



CANADIAN
Quilters
Courtepointes
CANADIENNES

2025 January

Northern Ontario CQA/ACC News

Happy New Year 2025!

This National Hobby Month

January 4 [Ribbon Skirt Day](#)

January 6 [Epiphany](#)

January 6, - February 17, 2025 at 12:00 pm (noon) EST

[National Juried Show Applications](#)

January 6 [12th Day of Christmas](#)

January 12 [National Hot Tea Day](#)

January 15 [CQA Webinar—Ruth Ann Berry](#)

January 18 [National Winnie the Pooh Day](#)

January 29 [Chinese New Year \(Year of the Snake\)](#)

January 30 [NASA Remembrance Day](#)

January 31 [National Hot Chocolate Day](#)



June 18-21, 2025

The 2025 Quilt Displays and Merchant Mall (Exhibit Hall) are NOT open on Wednesday

June 18th

New this year:

Four daytime lectures
(10 am – 6 pm)
on Wednesday, June 18

Welcome
& Award Ceremony:
June 18 (7:30 pm)

Exhibit Hall Open:
June 19 (9:30 am – 6 pm)
Exhibit Hall Open:
June 20 (9:30 am – 6 pm)
Exhibit Hall Open:
June 21 (9:30 am – 4 pm)
[International Centre](#)
Mississauga, ON



The first block design will be posted in mid-January. In the meantime, we encourage you to search that stash for your favourite colourful fabrics (hint: include some whites).

[True Colours Quilt Along 2025 - Canadian Quilters Association/Association Canadienne de la Courtepointe](#)

Blocks chosen were designed by:

Emily Payton, Lauren MacDonald, Rolanda Tovey, Viktoria Brave, Carole McRae, Rita Solkin, Corey Follett, Terry Whitmell, Heather Jarmyn, Judy Coffin.

Progress Flag Colours—A Fabric Guide



These colours are a guide. You can choose to use any colours you like for the Quilt Along.

ELLIOT LAKE QUILT GUILD

A HISTORY OF GIVING BACK



65 QUILTS OF VALOR

Donated to veterans injured during service. Presented 20 locally for the North Shore of Lake Huron and across Canada.



6 QUILTS FOR SURVIVORS

Donated to survivors of residential schools.

ANNUAL NEW YEARS BABY QUILT
Donated to first infant born in Elliot Lake.



1996

First quilt raffled with proceeds donated to the Elliot Lake miners.



1997

Bursary given to Elliot Lake Secondary School.



1998 - OCTOBER

First quilt show with benefits donated to the Elliot Lake District Special Olympics.



1999

Quilt raffle with proceeds benefitting Palliative Care.



2000 - OCTOBER

Second quilt show with benefits donated to the Women's Crisis Centre.



2002 - OCTOBER

Third quilt show with benefits to St. Joseph's Manor



2004 - OCTOBER

Fourth quilt show with benefits donated to the House of Kin.



2006 - OCTOBER

Fifth quilt show with benefits to Karis Disability Services.



2008

Raffle quilt for the Alzheimer's Society.



2009 - OCTOBER

Sixth quilt show with benefits to St. Joseph's Hospital Auxiliary.



2010

Raffle quilt donated to the Maplegate House for Women.



2011 - APRIL

Seventh quilt show with proceeds benefitting House of Kin.



2011

Raffle quilt with proceeds to St. Joseph's Hospital.



2013 - MAY

Eighth quilt show with proceeds benefitting Palliative Care in Elliot Lake.



2016

Ninth quilt show with benefits to St. Joseph's Hospital Auxiliary.



2017

Raffle quilt with proceeds donated to Maison McCulloch Hospice Sudbury.



2019

Raffle quilt and tenth quilt show with proceeds towards the purchase of a CT Scanner at St. Joseph's Hospital.



2021

Partnered with the Smile Quilters Group and donated quilts to those in need for multiple years until 2021.



2022

Guild members made 147 placemats for residents at Huron Lodge and for those who receive Meals on Wheels.



2024

Kennel quilts donated for cats and dogs at Muddy Paws and the Society for Animals in Distress.

ONGOING PROCEEDS & DONATIONS



Throughout the years, the quilt guild has made regular donations to the Elliot Lake Food Bank and the Bible chapel. With regular meetings hosted at the Gentle Shepherd Church, they are also recipients of regular donations.



Elliot Lake Quilt Guild promotes an appreciation for quilting as a traditional craft and a contemporary art form. Formed in the mid-1980's they are still standing with about 32 members.

The Quilt Guild participates in community events through quilting activities and contribute financially to community charities through the Quilt Show.

In the past, the guild has had a two-day quilt show that coincided with the Elliot Lake Arts Club Arts on the Trail, but shrinking membership over the pandemic period has caused them to put it on hold.

"It takes about 50 members to put the show together," said Monique Fourcaudot, adding that the guild hopes to have another one in 2026 or 2027.

