

PATCHWORK



The Vernon Silver Star Quilters Guild Newsletter—November 2023 Vol 17, Issue 3



Musings from our President...

October is on the way out and November is on its way in. I trust everyone had a good Thanksgiving and you are now getting prepared for all the trick and treaters! Having just moved, we are not sure how many children we will be getting this year but from the looks of some of the houses decorated around our area we should get quite a few.

I would like to take a moment to thank everyone who has volunteered to help out the last couple of months. Whether bringing in treats for coffee, setting up and taking down the chairs or volunteering in other areas, etc. every bit helps in making not only the guild run smoothly but also making it an inviting guild. Thank you to Janet Makepeace for stepping up to assist with the kitchen. As I mentioned at the last meeting we had only Endy with food safe working in the kitchen and we needed to have at least one other person available to step in if Endy wasn't available. Thank you Janet for stepping forward.

As I write this, 17 ladies are at Retreat. This is a much smaller number than what we have had attend in the past. As many of you know we are able to take 30 to Retreat. From what I hear Maggie has planned a lot of fun Halloween inspired activities for the week so they should have a great time. I hope that we can increase the numbers for our Spring retreat in April 2024.

Again, thank you to all the volunteers. If you haven't volunteered yet please think about helping out in any way you can. It is most appreciated.

Julie

November Happenings

November 2—9:30 am	Guild Business Meeting
November 6— 9:00 am	Scrappy Sub Group
November 9—9:00 am	Soup & Sew
November 13-9:00 am	Classics Subgroup
November 16-9:00 am	General Guild Meeting
November 23-9:00 am	Origami Tree Workshop
November 27-9:00 am	Talk Around the Block
November 30 9:00 am	Make and Take Round Table

Check our online calendar for updates.

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 December Newsletter submissions is November 25, 2023

Fall Retreat 2023 by Maggie Tomich

Quilt retreat was a blast held from October 23 to 26. Sixteen enthusiastic quilt members attended for a small but fun retreat with laughter, lots of sharing and lots of projects completed. We switched up the usual games for good times with two nights of Quilting Bingo. Deborah Coffey and Rhonda Harvey won the pot of fat quarters and 10 inch squares of Halloween themed fabric. Our bag ladies made some very impressive projects. Next retreat April 8 to 11.



The Bag Ladies



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Paint Chip Challenge

We have designed this challenge to encourage you to move a little out of your comfort zone and do a small quilting project with a difference, a difference for you.

- ⇒ Wall hanging
- ⇒ Placemats
- ⇒ Table Runner
- ⇒ Lap quilt
- ⇒ Bag or Purse
- ⇒ Something we haven't thought of



It is your choice but we encourage you to use quilting techniques either new or not recently used. Your completed item should be no more than 40" by 60".

The second challenge is to use colors that are not your usual choices. You will receive a recipe card with nine paint chips on it and you are to include at least three of these colors in your project.

There will be a quiz. You will be asked how your completed item differs from your normal quilting routine, and which paint chips you used.

Paint chips will be provided at the next meeting, November 6th, and project completion will be February 15th.

Julie Jones

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2024 Calendars now available. See Susan at the Workshop Table.



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

Newcomers—Rene Gutyan

Our newcomers group is off to a busy start this season. September saw us welcome seven new members and another three in October. We did not have our usual name tag sewing day but were able to include it in our sewing day in October. The new members were introduced to the Guild Executive and later everyone had a chance to make a nifty little thread catcher for use when we have our sewing day. (note the picture of the thread catchers ,some of these talented ladies even put their own twist on it.)

As the MLS's members in long standing or buddies get to know their newbies they will be preparing for our introduction to the guild which will take place in mid November. We will also be inviting the leaders of the sub groups to a newcomers meeting , thus giving them a chance to get to know another aspect of this busy busy guild. Rene



November Birthdays

November 3	Helen Neufeld
November 5	Lynda McGarvie
	Marie DiMaria
November 6	Pauline Richardson
November 8	Evelyne Reitsma
November 10	Christine Wejr
November 12	Louise Breneman
November 13	Elaine Duncan
November 24	Joanne Klemenc
November 29	Ruth Dixon



Fat Quarter Draw

- The theme for the fat quarter draw for 2023-24 will be "Shades of Colour".
- **November** will be shades of Brown from tan to dark chocolate brown and anything in between.



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!



Grocery Receipts!!! Linda Ensing

What's in the Green Box?

During the VSSQ guild meetings there is a collection of items on the stage at the “front of house.” If you are new to the guild, you may have wondered about the green box! It is a container for you to drop off any Butcher Boys or Nature's Fare grocery receipts. Both businesses very generously offer gift cards in exchange for receipts collected. Every guild meeting these receipts are collected and totals tallied. Every \$5000 purchased at Butcher Boys provides us with a \$50 gift card. Nature's Fare offers 3% of your purchases back to our organization. The cards are used at the guild's discretion. They may provide grocery help to a needy family that our host church is aware of, they may be donated to a nonprofit organization like the Salvation Army, they may purchase sugar and cream for our coffee break. If you shop at either of these stores please say “yes” to receiving the receipt, collect them, and bring them to the guild meetings to put in the “green box.” It's easy and it's good for our community.

