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## Words of Wisdom

*"To practice an art, no matter how well or badly, is a way to make your soul grow. So do it."*

Kurt Vonnegut

## Program Lineup 2021

This fall, we are anticipating that meetings will be Zoom meetings. Hopefully, this won't be the case. Please look for details about the meetings in the next communications from OOTB.

### Monday, November 15, 7pm-9pm

Our next OOTB meeting on Monday, November 15 is coming up quickly. The format again is a hybrid meeting – for those joining via Zoom, the link will be sent out on the 14<sup>th</sup>. Registration information for attending the meeting in person have been sent out by MaryAnne.

Nan Davies will lead the unveiling of the pieces made in our latest challenges – in person and on Zoom, then Anne Warburton will talk a bit about shape and form as design elements.

### November 2021

Stittsville Library Show – Guess the Idiom

### Monday December 13, 7pm-9pm

Monthly Meeting Social - a seasonal or holiday ornament you have made or inspired you

### 2022, Monday, January 17, 7pm-9pm

Member Speaker – Elaine Quehl, A Design Journey  
The January and February meetings are planned to be virtual to avoid the dark winter driving.

## 5 Weeks of Madness

How to present the 5 Weeks of Madness Challenge

### In-person Presenters:

There will be a table at the back of the room where you will place your creation. You will be given a number which indicates your place in the order of presenters. The items will stay on the table for people to look at from 6:30 to 7:00, at which time you will get your creation and return to your seat, ready to show. When your number is up, go to the computer at the front. So if number 3 is presenting and you are number 4, please be ready to show yours when number 3 is finished. Return your creation to the table so people can see them at the short break.

### Zoom Presenters:

I will assign you letters of the alphabet prior to the meeting, probably Sunday evening. So A will present first, followed by B etc. Remember to unmute yourself.

### For Both Groups:

We will do the in-person group first, followed by the Zoom group.

Please hold your creation up to the computer camera, rotate it slowly to show all sides, and give a short (like 1-2 minutes) explanation.

## Stittsville Library Show

The Stittsville Show is up and I encourage you to go and see it until November 29th! Invite your family and friends to go too. The Library is at 1637 Stittsville Main Street and is open every day of the week except Remembrance Day, November 11th. Please check the website for details and specific times: <https://bibliootawalibrary.ca/en/branch/stittsville> We have a variety of pieces there which complement each other very well and are entertaining in the theme of "Guess the Idiom". Thank you to those who made artwork for the show and those that helped set up and also a special thank you to Nancy Scott who suggested the "Guess the Idiom" theme!

We will be taking down on Tuesday November 30th at 1pm. If you have a piece in the show please pick it up at the library then. For those of you that cannot pick up I will be taking the remaining pieces home and we can then arrange for you to get them back. Thanks again everyone for a great show this year!

Connie

## Hand Care

From: <http://www.noqers.org/tips/tips1297.shtml>

Every quilter can tell you the proper care for your fabric, needles, pins, thread, sewing machine, rotary cutter,

rulers, cotton batting and quilt frame. This month we're going to learn how to care for your most important tools: your hands and fingers.

As winter comes to those in the north, and dreary weather to those in the south (and scorching summer to those south of the equator), our skin changes, and can become painful. There are things we can do, though, that will promote healthy hands, hands that aren't chapped and raw.

First, for the quilters suffering winter right now, the number one thing you can do for yourself is to wear gloves when you go outside. If you wear nail enhancements, put those gloves on even if you're just dashing out to get the mail. The enhancements expand and contract at a different rate than our natural nails, and this can lead to painful breaks. If you suffer from chapped hands, use a hand cream at night, one that doesn't contain alcohol. Hand creams are thicker and hold better than hand lotions.

For everyone else, use a good hand lotion after each hand washing, and gently push back your cuticles. Use a good cuticle oil every day, twice a day if they are really dry. Try to find one that is all oil.

You can improve nail growth with certain foods, but it won't happen over night. It takes several months for the new growth to reach the end of your fingers. Eat a well balanced diet with plenty of seafood and calcium, and your nails and skin will be happier. And while you are waiting for your nails to naturally get stronger, you can supplement with a good base and top coat, with any color you wish in between. If you decide to use a nail hardener and notice that after a couple of weeks your nails are becoming brittle, discontinue use. Some hardeners contain excess amounts of formaldehyde, which are great for a couple of weeks, but cause the nails to go beyond hard.

Finally, this holiday season is the perfect time to treat yourself to a manicure. Manicures not only take care of nails and cuticles, but include a hand and arm massage to help destress you. If you are lucky enough to live near a beauty school, go there and not only will you be pampered, but it will be very inexpensive (and you'll be giving a student the practice she needs to become a true professional).

