



Newsletter of the Blue Ribbon Chapter

American Needlepoint Guild, Inc.

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June 1, 2022

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Calendar

June 9-11	Needlework Stash Sale Thursday, June 9 - 6-8 pm. This is for our members. Friday, June 10 - 8 am - 5 pm Saturday, June 11 - 8 am - 12 pm
Tuesday, June 14 5:30 - 7:00 pm 7:00 - 7:30 pm 7:30 - 8:30 pm	Monthly meeting – Knights of Columbus and Zoom Social/stitching time; log in to Zoom (6:30 pm) Board and chapter business meetings Study topics – Autumn Fireworks and Iowa State Fair
Wednesday, June 15 1:00 - 4:00 pm	Stitch-In-Public – National Czech & Slovak Museum & Library Please let Joyce Pencook know by Monday, May 16 if you plan to stitch at the Museum. Joyce's number is 319-491-6227.
Sunday, June 19 1:00 - 3:00 pm	Stitch-In-Public – Create Exchange , 615 Center Point Rd NE, Cedar Rapids
Friday, July 1	Deadline for State Fair Entries
Saturday, July 9 1:00 - 1:30 pm 1:30 - 2:00 pm 2:00 - 4:00	Monthly meeting – North Liberty Library and Zoom Social/stitching time; log in to Zoom Chapter business meeting Study topic – Intro to Needlepoint Threads
Sunday, July 17 1:00 - 3:00 pm	Stitch-In-Public – Create Exchange , 615 Center Point Rd NE, Cedar Rapids
Wednesday, July 20 1:00 - 4:00 pm	Stitch-In-Public – National Czech & Slovak Museum & Library
Saturday, July 30	Deliver State Fair Entries
Tuesday, August 9 5:30 - 7:00 pm 7:00 - 7:30 pm 7:30 - 8:30 pm	Monthly meeting – Knights of Columbus and Zoom Social/stitching time; log in to Zoom (6:30 pm) Chapter business meeting Study topic
Wednesday, August 17 1:00 - 4:00 pm	Stitch-In-Public – National Czech & Slovak Museum & Library
Sunday, August 21 1:00 - 3:00 pm	Stitch-In-Public – Create Exchange , 615 Center Point Rd NE, Cedar Rapids
Monday, August 22	Pick up State Fair Entries

Visit the Blue Ribbon Chapter website at <https://www.blueribbonang.com>

Facebook page – <https://www.facebook.com/Blue-Ribbon-ANG-102362961642607>



Blue Ribbon ANG Chapter Meeting Minutes, May 14, 2022

Present: Kareen Strumpel, Cindy Baldwin, Robin Rossignol, Lori Barton, Karen Rajtora, Joyce Pencook, Jamie Randall, and Connie Rosene

President Kareen Strumpel called the meeting to order at 1:29 PM (at Coralville Public Library)

No new members were present.

Minutes from the April 2022 meeting were approved as published and placed in archive (motion Cindy Baldwin, second Robin Rossignol). Motion carried.

Treasurer Lori Barton reported that the checking account updated balance = \$908.03

The 990N form has been submitted to the IRS for Federal non-profit organizations.

Reports:

Membership: Cindy Baldwin reported no new members in the past month.

Nominating: The slate of candidates was listed in the newsletter:

- President: Robin Rossignol
- Vice President: Jamee Klein
- Secretary: Connie Rosene
- Treasurer: Lori Barton
- VP Membership: Kareen Strumpel

Voting will be conducted at the annual meeting in July.

Czech Museum: Joyce Pencook reported the next Stitch-in-Public event at the Czech Museum will be Wed. May 18. Let her know by May16 if you plan to attend.

Old Business:

Education: August 16 Cindy will offer a beginning cross stitch class at 6 PM at the Coralville Library. It is a pattern of a ladybug.

Create Exchange: Our next stitch-in-public will be held at the shop on May 15 at 1 pm.

Coralville Library Exhibit: Exhibit taken down today. We did not receive any specific comments but one of the librarians complimented our display. They did receive some positive comments.

Iowa State Fair: Registration is open. Two members have already registered.

