



# ***Sew & Tell***

**December 2023**

## **President's Message**

President's challenge this year is a theme quilt . 40 x40 or 4 placemats.

### **Christmas Potluck December 7th**

Christmas potluck is at 12:30 after a short meeting at 12:00 .

I'm hoping everyone has a very happy holiday season and enjoy your family time.

Debbie



## Comox Valley Schoolhouse Quilters' Guild

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)

# Membership

If you have not received your receipt for your membership please see me before the Christmas luncheon, I will also have updated stickers if you haven't got one yet.

Please let me know if you have any changes to your information so I can update our list.

Thank you to Raelene and Jean for giving us a Demo on the name tag. We have several new members and it would be nice to have our names displayed for them.

I look forward to seeing you at the Xmas Luncheon.

Sharon H  
Membership



**105 Nored Plaza**  
6750 N Island Hwy . Nanaimo, BC  
250-390-3602. [www.sergesew.com](http://www.sergesew.com)

**Authorized Dealer for PFAFF & BABYLOCK**  
Sewing machines, sergers & machine repairs.

We appreciate your continued support. We wish you a very  
**Merry Christmas & a Happy New Year !**

- Gift Certificates are available.
- Baby Lock Flare: single needle, embroidery only, machine is in stock. Please come in and test drive it.



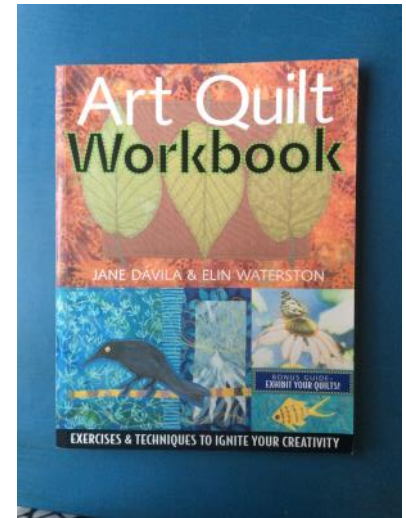
## Art Quilt workbook

Jane Davila & Elin Waterston

C+T Publishing 2007

Guild Library #22

A new addition to our guild library, this 'workbook' is full of information, with ten chapters of specific 'how tos' and exercises at the end of each chapter. (I admit, I have a copy of this workbook and years ago, got to chapter 4 before putting it aside, for whatever reason... after rereading the book and looking at my samples, I realize how much information I have retained and will begin, again, with Chapter 4! I now see how important the exercises are, and how they have, perhaps, influenced my work these past few years).



The book is very user friendly and begins with Chapter 1: 'The Basics', which covers elements of design and composition, inspiration and creativity, as well as working with a theme and in a series.

On to Chapter 2 which covers color use, perspective and border options. No color wheel is shown, but the use of mini quilt and color pictures demonstrate the information very well. You are asked to make 9"x 12" quilts in each chapter, but as you progress, much of the work in the exercises can be used on earlier samples (e.g. embellishing a mini quilt made in an earlier exercise).

Chapter 3 deals with inspiration from images. There is much about 'copyright' and how this limits your use, unless you receive permission to use the image. Looks like your own photos and drawings are the best way to proceed!

Fabric collage is next, it can tell a story, make a statement or be abstract, emphasizing color, shape and texture.

Chapter 5 covers techniques for sewing freehand curves, wonky piecing (think of wonky log cabin) and inserted strips. As with each chapter, the authors include a list of quilt artists websites and well known artists (many dead) whose work reflects the feeling of the shapes and forms described in this chapter.

On to paint and stamping techniques and applying foil (chapter 6) and Threadwork as a design element (chapter 7). We likely have 'found objects' we wonder how to incorporate into a quilt (chapter 8) and then comes Embellishing, which is briefly covered using photos. Look in the guild library if you need more details on embellishments.

*(Continued on page 4)*

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Finally comes finishing and binding methods, as well as hanging your quilts. Given this book is an 'art quilt' book, several alternatives to binding with a sleeve are given. Are you interested in exhibiting your work, marketing and networking? Information from two successful artists cover subjects such as: how to be seen, pricing your work, marketing etc. The nitty-gritty of insurance is covered, as is shipping to a gallery (be sure it is insured!).

