



Sew & Tell

September 2022

President's Message

Dear Members,

I wish to thank everyone of you for all the support I received during these long three years of Covid.

To my executives and committee chairs I can't thank you enough.

Bless you all, your Past President

Diane Cave

Sewing Room Clear Out

Guild member **Val Bearpark** passed away in June of this year.
This is Val with her Mom.

I have been clearing out her sewing room
and have organized the fabric etc.

On September 8th, I will bring everything
to the Hall. From approximately, 10
AM to 2 PM.



There are two sewing machines, two irons, a lamp, cutting matts, etc.

Also, there is a table 4 feet x 5 1/2 feet, still at her house.

Any help will be appreciated.

Thank you
Janis Davis

Comox Valley Schoolhouse Quilters' Guild

www.schoolhousequilters.com

Not Just Another Quilt Show – 2023

In **June 2023**, the guild will be part of Cumberland's 125th anniversary celebrations. We will be having a quilt show – but we want it to be more than just the usual quilt show.

The goal will not be to make money, but rather to show the general public that Schoolhouse Quilters are much more than a bunch of grey haired little old ladies who like to make boring old quilts. We see it as an opportunity to show the many aspects of today's quilting – from traditional designs, modern, and fabric art. And not just quilts but all sorts of quilted items.

We would have some of the elements of a traditional quilt show, such as vendors, raffles and a tea room. We might also have demonstrations going on, showing various types of quilting; displays of the different types of sewing machines and quilting tools - how they have changed quilting (and sewing) over 125 years.

Our goals would be to showcase what quilting is all about (and maybe interest new quilters) and for the entire guild to be involved in some way and for everyone **TO HAVE FUN!**

We will be having a meeting in early September about the show. We will need **lots** of volunteers to make this a success. These are some of the areas in which we will need committee heads:

Set up and take down

Quilt registration

Raffles

Tea room

Volunteers

Guild boutique

Demos

Contacting other guilds (the Village of Cumberland is handling publicity but we would still need to notify other Island guilds)

Vendors – Patti Kemp has volunteered to head this up

Liaison with Village of Cumberland – Diane Cave

Please think about heading one of these up over the summer and bring your suggestions, ideas and enthusiasm to the September meeting.

Carol Metner & Myra Shearer

Quilt Show Co-chairs

Quilt a Travel Souvenir

After 2 1/2 years of 'lock downs', mask wearing and vaccinations, likely most of us are weary of Covid 19. Some of us have suffered, whether through catching Covid, being close to someone with the virus or sheer feelings of desperation/isolation, and now seems to be a time of more freedom and less anxiety. Travel, whether it be local or far afield, seems to be on a lot of people's minds these days.

Can we travelers make our trips more meaningful on our return home? Photos are great - are they accessible? Do you need to always be there to explain them? How about making a souvenir quilt? Think about capturing your memories in fabric and thread to enjoy for a long time. You may have collected special fabrics from places visited, but also novelty prints can be used to symbolize specific places or types of vacations. Of course you can include scanned photos in your quilt, especially effective would be placing them in the 'Attic Window' setting!

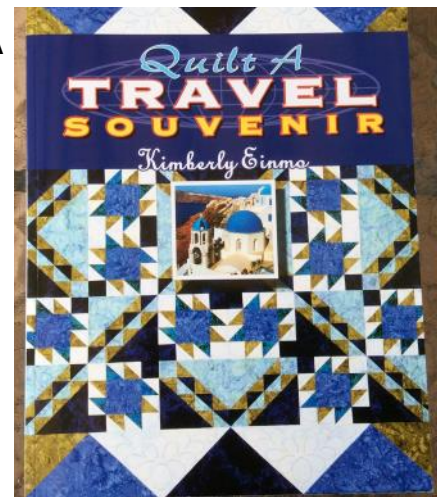
Another suggestion is the use of named blocks to represent something you have seen or done. An example could be the 'Tulip' block or 'Windmill' block, after a trip to the Netherlands. What about embroidery - the Eiffel Tower? VanDusen Botanical Gardens in Vancouver?

Color can express so much! Using colors specific to what you have seen is very effective. Aqua, teal and blues could represent a cruise in the Mediterranean. A trip to Ireland would be a wonderful way to use '40 shades of green'!