The Blue Ribbon Chapter of American Needlepoint Guild, Inc. (ANG), invites interested individuals, regardless of expertise, into membership. Dues are \$20 per year payable to the Chapter. You must be a current ANG member to belong to the Chapter. ANG membership information can be found at <http://www.needlepoint.org/membership.php>.

Guests and visitors are welcomed.

Meetings are held the 2nd Tuesday of every month (except May, July, and October) starting with a social time at 5:30 pm, with the formal meeting starting at 7:00 pm. These meetings are held at the Knights of Columbus, 1620 E Avenue NE, Cedar Rapids, IA and on Zoom. Meetings in December, January, and February will be held on Zoom only, starting with Zoom login/social time at 6:30 pm, with the formal meeting starting at 7:00 pm.

Meetings in May, July, and October will be held on the 2nd Saturday of the month starting with social time at 1:00 pm and the formal meeting beginning at 1:30 pm. The Saturday meetings are held at the North Liberty Public Library, 520 W. Cherry St, North Liberty, IA and on Zoom.

Board meetings will be held in September, December, March, and June.

The Blue Ribbon ANG Newsletter is published monthly. Deadline for submission of items is the 20th day of each month.

Newsletter Editor: Cindy Baldwin cbaldwin1828@gmail.com

2021-2022 Officers

Past President Connie Rosene (crosene@kirkwood.edu)

President Kareen Strumpel (kareen@imonmail.com)

President Elect Robin Rossignol (robin-ann-rossignol@uiowa.edu)

VP-Membership Cindy Baldwin (cbaldwin1828@gmail.com)

Secretary Connie Rosene (crosene@kirkwood.edu)

Treasurer Lori Barton (lmbtb13@gmail.com)

Chapter website: <https://www.blueribbonang.com/>

May 14, 2022, Minutes (continued)

Donated Stash and Sale: Heidi picked up the donated stash and will bring it to Create Exchange on Sunday to sort.

Knights of Columbus would charge \$250 to rent the hall for a sale but if we opened the event up to K of C members we could rent tables instead and save money. We have lots of books, patterns, painted canvas, threads, stretcher bars, an Ott light, etc.

Discussed the possibility of holding the sale at Kareen's garage during the Crystal Estates annual community garage sale on June 9. We could set-up on Thursday afternoon and shop the early bird, invitation-only sale. The sale would be held Friday – Saturday, June 10-11. Kareen will need more tables for this event if anyone has them.

New Business:

Hearts for Hospice: Currently these items go to the Kansas City chapter. Discussed the possibility of a move to donations to the VA with hearts made of red, white, and blue designs. If there is interest from our chapter, Cindy will make contact with the VA.

Meeting was adjourned at 2:09 PM.

Next meeting will be held on Tuesday, June 14 at 6:30 at Knights of Columbus Hall and via Zoom.

Robin Rossignol presented instruction on a make-it-and-take-it ornament project as a pilot for the State Fair.

Respectfully submitted,

Connie Rosene, Secretary

Nametag

Since we have new members, it is time to start wearing our nametags at meetings and when we are stitching in public.

Needlework Stash Sale

Our needlework stash sale will be held in Kareen's garage on June 9, 10, and 11. Hours are as follows:

Thursday, June 9 - 6-8 pm. This is for our members.

Friday, June 10 - 8 am - 5 pm

Saturday, June 11 - 8 am - 12 pm

You are welcome to donate unwanted supplies to the sale and can bring them to Kareen's on Thursday, no later than 5:00 pm. If you can't make it on Thursday, please make arrangements with Kareen to drop things off earlier in the week.

We may need one or two more tables.

Kareen's address is 712 Tiffany Drive NE in Crystal Estates.

Kareen has prepared a sign up schedule. Please let her know when you are available to assist:

The days are divided into 3 hour time periods, and we would like to have 2 - 3 people for each time slot. Please look at the schedule and determine which time slots would work for you. Then give Kareen a call or send her an email. If she gets too many for one time slot, she will probably ask someone to move to another slot.

