

PATCHWORK



The Vernon Silver Star Quilters Guild Newsletter—April 2024 Vol 17, Issue 8



Musings from our President...

I don't know about anyone else but I am eager for spring/summer. We have some seeds started in the house and my husband has put the stake in the ground that will hold our umbrella clothesline. We have been cleaning out our ponds in

preparation for getting the pump up and running. We still have 9 large gold fish in the larger pond and maybe expecting little fish as at least three may be pregnant. We shall see.

I have been busy working on my free motion quilting and baking sourdough bread (I took a class a month ago so I have my starter set to go) . I have made two wheel chair quilts for our Lumby seniors home and finished up my Feather Quilt.

Hope you all have a wonderful Easter! I am busy with grandchildren and will be off in Red Deer the first week of April so Maggie has kindly agreed to chair the April 4th meeting. I look forward to seeing you all and catching up on April 18th.

Happy Quilting,

Julie



- April 4 9:30 am Business Meeting
- April 8 9:00 am Classics Sub Group
- April 8—11 Retreat at Gardom Lake
- April 11 9:00 am Open Sewing
- April 15 9:00 am Scrappy Sub Group
- April 18 9:30 am General Meeting
- April 22 9:00 am Talk Around the Block
Sub Group
- April 25 9:00 am Pouches Roundtable

Guild Meeting Days

*Doors open at 9:00 am
Meeting begins at 9:30 am*

Subgroups and Classes

*Doors open at 8:45 am for set up,
Ending at 3:00 pm.*

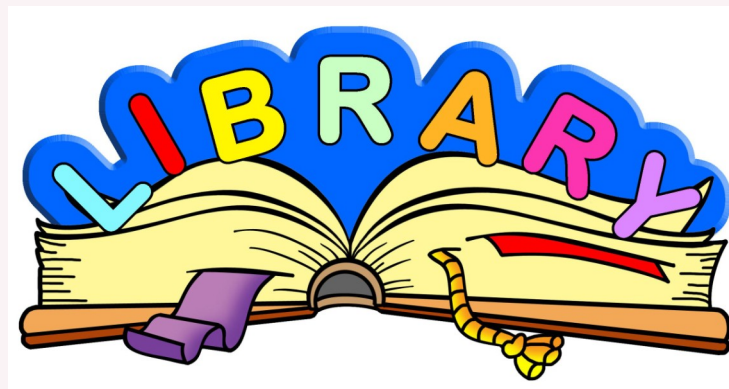
Newsletter Editor—Deborah Brown Guild Website: www.vssq.org VSSQ Mailing Address: PO Box 20014, Vernon, BC V1T 9L4

Deadline for May Newsletter submissions is April 25, 2024

Library News—Rhonda Harvey & Marlene Lawrence

Check out some of our new titles:

- Quilts As You Go for Scrap Lovers
- Quilt Your Own Adventure
- Simple Double-dipped Quilts
- Zig Zag Rope Sewing Projects
- Tumbler Quilts
- Barn Star Sampler
- Twist and Turn Quilts
- Quilts from Tilda's Studio
- Crumb Quilts
- Quilting with Panels and Patchwork
- Exploring Dimensional Quilt Art
- Just One Charm Pack Quilts
- Just Two Charm Pack Quilts
- Quilts from Quarters
- Third Time's a Charm
- Trendy Table 2



Remember: Please try to have your books returned at the next meeting and find some new treasures to sign out.



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Workshop Committee

At the April 4th Business meeting there will be Life Member presentations & New Comers Show and Tell. There will be no quilt Show & Tell for general members. At the April 18th business meeting we have an Elisabeth Redmond Trunk Show. April 25th is the Sweet Pea Pods and Clutch Round Table with Pat Bennett and Deb Coffey - 9 AM - 3 PM - \$40 includes the patterns.

Looking forward to May 2nd - Business Meeting & Life Member presentations, May 9th is an Open Sewing Day with an Embroidery Sharing sidebar led by Anita. May 16th is an Alternate meeting and we will enjoy Lorene's 2023 workshop presentation.