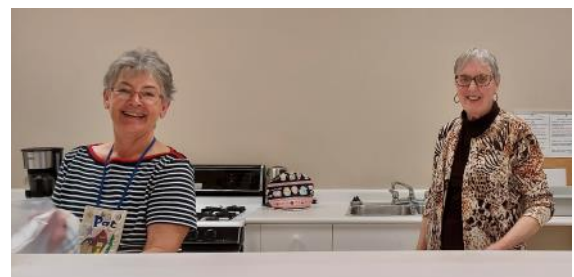
Embellishments such as buttons and badges purchased on your travels can be incorporated into a quilt design. Do you have a digitizing software program? Try using it to scan simple meaningful images which can be used in your quilt (eg, fruit to remind you of market days in Germany). And, lastly, don't overlook any built-in embroidery stitches on your sewing machine. A skiing holiday could use 'snowflakes' while a trip to Greece would be an appropriate place for a 'Greek Key' design in a border. Your imagination could be limitless!

I am including a photo of a cover of a book I own, and from which I gleaned many ideas. I am sure there are a lot more books and articles focusing on preserving your travel memories through quilting. Check out the public libraries as well as our guild library. Have fun!

Lois Warner



June Pot Luck



President's Challenge Winners



Pat Norrad



Janis Davis



Barb Messer

President's Challenge Entries



President's Challenge Entries



Comox Valley Schoolhouse Quilters' Guild

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More President's Challenges



Workshop News

The Workshop Committee had a busy Spring 2022, and I'm pleased to say that we've got three workshops on the calendar for the Fall. Details are below:

Modern Walking Foot Quilting, has one space available. Let Clare know if you would like to join this virtual online/Zoom workshop.

In Raelene's workshop (September 24th) featuring her Wine Bottle Carrier, she will also show us how to make a Lunch Carrier. Further details below, and from Clare or Raelene at the hall. Sign up and payment can be made on sew days starting now!

Sign up and payment is also open for Joan Johnsen's Roll Top Bag, on November 12. Come and join us to make your first bag, or your fifth! See further details below.

The Workshop Committee is looking for two members to join and be part of planning and presentation of workshops to the Schoolhouse Quilters. It is a great way to get to know our members. Workshops inspire our members' creativity, offer opportunities to work on a range of skills, and enjoy the fellowship of people who love fabric!

17th September 2022

Modern Walking Foot Quilting – Virtual Online Workshop

– One place remaining in this workshop

Instructor: Melissa Margine

Fee: \$30

We are so pleased that Melissa will be hosting this virtual online workshop for our guild. It is a great introduction to virtual online learning. In this class members will create samples of walking foot designs to help understand what makes each design successful. The samples will be a great reference for helping attendees decide how to quilt their next quilt. It is based on Melissa's book, Walking Foot Quilting Designs, which is recommended for the class. Even if you have never joined a virtual online class, I would encourage you to consider this excellent workshop.

Please contact Clare for details and supply list, available in the hall.

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24th September 2022 Wine Bottle Carrier and Lunch Carrier

Instructor: Raelene Robertson

Fee: \$30

This workshop will show you how to make two interesting and versatile projects, both of which are perfect as gifts, or to keep. They can be completed in the class.

Raelene has made many of these projects and has lots of helpful advice on how to personalize them. In addition, she will show you how to personalize the wine carrier project using appropriate-sized printed panels, or an embroidered panel with text. Samples and a list of possible texts are on display at the hall on sew days, and will be prepared by Raelene ahead of the class.

Supply lists are available from Clare and Raelene.

12th November 2022 Roll Top Bag

Instructor: Joan Johnsen

Fee \$ 35

Joan will host this workshop for her versatile and popular Roll Top Bag, which was postponed from May. There are examples of this bag brought to the hall nearly every sew day, and people still request the workshop. Sign up is now available with Clare, and the fee for the workshop is \$35.

The supply list and cutting instructions are available from Clare at the hall.

Thanks to all of our members who have joined the workshops. The Workshop Committee appreciates your support.

Clare Ireson and Raelene Robertson
Workshop Committee

CAMP HOMEWOOD RETREAT

There are still spots available for our fall retreat , which runs from October 12th – 16th, 2022.

This retreat runs from 11am Wednesday through to 11am Sunday.

The cost per individual for the **four** days will range from \$320. to \$404., depending on the room you choose. The starting range of \$320. is a bunk style dorm room which sleeps up to 7, however on average there are usually anywhere from 2 to 5 in these rooms. Individuals in these rooms have shared bathroom/shower facilities.



The shared bathroom facilities have just been re-done, so should be nice. As well there is a separate handicapped washroom available to any that may require ease of access to toilet or shower.

At this point all the newer or private rooms have been booked, however still a couple of double beds available, and bottom bunks.

All prices include 3 meals a day along with snacks in the evening consisting of cookies/squares, fruit, coffee, tea, and hot chocolate. The meals at Camp Homewood are unbelievable . . . and you will never walk away hungry!

