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Conejo Valley Quilters

Volume 25, No. 1

September 2021

President's Message

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BOARD MEETING

Next board meeting is
October 11, 2021 at 5pm.

The following link will be the
same for all Zoom Board
Meetings through next
February.

<https://us02web.zoom.us/j/84061332165?pwd=cEFnNG9jQVlJakl5NmRZZkZNT3gydz09>

Upcoming Board meetings:

November—TBD
January 10, 2022

After 17 months and many requests, we are happy to be bringing the CVQ newsletter back to you! We've struggled not having seen each other in the same "physical place" since "Trash to Treasures" in 2020, but we've learned that by opening our minds we can use the technology available to us to see each other in our individual "places." We not only "Zoom in" for meetings, but we sew together now more than we ever did in person. We are able to sew with Laura Murphy, Cheryl Clement, Claudia Nichol, Janice Johnson and Robyn Hazard, who live many miles away! Our virtual sew-days and speakers brought back former members and several new ones as well.

We still have many members who have renewed, but never joined us online. PLEASE ask for help if you would like some assistance in setting up that possibility for you. You are missing a lot and we miss you!

Our surveys caused us to restructure a bit, making it easy for members to take on smaller tasks rather than committing to positions that seem too time-consuming. Thanks to each member who has kept CVQ afloat! We still need each of you to do your part.

Janice Johnson, our Secretary, lives in Benecia and Robyn Hazard is taking care of Programs from Tacoma. Sherry Ramaila is backing up Janice, but Robyn will need some back up as well. Truthfully, I need back up too. With various family issues, I am not able to do this alone every month. I would hate for the guild to fold because of lack of back up in all areas.

MOSTLY—WE NEED MEMBER SUGGESTED PROGRAMS AND WORKSHOPS. That was the deal, to take the pressure off a couple of members, we asked you to research and bring your suggestions to the guild. It's not hard! **Angela Kneale's "Healthy Hands" workshop on October 2** was researched and shared by Lynn Jurss. It's short and reasonably priced, and bound to be a great workshop we can all benefit from. Be sure to sign up!

I decided to email **Jen Kingwell**, a well known quilter in Australia, to see if she would present a virtual Program. It just took three emails and we are set for a February Trunk Show and virtual shop tour. There are so many wonderful quilters worldwide. **Now is YOUR chance to bring one of them to us.**

Peggie Eichhorn has presented us with our first challenge—read about it and take the challenge. Have an idea for a CVQ Activity? Check out the website for a proposal form and share it with all of us!

Enjoy our newsletter and be sure to check out the website regularly!

Monica Sayre, President

Programs Workshops

September

Halloween Fun and Fundraising

Date — September 25—10 a.m.-4 p.m.

Cost: \$15 for guided sew-along and pattern

Having been given permission by the designer to use this pattern in a class has given CVQ a rare opportunity for some Halloween fun and fundraising. More information will be presented at the September general meeting and on the website.

***October dates will be added**



Any Witch Way

October

Ball Rolling for Happy Healthy Hands with Angela Kneale, OTD, MA, OTR/L

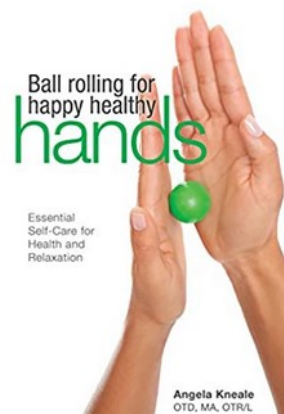
Date: Saturday, October 2, 2021, 10:00 AM to 12:30 PM

Workshop Fee: \$25 members/ \$30 non-members plus purchase of book and ball

Class description

Our hands are truly amazing! Aristotle described the human hand as the “tool of tools” – and unfortunately, many fiber artists develop the unhealthy habit of using our hands too much. What if caring for your hands was as easy and enjoyable as spending a few minutes playfully rolling with a small bright-green ball?

Occupational therapist and author, Angela Kneale, leads the group (via Zoom) in Ball Rolling for Happy, Healthy Hands, a fun and accessible method for providing self-care for our overused hands. Learn more than 25 playful healing movements, healthier posture and positioning, greater awareness of ergonomics, better breathing, enhanced relaxation, and whole body benefits.



About Angela Kneale

Angela Kneale is an occupational therapist, integrative health coach, Franklin Method® educator, and certified Stott Pilates® instructor. She provides health and wellness services through her private practice, teaches mind-body movement, and Pilates exercise. Kneale is the author of eight books, and specializes in the integration of movement, breathing, postural alignment, and relaxation techniques for optimal health.

Please sign up for the workshop at cvq.event@gmail.com. After receiving confirmation, you can pay for the workshop online or by check.

