

The Silhouette

December 2023 Newsletter of CAMEO Quilters Guild Vol. 30 No. 4

HOLIDAY POT LUCK December 21

Dinner served at 6:30pm

(Doors open at 6:15pm to members & guests)

**Bring your place setting with silverware,
dish to pass & Holiday Show 'N Tell.**

It would be helpful if you would put an ingredients label on your dish, we have members with food sensitivities.

Thank you to the Hospitality Committee for setting up.



**CAMEO Quilters
2023-2024
Executive Board**

PRESIDENT

Barb Lusk

president@cameoquilters.org

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Sharon Cratsenburg

vp-facilitator@cameoquilters.org

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vp-membership@cameoquilters.org

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MEMBERS AT LARGE

Carol Herzberg

Jean Schlegelmann

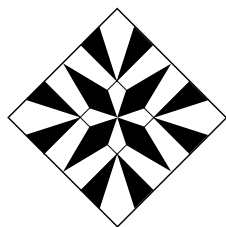
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Laurie Johnson

newsletter@cameoquilters.org



A Message from the President

Barb Lusk

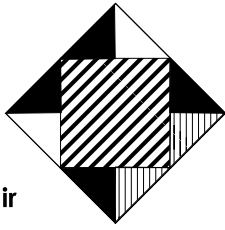
Merry Christmas Season, Happy Hanukah and Happy New Year to all! I'm imagining you are busy decorating, shopping, wrapping, and putting the finishing touches on items you have created for those around you. My grandchildren – no matter how old – each receive a hand-made pillowcase from Grandma. I'm sure they have a stack of pillowcases which will last each of them a lifetime. It's not an item of need but a way I share my love for them and they understand that. I hope you also have your special traditions that are part of the season's celebration.

Be sure to include our Holiday Potluck on December 21st on your calendar and share the joy of the season. We have invited guests to our Pot Luck, so I know you will give everyone a warm CAMEO welcome!

Also, remember to bring a quilted holiday piece for our Holiday Show 'N Tell!

**Deadline for the January
issue is Jan. 6.**

NO "Slip of the Keyboard"
in this issue.

Hospitality**Maggie Smith, Chair**

The Hospitality Committee will be setting up the Pot Luck Dinner in December. Bring your dish to pass and place setting including silverware. You can come in at 6:15pm; dinner is served at 6:30pm.

Here is the sign-up list (so far):

Appetizers:

Maggie Smith
Joline Bowdich
Theresa Nielsen
Kathy Wilson
Betty Busker

Main Dish:

Carol Gilbert
Martha Nordymis
Carmen Sluter

Side Dishes:

Louise McCormick-Glazer
Bonny Heintzel
Darlene Baer

Salads:

Laurie Johnson
Barb Lusk
Carol Herzberg
Ann Bonelli
Rosemary Spatafora

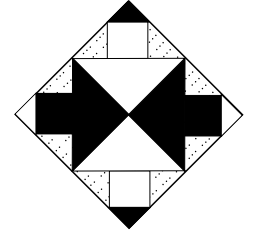
Desserts:

Cheryl Cawley
Sally Carl
Loreen Garrison
Dawn Mayers

Drinks:

Chris Schilk
Deb Richardson

If you did not sign up, just bring a dish to pass. Please label the ingredients because we have members with food sensitivities. Please contact or text Maggie Smith if you have any questions.

Charity**Linda Wallace**

The Charity table will be closed for the December meeting. Since I will not be at the meeting, I will not be able to accept any tops or pass out any kits.

Hope everyone has a wonderful Holiday season. I will be in Florida with the family. Merry Christmas and Happy Hanukkah

Thank you,
Linda Wallace

Jean Schlegelmann

Honor Flight - Veteran's Day Sew-In

On November 11th, we got together to sew small quilts for the Mid-Michigan Honor Flight. It was so successful and a great joy to be there. First, we met on Friday night to set up our sewing machines so that all we had to do was sew on Saturday. The teamwork was amazing. Anyone that saw something that needed to be done, it was done. On Saturday morning we started arriving at 8:00 and by 8:15 we had the sound of sewing machines. There was a lot of excitement and positive energy.

