION—Jennifer Tryon of HomeMade

Hello all quilters, sewers and other needlework enthusiasts. Fall is such a colourful and inspiring time of the year for all who are interested in crafts.

Our presentation this month will be given by Jennifer Tryon of HomeMade in Kingston. I first encountered Jennifer Tryon as I watched a video of Josee Lusignan and Jennifer at HomeMade as they explained the Sew Shapes Campaign for Soaring Circle. It was very informative and made me think about having both women as presenters at our meetings, which I have been able to do.

Jen loves to make things. She sews, does paper crafting, lettering, cooking and cake decorating. On top of that, she owns a quilt shop and has a family to raise. That is not where she started though. She began as a network news correspondent. Jennifer spent 20 years as a television news reporter but creating items for her home was a passion which has led her to where she is today. She regularly appears on Global TVs, The Morning Show as a DIY expert and on other networks. Jennifer started HomeMade on her own but it has grown to include other amazing women who share the love of all things home made.

I look forward to meeting Jennifer and introducing her to you at the October 14th meeting.





Executive Committee Members

President: Janice Namiesniowski

Vice-President: VACANT

Past President: Diane Grover

Secretary: Sherrill Crowder

Treasurer: Libby McRobbie

Programme: Ruth Lenarduzzi

Membership: Debbie Jolley

Community Projects: Elizabeth Barr



Activity/Volunteer Positions

Workshops: Heather Wolczanski and Joanne Villeneuve

Retreats: Catherine Parkinson and Laurelle Callaghan

Sew Days: Joanne Villeneuve and Cathy Caron-Tatta

Fat Quarters Club: Del Jazey & Susan Baker

Shop of the Month: Monique Boileau-Levesque

Quilt Show: Janice Namiesniowski & Tammy Davies

Quilt Show Registrar: Elizabeth Barr

Library: Veronica Baker

Website: Daphne Uras

Challenge: Elizabeth Barr

Newsletter Ads/Billing: Cathy Duchesne

Newsletter Editor: Marian Burke

Click on position (which is a link) to send an email to the person in this position.

PRESIDENT'S MESSAGE—Janice Namiesniowski

Inspiration

Where does it come from? We ask this of artisans and quilt presenters all the time. Their work is so unique and uplifting that it sparks our own creativity. But where do we, as everyday quilters, find our inspiration? For me, it's everywhere—what I see, read, watch, and hear fills my head with ideas. Of course, nature is a constant source of colour and beauty.



We're fortunate to live in a climate with four distinct seasons, each bringing fresh inspiration. Even simply rotating quilted décor in our homes can brighten the season. I've lived in places with only two seasons—Oklahoma City (brown and green) and Victoria (wet and green)—but I must admit, I love all four!

The internet is both a blessing and a temptation. Pinterest alone can lead me down hours of exploring quilt designs, colours, and blocks. It's an incredible (and free!) resource for inspiration. YouTube, blogs, and podcasts are equally rich. And now, with AI tailoring our feeds, more quilting content pops up every time we click—along with a few tempting shopping ads!

Books and magazines offer a slower, more relaxing way to find ideas. Nothing beats curling up with a favourite beverage and a good quilt book. Our own CTQG Library is a gem, as is the Ottawa Public Library. I now read quilt magazines online as e-magazines—did you know the library has more than 5,000 magazine titles? Definitely worth a look!

And of course, my absolute favourite place for inspiration is an independent quilt shop. Each owner brings their own spark, and just wandering the aisles, touching fabric, and admiring colours fills me with joy. When I can't get there, I sit in my sewing room with a cup of coffee and dream of all the possibilities waiting on my shelves. Where do you find your inspiration?

Wishing you a Happy Thanksgiving,
Janice ctqg.president@gmail.com



IN TOWN RETREATS—Catherine Parkinson and Laurelle Callaghan

Come and sign up for one (or more) of our retreats! This is a great opportunity to meet new people, make some friends, and enjoy some good food! Food, Laughter, Sewing! Does it get any better????



