

PATCHWORK



The Vernon Silver Star Quilters Guild Newsletter—September 2023 Vol 17, Issue 1



A Note from our President...

Welcome Back! Here goes my first submission as President. I hope you find it informative and worth the read. I trust you all had a good summer and managed to stay cool in the heat. As I write this over the long weekend we are enclosed in smoke which seems to be a regular

thing for the Okanagan. As some of you may know I have moved from Vernon to Lumby which occurred July 29th so for much of July my house looked like a storage facility with all the boxes. We are now almost settled in. Boxes are unpacked and my sewing room looks like a sewing room. I need to start painting inside so I don't anticipate doing any quilting/sewing yet but it will come! I have managed through all this to continue golfing every Wednesday morning and attending quilting twice a month with Marven and the group. Family has been up a number of times so I have had fun with the grandchildren.

As some of you may remember at our **Annual General Meeting** the Budget for the coming year was tabled in order to form a committee to review expenditures. A small group of guild members along with the executive met at the start of summer and we have now put together a budget proposal that is balanced. This proposed balanced budget will be discussed at our September 7 meeting. I will send out an email to the membership a week prior to Sept. 7 to notify everyone on the Extraordinary Meeting concerning the Budget.

Retreat is coming up October 23 to 26 at Gardom Lake. Sign up begins at our first meeting, September 7. Payment at the time of registration secures your spot. Registration is \$300.00 (cheque, cash, debit card) or \$315 by Credit Card. Cancellation policy: Unable to attend you need to find a

September Events

September 7 - 9:30 am	Business Meeting
September 11—9:00 am	Classics
September 12—9:30 am	QuArtz
September 14—9:00 am	Soup and Sew
September 18—9:00 am	Talk Around the Block
September 21—9:30 am	General Meeting
September 25—9:00 am	Scrappy
September 28—9:00 am	Sonja's Windows

replacement. We may have a waitlist to fill your spot, otherwise your money is not refunded. Cancellation for medical reasons excepted. Maggie Tomich, our Vice President, will be organizing the retreat. Lori Hanson will be handling registration while Maggie is away. The sleeping accommodations at Gardom feature double rooms and four/five person rooms (all are bunks but we only use the lower beds). Let Maggie/Lori know of any preferences for sharing rooms and/or sleeping requirements. Retreat is a fun time to relax, sew, get to know other guild members, share ideas, etc. The food is great! Please consider attending.

With the start of September the sub groups will be meeting again and we will introduce them all at our September 7 meeting. Most groups can accommodate up to 25 members so give some thought to joining a subgroup. This is a good way to socialize, meet someone new, and get some sewing done.

The Library will be open. Please return books borrowed for over the summer. The library is a very well used feature so it is important that books are returned so other members can enjoy them. Thank you.

See you all on September 7!

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

Deadline for October Newsletter submissions is September 28, 2023

Fall Retreat 2023 by Maggie Tomich

PSST IN OUR SPOOKY HAUNTED HOUSE (GARDOM LAKE RETREAT) THERE IS ROOM FOR 30 (REGISTRANTS) WITCHES ONLY. SHOULD MORE THAN 30 FLY IN, HOCUS POCUS, THE BOO CREW (MAGGIE, LORI, JULIE) WILL USE A LOTTERY SYSTEM TO DETERMINE WHO CAN PARK THEIR BROOM AND PUT THE REST IN A CAULDRON (WAITLIST) TO WAIT FOR THEIR SPELL TO BE CAST. DON'T BE DISCOURAGED THOUGH, I HAVE BEEN IN THE CAULDRON TWICE AND MY SPELL WAS CAST BOTH TIMES. WHEE! CHUCKLE, WHAT HOWLING FUN.

Warning! Spooky Retreat Activities are ahead.

What is another name for “All Hallows Eve”? Halloween is the theme for this years retreat. Activities are voluntary. We will be making a treat bag or place mat or both. It was suggested that we might consider placemats in the dining room at retreat or you can get a head start on the placemats for the Christmas Party. For the treat bag you will need:

24 x 44 inch fun Halloween print

27 x 22 inch inner bag fabric

27 x 22 inch poly fluff

2.5 inch WOF print for handles

You can also make the treat bag with other themed fabric.

For Placemats follow instructions on the pattern you choose. Bring fabric and poly fluff to sandwich.

Games will be Halloween themed. Bring: 4 - 2.5 inch x WOF strips either one colour or mixed Halloween themed strips of purple, orange, green and black; 2 Halloween themed fat quarters; 4 -10 inch squares Halloween themed.

Maybe don a Halloween costume or sport a homemade Halloween themed sewing item at your sewing table, or make Halloween treats for the snack table. Prizes will be awarded!