We had 17 people come to this event which is about a third of our membership. At the last meeting, one of our guests asked if she would be allowed to come. Of course, I said yes. I was so excited to think that a guest would want to come. She is no longer a guest. She joined the guild. Welcome to the guild, Martha!

We had 27 kits prepared and 25 were taken that day. Eleven tops were completed, and the rest taken home to finish. I am requesting that they be returned by the January meeting if possible. My goal is to have them completed by the end of March. The Mid-Michigan Honor Flight starts again in April.

I want to thank: Bonnie for getting us donuts. Jackie Speer for making the coffee. (Last time I made coffee, they thought I was trying to poison them)

And a Big Thank you to Betty Busker who cut most of the kits.

Linda Wallace

**Fabulous Finds table will be closed in December.
No "Slip of the Keyboard" drawing &
the Charity table will be closed**

blusk5510@gmail.com
248-709-9212

**Granny
Lady Quilts**

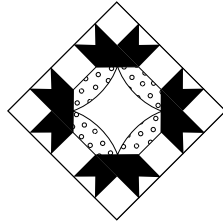
"Put Memories in a Quilt"

Barbara Lusk

Digital long arm quilting Custom designed quilts

Membership

Bonnie Heintzel
VP, Membership



Current membership is 48. Please welcome Martha Keyes Nordquist and Shari Hart to CAMEO!

We have invited anyone who has been a guest at one of our guild meetings to join us for the Holiday Pot Luck. Please be sure to say hello to any new faces!

Programs & Workshops

Sharon Cratsenburg
VP, Facilitator



Thank you to Norma Stark for a wonderful presentation on Bargello quilts. I think she got us motivated to want to make one. Cheryl Cawley is looking into having her return next year so we can do a class.

November 11, Veterans Day sewing was a huge success. Thank you to everyone who helped organize the day and to those who sewed the quilts.

The December meeting is our annual potluck dinner. I can't wait for all those delicious dishes that everyone brings.

Theresa Nielson will do a presentation for the January 2024 guild meeting on "Crazy Quilting." She will bring samples of what she has done.

On Saturday, January 20, 2024, Theresa will host a workshop for us and begin our Crazy Quilting adventure. She has an article in this newsletter with the material list of what you will need.

Happy Holidays and Happy New Year to all. Keep warm and healthy and keep sewing.

Crazy Quilting Material List - January 2024

Theresa Nielsen

Where you can play with fabrics and lace, be creative and break all the rules? That's right, there are no rules in crazy quilting. I will share some samples of my crazy quilts at the December meeting.

For the January meeting, I will share some tips and tricks that I use and walk you through the process to make your own crazy quilt.

Some supplies needed for making crazy quilts at the Saturday workshop:

Types of fabrics that work well are silk, satin, wool, cottons, lightweight tapestry pieces, men's ties, old linens, etc.

Lace, ribbons, different kinds of yarn, beads, sequins, embroidery floss, buttons, charms.

Also, I use a piece of muslin or plain cotton for my backing to lay the fabrics down.

Straight pins

Quilters Calendar

submitted by
Ann Bonelli



(Most December guild meetings are holiday pot lucks for members only)

December 12, 2023, 10am

Needlework and Textile Guild of Michigan

Darcy Lewis "Kimonos" Trunk Show & Lecture

St.Stephen Episcopal Church

5500 N. Adams Rd., Troy, MI.48098

www.ntgm.org

January 4, 2024

Oakland County Quilt Guild

Kristin Echols Lecture & Trunk Show

"Quilt As You Go"

First Congregational Church

1315 N. Pine St., Rochester

www.oaklandcountyquiltguild.com

January 8, 2024, 6-9pm

Macomb County Quilt Guild

Sandra Miller Lecture "Scrappy Applique"