Here are the resources for ordering the book and 4 Small Health Balls for the class:

Ordering from OPTP directly is a little cheaper. OPTP (be certain to order the package that includes the book AND balls)--
<https://www.optp.com/Ball-Rolling-for-Happy-Healthy-Hands?kw=ball%20rolling%20for%20happy%20healthy%20hands>

Amazon (price includes shipping)--https://www.amazon.com/Rolling-Small-Health-BallsTM-Package/dp/B0791KZJPL/ref=sr_1_5?crid=1NT7AAPQAWTZ&dchild=1&keywords=ball+rolling+for+happy+healthy+hands&qid=1630095031&srefix=ball+rolling+for+%2Caps%2C183&sr=8-5

From Our Members

Check out some of the things our members are up to: how they are using their quilting skills, their tips and recommendations for blogs, events, BOMs and sew-alongs. Send your contributions to Julie Snow and Chris Cole and be sure to visit our FB and website frequently to see what's new!

Janice Johnson gave a PowerPoint presentation on several variations of the Disappearing Four-Patch block at the August General meeting. As a part of the presentation, she mentioned several helpful videos that you can view about the variations.



Teresa Down Under (two basic variations shown on left, 4 min)
https://www.youtube.com/watch?v=t_bRV8BIDjg

Jordan Fabrics (one basic variation shown above left, varying width of cuts, 10 min)
<https://www.youtube.com/watch?v=4ut43RXOTIs>

Missouri Star (snowball variation shown above right, 13 min)
<https://www.youtube.com/watch?v=9cKtpYxkZ3E>

Teresa Down Under (diagonal variation shown below right, 2 min)
<https://www.youtube.com/watch?v=meD1AVmGh2A>

Missouri Star Quilts (diagonal variation shown below right, 15 min)
<https://www.youtube.com/watch?v=oq8Vs9RI1gM>

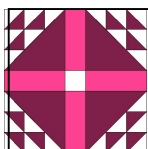
Tutorial (not video) on the diagonal variation shown below right
<https://www.polkadotchair.com/diagonal-cut-disappearing-4-patch-quilt-block-tutorial/>

Julie Snow added some fancy zentangle quilting to her fabric before making this amazing bag.

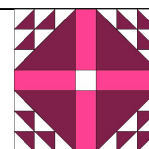


Claudia Nichol shared the progress on her 2021 Modern HST BOM. Patterns are free and all details can be found here:
<https://www.stephjacobsondesigns.com/p/2021-modern-hst-bom.html>





CVQ Guild News



Activities



Challenge 25

To commemorate the 25th Anniversary of our Guild, and kick off a new season of quilting, we are challenging you to produce a quilt no larger than a 25" square.

Your quilt can have 25: blocks, colors, strips, circles, flowers, diamonds, pictures or a combination of these. Whatever, just remember there should be 25 of them.

The deadline for this is December 2021 at our holiday get together.

With questions, please email Peggie Eichhorn at: eichhornm35@gmail.com

Try something new!

Peggie Eichhorn



Philanthropy



One of the recent changes at CVQ is a transition of philanthropy responsibilities. Pat Anderson has volunteered to keep the momentum moving forward with an assist from Sandy Thomas and a number of Guild members who have been donating their time, skill—and often their fabric—to the quilts made and distributed to the Guild's charities.

Most recently, 12 quilts have been completed and delivered to James Storehouse and to Many Mansions. Detailed descriptions for both of these organizations are available at conejovallleyquilters.com, as are quilt photos. Heartfelt thanks to the volunteers who made these quilts.

Both of these charities have an ongoing need for additional quilts to provide to foster children and community members in need. Your volunteer efforts in making and finishing quilts we have in progress are always needed. Please contact Pat Anderson to learn how you can help at (805) 341-3390 or toquiltlady@gmail.com.

Although several of our committees were on hiatus for various lengths of time since Covid entered our lives in March 2020, Kathy Dobner kept Philanthropy going as she recognized the need to provide quilts for the organizations we have supported did not stop. We thank Kathy for her dedication as well as Dianne Oliver, Judy Heitz, Alison Rowe, Claudia Pederson, Charlene Van Ommeren, Lisa Shepard, Sara Lord, Janet Hinderer, Julie Snow, and Cynthia Rust who continued to sew for others during this time. These ladies were the most frequent contributors but not the only ones. Between January 2020 and July 2021, Philanthropy has provided 117 quilts to Many Mansions and James Storehouse.

Pat Anderson and Sandy Thomas

SHOW & TELL

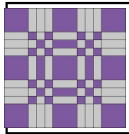
Show Us What You've Been Making.

Deadline is the Saturday prior to the meeting, but sooner is better.