Dates for the 2025-2026 retreats

Fall 2025 (registration opened now):

October 17th to 19th OR October 24th to 26th

Winter 2026:

⇒ **NOTE DATE CHANGE!!!** Updated dates are January 23rd to 25th OR January 30th to February 1st (registration opens November 1, 2025)

Spring 2026:

April 17th to 19th or April 24th to 26th

Cost is \$80 for members and \$95 for non-members. We look forward to seeing you there!

HOW TO REGISTER AND PAY FOR AN IN TOWN RETREAT:

Register for any retreat by sending a email to ctqg.retreats@gmail.com

Payment for any retreat can be done by e-transfer. Please send the funds to ctqg.treasurer@gmail.com

IN PERSON SEW DAYS, FALL 2025—Joanne Villeneuve & Cathy Caron-Tatta

Sew Days are no-frills. Participants set up their own sewing space, help with common set up, and bring their own lunch and snacks. **Remember** that participants are also expected to help with packing up and putting away common areas (ironing, cutting, and Accuquilt tables), which will start at 4:30. If you have to leave early, please ask someone to cover packing up for you.

- * 9:00 am to 4:30 pm
- * Coffee (decaf and reg) and tea are provided.
- * \$10 Sew Day fee is for members. \$12 for non-members (exact change would be appreciated).

Dates for the upcoming in person sewdays are as follows:

2025: October 11, November 8, and December 13, 2025

2026: April 11, May 9, and June 13, 2026

Questions? Please contact: ctqg.president@gmail.com



LET'S HEAR IT FOR OUR ADVERTISERS!!!—Cathy Duchesne



So many great quilt shops and small businesses are supporting our guild! Can you spot the new businesses and our dedicated regular advertisers?

For small business advertising budgets are tight. Advertisers need to know their dollars are effective. When you shop let them know you belong to CTQG and appreciate their support.

Don't forget to use any promotional discount codes given in the newsletter!

HAPPY HUNTING!

Cathy Duchesne, ctqg.newsletter.advertising@gmail.com



COMMUNITY PROJECTS - Elizabeth Barr

We got off to a wonderful start in September thanks to all your hard work in the summer! We have got a special community project coming up. It involves YOU, scraps, and paper piecing! Retreat attendees will have the first opportunity to help!

Spotlight on HOSPICE CARE OTTAWA

Hospice Care Ottawa has 3 locations throughout our city which provide care for those in our community who are living with or have a loved one living with a palliative or life-limiting illness. They offer Day Hospice, In-Home Support, Caregiver Support and Bereavement Care. Every new In-Home client is gifted a care basket with one of our comfort quilts, but the need doesn't end there. When someone is no longer able to remain at home, Hospice also provides residential palliative care. May Court Hospice has 9 beds, 'Hein House' at the Ruddy Shenkman Hospice has 10 beds, and Maison de l'Est has 8 beds. They have said it would be wonderful to have quilts on each of these beds to have them feel more comforting and less clinical. Twin size quilts are needed, and we can help here as well. Pick up a kit and make a top, quilt a quilt, or bind a quilt.

Community Projects 2025 -2026 Panel Challenge!

Community Projects 2025 -2026 Panel Challenge! Come by the table and select a kit!

In this challenge, you may receive a large panel or a series of small, individual panels, a label and some additional coordinating fabric to use toward creating a fully finished quilt. You may want to dig into your fabric stash and find something that coordinates for binding, to augment backing, etc., and the idea is to have fun! You have 2 choices on how to face this challenge:

1. EASY DOES IT - Finish the challenge with the guidelines/pattern provided
- OR
2. ALL IN - Use your creativity and come up with a layout of your own!

To be eligible for the draw (cash AND fabric!!), Panel Challenge Quilts must be turned in fully finished and bound by May 12, 2026. Here's how the draw works:

Choose the EASY DOES IT route, you will be given 1 (one) entry. Choose the ALL IN option, you will be given 2 (two) entries. But wait... make your odds of winning even better! Make a 4" sleeve to fit the quilt and SAFETY PIN it to the quilt to DOUBLE YOUR CHANCES! Imagine that - ALL IN with a 4" safety-pinned sleeve = 4 entries!

All Panel Challenge Quilts will be donated to our community partners following their proud display at our Guild's Quilt Show in June and the sleeves will be retained by the Guild for use in future displays as required. Only 5 Panel Challenge Kits are left. If you would like to participate in the challenge and would like one set aside for you, please email ctqg.community.projects@gmail.com. Otherwise, on meeting night, it will be first come, first served.