Thursday

4 - 6 Help set up the garage for the sale. – Robin, Connie, Joyce

6 - 8 Wait on people at the neighborhood and membership sale – Robin, Connie, Joyce

Friday

8 - 11 Help customers and take in money –

11 - 2 Help customers and take in money – Karen, Joyce

2 - 5 Help customers and take in money – Joyce

Saturday

8 - 11 Help customers and take in money –

11 - 2 Help customers and take in money - Clean up – Karen, Joyce

Officer Candidates

The Nominating Committee (Robin Rossignol, Lori Barton, and Connie Rosene) is pleased to present the following slate of candidates. The election will be held at our annual meeting in July.

President – Robin Rossignol
 President-Elect – Jamee Klein
 Secretary – Connie Rosene
 Treasurer – Lori Barton
 Membership Vice-President – Kareen Strumpel

June Study Topics – Iowa State Fair Entries and Autumn Fireworks

If you need help deciding which category to assign to your entries, bring them to the meeting and we will help you. Your entries do not need to be new; you can enter older pieces as long as they have not previously been entered in the State Fair.

July Study Topics – Intro to Needlepoint Threads

We will answer any questions that people may have about Autumn Fireworks. If you have finished the project, please bring it to the meeting.

If you are not able to deliver your entries to the Fair on July 30, you can bring them to this meeting and Cindy Baldwin and Robin Rossignol will take them. Or make other arrangements to get the pieces to us. We can also pick them up on August 22.

Robin will talk about needlepoint threads in terms of size and shape and how to select alternate threads when the original threads are discontinued or you just want to use a different thread.

Blue Ribbon ANG Website

Our website (<https://www.blueribbonang.com/>) has a Members only page. When you go to the website, you'll see a Log In button to the right of ANG. Click on that and follow the instructions. Cindy Baldwin has to approve access. Once you are approved, the last page on the website is Members. Click on that to add information about yourself.

Hover over Members and you'll see Files. You'll see several folders, including Newsletters. All our past newsletters are saved here. Anyone can create folders and add files. If you have questions, ask Cindy.

Walnetos

Autumn Fireworks has several walneto stitches. If you are still struggling with them, Debbie Rowley has some videos that show the steps clearly - <https://www.youtube.com/watch?v=BmhmwzVdZYc>, <https://www.youtube.com/watch?v=rCSk6btUyPs>, and <https://www.youtube.com/watch?v=clDeE9bFPM>. Note that Debbie uses a different stitch progression than Autumn Fireworks, so her instructions won't match exactly, but the end results are similar.

Also, at the last meeting, Karen Rajtora brought a finished project that has several walneto variations. I think it is by Debbie Rowley but don't know the name of the piece.



My Ground Cloth is Too Small!!!

Did you miscalculate the size of fabric needed for your project or start in the wrong place, so you are very close to an edge? That is not a disaster! Or perhaps the design is too big, and you want to make it smaller. Here are some suggestions:

- If you want to frame the piece –
 - Check with your framer; there may be enough to mount the piece and cover the edges with matboard.
 - Sew fabric to the short edge(s). Muslin works well and it is best sewn on with a machine so that even tension can be achieved when it is mounted. This even works on needlepoint canvas.
- Finish the edges close to the needlework. You can use buttonhole stitch (this is how Hardanger is finished) or a nun stitch on ordinary fabrics and on canvas/congress cloth. Once the edges are finished, the excess can be cut away.
 - This website shows Hardanger buttonhole variations – <https://www.nordicneedle.net/guides/stitching-techniques-guides/scandinavian-techniques/hardanger-embroidery/hardanger-edgings/>. These variations will also work on canvas.
 - A diagram for nun stitch is included at the end of the newsletter.

To avoid cutting your ground cloth too small or to change to a different count fabric, look for the stitch count (on cross stitch or counted thread patterns) or the design dimensions (counted needlepoint patterns).

To use the stitch count, you must know the thread count of your ground cloth and whether you are stitching over 1 or 2 threads. For example, 32-count linen stitched over 2 threads is equivalent to 16-count. If the stitch count of your pattern is 141 wide by 99 tall, you would divide each dimension by 16. The dimensions of the stitched area would be 8.8" (8 $\frac{3}{4}$ ") x 6.2" (6 $\frac{1}{4}$ "). (If stitching over 1 thread, each dimension is divided by 32, resulting in 4.4" (4 $\frac{1}{2}$ ") x 3.1" (3").)

