

NLWI CONVENTION MAY 13 – 15, 2016 WORKSHOP INFORMATION

There are sixteen workshops offered. You may, if you wish, take up to four, one in each time slot. Workshops are on a first come, first served basis. In case you do not get your 1st choice please make a 2nd choice for each workshop session. On the form below choose your first preference workshop in each time frame. Place the number of that workshop in the final column under 1st choice. Do the same for your 2nd choice.

Workshops are included in your full Registration Fee.

Friday May 13th 2.00 – 3.30	1 Iris Folding Instructor Sheila Ford	2 Fabric Necklaces Instructor Heather French	3 Genealogy Presenter Jill Marshall	4 Craving Change Mindfulness Dietician Susan Rideout	1 st choice # _____ 2 nd Choice # _____
Friday May 13th 3.45 – 5.15	1 Fabric Painting Instructor Heather French	2 Fabric Thread Catcher Bag Instructor Rosemary Roach	3 Occupational Therapy Presenter Maire Nic Niocaill	4 Take Charge NL (NL Power) Presenter Ashleigh Halliday	1 st choice # _____ 2 nd choice # _____
Sat. May 14th 1.30 – 3.00	1 Hexamania Instructor Sheila Ford	2 Manxx Block Instructor Heather French	3 Quilt Trunk Show Presenter Phyllis Fitzgerald	4 Line Dancing Instructor Mary Kennedy	1 st choice # _____ 2 nd choice # _____
Sat. May 14th 3.15 – 4.45	1 English Paper Piecing Instructor Rosemary Roach	2 Iris Folding Instructor Sheila Ford	3 Gentle Yoga Instructor Maureen Dwyer	4 Conservation of Quilts Presenter Maureen Power	1 st choice # _____ 2 nd choice # _____

Workshop Descriptions

Iris Folding Cards – Iris Folding is a technique that can be used to make greeting cards, scrapbook pages or pieces to be framed. The method begins with cutting a shape out of cardstock and then filling in the opening with a series of coloured strips of paper. The design created by the placement of the paper will resemble the iris of a camera or an eye, thus the name Iris Folding. A card will be made in the session.

Fabric Necklaces – These, are cute, easy, fast and cheap to make. They can be made from scrap fabric to match your wardrobe. They make great gifts for all ages. To be completed in the session.

Fabric Painting – This technique shows you how to Marble Print fabric. It is fun to do and you never know what the resulting fabric will look like.

Fabric Thread Catcher Bag- This is a neat little bag to put by your sewing machine to use as a catcher for your threads. It is completely sewn by hand and folds compactly with a twist for carrying to workshops. Kit provided and your bag should be completed in the session.

Hexamania– This is a three dimensional fabric hexagon that when finished will measure 3 ½ x 3 ½ x 3 ½. Kit provided and project should be finished in the session. Makes a nice Christmas decoration.

Manxx Block – This is an ancient quilt block that in olden times was completely made by hand. You will learn the story of the Manxx block and go away with a finished block to use in a project of your choice.

English Paper Piecing - Create quilt blocks by wrapping fabric around paper patterns. A useful technique for hand piecing as precision piecing can be achieved.

Genealogy – This workshop will cover the origins of pioneer settlers to the province. The resources available for NL Genealogy will be described. A case study will be presented and a question and discussion period available. Information handouts will be provided.

Craving Change/Mindfulness – Dietitian, Susan Rideout will discuss our eating behaviours and why it's hard to change our habits. She will identify what triggers eating and how to overcome obstacles.

Occupational Therapy - An interactive session that will show you how to keep active and improve your balance with easy and safe exercises. Handouts provided.

Take Charge NL- This presentation discusses energy efficient awareness and rebate programs that will help us all use energy wisely, reduce consumption, and save money.

Quilt Trunk Show – Phyllis Fitzgerald is an enthusiastic and avid quilter who will bring samples of her work to show and discuss. Phyllis brings inspiration to anyone who likes to quilt with her vibrant use of colour and her outside-the-box ideas.

Line Dancing – Line Dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or circles. Everyone executes the steps at the same time.

Gentle Yoga – Participants will take part in a yoga session in some cases using a chair for many of the poses.

Quilt Preservation – The conservation and preservation of quilted items, both antique and contemporary will be discussed. Topics covered will include cleaning, storage, sun damage, stress on fibres, sizing, detergents to use, etc.

ACCOMMODATIONS

You are responsible for your own accommodations.

The following are the hotels within a kilometer or so of the Convention venue.

Holiday Inn - (Convention Venue) 180 Portugal Cove Road, St. John's, 1-709-722-0506
Standard room - 2 queen beds -\$159.00/night plus taxes single or double occupancy.
Triple or quad occupancy an additional charge of \$10.00 per person
No continental breakfast. Mario's restaurant is on the premises.

Hillview Terrace- 3 Wadland Crescent, St John's 754-9822 or 1-888-754-9822
No breakfast included as there is a full kitchen.
1 room suite with queen bed \$119.00 per night, taxes extra
2 room suite with 1 queen bed and 1 double bed \$150.00 per night, taxes extra
3 room suite with 2 double beds and 2 twin beds \$189.00 per night, taxes extra
Check in 4pm, check out 11am

Super Eight – 175 Higgins Line, St. John's, 739-8888
2 queen beds or 1 king bed, standard room \$169.00 per night, taxes extra
Two suites that sleep 4 people at \$189.00, taxes extra
Continental Breakfast is included.

Memorial University – Rooms are available at Memorial. Information on price was not available at printing time. It is suggested you contact the University directly if you wish to book rooms with MUN. Telephone # 709-864-7933

Other Information

Fat Quarters –Taking the idea from the Convention in Gander we are asking for donations of fat quarters for a draw. They must be 100% cotton and either brought to Convention or sent in to the NLWI Office.

Sales table – As in past conventions we are asking Branches to donate item/items for a sales table. Items must be at least to the value of \$5.00.

All information re convention is on the NLWI web site. www.nlwi.ca

Cabot Quilters Quilt Show (Quilted Treasures) will take place on May 14 &15, 2016 at the Jack Byrne Arena, Torbay. Admission is \$6.00.

Mini Craft Fair – The Mini Craft Fair (for members only) who wish to sell their handmade items, will take place on Sunday morning from 11am to 12 noon. Members wishing a table (cost \$10.00) please fill in the following form. The \$10.00 fee may be added to your registration fee and the form submitted with your registration information.

Craft Fair Table_____ **Name**_____ **Branch**_____
\$10.00 fee added to registration total_____