Carolinas

RegioNews

www.egacarolinas.org

4th Quarter, November 2026
Volume 43, Issue 4

The Carolinas Region, EGA includes 15 chapters located in North Carolina, South Carolina, and parts of Georgia and Virginia representing about 300 members.

Message from the Region Director

Submitted by Gail Smith, Carolinas Region Director

Driving the CAR - As the colors began painting our region, I hope you had a chance to go out to see them. Most likely you didn't have to drive far – the local grocery store, a shopping area, or passing by the local schools – so many different colors, so many hues and shades making our days just a little more delightful to look at.

This year of Celebrations and Patriotism is coming to an end. All year long, stitchers worked on chapter anniversary projects or items that saluted our nation's 250 years of being! Our region retreats were so much fun, and well organized, because of the work of Marguerite Ewing and the Florence Chapter. Thank you so very much for working with me and making the retreats so much more than I could ever have dreamed up.

CAR 2027 retreats will have the theme of "GET INSPIRED" in honor of all the stitchers in the region who are participating in the Charleston Museum (the oldest in the nation) exhibit of old textiles inspiring new perspectives. What will inspire you? Start working, thinking, dreaming of what will inspire you. What makes your fingers itch to have that needle

Calendar/Events/Important Dates	
1/15/2027	Legacy Scholarship entries due
3/1/2027	Mary-Dick Digges Scholarship due
4/23 – 4/25 2027	CAR Spring Retreat, Rock Hill, SC.
9/15-9/19, 2027	EGA National Seminar, Tucson, AZ

Table of Contents	
Message from RD	1-2
CAR Fall Retreat	2-4
Americas Tapestry in Budapest	9-10
Betsy Morgan Interview	11-14
A Mission from the Heart	16-17
Reporting requirements CAR EC Members	19

The mission of the Embroiderers' Guild of America is to inspire passion for the needle arts through education and the celebration of its heritage. https://egausa.org/

threaded, going in and out? The only limit on this project is you. Chapters have been growing over the past year and that is very good. Keep getting the word out about EGA and your chapter. There are stitchers out there who want to experience the support a chapter brings, the educational opportunities, the friendships that grow over time. Make your visitors welcome, as you would in your own home.

So, while I may be in the driver's seat of this CAR, it is all of you that help decide where we are going, what we will do, and when we explore what is around the next corner. So, let's get going! And GET INSPIRED!

CAR Fall Retreat 2026



Sally Folk (Florence), Belinda Ebert (Aikens Stitchin' Belles), Jane Wiggins (Aiken Stitchin' Belles) stitching until an upset in the football game they were watching/listening to.

Fun was had by all at the Fall retreat held at Rock Hill, SC from September 25-27. Kudos to the Florence Chapter for all their hard work organizing the retreat. From the initial greeting of attendees, the favor bags, the class, stitching with friends, the silent auction, chapter sales tables and amusing quiz activity, attendees were kept busy doing what we love – stitching!

Leslie Brady's "thread painting" class had 25 students, but Leslie still managed to give us individual attention. The focus was improving our thread painting skills with wools, cottons or silks rather than creating a finished piece.



Graciela White (Cardinal) & Cathy Wilson (Cardinal



Region members attending Leslie Brady's class



Nancy Gannon and Leslie Brady



Marguerite Ewing greets attendees

The silent auction provided attendees with a tempting display of containers overflowing with stitch items, framed works and stitching kits. There was brisk business done at the Chapter sales tables with attendees intent on finding that sought after book, chart and kit and stitched gift items.

Saturday evening brought smiles and laughter as we participated in a fun quiz.

Sunday morning saw us attending the annual meeting to vote on the budget and other matters for the region, before we all said our goodbyes until the Spring 2027 retreat.

Marguerite Ewing and the Florence Chapter deserve a round of applause for all their work on the 2026 retreats. Others to thank include Gail Smith, Carole Overton, and Nova Shultz for their work behind the scenes.

