

October 2022



The Sew & Tell

North County Quilters Association

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

Executive Board

President	Carrie Harrison-Mortimer
VP of Meeting	Jan Wesley
VP of Programs	Jill Conger
Secretary	Paula Huntington
Treasurer	Sandy Hunter
Parliamentarian	Suzie Owen

Committee Chairs

Advertising/Publicity	Leslie Sowden
Block of the Month	<i>vacant</i>
Fat Quarters	Janis Newlin
Good Cheer Quilts	Sandy Hunter, Claire Jungersen, Linda Steiner, Sue Ragan, Leslie Sowden
Greeter/Door Prizes	Dani Donnachie
Historian	<i>vacant</i>
Hospitality	<i>vacant</i>
Membership	Lynn Cass Susan Peters
Membership Directory	Romany Bowers
Mini Quilts	Joy Smith
Newsletter	Barbara Michalec
Opportunity Quilt	Alice Johnson
SCCQG Rep	Suzan Fornof
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



October Meeting

By Jill Conger

We are hosting another wonderful speaker this month, **Shelley Swanland**. Find a seat at the meeting then sit back and enjoy “**A Quilter’s Journey from Embellished Quilts to Cathedral Windows and Back Again.**”

Shelley’s lecture and trunk show will be a lighthearted look at her journey from quilting to embellished wearables to Cathedral Windows and how creating *Twilts* brought her back to her love of embellishment, embroidery and silk ribbon. Shelley will explain and inspire us to use lace, hankies, beads, buttons and charms to create personalized display fabric art.

Her Trunk Show includes lots of embellished samples, quilts including Cathedral Windows and a few embellished garments. Photos of her quilts can be found here and on Page 2.

Her website is:
<http://shelleysstudio.com/>



Our Next Guild Meeting is ... Monday, October 17, 2022

Gloria Dei Lutheran Church
1087 Country Club Lane
Escondido, CA 92026

Doors open at 5:45pm

Meeting begins at 6:30pm

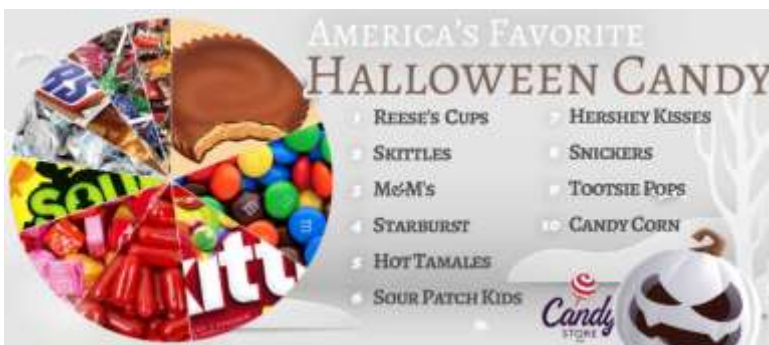
Speaker: Shelley Swanland

More Quilts by Shelley Swanland



Halloween Candy Unwrapped

If you've ever shopped for Halloween candy to give out that you like to eat yourself, you're in good company. According to www.candystore.com, 50% of parents stash away some Halloween candy to enjoy later. The National Retail Federation predicts our overall Halloween spending will be \$10.6B with \$3.1B of it on candy. The most popular Halloween candies in CA are: Reese's Cups, M&Ms and Skittles. The most popular Halloween candies in the country are listed below. If you'd like info on popular candies in other states, visit <https://www.candystore.com/blogs/facts-trivia/halloween-candy-map-popular?v=2022>



October Birthdays

A very Happy Birthday to all of our members with an October birthday:

- Laurel Conger (10/1)
- Peggy Noland (10/9)
- Frances Diehl (10/20)
- Toni King (10/22)
- Debra Dubs (10/25)



Remember to stop by the White Elephant table to select \$5 worth of items for your birthday gift.



Calling ALL Quilters!

