



President's Message

Now that this Christmas Season is behind us, I'm sure it will be remembered and talked about for many years to come.

A vaccine has made it's presence and now gives us hope for a better year ahead.

Happy New Year Everyone

Diane



SUSIE SINGER'S MISHAP

Unfortunately, Susie is not able to share any adventures this month. She was so busy with the selvages that she wasn't able to get out & about for any adventures. Plus, with this nasty COVID she didn't want to take any risks.

Because she enjoyed the selvedge project so much, she thought it would be a good idea to tackle the large scrap bin. To prepare herself for the task ahead, she decided to just try a little of that special machine oil that Kevin at Huckleberry's concocts. Well...have you ever heard the term "well oiled"? I guess that's what you would call Susie's condition, because when it came time to do her December article, this is how I found her. She probably won't share this in January as I imagine she'll be pretty embarrassed when she wakes up.



We hope everyone had a Merry Christmas & is looking forward to a better 2021!
Keep on sewing!

Member Activities

Carreen has been busy

This is a quilt I made for the newly adopted son of a friend. The twelve year old has had a hard time prior to his adoption.

Antelope Canyon, made in Dit-Dot Evolution fabrics. This photo is before it was quilted!



Colleen has been busy

Tree skirt not quite finished, I am going to have to do the binding after Christmas. As you can see Rueben could not wait for me to finish the tree skirt before checking it out.



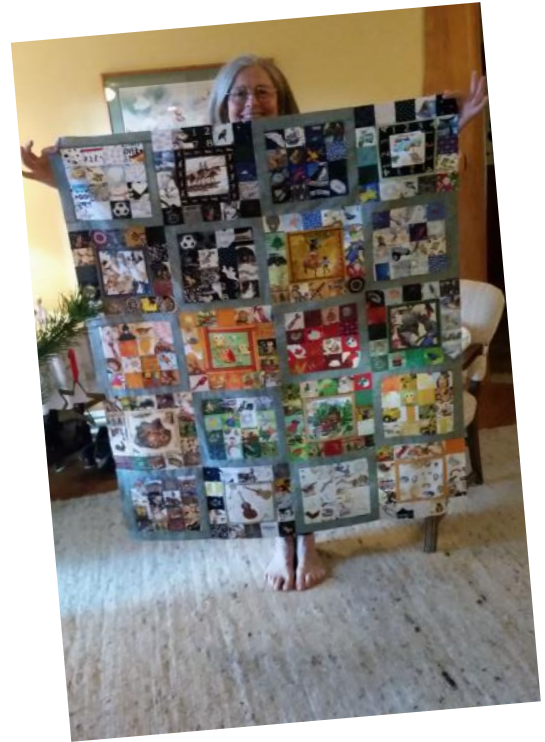
Comox Valley Schoolhouse Quilters' Guild

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More Member Activities

Heather has been busy

Here is my I-spy. I organized the blocks by colour so it would be a bit less busy





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2021
Year of the Ox
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the **new year** to be filled
with success, happiness and
prosperity for you.

Happy New Year!

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Newsletter Advertising:

To advertise in the newsletter please contact Sandy MacDonell for rates. Submit advertising by the **15th** of the month for inclusion in the next month.

nlads@schoolhousequilters.com

Newsletter Deadline:

Please submit all entries for the newsletter by the **15th** of the month for inclusion in the next month's newsletter.

Submit articles to Hope (current editor) using the email:

editor@schoolhousequilters.com

Guild Meetings before COVID-19

Normally our guild meets every Thursday from 9:00am to 9:00pm for quilting at the Cumberland OAP Hall.

General Meeting (September to June) on the **1st Thursday** of each month at **6:30 pm**

Executive Meeting (September to June) **3rd Thursday** of each month at 1:00pm

No meetings until the OAP hall opens for our use.

Our Website:

www.schoolhousequilters.com

KEEPING YOURSELF IN GOOD SHAPE FOR QUILTING

During the past year when we have been either encouraged or ordered to stay home, we quilters have been blissfully occupied with our sewing projects. Personally, I have not found it to be too much of an inconvenience to have time to sew!! However, doing any kind of activity for long periods of time can have negative effects on these amazing bodies of ours – which were designed to be either upright and in motion or horizontal and resting.