- Please say "Show and Tell" in the subject line.
- Include your name in the body of the email as it's not always clear from your address.

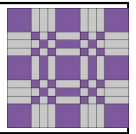
If your picture is of a workshop or quilt-along, please indicate so it can be grouped with others.

Karen Schwieger
karenowc@aol.com



Membership News

Cynthia Rust and Barri Breedon



We currently have 54 active members. Approximately 25-30 members join us on Zoom for the monthly meetings.

Membership renewal season is here! If you have not renewed, please send in your renewal fee to the CVQ mailbox or use the online form.

Dues are \$40 for renewing members and \$45 for new members. Make checks payable to CVQ. You may also pay online which includes a small service fee. The membership form (optional if your information has not changed) is available on the guild website.

Cynthia Rust

Happy Birthday!



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9/3	Marilyn Petersen
9/4	Sarah Hart
9/12	Yoshiko Higa
9/19	Barri Breedon
10/9	Nadine Cassady
10/14	Katie (Catalina) Baker
10/14	Kathleen Rogers
10/16	Audi Marshall
10/19	Laura Murphy
10/20	Sue McGinn
10/20	Karen Schwieger
10/22	Lisa Shepherd
10/23	Pat Anderson
10/30	Sandy Lulow
11/5	Claudia Pederson
11/15	Silvia Barajas
11/28	Margie Fisher
11/28	Janice Johnson
12/7	Josie Prell
12/12	Claudia Nichol
12/12	Sherry Ramaila
12/14	Sara Lord
12/19	Dianne Oliver
12/20	Charlene Van Ommeren



SUNSHINE & SHADOWS

We all have triumphs and troubles. Some are private and personal, while others invite celebration and consolation. CVQ cares about each of you! If you know of a member who would love kudos or comfort, please contact Cynthia Rust at clbr63@outlook.com. A card or e-card will be sent and if appropriate and desired, a notice written in the following newsletter.



Website



Remember to visit the website regularly. ALL the information you need is located there for workshops, events, membership, quilt photos and more. The site is updated regularly.

www.conejovallquilters.com

Chris Cole
CVQ Webmaster



LIBRARY

The CVQ Library has 60+ quilting books. A complete list is on our website. If you are looking for something new to try, may I suggest the following three books.

If you are a lover of Kaffe Fassett fabrics, you might enjoy browsing through *Kaffe Fassett's Quilt Romance*.

If you want to try designing a modern quilt, we have Tula Pink's *100 Modern Quilt Blocks*.

If you want to get your feet wet with free motion quilting, an excellent source would be Angela Walters' book *Free Motion Quilting*.

Give me a call or send me an email to make arrangements to get a book(s). prelljo@yahoo.com or mobile 818-917-0884

Your CVQ Librarian,

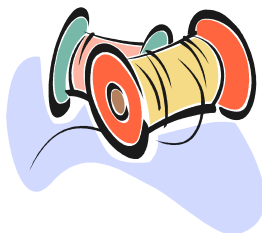
Josie Prell

FACEBOOK

Please share your quilt pictures on our Facebook page—Conejo Valley Quilters—and show us what you've been working on this quarter. Feel free to add any quilt related sales you may be aware of or send along to me and I'll post them.

Jul_snow@hotmail.com

Julie Snow





What is it?

The guild has over 95 member guilds, not only from southern California, but throughout California as well as a couple in Nevada and one in Alaska. Most guilds are quilt guilds, but there are other fiber art, weaving, and knitting guilds as well. The organization meets via Zoom the 2nd Saturday of October, January, April, and July. Special topics of interest are discussed at these meetings which are open to any guild member. Quilt related events are listed on their calendar. For example—there is an ongoing quilt exhibit through October 24 at the Temecula Valley Museum with an outdoor quilt show on October 2. There is a link to speakers affiliated with the SCCQG AND their YouTube videos if they have them. Click to view them <http://www.sccqg.org/teacher-info.htm>

Meeting Notes

The last meeting was about “Volunteers”:

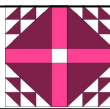
- The obvious - we volunteer to give back, to help things run smoothly, make friends, have more hands on experiences.
- Be open to change - there are many ways to get a job done, welcome new ideas
- Sound familiar? Guilds all agreed it was important to make jobs short-term if possible. Time to propose an Activity, Workshop, or Program
- Interesting ideas:
 - * Form a year-long committee to investigate what members did in a previous work life and try to match them with Guild jobs which might correspond.
 - * Have a faux cruise – plan a several day virtual sewing trip, complete with activities, games, prizes, exercise, and speakers