If you don't want to do the math, you can find cross stitch calculators online or check your phone's app store for an app.

- <https://yamtree.com/java/xstitchcal.htm>
- <https://www.crostitch.com/calc.html>
- <https://www.123stitch.com/aidacalc.html> or <https://www.123stitch.com/cgi-perl/evenweavecalc.pl>
- <https://www.needlework-tips-and-techniques.com/cross-stitch-calculator.html#calc>

To use counted canvas design dimensions, make sure you are using the canvas called for in the pattern (usually 18-count). The designer will usually tell you what the design size is in inches, so no calculations are necessary. However, if you are using a pattern from a designer outside the US, dimensions will often be in centimeters, so be sure to check units. If you need to convert, 1" is about 2.5 centimeters.

Finally, don't forget to add to the width and height to accommodate finishing, whether framing or otherwise. A minimum of 2" added to **each side** (total of 4" to top and bottom each) is a good rule of thumb. So, for the first example, you would cut your ground cloth to 13 x 10 $\frac{1}{2}$ " (rounding up).

Blogs

- Needlepoint Ornament Finishing - How and When to Use Interfacing <https://www.abigailcecile.com/blogs/how-to-guides/needlepoint-ornament-finishing-how-and-when-to-use-interfacing>
- How to Compensate <https://www.abigailcecile.com/blogs/how-to-guides/how-to-compensate>
- How to make 3-dimensional curls for hair - <https://bedeckedandbeadazzled.com/2022/05/curls-2/>
- Stitching stands, and how to choose one <https://debbeesdesigns.com/2022/05/12/stitching-stands-and-how-to-choose-one/>
- 17th Century Silk Wrapped Cards <https://ladysrepositorymuseum.blogspot.com/2022/05/century-silk-wrapped-cards-wrapped.html>
This is an interesting blog about wrapped silk cards that were used on the back of embroidered caskets.
- Fine Cell Work's Needlework in UK Prisons <https://nuts-about-needlepoint.com/fine-cell-works-needlework-in-uk-prisons/>
- Needlepoint & Yoga https://createneedlepoint.typepad.com/create_needlepoint/2011/04/needlepoint-yoga.html *Exercises to warm up your hands before stitching*
- Speaking of caskets, here are some recent finishes - Amazing Casket Finishes! <http://thistle-threads.blogspot.com/2022/05/amazing-casket-finishes.html>
- Needlepoint Couching <https://needlepoint-for-fun.com/pages/needlepoint-couching>
- Thread Stash! <http://eyecandyneedleart.blogspot.com/2022/03/thread-stash.html> *Ada Haydon of Eye Candy Needleart shows how her threads are organized.*
- 7 Reasons to Embroider (& Embrace Your Crafty Side) <https://stitchedstories.com/7-reasons-to-embroider/>

Videos

- Embroidered masquerade mask by Yvette Stanton - <https://www.youtube.com/watch?v=WgYuZ2tL9Yk>
- A Quick and Simple Cross Stitch Fabric Organizing Solution <https://www.youtube.com/watch?v=4WY-bO4kmhk>
- Mark Dark Fabric With Cornstarch | Video Tip <https://www.threads magazine.com/2018/05/21/mark-fabric-with-cornstarch-video-tip>
This was used on regular fabric but I imagine it would work on needlework fabrics, too.

Interesting Needlework and Related Info on the Internet

- Copyright on designs, what it is and how it works <https://cloudsfactory.net/blog/copyright-on-designs-what-it-is-and-how-it-works/>
- French knots - <https://nuts-about-needlepoint.com/french-knots/>. Several websites that show how to do French knots, but none are on canvas. Susan Portra has instructions for French knots at <https://www.susanportra.com/catalog/item/8767033/9849266.htm>. And here is a video from Needlepoint.com - <https://needlepoint.com/blogs/needlepoint-know-how/needlepoint-to-go-learning-series-french-knots>.
- Upcycling Ideas for Unique Embroidery and Cross Stitch; 30+ Unusual Things to Stitch On <https://www.sadieseasongoods.com/unique-embroidery/>
- Agnes Herczeg: Thoroughly modern lace <https://www.textileartist.org/agnes-herczeg-thoroughly-modern-lace/>
- A Needleart Judge's Reference - <https://needleart.org/publications/a-needleart-judges-reference/> *From the website: "This unique publication is a concise reference for judges as well as a guide for needle artists at all skill levels seeking to improve their expertise. More than 15 NAN-certified judges collaborated to make the book possible. For each of the techniques discussed, a brief background is provided, including history, distinguishing features, materials employed, and a list of qualities for which judges look. Also included are sections on non-technique considerations and logistical issues for judges. Published in 2013 and revised in 2021, A Needleart Judge's Reference is approximately 60 pages and includes a Bibliography."*