Yes, this book requires you to do some work, but the benefits will outweigh the effort. These authors have years of experience and are well known in the quilt world.

As a workbook guiding you, this one is friendly, full of colorful photos and great information - a valuable asset to our guild library.

Lois Warner



Langford-  
117, C2401 Millstream Rd.  
[@blacksheep\\_langford](https://www.instagram.com/blacksheep_langford)  
Duncan- 180 Trunk Rd.  
[@blacksheep\\_duncan](https://www.instagram.com/blacksheep_duncan)  
Courtenay- 2175 Cliffe Ave.  
[@blacksheep\\_courtenay](https://www.instagram.com/blacksheep_courtenay)

Dec. 1st.-31st.  
Christmas Fabrics  
30% off Reg. Price

**Black Sheep  
Quilt Shop**

Black Sheep Loyalty Stamp Card!  
Sign up for email updates to  
start a Stamp Card, then  
\*Buy 12m & get 1m Free!  
\*Some exclusions apply, see instore

The flyer is framed with a decorative border of green leaves and white flowers. It features a cartoon sheep wearing a red Santa hat and a red and green striped scarf. Social media icons for Facebook and Instagram are also present.

# Comox Valley Schoolhouse Quilters' Guild

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## Sewing with Scraps



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# Mini Demo



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### ***December Business Meeting and Potluck Lunch***

The Guild December Meeting and Christmas Potluck Lunch will be held on Thursday December 7<sup>th</sup>. The business meeting will start at 12 noon, with lunch scheduled for 12:30 p.m.

Our theme this year is "Red and Green with a Sparkle". We look forward to seeing you in your holiday red and green with an extra sparkle of red, green, gold or silver accents!

Setup will start at 11:00 a.m. If anyone would like to come early and assist with set-up we would appreciate their help.

We will decorate the hall with seasonal wall hangings. Do you have one you could bring along on the day? There will also be a regular Show & Tell, entertainment, and prizes.

As usual, along with your savoury or sweet contribution to the potluck, please bring your table setting:

Placemat (a holiday one if you have one), Plate, dessert plate or bowl, cutlery, mug, and napkin.

Also please remember your Name Tag.

If there is a member that you haven't seen at the sewing days or meetings please give them a call and invite them to the Christmas Lunch. If you know anyone that could use a ride please contact Clare or Kathy and we will make arrangements for a ride.

Kathy and Colleen will be looking after the kitchen, serving tables, and table centre pieces. If you have any questions or comments about the plans for the day, please contact Clare Ireson or Kathy Rankin.

We look forward to seeing you on the 7<sup>th</sup>.

Clare, Sharon, Colleen and Kathy



## Comox Valley Schoolhouse Quilters' Guild

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### Mini Demo December 14

On December 14 at 10 a.m., Debbie Maxwell and Judy Morrison will demonstrate a method of making key fobs.

A number of zipper tabs and key fob hardware have been purchased for members to use for the project.

Light weight interfacing will also be provided. The kit fee for each fob is \$4.

I

If you are interested please bring:

- ◆ -one nylon #3 zipper (mine is 14" but it can be any length. 16" would be suitable as a wrist fob but remember the zipper can be trimmed to any length. Each zipper will make two fobs.)
- ◆ 2 (two) pieces of fabric 2.5" wide by wof
- ◆ sewing machine, matching thread, zipper foot

If you have questions, phone Judy or talk to Judy or Debbie on Thursdays at the Hall.

Judy M. Morrison

**CAMP HOMEWOOD RETREAT**

**February 21st– 25th, 2024. SIGN UP NOW!**

**Please sign up early as we will open to other guilds if not full by the beginning of January.** This will be a *four* day retreat which provides us with lots of valued time for sewing and socializing.

**Please note this retreat will run from 11am Wednesday to 11am Sunday.** Sign up will start at the **December** business meeting.

The cost per individual for the *four* days will range from \$360. to \$454., depending on the room you choose. The starting range of \$360. includes the three non-updated private rooms in the guesthouse, as well as bunk style dorm rooms in the main lodge which sleep 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.