We are looking forward to all the Ghouls and Gals who are Spooking their way to Gardom Lake. It's going to be a Spine-chilling time. See you Oct 23 to 26. *Maggie, Lori, and Julie.*

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Sub Groups

QuArtz– Christine Trory

Welcome to a new year at QuArtz. Our group meets the second Tuesday of the month at 9:30 at an offsite location with the goal of extending our quilting skills into an artistic area. We plan to explore 3-dimensional objects this year. We will discuss various surfaces and how to achieve them, options for 3-dimensional shapes and how to construct these shapes. We will also explore various embroidery stitches that might give your work a wow factor.

We have dyed our fabrics with natural and purchased dyes. We have also rusted, sun printed, and gelli printed our fabrics. We've even heated and melted a few things to incorporate into our art pieces. We look to expand our knowledge of fibre arts and artists, and learn new skills and techniques to add to our 'toolbox'.

All are welcome to explore new areas and try new projects! Our first meeting of the year will be on Sept. 12. Please contact Christine Trory, Sandie Guenette or Jeanette Marten if you are interested in joining QuArtz or simply want to visit us for one meeting to see what we are about.

Hooked on Classics– Deborah Brown

Our group's focus is on traditional quilts. This provides many choices for projects. However we are very flexible and our main purpose is to have a day for sewing, camaraderie and lots of fun. If anyone has a project in mind that they would like to share with the group, that would be great. The group is always willing to help with advice and suggestions.

The meeting dates for 2023/2024 guild year will be the 2nd Monday with a couple of exceptions. Our start date is September 11th from 9am to 2:30pm. Register at our first guild meeting in September. Payment can be made with the sign-up or at our first sewing meeting on September 11th. If you have any questions, please contact Deborah Brown.

Scrappy-Betty Dobson

Scrappy subgroup will continue to meet on the first Monday of the month from September through May from 9-2:30. Our meeting in September is scheduled for the 25th due to the stat holiday on September 4th. I'll have a sign up sheet at the September guild meetings,.

Talk Around the Block– Ruth Dixon and Karen Weighill

Is everyone ready for a new quilting season? Talk Around the Block will start the last Monday of the month in September. The group has been smaller than the other subgroups, and everyone is welcome. There are 8 planned sessions, because we do not meet in December or June. With smaller numbers there is more room to spread out and there is more one on one time to visit. The down side of our smaller number is that we have to have a higher cost per attendee to cover the cost of the rent. Depending on the number of people who sign up we expect the cost for the year to be between \$42 to \$50. Our first subgroup meeting will be September 25, the next will be October 30, to avoid conflicts with other scheduled quilting events. November's date is set for November 27. Sign up for the group will be available starting with the first guild meeting see either Ruth Dixon or Karen Weighill.



Please remember! All our meetings are scent free. Thank you!

A Note from the Treasurer by Anita Reimer ***

Just a quick note to all members regarding our square and fees.

As you may have noticed on our proposed Balanced Budget, we are not going to pay the square fee for the use of a credit card. That cost will be passed to the purchaser rather than the whole guild. That charge is only 5% of the purchase. For example if you used your credit card for a \$5 workshop, you will be charged \$5.25. If credit card is used to pay for retreat the charge will be \$315. Otherwise charge will be \$300. There are no extra charges if you pay by cheque, cash or Interac, or an e-transfer. You will see this charge on the machine when you are giving authorization for the purchase. This will also assist you in case you gave the wrong card at time of purchase.

So there is going to be a 5% charge added to your purchase only when using your credit card. There will be NO additional charges for any cash, cheque, Interac or e-transfer to the guild.

August Birthdays

August 3	Doris Gauthier
August 8	Dorothy Fowler
August 9	Nancy Hadley
August 10	Linda Hatten
August 11	Linda Sankey
August 12	Marilyn Schoenberger
August 13	Cathy Gaetz-Brothen
August 14	Louise Oddy
August 17	Gail Mitchell
August 17	Endy Turner
August 20	Ruth Schellenberg
August 21	Jeanette Marten
August 22	Candy Turgeon
August 24	Yvonne Wood
August 25	Betty Dobson
August 26	Brigitte Red
August 28	Carol Christensen

September Birthdays

September 3	Betty Carlson
September 4	Bernice Phillipoff
September 13	Rose Currie
September 16	Christine Robson
	Kay Snowdon
	Darlene Bonsan
September 22	Stella Moffatt
September 24	Karen Weighill
September 27	Shirley Weishuhn
September 29	Janice Winkelaar



Christmas Table Toppers for Christmas Party

As announced at the year end picnic at the Church we will be making Christmas themed table toppers for the tables—one per table to auction off. Get a group together and make a plan. Tables are 60 inches: approximate size of the topper should be 36 to 40 inches across. Hexagon, octagon and star shapes would all work well. There are many free patterns on the internet.

