

January 2023



The Sew & Tell

North County Quilters Association



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

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Fat Quarters	Janis Newlin
Good Cheer Quilts	Sandy Hunter, Claire Jungersen, Linda Steiner, Sue Ragan, Leslie Sowden
Greeter/Door Prizes	Dani Donnachie
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Hospitality	vacant
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

President's Message

By Carrie Harrison-Mortimer

Hello to all my Quilting Friends & Happy New Year!!
What a great time we all had during our Holiday Potluck. Food, fun and games!!! It was so nice to share this special time of year with all of you. Hope all of you had a wonderful Holiday season.

Now on to the New Year and continuing to be with each other sharing our love of quilting. We have a lot of interesting speakers this year. I'm looking forward to our programs. I really enjoy getting together with all of you, whether it's learning something new or just visiting. So, this year shouldn't disappoint.

I encourage you all to read our newsletter cover to cover as it is fun & informative. We still are looking to fill a few positions in our guild. I would encourage you to help out. It only takes minimal time and is appreciated by all. The positions are: Hospitality, Historian and Block of the Month. If you would like to know more about these positions, check your directory for descriptions or speak with one of the board members. For those of you that have already stepped up to help the guild, I thank you very much!! You are all very much appreciated. Looking forward to a great year!!



**Our Next Guild Meeting is ...
Monday, January 16, 2023**

Gloria Dei Lutheran Church
1087 Country Club Lane
Escondido, CA 92026
Doors open at 5:45 pm
Meeting begins at 6:30pm

Crazy Quilts with Leslie Sowden



January Meeting Program ... by Jill Conger

Hello 2023!! Welcome Quilters to the exciting second half of our guild year. This month we jump back into quilting by hearing and learning from one of our very talented long-time members, Leslie Sowden.

Leslie will introduce us to the beautiful world of Crazy Quilts in all their velvety, satiny, silky, embroidery loveliness. She'll talk a bit about their history as an acceptable pastime for young ladies in the late 1800s and early 1900s. A beautiful large early 1900s crazy quilt will be on display. She'll also show many smaller pieces, some of them unfinished so we can see the back of all the embroidery. For more on Leslie's quilting journey, see Page 4.



White Elephant ... by Karolyn Hart

Happy New Year to all! The Christmas Potluck was great fun and a good way to close the year. The batik raffle basket raised \$83 and the \$30 from the sale table. In January we will bring many boxes of new fabric!



January Birthdays ... A New Year Happy Birthday to all our members with January birthdays:

Louise Anselmo (1/6)
 Barbara Jacobson (1/6)
 Rita McFayden (1/15)
 Claire Jungersen (1/16)
 Sally Stewart (1/17)
 Gail Fisher (1/18)
 Leslie Sowden (1/20)

Remember to stop by the White Elephant table to select \$5 worth of items for your birthday gift! May all your quilting dreams come true!



A Quilter's New Year's Resolution

My 2023 New Year's Resolution is to finish all the quilt projects from 2022 that I should have completed in 2021 after starting them in 2020 from fabric I bought in 2019 while having the patterns for them since 2018 and the thread since ...
 since ...
 hmmm??
 Never mind!!!

Membership ... by Lynn Cass

Happy New Year to all the wonderful quilters no matter what experience you have or how long you have been in our guild!

Monthly guild meeting activities for the new year have been planned for another great year for us to be together as quilters. It is enjoyable to learn, encourage and inspire each other with what we love doing! I know that things come up that conflict with attending our guild meetings, but I am hoping this year we will have more members coming to more monthly meetings which maybe could be a New Year's resolution! 😊

I still have some Directories to hand out. I encourage you to come and pick up your Directory and Membership card if you have not done so already and join us for some fun as we gather together each month. You may want to consider adding your name to the Show and Tell display so we can see what you have been up to lately! If not, it's just good to get out and be with this fun group!

As a reminder, if you are not receiving the Newsletter or if you have any changes in regards to email, address or a cell #, please let me know.

So glad I know each and every one of you! Happy quilting this year.