Letter from the Assistant Regional Director

Submitted by Heather Rushforth, Piedmont Chapter

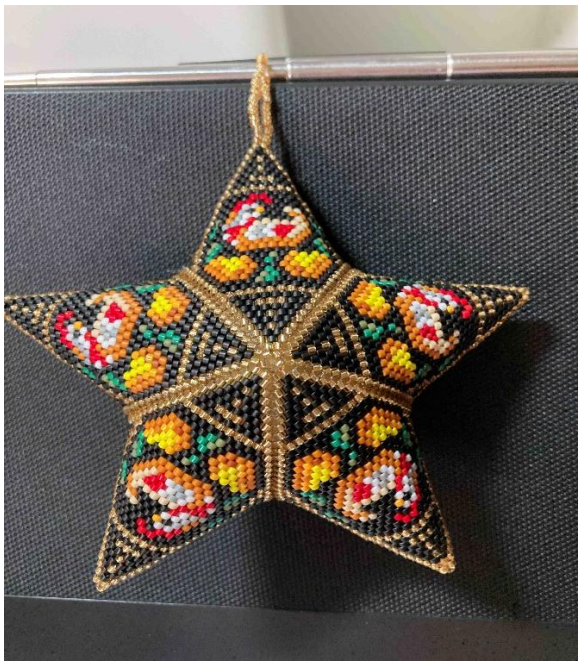
Hello all and thank you for electing me to this position, I am excited to be your Assistant Regional Director and learning more about our chapters and region.

I have been stitching since I was 10 years old; both my grandmother and mother stitched and were crafty. I have never met a hobby I didn't like (except maybe crochet), and I was lucky enough to find a husband who also has "too" many hobbies, so he understands my plight. Even though hobby obsessions come and go, who else has candle making materials collecting dust? I have always returned to cross stitching and have been a member of the Piedmont Chapter since 2010. At the time I joined, I was in the middle of having my two children and since my husband shift works on weekends, I was unable to go to regional retreats and seminars, and I have never been to a national seminar! But I have attended the majority of EGA chapter meetings for the past 16 years and have served the chapter as both secretary and president. My children are finally old enough that I can leave for the weekend and they can feed and care for themselves, so you will be seeing me at more regional events.

My main craft is cross stitch; I always have a small Mill Hill Kit in my purse and have a year-round tree in my kitchen to display all the ornaments I make. I prefer small things but will do larger projects when I see something I like. I am secondarily focused on beading right now and love the patterns coming out of the UK and Ukraine. I enjoy learning new techniques like hardanger, Rozashi, surface embroidery, and blackwork but always return to cross stitch.

Outside of stitching, I am a Lecturer at the University of North Carolina at Greensboro and have been teaching Biology for the past 20 years. I am active in my church, the Unitarian Universalist Church of Greensboro, volunteer with the local creative reuse store (Reconsidered Goods), and am currently training to be a Master Naturalist with the NC Cooperative Extension.

Gail Smith has been an amazing Regional Director during my tenure as chapter president and I am looking forward to assisting the regional executive committee in steering the Carolinas Region forward into the future.





Stitched items made by Heather Rushforth

Updates from the CAR Website Coordinator

Submitted by Cathy Wilson

Hello, EGA Carolinas! I'm Cathy Wilson, a member of the Cardinal Chapter and the region's new Website Coordinator. I've been stitching since college, moved to North Carolinas from the DC area in 2025, and joined EGA shortly thereafter. I come to this role with experience in website administration, which I did as a volunteer for my homeschool co-op from 2018 to 2025. Keeping a website accurate and up-to-date is work I enjoy, and I'm delighted to use my skills to support EGA.

Here is where you can help. Please take a few minutes to review your chapter's page on our regional website, **egacarolina.org**. If your meeting day, time, or location has changed, or anything else needs updating, please email me at website@egacarolinas.org. Current information helps visitors find us and feel welcome.

I've also created Facebook group. Search for "EGA Carolinas Region" on Facebook to join us. This is where our chapters can mingle, share ideas, and cheer each other on. There is an album for every chapter under Media →Albums in the group, so consider sharing photos of your embroidery and events there.

Next, I plan to launch an Instagram profile for the region. While Facebook is for our members, Instagram will help us promote EGA to people who may not know about the Embroiderers' Guild of America.