- Booklet of embroidery and drawnwork, early 17th century <https://www.metmuseum.org/art/collection/search/221650> From the website: "At some point fairly early in its history, the many small pieces of fabric included in this booklet were seamed together and loosely bound, to create a kind of glossary of colored and monochrome openwork patterns. Scraps of silk, glove leather and writing paper with Portuguese text were employed to stabilize the pages. The recycling of materials and the compact nature of the booklet all suggest that this was a purely practical reference work for a professional seamstress, and was not meant for display. Some of the patterns are worked in double running stitch, also referred to as "Spanish stitch," reflecting its possible origin on the Iberian peninsula in the sixteenth century."
- Wonderful hair embroidery hoop art by fashion model and artist Sheena Liam <https://visualflood.com/post/wonderful-hair-embroidery-hoop-art-by-fashion-model-and-artist-sheena-liam>

Editor's Note

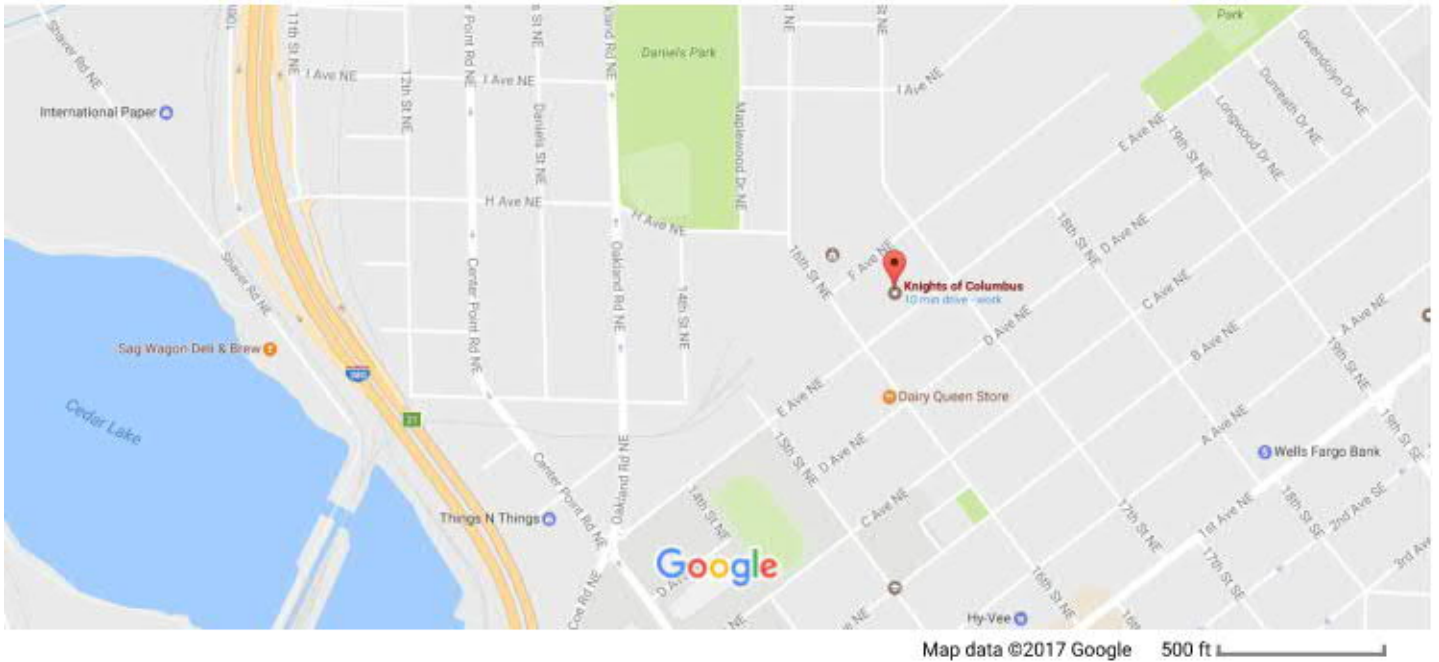
Items included in the newsletter are ones that catch my attention in which I think the membership might be interested. I'm also happy to include news items or suggestions you send me, so please feel free to send things to me for inclusion in the next newsletter.

