



Joan's Jibberish!

The month of love has passed and now we are into celebrating our Leprechaun friends and their shenanigans!! I personally love the little green characters and especially their pots of gold.

Leprechauns are usually depicted as little bearded men, wearing a coat and hat, who partake in mischief. In later times, they have been depicted as shoemakers who have a hidden pot of gold at the end of the rainbow. It is also believed that leprechauns love gold and trickery and may steal or hide items unless captured, pleased, or scared away. I wonder what trickery we can all get into this month?!

I can remember the times that Marven & I played tricks on each other at Retreat. Once Marven was cutting fabric and when his blade was up, I pulled on the ruler and he jumped not thinking that I would do such a thing! Oh, and at the last retreat we were on together, I hid a piece of his fabric! I waited for him to come back as it was nearly time for bed. He never did come back before I went to bed, so I left the piece where he could see a corner of it at my station. Well, he fixed me! The next morning, I was looking for my scissors and Marven told me that if I hadn't been so mean as to hide his piece of material, then I would have found my scissors easier. Marven finally told me that I was sitting on them – but they weren't on my chair cushion! Did I think to look underneath the cushion – NO! We did get into some mischief and had lots of fun doing it!

It is hard to believe that I only have 3 more Newsletters to write for! That means my term as your President is coming to a close in 3 months! The time has gone by quite quickly – most of it anyway. This is the time for you to start thinking about whether you would like to become involved with VSSQ by helping or taking over volunteering for a position. We have a great bunch of ladies who do a lot of work and it is time to give some of them a break. If you are at all interested in getting more involved, please talk with someone on the executive.

Enjoy this month of March as we look forward to new growth in our gardens and the flowers as they start to pop their heads out of the ground. It does bring joy and happiness to see everything come back to life after the winter season.



March Events

(Check our online
Calendar for updates)

March 2:

Guild Business Meeting
- Newcomers follows.

March 6:

Scrappy Subgroup

March 9:

Scrappy Sampler #2

March 13:

Classics Subgroup

March 14:

QuArtz Subgroup

March 16:

VSSQ General Meeting
with Qu'Artz display and
Newcomers' Totes

March 27:

Talk Around the Block

March 30:

Open Sewing Day

Guild Meeting Days:

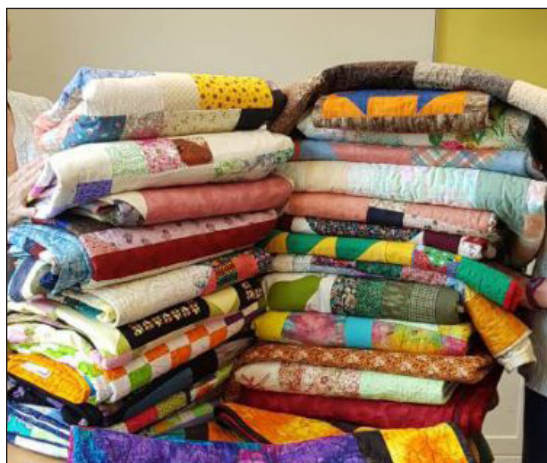
doors open at 9:00 am
meeting starts 9:30am

Subgroups and Classes:

doors open at 8:45am
for setup, ending 3:00pm



*Please remember,
our meetings and
classes have been
designated as
fragrance-free.*



Community Care Report

Your Community Care Team:
Betty, Joyce, Lynda and Debbie.

A great big thanks goes out to all of VSSQ members. These are the quilts that we have distributed, so far, this year:

NOYFSS.....22
First Nations..... 11
VJH.....32
Slavic United network.....28
Public health9

Thank you so much to all of you who have helped make this happen. We couldn't do it without you! Our next Community Care day is Thursday, April 13, 2023.