What is "Gently Hugged?" ... by Sandy Hunter

Happy New Year! In October we added Gently Hugged to the organizations that we donate to. Gently Hugged is geared to newborn up to 1 year old toddlers. It was founded by two nurses working in the field of public health who noticed that more and more families were struggling to acquire the basic necessities. We, as a guild, are able to make blankets for car seats and quilts for the newborns and toddlers. We have kits available at the Good Cheer table for Gently Hugged along with the pillowcase and quilt kits that are donated to Interfaith. All our kits are simple in design and quick to sew. Thank you to everyone who has stopped by to pick up a kit and return the finished piece. We appreciate the support that you give to Good Cheer.

Good Cheer News ... by Leslie Sowden

Well...another year under our belts. We made a lot of Good Cheer quilts and pillow cases in 2022: 165 quilts and 120 pillow cases, to be exact. The five Good Cheer ladies made 108 quilts and 29 pillow cases; guild members made the rest.

Many thanks to the 19 guild members who participated, and a big "please jump in" to everyone who didn't. We have quilt kits for every level of quilter, so by the end of 2023, we hope to count the entire guild as participants. Here is the last blog post of the year showing the handful of quilts done in Nov and Dec. [See them here.](#)

Two special thank you's. One thank you goes to Jenn Lutes for the gift of her grandmother's hand pieced blocks. We loved working with them and feel like we made Grandma proud with the 6 quilts we made from them. [See them all here.](#)

The other thank you goes to Karolyn and Louise, the hard-working ladies of White Elephant, for the ongoing bags of fabric, so fun to go thru and see what we have to work with. Without their donations, we wouldn't be able to make near as many great charity quilts.

All five of us love being the Good Cheer committee. To be able to combine our love of quilting with creating much-needed donation items is just wonderful. Happy New Year to all of you ...

Claire, Sandy, Sue, Linda & Leslie



Meet Leslie Sowden, Our Speaker

I began quilting shortly after I learned to sew in 7th grade Home Ed. Once done with the mandatory apron and A-line skirt, I badgered my hard-working mother for a sewing machine and began making all my tops and skirts. As the leftover fabric piled up, I somehow discovered quilting and gifted my poor mom with my first creation, a scrap quilt that weighed probably 20 pounds. To her credit it was on her bed every winter for years.

K-Mart sold fabric back then and patterns were 99 cents, so I sewed my way through high school and beyond. None of my early efforts survived to this day. No loss I expect.

I joined NCQA in the late 80s. Can't remember the year. I was quite active, presided as President three times between 1992 and 2002, was Librarian a few times, ran the quilt show once or twice, was Hospitality Chair a couple times. And now I'm a member of the most excellent Good Cheer group, a position that suits me perfectly. We make lots of quilts with free fabric, meet with my quilting pals every two weeks, and donate to a worthy cause. Win win win!



Rare Bears News ... by Tonita Waters

We are so looking forward to our upcoming Sewing and Crafting Retreat June 9-11, 2023 at the Prince of Peace Abbey in Oceanside. If you have put in your deposit, please remember that **final payment is due by Feb. 1, 2023**, which is just around the corner.

If you haven't signed up yet and would like to join us, we have 2 places left for overnights. Cost for the 3 days: \$255.00 (includes all meals and 2 nights lodging) and for Saturday only: \$30.00 (w/lunch).

Wishing you all a very happy holiday season. For more information call Tonita at 760-815-9244.



Fat Quarters ... by Janis Newlin

I hope everyone had an enjoyable Holiday. My husband and I celebrated our 50th wedding anniversary on the 16th of December with family and friends. Our daughter and her two little ones came out from Connecticut to celebrate with us. It was a wonderful time. We are now leaving the busy times of the holidays and entering the busy times of taxes!! :(Our meeting on the 16th will be a fun diversion!!

Please remember to bring your FAT QUARTERS. The category for the January meeting is Blues and Whites to include prints and White on Whites. Looking forward to seeing you all there.



In Memoriam

Jeanne Johnson passed away on Wednesday 12/28/22. As many of you know, she was a long-time member of NCAQ and a wonderful lady. She will be missed.