You can register for workshops even if you are not at a guild meeting. How? Simply e-transfer the workshop fee to vssqtreasurer2@gmail.com and put in the comments section what the workshop is that you are paying for. For example, send \$100 to the address and comment that it is the Make and Take Workshop. Treasurer will advise workshop committee of receipt and you will be sent the requirements for the workshop.

Believe it or not we are already planning for next year. We are looking for suggestions. Please contact Sue Beaudry with your ideas.

And finally, a reminder that all guild activities are deemed scent-free in consideration of those members with "scent-sitivities". Thanks for your consideration in this matter.

Sue Beaudry, Deborah Coffey, Julia Jones & Susan Wilson

<p>Seashell Quilts – APQS Kelowna</p> <p>Longarm Quilting Services – APQS Sales</p> <p>250-768-4763</p> <p>www.seashellquilts.com</p> 	<p><i>Quilting For You</i></p> <p><i>Professional Hand-guided Machine Quilting</i></p>  <ul style="list-style-type: none"> • Superior Thread Products Source • Project Completion & Quilts for Sale <p><i>Susan Wilson</i> 2905 Wood Ave. Armstrong, BC 250-308-6635</p> <p><i>Happy to Quilt for You!</i></p>
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Please remember! All our meetings are scent free. Thank you!

Did you know?

First and foremost, quilting is a great stress reliever. It allows you to enter a state of flow where you are fully absorbed in the task at hand, leaving behind worries and distractions.

Additionally, quilting can improve your cognitive abilities. Selecting fabrics, planning patterns, and solving design challenges stimulate your brain and enhance problem-solving skills. It also boosts creativity and encourages you to think outside the box while experimenting with color combinations and quilt layouts.

Furthermore, quilting can have a positive impact on your emotional well-being. Engaging in a creative activity like quilting can boost your mood and increase feelings of happiness and fulfillment. The sense of accomplishment that comes with completing a quilt can provide a significant self-esteem boost and a sense of pride in your work.

Quilting also offers physical benefits. The repetitive hand movements involved in quilting can improve hand-eye coordination and fine motor skills. It can also help maintain dexterity and flexibility in your fingers and hands, which is especially beneficial for older adults.

Moreover, quilting can be a social activity that promotes a sense of community and connection. Joining quilting groups or attending quilting workshops allows you to meet like-minded individuals who share your passion for this craft. It provides an opportunity to exchange ideas, learn new techniques, and gain inspiration from others.

It's a holistic activity that can positively impact your overall well-being. The health benefits of quilting are undeniable, from reducing stress and enhancing cognitive abilities to boosting mood and fostering social connections.

Excerpt from Sewendipitous.com



Joyce Penner	April 1
Denise Lemire	April 2
Kelly Smith	April 5
Marlene Lawrence	April 6
Karen Taplin	April 12
Bonnie Burnett	April 13
Judy Maglio	April 14
Pat Watts	
Anita Reimer	April 21
Beverly Johnstone	April 24
Christine Wejr	April 26
Margaret Carrick	April 30
Susan Walberg	



Spring Retreat!

Spring Retreat is Coming!

Date: Monday April 8 to Thursday April 11, 2024

Cost: \$310 Minimum 24 attendees

Refund policy- no refunds after we submit numbers to Gardom usually 10 days before retreat. Cancellation due to illness will be considered. Requests for room assignments will be considered but no guarantees! We will consider outside people who will need to pay a guild membership fee so they meet Quilt Canada's criteria for guild activities covered by insurance.

Look forward to seeing you there.

Maggie

From the Web...

Turning Scraps into Gold

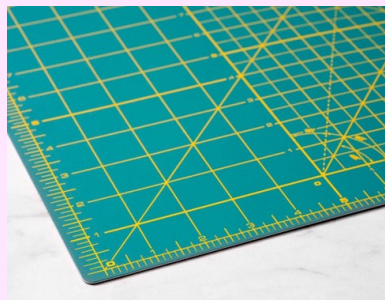


Do you want to use up lots of scraps in a short time?

