



**CAMEO Quilters
2010-2011
Executive Board**

President
Barb Lusk

Blusk5510@wideopenwest.com

Vice President Facilitator

Jodie Schlicht

starznitesky@yahoo.com

Vice President Scheduling

Jane Aula

mickeyrules@sbcglobal.net

Vice President

Membership

Betty Carpenter

Betcar3@comcast.net

Recording Secretary

Bev Olson

Bjowcc214@hotmail.com

Corresponding

Secretary

Deb Ager

Treasurer

Janeen Sharpe

jlsharpe@wowway.com

Assistant Treasurer

Susan VanEck

Member at Large

Sally Carl

sallyquilts@wowway.com

Rae Monsere

dickeybird03@sbcglobal.net

Kathy Wilson

Kwilson18@att.net

Newsletter Editor

Rosemary Spatafora

rspatafora@comcast.net

The Silhouette

The Newsletter
of CAMEO
QUILTERS

<http://cameoquilters.org/>

Volume 17

Number 10

June, 2011

CAMEO JUNE MEETING!*

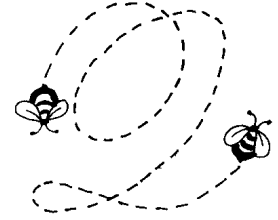
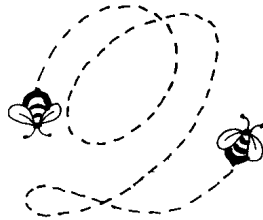
Thursday, June 16, 2011

7:00 p.m.

Annual Elections

and

Pot-Luck Dinner



Come and Meet Each Other and celebrate
another wonderful year of CAMEO!

We will elect our 2011-2012 Executive Board and will share a delicious
pot-luck dinner before taking our summer break!

* *CAMEO Members only - (see President's Article).*

President's Corner...

This month, we will hold our annual pot luck dinner meeting. This is a closed meeting for guild members and special guests of members. (You need to call me at least a week ahead of time to make arrangements for a special guest.) We will have dinner first, then guests will leave while we take care of guild business, including voting for new officers. Remember to bring your pot luck dish, your place setting, and your friendly smile. I look forward to seeing you all there!

This has been a wonderful year for our guild. We've had the opportunity to learn to make art quilts, scrap quilts and tee shirt memory quilts. Along the way we've been able to share sewing days for charity, national quilting day and our annual retreat. And to top it all off, we also had the largest quilt show in CAMEO's history! Congratulations to all of you - you deserve it!

If you have decided to display a quilt at the MSU Tollgate Open house in July, be sure to fill in the registration form in the newsletter and send it to me.

I have been honored to serve the guild as president for this year, and want to thank each of you for your support and your work. I'm also looking forward to an awesome year next guild year. Enjoy the summer, take time to renew your creative side and be refreshed for the fall!

Keep those sewing machines hummin'.

Barb Lusk

2010 - 2011 Guild Program Calendar

2011

June 16- Closed Meeting - Potluck Dinner & Guild Elections

Hospitality *Gloria Burley and Kit Kramer*

June is our potluck dinner meeting. Sign up was at the May meeting. If you have not signed up, please contact Kit Kramer at 586-770-8816. For those who signed up, feel free to call if you need a reminder of what you will be bringing. Don't forget to bring your plate, cup, silverware and serving utensils for your dish. Please remember to include an ingredient list with your dish to assist those with allergies. 2011



Retreat was a real treat!

Many thanks to all who participated in the 7th annual retreat to Lions Bear Lake Camp in Lapeer, MI. As those of you who attended know, we had a wonderful time with our "Construction in Michigan" theme. We had great food, great make n' takes, great mystery project—great everything! Many thanks to Jean Forrester for her expertise in drawing all of our lovely construction characters, including the one of me!

We had a great group of people this year working on our retreat. Many thanks to Jackie Speer, Carole Gilbert, Sharon Johnsonbaugh, Jean Forrester, Willie Pfeiffer and Beth Roberts for being on the retreat committee this year and making this weekend retreat another BIG success. I would like to also thank Peggy Grunow for her help over the weekend as a "honorary" member of the retreat committee. I have thoroughly enjoyed the past 7 years as committee chair of this retreat weekend.