- To promote an appreciation for quilting as a traditional craft and a contemporary art form.
- To provide educational opportunities by presenting general meetings, films, speakers, workshops and other activities related to quilt makers.
- To encourage an exchange of ideas and sharing of interests and information.
- To participate in community events through quilting activities.
- To contribute financially, from time to time, to community charities.



Interested in joining the **Elliot Lake Quilt Guild** and making an impact in your community? Contact us today:

Cathy: cdhuras@hotmail.com
Heather: hkrouski@gmail.com



The members of the Eliot Lake Guild meet each week in a former school, turned into a church. Totally unique! They meet September to June on the Tuesdays of the month. First Tuesday is the business meeting along with show and tell. Second Tuesday is dedicated to Quilts of Valour and Quilts for Survivors. Third Tuesday is Programs and/or presentations. Fourth Tuesday is open sewing for members.

Once a group focused on traditional hand quilting, they now enjoy a mix of styles. Contact current president Monique for more information on this guild.

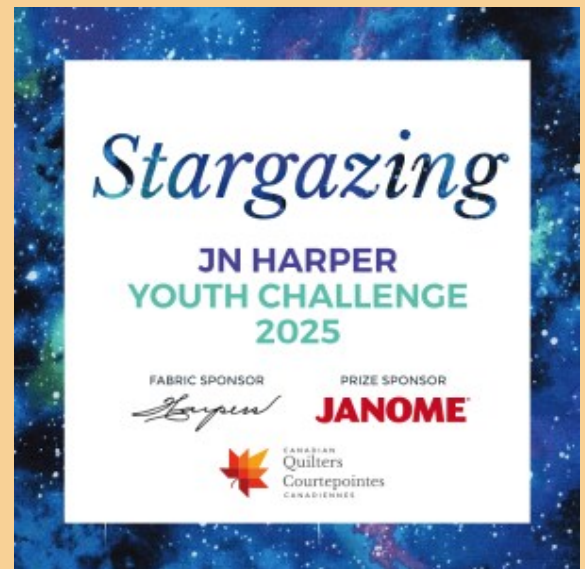
dustycat45@gmail.com



Trend-Tex Challenge Kits Available

CQA individual members \$25
Non-members \$35

[CQA/ACC Quilt Challenges 2025 - Canadian Quilters Association/Association Canadienne de la Courtepointe](https://www.cqa.org/Quilt-Challenges-2025)



Janome is awarding a new sewing machine to the 1st, 2nd and 3rd place winners of each age category in Toronto!

[Youth Challenge 2025 en Aug21.pdf](#)

Contact Diane Carson at diane.carson@canadianquilteradministration.com for more information



Northern Waters Display

I inadvertently created some confusion about this challenge and I apologize. I did not need the quilt by September, but just an acknowledgment that you were interested in participating. I am still taking the names of participants until the end of January 2025 & I find out at the end of January if our display is accepted. Email Cindy Connell at onnrep@canadianquilter.com

On the back page of this newsletter is the information on this opportunity to promote your guild or store at the Toronto Quilt Canada on June 18-21, 2025. This is for CQA Member Guilds or Shops in Northern Ontario.

Thank you to the following groups who will be participating:

- Life's a Stitch, Sault Ste. Marie
- Stitches From the Heart Guild, SSM
- Gem Sewing, Sudbury
- The Cottage Quilter, Corbeil
- Elliot Lake Quilt Guild
- Sudbury District Quilting and Stitchery
- Rayside-Balfour Quilting and Stitchery
- Gore Bay Happy Quilters
- Island Quilters Guild
- You????

Start planning if you will have some postcards, business cards, or bookmarks for people to pick up in Toronto!

Recipe

After such a cold December here is an easy comfort food in honour of the Chinese New Year



31. HAPPY NEW YEAR!

M	N	U	F	C	H	A	M	P	A	G	N	E	S	C
I	F	I	R	E	W	O	R	K	S	R	G	S	H	S
R	N	G	N	I	S	S	I	K	O	N	E	E	W	D
E	O	N	T	R	A	T	S	C	I	R	E	I	H	A
L	I	I	U	B	E	G	I	N	D	R	N	D	O	R
A	T	R	X	N	I	R	E	V	S	G	U	H	O	E
T	A	D	C	Y	P	V	S	E	I	T	R	A	P	S
I	R	I	G	A	E	F	I	R	S	T	R	T	E	O
V	B	N	C	A	L	A	D	T	D	J	I	E	E	L
E	E	N	I	W	M	E	R	A	A	M	N	E	A	U
S	L	E	G	M	S	E	N	N	E	S	V	R	S	T
I	E	R	U	I	A	C	U	D	E	H	I	U	E	I
U	C	S	R	M	E	A	S	T	A	H	T	T	P	O
R	I	E	E	S	R	B	A	L	L	R	E	U	O	N
C	S	R	T	Y	A	D	I	L	O	H	D	F	H	S

Clues

Solution: 8 letters

Ball, Begin, Calendar, Capricorn, Celebration, Champagne, Cheers, Cruise, Dances, Dare, Dates, Desires, Dinners, Dress, Evening, Festivities, Fireworks, First, Fun, Future, Game, Hats, Holiday, Hopes, Hugs, Invited, January, Kissing, Music, Parties, Relatives, Resolutions, Ring, Start, Streamer, Swing, Time, Treat, Tux, Whoopee, Wine, Year.

