



**CAMEO Quilters
2015- 2016
Executive Board**

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The Silhouette

The
Newsletter of CAMEO
QUILTERS

<http://www.cameoquilters.org/>

Facebook - <https://www.facebook.com/CameoQuilters1>

Volume 22

Number 5

December, 2015

President's Corner:

It's hard to believe our Potluck is almost here. For me, just knowing that the holiday has arrived is a reality check. Time to start panicking I won't finish the gifts I planned to make but haven't started yet. Time for the routines and rituals of pulling out those annual holiday favorite recipes (I'll even make some of them), and of course the social events with friends and family.

I came across the quilter's version of the Night Before Christmas - if only this were true.

*'Twas the night before Christmas,
And the quilts were not made.
The threads were all tangled, the cookies delayed.
The stockings weren't hung, the pantry was bare.
The poor weary Quilter, was tearing her hair.
Stacks of fat quarters, tipped over in streams.
Visions of Log Cabins, had turned into dreams.*

*When what to her wondering eyes should appear,
But a bus full of quilters with all of their gear.
They went straight to work with just a few mut-
ters,
Sorting and stitching and brandishing cutters.
The patterns emerged from all of the clutter,
Like magic the fabrics arranged in a flutter.
Log Cabins, Lone Stars, Flying Geese & Bear
Tracks
Each quilt was a beauty-even the backs.*

*Her house how it twinkled, her quilts how they
glowed.
The cookies were baking, the stockings were sewed.
Their work was all done, so they folded their
frames,
And packed up their needles, without giving their
names.
They boarded the bus, and checked the next ad-
dress.
More quilts to be made, another quilter in distress.*

*She heard one voice echo, as they drove out of sight,
Happy quilting to all and to all a good night!*

Author Unknown

Wishing you a happy, healthy and safe holiday season.

Sew Sincerely,
Sharon Johnsonbaugh



**Holiday Hospitality!
CAMEO's Annual
Holiday Pot Luck
Thursday, December 17
7:00 p.m.
Clawson United Methodist
Church**

**205 N. Main Street
Clawson, MI**

*Come and Meet Each Other and
Share Some Holiday Cheer!
(members only please)*

From Betty Carpenter and Kay Schepke...
*Thanks to those who brought November
snacks, they were so good. We look forward
to all your special dishes for this Holiday
Potluck.*

Main Dish

Betty Carpenter
Willie Pfeiffer
Carole Gilbert
Nancy Bekofske
Jean Schlegelmann
Chuck Blanchard
Janeen Sharpe
Theresa Nielson

Appetizers

Barb Lusk
Lucy Lesperance
Linda Pankratz
Cindy May
Linda Griffin
Sybil Derderian
Rosemary Spatafora

Salad

Lynda Draudt
Carol Herzberg
Sharon Cratsenburg
Pat Baldauf
Janet Nelson
Carol Fetsco
Joanne Adriaens
Peggy Grunow
Ann Bonelli
Margaret Smith

Dessert

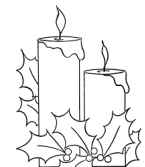
Kit Kramer
Barb Veselenak
Shannon Boardman
Cheryl Casker
Marie Ware
Karla Sutton
Cheryl Cawley
Tina Rink

Ice Bags

Jackie Speer
Loreen Garrison

Pop - 2-liter diet & Regular

Sharon Johnsonbaugh
Linda Watkins



(see next page for more Pot-Luck info)

Guild Program Calendar

2015 - 2016

December 17 - CAMEO Potluck (*members only*)

January 21 - Barbie Brooks, Backstreet Quilt Shop:
"The Creative Bag" Lecture and Trunk Show

January 23 - Barbie Brooks - Workshop Creative Bag

February 18 - CAMEO Night Whistle Stop/Mini Shop Hop

February 20 - CAMEO Charity Day

March 17 - Colleen Mertz: "How to Create a Quilt Pattern Company"

March 19 - National Quilting Day

April 21 - Joe Cunningham: "My Life in Quilts"

April 23 - Joe Cunningham Workshop:
"Rock the Block Quilt"

May 19 - Sue Perin: Barn Quilt Lecture

May 21 - Sue Perin Workshop Paint Your Own Barn Quilt

June 19 - CAMEO Potluck, Annual Meeting & Elections
(members only)

Editor's Note: The deadline for the January newsletter is December 28 (extended because of the holiday). Keep reading for the Slip of the Keyboard.