Friendly reminder if making tops and quilts, fabrics with any reference to violence and/or alcohol/substance use must be avoided. Quilts of the following sizes are always appreciated:

- ⇒ Cuddle quilts - 22" square
- ⇒ Wheelchair quilts - 36" x 36" to 36" x 40"
- ⇒ Kids quilts from crib to twin - 40" x 40" to 60" x 72" (older teens may be tall)
- ⇒ Adult Twin and Queen size quilts - 60" x 75" or larger
- ⇒ Comfort quilts - 50" x 60"

Feel free to stop by the table, say hello & sign out a kit. Outside of meetings, you can reach me at ctqg.community.projects@gmail.com and am always happy to answer questions.



QUILT SHOW CATEGORY INFORMATION - Elizabeth Barr

2026 QUILT SHOW CATEGORIES

For our Quilt Show, held June 12th and 13th, 2026, eligible quilted items must be a 3-layer sandwich consisting of a top, batting, and backing.

VOTED CATEGORIES:

LARGE – Quilts with a perimeter of 281" or more

MEDIUM – Quilts with a perimeter between 181" – 280"

SMALL – Quilts, or quilted items, with a maximum perimeter of 180"

MINIATURE – Quilts with a maximum perimeter of 96" depicting a miniaturized version of a full-size quilt. If pieced blocks are used, individual blocks may not be larger than 4". A bound, individual block is not considered a miniature, nor is a ½" hexie

ART – Quilts in this category will include:

- ♥ Abstract & Improvisational – Non-pictorial with an emphasis on colour, line and design
- ♥ Depiction of Human or Animal Form – Illustrates a recognizable aspect of the human or animal form
- ♥ Landscapes & Still Life – Illustrates a recognizable aspect of natural or manmade scenery, or a recognizable object(s)

WEARABLES & ACCESSORIES – Garments, bags and pillows

SPECIAL EXHIBIT CATEGORIES:

Youth Under 13

Youth 14 +

2024 – 2025 Party Bag Challenge

2025 – 2026 Panel Challenge

Please note: 2026 CTQG Quilt Show Registration will be
ONLINE ONLY

An advertisement for Quilted Coton. The top half features a colorful quilt with a cat and sunflowers. Below it, the text "LEARN. CREATE. Quilt." is written in a stylized font. The bottom half shows various quilting tools like spools of thread, a ruler, and a rotary cutter on a cutting mat. The text "100% COTTON FABRICS, NOTIONS, LONGARMS & MORE!" is at the bottom. The website "QUILTECOTON.COM" and phone number "(819) 617-6777" are at the very bottom.



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MEMBERSHIP DESK—Debbie Jolley

Hello Members,

If you still need to complete your application and pay for your 2025-2026 Membership, I will be on hand at the October 14th meeting to process your application and take your payment. Paper copies of the application will be available.



If you sent an application in and paid during the summer/September, your new Membership card (name tag and pin if ordered) will be available to pick up at the sign in desk.

For 2025-2026, **every member** will need to complete a **new application form**, as there are new policies and we need to check your contact information is up to date.

The fees stay the same for the 2025 - 2026 year!

New and returning members - \$40, July 1st 2025 - June 31st 2026

Name tags - \$20

You have the option to pay by **cash, check or etransfer** during the Guild meetings.

Please make checks payable to **Common Thread Quilt Guild**

Etransfer to ctqg.treasurer@gmail.com

Cash is also accepted at the Guild meeting, but **exact change** would be appreciated

What's the quickest and easiest way to renew your membership this year?

I'm glad you asked!!!

- Visit the Common Thread Quilt Guild website.
- Under Membership, download the application form
- Complete and email back to ctqg.membership@gmail.com
- Etransfer \$40 to ctqg.treasurer@gmail.com

Pick up your membership card at the next Guild meeting!

Thank you for your continued support of our Guild!



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THE CTQG 2026 QUILT SHOW NEEDS YOU - Janice Namiesniowski

The success of the Quilt Show requires time, planning, and teamwork. We need two more volunteers on the Planning Committee.