Find all the words in this word find, and the remaining letters will spell out an additional themed word! It's from Wonderword.com

Crockpot Sesame Chicken Recipe

by: <https://thenovicechefblog.com>

PREP TIME 10minutes

COOK TIME 4hours

TOTAL TIME 4hours 10minutes

YIELD 4 Servings

Ingredients

- ¼ cup low sodium soy sauce
- 1 tablespoon plus 1 teaspoon cornstarch
- ½ cup honey
- 1 tablespoon tomato paste
- ¼ cup finely diced onion
- 2 cloves garlic, minced
- 1 teaspoon crushed red pepper, or to taste
- 1 lbs boneless skinless chicken breasts or thigh meat, cut into 1 inch pieces
- 1 red bell pepper, seeded and thinly sliced

optional sides/toppings:

sesame seeds, to taste
thinly sliced green onion, to taste
sticky white rice
steamed broccoli, or cauliflower florets

Instructions

1. In a large bowl, whisk together soy sauce and cornstarch until smooth.
2. Add honey, tomato paste, diced onion, garlic and crushed red pepper.
3. Add chicken and bell pepper to sauce, toss to coat.
4. Transfer to slow cooker and cook on low for 4 hours. (Can leave up to 6 hours on low, chicken and red peppers will just be extra soft.)
5. Serve over rice and broccoli, as desired. Top with sesame seeds and green onion.

Notes

- **Meal prep:** You can meal prep it on Sunday for the week or prep it months ahead and freeze it!
- **Adjust the sweetness:** If you like an extra sweet sauce, you can add extra honey. And on the flip side, you can of course use a little less honey to cut down on the sugar count.
- **Add some heat:** Adding extra red pepper flakes or Sriracha will definitely step up the heat in your sauce!
- **Add more veggies:** I recommend using sliced red peppers in the slow cooker cooking with the chicken. They add great flavor and I enjoy the taste they add after cooking all day. Other vegetable ideas include snap peas, cauliflower, yellow/orange bell peppers, or carrots.
- **Steam broccoli first:** I love adding broccoli to my sesame chicken! However, I quickly steam fresh broccoli in the microwave and toss it in the sauce with the chicken before serving so it stays crisp tender, not soggy.
- **Cut the meat:** Cut your chicken (breast or thighs) into chunks. Don't leave it whole or shred it. The sauce to chicken ratio will be quite off. You might wind up with more of a Crockpot sesame chicken soup instead!

Nutrition for 1 serving

Calories: 395kcal, Carbohydrates: 41g, Protein: 44g, Fat: 6g, Saturated Fat: 2g, Polyunsaturated Fat: 4g, Cholesterol: 131mg, Sodium: 712mg, Fiber: 1g, Sugar: 37g



From your Ontario North Representative

Cindy Connell
onnrep@canadianquilter.com

Hello!

Here is your mission, should you choose to participate:

Who: You! Northern Ontario Guilds and Stores that are members of CQA
What: **Northern Waters Concurrent Show**
Where: Quilt Canada 2025 Toronto
When: Soon!
Why: Promotion of skill found in Northern Ontario Guilds and Stores
How Much: \$10 + shipping two ways to and from Sault Ste. Marie, Ontario



Step 1:

Each group who is a member of the Canadian Quilters Association would submit a 20x20" quilted piece, with a hanging sleeve, that depicts water. Each group need to let me know of **intent** as soon as possible.

Step 2:

You figure out which piece gets selected. Blue should be used in the quilt, but technique, style and which piece to be shown would be up to the individual group. Pick an artist, or run a guild challenge, what ever you like. **I need the quilt PLUS the information on this piece by the end of May 2025.**

Step 3:

Each contributing group will incur the cost of shipping the quilt to me and the cost of sending it back to you. I will also ask for \$10 from each group to cover the cost of the table rental, and the pipe and drape costs to display your work in Toronto. So, \$10 + what it cost you to ship the quilt to me sent to me by | cheque or etransfer. If you can drop it off and pick it up, then only \$10!

I will be driving down to Toronto with the display, hanging it up, monitor information on the table, taking down the display at the end, returning to the Soo with the items and then sending you your quilt back.

I will also be creating an information sheet about each item and one on each organization that participates. This will be seen by hundreds of people during Quilt Canada. Almost free advertising costs to promote your store, guild, or quilt show.

If you have business cards, bookmarks or flyers you wish to distribute, I can place these on the table as well. Its a win-win!