Items to bring to the December meeting:

1. Yourself and your smile!
2. Your Name Tag
3. Your Pot-Luck dish & serving utensils and ingredients list.
4. Your place setting (plates, cups, silverware, etc.)
5. Show & Tell Items
6. Charity Items

Want Ads - The *Silhouette* is taking ads. The costs are:

- \$1.00 per column line
- \$5.00 per business card size
- \$15.00 per quarter page size

These costs are per issue. Send ads and payment (made out to CAMEO Quilters Guild) to Rosemary Spatafora (address in the directory).

Holiday Pot-Luck (*continued from p. 1*)

Remember to bring your own serving utensils for your dish and bring your own place setting for the meal (plates, cups, silverware, napkins, etc.) Also, please include an ingredients list with your dish.

ALLERGY ALERT!!!

Some of our members have severe food allergies. Please remember to include an ingredients list or recipe with your potluck dish (or an ingredient panel from any prepared foods).

Program News - Linda Watkins, VP Facilitator

It is hard to believe that Christmas is less than a month away. So much to sew, so little time to do it. Before our November meeting Mary Clark told me she teaches to share the art of quilting, and to inspire others. I certainly think she did that at the meeting and even more so during her workshop. Those who attended were lucky enough to learn the invisible machine applique, corded binding, and how to make the 3-D bowtie blocks in addition to her hexie techniques. I have to say, I might be addicted to hexies now. CAMEO was very lucky to have such a talented person come to our guild.

We will start the 2016 with Barbie Brooks from Backstreet Quilt Shop. One of Barbie's loves is wool applique. She also likes to incorporate decorative stitches in her applique. In her workshop "The Creative Bag", Barbie will help students create a beautiful wool applique bag embellished with creative stitches. This class will teach you some basic stitches to add the WOW factor to your bag. The kit for this workshop will include the wool for the 9" by 11" bag, zipper, needles, as well as the stitch instructions for either basic stitches or more advanced stitches. The kit is \$35.00. You may also purchase the thread kit that includes six balls of # 8 perle cotton for the stitches and wool thread to sew the bag together. While not required, Barbie recommends Sue Spargo's book, "Creative Stitches". There still are openings for this workshop. The cost of the workshop is \$25.00 for members and \$35.00 for non-members. Deadline for registration is Thursday December 17th.



Maggie's
Top Stitch Quilting
248-543-5881
Custom Machine Quilting
Memory Photo Quilts
Custom Created T- Shirt Quilts
Memory Patches



MaggiesTopStitchQuilting.com

Membership News and Notes

Cindy May

Membership Chairperson

Membership is holding at 54 members (two associates), and we would really like to see it grow more this year. If you have ways of contacting fellow quilters or even sewers that might be interested in learning to quilt, help us spread the word. Our free "Quilting with Confidence" class will be starting soon, and you must be a member to participate. Another way to help the community get to know about CAMEO is posting one of our business cards on bulletin boards in your community (stores, library, supermarkets, etc.). There are business cards available at the sign-in desk.

Birthday wishes going out this month to:

Barbara Veselenak: 12/12

Linda Watkins: 12/19

Lucy Lesperance: 12/24

Cindy May: 12/31



Fabulous Finds Table - Lucy Lesperance

Fabulous Finds will be suspended for December so we can all enjoy our fabulous feast.

BUT: If you're going to start the New Year off with some cleaning out and organizing, keep those treasures for others in mind.



Charity Committee -

Willie Pfeiffer & Sharon Cratsenburg

Members can bring back any finished items to the December meeting. We will not be putting out charity projects but if anyone is interested in getting one please see Willie Pfeiffer or Sharon Cratsenburg

CAMEO Library Update -

by Sharon Johnsonbaugh, Linda Watkins, Carol Fetsco, Cindy May, Laurie Johnson, Rosemary Spatafora, Karla Sutton

CAMEO's Library had reached a point where it became unmanageable and cumbersome, occupying at least nine 40-gallon plastic totes and numerous boxes. As a result members did not have access to it. A huge Thank You goes to "Marian the Librarian" AKA member Sandra C. Peiss for her many years of dedication to the library; even so far as storing the entire collection in her home and getting them back and forth to meetings for nearly 20 years. With her decision not to continue trying to make the library available at meetings came the realization by your Executive Board that something had to be done. Our choices were 1.) find a member willing to house the entire collection in one place and bring it to the meetings in all kinds of weather, 2.) break up the collection and store it in the homes of multiple members who would bring the portions to the meetings, or 3.) cull the collection to a size that could be stored in the limited storage area of the church hall where we meet. Since greater availability to all members was the primary goal, we decided to reduce the collection to a more manageable amount in the meeting hall.