I'm here to help, so please reach out anytime. I look forward to getting to know you and supporting your chapters in any way I can.

Outreach

Submitted by Mildred Lehmann-Strobel, Community Outreach

Requesting that each chapter fill out our EGA Outreach form to let National know about the good things we are doing in the community. This also helps the National Office with regards to the non-profit status that we hold, as do the numbers we put on our financial reports.

You may report your stitching-in-public efforts, as well as the displays in your local library. Let me know about the bookmarks you make for a literary program, or Linus blankets and the many other outreach programs you all partake in.

Find the form on the CAR website. Please send me a scanned copy of your completed form so I may send a complete report to Region and National. My email is outreach@EGAcarolinas.org

I need the completed forms returned to me by January 15, 2027.

Zoom Notes

Submitted by Carole Overton, CAR ZOOM Coordinator

EGA Special Interest Groups: Update

It seems that every time I check the Special Interest Group (SIG) listings on the EGA website, I find new groups have been added. Did you know that there are SIGs not only for different stitching techniques but also some for groups of stitchers?

For example, there is now a SIG for **Members at Large & Friends** as well as one for **Next Gen Stitchers (under 40 and friends)**. If you belong to one of those categories, check out these groups to meet others who share your interests and concerns.

To see the full list of SIGs, including contact information and meeting times, click on this link to the EGA website's page: https://egausa.org/special-interest-groups/

Using ZOOM: A Quick Way to Change Your Screen Name

There are several ways you can change your screen name (the name that meeting participants can see) in ZOOM, but one easy way can be done once you have entered a meeting.

The easiest way to change your name once you are in a meeting is to hover your cursor over the top right corner of your own photo. You should see 3 dots. Click on those dots to get a menu that includes the option to RENAME. If you select that option, a window will come up that allows you to type. Whatever you enter in this box will show up when you select CHANGE to close the little window. This will change your screen name for only this session so it will not be a permanent solution, but it will allow you to continue the meeting with your revised name.

CAR VIRTUAL STITCH-INS

Don't forget that the Carolinas Region hosts 2 virtual stitch-ins a month on ZOOM: We meet from 2 to 4 PM on the 2nd Tuesday and from 10 AM to noon on the 3rd Saturday of each month. To receive the monthly invitations, you must be signed up for the CAR mailing list. Contact zoom@egacarolinas.org if you have questions.

Note from Nova Shultz, CAR Treasurer

Ever thought about mileage?

Many of us have joined the Embroiders Guild of America to further our knowledge of the needle arts through education and research, which is the stated purpose of our non-profit organization. To accomplish this, we can go to classes and informational programs at retreats and seminars. The teachers at these events are entitled compensation, which includes round trip mileage. Since the teachers are providing a service, they are entitled to be reimbursed for the mileage at the business rate which is set by the IRS. This rate occasionally changes during the year, so the IRS chart needs to be consulted each time. That rate is currently 76 cents per mile. Our chapter presidents and regional representatives, and the regional officers are also entitled to round trip mileage, but as volunteers, the rate is at the IRS charitable rate, which is currently at 14 cents per mile. Some things are just good to know.

Note from Gail Smith, Carolinas Region Director

New Embroidery Shop! - If you find yourself in Nashville, North Carolina, there is a sweet new embroidery shop right on the main street. It is called The Southern Needle. My chapter went to the shop & enjoyed our time there. It is a new shop, so just beginning to grow. They have a nice selection of patterns, kits, tools, and floss.

Their website is thesouthernneedle.com. The shop is located at 231 W. Washington St. & their phone is 252-889-8794. Their hours are Tuesday – Friday 10am. to 4pm, Saturday – 9am to 2pm, Sunday, Monday – Closed

There is easy parking in front of the shop, and several places to grab breakfast or lunch. The shop has a stitching spot in the middle as well as stitching chairs that are oh so comfortable. Do add them to your list of shops to stop & visit.