Remember the silly comments like “Shape? Round is a shape!” Well....many hours hunched over a sewing machine or computer/tablet/cell phone can contribute to a very round upper back, and crimping of the neck. As we age, gravity is honest but not kind. Any postural imperfections we display just get magnified as we age....and at an alarmingly fast rate with advancing years. And that round back, round shoulder posture can lead to consequences that make our hobbies uncomfortable at best or excruciating and impossible at worst.

When we are immersed in a fun project we tend to be completely unaware of the passage of time. Then, after sewing for hours, how often do we then sit down and relax on the couch to watch a show, perpetuating that less than ideal posture!

Chronic, long term poor sitting posture can lead to neck and upper back pain, poor lung function and upper limb tingling, numbness and incapacitating pain if not addressed.

Bodies are wonderfully intricate and the spine is a masterpiece of engineering! Like any machine, though, it needs regular maintenance. I bet everyone gets their sewing machines tuned up on a regular basis...??

I was going to outline some ideas for counteracting the deleterious effects of sitting. Then I found a web site that does all this for me!

<https://www.healthyquilting.com> has some great ideas. However, if all you do is set a timer for 30 minutes when you sit down to sew, then stand up when it goes off, straighten up, do a few BACKWARD circles with your shoulders to open up the chest and activate the upper back muscles, this will help a lot over time. But this has to be done often.

When we get lazy, those bad postures start to feel normal and being upright and

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straight feels odd.

Sit on the front of the chair instead of slumping into the back of the chair. Think of bringing the middle of your sternum (breast bone) up towards the ceiling and your shoulder blades down towards your back pockets! Make sure your equipment is at the right height, with good lighting, etc.

And look after that human quilting machine!!

Heather

**Editor's note, I checked out this site, awesome information. Thanks for sharing with us Heather.



Member Activities

Sharon H. has been busy

I have been working half days for the last month but have been making time to sew some Christmas presents for my family. This last month I made a set of Take Five Xmas placemats for my son and daughter in law and I also made a fleece hoodie for my youngest granddaughter and a doll quilt for my 2 year old granddaughter who was using a placemat for her doll so I decided to make a quilt for her doll.

I used the quilt as a practice for a couple of runners I want to finish and I found the quilting quite easy. She also needed some big girl pyjamas so I thought this flannel was quite sweet.

I'm also trying to get an hours walk in everyday. I decided that this year was a good time to do some Xmas baking with my Mom who is 83 and the end results were tasty butter tarts, shortbread and Blondie squares. We are all looking forward to a day when we can get together and share our talents and stories again. I hope everyone has had a safe Christmas and we will all be happy to say goodbye to 2020.



Interesting things to do

Are you bored, looking for some inspiration or need help with techniques, if so check out some of these sites and YouTube presentations.

Cindy's Threadworks Tutorial – It's A Wrap

Watched this and it is a great idea, both for presents and just for fun. You can do this with fabric or paper — get creative.

<https://www.youtube.com/watch?v=VOyTq2WBmBc&fbclid=IwAR1sS4xZKRA-bZTu1SjrzeFCRDO3k2n9EeK1GpK22BF8ZaTT4mpbj5lOvQ4>

Binding

A useful video tutorial on binding, finishing joining the edges. This has always been a problem for me but this tutorial put me on the right track.

<https://www.youtube.com/watch?v=aUEy9NXOK5c>

<https://youtu.be/0R6eercvs4A>

Binding on irregular angles

<https://www.instagram.com/tv/CHGj-68nlQo/?igshid=l7ep4gylhdy1>

<https://youtu.be/ZLAlyFltXkg>



Block of the Month Block 1—All Hallows

This block will be in the February newsletter as the start of our BOM

If anyone would like to be a BOM tester before it goes into the newsletter please contact me.



Member Activities

Nerissa has been busy

A Christmas gift for our 8 month old great granddaughter Riley

Skateboarder Quilt for community quilts



Quilt for CV Transition Society (Lilli or Amethyst House)



More President's Challenges

Heather H.



BIB n' TUCKER QUILTING

Beat the January Blues

Closed Jan 1

All predominately blue prints

All white/ecru tone on tones

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**Inventory Clearance continues to
Sat. January 16th**

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Community Quilts News

December was a busy month for Community Quilts:

Verna Power has been finishing off some senior's quilts and recovering from cataract surgery.

