

PATCHWORK



The Vernon Silver Star Quilters Guild Newsletter—April 2026 Vol 19, Issue 8



Greetings from our President

Happy April Quilters!

Quilting offers many meaningful benefits as we age, supporting both mental and physical well-being. The repetitive motions of cutting, stitching, and piecing fabric can be calming and meditative, helping to reduce stress and anxiety. It also keeps the mind engaged by encouraging creativity, problem-solving, and memory use—especially when following patterns or designing original quilts.

Physically, quilting helps maintain fine motor skills and hand-eye coordination, which can decline over time. Socially, it can be a powerful connector; quilting groups and communities provide opportunities for friendship, shared purpose, and reduced feelings of isolation.

Perhaps most importantly, quilting creates a sense of accomplishment and legacy. Each finished piece tells a story and can be passed down through generations, offering a lasting reminder of care, creativity, and personal history.

April will hopefully bring on early spring flowers and some warmer weather. That snowstorm we got mid March was a surprise! But we need the moisture!

We are quickly coming to the final months of this guild year. Activities will run through April and May; in June, we'll have our Annual General Meeting on the 4th and our year-end celebration on June 25th.

It has been a good year of quilting, sewing, sharing, learning and socializing. The Executive will meet to begin to put together a budget for next year and during August the Executive along with all committee leaders will meet to confirm calendar dates and share any other pertinent information.

Happy Quilting,
Deborah

40 Years

A Ruby Anniversary Celebration



RED is the colour of the day!

- Wear something Red ?
- or a fashion from 1986 ?

Bring your oldest quilt creation (just 1)

No need to fly to Toronto to retrieve one from your family! Just one from your cupboard!



Thursday
June 25, 2026

PICNIC LUNCH

Arrive at 11:30

Pot-luck Lunch at 12:00



Menu Sign-up sheets
will begin circulation
at April 16th meeting
(after retreat)



Bring your own
plates & cutlery

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APRIL WORKSHOP ACTIVITIES

It's springtime, the sun is shining, it's great to be outdoors, but we still have lots of fun quilting activities this month.

For those who will not be going to Retreat, remember that we are still having our "Business Meeting" on Thurs. Apr. 2; once again followed by another informative session of "Library Secrets".

Our "Alternate Meeting" will be held on Thurs. Apr. 16, and will include a "Trunk Show" presented by Deborah Brown.

Dianne Jansson will be back on Tues. Apr. 21 and Wed. Apr. 22 to teach the two day "Mary Ellen Hopkins Workshop". Hope you were all able to get registered.

Thurs. Apr. 23 is a "Free Open Sewing Day", perfect for finishing your Mary Ellen Hopkin's project or whatever else you are working on. Remember these days are open to everyone, but if possible we would appreciate it if you would register with a member of the workshop committee to ensure that we have the required minimum number of attendees. Drop-ins are still always welcome.

Don't forget to check the Guild calendar for all the subgroup dates as they sometimes need to change their dates.

Just a heads up: there will be a "Garage Sale" following the May 21st meeting, so start getting your items for sale ready. More information to follow.

THE WORKSHOP COMMITTEE



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Kids sewing camp & PRO D Days Scheduled

COMMUNITY CARE NEWS

Since the beginning of 2026 we have been happy to already donate 45 quilts!

The quilts have been distributed to Vernon Interior Health Unit, to Vernon Jubilee Hospital Nursery, to Creekside Landing Senior Care and to the downtown Friendship Centre. All have been gratefully and “warmly” welcomed! Our guild also sent five quilts to Tumbler Ridge via Thread and Paper.

Thank you for your generous efforts, guild members.

Here are a few details to consider as you complete Community Care quilts:

If you have a VSSQ label, please stitch it onto the back of the quilt with the raw edges turned under.

Hand stitching is fine; machine stitching is equally fine. (If you need a label, please check with one of the team members – we usually carry them in our guild meeting bags; if you’ve already completed the quilt without a label, we will stitch one on, no problem.)

Binding can be hand stitched in the traditional manner, but it can also be attached by machine, both back and front.