Note from Barbara Dexter-Smith, RegioNews Editor

The deadline for submissions to the 1st Quarter RegioNews is February 1st, 2027. Please send me information on interesting events in your chapters to newsletter@egacarolinas.org

---

Wishing Upon a Stitch & More – National Seminar

Submitted by Gail Smith, Carolinas Region Director

The EGA National Seminar, held in Orlando, FL (yes, there is an Orlando, NC) was attended by about 280 stitchers from across the nation. The classes were varied from Beginner to Intermediate/Advanced. I took Kat Diuguid's Longleaf Sensitive Brier. Is it completed yet, after all that was back in early October? Let me say, it is still 'growing', but I feel confident that this is something I can complete before the end of the year.

If you have not attended a National Seminar, it honestly is something to set as a goal. The energy from the others helped to reenergize me to embrace my stitching. I enjoyed meeting other stitchers & sharing a meal, sharing our stitching stories and lives. Personally, the best part is the Education Exhibit. To see the level of stitching being done as well as all the different creative ways stitching can be done, I am amazed. Then there are the actual pieces

for next seminar to entice you – sweet pieces, simple pieces, storytelling pieces, and pieces that help to stretch you stitching skills – all waiting for you to walk by & see them.

While all this is so energizing, that actual BEST part is to volunteer at seminar! Hands down it is the part that makes you part of seminar, not just a visitor. I worked in the Education Exhibit and learned to stitch on foam-core board with invisible thread. I worked with the head of 2027's seminar, not knowing it at that time, and had such fun learning about her. Help is needed in just about all the areas, so add to the success of seminar by volunteering when you go.

2027's National Seminar is in Tucson, AZ at the Lowes & Co, resort. The dates are 15 – 19 September 2027 and the theme is Needles that Inspire. Put it on your calendar! Then add 2028's information also, which is Salt Lake City, UT, 6 – 10 September. Its theme is Busy Bees. (Hint – no banquet at Salt Lake City. New things are happening at seminar).

America's Tapestry in Budapest

Submitted by Karen Wallach, SC Tapestry State Director

In August Karen Wallach, SC Tapestry State Director, and Stefan Romero, America's Tapestry Project Founder, traveled to Budapest, Hungary, where they served as cultural ambassadors at the Annual Hungarian Folk Arts Festival.

To honor the spirit of international exchange, Stefan and Karen invited festival attendees to help create a new, dedicated festival tapestry designed around Benjamin Franklin's famous 1754 "Join or Die" woodcut, which originally called on the American colonies to unite. Karen mapped out the project using the foundational theme E Pluribus Unum (Out of Many, One), bringing participants together to construct the piece through community embroidery.

Festival goers wrote signatures and well wishes on fabric pieces. Stefan and Karen then demonstrated how to stitch these signed blocks together to form the tapestry's foundation. Professional stitchers embroidered the details of Franklin's historic design.

More information can be found at https://www.americastapestry.com/news/americas-tapestry-travels-overseas


KOMADI


E Pluribus Unum



Interview with Betsy Morgan

Submitted by Barbara Dexter-Smith, Editor RegioNews

Betsy was born in Pensacola, Florida, and has lived in 9 different states and two foreign countries. She has a Bachelor of Fine Arts degree in graphic design and has worked as a packaging designer, a communications officer, an antiques dealer and a karate instructor, all before becoming a needlework designer and teacher. Betsy has been married for 45 years to her husband, Jim, and they have one daughter and four grandchildren.

Betsy joined the Oatlands Chapter of EGA in Virginia in November of 1995 and was a plural member of the chapter for a few years after moving to Charleston and joining the Magnolia Chapter. She has lived in Charleston, SC since January of 2018 and has been a member of the Magnolia Chapter of EGA since February 2018. She has been president of the chapter for the last 4 years.

Where did your love for embroidery start?

My love of embroidery started when I was about 10 years old. I saw one of my grandmother's friends working on a stamped crewel piece and was fascinated by all the different stitches. Her friend bought me a kit and taught me to stitch, and I've been doing it ever since - for 64 years!

How do you design your embroidery pieces?