Trinity Lutheran Church

38900 Harper, Clinton Township

www.macombcountyquiltguild.org

January 9, 2024 10am Zoom

Needlework and Textile Guild of Michigan

Rachel Derstine Lecture

"From Inspiration To Art Process"

St.Stephen Episcopal Church

5500 N. Adams Rd., Troy, MI.48098

www.ntgm.org

Workshop 1-4pm – Advanced Landscape Quilt

Maggie's

TOP STITCH

Quilting



Custom Machine Quilting
Memory Quilts
Custom T-Shirt Quilts
Memory Patches
Pillows
Bears

MaggiesTopStitchQuilting.com
QuiltsbyMaggieSmith.etsy.com

248-543-5881

Keep Calm and Quilt On - It's Good For You!

by Rosemary Spatafora, Research & Information Committee

A past CAMEO president once remarked that no matter how stressful or crazy her life was when she sat down at her sewing machine and put her foot on the pedal she immediately felt her body relax and a sense of calm came over her. As it turns out, quilting has many positive health benefits for us beyond the fact that our quilt-making results in beautiful and functional quilts.

In her article "Did You Know Quilting Has Positive Health Benefits?" Beth Cooper from nancysnotions.com lists a number of positive health benefits of quilting including:

Stress Relief and Relaxation - The rhythmic and repetitive nature of quilting can induce a meditative state that calms the mind and reduces anxiety.

Cognitive Stimulation and Memory Enhancement - Quilting is a mental exercise that helps to keep the mind sharp, no matter what your age.

Boosting Creativity and Self-Expression - Quilting is a deeply fulfilling, creative form of self-expression.

Social Connections and Community Building - Quilting's rich history of bringing people together to share ideas, knowledge and support provides a sense of belonging that can promote mental well-being.

Fine Motor Skills and Hand-Eye Coordination - The repetitive nature of stitching, cutting fabric, and manipulating small pieces enhances hand-eye coordination, making quilting an excellent activity for individuals of all ages.

Sense of Achievement and Legacy - Quilts can become cherished family heirlooms, passed down through generations. Knowing that one's work will endure beyond their lifetime can provide a sense of purpose and fulfillment.

Whether you are a seasoned quilter or a novice just embarking on this quilting adventure, remember that quilting is more than just a craft; it is a therapeutic journey that nurtures our entire being. In short, it's good for your mind, body and spirit - so Quilt On!

Read Beth Cooper's entire article here:

<https://nancysnotions.com/did-you-know-quilting-has-positive-health-benefits/>

A Quilter's Christmas Word Search

G
 Y
 J A T
 C E T
 A A P C G
 L N O K N
 M C D H J I Y
 X X Y O U K K
 E W X C K Z C Q R
 I T C A W E O M P
 H L R G N N C T K A U
 V D D Z E T E S U O P
 L J H M J D L T D T R H P
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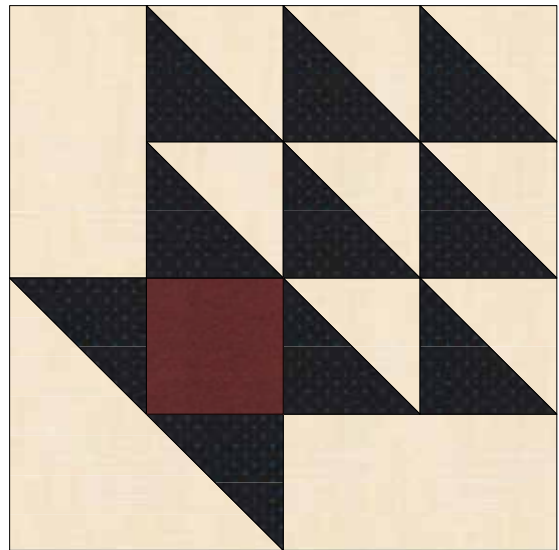
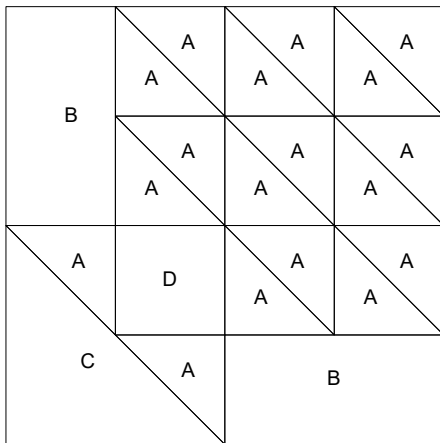
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|-----------------|---------------------|------------|
| CANDY CANE | COOKIES FOR SANTA | FAMILY |
| FIRST CHRISTMAS | FRIENDS | FRUIT CAKE |
| HOLIDAY | LAST MINUTE BINDING | ORNAMENT |
| QUILTING | QUILT LABLE | REINDEER |
| STOCKING | TABLE RUNNER | TREE SKIRT |