Volunteer Coordinator

Do you enjoy working with people? Are you organized and comfortable using a computer?

As Volunteer Coordinator, you will:

- ♥ Establish a volunteer plan and schedule;
- ♥ Coordinate volunteer sign up for specific positions (e.g. setup, white glove, admissions, drop-off homes, etc.) and communicate with volunteers as needed; and,
- ♥ Manage the volunteer team and troubleshoot as necessary throughout the Show.



This position heats up in February, when volunteer sign-up begins. Until then only a small amount of work is required to prepare for sign-up.

Quilt Show Publicity

Promotion is key to every big event. We need an enthusiastic volunteer to promote the Show - to spread the word and get the public out! If you've ever promoted an event, have a knack with social media or enjoy working with graphics, become our Publicity Lead. The role involves:

- ♥ Promoting the "When, Where, and How" details of the Quilt Show through social media, "nonprofit" advertising, local and regional quilting communities and media.
- ♥ Distributing posters and bookmarks to quilt shops and other venues.

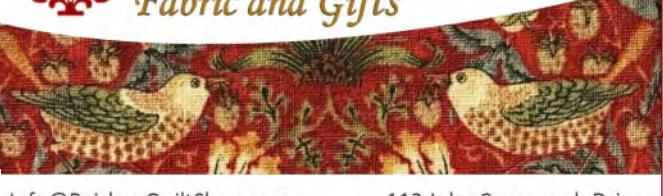
The Quilt Show Committee meets monthly to share lessons learned, brainstorm new ideas and problem-solve. Past Committee members are also available to provide guidance and share useful tools. Leading up to the Show most of the work involved in these two positions can be done remotely.

Please join us in making the 2026 Quilt Show a success
- contact Tammy or Janice at ctqg.quilt.show@gmail.com

Interested? Please drop us a line and ask anything!
Quilt Show Co-Chairs: Tammy Davies and Janice Namiesniowski



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CTQG 2026 QUILT SHOW NEWS—Rev Up Those Sewing Machines!

Some of you will already have this in the bag, but for the rest of us it's time to get going on our submissions to the 2026 Common Thread Quilt Show. To help with your decision, be sure to read the Registrars' article describing the categories that will be featured in the Show.

The Quilt Show Committee needs your help. There are two important positions on the Quilt Show Committee that remain vacant; Volunteer Coordinator and Publicity Lead. We urgently need Guild members to volunteer for these positions. Please see the "Help Wanted" article for a description of the positions and responsibilities.

Closer to the Show we will be reaching out to Guild members to volunteer at the Show and during set up and take down. In the meantime, we would like to thank those of you who have volunteered to serve on the Quilt Show Committee:

Co-chairs: Janice Namiesniowski & Tammy Davies

Treasurer: Libby McRobbie

Secretary & IT Specialist: Gisele Pilon-Brant

Registrars: Elizabeth Barr & Carole Maisonneuve

Vendor Coordinator: Lisa Fedak

Logistics Coordinator: Eve Luecke

Members' Boutique Coordinator: Paulette Beauchamp

We recently came across something that Laura Evans wrote to publicize our 2022 Quilt Show. It is a wonderful message worth reflecting on as we prepare for the 2026 Show.

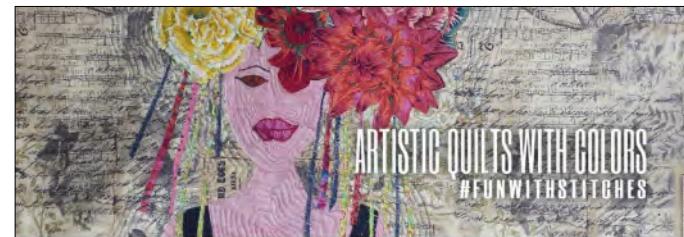
...our Show tells stories in stitches. Quilts are labours of love.

Quilts are works of art. Quilt-making has helped us in times of isolation. Quilts build community. Our Show is a celebration of quilting.

Mark your calendars: Our Show is being held at the Blackburn Hamlet Arena on June 12 and 13, 2026.

Quilt Show Co-Chairs: Tammy Davies and Janice Namiesniowski

ctqg.quilt.show@gmail.com



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LIBRARY NEWS—Veronica Baker

Happy October everyone!