If you love quilts and you love doing new things, you've got what NCQA needs ... ENTHUSIASM! And with enthusiasm, you can do anything ... even if you've never done it before. Here are the guild jobs that are calling for YOU ...

- **Block of the Month**
- **Historian and**
- **Hospitality.**

If any of these positions makes you curious, talk to a Guild Board Member and sign up today!

YOU can do it!



Good Cheer News ... by Leslie Sowden

Our guild meetings started back up this month and several members turned in quilts and pillow cases. [See some of them here.](#)

Members who made pillow cases include Rita McFayden, Debra Dubbs and Toni Collins. Members who brought quilts include Jenn Lutes, Karen Maher, Charlotte Huff, and Escondido South, who made 16. Thanks to everyone who made items - they will all go to good use!

Many quilt kits were taken so we're expecting a good return in October. We have kits for all levels of quilting. You don't have to be a whiz-bang expert to make a quilt a kid will love. Everything but the batting is in the quilt kits, and the pillow case kits are complete and easy to make. Stop by the Good Cheer table at the next meeting!

Many Thanks ... From Alice Johnson

Many thanks to the Guild for the lovely friendship quilt I received at our September meeting! Little did the guild know that I recently bought a quilting book titled [RED & GREEN Quilts!](#) I love it and really appreciate all the effort that went into assembling it for me. Thanks so much!



Membership ... by Lynn Cass

It was so much fun getting back together in September after our summer break. Our meeting was wonderful and I truly enjoyed seeing everyone who came and all the amazing quilts that our speaker shared with us. Loved the "show and tell" too.

We had 39 quilters sign-in, 4 new members and three visitors! Thanks to all who signed-in! As a reminder, if you come into the meeting at the side door, please take a few minutes to walk over to the door where the piano is located to sign-in each month. And as a little suggestion, it would be great if everyone could wear a name tag so that our new members could learn your names 😊.

This is an important time of year for our guild to renew your membership. So, thanks to all the members who have already turned in their renewal membership forms. If you have not done so, please mail them in to the P.O. Box number on the membership form or contact me and I will gladly come by to pick it up! Please try to do this as soon as possible so you too can be included in the Directory.



Hoping we have more new members and visitors in the months to come. If you bring a friend, please have them come to the membership table to sign-in, pay \$5.00 and get a name tag.

You all are sew very treasured, Lynn.

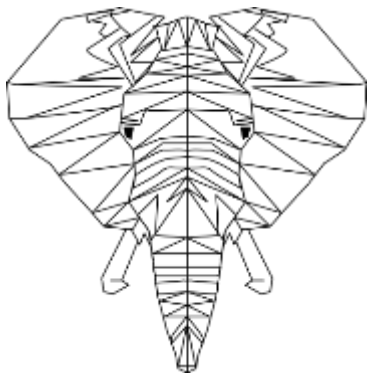


Pomegranates, Anyone?

Anyone care for some wonderful pomegranates?
Text or give me a call. - Rita McFayden

White Elephant Tables

Be sure to jot down fabric colors and amounts you need for your holiday projects before coming to the October meeting. Our White Elephant Tables will be chock full of notions, sewing supplies and fabrics, both yardage and fat quarters, at bargain prices. Come early (doors open at 5:45pm) and stock up.



For those guild members with birthdays in October, be sure to use your \$5 Birthday Gift credit at the White Elephant Tables, compliments of the Guild.

Security Blankets

By Maureen McClellan

Thank you to Deb D. and Barbara M. for their fleece blanket donations at our September meeting. Patty, from Palomar Health Forensics, picked up 40 blankets on September 20th. 16 of them were from NCQA, and 24 were from Kate at Mira Mesa Women's Club.

Each blanket requires 1 2/3 yards fleece, selvages trimmed off, single turn hem on all sides. Blizzard fleece, from Joann Fabrics, works well, preferably solids or subtle prints. Check your emails from Joann Fabrics, as they seem to have better deals online just now.

Thank you for your continued support. Your donations are greatly appreciated.

Neighborhood Groups ...