One last thought. Nails should NOT hurt. Having a manicure or getting a full set of nails put on should be a luxury and not a cause to break out the Advil.

Professional nail techs take care to not hurt their clients. If you are coming home from a nail appointment in pain, bruised, or bleeding, and your nail tech doesn't

try everything to correct this, find someone else! When properly applied nail enhancements are no more stressful than applying polish.

If you have any nail questions feel free to email me. I wish you all Happy Holidays and happy quilters hands

### ***Library Update***

The OOTB library will be open from 6:30-7 pm at our next meeting, Monday November 15 2021. Again, we will have two boxes in three tables, one at each end. **Up to three (3) items** may be borrowed at one time.

### **Signout Procedure**

There will be a separate table for returns and signouts. After you have selected your items, please :

- 1) Sign your name and phone number on the borrower's card located on the item.
- 2) Drop the cards into the box marked "circulation."
- 3) Take a coloured paper marked with the January due date and place it in the pocket of items.

**Place returned items into the return box.** Please don't remove anything from the box. We will process it as quickly as we can.

### **Care of items**

Please do not mark any items in the OOTB collection (e.g. underlining, highlighting, margin notes). If you have problems playing a DVD, or notice damage to a book or magazine, please attach a post-it note so we can check and replace if necessary.

If you have any questions or suggestions for items to add to our collection, please contact me.

Nancy S.

### ***Mary Pal***

Mary is one of our former OOTB members who has gone on to significant achievement and acclaim in the fibre art world. I recently received, through membership in SAQA, a link to an interview that Mary did for Timeless Textiles Gallery in Newcastle, Australia, where one of her new works is on display. I thought the video would be of interest to current members of OOTB. In the video, Mary discusses her earlier work, as well as her new directions, and includes several images of her textile art.

The link is [youtube.com/watch?v=QDKR3ErUsBQ](https://www.youtube.com/watch?v=QDKR3ErUsBQ) . Or you can simply google Mary Pal Ain't the Archies and the video will come up.

Margaret Dunsmore

### **Hi everyone. I'm Carmen.**

I'm new to OOTB and wanted to jump in and introduce myself and my business. I'm a fibre artist and creative entrepreneur. I run a small, local, creative arts studio called Ply Studio (located over in New Edinburgh). It's my mission to make people feel good by teaching them to make stuff by hand.

Ply Studio is a place for makers and would-be makers, friends and those that will be friends, experiments (both wildly successful and splendidly failed), craft and art and the debate about what is what, good coffee or good wine depending on the time of day and that song that sets the perfect soundtrack for the workshop you didn't know you'd take and can't believe you love.

Ply Studio is about handmade living, creative practice as the pause button for a too-fast/too-stressful/too screen-filled life, mindfulness (or 'craftfulness' as was coined by Davidson and Tahsin, 2019), beauty, colour, texture, curiosity.

Our learning experiences assure you that 'yes, we thought of that'. The workshops are taught by skilled artists, crafters, and makers. They are just the right amount of time for you to get into your groove. The materials are luxe and carefully curated. The space is inviting and definitely not run of the mill. The results of your workshop labours will astound you. We want you to go away with something you are proud to say you created with your own 2 hands.

I hope you will visit my website [www.plystudio613.com](http://www.plystudio613.com), sign up for my emails, tell your friends about me and register for a workshop this fall/winter!

One more idea: Take a workshop with your friends/family instead of buying gifts for each other this Christmas! Or buy a gift card to let someone choose their own workshop. By supporting small, local and female-owned businesses like mine (instead of buying more things no one really needs through Amazon), you truly make a difference to the very 'fibre' (ha!) of our community!

Finally, feel free to reach out to me ([carmen@plystudio613.com](mailto:carmen@plystudio613.com)) to let me know what type of workshops you hope to see in the future (and whether you might be interested in collaborating on offering one!).

I hope to see you all at Ply Studio soon!

Carmen Bohn  
Owner/Chief Yarn Officer (CYO)  
Ply Studio

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### **Planning Committee**

PC Convenor	Anne Warburton, Loree Tannett
Education	Kathy Lajeunesse, Nancy Davies, Pam Davy, Crystal Angers, Liz Tyrwhitt, Olivia Chuchryk
Secretary	Andrée Faubert
Membership	Dorothy DeRose
Treasurer	Marilyn White
Web-coordinator	MaryAnne Toonders
Newsletter	Helen Gordon
Facebook/Instagram	Cathy Haley <a href="mailto:haley.cathy@gmail.com">haley.cathy@gmail.com</a>
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Publicity/Marketing	
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