Come early on Guild night, Tuesday, October 14th, 2025; the library will be open from 6:30-7:20pm. Volunteers are always welcome to come early (6:15pm) to help us set up and put away. We would appreciate some volunteers to sign up to assist with the opening a closing of the library on guild nights. There will be a sign in sheet at the library table.



Looking for a book? The full library catalogue is available online at the CTQG website Common Thread Quilt Guild, under Resources. From there you can reserve a book using the form on the library page.

Done any decluttering in the Quilt Studio? Books can be Donated to CTQG Library. However, the published date must be less than 10 years. The books can be added to the library if we don't carry it, or it can be added to the annual used book sale.

Any questions or suggestions come and see us or drop us a line at ctqg.library@gmail.com
Sharron and I look forward to seeing you at the next meeting.

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ACCUQUILT GO! CUTTERS—Lynn Bradley

Two Accuquilt Go! and one Accuquilt Go Me! cutters and dies are available to Guild members during In-Person Sew Days and Retreats.

Members are free to drop by and cut their fabric during these times and are not obliged to pay for the Sew Day or Retreat if they stay for only a short time and only for the use of the Accu-quilt. For example, one is free to drop by with pre-ironed fabric and use the Accu-quilt for a short time. If your cutting time is preventing paying participants from ready access to the Accuquilt, or if you plan to use the iron for other than a quick touch-up, then perhaps paying for the day is warranted.

Plan ahead to cut out a quilt or just some blocks or appliques at the next SewDay or retreat.

Check out the complete list of dies as well as handy tips for using the cutter at

<https://commonthreadquiltguild.ca/resources/accuquilt-fabric-cutter/>

Questions to ctgg.sewdays@gmail.com.



Sew and Share!

We work hard on our quilts so let's show them off. Let's take pride in our quilting accomplishments and inspire others!

Please bring your items to the October Guild Meeting! We would love to see what you have been working on this winter!!! Big or Small projects are welcome!!!



CTQG is now on *Instagram!!!*
[Check us out and give us a like!](https://www.instagram.com/commonthreadquiltguild/)



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WORKSHOPS FALL 2025 —Heather Wolczanski and Joanne Villeneuve

Introduction to Rope Bowls presented by Laura Malo

Date: Tuesday, 28 October 2025 **Time:** 10am-2pm at Notre Dames des Champs

Location: Notre Dames des Champs Community Centre **Cost:** \$55.00 (includes rope)

Class Description: Discover the art of transforming simple rope into beautiful, functional bowls in this hands-on sewing workshop! Perfect for beginners and confident sewists alike, this class will guide you through the entire process of coiling and stitching rope on a sewing machine to create sturdy, one-of-a-kind bowls.

You'll learn:

- How to prepare and handle rope for sewing
- Techniques for coiling and shaping your bowl
- Tips for adding color, fabric accents, or decorative stitching
- Finishing methods to give your project a professional look



By the end of the class, you'll leave with your own handcrafted rope bowl—perfect for organizing, decorating, or gifting—and the skills to make more at home.

Pictured samples will be at the September meeting if you want to take a closer look, and a supply list will be provided to participants. The class fee covers the cost of the rope.

About the Instructor: Laura Malo has been a member of our guild for many years and has held several positions of the executive, most recently as workshop coordinator. She is a self taught quilter and has enjoyed quilting for over 30 years. Like a lot of quilters, she has also dabbled in other creative areas such as knitting, painting and sewing.

HOW TO REGISTER AND PAY FOR A WORKSHOP:

Register for any workshop by sending an email to ctqg.workshops@gmail.com. Payment for any workshop can be done by e-transfer. Send all workshop fees to ctqg.treasurer@gmail.com.

Payment Policy for Workshops:

You will not be considered registered for a workshop until you have paid for your spot in full. For your convenience, we accept e-transfers to ctqg.treasurer@gmail.com payable within 2 days of signing up. You may also send a cheque by mail to the Common Thread Quilt Guild. If you mail a cheque, please inform the workshop coordinator at ctqg.workshops@gmail.com that payment is on the way. Your spot can not be "held" without payment. Placing your name on the list without payment does not guarantee you a space. We understand that a registrant may not be able to attend a workshop for any number of worthy reasons, but to ensure that a workshop does not have to be cancelled at the last minute because of withdrawals, no refunds or credits will be issued unless the workshop is cancelled by the Guild. If we are given enough notice and are able to fill your spot, we can then offer you a refund.



