

KAPA: THE ART OF HAWAIIAN QUILTING

SUPPLY LIST • 2024

I am thrilled you have decided to join me in the beautiful world of hand quilting. The Hawaiians use the art of needle and thread to create visions of their local flora and fauna; it's a sacred and loving custom. If you have ever been to the islands and spent time with native people, you will know that they value the approach of slowing down. Hawaii is not a place to be busy and bustling about but a place to relax, enjoy and savor. The same must be applied to the art of Kapa. If we wanted it finished quickly, we would just do it on our machine, but we want to do it the way it was intended, and we want to carry on the tradition of hand quilting.

In this class, you will learn the basics of Kapa. The project will be a wall hanging. You will discover many valuable techniques, from choosing your fabric and learning how to trace and fold your design to the methods of needle turn applique and hand quilting in the authentic Hawaiian style. By the end of this class, you will have all the tools you need to finish your project and start a new handwork project... maybe even a bigger one.

Upon registration you will receive an e-mail from me with a Intro lesson video that goes over fabric selection. You might already own some of the materials listed below, so please feel free to pick up what you are missing at In Between Stitches. Also, don't hesitate to contact me using the e-mail below if you have questions about the supplies or the class.

I am looking forward to our class.

MATERIALS NEEDED

Note: Watch Intro Lesson video prior to purchasing materials.

Session 1:

- Fabric: Discussed in Intro Lesson sent via email. (Please come to the class with your fabric pre-cut to the sizes below otherwise you will be behind in class.
 - Appliqué fabric: 18" x 18"
 - Background & backing fabric: 22" x 22"
 - Batting: 24" x 24"
 - Binding fabric: ¼ yard
- Tracing Paper 1-2 sheets
- Straight Pens
- Regular paper scissors
- Fabric Scissors (make sure they are very sharp) like Karen Kay Buckley scissors sold at the shop.
- Basting needle
- Basting Thread (50 or 40wt) that contrasts with both appliqué & background fabrics

Session 2:

- Straw or Milliner needles size 10 or 11
- 50 or 80 wt cotton thread that matches your applique fabric
- Chalk Pencil (contrast to applique fabric color)
- Thimble
- Small quilting ruler

Session 3-4:

- Between Needles size 9, 10 or 11
- 50, 40 or 28 weight Cotton thread that either matches your background or applique fabric.
 - (Depends on if you want your quilting stitches to show more or not.
- Optional: 14" to 18" Quilting hoop
- Optional: Finger cots, to help grip and grab the needle

In addition, please bring a pencil or pen for taking notes on the handouts provided at each class.



TEACHER

NICOLE VIEIRA

My goal is to help people unlock their creative potential and share all I have learned on my creative journey.

I love to knit, quilt, and paint and recently started designing patterns. My other loves are chocolate, wine, jazz, and all things colorful like fabric, yarn, and paint.

I can always be found creating and making things that bring me joy.

On the home front, I am a wife, mother, and grandmother to four grand babies.

CONTACT

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