Cindy

Directions to Knights of Columbus Hall

1620 E Avenue NE, Cedar Rapids, IA

From I380, take the H Avenue exit. Turn onto H Ave NE. Turn right onto 16th St NE. Turn left onto E Ave NE. The Knights of Columbus Hall is on the left.



Directions to North Liberty Public Library

520 W. Cherry St, North Liberty, IA

From I380, take the Penn St exit. Go east on Penn St. Turn right on Highway 965 NE. Turn left on Cherry St. The library entrance is on the west side of the building.





A Needleart Tip by Linda K

Nun's Stitch

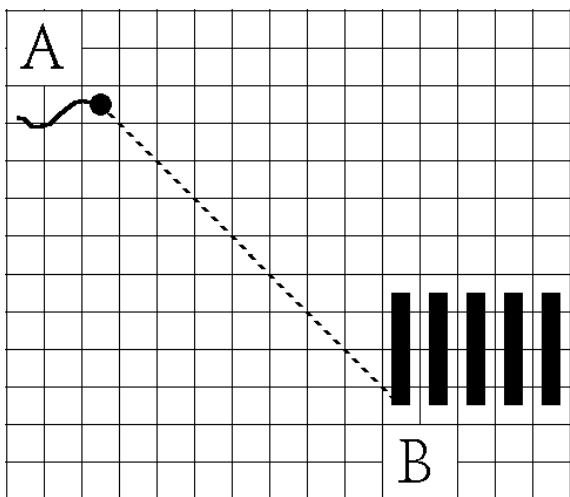
HOW TO BEGIN

This is a series of three-sided boxes pulled tightly to secure the threads of the fabric on what will become a free edge of the fabric. Each leg of the stitch is stitched twice.

Use #12 perle coton, single-strand (2 strands of floss will also work). Match the fabric as closely as possible.

Begin with an away knot.

Diagram One



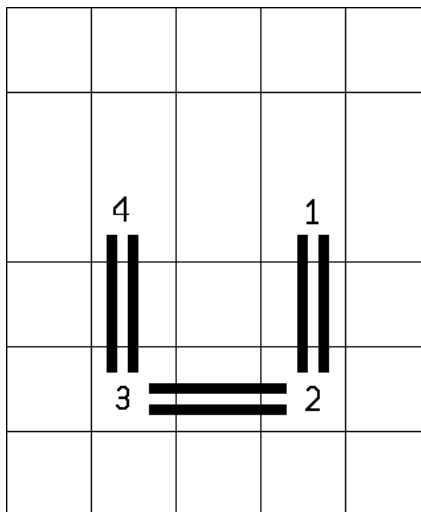
When you are finished stitching end this by running under the backs of the stitches. If you pull as tightly as you should you may need a sharp needle to do this.

CREATING A DITCH

Withdraw the thread from the fabric right where you want the edge to be, leaving a ditch *[a space between two threads of fabric, frequently made wider by withdrawing a thread]*. If you want the Nun's stitch to finish four sides of a piece, you will need to withdraw a fabric thread on all four sides.

Hold the fabric so the ditch you are working on is horizontal.