There is a separate handicapped washroom available to any that may require ease of access to toilet or shower. There are also newer rooms available which sleep up to 3 and have their own washroom, including show-tub. The cost of these rooms per person will depend on how many are sharing.

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 plentiful, with lots of selections at each meal ... you will never walk away hungry!

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.

In the last few years we have seen a number of quilters who have attended retreat for the first time, and we continue to see more of them becoming regulars.

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If you wish to sign-up or need 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.

Full payment is due the beginning of February. We look forward to seeing all of our regulars as well as some first timers for the upcoming retreats.

For those of you that plan ahead the fall retreat is booked for **November 6<sup>th</sup> – 10<sup>th</sup>, 2024.**

Beverly Luck  
Terry Vadeboncoeur  
Janis Davis



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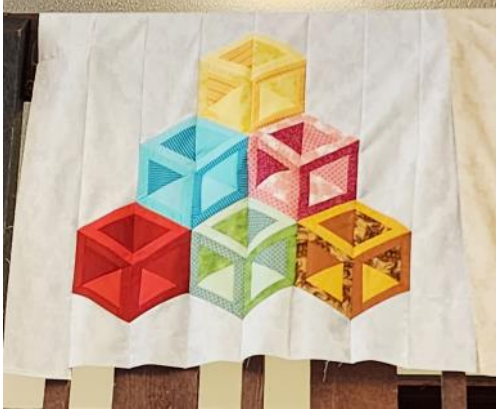
# Comox Valley Schoolhouse Quilters' Guild

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### Programs:

In December there is no program but our Christmas Potluck crew will keep you well entertained.

In January, Sheila Scrase, will talk to you about the history of the Comox Valley Schoolhouse quilters. Sheila has been there from the beginning and, believe me, this is not a boring history. As always, Sheila will keep us listening intently as she regales stories from the past.

February is a presentation on antique quilts/alternate uses and I need help from our members for the presentation. I will have some prepared examples but would like you to bring some repurposed or revived or brought to life antique or vintage quilts that you have.

Examples would include items of clothing or accessories from old quilts, quilt tops or blocks that were never completed and now have been, quilts mended and made usable once more.

I do not want antique quilts at this event but want to show what can be done with these rejected or worn out or discarded items of fabric. I think the presentation can be an educational tool for all of us.

If you have something that you think would be usable please contact me.

If you have questions on any of the above please contact me.

Judy M. Morrison

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# Workshops

*Hard to believe we are closing in on the end of 2023.*

*The 'mini-sessions' we have been presenting on Thursdays continue to be well attended.*

*Pat Norrad led us through Electric Quilt 8 a few months back and a few people continue to work with Pat learning the ins & outs of what this program can do. If you wish to join the 'email group' so that users can continue to grow their skills, please let Pat know and she'll add you to the email list – and we can support each other on this journey.*

*Most recently, Sandi Lloyd-Harasym presented a very interesting session about preparing your quilts for Long Arming - and had many beautiful creations to show us.*

*Thanks for sharing, Sandi.*

*Nov 16<sup>th</sup> session involved the making of Name Tags --- and then, since December is always such a busy month, we are off until the New Year !*

### **January**

*Thursday Jan. 11 – at 10 am      "**Journal Covers** "*

*Anne McCullough will do a lecture & demonstrate how she makes her journal covers. This is expected to be approximately 1.5 hours. If there is enough interest expressed in a follow-up workshop where we can sew one ourselves, we will schedule a workshop.*

### **February**

*Thursday Feb 8 – at 10 am, with a repeat at 3 pm      "**Turning 20 Pattern** "*

*Coby Sherstone will share her knowledge of this fantastic pattern that makes clever use of fat quarters. This is expected to be approximately 1/2 hour.*

### **March**

*Thursday Mar 14 – at 10 am.      "**Machine Applique** "*

*Jan Hill will share her experience with Machine Applique. This is expected to be 1.5 hours and more details will be announced closer to that day*

### **OTHER TOPICS COMING**

#### **Stripology Rulers**

*Deb Morissey will demo the use of a Stripology ruler – Beyond The Basics.*

*(Continued on page 17)*



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*These rulers greatly improve both the speed and accuracy of your cutting. If you have not yet seen or tried one, we have one of the original rulers in our store room and a couple of books in our Library*