Thought even to be a stress reliever, try the “Easiest Scrap Quilt Ever” commonly referred to as the “Duckworth”. This free pattern is the innovation of JoAnne Merrill-Duckworth. Usually made of six and one half inch squares, it can also be bigger.

The pattern is a simple log cabin with a difference. It is very wonky. You don't even need to be precise with a quarter inch. Try watching “Easiest Scrap Quilt Ever” on you tube to see the technique. Also Pinterest has some stunning examples of finished quilts.

Cutting Mat Maintenance



If you own an Olfa cutting mat try this: Wet mat with lukewarm water, add a drop of dish detergent and scrub with a brush. Rinse well. Pat dry with a dishtowel and stand up to dry thoroughly. I did mine this week for the first time in years and it renewed the mat beautifully! For bigger mats you may need to use your bathtub. Just don't leave the mat to soak in water.

When cutting minky or batting I turn my mat over and use the back side. Then I removed the fuzz with a soft brush, lint roller or heavy tape.

Store mats flat, don't leave them in a warm or cold vehicle and keep them out of direct sunlight. Don't iron on them. A warped mat cannot be made flat again.

Don't cut over and over in the same place on your mat as it will inhibit the self-healing properties in the mat, causing a groove that will make your cuts less accurate and dulling your blade.

Happy Quilting, Deborah

Fat Quarter Draw—April

The theme for the fat quarter draw for 2023-24 will be “Shades of Colour”.

April will be shades of Green.

May—Purple

June—Black and/or White—either prints or solids



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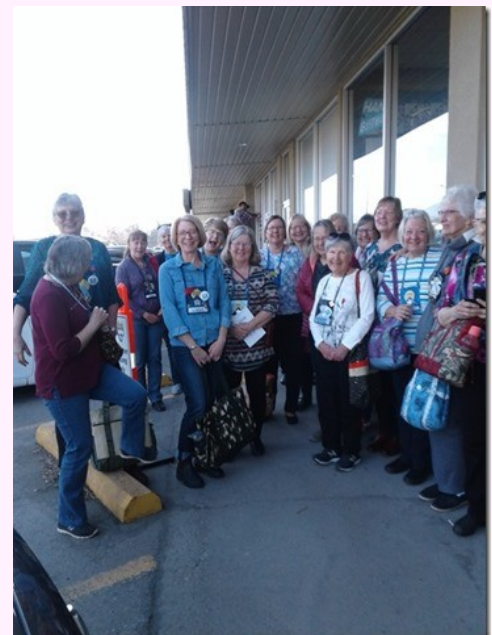
Hours: Mon-Fri 10am-5pm Sat 11am-4pm
110-2000 Spall Road Kelowna BC



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Newcomers—Rene Gutyan

The month of March was supposed to be a quieter one for the guild because of spring break which left us unable to have our regular two meetings. However for the new comers and their MLS's (member in longer standing) it did not slow down and it came in like a bee— a very busy bee! We started off doing a road trip out to Endy's Shop—Batik Corner. About a dozen ladies travelled out to the shop to pick out background fabric for the newcomer's quilt block which we will start to make in April. Each person has opportunity to make a block using some of the background fabric and also a fabric of their choice. In June we will do a draw to see who wins the blocks to make a quilt with them. Last season we had two winners and we had two quilts to view before we made our road trip. Later in the month we had a second trip which was our much anticipated Shop Hop. We filled a bus and travelled north to Kamloops and then back around by way of Chase, Salmon Arm and Armstrong. We had a great time getting to know each other, shopping, playing games, winning prizes and enjoying each other's company.



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One unfinished block is 18 ½" x 24 ½".

The completed quilt, from [Tilda](#), is 56 ½" x 76 ½".



Daydreamer Quilt Pattern is free and available to download at: (copy and paste into your browser)

<https://www.tildasworld.com/wp-content/uploads/2023/01/Daydreamer-Quilt.pdf>

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