Barb Bocking has sent 30 quilts to the Transition Society (Lilli House) - 15 adult and 15 kids. She is now collecting for Spring 2021 and thanks everyone who has donated.

Nerissa Thomas presented 2 Quilts of Valour, 1 in Comox and 1 in Courtenay - both of these quilts were made by guild members. These retired military personnel are so grateful to be remembered and they cherish their Quilts of Valour.

Joy Whitehouse and the Baby Group has been busy building up their supply and now has 12, including 3 from members not in the baby group. Some of their quilts have been given to Lilli House.



Community Quilts donated a Teddy Bear basket to the Crown Isle Gingerbread Village and Teddy Bear Basket online auction. It was a last minute decision to participate, but the Community Quilters sprang into action, and over one weekend filled a basket with a lovely quilt, placemats, coasters, felted Christmas ornaments and a few other goodies. It looks like the winning bid will be \$500!



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Batting Bits

Do you have leftover strips of batting or small pieces that are taking up room in your sewing room? Those pieces that are too good to throw away but never seem to get used (and multiply like other scraps). Well, Community Quilts has the solution to batting clutter. We could really use any small pieces or strips of batting! Pieced together they work nicely in baby quilts and breast cancer bags. We are having to be very careful about our batting usage and are trying to use the batting that we purchased for bigger quilts. There is still a need in the community for the things we make, but since our financial resources are limited at the present time, we have to be judicious on the use of community quilt batting.

If you have any batting bits that you would like to get rid of, please contact Myra Shearer (myra.shearer@telus.net) or 250-338-9597 and I can pick them up.

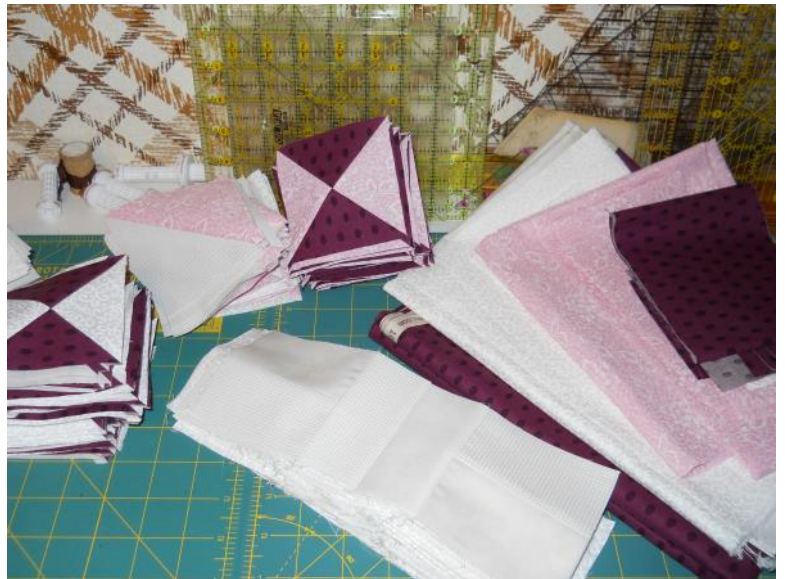
More Member Activities

CQA - Mystery Quilt

I have been working on this project. There is lots of time between instructions, so no rush. These are my colours and the squares so far.

Anyone else doing this mystery?
Send a picture, keep in touch.

Janis Davis



DREAM IT SEW IT
STUDIO HAPPENING
November 1, 2020 – January 31, 2021

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Have you seen the wonderful online demos that Huckleberry's staff have been doing? If you missed them check them out here.

All their videos are on their YouTube channel _
<https://youtu.be/a2E1MZdv778>

Member Activities

Bev M. has been busy

This is a wall hanging that I thread painted plus I used roving on it.

Cute Gnomes



Machine embroidered gnomes



Anne T. has been busy

Christmas Quilt Completed
Only 7 years of Procrastination



SUNSHINE

I am sure that everyone is sooo tired of our isolation and all the rules, but we will make it thru. Thank you to everyone for letting me know when and where to send a note of cheer.

I have sent many cards, some sad and some cheerful, I hope they offered a note of cheer to everyone.

Please continue to let me know when you hear of a time when a need is there, without your input I cannot do my job.

Thank you.