### **Free Motion Quilting – feathers and quilting Connections**

*This will be a Saturday workshop – details on date and description TBA*

*We've had our Beginners Free Motion Quilting classes and now it is time to expand our skills. Deb Morrissey is a skilled and experienced at both Free Motion Quilting and ruler work quilting. If you don't recognize her work, just drop in to Huckleberry's as they have several of her quilts available in the store to view next.*

*We hope you all have a great Christmas and we look forward to your joining us for some (or all ) of these presentations next year.*

*Workshop Committee : Raelene Robertson & Jean Lewis*



## Community Quilts

### Suggested Sizes for Community Quilts

Seniors (The Views) 40" x 50" or 45" square

Adult lap (Lilli House) 45" x 60"

Children' 40" x 50"

**Senior Quilts** – are a smaller size because they are easier to use with a wheelchair, and are given to women and men.

**Transition Society (Lilli House)** – mostly young women with children of all ages.

**Quilts of Valour** – please check with quiltservalour.ca website for suggestions



**Anita** has been busy making a dog bed and a child's size quilt



From Nerissa

I would like to thank Myra Shearer for her commitment and organizational skills as leader of the Community Quilts committee. She stepped up to the plate when I "retired" and did a great job. Thanks Myra from all of us. Also, many thanks to all of the Guild members who continue to share their quilts with the Comox Valley community.

## Comox Valley Schoolhouse Quilters' Guild

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### Fabric Photos

These photos were ordered from CaseCustomDesign in Texas.

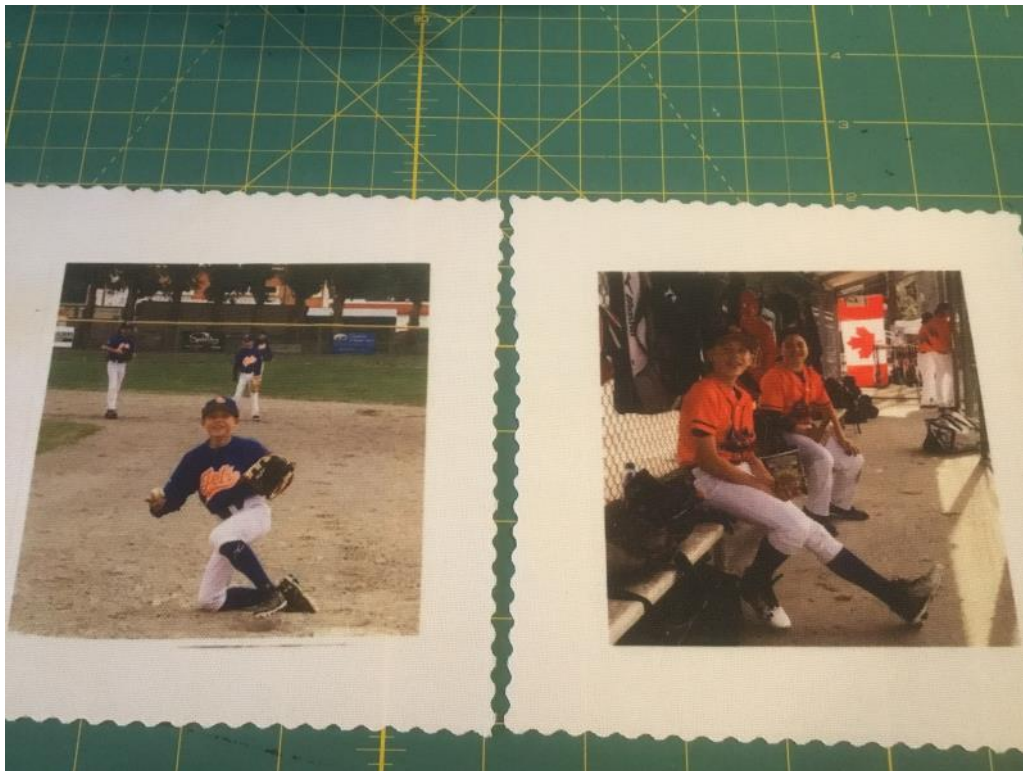
There are many options of sizes. The ones I ordered are 4" squares. They are all surrounded with approximately 3/4" border, and I am so impressed with the quality/clarity of the photos.

