

November 2022



The Sew & Tell

North County Quilters Association



Member SCCQG | PO Box 301215, Escondido, CA 92030-1215 | www.ncountyquilters.com

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Opportunity Quilt	Alice Johnson
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Webmaster	Laurel Conger
White Elephant	Karolyn Hart, Louise Anselmo

Special Interest Groups

Rare Bears	Tonita Waters
Security Blankets	Maureen McClellan

Neighborhood Groups

Sundance Kids	Paula Huntington
Escondido South	Joanne Eichler

President's Message

By Carrie Harrison-Mortimer

Hello My Quilting Friends,

When writing this article, there is a real chill in the air. After the triple digit temperatures we had, I welcome the coolness. As I am writing this, I am making a great cold weather dish, SOUP.

Hope everyone enjoyed Shelley Swanland at the October guild meeting. I was sorry to miss it. I was able to escape for a week with my hubby. First Disneyland, where it became apparent, we are no longer kids. My aches & pains had aches & pains. Then off to the adult Disneyland, Las Vegas, where we visited with some of my family. Thank you, Alice Johnson, for leading the guild meeting for us.

This month should also be great. We will be highlighting our own, very talented quilters. It's always a fun time.

Opportunity Quilt construction has begun. A big Thank You to the Escondido South neighborhood group for taking this on for us. I have seen the design and it will be a stunner!! More information on this in the future. If you want to know more about 'Neighborhood Groups', see separate article in this newsletter on Page 4.

Our Next Guild Meeting is ... Monday, November 21, 2022

Gloria Dei Lutheran Church
1087 Country Club Lane
Escondido, CA 92026
Doors open at 5:45pm

Meeting begins at 6:30pm

Speakers: Our Own Guild Members

*As we all prepare for Thanksgiving,
remember NO need to count calories
just blessings!!*



November Meeting Program

By Jill Conger

Our November speakers will be members of our own Guild sharing their best quilt, or most current quilt, or a new quilting technique they want to share with us. We have such wonderfully talented members. This will be a chance to see a few projects they have been working on. I have a list of 10 people wanting to show off their stuff. I can add about five more members who would like about 5 minutes to share and explain their projects – please message me to get on my list.

(Jill Conger 760-855-9424, jillconger@gmail.com)

Meet Mrs. Bobbins

It happened quite by accident. Illustrator Julia Icenogle was at an art gallery event showing her work in 2008 when she was approached by the Kansas City Star newspaper to create a web comic that would spotlight a popular column they had on quilting. Julia wasn't a quilter herself, but her Aunt Camille was. Julia describes her aunt as "really blunt" and "really passionate about quilting." In that moment, Mrs. Bobbins was born and has been keeping quilters "in stitches" ever since. Enjoy.



November Birthdays ... A very Happy Birthday to all of our members with a November birthday:

Joan Glaser (11/2)
Deanna Console (11/11)
Sandy Hunter (11/13)
Marie Tuck (11/15)
Nicole Tsakos (11/16)
Karen Maher (11/17)
Mel Alpert (11/20)
Ann Parker (11/22)
Diane Hoffman (11/29)
Gail McDaniels (11/30)



Remember to stop by the White Elephant table for your \$5 gift credit.



NCQA Thanks YOU!

We wouldn't have a guild without the hard work and dedication of so many members. A big THANK YOU to everyone who has pitched in and helped make NCQA sew wonderful this year and every year. We are a fun, thriving group because of YOU!



Maybe you noticed on Page 1 there are 3 Guild Committee positions marked *vacant*. They are ... Block of the Month, Historian and Hospitality. Bring a friend and become co-chairs together. It won't seem like work when you're having fun with your

Membership ... by Lynn Cass

Hello to all our wonderful and very talented quilters. Love this time of year as the weather changes but I forgot how easily I get cold as we were up in Julian, a few weekends ago! Burr - it was windy and cold but it was great having a comfy quilt around me!

Aren't the fall and Christmas fabrics in the shops beautiful? However, there are too many patterns and fabrics that I want to buy! Maybe you feel the same. Well, I really do try to focus on just a few projects this time of year, mainly for gifts but then the time pressure to get them done is not as enjoyable and that takes the fun away, right! So, enjoy the process, plan, keep it focused (not too crazy), relax, have a cup of tea, and some soft music, along with a little prayer too to get our love gifts done on time to bless others!

I will be placing quilt show and craft sale notices on tables from now on when I have them since many of you do not usually need to come by the membership table at the meeting, unless you want to say Hi.