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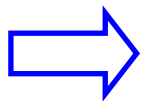
If you have never been to a retreat at Camp Homewood we urge you to give it a try. It is a lot of fun and a great way to get to know your fellow quilters. If you wish to sign-up or for further information please contact one of the retreat coordinators listed below. Our contact details can be located on the guild website under "retreats" or by viewing the membership list.

Dates for **February 2023 are February 22nd – 26th, 2023.** We look forward to seeing some new members as well as all of our regulars at one of the upcoming retreats.

Beverly Luck
Terry Vadeboncoeur
Janis Davis

[Home • Camp Homewood](#)

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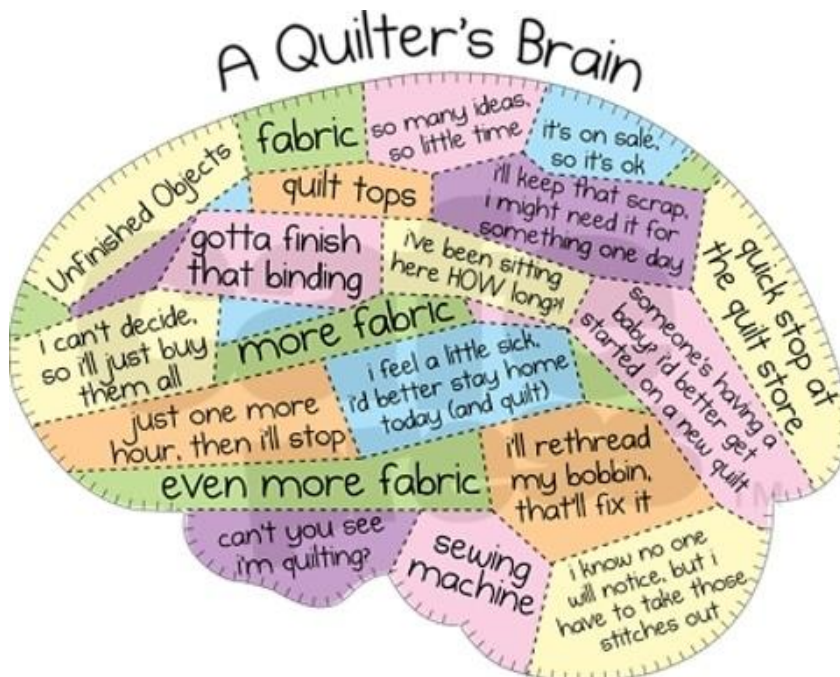
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Sustainable Quilting

2022-2023 Quilt Trend

A quilting trend that started in 2022 is sustainable quilting which is also called eco-quilting or eco-friendly quilting, but what, exactly, is it? The idea behind eco-quilting is to reduce the amount of textile waste which can make up almost 10% of solid waste in a year.

There are three components to sustainable quilting.

The first component is quilting/sewing. From QuiltingDaily and Gathered, here are some tips to eco-friendly sewing:

- Save scraps to stuff small projects
- Organize scraps by: colour or size for easy use
- Going digital – digital magazines, books, patterns, etc
- Use 'Frankenbatting' – batting that is pieced together
- Sew from Stash
- Gift – our guild has the free table to put items on for others to use/upcycle.

The second component is purchasing eco-friendly quilt cotton. When buying quilt cotton, you can take into consideration eco-friendly/sustainable products as well. Robert Kaufman has a line called 'greenstyle' which includes organic cotton which has a reduced impact on the environment. It also includes BCI cotton which is produced by using water efficiently.

The third component is considering where the quilt cotton is made and then shipped from. The farther it ships, the more of a carbon footprint is used.

- Moda – Korea/Japan
- Kona – Korea/Indonesia/Thailand
- Banyan Batiks – Indonesia
- If you know of any North American ones, post into the FB group

Sustainable quilting is a personal choice and every little bit helps the planet. I know many of us 'sewed from our stash' during COVID, and I found that I barely made a dent. One of my quilt resolutions for the rest of the year is to try to continue that. If quilt stores had signs indicating eco-friendly cotton, I would try to shop those lines first. Unfortunately, I can not help where the fabrics are sourced, but will look for Canadian Distributors and shop at Local Quilt Shops first.

Submitted by Tracy Richards

Members have been busy

I have a quilt (made for my 26 year old daughter living in Calgary)

Tracy

Pat N. has been busy making special
Embroidered greeting cards for family and friends.
I digitize them specific for friends and family.