There were no custom fees as the owner uses \$5 for the value. I highly recommend this individual business on Etsy.

Link is: "[casecustomdesign.etsy.com](http://casecustomdesign.etsy.com)"

Contact me if you have any questions.

Beverly Luck



## Comox Valley Schoolhouse Quilters' Guild

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### November Quilt and Craft Sale 2023

Our annual Schoolhouse Quilters Quilt and Craft Sale was held on November 3<sup>rd</sup> and 4<sup>th</sup> at the Courtenay Lawn Bowling Club. This year we had twenty participants making an impressive number and variety of items. Once again we had a large number of visitors who offered very positive feedback. Jan and I are very thankful for all those who participated and helped with setup, take down, and taking a shift or two at the sale. What a great team effort!

We are very pleased that Margaret Ryan and Pat Norrad have agreed to take leadership for next year's sale. It has been a pleasure for both of us to have led the Venue group for many years and we are leaving it in good hands!

Jan and Anne



**Comox Valley Schoolhouse Quilters' Guild**

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)



We are located at:  
1930 Ryan Road East  
Comox, BC V9M 4C9  
Contact us at:  
(250) 339-4059  
or Toll Free 1(877)339-4059  
email: [huckleberrys@shaw.ca](mailto:huckleberrys@shaw.ca)

You can also find us on:



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**BIB·n'·TUCKER·QUILTING**

Fabric Discounts

Printed cottons up to 50-70% off

Batik 40-50% off

Precut packs & Kits 25-50% off

**MINIMUM CUT 1 m**

newsletter sign up @ [www.bibtucker.com](http://www.bibtucker.com) to confirm the pop up \*\* opening dates

*Tentatively*

Oct 27 & 28 11-3

Nov 17 & 18 11-3

Dec 8 & 9 11-3

**\*\* pop ups are at the store!**

1006 Craigflower Road Victoria BC V9A2Y1  
250-386-6512

A photograph of a fabric store's shelves. The shelves are filled with many rolls of fabric in various colors and patterns. A circular graphic is overlaid on the image.

*The Cloth Castle*  
786 Goldstream Ave  
[clothcastle.com](http://clothcastle.com)  
250.478.2112

- Fabric Friday save 15% off fabric  
ONLINE & IN-STORE  
online discount code  
FRIDAY15

*Visit our website to shop online!*

**Comox Valley Schoolhouse Quilters' Guild**

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)



We are looking forward to another year of making coffee and tea and serving goodies at the meetings. The charge has remained at \$5 for the year or 50 cents a cup.

This fee also covers you for sewing days so it is a real bargain if you pay the \$5.

We will also be putting on the Christmas and year end parties and we thank everyone for their help at these events.

If anyone wants to be more involved with the parties we would welcome your ideas or assistance.

Kathy will be away for the first meeting, but Colleen will be there and would welcome any extra hands in the kitchen.

Thank you

Kathy Rankin  
Colleen Barker

# Comox Valley Schoolhouse Quilters' Guild

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)

## How much binding do I need for my quilt ?

Not good at math ??

Bookmark this webpage calculator for an easy way to figure out how much binding you need to prepare. Quilter's Paradise has a very easy calculator for binding – as well as other quilting things – such as how big those setting triangles have to be.

Simply fill in the with & length measurements of your quilt --- and the width of binding you like to use and hit the 'calculate' button. It will tell you how many strips you need – how much yardage to buy – the total length of required binding – and can even calculate bias binding if necessary.

<https://www.quiltersparadiseesc.com/Calculators/Binding%20Calculator.php>



Enter the width of the fabric (default is 43 inches).

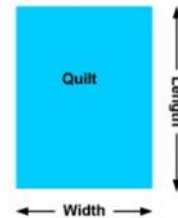
43

Enter the dimensions of the quilt in inches, select the binding strip width and click the Calculate button. The "regular" binding calculations are shown followed by the bias binding calculations.