If you bring a friend, please have them come by to sign-in on the Visitor Form and pay the \$5. Soon we will be having a guest pass for those who have renewed their memberships and for new members. Thank you all so much for remembering to sign in by the piano at each guild meeting. I love you all. It is so much fun seeing you each month. Wishing you all a blessed Thanksgiving.

White Elephant ... By Karolyn Hart

I can't believe that it is November! I'm not ready to the holidays! There's some really nice holiday fabric for Christmas projects which we will bring to the next meeting. See you there!



Rare Bears News ... by Tonita Waters

Rare Science and The Rare Bear Army attended the Epilepsy Awareness Day Convention in Anaheim October 31st and November 1st. We were there to hand out Rare Bears to these special kids. Over 200 bears were handpicked for each child knowing their colors and hobbies. How lucky we were to be there and receive the special thank you smiles from the children and their families as they received their bears. We will be there next year with more bears. If you would like to join us to make these bears happen, please call me at 760-815-9244.



Good Cheer News ... by Leslie Sowden

We got lots of pillow cases back at the October meeting - 31 of them. Makers were Maggie Morales, Jill Conger, Rita McFayden and the Good Cheer ladies. There were 19 quilts as well, made by the same four as the pillow cases. See them all [here](#).

We have a few of the cute flannel kits for Gently Hugged left. Stop by the table for one to help welcome our newest charity. And of course, we have lots of quilt kits and pillow case kits at every meeting. Even if you're new to quilting or aren't sure you can tackle one of these, we can help you choose a simple kit. And some of them are quick if you're always pressed for time. It feels really good to make something that will keep a kid warm somewhere down the road. So come and take a kit in November.

A gentle reminder to please make the kit quilts as instructed, using batting where stated, or a nice flannel back is ok instead of batting. If you return unused bags, instructions, and fabric, we'll use it all again when we make up more kits.

Happy quilting - Sandy, Linda, Claire, Sue & Leslie

Southern CA Council of Quilt Guilds

By Suzan Fornof

The quarterly meeting of SCCQG was held via Zoom on Oct. 8th. The topic was "The Nuts and Bolts of Guild Business," that answered a number of how-to questions to help individual guilds function. Here is SCCQG meeting info to share:

1. Some guilds are combining a quilt show with a car show to share venue expenses
2. Some guilds are having both day and night time meetings to accommodate all members.
3. Insurance cost is \$36,000.00 this year which is why price per person went up. Cancelled check is acknowledging insurance. Check website that it says renewed.
4. Road to CA is now accepting quilts, parameters are on website. Road dates are 1/18-1/21/23. (www.road2ca.com)
5. Must register quilt raffles with CA Raffle registration.
6. Not allowed to mail raffle tickets, can't do online, can't include bottles of alcohol.
7. Next SCCQG meeting is January, 2023. Topic: "Social Media".
8. Meeting was recorded. Link is on website. Visit (www.sccqg.org) to get more information.

988 ... for Mental Health

Have you heard about the new 3-digit phone number that could be a life-saver for those experiencing a mental health crisis? It is **988**. It's now the go-to phone number for all **Mental Health** issues. It offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance or mental health issues or any other kind of emotional distress.

Experts are dubbing 988 the equivalent of a mental health 911. It is an extension of the National Suicide Prevention Lifeline phone number 1-800-273-TALK (8255) and handles ALL types of mental health issues, not just suicide. Info at: www.988lifeline.org

911 and 211 ... Safety and Resources

For anyone experiencing a Safety Issue, 911 is still the number to call. 211 is the number to call for local Community Resources.

Neighborhood Groups

By Carrie Harrison-Mortimer

What is a NCQA Neighborhood group?? It is a group of quilters who get together on a specific day & time. It's an opportunity for you to meet up & get to know other people who love quilting. They decide on a project sometimes for charity, sometimes not. Sometimes they just visit and talk about quilting. It is always a fun time. So, if you haven't already, think about joining one. You could also form your own group. Just need to pick a date, time & place. Here's information on the 2 groups we currently have ...

Sundance Group

Paula Huntington 760-294-6011

paulahuntington@gmail.com

Meets on the first Wednesday on the month at 10am in the clubhouse at Sundance Mobile Home Park, 2250 N. Broadway, Escondido, CA. 92026

Escondido South Group

Joanne Eichler #760-580-6663

ticomom825@gmail.com

Meets every other Thursday at 9:30am (11/3, 11/17, 12/1 etc.) in the clubhouse at Citrus Gardens Mobile Home Park, 1730 Toyon Glen, Escondido, CA. 92026





For Sale ...