To that end, your Board consulted with professional librarians who provided guidelines to use to cull the collection. The most useful information came from CREW: A Weeding Manual for Modern Libraries, a publication by the University of Texas at Austin as well as from member Carole Gilbert, retired medical librarian for Providence Hospital. We followed the MUSTIE* Criteria and applied it to EVERY library item, first with three two-member teams reviewing them, then with a seven-member team reviewing everything in the Retain category.

*MUSTIE Criteria – Apply to each book individually

M = Misleading or inaccurate

U = Ugly, worn, musty smelling, beyond repair, parts missing, rendered useless

S = Superseded by a new edition or a much better book on the same subject

T = Out of date techniques

I = Irrelevant - not helpful to CAMEO

E = Elsewhere, availability of same information from other sources, i.e., Google, YouTube

If an item in our library met at least one MUSTIE Criterion, the item was set aside.

A common technique considers books that are 10 or more years old to be too old to retain. We found two books dating from 1949. A decision was made to keep books that were published 12 years ago to date, with exceptions made for older books on techniques that are still viable. Taking all of this into account per item, we were able to condense CAMEO's collection to more current quilting trends while maintaining its historical and educational value. Plus, CAMEO's Library can be stored at our meeting hall for more convenience for the guild members. No one has to tote the collection to the meetings. The Librarian can concentrate on the loaning aspect. The books that did not meet the criteria will be made available to members during future guild meetings. No CAMEO Library items will be discarded as waste.

blusk5510@Gmail.com
248-288-1142

Granny Lady Quilts

"Put Memories in a Quilt"

Barbara Lusk

Digital long arm quilting

Custom designed quilts

What's a CAMEO member to do,....?

By CAMEOCarol

You can..., choose a workshop and sign up to attend. Be sure to use your \$10 voucher from CAMEO to reduce cost. If you haven't used it already. Turn in your choices to Linda Watkins ASAP. (Speakers/workshop leaders require a cancellation notice in advance if the workshop is not a go, so Linda has to get a tentative count in enough time to comply, and the cancellation notice varies from speaker to speaker). P.S. Don't let the photo Joe Cunningham workshop quilt scare you; you can use any fabric colors that please; the point of the workshop is to learn something new that you can add to your personal quilting skill set and that is never a negative. We are very lucky to get him to do a workshop and if you haven't used your \$10 workshop voucher yet, you can use it for his workshop to reduce your cost.

You can..., plan to meet the Challenge issued by the Challenge Committee for this year. Be sure to read and adhere to the guidelines for the Challenge called "My Michigan Season" that are in the November newsletter. Or, ask a Challenge Committee member: Sybil Derderian, Carole Gilbert, Laurie Johnson.

You can..., mark your calendar and plan to attend CAMEO's annual Charity Day on Saturday, Feb. 20. You can work on any Charity project you have or select one from the many kits that are provided for you. It is a whole day for you to work on your charity contribution. At Charity Day this year there will be a one-time making of fidget fabric hand quilts for Alzheimer's patients. The Charity Committee already has kits available for Miracle Quilts, Con Kerr Cancer pillowcases, Macomb-Oakland Reg. Center lap quilts, Infant Memorial Envelopes. Sign one out at the Charity table at meetings, make it and return it. Our workshops, Charity Day, National Quilting Day, and Sit and Stitch groups are the closest thing a guild has to quilting bee.

You can..., continue shopping for new baby layette items that will be donated to the Clawson United Methodist Church for their Layette Program. Baby items are due no later than the April General Meeting for delivery by the church on Mother's Day in May. You can give your items to the Charity Table at any meeting or save all of them to bring to the April Meeting.