Sewing Advice from Then and Now...

from Reader's Digest, Courtesy of Shirley Weishuhn

- Prepare yourself mentally for sewing.
- Think about what you are going to do.
- Never approach sewing with a sigh or lackadaisically.
- Good results are difficult when indifference predominates.
- Never try to sew with a sink full of dirty dishes or beds unmade.
- When there are urgent housekeeping chores, do those first so your mind is free to enjoy your sewing.
- When you sew, make yourself as attractive as possible.
- Put on a clean dress.
- Keep a little bag full of French chalk near your sewing machine to dust your fingers at intervals.
- Have your hair in order, powder and lipstick put on.
- If you are constantly fearful that a visitor will drop in, or your husband will come home and you will not look neatly put together, you will not enjoy your sewing.
- Wake up.
- Always keep a good stash of fabrics, patterns and notions ready so you can sew whatever you want, whenever the mood strikes.
- Save that attitude for housework.
- Indifference is great when mending, repairing zippers, or shortening pants. If the results aren't good, people will stop asking.
- This is good advice only if you sew with your machine in the sink or on the bed
- There are no urgent housekeeping chores. Just enjoy your sewing.
- Never buy a sewing machine with a mirror in it.
- You may sew in your jammies, but wear slippers. Otherwise your feet will get dusty.
- What?
- Brush your teeth. If time permits and you remember.
- Lock the door and don't answer the phone. If your husband comes home, you really can't refuse to let him in, but leave a number where he can order takeout.



Offering workshops in unique mystery locations. You will be notified of the location the day prior to the workshop. Contact Susan at 250-308-6635 or quiltinghereandthere@gmail.com

Quilting Here & There
A Twist on Mystery Quilts

If I clean the house, it just gets dirty again.

But if I make a quilt, it stays made.

I love that.

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Low Shank vs. High Shank

Editorial

Do you know whether your sewing machine has a low or a high shank, or what difference it might make to your quilting? The shank is a metal rod that the presser foot holder attaches to. There is just a small difference between a low shank sewing machine and a high shank sewing machine.

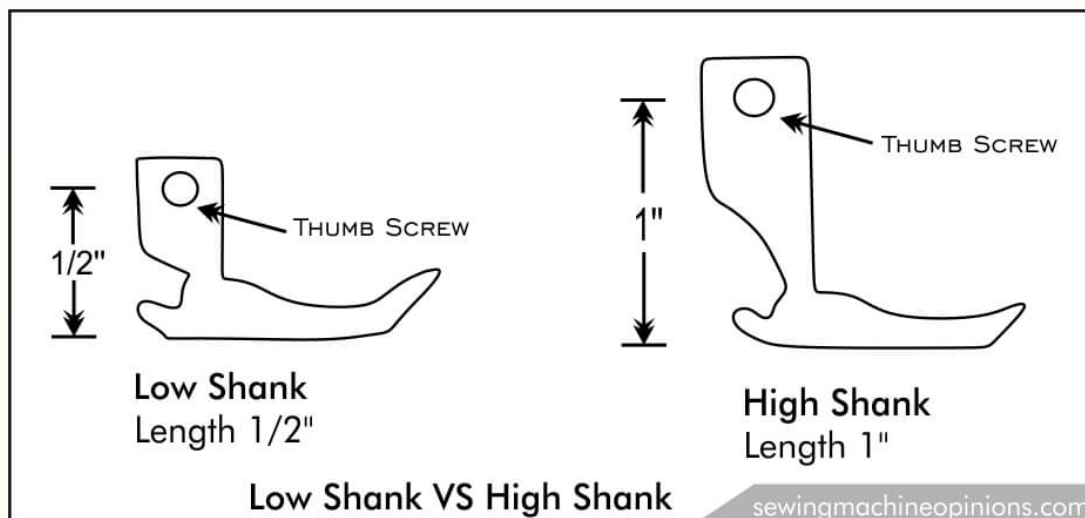
If the length from the bottom of the presser foot to the center of the thumbscrew is 1/2 an inch or less, then it is a low shank sewing machine. If the length from the bottom of the presser foot to the center of the thumbscrew is 1 inch or more, then it is a high shank sewing machine.