Florence

Email me at: sunshine@schoolhousequilters.com

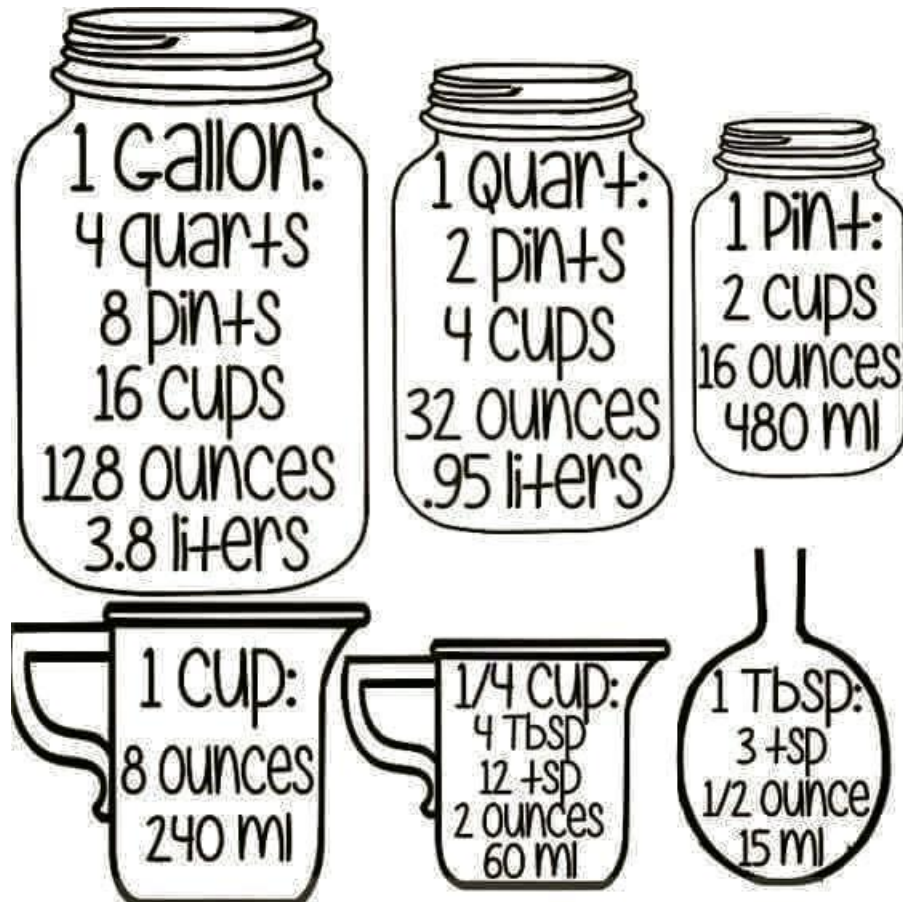
Measurements

I am going to do a Mystery quilt and it requires 20 10" squares times 2 fabrics and I wanted to know how many 10" squares in a metre so went searching and found this useful chart.

Fabric Size	# of 10" squares
1 metre	12 squares
1.5 metres	20 squares
2 metres	28 squares
2.5 metres	36 squares
3 metres	44 squares

Speaking of measurements

Quite often our guild members share recipes and you might need to convert the measurements to something you are familiar with. Found an interesting chart for that.



Have you got a fantastic recipe that you would like to share?

Please do send it to me at editor@schoolhousequilters.com and I will put it into the newsletter.

Guild Member Personal Information

If you need to contact any of our guild members, executive or committee members please go to the **Members Only** page and then to **Memberships** on our website for the most up to date list of all email, addresses and phone numbers of current guild members. Remember you will need to be a paid member to get the userid and password to enter this area.

To protect the privacy of our guild members' personal phone numbers or email addresses will not be published in the newsletter unless specifically requested by the committee member. Most committees have a guild email address that is redirected to their personal address.

If your committee does not as yet have one or you are organizing a special event please send an email to our webmaster using webmaster@schoolhousequilters.com to request one.

As a paid member you have received the login and password for this section. .

For newsletters you do not need to login to the Members Only section. They are available on the main page and you will also receive the file (pdf format) via email from our Secretary.

Personal Information Changes

Please notify the Membership Committee of any changes to your email, phone number or address.

The Membership Committee will then pass this information on to those who need the information to update email lists, and membership files.