Toppers should be Christmas themed, pieced, sandwiched and quilted. There will be a Viewers Choice prize awarded to each member of the winning table.

If you have any questions, please speak to Maggie Tomich. Happy sewing!



Autumn Quilt Sale—October 14 at Halina Centre

Do you have quilted items that you would like to sell? Before we know it, this event will be upon us.

Anita Reimer and Susan Wilson have started the ball rolling on this opportunity for the guild to once again share our quilt passion with the greater community. Are you ready to vend?

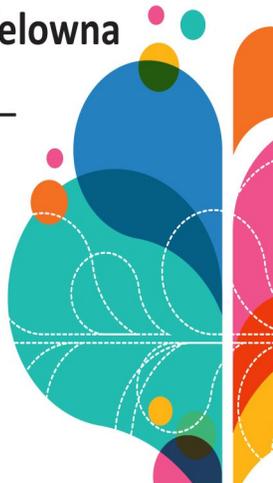
Join the fun and share while recouping a bit of the coin your passion has cost. To this end, the committee has a set formula for **minimum** pricing which worked well at our last two sales. Listen at the next two meetings for more details on how to get involved or chat with either of us for more information.

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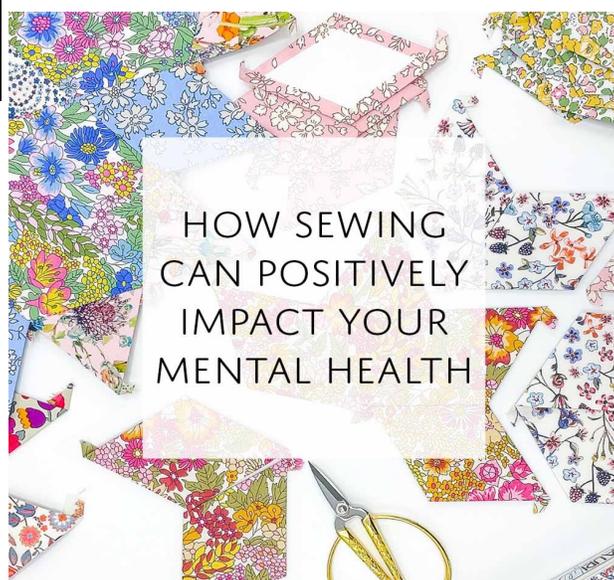


Caring by Angie Wood

Hello everyone:

I would just like to remind everyone that I am now chairing the position of “Caring”. For all the newcomers, and a reminder for the other members, the reason for “Caring” is to let members of the Guild know that we are thinking of them at a time when they could use an “invisible hug”. A card will be sent to members in good standing who have lost an important person in their lives, if they have had surgery, or if they just need a little cheering up because they are ill.

If you are aware of any of our members who would appreciate being remembered at a difficult time please text/phone, email, or speak to me directly at a meeting. My contact information can be found in the membership list in the “Members Only” section. Thanks, Angie Wood



6 Ways Sewing Can Positively Impact Your Mental Health

By Alice Caroline of www.alicecaroline.com

Generally there are several ways including increasing mindfulness, boosting self-esteem, and providing social connections. Self-Care!

1. Sewing can provide a sense of accomplishment and satisfaction. Completing a project, no matter how small, can help boost self-esteem.
2. Sewing can provide community support whether online or at an in person get together. These can combat loneliness and foster inspiration and love for your craft.
3. The repetitive nature of sewing can be both meditative and calming.
4. Sewing can give you purpose and meaning, particularly when sewing for others or for a cause.
5. Sewing can provide a sense of control and order.
6. Sewing can foster gratitude and appreciation for hand-made items and the effort that goes into creating them.

Community Care by Betty Dobson

Community Care will have 2 sewing dates this coming year, October 12 and February 29, so mark your calendars! We will be at most guild meetings to collect the quilts currently being sewn and quilted and we will have a few quilt kits available for quilting. There will be more details to follow for this year’s project.

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Workshop by Sue Beaudry

I would like to introduce your 2023-24 Workshop Committee members: Sue Beaudry, Deborah Coffey, Julia Jones & Susan Wilson. We have been meeting over the summer to schedule activities that you can take advantage of. There are opportunities for members to share their talents and skills or to suggest workshops you would like to see. If you have an idea or would be willing to lead a workshop or do a trunk show or demo at one of our Business meetings, we would love to hear from you. To simplify the process of organizing a workshop, you can access and then complete a Workshop Proposal form, available on the member only page on the VSSQ website. Complete the form and then submit it to one of us.

Mark Your Calendars

September 14th – Soup and Sew Day - \$5.00 This is an open sewing day, so bring a project to work on.

September 21st – President Julie Glinsockel will share a slide show from last Springs Retreat.