Upcoming Quilting Events ...

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

QuiltFest Virtual Schoolhouse #4 will take place **Jan. 25 - 28** 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 Accordion Sewn HSTs to Beading Embellishment to "No More Tears" paper piecing to wet felted flowers. The deadline to register for classes with shipped kits is Jan. 4, otherwise the deadline is Jan. 23. For more information, go to www.quiltfest.com and select QuiltFest Virtual Schoolhouse #4 under the UPCOMING SHOWS tab.

Quilt, Craft & Sewing Festival, Jan. 26 – 28 in Phoenix, AZ 1826 West McDowell Rd., Phoenix AZ 85007. 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 coming up in Sacramento, CA Mar23-25. For more information, go to www.quiltcraftsew.com

Security Blankets ... by Maureen McClellan

Happy New Year, everyone!

Thanks to Karen Maher for the fleece blanket she donated for Palomar Forensics last month.

Each blanket takes 1-2/3 yards of 58" fleece, preferably solid or subtle prints. Joann's Blizzard Fleece works well. Cut off selvages, fold over once and hem on all four sides.

Finished fleece blankets or fleece yardage may be brought to guild meetings or contact me at 760-224-3494 to arrange pick up. Thank you for your continued support. It is greatly appreciated.



Sew Hungry Quilters ... by Susan Peters

Here's to a brand-new year! Why don't you grab your 2023 calendar (paper or on your smart phone) and add ALL of our 2nd Wednesday get togethers now?

Jan 11, Feb 8, Mar 8, Apr 12, May 10, Jun 14, Jul 12, Aug 9, Sep 13, Oct 11, Nov 8, Dec 13.

That way you won't have to remember each month.

We look forward to our regular 'gang' and would like to welcome some new faces. We all need a break from dusting, washing, walking, cooking, and even quilting.

Wishing all quilters a fabulous, productive and successful quilting year. In Numerology, the number 7 is associated with new beginnings. I just need to know the number associated with 'finishing'!

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



Up a Tree with Words

By Newsletter Editor



It was a cute little book. I found it at Costco for a reasonable price. It had a serene cover with an image of blue skies and puffy white clouds. The title was comforting yet intriguing, [The Life-Changing Magic of Tidying Up](#) by Marie Kondo. I was up for a little “magic” especially if it could bring “life-changing” results to the area of organization and clutter management in my craft/sewing room. It was an impulse buy that would challenge me for years.

Many of the ideas in Marie’s book were straight forward and logical. Her KonMari Method calls for commitment to the task, imaging the wonderfulness of the end goal, being appreciative and thankful for the items we’re willing to give away and focusing on the joy brought to us by the items we decide to keep. But she has a specific order to proceed through this process ... clothing, books, paper, miscellaneous and then mementos. The idea being that the experience and success gained from the easy initial categories will help overcome any challenges that arise in the later categories which may be fraught with emotional ties.

Hmmm? What category, I wondered, would my sewing and craft items fall into? I knew I was in for trouble when I looked up the meaning of “memento” and discovered it was “a reminder of a person or event.” Why yes, that describes my fabric stash (accumulated on travels and adventures with family and friends) and my crafting supplies (gathered for projects for special people and events) perfectly. It was going to be impossible for me to apply the KonMari Method and deem a fabric that didn’t “spark joy” in me today a total failure for the future. Hadn’t fabrics in my stash been passed up for one project only to become the perfect fabric for another project? That had happened to me so many times, I knew the “joy test” wasn’t workable here.

I was now back at square one with no criteria to begin tidying my workroom. I figured, however, I could begin by getting rid of two pesky roadblocks, the words “tidying” and “room.” Tidy had the meaning of “neatly arranged and in order.” I couldn’t truthfully say I wanted my workspace to be tidy. It COULD be neatly arranged and in order occasionally, but its typical state was veering towards the chaotic with works in progress.

I also had to rid myself of the notion that I was using a room in my house for crafting that could/should be used for something else that was more house-like, such as a guest room. I needed to become okay thinking of my sewing room as one of those exotic French garrets

romanticized by impressionist painters creating to their heart’s content. I didn’t want to be in a workroom, a bedroom or a room of any kind for that matter.