NCQA is pleased to host two neighborhood quilting groups for quilt gatherings between our regular monthly meetings.

Escondido South meets every other Thursday at 9:30am at Cypress Gardens to work on quilts to donate. October 6th and 20th are meeting days this month. Call Joan Eichler for more information.

The Sundance Kids meet the 1st Wednesday of each month at 9:30am at the Sundance Mobile Home Park rec center. Call Paula Huntington for more information.

Somebody Put Christmas in October!!! The Butler Did It!!!

Looking for a holiday gift for someone hard to please? Susan Peters highly recommends **The Butler Did It Craft Show**, which will be held twice in October at two different locations:

At The Bernardo Winery ...

13330 Paseo Del Verano Norte
Oct. 15 & 16 10am – 5 pm

At The Williams Barn ...

In San Marcos
1952 Sycamore Dr.
Thu Oct 28 Noon to 5pm
Fri Oct 29 9am – 3pm



Fat Quarters ... by Janis Newlin

The October Fat Quarter category is **Fall and Thanksgiving prints and colors**. Check your stash or visit the White Elephant table at our next meeting for a fat quarter or two to join in.

We had terrific participation at the September meeting. We were able to have two drawings for the Halloween prints. Our two lucky winners were Joy Smith and Christine Yeager. Congratulations!! See you all at the next Guild Meeting.





Upcoming Quilting Events

The 5th **Annual Fall Craft Sale** in Spring Valley will be held **Saturday Oct. 15th** from 10am to 4pm. There will be handcrafted items, fabric stash and sewing notions, a Brother PE 770 Embroidery Machine, quilts, new and gently used, and vintage items. The location is 3508 South Granada Ave., Spring Valley, CA. For more information, call or text Donna Johnson at 619-895-1111.

The Mancuso **Pacific International Quilt Festival XXXI** will take place **Oct. 13-16** at the Santa Clara Convention Center in the Bay Area. There will be a merchant mall, workshops and quilt and wearable art exhibits. For more information, go to www.quiltfest.com and select PIQF under the UPCOMING SHOWS tab.

Big Bear Lake Quilters' Guild Show will be held **Oct. 14-15** at The Lodge at Big Bear Lake, a Holiday Inn Resort, 40650 Village Dr., Big Bear Lake, CA. Fri. 10-5, Sat. 10-4. Admission \$5. Vendors and Marketplace. More info at www.bigbearlakequiltersguild.com.

QuiltFest Virtual Schoolhouse #3 will take place **Nov. 2-5** online via Zoom. If you'd like to take a quilt class in the comfort of your home, this is the place for you. There are four full days of classes in a variety of quilt related topics ranging from Sashiko quilting to foundation paper piecing to playing with angled piecing to stitching paper collage to wet felted flowers. The deadline to register for classes with shipped kits is Oct. 12, otherwise the deadline is Oct. 31. For more information, go to www.quiltfest.com and select QuiltFest Virtual Schoolhouse #3 under the UPCOMING SHOWS tab.



Rare Bears ...
by Tonita Waters

Rare Bears is hosting a 2023 Sewing Retreat at the Prince of Peace Abbey in Oceanside July 14-16, 2023. This fun retreat is open to all guild members and non-members. Bring a friend.

The cost is \$255 for a single or double room for 3 days. Meals included are Friday dinner, Saturday breakfast, lunch, dinner and Sunday breakfast and lunch. A deposit of \$50 is due March 1st.

If you're not able to join us for all 3 days, you are welcome to come for a day on Saturday, July 15th, for \$30, which includes lunch. Full payment for 1-day sewers is due March 1st.

The Abbey has beautiful grounds including walking trails and a rose garden. You will have your own sewing space and access to the nearby kitchen. Our sewing-themed games during the program and special evening entertainment will keep you laughing the whole time.