Most home sewing machines have low shanks, while most commercial sewing machines have a high shank, although upper scale models or machines designed for quilters or for embroidery also have high shanks since the height of the shank affects the height of the needle above the fabric. A high shank sewing machine is good for thick fabrics or multiple layers of fabric.

Low shank machines generally are less expensive than high shank machines. Beyond this, the primary distinction between low shank and high shank sewing machines is that low shank sewing machines are intended for domestic purposes, while high shank machines can be used for industrial purposes.

When shopping for a specialty presser foot, you need to know whether you have a low or a high shank machine since each will only accept their own kind. The largest variety of feet on the market are meant for low shank machines. Unfortunately, the majority of high shank machines cannot use several presser feet that are out there for special purposes. However, something similar could be available from the manufacturer of your brand of machine rather than "over the counter".

Also, if you are looking to acquire items for ruler quilting, the height of your machine's shank makes a difference to the ruler foot and the thickness of rulers you should be buying. If you buy a ruler meant for a high shank machine, but you want to use it on a low shank machine, it may catch or impede your ability to stitch with the ruler behind the presser foot. (I've tried it, and some of them can still be used, but very carefully!)



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Getting to Know You...

Debbie Briggeman

I grew up sewing Barbie Doll clothes and then moved on to making my own dresses in Grade 7. No pattern was used so they were a little wonky, but I was proud to have something new to wear.

The first quilt I put together was my younger sister's school quilt project. She studied all night for a test and I sewed so it would be finished on time. I was determined she would get through

grade 12. I only got a B as there were tucks in my appliqué and probably other issues as well.

My Mother-in-law used to hand quilt with a frame suspended between four chairs and she used crochet cotton and big stitches. My Mother colored Artex squares for my two kids. I sashed the blocks and Mother-in-law helped me to quilt them her way. They were all polyester and still look good today! I have learned and progressed tremendously since then. I took a beginner quilting course and have been hooked ever since. My mentors were very fussy and particular. You never showed them what you were working on unless you were able to handle their critique of your work. Perfection was encouraged.

I hand quilted most of my projects until I learned to longarm. Hard to keep up with a machine! I still keep a small project on the go to hand quilt. I have entered judged quilt shows and have many ribbons for my work. I learned well from my teachers in the Castlegar Quilt Guild.

I enjoy learning new techniques and usually can't wait to share my knowledge with others. I enjoy teaching others and have passed on all the knowledge I could at each class, or to my quilting friends.

My favourites at this time are mystery quilts and paper piecing.

As one of my mentors told me, "There will never be enough time to learn and do it all". Enjoy the journey!



Workshops Report

by Lorene Woronchak

Turn out for events continues to be strong and shows no sign of letting up. The spring calendar is full and planning is in progress for the fall line up of events. Thank you for all those participating. Your enthusiasm is encouraging.

Due to circumstances beyond the workshop committee's control it is necessary for the date of Two-Bottomed Bag workshop that was scheduled for March 23 to be changed to May 25. If you have signed up for this workshop and are no longer able to attend because of this date change, please let us know and you will be refunded.

Caring



If you know of a Guild member who has lost a member of their family, or has been ill, please let Evelyn Reitsma know so she can send a caring card on behalf of all of us.



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March 27th - 30th VSSQ Retreat

by Julie Glinsbockel

Quilters, it is time again to get organized for our spring retreat at Gardom Lake Bible Camp. The cost this time is again \$300 per person and the theme for this retreat will be Spring! We have 20 members already signed up, but we have room for 10 more, so I will be taking registrations again at our meeting on March 2nd, or you can email me and we can e-transfer your payment.