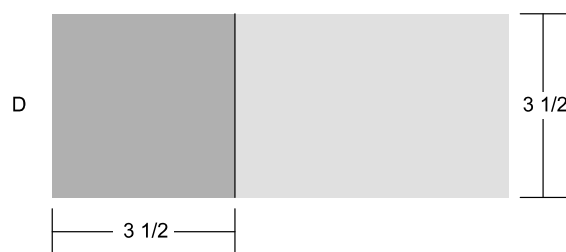
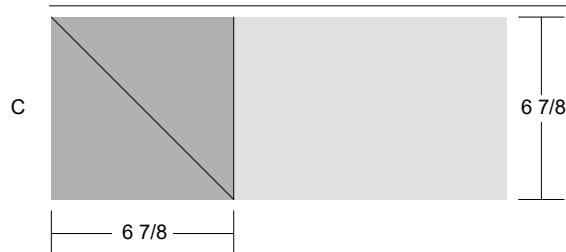
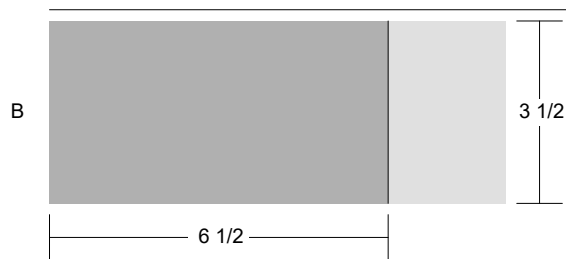
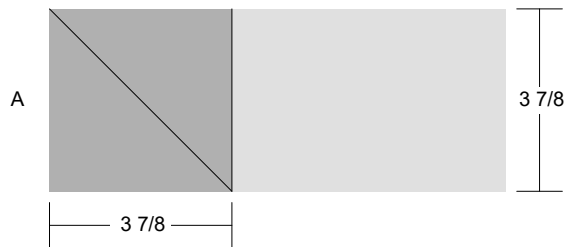
November: Basket Block (Underground Railroad)

Basket

Key Block (1/5 actual size)