Width (inches): 32  
Length (inches): 48  
Binding Strip Width (inches): 2 1/2

Calculate

Clear Form



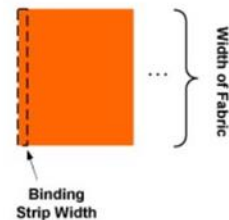
$$\text{Binding Length} = 2 * \text{Width} + 2 * \text{Length} + 10 \text{ for margin}$$

### "Regular" Binding Calculations

Total binding length (inches) = 170

Number of strips to cut = 5

Binding Yardage = 3/8



Width of Fabric  
Strips are assumed to be cut as shown



## Happy December Birthday



Terry	Duval	12-11
Shirley	Woodbeck	12-15
Anita	Jones-Gould	12-17
Theresa	Pinke	12-17
Barbara	Kenney	12-18
Patti	Kemp	12-20
Marjorie	Arnold	12-27

## Comox Valley Schoolhouse Quilters' Guild

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- \* We carry a large selection of hardware, notions, patterns and fabric for BAG-MAKING!
- \* Check out our monthly newsletter for specials & class schedule:

[www.sergesew.com](http://www.sergesew.com)



**Sandra Lloyd-Harasym**

**1-778-427-6801 / 1-250-739-2441**

**Pick-up and Drop off  
Thursday at guild  
10am**



**JOY OF QUILTING**  
CUSTOM LONGARM SERVICES

## Comox Valley Schoolhouse Quilters' Guild

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)

### Membership Dues 2023—2024

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](http://www.schoolhousequilters.com)

Looking forward to seeing everyone at the guild.

### 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](mailto:editor@schoolhousequilters.com)

### Newsletter Deadline:

Please submit all entries for the newsletter by the **20th** of the month for inclusion in the next month's newsletter.

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

[editor@schoolhousequilters.com](mailto:editor@schoolhousequilters.com)

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](http://www.schoolhousequilters.com)



## Meeting Refreshment Goodies



This revised schedule takes us 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

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



I NEED YOUR HELP

## What to do if:

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



## 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  
Beverly L.**



**Email me at:**



**[sunshine@schoolhousequilters.com](mailto:sunshine@schoolhousequilters.com)**



## Comox Valley Schoolhouse Quilters' Guild

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)

### **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](mailto: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

[www.schoolhousequilters.com](http://www.schoolhousequilters.com)

# Executive & Committees 2022–2023

President	Debbie Maxwell	Treasurer	Peggy Hawkins
Vice-President	Clare Ireson	Secretary	Marlene Hooper
	Past President	Diane Cave	

Community Quilts	Coordinator— Vacant
Comox Valley Transition Society	Sandy Schille
Breast Cancer	Myra Shearer
N. Island Health Newborns	Coby Sherstone
Seniors	Heather Hodge & Joan Gurney
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 Part Time Facilitator	Judy Morrison
Refreshments	Kathy Rankin & Colleen Barker
Retreats	Janis Davis, Beverly Luck, Terry Duval
Sunshine	Beverly Luck
Village of Cumberland Liaison	Diane Cave
Website	Hope Rychkun
Word Search Puzzle	Bev Michaluk
Workshops	Raelene Robertson & Jean Lewis



Name: \_\_\_\_\_

## food and drink

h e n a i d k a e t s e u s d k v  
d s u k e i v f g j o l o f n i e  
l w i u e x r w w t p a l o l s s  
r t p f w p g i a c d e l o a b n  
c j d x y d b m w s t e c n r s a  
c w l v v a o k m t m c g u l b p  
h c z l n t r o u j o r s j j i p  
e e o a e h o c j r i s n z x r e  
r m n l h g e h b a e p i t d k r  
r a k i e a n m l l c c a c e r u  
y t n e w s r a s v o x r b m o w  
p j z d y c l p r c i d e r e p z  
u a p p l e r a k o k b c e v e c  
i y e i y o y t w p s s o o z z r  
k p g a u b a u p o t a t o e i x  
x h w t e i j p l u m z v i m z d  
q h y s l i t y r r e b w a r t s

brussel sprout  
coleslaw  
lettuce  
potatoe  
cider  
beer

steak Diane  
crayfish  
snapper  
orange  
apple  
plum

strawberry  
cocktail  
sangria  
cherry  
melon  
ale

pork ribs  
broccoli  
tomatoe  
banana  
wine