For those still on the fence or not familiar with retreat, let me provide some information about the venue and what occurs during retreat. Gardom Lake is located northwest of Enderby towards Salmon Arm. The Guild has been using this venue for our retreats for a number of years. In the last 3 to 5 years the hall we use has undergone some extensive renovations. The rooms where we sleep all have brand new bunk beds as well as some double beds (we only use the bottom of the bunk beds). The mattress is about four inches of foam which is very comfortable. There are 4 five-or-four person rooms and 5 two-person rooms. There are 5 washrooms, all new with either showers and/or tubs. We quilt in what is called the Chapel where every person has a 6 foot sewing table for their own use. There is also an area in the Chapel with a couple of couches and a wood burning fireplace. There are lots of windows and very good lighting. Marc, the Chef has been cooking for us for a number of years and the meals are great! He will also provide meals for anyone with specific dietary needs.

In the evenings on Monday, Tuesday and Wednesday, we will play a lively dice game which will require 4 strips of quilting cotton 2.5" x WOF (in a spring theme, so think

flowers, bright colours) per player, per game. That is 3 sets of 4 strips. Find some nice stuff, you may just be a winner! Each game has 2 winners who share the pile of strips. It is a lot of fun, so please plan on joining in on the fun – you won't want to miss out!

I make arrangements with Donna Peters of **Essential Wellness** to come out on Tuesday and Wednesday to provide massages. The cost last year to those who utilized her services was \$20 per 15 minutes. You can book her for as long as you want, or book a 15 minute massage both days.

The Guild provides cutting tables, mats and rulers as well as ironing boards and tables. We do have some extension cords and design walls. You will need to bring your sewing machine, rotary cutter, sewing chair if you need something more comfy than what is already provided, ear buds if you want to listen to music, bed linens, towels and your sewing projects. I will provide a more detailed list two weeks prior to retreat.

You should aim to arrive on site just after 10:00 am on Monday the 27th. After setting up, some of us head into Salmon Arm to shop and have lunch since lunch is not provided that day – so if you don't want to go into Salmon Arm, bring a bag lunch. Dinner is provided Monday and then there are three meals on Tuesday and Wednesday. On Thursday, we have breakfast and lunch and head out at 2:00 pm

I think this has covered the basics involved in retreat. I sure hope that having read this article you may be inspired to sign up and join us as it would be really nice to get closer to our maximum number of 30.

I will be taking registration at our March 2nd meeting.



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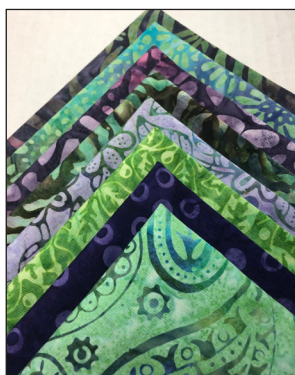
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Happy Birthday to our VSSQ March Babies!

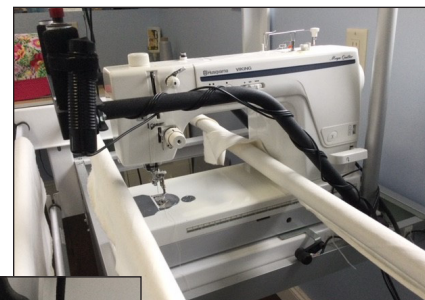
Mar. 2 Joyce Evanishen
 Mar. 12 Deb Green
 Mar. 15 Nonie Davies
 Mar. 17 Pat Libby
 Mar. 18 Mary-Lou Wightman
 Mar. 20 Evelyn Harding
 Mar. 20 Marilyn Buhler
 Mar. 27 Leslie Qazilbash
 Mar. 28 Karen Penner
 Mar. 29 Joyce Heard
 Mar. 31 Marilyn Wardlow



Fat Quarter Draw for March

The next draw will take place during the **March 16th** Guild meeting and the colours for that draw will be **Purple and Lime Green** (creative and confident).

As always, you will gain one entry for each fat quarter that you bring to submit for the draw, and each should be about 20" x 22" of good quality cotton. The more fat quarters you submit, the better your chance of winning more back!