When I went to thesaurus.com to find synonyms for “workroom,” some interesting choices popped up: workshop, mill, laboratory, sweatshop, salt mine. Ugh! My next try was synonyms for “studio”: salon, atelier. Too stuffy! Synonyms for “atelier”: cubbyhole, cave, nest, sanctuary, haunt, retreat, hideout, snuggery, lodge, retreat, lair, sanctum. Better! Something about this last set of words reminded me of Pete Nelson and the Animal Planet tv show called “Treehouse Masters.” Eureka! That’s where I wanted to work ... in a treehouse!

So even though my “treehouse” is inside my house and I don’t have to climb any ladders to get to it AND it has electricity, lighting and a bathroom nearby, it definitely has some qualities that should aid in my motivation to “prune” my stash. First off, a treehouse is inherently minimalist. Things in a treehouse are easy to find. Nothing in a treehouse is overly complicated and there’s usually a lot of fresh air and openness. Could I achieve such a vibe in my own sewing “treehouse?”

A bit of sleuthing on the internet unearthed a few suggestions on how to attain such delightfulness:

1. Don’t leave anything at the bottom of the ladder (or at the door) to be dealt with later. Deal with it now or else it will be buried (possibly by squirrels ...
2. or more bags) ... unpack them right away and put stuff where you know you can find it.
3. Clean up often. It’s easier to work on a flat, clear surface than an archeological mound.
4. Remember that a bit of judicious pruning of branches (supplies) and dead-heading of blooms (fabrics) helps to make the tree stronger.
5. It’s okay to fertilize (bring in new stuff) every once in a while, as long as it’s the right kind, of good quality and not too much.
6. Embrace the openness and fresh air as it appears, no matter how quickly or slowly it arrives.
7. Enjoy the view.

As crazy as it may sound, just the change of wording from workroom to treehouse has changed my whole attitude about what my work space should be like. It’s no longer a salt mine that I’m forced to downsize, but a place that’s cozy and free. The task now is to make it as treehouse-like as possible. The chances for success are good, because at last, it will pass the “spark of joy” test. Why yes, Marie Kondo was right!!!



Sew & Tell

Member Showcase ...

→ **Carrie Harrison-Mortimer** ... "Here's a Christmas table runner I made for my brother and sister-in-law. They loved it!"



↓ **Lynn Cass** ... "Hi, here is a quick little panel that I added borders to for my granddaughter who loves ducks. She sits on it and watches her programs on TV."



↓ **Dani Donnachie** ... "Quilted mini backpack for my soccer playing granddaughter. Fabric from the White Elephant table."



*Happy
New Year* ★★

NCQA Treasurer's Report

12/1/22 - 12/31/22

Checking Account Summary

Balance Forward	\$8,803.16	12/1/2022
*Credits / Income	\$113.25	
**Debits / Expenses	\$150.00	
Ending Balance	8766.41	Bank Statement 12/31/2022

Check Register Summary

Balance Forward	8628.16	11/30/2022
Ending Balance	8591.41	12/31/2022
Outstanding checks (2):	\$150.00	#1775 dtd 12/9/22 to Gloria Dei
	\$25.00	#1768 dtd 9/19/22 to DOJ replacement
	\$8,766.41	Reconciled to Bank Balance 12/31/22

*Monthly Income Detail

Contributions Cash - Member dues		Member Renewals
Contributions Cash - Donation	\$0.25	name tag, quest
Contributions NonCash - White Elephant	\$30.00	
Raffle Basket	\$83.00	
Raffle Mini Quilt		
Total Income	\$113.25	

**Monthly Expense Detail

Gloria Dei Luthern Church - rent	\$150.00	
Total Expenses	\$150.00	

Savings Account Summary

Beginning Balance	\$7,112.67	12/1/2022
Interest	\$0.90	
Withdrawals	<0>	
Ending Balance	\$7,113.57	Bank Statement 12/31/2022

Total Checking & Savings	\$15,879.98
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Sandy Hunter
Treasurer

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