ROAD2CA and the SCCQG *from Olivia Carnahan, Road2CA Liaison*

The organizers from ROAD2CA have invited SCCQG to sponsor an exhibit displaying the works of quilters from the Southern California area for exhibition at ROAD, January 19-22, 2022. It's our time to shine. The details of how to enter will be posted on the SCCQG website and will be emailed to each guild via their Council Representative, Newsletter Editor and President for distribution. Please join us in presenting a representative exhibit of what Southern California quilters from the desert to the mountains to the sea have been creating (or finishing). All types of quilts will be welcomed so long as they fit the size requirement. I am hoping to get at least one quilt from each of the member guilds. If you have any questions, please feel free to contact me via email at liv4quilts@aol.com



Calendar of Events



August 29-October 24, 2021: Temecula Valley Museum presents Stitching California. Fiber Artists interpret the state's people, life and land through art, quilts and sculptural textile artworks. 40 plus artists reflect on the diversity, illusions and realities of California. 28314 Mercedes St., Temecula, CA.

October 10-11, 2021: Mountain Quilters of Idyllwild Quilt Show, Buckhorn Camp, 24641 Hwy. #243, Idyllwild, CA. Time: 10AM-4PM. Admission: \$7.

November 13, 2021: Quilters Piece Corps of Victor Valley, First Baptist Church Hesperia, 9280 Maple Ave., Hesperia, CA. Quilters Piece Corps of Victor Valley is having their 7th Annual Quilt Show and Craft Sale on November 13th, 2021 from 9:00 am – 3:00 pm. It will be held at the First Baptist Church 9280 Maple Avenue, Hesperia, California. There will be over 25 professional Quilt and Craft Vendors. We will be having a Live Auction at 1:00 pm and Gift Basket Raffle at 2:30 pm. Lunch and Cookies are available. Free parking and admission. It will be a fun and exciting day for everyone. Call: Diane 760-245-8816 for show information.

January 13-15, 2022: International Sewing Arts Festival, Ontario Convention Center, Ontario, CA. A new show with a different focus sponsored by Road to California. International Sewing Arts Festival is the place for fashion and home sewists alike! Featuring world class instructors, a top notch vendor mall, exhibitions and events, ISAF has something for everyone! www.sewingfestival.com

January 19-22, 2022: Road to California Quilt Show, Ontario Convention Center, Ontario, CA.

February 12-13, 2022: South Bay Quilters Guild 2022 Quilt Show—By the Sea. The drawing for the Opportunity Quilt will be on Sunday, February 13, 2022. To purchase tickets visit our website www.southbayquiltersguild.org, 2022 Quilt Show. For more information go to www.southbayquiltersguild.org

Bulletin Board

*This space available for
members wishing to
place a free ad or post.*

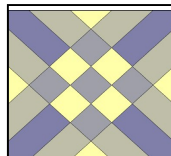
Meeting Dates

Conejo Valley Quilters meet on the **3rd Monday of each month**. Our meetings are held virtually via Zoom and start at 6:00 p.m. Members are able to join 20 minutes prior to the meeting to socialize. Links are sent to current members via email before each meeting. Guests are welcome to attend once they register on our website.

September 20, 2021

October 18, 2021

December 6, 2021



CVQ Board & Committee Members

CO-PRESIDENT	Monica Sayre	818-917-0389
CO-PRESIDENT	OPEN	
TREASURER	Judy Heitz	818-439-1950
RECORDING SECRETARY	Janice Johnson	707-373-9467
Backup to Rec. Secretary	Sherry Ramaila	805-494-1449
PROGRAMS & Workshops	Robyn Hazard	805-279-5714
<i>Need an additional person</i>		
VP MEMBERSHIP	Cynthia Rust	805-443-9908
	Barri Breeden	805-990-5390
	Kathy Dobner	805-479-3901
WAYS & MEANS		
<i>Needs committee</i>		
ACTIVITIES	OPEN	
AUXILIARY COMMITTEES		
Corresponding Secretary	Cynthia Rust	805-443-9908
SECRETARY		
Historian	OPEN	
Hospitality	Kathy Habring	805-276-8655
<i>Dormant while virtual</i>		
Library	Josie Prell	818-917-0884
	Lynn Jurss	805-497-1294
	Barri Breeden	805-990-5390
Newsletter—quarterly		
Outreach	OPEN	
Philanthropy	Pat Anderson	805-523-7178
<i>***team members needed</i>	Sandy Thomas	805-368-4555
Program Show & Tell -	Karen Schwieger	818-451-8149
Slide show compilation		
Publicity	Claudia Pederson	805-901-8140
SCCQG Representative	Peggie Eichhorn	805-405-4592
Site Management -	OPEN	
	<i>Fill prior to in-person</i>	
Social Media—Facebook	Julie Snow	805-857-0670
Storage Unit Manager	Sarah Hart	209-483-1988
Website	Chris Cole	805-558-7760