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by a Friend of Shirley Gregorash

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Paralyzed by Perfection

from an article at:

www.quiltingdaily.com/love-your-quilt-paralyzed-by-perfection

We've all been paralyzed by perfection at some point in our lives.

Sometimes it happens at work, at home, and worst of all, in the quilting studio! When it comes to quilting, perfection can be a double-edged sword. On one hand, striving for excellence is admirable and should be encouraged. But on the other hand, this level of concentration can make you lose sight of the pleasure of creating art. Sometimes you have to just take a step back and refocus. So what do you do when you get paralyzed by perfection?

Ebony Love answered this question (and more) in the July/August 2020 issue of **Quiltmaker** magazine.

She relates a story about a quilt made by her friend that was quilted by another friend because Ebony was basically afraid to touch it even though she'd been the first to be approached to do the quilting. Unfortunately the quilt came back as a disaster which couldn't be identified as such because of the friendships involved. The long and short of it was - rather than ripping out all the quilting, the quilt was re-made from scratch, and this time Ebony agreed to quilt it for her friend. But still she was paralyzed and took over a year to complete it.

What she learned from the experience was:

- If you get stuck, talk it over with someone. Trusted friends are great for this!
- Do one small thing that will help you start. For her, it was getting the backing ready to load.
- Set mini goals along the way to help you get from one step to the next. She started with loading, then choosing threads, then basting, then a block, etc. Pretty soon, her goals were entire rows of blocks!
- **Keep your nose away from the quilt. We are all too close to, and all too critical of our own work. We look closely to find fault; the rest of the world looks closely to admire!**



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Job Opportunities!

by Julie Glinsbockel

There are two positions that are needing to be filled for this coming September. These are two year terms as well. The descriptions below may assist you with your decision. I expect that if you would like to work on either position with another person that can be done as well. If you are interested in either position please contact me.

The first position is that of the Patchwork Newsletter which Nancy Bradley has been doing for a number of years and has been doing a great job I might add. Big Shoes to fill I know but she will still be available to answer any questions the new person may have. As with many of the positions you are free to put your own spin on things. Below is a basic job description of the newsletter responsibilities:

- Produce 10 eight-page issues of the Patchwork newsletter on a monthly basis from September to June with content of interest to Guild members concerning the craft, art, and community of quilting
- Forward the completed newsletter to the Guild Webmaster in time for it to be posted on the website before the first Guild meeting of every month
- Have printed copies available at the first Guild meeting of every month for those members who do not have access to computers
- Publish the President's monthly message to the membership
- Provide an editorial column or an article written by a guest /volunteer columnist
- Encourage submissions of content from the membership, offer editorial support as needed; search for additional content as needed to provide a varied and interesting read
- Act as editor for content to ensure correct grammar, punctuation, and readability for comprehension;
- Act as designer for content to enliven visual interest
- Provide reports from committee heads and subgroup chairs as needed, highlight upcoming events/dates for the month and report other information that may be of interest to Guild members
- Be aware of and respect copyright protections
- Submit a yearly report of activities and expenses for the Guild AGM



Detailed job descriptions are posted on the Members Only page of our website.

The second position that needs to be filled for September is the We Care/Caring Committee which is responsible for sending cards to members as the need arises. Evelyn Reitsma is currently responsible for this position. This information is gathered by the membership notifying the position head of who may appreciate a card. The membership can call, email, or speak to the position head at a Guild meeting. Expenses are generally for stamps and cards.

The duties include:

- Writing and sending "care" cards to members of our guild when needed – accidents, hospital, bereavements, etc.
- Informing guild members when such events occur. Usually done at the first business meetings of the month so the information can be added to the minutes of the meeting.
- If a person is no longer on our membership list, a card will not be sent.
- Financial Records & Reports:
Keep receipts of all money spent;
Submit cheque requisition with receipts attached to Treasurer;
Track budget against expenses;
Prepare and present a committee report for the AGM in June.

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