Keep your information up to date in order to receive email regarding guild events.

"Reminder to Members

Got something you would like to raise at an executive meeting? Please let me know by email no later than the day before the meeting so that we can allocate our time more efficiently My email address is

secretary@schoolhousequilters.com

Beth Ritchie

Happy January Birthday

Please wish a everyone Happy Birthday



Daniele	White	1/1
Tracy	Richards	1/4
Janet	Goodacre	1/8
Janis	Davis	1/12
Wendy	Dowe	1/16
Connie	Watson	1/17
Sandra	Castiglia	1/20
Kathy	Meunier	1/28

CQA Mystery Quilt

Anyone looking for a little mystery these coming months, check this out. The supply list came out in September and once a month there will be a clue (instructions).

You do need to be a CQA member but there is a lot happening within CQA. They have a updated web-site and the member only section is very good.

I have my fabric picked out. I may need to buy a 1/4 m but that will get me back into a fabric store and see what is new.

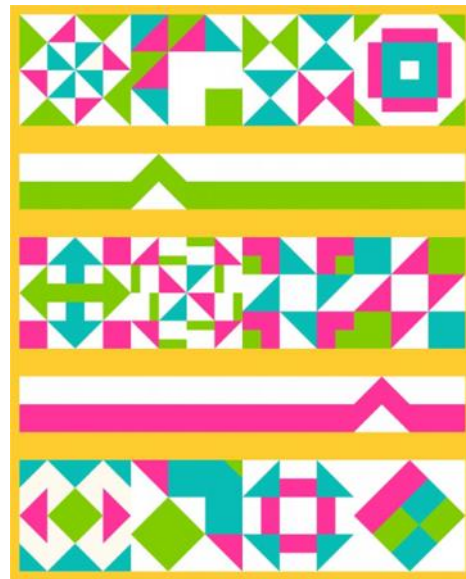
Take care Everyone. Hope to see some Mystery Quilts.
Janis Davis

Jackie White Quilt Along

Not a CQA member, then you might want to try one of the Quilt Along with Jackie White of CQA. I did the 52 blocks in 52 weeks challenge along with thousands around the world. Next, she did a row by row quilt (I missed doing this as was stuck in South Africa with no fabric or machine) and her newest which looks like fun has started and will be a new block every Tuesday. Check it out, either join her Facebook group or if you don't do Facebook check out the link below.

Hope

<https://jackiewhitequilts.com/quilt-alongs/>



EDITOR'S CHALLENGE

I would like to thank everyone for sending in a selfie wearing your favourite COVID-19 face mask.

And the winners are (in no particular order):

Judy M.



Bev M.



Anita Jones-Gould

Comox Valley Schoolhouse Quilters' Guild

www.schoolhousequilters.com

Executive & Committees 2020—2021

President	Diane Cave	Treasurer	Colleen Love
Vice-President	Debbie Maxwell	Secretary	Beth Ritchie
	Past President	Jan Hill	

Community Quilts	Coordinator—Myra Shearer
Comox Valley Transition Society	Barb Bocking
Breast Cancer	Myra Shearer
Placemats Meals on Wheels	Sharon Hanson, Lois Jones, Susan Richert
N. Island Health Newborns	Joy Whitehouse
Seniors	Verna Power & Nerissa Thomas
Teddies & Toddlers	Gladi Lyall & Carreen Webber
Pregnancy Care Centre	Nerissa Thomas
Quilts of Valour	Nerissa Thomas
Hall Open & Close	Carol Metner, Judy Morrison & their teams
HAW	Hope Rychkun
In-House Draws	Brenda Levirs
Library	Anne Taschereau Mamers, Myra Shearer, Margaret Yells, Shirley Krotz, Carol Metner
Membership	Terryl Essery, Carol Metner
Newsletter	Editor—Hope Rychkun Advertising—Sandy MacDonell
Photography	Barb Messer
Programs	Sandra Castiglia, Marilyn Schick
Refreshments	Mary Ellen Hall, Peggy Hawkins, Michelle Lampron
Retreats	Janis Davis, Beverly Luck, Terry Vadeboncoeur
Sunshine	Florence Labrecque
Website	Sam Crewe
Word Search Puzzle	Bev Michaluk
Workshops	Clare Ireson, Daniele White, Diane Davies