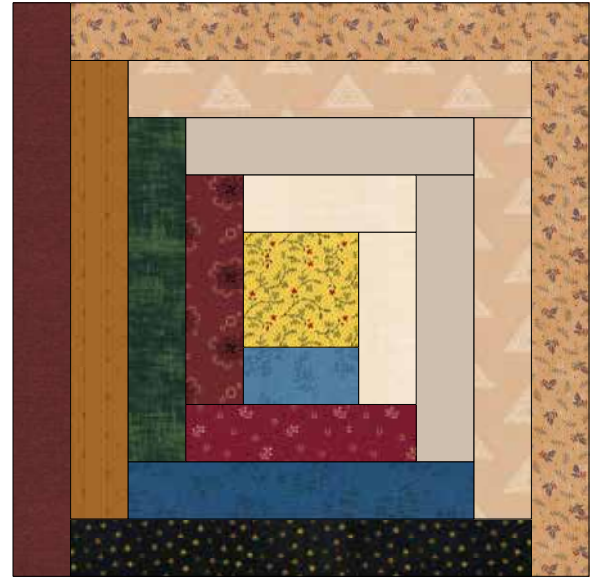
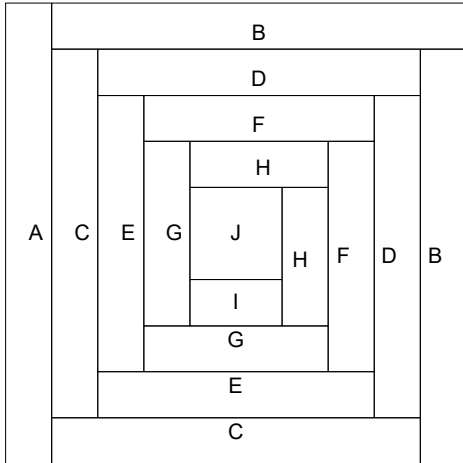
Cutting Diagrams



November: Log Cabin Block (Underground Railroad)

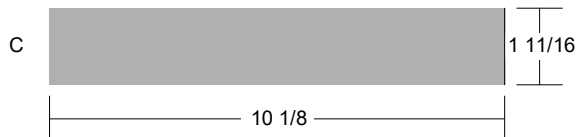
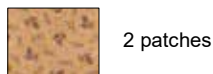
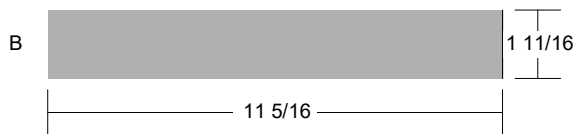
Log Cabin

Key Block (1/5 actual size)