Before handing in the quilt, a check for loose or stray threads is appreciated.

Regarding size, about 40” x 40” is good for the baby quilts, and for some of the elder care ones; 40” by 48”, 40” x 60” are other guidelines to consider. Bed sized quilts are more difficult to distribute.

Precise measurements as stated above are not essential –those are just easy to work with suggestions and variations are fine.

If you have made a Community Care quilt from your own fabric, we can provide the batting to you – just give us the quilt measurements.

The next Community Care Sewing Day won’t be until October but meanwhile you can check the table at the back during guild meetings in case you are looking for a project to take you through this spring and summer.

As we distribute the quilts, we have opportunity to take a closer look at them. We have been so impressed with the fine quality of the quilts you have made. We are so pleased to “show-off” your pleasing fabric choices, the interesting patterns and beautiful quilting. You and your work are appreciated!

Betty, Yvonne, and Linda



(Both Ventures Inc.)

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QUILT SHOPS

This article was submitted to me as a filler. It is well worth reading. j

Supporting your local quilt shop is about much more than purchasing fabric—it's about sustaining creativity, community, and craftsmanship.

Local quilt shops provide a curated selection of quality fabrics, tools, and patterns that are often chosen with care and expertise. Unlike large retailers, these shops understand the needs of quilters and can offer guidance, inspiration, and problem-solving when you're stuck on a project. That personal knowledge is invaluable, especially for beginners or anyone trying a new technique.

Beyond supplies, local quilt shops serve as gathering places. They host classes, workshops, and sewing circles that bring people together to share skills, stories, and encouragement. In a world that often feels disconnected, these spaces foster meaningful relationships and a sense of belonging.

Supporting your local shop also strengthens your local economy. Small businesses reinvest in their communities, contribute to local events, and help keep unique, creative industries alive. When a quilt shop thrives, it ensures that future generations will have access to hands-on learning and the rich traditions of quilting.

In short, every purchase made at a local quilt shop helps preserve not just a business, but a vibrant community and a cherished art form.




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Membership Guild pins are available at the sign-up table for \$5.

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.*

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Polo Shirt Order Information

on sale *only* at April meetings

To celebrate our anniversary, Polo Shirts will be on sale at both meetings in April. The minimum order is 30 pieces. I have included the description below of the shirt as well as the sizing chart. Please review and come prepared with your size to sign up and pay at the back table. The price is \$26.50 (or \$27.83 for Credit Card).

The polo shirt features taped shoulder-to-shoulder construction for added durability and comfort. The double-needle topstitching in the collar, cuffs, and hem enhances its structure and finish. With a classic three-button placket, this piece offers a polished look. Designed for women, it boasts a side-seamed, contoured fit for a flattering silhouette. The welt collar adds a touch of sophistication, making this shirt an elegant yet practical choice for everyday wear. Colour will be Navy Blue.

| | S | M | L | XL | 2XL | 3XL |
|-------------------------|--------|--------|--------|--------|--------|--------|
| Body Length | 27 1/2 | 28 1/2 | 29 1/2 | 30 1/2 | 31 1/2 | 32 1/2 |
| Chest Width (Laid Flat) | 18 | 20 | 22 | 24 | 26 | 28 |
| Sleeve Length | 8 1/2 | 9 | 9 1/2 | 10 | 10 1/2 | 11 |

This is the logo that will be silk screened on the 'left chest'. The writing in black in the image will be white to show up on the navy shirt. And this is the t-shirt.



| Size chart is | S | M | L | XL | 2XL | 3XL |
|------------------------|--------|--------|--------|--------|--------|--------|
| Body Length | 27 1/2 | 28 1/2 | 29 1/2 | 30 1/2 | 31 1/2 | 32 1/2 |
| Chest Size (Laid Flat) | 18 | 20 | 22 | 24 | 26 | 28 |
| Sleeve Length | 8 1/2 | 9 | 9 1/2 | 10 | 10 1/2 | 11 |



HAPPY BIRTHDAY

To all those celebrating in April



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