QUILTERS RECYCLING TABLE

"Why? Just Because. There Is No Planet B" - Anonymous



Bring your gently- or un-used quilting related items to May meeting and let someone else make or mend with them.

Remember to take home any of your items that were not recycled at the end of the evening!

Questions to ctqg.newsletter.editor@gmail.com

You haven't truly felt creative joy until you step inside Watergirl Quilt Co., a vibrant community where inspiration flows as freely as the river just outside our window. Come, belong, and let your quilting dreams come alive with every visit, you simply have to experience it for yourself!

Find us at the Almonte Quilt Show Sept 26th - 27th

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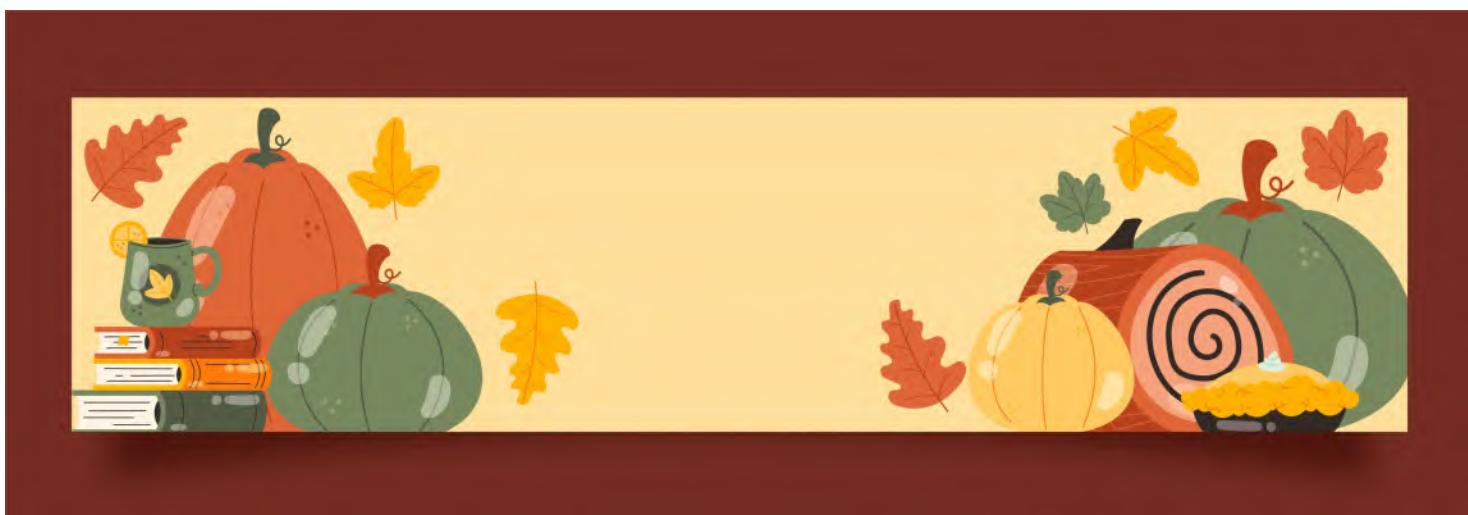
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GREENBELT PARKING INFORMATION

The gravel lot beside the church actually belongs to a bus company. The bus company is going to start construction and it needs to be kept clear. Below is a map that shows permitted parking areas around the church and alternate areas nearby (highlighted in purple).

With the Sensplex, it is hit-and-miss depending on their events. As well, for the dog park, some spaces need to be left available for the park users. Shefford Road also has parking on the opposite side of the road.