Please make deposit and payment checks out to Tonita Waters. Her cell is 760-815-9244. Info: tonitawaters@gmail.com



To Fold or Not to Fold

By Newsletter Editor

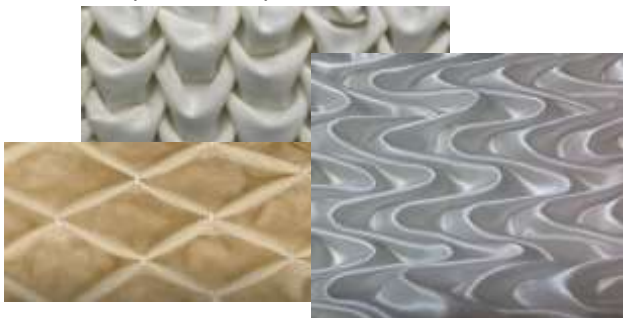
I started sewing on my grandmother's treadle machine during our summer visits to her house. It was a challenge using the foot pedal, so sometimes I'd find projects to stitch by hand. One project I remember well was a smocked pillow. What attracted me to it was the 3D effect and the pattern's claim that just a few stitches could transform a flat piece of fabric into something poofy!!! That was a challenge I couldn't resist.



Days, weeks later, with the help of my trusty seam ripper, I managed to figure it out. Now you have to remember those were the days before the internet. There were no pictorial tutorials, no blogs, no YouTube videos. You had to study the cryptic sketches in the pattern,

read the scant text next to the drawings and then jump into the deep end of the sewing pool and just do what you thought they were telling you to do. Remember those days?? In the back of my mind was my mom's one and only piece of sewing wisdom ... "If you have to use your seam ripper, it will last forever." Tada! Longevity guaranteed!

Anticipating this month's speaker and her easy way of making Cathedral Windows blocks on the sewing machine got me thinking about how far we've come in the area of 3D sewing since my smocked pillow days. No longer do we have to draw our own grid lines or dots for smocking. We can buy iron-on transfer smocking dots that create the grid for us. Or we can use fusible gridded interfacing which comes in a range of grid sizes from 1" up to 2.5". Using the grids allows us to create waves, shells, honeycombs, arrows, leaves and a wealth of other repeated 3D patterns.



But for those of us who feel constrained by the structure of grids (or just want to get on with the pleasure of sewing), I was happy to learn that grids aren't always necessary. I found a number of videos on YouTube demonstrating "furrowing" techniques which create wonderful random 3D shapes from freeform (no-grid) off-road stitching. Check out what and how here: www.youtube.com/watch?v=LTUv5JeW64M. The possibilities of this technique seem endless.

Another area of 3D stitching is the world of yoyos and flowers. If you're like me, you already own a couple Clover yoyo and flower makers. They come in a wide assortment of sizes and shapes now. Be sure to visit the Clover booth at the upcoming Road 2 CA Quilt Show in January or checkout their website at www.clover-usa.com. You can refresh your memory on how to use the Clover tools by exploring the "Projects Sheets" and "Tool School" tabs on their website which give detailed instructions and an abundance of inspiring projects.

So why would a quilter want to know about such fabric manipulation techniques? Aren't these generally used in heirloom sewing, garment construction or house décor projects. Yes, but quilters can definitely use them too. I'm sure we'll all be blown away by the 3D



possibilities of the Cathedral Window after hearing this month's speaker. But we can also incorporate a little fabric origami of various kinds into our quilt projects either as a focus element or the main event. Check out this block with the buttons at (www.youtube.com/watch?v=-AhZnh5AtpQ). It captured my imagination as did these two cuties, a windmill block and a tucks and bowties block shown below and demonstrated at www.youtube.com/watch?v=5LOCNqxlhVo.



(Continued on Page 7)

To Fold or Not to Fold (Continued from Page 6)

But I have to leave you with this discovery I made while researching the history of origami. It turns out that origami was practiced in China BEFORE the invention of paper in 105ce. Pause for a second to let that sink in. Origami before paper? "Many studies assert that origami was invented by the Japanese about a thousand years ago, but its roots may well be in China. It is also highly probable that the process of folding was applied to other materials before paper was invented, so the origins of recreational folding may lie with cloth or leather."¹ Wow! Who knew fabric manipulation had such a long-distinguished heritage.