Diagram Two



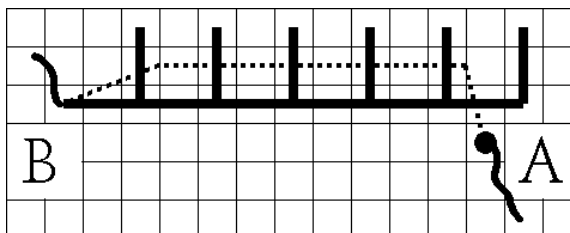
- 1 - Bring the needle up in the ditch.
- 2 - Count 2 threads down and go down through the fabric. Come up again at 1 ...
Whenever you enter pull tightly **away from the ditch parallel with the fabric** to tighten the stitch and pull the edge threads toward the body of the piece.
 ... and go down again at 2.
- 3 - From 2 count 2 threads left and come up. Go down again at 2. Come up again at 3. Go down again at 2.
- 4 - From 1 count 2 threads left and come up in the ditch. On the back the thread running from 2 to 4 is the only diagonal stitch. If you have other diagonals, you are out of sequence. 4 is now 1 of a new sequence.

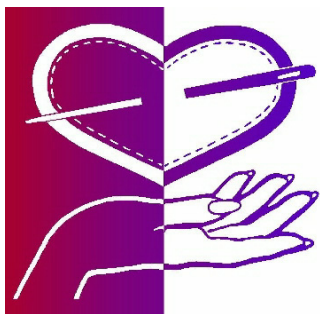
Repeat these steps across the fabric. Stop with a vertical stitch.

CHANGING A STRAND

Use a modified version of a waste knot.

Diagram Three





A Needleart Tip by Linda K

Nun's Stitch

A - Go down through the fabric close to the previous row or area of stitching, about 1" down the row from where you will be coming up for the next stitch. The knot should be on the front of the fabric.

- Turn the fabric over to the back. Change to a sharp needle and run the strand under several stitches until you are even with the place where you will begin stitching again.

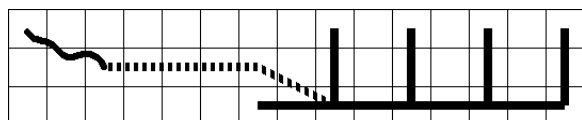
B - Change back to a tapestry needle. Turn the fabric over to the front (the dotted line is the strand running behind the fabric), come up for the next stitch, and stitch as usual.

ENDING A STRAND

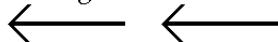
Ending a strand behind Nun's stitching uses two different techniques, depending on where the ending is in the row.

To end at the end of a row, run the strand back under the stitches. If you pull tightly, a sharp needle may be needed.

Diagram Four



Stitching is in this direction



To end in the middle of a row, on the back carry the strand forward along the stitching path for 1 to 2 inches and enter the fabric. Leave the end of the strand lying on the front of the fabric.

Begin a strand as described in **Diagram One**. Continue to stitch. When you have stitched to where the old strand enters the fabric, cut it close to the fabric and continue stitching.

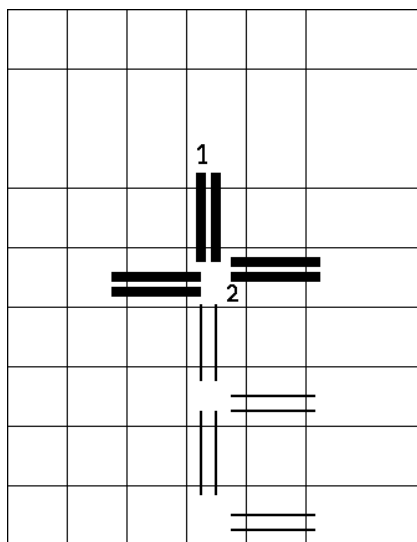
THE CORNER

If you need to turn a corner, stop with a vertical stitch 2 threads from the next ditch. Complete the next set of horizontal stitches

(**Diagram Two** step 3).

Now turn the fabric clockwise so the Nun's stitches you have completed are to your right and the side ditch is at the top.

Diagram Five



Number **3** of the last stitch is now **1** of the next stitch. Repeat the steps in **Diagram Two** across the edge until you are 2 threads right of the next ditch. This is the entry point for your last set of vertical stitches on this edge.

Complete all edges and corners this way.

When the edge is completed, cut in the ditch as close to the Nun's stitching as possible without cutting the perle coton. If you want a fringe on the ends, instead of cutting close to the stitching remove threads horizontal to the ditch and outside of the stitching. Trim so they are even.