Bernina 180, serviced Oct 2020. Works great. Lots of feet, owners manual, no embroidery module. \$200 see Leslie at guild meeting or call 619 993 1655

Fat Quarters ... by Janis Newlin

We had great participation at October's meeting. We had enough Fat Quarters to have two winners. Cynthia Ortiz and Romany Bowers were our two lucky winners!! Congratulations!!

The category for our November meeting is CHRISTMAS PRINTS. Please think about looking through your stash. I know I have a lot of Christmas fabric "leftovers." Hopefully you can find some Fat Quarters there or check out the White Elephant table when you arrive at the meeting. See you at the meeting on November 21st.

Upcoming Quilting Events ...

Nov. 5 from 10 am - 1 p.m. Repiecer's Meeting (Southern California Quilt History Study Group) in person at Sew Treasured Quilt Shop, 26855 Jefferson Ave. Suite D in Murrieta, CA. Share your favorites. Guests welcome. www.repiecers.org

Quilt, Craft & Sewing Festival, Nov. 10-12 in Tucson, AZ at the Tucson Expo Center, 3750 E. Irvington Rd, Tucson, AZ. Free admission and parking. At the festival you will find a wide variety of sewing, quilting and craft supply exhibits. There's also a QCSF in Puyallup, WA on Nov 17-19 at the Showplex Building at 110 Ninth Ave. SW, Puyallup, WA. www.quiltcraftsew.com

Road to California Quilters Conference and Showcase 2023, Jan. 18-21 at the Ontario Convention Center, 2000 Convention Center Way in Ontario, CA. 9-5:30 Wed-Fri. Saturday 9-4:30. Single day tickets \$16. Multiple day tickets \$19. www.road2ca.com

Quilt Visions, Oct. 15 – Dec. 31. Juried Quilt Exhibition at Vision Museum of Textile Art, 2825 Dewey Rd., Suite 100, San Diego. Admission: free. Wed./Thur. 10-2; Fri/Sat 10-4. www.vmota.org

Security Blankets

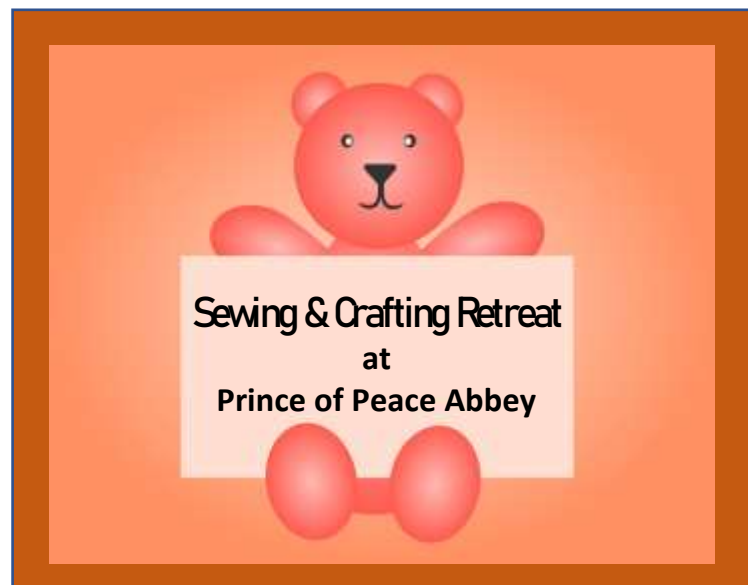
By Maureen McClellan

Thanks to Christine Yeager, Deanna C., Joy Smith, and Jill Conger, for their generous donations of fleece blankets and fleece yardage last month.

They are greatly appreciated. These will be donated to Palomar Health Forensics for their sexual and domestic abuse survivors.

Each blanket takes 1 2/3 yards of 58" wide fleece, preferably solids or subtle prints. Trim off selvages and make a single turn hem on all four sides using any stitch you like.

Thank you for your continued participation. Happy Thanksgiving!



❖❖❖ Important Date Change ❖❖❖

New Dates: Fri.–Sun. **June 9-11, 2023**

We hope you will join us for a fun sewing & crafting retreat at the Prince of Peace Abbey in Oceanside, June 9-11, 2023, organized by The Rare Bear Army.

We are accepting deposits (or full amount) now thru to February 1 with the balance due by Feb. 1, 2023.

Cost for the 3 days: \$255.00 (includes all meals) or for Saturday only: \$30.00 (includes lunch)

For more information call Tonita Waters at 760-815-9244 or email tonitawaters@gmail.com

What Kind of Sharer Are You?