Anita's Dog Beds



Ukrainian Families update

During the summer more quilts, placemats etc., were handed out to the Ukrainian refugees in the Comox Valley. They are thrilled to receive them. My contact with the Ukrainian Refugee Society and the member (name below) handing out gift baskets is helping us get them to the people who need them most. With over a hundred in the valley we can't reach them all.

A few extra tips are:

- Small household items such as toasters can be delivered to the Blessings Boutique in Comox next to St Peter's Anglican Church. The refugees can come and get what they need on Thursdays from 10-2 pm.
- furniture should be taken to one of the Salvation Army outlets (they don't have storage).
- bicycles or sewing machines, please call Janette Martin-Luther at 250-898-3165.

Thanks

Karen Ross

The Ukrainian community (newcomers, hosts, local Ukrainians etc) celebrated Ukraine's Independence Day and had a picnic at the Comox Marina Park – over 70 people came!



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This little fellow followed me home from the neighbours and I realized he and his mother could have a quilt each. After giving him the quilt with the 3 airplanes he explained his father is a pilot in the Ukraine. How perfect could it be!



Janette prepared and delivered several baskets in the last 3 weeks. This a teen girl received the set of potholders in a gift basket.



Comox Valley Schoolhouse Quilters' Guild

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BIB n' TUCKER QUILTING

September Sale

**All bolted fabric with
metallic accents & all
Christmas fabrics**

20% off - 30% off 2m or more

½ m minimum cuts

1006 Craigflower Road Victoria BC V9A 2Y1
386-6512 ** Tues- Thurs 11-3 Sat 12-4 **

Newsletter Advertising:

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

editor@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

Membership Dues 2022—2023

Time once again to submit your membership dues. We are so lucky to have the hall every Thursday from 9 to 9, not many guilds do.

Membership dues are \$60 and please fill in a NEW form with current information and submit with your payment.

Membership form can be found on the first page of our website, just scroll down, click on the link and print the form.

www.schoolhousequilters.com

Looking forward to seeing everyone at the guild.

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

Our Website:

www.schoolhousequilters.com

Comox Valley Schoolhouse Quilters' Guild

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Members have been busy

I've been on a flower kick this summer....here are 3 quilts I've made
Sandra C.



Something of interest from **Nerissa**

Here's an interesting article about quilts donated to a women's shelter.

<https://www.cbc.ca/news/canada/london/canadian-quilters-for-london-ontario-women-exiting-homelessness-1.6547188>



Meeting Refreshment Goodies



This revised schedule takes into the two meetings in December and June that are "pot Luck".

Please remember to bring your own mug. Fee is by donation and recommended at \$5.00 for year (or 0.50 per cup).

New schedule for goodies donations for refreshment table at our monthly meeting is as follows:

LAST NAMES STARTING WITH

SEPT	A, B, C
OCT	D, E, F
NOV	G, H, I
DEC	ALL - POTLUCK DINNER
JAN	J, K
FEB	L, Mc and Mac
MAR	M
APR	N, O, P, Q, R, S
MAY	T, U, V, W, X, Y, Z
JUNE	ALL - POTLUCK DINNER

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Langford, BC- #117, C2401 Millstream Rd.

@fabriclandlangford

Duncan, BC- 180 Trunk Rd.

@fabriclandblacksheepduncan

Courtenay, BC- 2175 Cliffe Ave.

@fabriclandblacksheepcourtenay

Campbell River, BC- 1100 Homewood Rd.

@blacksheepcampbellriver



SUNSHINE



JOY OF QUILTING

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Community Quilts News

The Community Quilts Group had a very productive 2021-2022. This is what we accomplished:

Group	Quilts	Other
Baby (newborns)	42	
Seniors (The Views & Cumberland Lodge)	44	
Cummings Home	5	12 placemats
Pregnancy Care	9	7
Transition Society (Lilli House)	125	
Vanier Toddlers	6	
Quilts of Valour	7	
Breast Cancer Comfort Kits		120
Special Projects		
WeCan Shelter	3	
Maplepool Campground	12	
TOTALS	253	139

We couldn't have done this without the generous support of the Guild, both financially and making all the fabulous quilts. The quilts, placemats and comfort kits make a real difference in people's lives and it wouldn't be possible without all those wonderful Quilt Angels who always come through for us.

Community Quilts made additional funds this year from raffle sales at the guild Craft sale (\$652), the Craft Sale (\$880) and a Pop-up Sale (\$145.65). Our expenses were mainly rolls of batting (6) and bags of stuffing for breast cancer pillows (8). We were fortunate to have received a donation of \$500 from Soroptomist International, which was very much appreciated.