Advertising Space

Business Card: \$8 / month (3½" x 2" or 2" x 3½")

¼ page: \$16 / month (4½" x 3½")

½ page: \$30 / month (4½" x 7¼" or 8½" x 3½")

Full page: \$55 / month (8½" x 7¼")

Contact:

ctqg.newsletter.billing@gmail.com

Our guild's Facebook page,

Common Thread Quilt Guild (Ottawa)
can be accessed at



<https://www.facebook.com/groups/526558034114649/>

COMMUNITY EVENTS

Please note that the information contained below is not part of the Common Thread Quilt Guild. It is simply information that some might find useful/interesting.



401 Quilt Run

The 401 Quilting Run is taking place from October 1st to 31st. While this is not a Guild activity many of the participating stores are also advertisers in this Guild's newsletters! Wouldn't it be fun to visit a few just to say hi and check out their locations?!?! Enter to win a chance of winning the \$750 grand prize! See all the details and FAQ at <https://www.401quiltrun.com/>.



ARE YOU LOOKING TO JOIN A QUILTING GROUP?

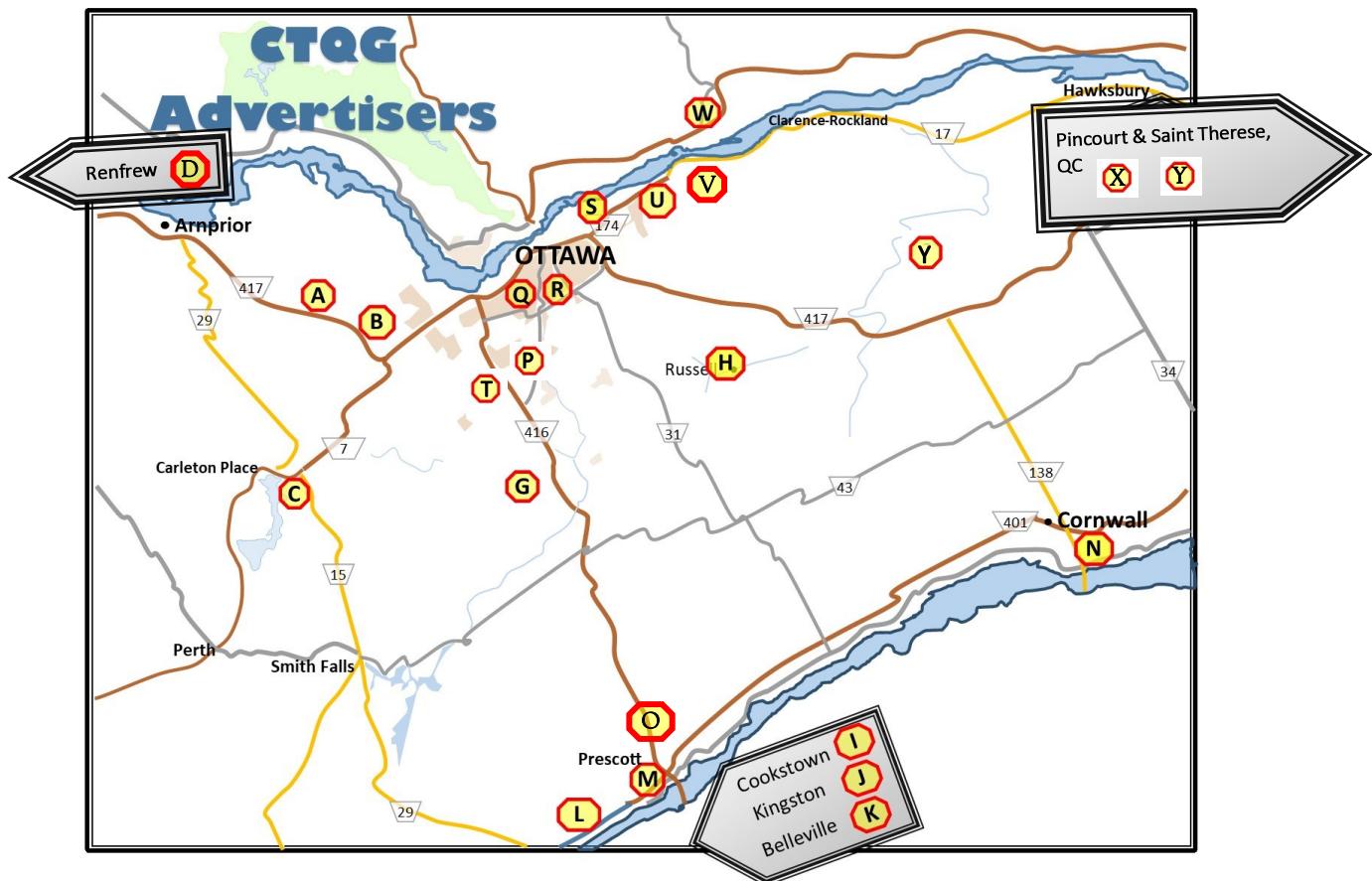
Look no further, the Gloucester 50+ Centre located at 4355 Helmont Drive (Pat Clark Community Centre) has drop-in quilting activities Mondays and Tuesdays from 9 am to 12 pm for those who are 50+.