September 28 – Sonja's Windows 2.0 & Sew Much More - \$30 Susan Wilson will lead this one-day workshop

Registration and more information about the workshop will be available at the Business meeting on September 7th.



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Newcomers by Rene Gutyan & Shirley Weishuhn

Wow with all this hot, hot weather it's hard to believe that our summer will soon be over. On the up side it means our quilting year once again begins! Shirley and I have put our heads together and come up with a few new ideas for the Newcomers joining this season. We will also welcome back some of the Newcomers that joined the group late last year. Those new to the guild will be introduced to the board members and the heads of the sub groups. Each Newcomer will be appointed a MLS (member in long standing) or buddy to help them settle in and not miss any opportunities the guild offers. We plan to repeat most of the projects we did last year and possibly add a few new twists.

This will be our second year working with the Newcomers and we are both looking forward to meeting and greeting those who join us.

We will have a brief orientation meeting of Newcomers and MLS in the multipurpose room after the first meeting of the season, on September 7th. Anyone interested in being an MLS is invited to join us. There is always a need for people to help welcome those that are new to our Guild.

Lorraine Johnson-Brotsky Scholarship

Well-known and beloved art quilter and wearable art designer and maker Lorraine Johnson-Brotsky died In October 2022. She had won multiple awards for her wearable art at CQA over the years. She was a founder of the wearable art group, The Wowsers, and a member of QuArtz.

After her death, her husband, Dave Brotsky, asked a group of her friends from Quartz for ideas on what to do with her many wearable art clothes. Dave brainstormed with the group and was delighted when they hit on the idea of a fundraiser to a scholarship in her memory. The main criteria for the scholarship would be awarded to students pursuing studies in clothing, textiles and fashion design and sewing – career fields that reflect Lorraine’s interest, experiences or education. Then the Wowser group, headed by Lorraine’s good friend Mary Matus organized for a fundraiser, called ”Lorraine’s Treasures” to sell Lorraine’s many original designer jackets, hats, scarves and vests. The group cataloged, photographed, and valued the items and offered them for sale or donation.

The Sale/Donation event was held April 29th at Trinity United Church. Proceeds from the Sales and Donations Totaled \$ 8665.00. Subsequent to the date, others have come to Dave’s house and purchased further items for a further \$1255.00 now totaling \$ 9920.00. Funds have been deposited at Fraser Financial July 10, 2023. This sum of money could provide several \$ 1000.00 or more scholarships for years to come! Another sales event of remaining items will be held at a later date. There are about 20 clothing items remaining and a few accessories.

The “Wearable Art” garments are gone. Additionally, new homes are needed for Lorraine’s sewing machines and large collections of fabrics, notions, supplies etc. If you know of someone (child, grandchild, friend of a friend) who has a career interest in textile, be sure to let them know of this scholarship. You can still donate personally to the scholarship fund.

Submit funds directly to Dave Brotsky either CASH or a CHEQUE (made out to “Lorraine Johnson Brotsky Memorial Scholarship”) Contact Dave: Cell phone:250-307-4930 Address: 577 Mountview Rd Vernon V1B 3A7

Message from Dave: This has been nothing short of being a tremendous acknowledgment of Lorraine’s influences in the ‘fabric/textile’ community here in Vernon, and elsewhere, and the tremendous work all you ‘sisters’ did in making it happen! – Huge Thanks!



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1/4 cup melted butter

2 beaten eggs

1 1/2 cups whole wheat flour

1 tsp baking soda

1/2 tsp salt

Mash bananas. Add honey, butter, soda, salt, eggs and flour.

Mix well. Put in loaf pan.. Bake at 350 for 1 hour.

Slice when cooled and serve. YUM!



The Back Page...Editor's Note



So...another summer is coming to a close. Since I moved here I have enjoyed the natural beauty that the Okanagan affords spring, fall and winter. I must say I do not enjoy the summer for the smoke or fires but we are told this is now the norm. My garden flourished, my grass dried up, and the heat kept me indoors. Not the worst thing for me as I quilted the summer away. This is the year of the UFO for me. I finished 3 UFO's this summer and I am determined to clear out all my UFO's by my 70th birthday so I have 2 years to accomplish this task. I have a lot of UFO's!

I am on a steep learning curve with this newsletter gig! It's good to learn new things right? So if you have any suggestions, please be kind. Any and all suggestions will be taken to heart.

What goals do you have for this coming season? A new project that challenges you or attempting something physical in our great outdoors that you have never tried before? I do want to do some hiking—if only my hips would cooperate! I live in the Foothills and there is no flat walking up here. Hills are everywhere which is good for the cardio I guess.

What will challenge you this fall/winter? Give it some thought. I always like to start a long term project which gives me something to look forward to if I work on it every week.

Check out the guild's extensive library - you may find a new project you can begin and work on every week.

Happy Quilting!

Deborah