I started designing in 2001 for the Oatlands Chapter in Virginia, where I was living at the time. The first piece was a folding purse worked on pre-finished linen banding. It won Best in Show at a local needlework exhibit and suddenly I received calls from other chapters and guilds to teach for them. I started my business, Willing Hands Needlework Design, and spent the next 20 years designing, teaching and traveling. I have taught in 30 states and in England, Australia and New Zealand. I have around 75 designs so far.

How do I design? Usually, it begins with something which inspires me - it could be a historic sampler, a piece of china, an item in a museum, a person, something in nature, an animal, a place I have visited, etc.

Most of my designs have been etuis - small containers which hold stitching tools. Once I have a theme in mind, I decide on a format - the size and shape of the box or bag and what will go in it. Then I choose a color palette for the linen, flosses, lining fabrics, etc. Next comes research - I study antique samplers, photos from nature, photos from my travels, etc., and decide on the motifs and patterns I will use. Then I plan it all out on a computer

program and produce basic charts from which to stitch. I decide which stitches I will use, but that frequently changes and I do a lot of ripping out to achieve the look I want. Then comes constructing the actual piece once the embroidery is finished and finally writing the instructions for teaching.

I don't know of any specific important aspects of my work other than I try not to be predictable. My color palette changes frequently, and I sometimes throw in surprises - like a stump work flower on a counted thread band sampler. Basically, I design with my own taste and likes in mind and, happily, others like them too

Describe your work for Inspirations magazine.

In 2002, I took a class with Jane Nicholas at the EGA National Seminar in Rye, NY. I showed her some of my designs, and she suggested that I come up with a small, simple piece and send it to Inspirations Magazine. It took me 2 years to get up the nerve to do it, but they accepted the design right away and I have been working with them ever since. My designs have been included in at least 18 issues of the magazine, in one of the "Passion for Needlework" books, in two of the "Design Collection" books and in one of the "Handpicked Collection" books with another due out in February 2027. Inspirations Studios has also published three books of my designs - "Willing Hands", "Willing Hands 2" and "The Four Seasons Casket".

I also had the wonderful experience of teaching for Inspirations at "Beating Around the Bush", their international embroidery conference, in Adelaide, Australia in 2012, 2014, 2016 and 2018. I was scheduled to teach again in 2020, but covid canceled the event and it has never resumed.

Inspirations Studios is based in Australia, and my books can be ordered from their website, Inspirationsstudios.com. Anyone going to the website should be aware that the prices are listed in Australian dollars and that the price in US Dollars is about 1/3 less due to currency exchange rates. Some Needlework stores also carry my books, and they can even be found on Amazon on occasion.

Thank you to Betsy for taking the time to share her story and work with us. We are fortunate to have Betsy in our region as we have benefited from her teaching at CAR retreats.



Betsy Morgan's "100 Days" project
She stitched a small blackwork motif every day for 100 days.



Four Seasons Casket by Betsy Morgan



How Does a Quilt get a Passport

Submitted by Barbara Dexter-Smith, Laurel Chapter

How does a little art quilt get a passport? – when it is part of the Cherrywood Challenge! In 2024 the Cherrywood Fabric company challenge was to create a 20-inch square art quilt using 7 of their dyed fabrics with the theme "Poppies". My quilt "Weeping Window" was a finalist and started its journey around the U.S. quilt shows culminating in the 2026 Festival of Quilts in Birmingham, England.

My artist statement was as follows: 'Weeping Window depicts a commemorative art installation, "Blood Swept Lands & Seas of Red" at the Tower of London in 2014, which marked the centenary of the outbreak of The First World War (WW1). Created by artists Paul Cummins and Tom Piper, 888,246 ceramic poppies represented British military fatalities during the war. I attended a ceremony one October evening, at sunset, when the names of 180 Commonwealth troops, killed during the war, were read as part of a Roll of Honor, followed by the Last Post. The lights from The Tower windows spilled down towards the poppies in the moat. The large crowd who attended the Roll of Honor kept a reverential silence, as the names were called. The quilt is machine pieced, machine quilted, and hand embroidered with cotton floss and perle cottons. Each poppy was created and attached by hand.'

I am so pleased to have the quilt returned safe and sound after its travels!



