



Sew & Tell

January 2024

President's Message

HAPPY NEW YEAR TO EVERYONE...

Hope the holidays were wonderful.

Don't forget the extra sew days in January..16 & 17 plus our regular Thursday the 18th

It is so crazy to think it's 2024 all ready

Looking forward to the new year and spending time with you all.

New Year's Resolutions and Guild Forward Planning for 2024

What are your resolutions for the New Year?

- Tackle that stack of UFO's?
- Use that new quilting technique you learned at a Thursday demonstration?
- How about standing for a position on the Guild Executive?

The current Executive is asking our members to consider standing for a position as four Executive positions are up for re-election in 2024: President, Vice President, Secretary and Treasurer.

Debbie has served as President for two years, as she agreed to stay on an additional year. This was in addition to being Vice President for two years during COVID.

Clare became Vice President in September 2023.

Marlene (MJ) has served as Secretary for two years.

Peggy has served as Treasurer for two years.

Usually the Vice President will take over as President at the start of the Guild's Administrative Year in September. However, Clare will be leaving the Comox Valley for family reasons in the spring/summer of 2024, and therefore won't be able to continue as Vice President and go on to be President of our Guild.

Elections for positions on the Executive take place at the June Business Meeting. Jan Hill

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Comox Valley Schoolhouse Quilters' Guild

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and Gayle Hampton are our Nominating Committee and will have more information about this process in the New Year. In the meantime, please think about standing for one of these vital positions in our Guild.

If a member comes forward to fill the role of Vice President in January 2024, Clare will work with you as long as she is with the Guild. The new Vice President will have 6-8 months of background, attending meetings and involvement in discussions and future planning in preparation for taking over as President in September 2024.

This matter will be brought up for further discussion at the January Business meeting on 4th January.

The Executive Committee

BIB·n'·TUCKER·QUILTING

Closing·out·will·continue

Fabric·Discounts·up·to·70%·off

**Lots·of·kits·and·fabric·liberated·
from·Gail's·stash!**

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www·bibntucker·com·to·find·out·
the·pop·up·dates·in
January·2024**

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250·386·6512

Comox Valley Schoolhouse Quilters' Guild

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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

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ALL REGULAR PRICE MERCHANDISE
Excludes sewing machines, furniture and all items ending in .99
Bring Coupon to Redeem. Cannot be combined with other offers.
Expires March 31/2024

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Happy New Year Community Quilters

I delivered 43 quilts to Lilli House in December to end our year of donated quilts. This delivery had some beautiful entries. Thank you all who contributed.

We donated:

Boys: 17

Girls: 9

Baby :1

Adults: 16

We are averaging 40 % of the quilts arriving in our hands without labels. It is my New Year hope that those of you that haven't finished the last step will try to help us out.

Once more - the labels are attached to a bin on the bottom shelf in the storage room or available from myself if you see me on Guild Days.

The Transition Society are jubilant when I drop off our donations.

Thanks to the Executive that support Community Quilts with the Thursday sewing bee.

Regards

Sandy Schille

Breast Cancer Comfort Kit - reminders

Thank you to everyone who has taken and made up the Breast Cancer Comfort bags and pillows. Just a few gentle reminders:

The ties on the bag must be attached on the **inside** of the bag - bag is used for holding ice packs over incisions and swelling, so the outside must be smooth.

The ties are placed on opposite sides of the bag opening.

They are ties, not straps, and need to be long. Please don't attach them more than 1 inch from the top of the bag.

The pillows should have 1/2 inch seams and please leave at least a 5 inch opening so they can be stuffed easily. Some people like to finish off the opening of the pillow - please don't as it makes it difficult to sew together.

Any questions, please contact Myra Shearer.

From Carreen

Thank you to all who organized the Guild Christmas Pot Luck. It was really good to see so many members together again.

I have to admit to having a "senior moment" (just one?).

As we were clearing up, I carefully packed my leftovers into the bags and containers I brought the food in. I then took the tray it was served on, across to kitchen and emptied the crumbs into the garbage can. I then went over to where I was sitting, and packed the large bag I had brought everything in, collected the friend whom I had given a ride to, and packed our 'stuff' into vehicle and drove her home, then myself.

It was only when I started to unpack did I realize I had left the food containers sitting on the table. I had walked right past them after cleaning off the tray. Duh.

Knowing I had a week before I could pick them up, I had visions of having to clean out a mouldy mess:- So a big Thank You to whoever took the container and emptied it, washed it and the knife, and put them where I would easily find them.