By Newsletter Editor

I've been to a number of Road to California speaker nights, Quilt-o events and even a Roundabout or two. The one thing these all have in common is that there are lots of quilts to behold and maybe even a few to hold. Between quilt shows I've been known to listen to quilting podcasts, read some quilting blogs online, flip through quilt books from my ever-expanding library and even scan the YouTube video quilt channel listings with the same zest I had as a kid checking out the weekly TV Guide. And oh yes, don't forget Pinterest ... my own boards and the boards of other quilt lovers. I can't get enough of looking at quilts.

One fine cool October morning after dragging myself away from a morning session at the computer practically frozen in one position burrowing down a rabbit hole of online exploration following a thread that began with the thought "who invented the seam ripper?" I asked myself a simple question, "Why?" "Why do you do this to yourself?"

Well, why not! That was my first response. And then as if to state the obvious, "I was curious." Oh Dear! That word has gotten cats and our literary friend Alice (Wonderland's Alice) into heaps of trouble. Then I got feisty. Well, I wouldn't spend so much time on it if there weren't so many dang content makers out there sharing such interesting ideas.

Can you see where this is going? Before I knew it, I was right back at the computer asking why people share their creative content online ... or to generalize, why do we want to share with an audience at all. It turns out others have asked the same question and actually come up with answers. In 2011 the New York Times and CIG (Customer Insight Group) conducted a study called, "The Psychology of Sharing." Its main goal was to find out what motivates people to share online, but I figured their insights could apply to any kind of sharing. The study included a survey of 2500 active online content sharers, ethnographic (in-person) interviews in New York, San Francisco and Chicago and a bit of behavioral research. Their final report identified five main motivations for sharing:

- To delight others with entertainment or value
- To identify and present ourselves to others
- To foster relationships
- For self-fulfillment/ to feel engaged
- To spread the word about issues and products

Interestingly, the report went on to identify six "Personas of Sharers" that embodied mixtures of the 5 types of motivations in various proportions. The Personas they identified were ...

1. Altruists ... those who want to be helpful, reliable, thoughtful
2. Careerists ... those who are linked into the value of the share, networking, job related
3. Hipsters ... cutting edge, popular, creative
4. Boomerangs ... going for a reaction, want validation, often provoke
5. Connectors ... relaxed, thoughtful, planners, inviters, group oriented
6. Selectives ... resourceful, careful, thoughtful, one-on-one



If I had to choose, I'd say I was a Selective/Altruist sharer. It's easier for me to share if I'm in a small group and if I have something purposeful to talk about. Which one(s) are you?

That's all well and good, but what I really wanted to know was NOT what kind of content "Sharer" I was but what kind of content "Consumer" I was. Or to be more specific, why do I love looking at quilts and quilt related stuff so much?

After a bit of reflection and taking the lead from the Psychology of Sharing information, it dawned on me that the answer was right in front of me revealed by my two favorite consumption-related activities: quilting and eating. I had opened the door to "The World of Quilting Flavors," based on a spice cabinet approach to consuming quilt information. See if you can see yourself reflected in one or more of these spice rack quilting favorites.

1. Chile Peppers ... loves to see the new, the bold, and the unusual
2. Salt ... looks for the down to earth, the tried and true, the comforting
3. Sage ... wants to learn something new, skill building, font of knowledge
4. Garlic ... needs time for the info to simmer slowly and settle in
5. Pepper ... needs a kick in the pants to try something different
6. Rosemary ... looking for a heady aromatic mind twist, aka the surprise
7. Allspice ... ???



(Continued on Page 7)

What Kind of Sharer Are You? (cont'd from Page 6)

I think I'm a Rosemary consumer. I love O'Henry short stories and any movie that keeps me guessing to the end. I also love what Julie Silber, quilt historian and curator, revealed in a quilt lecture at Road2CA which could be called "quilt treasures". Her presentation was a slide show of vintage quilts that were gorgeous. However, towards the end of her talk she started pointing out anomalies in the quilts that made them even better. She showed a quilt with one block out of its hundreds sewn rotated out of position that no one noticed until she pointed it out. She showed 1880s crazy quilts with sunflower blocks created in secret admiration of the then young and handsome heart throb of the time, Oscar Wilde. She showed quilts with fabric substitutions and subtle color variations possibly denoting fabric scarcity or lack of funds or could it have been for another reason? In other words, she found the buried treasures of the quilts and told their stories even though they weren't written on a label or documented in a journal. Oh, how I love a mystery!