You can..., plan to attend our December Potluck/Business Meeting on Dec. 17. If you have forgotten what you signed up to bring for dinner, or changed your mind, or didn't sign up yet, contact Betty Carpenter/Kay Schepke.

You can..., check out the "Free" table at the meetings. Items are there for the taking. At the November meeting, one member got a table top ironing pad; it looked brand new. Be sure to over the table, first come, first served; lots of good things there and they are free!

You can..., bring/send in your Retreat form and payment ASAP for one of the openings still available.

You can: Do a lot for CAMEO!

Research & Information

Quilting is Good for Your Health – Shannon

Boardman

Did you know that, in addition to being fun and creative, that quilting is actually good for your health? In an article published in the Journal of Public Health, researchers at the University of Glasgow made just that claim using a local quilting group as the subjects for their study. The researchers interviewed a group of 29 local quilters about how they felt when quilting. While the study was small and consisted solely of interviews, the conclusions were interesting and invite further study. Their conclusions stated that "Quilting seemed to possess some distinct properties for enhancing well-being that would not be replicable through outdoor/physical activity."

Doing something that you love and that makes you happy saturates your brain with dopamine and serotonin, the brain's happy chemicals. An added benefit is that stress chemicals are reduced. And reduced stress is a very good thing, which is linked to a lower risk of heart attack and stroke. Participants in the study also stated that quilting was a relatively easy way to embrace creativity and that quilting gave them a sense of well-being. They stated several times that the bright colors and textures elevated their moods. Further, they stated that they got into a flow during quilting, comparing it to a runner's high.

So go buy more fabric and get quilting! It's good for you.

Burt, E.L., Atkinson, J. The Relationship Between Quilting and Wellbeing. Journal of Public Health, June 5, 2011.

Royal Oak Library to Host CAMEO Display in March

- Rosemary Spatafora

In honor of National Quilting Month in March, the Royal Oak Public Library will once again host a CAMEO display. The display will be housed for the entire month of March in the library's locked glass display case located directly inside the entrance to the library. This is a high traffic area and our display will draw much interest from the library's patrons. We are looking for small quilts (no larger than 24" x 24"), miniatures and small quilted items (bags, pin cushions, pillows, table toppers, hot pads, etc.). It would be great to have examples of projects from our workshops. Oklahoma was the last U.S. state to declare Christmas a legal holiday. We will need your items by the February meeting. This is a great chance to show off our talents and publicize our guild.

Retreat- Sharon Cratsenburg

Retreat plans are under way. The dates for retreat are April 29- May 1, 2016. The cost is \$110.00 for members. You may make partial payments. Registration forms will be at the December meeting and are included in this newsletter.

Invite a friend to attend and have good time bonding, sewing, eating, sewing, eating. Well you get the



Quilter's Calendar

December 19, 2015

Old Fashioned Quilting Bee Workshop Series at Whaley House, Flint, MI

January 16 & 23

Kathleen Andrews lecture, Quilt Guild of Metro Detroit, Harper Woods MI

January 24– April 10, 2016

From Heart to Hand: African American Quilts from the Montgomery Museum of Fine Arts

Thirty African American 20th c Southern quilts ranging from abstract compositions to figurative works, including the quilts of Yvonne Wells.

Michigan State University Museum

Quilts of Southwest China

Sept 27, 2015 – April 30, 2016

The first exhibition of Southwest Chinese traditional applique bed covers



The Village Quilt Shoppe News

It's been fun.....but it's time to say goodbye. Carroll and I are ready to retire. We're ready to climb new mountains and enjoy each other. You never know what's around the next corner or how long you have to explore and explore we intend to do. There's still plenty of things we want to do and accomplish. Quilting has been good to me and I've loved every moment. We've enjoyed our shoppe, our customers and our friends and quilting will continue to be a part of my life but in a smaller way. We have plans... so with a sad heart...but with a lot of adventure in mind...we will be closing the shoppe and moving on.

Here is the schedule of our closing.

We will be closed Thursday, November 26th and reopen Monday November 30th at our regular time. Everything in the shoppe will begin at 25% off...but books... those will be 50% off.