Carreen Webber

Celebrate Quilts

Hi everyone.

It's time to get our rears in gear and get this show on the road!

We still need a few positions filled but there is still time for that. There will be a Quilt Show meeting on Thursday, January 11 at 10:00 am.

Please come and join in the fun.

Carol Metner
Quilt Show chairperson
250-218-7960

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Quilts of Valor

I made a Quilt of Valor for a friend who served in the military and now lives in Nova Scotia

Major Louise Leslie (Retired) served with the Medical Branch of the Canadian Armed Forces during the Afghanistan War in Kandahar Afghanistan and Germany. The war impacted her health and she retired early.

I made the quilt and Sandy did the long arm quilting. I shipped the quilt to a Chapter in Nova Scotia and a Guild member delivered it to Major Leslie in September.

Regards

Christene Evanochko



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Paper Piecing Demo by Judy

At 10 a.m. and at 6 p.m. on Wednesday, January 17, I, Judy Morrison, will be doing a paper piecing demonstration and each participant will make one block.

I will provide the pattern but each person should bring a 6" wof of blue or some other colour for sky, about a fat 1/8 of 3 different colours of green and a 6" square of brown.

Each participant needs a sewing machine with a neutral thread colour, a size 90 needle and the ability to have some fun. If you have an Add-a-quarter ruler that would be helpful but not necessary.

For those of you who want to join in at the last minute, I will have spare fabric for you to use.

Questions. Call Judy Morrison.

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Christmas Potluck



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Show n Tell



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.

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 6th – 10th, 2024.**

Beverly Luck
Terry Vadeboncoeur
Janis Davis



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250-390-3602. www.sergesew.com

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- * 80" wide Fireside is in - 13 colours.
- * We are happy to take special orders for you-just ask! (pre-payment may be required).



Wishing every day of the new year to be filled with success, happiness and prosperity for you.

Welcome 2024!



Celebrate with our
Annual New Year's Sale

Langford-

117, C2401 Millstream Rd.

[@blacksheeplangford](#)



Duncan- 180 Trunk Rd.

[@blacksheepduncan](#)



Courtenay- 2175 Cliffe Ave.

[@blacksheepcourtenay](#)

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*

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Programs:

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

Happy New Year Everyone !

In November, there was a session involving how to make a Name Tag – several members participated and Raelene and Deb will proudly show off their new nametags at the January meeting. If anyone else wants to show off their new name tags – they are welcome to join in --- if you are still working on your's or need assistance – don't hesitate to ask Jean or Raelene.

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 "***

Koby 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 hrs and more details will be announced closer to that day

If anyone wants to assist with our workshop planning please let us know. Thank you

Workshop Committee : Raelene Robertson & Jean Lewis

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

CV Transitions Hearts



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huckleberrys@shaw.ca



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More Christmas potluck



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

Visit our website to shop online!

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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

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Christmas Quilts

I finished all four quilts by Christmas Eve for this gang! The little girls loved them and spread them out at the gym where we were playing. (Just don't ask if there are dust bunnies under my bed...little people like this don't last).

Barb K.



Debbie's Block of the Month Community Quilts



Happy January Birthday



| | | |
|--------|-------------|------|
| Tracy | Richards | 1-4 |
| Susan | Plankenhorn | 1-4 |
| Janis | Davis | 1-12 |
| Connie | Watson | 1-17 |
| Rona | Lawson | 1-18 |
| Sandra | Castiglia | 1-20 |
| Kathy | Meunier | 1-28 |
| Lesle | Keith-Murry | 1-30 |
| Janice | Valant | 1-30 |

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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

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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

Looking forward to seeing everyone at the guild.

Marlene's Quilt



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 **20th** of the month for inclusion in the next month's newsletter.

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

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



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

| | |
|-------------|-----------------------------|
| 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 |



I NEED YOUR HELP

What to do if:

- 1.** You didn't receive the current newsletter
 - contact **editor@schoolhousequilters.com**
 - orcheck 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



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 | 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: _____

Dementia

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

| | | | |
|---------------|--------------|-------------|------------|
| Forgetfulness | Incontinence | Memory Loss | Caregivers |
| Sundowning | Agitation | Confusion | Behavior |
| Dementia | Paranoia | Therapy | Bathing |
| Commode | Helping | Patient | Seniors |
| Aging | Brain | Cope | Love |