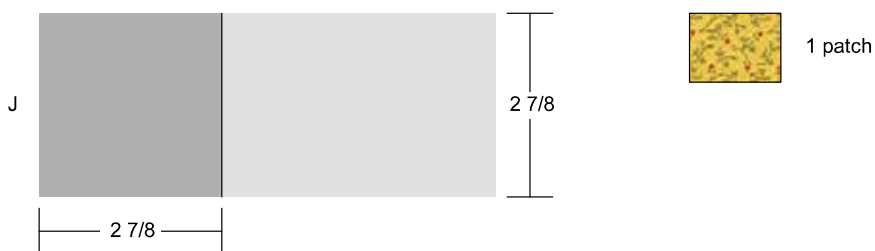
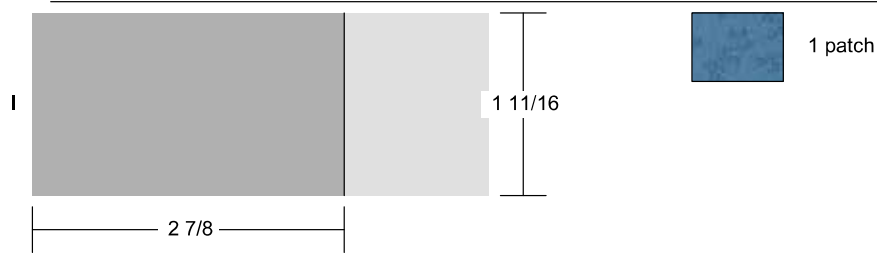
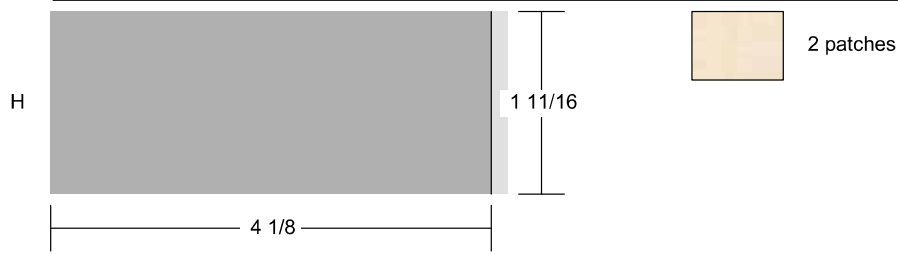
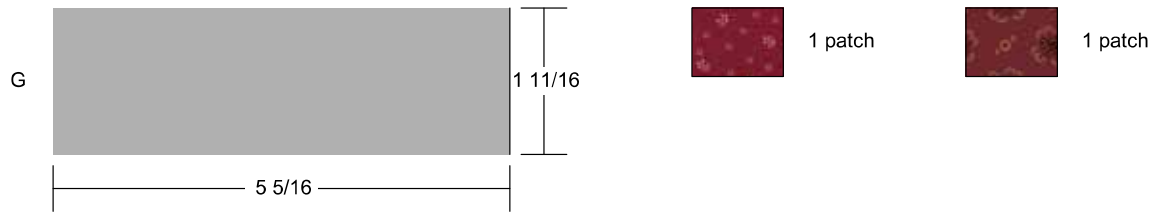
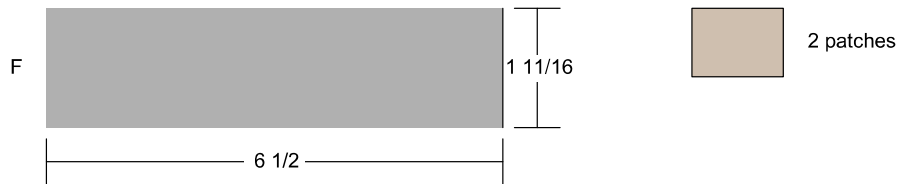
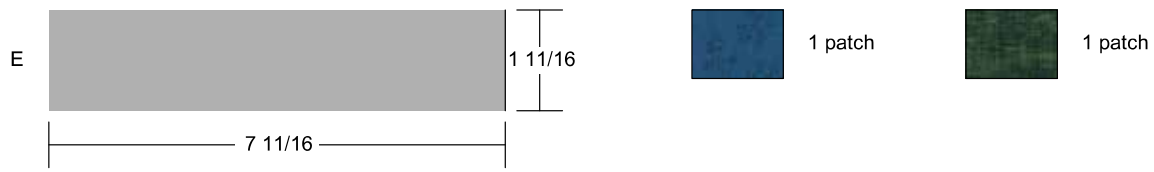
Cutting Diagrams

Patch Count



continued on next page

Log Cabin continued from previous page



CAMEO Guild Meeting
Thursday, November 16, 2023
Clawson United Methodist Church, Clawson Michigan

Meeting began at 7:03pm. Members and guests were welcomed by President Barb Lusk. Members were reminded to turn in Haven bags to the Charity Table.

Speaker Norma Stark was introduced. She lectured and had a trunk show on Bargello quilts.

Hospitality break at 7:58pm.

Business meeting 8:15pm.

Maggie Smith reminded members to sign up for the December Pot Luck dinner.

VP Facilitator Sharon Cratsenburg reported on the Fall Retreat at Lions Bear Lake Camp. Reminder that the Spring Retreat will be held April 11-14, 2024 at Bear Lake.

Jean Schlegelmann demonstrated two additional blocks for the Underground Railroad sew-along: Basket block and Log Cabin block.

Kathy Wilson displayed the donated vintage Raffle Quilt which was quilted by non-member Cathy Koss. Laurie Johnson has the quilt to put on the binding.

VP Facilitator Sharon Cratsenburg: December 2023 is Holiday Pot Luck dinner. January 2024 - Crazy Quilting lecture by Theresa Neilsen and Saturday workshop.

VP Scheduler Cheryl Cawley is trying to line up Norma Stark for the 2024-25 program schedule. Norma will be in Michigan visiting relatives for Thanksgiving .

VP Membership Bonny Heintzel said we have 48 members as of this date. 30 members attended the November meeting and we had two guests. The membership roster will be updated with missing photos of the newest members.

Treasurer Lynda Draudt reported the money amounts CAMEO has in the credit union.