A Mission from the Heart

Submitted by Graciela White, President Cardinal Chapter

The Cardinal Chapter received the call to collaborate in the “Hearts for Hospice” program and rolled up their sleeves to make it happen.

For the last 3 years, several of our members have contributed to this initiative and made it their personal journey. Don’t they say that you get back much more than what you give? It is true!



This is our story in my own words: in the very beginning, we cross-stitched hearts -full coverage- and leveraged the kindness of a friendly professional finisher, an ANG member, to have them ready to be delivered. As months went by, our production output increased significantly, and we decided to give a try at finishing the hearts ourselves. We succeeded and now have a truly kind member who is an accomplished stitcher and a proficient finisher.

Around that same time, another former member shared her skills by donating over 100 small, crocheted hearts that could be stitched onto felt, embellished and made them ready for prime time. We call these “hybrid hearts”.



A few months later, another member -currently the facilitator of our mission- came up with a creative approach to hybrid hearts: what if we design small inserts -construed in several techniques: Hardanger, Sashiko, counted cross stitch- to be applied to felt hearts? A really good idea! So, where do we stand now? We currently contribute to our local hospice, Transitions LifeCare, fully stitched hearts and hybrid hearts in many original finishes. And this isn’t all! Transitions LifeCare, on the suggestion of our facilitator, has gladly started to accept bookmarks! As of this day, members of our chapter, along with a few ANG members, plus friends of our members (yes, it takes a village!) have given more than 435 hearts and about 50 bookmarks to hospice and plan another delivery before Halloween.

As for our chapter, while we are a small group, and we are always looking for more members, we are very tenacious (did I hear stubborn?) to carry out this mission from the heart.









STITCHING BEE IN TENNESSEE
JUNE 10-13, 2027
MEADOWVIEW CONFERENCE CENTER
KINGSPORT, TN



'Flight of Fancy'
by Sarah Roberts
Kit Fee $45



'Poppies and a Bee'
by Lois Threlkeld
Kit Fee $70



'Dogwood Trace'
by Joyce Marshall
Kit Fee $110



'Coloring Outside the Lines'
by Terri Bay
Kit Fee $70



'Queen Bee Statement Necklace'
by Barbara Ellis
Kit Fee $125

www.egatvr.com/share-a-stitch
Online registration available

Registration opens noon E.S.T. 10/1/2026
First come, first served

EGA Chapter Reporting Requirements			
Attn: *Chapter presidents, region reps, and editors: it is your responsibility to be sure your membership officer, secretary, and treasurer know when and where to send these items.*			
	WHAT	**WHEN**	**WHERE**
1.	Minutes of board and general meetings (unless included in the chapter's newsletter)	Within the month	Region Director
2.	Membership roster (Plural members)	Within the month	Region Director CAR Newsletter Editor; Website Coord.
3.	Region dues and membership information (Plural members)	Within the month	Region Treasurer
4.	Chapter newsletters	When sent to members	Region Director; Assistant Region Director; Editor, RegioNews; Region Outreach Chair
5.	Education questions/information	As needed	Region Director of Education
6.	Annual chapter report	By December 1	Region Director
7.	Annual financial report	By February 15	Region Director; EGA Headquarters

Carolinas Region Executive Committee		
Region Director	Gail Smith	regiondirector@egacarolinas.org
Assistant Region Director	Heather Rushforth	asstregiondirector@egacarolinas.org
Director of Education	Janet Noble	education@egacarolinas.org
Secretary	Dee Pierce	secretary@egacarolinas.org
Treasurer	Nova Shultz	treasurer@egacarolinas.org
Committee Chairs		
Bylaws	Jeni Huebner	bylaws@egacarolinas.org
Community Outreach	Millie Strobel	outreach@egacarolinas.org
RegioNews	Barbara Dexter-Smith	newsletter@egacarolinas.org
Seminar Director		seminardirector@egacarolinas.org
Website Coordinator	Cathy Wilson	website@egacarolinas.org
Nominating Committee		
Nominating	Katrina Lawrimore (-2029)	nominatingchair@egacarolinas.org
Nominating 2	Nancy Gannon (-2028)	
Nominating 3	Connie Miller (-2029)	