Which is why I'm so excited about this month's meeting featuring our very own guild quiltmakers with their own surprises and stories. Maybe we'll see new techniques or old ones producing new results. Will there be a quilt with a color scheme that wows me that I never thought to put together? Maybe there'll be a quilt that reminds me I have its cousin in a box in a closet that needs to be finished. There might even be a project displaying "Pumpkin Madness!" All this spice keeps me coming back to quilts over and over. It's the combination of stories and surprises that I never tire of. I'm pretty sure that's why folks want to share quilts, and that's definitely why I want to see them and hear everything about them.

A final thought inspired by Julie Silber ... be kind to future generations and document your quilts. Attach a label and better yet, add a hand written story about the quilt. If you're feeling feisty, you could even include a couple unanswered questions about the quilt ... just to keep them guessing.

Resources:

- <https://heidicohen.com/infographic-how-we-consume-content-now-what-it-means-for-your-marketing/>
- <https://www.columnfivemedia.com/psychology-beind-share-creative-content/>
- <http://text-ex-machina.co.uk/blog/new-york-times-study.html>
- <https://juliesilberquilts.com/>



Sew Hungry Quilters

For a good old fashioned country meal, we've got you covered. We'll be gathering at the Golden Egg Omelet House with fellow guild members and friends.



Join us ...
on **Wednesday, 11/9/22, at 11:30am**. We meet at **The Golden Egg Omelet House, 316 W. Mission Ave, Escondido** at 11:30am on the 2nd Wednesday of every month. Eating at The Golden Egg is a guild fundraiser ANYTIME you eat there. 10% of your bill comes back to the guild. Be sure to tell them North County Quilters sent you whenever you go.

Questions?
Call Co-Chairs:

Susan Peters,
760-741-5432
and
Jan Wesley
760-746-8125.



Sew & Tell

Member Showcase ...

→ **Janis Newlin** ... “A beaded and sequined felt Christmas stocking for our 7th grandchild, baby Ella. ❤️”



↓ **Suzie Owen** ... “This meeting, I’m going to share the ridiculous journey of my impulsive Halloween pumpkin project, in which I intended to make a bunch of table runners. Instead, I’ve ended up with five quilts. Here’s the first, now on its way to my son in Northern California. Pumpkin Madness!”



→ **Lynn Cass** ... “Here is a quilt I made just recently. This design is painted on a small barn at Cass Winery! The long arm gal, Stephanie, by the way The Best, did fabulous work on getting the geometric design.”

More Sew & Tell ...

→ **Karen Farhat** ... “The top is finished!”



↓ **Leslie Sowden** ... “This little quilt is the happy result of a round robin within the Good Cheer group (Claire, Sue, Linda, Sandy). I put the center star and all the fabrics in a bag and it went once around the circle. Love it!”



↓ **Carrie Harrison** ...

“I made these for my brother Reid and his wife Marleen to go in their new RV. A table Runner, 4 placemats & napkins. It is the 'Ohio Star' pattern.”



NCQA Treasurer's Report

10/1/22 - 10/31/22

Checking Account Summary

Balance Forward	\$9,133.79	10/1/2022
*Credits / Income	\$579.25	
**Debits / Expenses	\$927.75	
Ending Balance	\$8,785.29	Bank Statement 10/31/2022

Check Register Summary

Balance Forward	\$8,858.79	9/31/22
Ending Balance	8610.29	10/31/2022
Outstanding checks (2):	\$150.00	#1769 dtd 10/2/22 to Gloria Dei
	\$25.00	#1768 dtd 9/19/22 to DOJ replacement
	\$8,785.29	Reconciled to Bank Balance 10/31/22

***Monthly Income Detail**

Contributions Cash - Member dues	\$240.00	Member Renewals
Contributions Cash - Donation	\$6.50	name tag, guest
Contributions NonCash - White Elephant	\$160.75	
Raffle Basket	\$69.00	
Raffle Mini Quilt	\$17.00	
Advertisements	\$75.00	
Newsletter mailing	\$11.00	
Total Income	\$579.25	

****Monthly Expense Detail**

Gloria Dei Luthern Church - rent	\$150.00
SCCQG - Insurance Cert / membership	\$258.00
Shelly Swanland - program	\$483.75
Barbara Michalec - stamps/Newsletter	\$36.00
Total Expenses	\$927.75

Savings Account Summary

Beginning Balance	\$7,112.22	10/1/2022
Interest	\$0.06	
Withdrawals	<0>	
Ending Balance	\$7,112.28	Bank Statement 10/31/2022

Total Checking & Savings **\$15,897.57**

Sandy Hunter
Treasurer

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there is beauty and there is strength.
-Maya Angelou