And just to put the final exclamation point on what centuries of practice folding and sewing cloth can accomplish, check out the folded-cloth piecework of the Miao people of Guizhou, China. In this technique silk fabric is starched, cut into small pieces, folded a couple of times, then layered, arranged and stitched into patterned masterpieces resembling wood parquetry. The resulting textiles are used mainly as decorative pieces in their traditional Miao clothing. But Miao mothers are said to labor long hours creating clothing for their children as a form of protection. Using as many as 3000 tiny folded silk pieces they integrate designs of birds, dragons, fish and other talismans into the garment to ensure their child's safety, good health and prosperity.²

So, as you sew, fold, cut, manipulate and stitch your fabric pieces into whatever project you're working on, know that you are part of a long and honored tradition of women spanning literally centuries sewing love into the world one stitch at a time.



Resources:

1. <https://www.britannica.com/art/origami/History-of-origami>
2. <https://www.thetextileatlas.com/craft-stories/miao-folded-cloth-piecework-china>



Mod Halloween Quilt pattern by JediCraftGirl on Etsy.com using Mod Meow cat panel by Riley Blake Designs.



Sew Hungry Quilters

Fall may officially be here, but if you're finding it too hot to be in the kitchen, come share a meal with fellow guild members.



Join us on **Wed. 10/12/22**

at **11:30am**. We meet at **Golden Egg Omelet House, 316 W. Mission Ave, Escondido** every 2nd Wednesday of the month at 11:30.

Eating at the Golden Egg Omelet House any time is also a guild fundraiser (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 or Jan Wesley 760-746-8125.

Sew & Tell

Member Showcase ...

→ **Jill Conger** ... "Halloween quilt for 1 year old. Made from 5" blocks I have had in my stash for way toooooo loooong!"

↓ **Jill Conger** ... "Back of quilt."



→ **Jill Conger** ... "Recipient enjoying the Halloween quilt I made."

↓ **Jan Wesley**... "Here's a Halloween pillow I made. The pattern was from an old Better Homes & Gardens magazine."



More Sew & Tell ...

→ **Suzie Owen** ... "I made four of these for my daughters."

↘ **Suzie Owen** ... "This is the one I made for myself with the leftover HST pieces from the others! It's far from perfect, but I like it!"



↓ **Tonita Waters** ... "I made this cow for my daughter's birthday."



↓ **Joy Smith** ... "Made 6 Halloween nightgowns for my 6 great granddaughters. The pjs are for my 3 great grandsons. All the fabric is from Joann's. Used 6 yards for the boys and 14 yards for the nightgowns. Turned out cute!! Fun!!"



NCQA Treasurer's Report

August 1 - August 31, 2022

NCQA Treasurer's Report

9/1/2022 - 9/30/2022

Checking Account Summary		
Balance Forward	\$8,673.13	8/1/2022
Credits / Income*	\$90.00	
Debits / Expenses**	\$340.00	
Ending Balance	\$8,423.13	Bank Statement 8/31/22

Checking Account Summary		
Balance Forward	\$8,423.13	9/1/2022
*Credits / Income	\$1,151.00	
**Debits / Expenses	\$550.00	
Ending Balance	\$9,133.79	Bank Statement 9/30/2022

Check Register Summary		
Balance Forward	\$8,363.13	8/1/2022
Ending Balance	\$8,257.79	8/31/2022
Outstanding checks (#):	\$100.00	check #1749 4/18/22 to BJ Smith
	\$40.34	check #1762 8/18/22 to Laurel Conger
	\$25.00	Check #1763 8/18/22 to DOJ
	\$8,423.13	Reconciled to Bank Balance 8/31/22

Check Register Summary		
Balance Forward	\$8,287.79	9/31/22
Ending Balance	\$8,858.79	9/30/2022
Outstanding checks (3):	\$100.00	1749 4/18/22 to BJ Smith
	\$150.00	#1766 dtd 9/19/22 to Gloria Dei
	\$25.00	#1767 dtd 9/19/22 to DOJ replacement
	\$9,133.79	Reconciled to Bank Balance 9/30/22