Thank you! *Linda*



Community Care Sew Day



Community Care's sew day in October was not only a success, but great fun. A group of enthusiastic sewers worked on the hospice requested quilts and with a dedicated group of support workers, we made a dent in our bundles. Special thanks to VSSQ Ironworkers #1 (you know who you are).

*Betty Dobson
Lynda McGarvie
Debbie MacLeod*

VSSQ has a great group of core newsletter advertisers who have been supporting our guild for a long time. Please remember to support our generous advertisers and let them know you see their ad in our newsletter.



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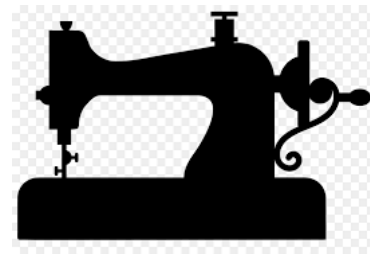
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Workshop - Sue Beaudry

Fall is well underway. Quilts are being made and new ideas being shared.

Mark Your Calendars with the following:



At the business meeting on November 2nd, the ladies who participated in the Brown Bag Challenge of last year will be showing off their finished or nearly finished treasures. As well, it's not too late to take part in this year's Paint Chip Challenge. Julia Jones still has paint chips to stimulate your creative juices! Seek her out for more information.

- ⇒ November 9th, 9:00 am – 2:30 pm Soup & Sew Day – take another opportunity to work on a project or two, socialize and enjoy a lunch prepared for you. Soup & sew is \$5.
- ⇒ November 16th is our Alternate meeting. Meet our Newcomers at this meeting.
- ⇒ November 23rd, 9:00 am – 3:00 pm Origami Tree Workshop, presented by Debbie Briggeman. This is an opportunity to use up some of your Christmas fabric scraps, cost \$15.
- ⇒ November 30th, 9:00 am – 3:00 pm Make And Take Round Table Workshop Round table format with multiple group leaders. Just bring your sewing machine and thread, etc. Kits are prepared ready for sewing instructions and are included in the workshop price. Cost \$100.
- ⇒ December 7th – Business Meeting
- ⇒ December 14th – Christmas Luncheon

*Remember: Do you have an idea would like to share with a group of interested quilters or know someone who might share something that you would like to learn how to do? To help us with the process of organizing a workshop, a **Workshop Proposal form** is available on the Members Only page on the VSSQ website. Complete the form and then submit it to the Workshop Committee. We collectively are only as good as each of us as a participant in the guild.*





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See Susan at the Workshop Table

Thank you Note from Laura Masini Pieralli

This note was sent to Val Tucker who wishes to share with the guild.

Hi Val,

I assume that was you that dropped off the two absolutely beautiful, incredibly well made, super interesting fidget pillows on Friday—Thank you for continuing to keep us in mind. These pillows blew me away—wow! I am so so grateful.

I must tell you and your guild about where your fidget blankets and pillows have found a home. Not long ago, I asked the elementary school counsellors how they like their pillows and blankets, and they told me that they don't have any in their counselling rooms. I was surprised! So...I sent them to every school—I insisted. Well, they are so popular that they have travelled to find homes throughout the schools, and in particular in the learning assistance rooms where they help students who are neurodiverse and/or easily dysregulated. They are so effectively calming. One lives in the vice principal's office in a school because it helps the kids with their anxious feelings. These pillows and blankets have been engaged in a bit of a tug of war! This speaks to how beautifully helpful they really are at helping students (and adults) fidget to feel better.

Last Friday I hosted a professional development for school district employees at the Schubert centre on grief and grieving. I borrowed back some pillows and blankets to show and to explain the neuroscience of why they are calming and how they help release feel-good-neurochemicals like Serotonin. People were impressed with the workmanship, attention to detail, and love that went into each piece.

Thank you to all of the quilters for making children across our school district feel (literally) better. If quilters would like to make any more, please know that they are a hot commodity, and I have already had requests from more elementary schools (Alexis Park, Hillview, Lavington, and JW in Lumby). No pressure of course, we are so grateful for what you have all already donated.

*Laura Masini Pieralli, BA, BEd, MA
Registered Clinical Counsellor (RCC)
SD22 District Itinerant Counsellor, Inclusive Education*



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Sour Cream Pumpkin Coffee Cake—Joyce Heard YUM!

Cream:
1/2 Cup butter
3/4 cup sugar
1 tsp vanilla
Add 3 eggs beating well

Combine:
2 cups flour
1 tsp baking powder
1 tsp baking soda

Add alternately with 1 cup sour cream

Combine:
1 3/4 cup (16 oz) Libbys Pumpkin
1 slightly beaten egg
1/3 cup sugar
1 tsp pumpkin pie spice

Spoon half of batter into 13 x 9 x 2 inch baking dish. Spread to corners. Sprinkle half of streusel (recipe below) over batter. Spread pumpkin mixture over streusel. Carefully spread remaining batter over pumpkin mixture. Sprinkle remaining streusel over top. Bake in slow oven (325) for 50—60 minutes or until toothpick inserted in centre comes out clean.

Streusel:
Cut 1 cup firmly packed brown sugar, 1/3 cup butter, 2 tsp cinnamon together until blended. Stir in 1 cup chopped nuts.



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Looking for a great website that offers all kinds of free info? Patterns, tutorials, downloadable HST charts, etc.

[Generations Quilt Patterns.com](http://GenerationsQuiltPatterns.com)