All racking and display racks, 2 cutting tables, all shelves, 2 cash registers, shrink wrapping machine, 2 AccuQuilt Studio Cutting Machines and dies, folding tables and chairs, filing cabinets, well it would probably be easier to stay EVERYTHING must go. If you see something and maybe interested in it just ask. Also shops are welcome to come and see if they would be interested in any of the racking. We have some very nice custom built fabric racks.

We'd like to thank all of you for supporting our business through the years and we wish you the very best in all you do. Keep Quilting!

(located at 3635 S. Baldwin Rd, Lake Orion, 48359 - (248-391-5727 - csvagts@thevillagequiltshoppe.com)

Thanks to Loreen Garrison for sharing this.

CAMEO Quilters Guild General Membership Meeting November 19, 2015

The meeting took place at the Clawson United Methodist Church, 205 N. Main, Clawson, MI 48017
Call to order at 7:01 PM.

President Sharon Johnsonbaugh welcomed everyone, led the Pledge of Allegiance, read our Mission Statement. In addition Sharon reminded members to turn off cell phones, to sign in at the front table, sign up for the Potluck dinner meeting in December. Sharon announced that members from Oakland county Quilt guild were present to sell tickets for their raffle quilt that was on display.

Guest and former member Sarah Bush was introduced. Sarah spoke about a fund raiser raffle that she wanted members to consider.

Linda Watkins, Facilitator VP introduced Mary Clark, our guest speaker for tonight.

Hospitality began at 8 PM; meeting resumed at 8:21 Pm.

Minutes of previous General Meeting were approved as printed, they will be signed, dated, and placed on file.

Linda Watkins, facilitator VP outlined guest speakers and workshops for January – March.

Cindy May, Membership VP, announced that 43 members were present, there were 4 guests tonight and a new member added.

Cheryl Cawley, treasurer announced that Year to Date expenses totaled \$2,790.00 with deposits of \$1,060.00 over the same time. The bill for our insurance coverage was paid and that amounted to \$593.00.

Member Tina Rink , Round Robin Chairman reported that the Round Robin this year will begin next month. Member Betty Carpenter showed the quilt top that resulted from her Round Robin experience last year as an example of how the center starter can be turned into a full sized quilt or left as a wall hanging, table topper, or lap quilt. Tina also asked that any member interested in a Mystery Quilt Activity to sign up at the front table. First directions for a scrappy mystery quilt will be available in December, with additional directions given each month through the May meeting. She would like the resulting quilt tops to be shown in June.

Willie Pfeiffer, Charity Committee Chairman, thanked members who brought in the Christmas bags for Haven and announced that there were lots of kits available to sign out and make for our charities this year. In addition, Willie reminded everyone to turn in their Retreat forms ASAP to Pat Baldauf. In January, any openings still available will be open to other guilds.

Show and Tell followed, during which Door Prize winners were announced.

Announcements: The November Executive Board Meeting will be on Tuesday, Nov. 24 at the home of Cindy May. Meeting adjourned at 8:45.

Submitted by Carol Fetsco, sitting in for Rosemary Spatafora, 2015-16 CAMEO Recording Secretary

CAMEO Quilters Guild Executive Board Meeting - November 24, 2015 - Minutes

submitted by Rosemary Spatafora, Recording Secretary

Meeting was held at Cindy May's home

Called to order by President, Sharon Johnsonbaugh at 7:20 p.m.

Present: Sharon Johnsonbaugh, Linda Watkins, Carol Fetsco, Cindy May, Laurie Johnson, Rosemary Spatafora, Jodie Schlicht, Karla Sutton, Sybil Derderian and guild member Sharon Cratsenburg

President: Sharon Johnsonbaugh

Quilt Show - Discussion about 2017 show. Some guild members have expressed concern about the two-year show cycle. CAMEO records show that at December, 2013 General Membership Meeting a vote was taken regarding the two-year show cycle. After a ballot vote, a majority supported to continue the two-year show cycle. Following this information the next CAMEO quilt show will be scheduled for 2017. Possible changes to the quilt show were discussed with ideas for simplifying and streamlining the show. Quilt Show co-chairs, Sharon Cratsenburg and Linda Watkins will share these ideas with the Core committee.

Field Trips - Karla Sutton reported that 15 surveys were returned with interest in day trips, Paducah, shop hops and in-state quilt shows that are out of the Metro Detroit area. The ad-hoc planning committee will meet to plan field trips.