*Monthly Income Detail		
Contributions Cash - Member dues	\$90.00	3 Member Renewals
Contributions Cash - Donation	\$0.00	name tag
Contributions NonCash - White Elephant	\$0.00	
	\$0.00	
Total Income	\$90.00	

*Monthly Income Detail		
Contributions Cash - Member dues	\$920.00	Member Renewals
Contributions Cash - Donation	\$35.00	name tag, guest and donor
Contributions NonCash - White Elephant	\$144.00	
Raffle Basket	\$33.00	
Raffle Mini Quilt	\$8.00	
Newsletter mailing	\$11.00	
Total Income	\$1,151.00	

**Monthly Expense Detail		
BJ Smith Replacement check for program	\$100.00	
Laurel Conger Go Daddy fee	\$40.34	
Department of Justice RRF-1	\$25.00	
Department of Justice CT-NRP-I	\$30.00	
Total Expenses	\$195.34	

**Monthly Expense Detail		
Laurel Conger Go Daddy	\$40.34	
Wendy Mathson - program	\$375.00	
Department of Justice fee	\$25.00	
Total Expenses	\$440.34	

Savings Account Summary		
Beginning Balance	\$7,112.10	8/1/2022
Interest	\$0.06	
Withdrawals	<0>	
Ending Balance	\$7,112.16	Bank Statement 8/31/2022

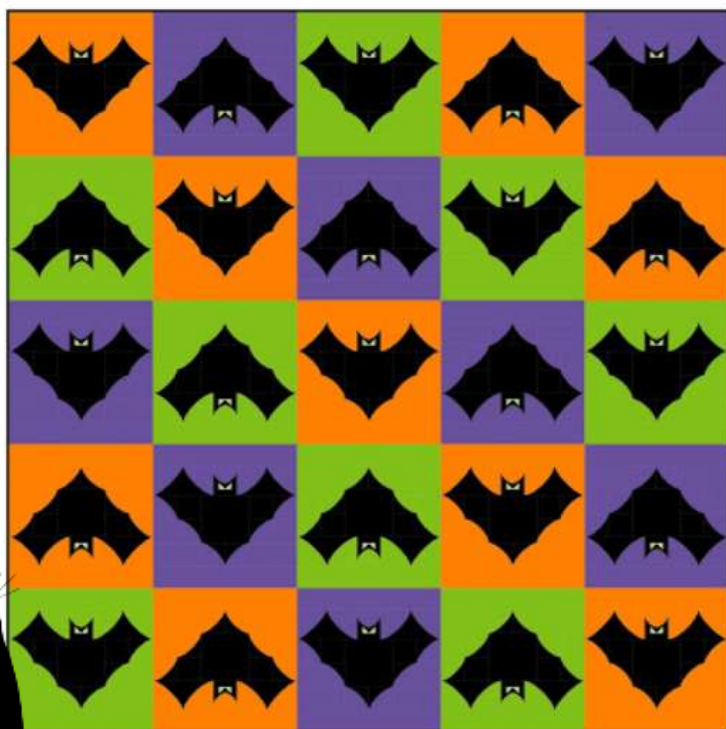
Savings Account Summary		
Beginning Balance	\$7,112.16	9/1/2022
Interest	\$0.06	
Withdrawals	<0>	
Ending Balance	\$7,112.22	Bank Statement 9/30/2022

Total Checking & Savings	\$15,535.29
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Total Checking & Savings	\$16,246.01
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Sandy Hunter, Treasurer

Sandy Hunter
Treasurer



Free Spooky Bat Quilt Block Pattern

Designed by Slice of  Quilts

To download your free block pattern visit ... www.sliceofpiquilts.com

This pattern makes use of the machine sewn Cathedral Windows technique described at our October meeting to create the bat wing scallops. No time to make an entire quilt? Make a table runner or placemats instead.