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For many, many years, Nerissa Thomas has been delivering the quilts for seniors, as well Pregnancy Care, Maplepool Campground and Quilts of Valour. She is hoping that someone else taking over the quilt delivery for The Views and Cumberland Lodge.

This would mean storing the quilts that have been made and making deliveries about twice a year. If you are interested in volunteering for this, please contact Myra Shearer (myra.shearer@telus.net) or Nerissa Thomas (quilterthomas@gmail.com).

There is batting for Community Quilt projects and kits for Breast Cancer Comfort bags and pillow stored in the storage room at the hall

Myra



What to do if:

1. You didn't receive the current newsletter
 - contact **editor@schoolhousequilters.com**
 - or check our website as it is posted on the Newsletter page
2. You don't know the new website Members Only Password
 - contact Membership
3. Any changes to your membership information such as phone number, home address or email
 - contact Membership

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huckleberrys@shaw.ca

STORE HOURS

Monday- Friday 10am-5pm
Saturday 10am-4:30pm
Sunday 12-4pm
Closed Holidays

Huckleberry's 28th Birthday!

**28% off Regular price
notions, fabrics,
books, batting,
patterns & Bernina
Notions!**

Door Prizes too!

**Monday, September 12-
Saturday, September 17/22**

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

Most people may already know this – but just in case

Huckleberry's have been doing some you-tube videos – some a demos of a new product or ruler – some are just tours of the store – for anyone who might be missing just the visual of shopping

This is link to the latest 'store tour' – it is February of course no doubt there will be a March one but not sure when

https://www.youtube.com/watch?v=kEIYh_SRgr0

SUNSHINE

I am so glad to see more quilters coming out each week for sew days.

It seems as if all our precautions have paid off as I have not heard of any members that have been very ill.

Please do not forget to call or email me if you have heard of anyone that needs some sunshine.

Thank you so much for the donations of the cards. We are grateful for the card donations, and it makes my job easier. We have a good supply of cards for now. Don't forget to send along the info so I can send along a note of cheer.

It has come to my attention that some members are needing assistance in getting out to a meeting. Please let the executive know so we hopefully find some help for you.

Thanks, stay safe and healthy

Florence

Email me at: sunshine@schoolhousequilters.com

Please wish everyone a Happy **September** Birthday



Valerie	Fawcett	9-3
Irene	Miller	9-6
Sharon	Latham	9-6
Margaret	Yells	9-7
Christene	Evanochko	9-9
Tracy	Jamieson	9-9
Peggy	Hawkins	9-16
Gwen	Nickason	9-17
Sandi	McLean	9-20
Anne	McCullough	9-23
Jen	Fraser	9-24
Gladi	Lyall	9-26
Sharon	Hansen	9-28
Gladys	Schmidt	9-28

Comox Valley Schoolhouse Quilters' Guild

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Guild Member's 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 members only 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.

Comox Valley Schoolhouse Quilters' Guild

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Executive & Committees 2022–2023

President	Debbie Maxwell	Treasurer	Peggy Hawkins
Vice-President	Therese Pinke	Secretary	Marlene Hooper
	Past President	Diane Cave	

Community Quilts	Coordinator—Myra Shearer	
Comox Valley Transition Society	Sandy Schille	
Breast Cancer	Myra Shearer	
N. Island Health Newborns	Coby Sherstone	
Seniors	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	Beth Ritchie & Diane Cave	
Membership	Sharon Hansen & Pat McEwen	
Newsletter	Editor—Hope Rychkun	Advertising—Hope Rychkun
Photography	Barb Messer	
Programs	Marilyn Schick	
Refreshments	Kathy Rankin	
Retreats	Janis Davis, Beverly Luck, Terry Duval	
Sunshine	Florence Labrecque	
Website	Tracy Richards	
Word Search Puzzle	Bev Michaluk	
Workshops	Clare Ireson, Raelene Roberts	

Word Search by Beverly Michaluk

Please bring to the October meeting

Name: _____ Date: _____

Pickling

X Q A V Q R S P I C E S K X V W N S T A E M C H
S A B Q B A Y Z T O S I F G N F C Y P E P P E R
T B R O A D E I I R G F H T T O M A T O E M W D
Z E O D R I M T U I G O K L Q J D O M F O W Y O
Z J P Y R S F U R Z E Y I W R A G N I V J W J K
D H Q G E H X A F C A N N I N G L N U S H L S V
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C P L H S S A L T W A T E R U U D U Y Z D T O U
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H N A Q U A J Z V I F G J O B U R U J W Z Z A R
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cabbage
dill
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herbs
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boiling
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