You can bring your sewing machine, hand sewing, knitting or just come to chat and socialize with other quilters. You can join us for the whole 4 hours or not, it is totally up to you.

Rulers, irons, cutting boards, etc., are available. No set-up or take-down involved. At the end of the day, just put supplies back in the quilting storage cabinet. Oh, no need to bring lunch. There is a Food Services where you can still buy a sandwich for \$3.00 and a good homemade soup. Of course, you may bring your lunch and socialize with the quilters in the lunchroom. Lunch is served at 12 pm

Membership at the Centre is \$40 per year. The membership year is September 1 to August 31. New members will have a pro-rated membership one time only. Membership allows access to all drop in programs and registration for exercise and other classes. There is a \$2 drop-in fee for each week you attend quilting. You can receive a one-time guest pass for the first time you visit the centre. For information regarding the Gloucester 50+ Centre activities visit the website. [Home - Gloucester 50+ Centre](#).

The quilting group welcome people whether you are a Guild member or not. **This is not a Guild activity though many are CTQG members.** We enjoy day quilting amongst others who share our interest. We help each other with advice or techniques, have space for cutting and laying out and then cheer each other finished quilts.



Approx Zone	Map Listing	Advertiser (in order of Zone/Map Listing)	Address	Phone #
West	A	Happy Stitch Quilt Co	105 Terraview Drive, Ottawa	289-219-3121
	B	Paisleys Quilt Shop	112 John Cavanaugh, Carp	613-203-9011
	C	Happy Wife Quilting	280 Timberwood Dr, Carleton Place	613-257-9023
	D	The Needle and Thread Emporium	688 Storyland Road, Renfrew	289-241-9367
South & South-West	H	Quilters Barn and Gifts	1087 Concession St., Russell	613-496-2276
	I	Country Concessions	35 King St. N., Cookstown	705-458-4546
	J	Stitch by Stitch	550 Days Road, Kingston	613-389-2223
	K	Artistic Quilts with Colors	1963 Old Highway #2, Belleville	613-966-4715
	L	Taylor Sewing Quilt Shop	7712 Kent Blvd., Brockville	613-342-3153
	M	Watergirl Quilt Co	235 Water Street West, Prescott	343-260-9227
	N	Auntie Em's Scrapbooking & Quilting	109 11th Street West, Cornwall	613-938-4888
	O	Charles Street Quilt Retreat	8 Charles Street, Spencerville	CharlesStreetRetreat@gmail.com
	P	Fabric Geek	Online. Pickup avail from K1V 1H6	613-220-5557
Central	Q	Ottawa Sewing Centre	1390 Clyde Avenue, Ottawa	613-695-1386
	R	Fran's Quilting Services	60 Sparrow Way, Ottawa	613-733-7865
	S	Sew-Lo's	405 St Laurent Blvd, Ottawa	613-748-7878
	T	Sewing Machine Hospital	1568 Merivale Rd, #11, Ottawa	613-729-4379
East	U	Quilty Pleasures	2211 St Joseph Blvd., Orleans	613-834-3044
	V	Cathy's Quilting	319 Cottonwood Crescent, Orleans	613-791-7907
	W	Quilt et Coton	110 rue George, #15, Gatineau	819-617-6777
	X	Mad Moody Quilting Fabrics	1727 Des Pommiers, Pincourt, QC	514-425-0775
	Y	Elegante Virgule	45 rue Saint-Joseph, Sainte-Thérèse, QC	450-818-9189