[Zoom did not work, more than one administrator was logged in. Sounded worked well per Dennis Spatafora.]

Corresponding Secretary Louise McCormick-Glazer reported on the mail. *Quiltfolk Magazine* was given to the Doorprize Committee; a letter from the credit union was given to Treasurer Lynda Draudt.

Minutes from October 2023 were approved and seconded.

Show `N Tell

Rosemary Spatafora, Publicity Committee, asked for copies of the articles about CAMEO from the *Daily Tribune* and the *Oakland Press*.

Janeen Sharpe, Assistant Treasurer had knee surgery. Barb Lusk asked that cards and Hearts `N Hugs be sent.

Board meeting to be held Monday, November 20 at 7:00pm by Zoom.

Meeting adjourned at 8:47pm.

Respectfully submitted by Laurie Johnson

CAMEO Board Meeting
November 20, 2023
Zoom

Meeting was attended by all Board members except Jean Schlegelmann and Janeen Sharpe, who were absent.

President Barb Lusk opened the meeting by announcing that VP Scheduler Cheryl Cawley spoke with November's speaker Norma Stark about lecturing in 2024 at a CAMEO Guild meeting.

Barb also stated that the Publicity Committee, headed by Rosemary Spatafora is getting CAMEO good press in the local papers.

The December Holiday Pot Luck will be open to guests. Barb Lusk advised VP Membership chair Bonny Heintzel to contact this year's guests to invite them to the Pot Luck. Reminder to bring a place setting.

VP Membership Bonny Heintzel stated that we currently have 48 members.

Thank you to Betty Busker, Linda Wallace and Jean Schlegelmann for all their work on the Veteran's Day Sew-In.

Fabulous job with the Underground Railroad Sew-Along. Barb said we should expand Jean Schlegelmann's time in order to give an explanation to the new members.

Corresponding Secretary Louise McCormick-Glazer will send a thank-you note to Norma Stark. Sharon Cratsenburg has the address.

Barb Lusk will call Hospitality Chair Maggie Smith to discuss ideas on the Pot Luck entertainment. It was decided that dinner will be served at 6:30pm, doors open at 6:15pm.

VP Scheduler Cheryl Cawley has the possibility of lining up Stitchin' Sisters for the 2024-25 guild year for a Quilts of Valor presentation (along with previously stated Norma Stark lecture).

Cheryl has scheduled a Member Trunk Show and three additional separate teaching events:

1. Applique (taught by Cheryl Cawley),
2. English Paper Piecing (Jean Schlegelmann) and
3. Foundation Paper Piecing (Carol Herzberg volunteered to teach).

Cheryl will prepare PowerPoint presentations for each lecture; she needs to check the projector to computer card to see if it works with the donated projector.

Cheryl has six months tentatively slotted; Sept. 2024 Welcome Back meeting and Feb. 2025 WhistleStop TBD.

VP Facilitator Sharon Cratsenburg discussed the February 2024 WhistleStop: Using Underground Railroad blocks, Barb Lusk, Jean Schlegelmann and Linda Wallace will teach.

January 2024: Theresa Neilsen "Crazy Quilting" lecture and Saturday workshop

March 2024: speaker Wanda Moon "Evolution of a Quilter"

April 2024: Denise Olsen "Quilt Pattern Maker"

May 2024: "Repurposing Old Quilts" Needs contract.

June: Business meeting and election.

Sharon Cratsenburg discussed the Oakland County Quilt Guild show venue. She will contact Ruth McCormick and the First United Methodist Church of Troy for more information. An outside source can be hired to hang the show if the rental on the church is economical. Front Porch Quilts is closing.

Treasurer Lynda Draudt, no report because the credit union is undergoing a system change. Sharon Cratsenburg suggested we research the cost of credit card or Square payments. Bonny to get some info.

Meeting adjourned at 8:00pm. No December Board meeting; next meeting in January 2024.

Respectfully submitted, Laurie Johnson