Mail Pick-up - Sharon thanked Laurie and Sybil for handling the mail pick-up.

Library - Karla reported that the 11 boxes of CAMEO library books has been pared down to 5 boxes which are now housed at the church. These books need to be re-organized and alphabetized. Laurie is updating the holdings list. There will be an article in the December newsletter explaining the process that was used to cull the collection.

VP Facilitator: Linda Watkins

15 people attended Mary Clark's workshop. Very positive feedback.

January's Barbie Brooks workshop - 2 people are currently signed up - need minimum of 6. If more don't sign up by December's meeting workshop will be canceled.

Joe Cunningham - Per CAMEO's bylaws (Section 2; Article 6) the guild needs to approve expenses for Joe Cunningham's program as it exceeds \$750. Vote will be taken at the December meeting. Sharon will send out an email to the membership regarding this. Currently there are 3 signed up for Joe's workshop. Laurie created a flyer for this program and will distribute to guild members. Important to publicize this program. Carol Fetsco will revise the VP Facilitator's manual.

Hearts & Hugs - Theresa Nielsen has lots of hearts now.

VP Program: Carol Fetsco/Barb Lusk

One contract has been returned. Still 2 openings for programs. Barb and Carol will meet on Dec. 3.

Liaison Report - Clarified liaisons to Charity Day and National Quilting Day committees. Kay Schepke is liaison for Charity Day and Barb Lusk is liaison for National Quilting Day. Carol will contact both Kay & Barb about this.

Publicity is going smoothly.

Quilting With Confidence - 8 are signed up with room for 15.

VP Membership: Cindy May

Currently 54 members, 2 associates. Discussion about producing a photo directory to help CAMEO members with names and faces. Will work with Laurie on this.

Recording Secretary - Rosemary Spatafora

Liaison Report - Newsletter - continuing to wait for invoices for August, September, October and November newsletters. Charity - up and running well.

During the month of March, the Royal Oak Library will again host an exhibit of CAMEO's small quilts and quilted items in their locked display case. Rosemary will put an article in the newsletter about this.

Corresponding Secretary - Sybil is sending out birthday cards.

Assistant Treasurer - Laurie Johnson - no report

Member at Large:

Karla Sutton - No report.

Jodie Schlicht - New Audit manuals have been given to the Audit committee.

Sharon reminded Board members of their obligation to attend Board meetings.

Meeting adjourned at 10:31 p.m. No meeting in December. Next meeting Thursday, January 28; 7 p.m. at Sybil Dederian's.

CAMEO Quilters Guild

Registration No. _____

Retreat Registration Form Member _____

Lions Bear Lake Camp Non-Member _____

April 29-30, May 1, 2016

Name _____

Address _____ City, St, and Zip _____

Telephone #: Home _____ Cell _____

Email Address _____

Emergency Contact Person _____ Telephone # _____

Special Dietary Needs _____

Cabin mate preferences (Limit 8-NO EXCEPTIONS) _____

NOTES:

Please indicate if you are planning on:

1. Checking in Thursday Night (4/28/16): _____yes ___no

(Additional fee for Thursday is \$16.00, Check in time to be announced later. No cabin preference for Thursday night as only a limited number of cabins will be opened.)

2. Early Check in Friday is at 8 a.m. There is no additional charge for early check in. A count is needed for the Camp for lunch. _____yes ___no

3. Conference Chair (Cost is \$5.00) _____yes ___no

4, Mystery Quilt (\$2.00 for pattern) _____yes ___no

Base cost for the retreat is \$110 for CAMEO members, \$120 for non-members. All extras must be paid in advance. You may make a \$25 deposit to hold your place. Registration will start in October with final payment due by the April guild meeting. Registration for non-members will be opened February 1, 2016

A light lunch will be provided on Friday. You may bring whatever you want to eat for breakfast in a cooler. There is ice available to keep your food cold.

Refund Policy: A refund may be given up until the date of the final payment. After that date you may request a refund in writing for a personal or family emergency which will be granted

on an individual basis in full or in part after the Retreat, or you may find another member to take your place.

(For Committee Use Only)

(For Committee Use Only)

Payment	Check #	Amt.	Date	Payment	Check #	Amt.	Date
Mystery Quilt							
Thurs. Check In				Conference Chair			