Make sure that you mark your calendars now for next year's retreat. The dates for 2012 are May 4, 5, 6.

Respectfully submitted,
Barbara Veselenak, Retreat Committee Chair

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 Quilt Guild) to Rosemary Spatafora (address in the directory).

PROGRAM NEWS - *Jodie Schlicht*

At May's CAMEO meeting, CAMEO's Award Winning Quilter, Ruth McCormick presented her "T-shirt and Memory Quilts", Lecture and Trunk Show to full audience. Ruth showed us how to effectively lay out, adhere, and use t-shirts to create a beautiful, usable, memory quilt. You can view Ruth's T-shirt quilts and their different layouts at Ruth's website: RuthMcCormick.com.

CAMEO's end of year Pot Luck, for members only, is scheduled on June 16, 2011.

Have a nice, safe, summer!

If you have any questions regarding the programs or workshop, please email me at: starznitesky@yahoo.com, but please be sure to type "CAMEO" in the subject area as I don't open unsolicited mail due to potential viruses. Thank you.

Slate for Elections - *Carol Herzberg*

President	Barb Lusk
Vice President Facilitator	Jane Aula
Vice President Scheduling	Sharon Cratsenburg
Vice President Membership	Dorothy Strefling
Recording Secretary	Chuck Blanchard
Corresponding Secretary	Deb Ager
Treasurer	Janeen Sharpe
Assistant Treasurer	Susan Van Eck
Member at Large	Jackie Speer Lorraine Garrison Ruth McCormick

Thank you to all who have stepped up to the plate so we can have another great year.

*Granny
Lady Quilts*
"Put Memories in a Quilt"

blusk5510@Gmail.com
248-288-1142

Barbara Lusk

Digital long arm quilting

Custom designed quilts

Membership News and Notes

Betty Carpenter
Membership Chairperson

I would like to thank you all for giving me the awesome opportunity to Chair Membership for the last two years. It has been a great honor and pleasure to represent CAMEO and help guide new members, making them feel welcome. In the transition to the new Membership Chair, I would encourage you to support any changes that will strengthen our reputation and help our member numbers to grow.

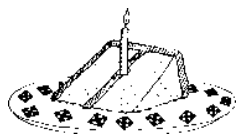
A huge thank you to those who have sent their renewal applications and fee in early and those who haven't, I would ask that you make an effort to do so by our June meeting. This will help to ensure that you are placed on the Committee of your choice and also help in the training process of our new Membership Chair. (Look for the application included in this newsletter)

We had 59 members present at our May meeting and a wonderful 18 guests eager to see and hear Ruth McCormick's presentation on T-Shirt and Memory Quilts.

Happy Birthday!

Happy Birthday to:

6/2 Linda Pankratz
6/6 Vanetta Sterling
6/15 Kit Kramer
6/15 Anna Depaolis
6/18 Carol Herzbert
6/19 Jane Aula
6/19 June Spraggins
6/30 Beverly Olson



WE ARE BRINGING THE BOUTIQUE TO YOU!!!

Ladies,

We will be having a "Tag Sale" of items left over from the Boutique at our June meeting. Please come ready to buy so we don't have to store it over the summer!

Dorothy Strefling

Maggie's Top Stitch Quilting



Madison Heights, MI
248-543-5881

Custom Machine Quilting

www.maggiestopstitchquilting.com
www.webshots.com/user/msmith759

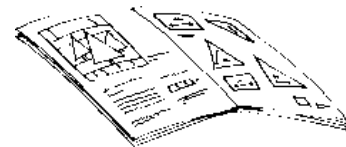
From small wall hangings to king size quilts.
Every quilt is finished with Tender Loving Care.

LEAFING THROUGH THE LIBRARY

with Sandy "Marian the Librarian" Peiss, Librarian

Dear CAMEO Family,

* Remember* when you pay next years dues, you have earned your rights to your library. Please do not let it sit in its cupboard just collecting dust, waiting for you to visit!



Just call Sandy at 248-546-8531 for the time especially reserved just for you to enjoy the volumes to your heart's content.

The lazy, hazy days of summer are perfect to do your piecing. The vast selection of topics found in your books will inspire and instruct for that special quilt.

Is that you ringing my phone? I hope to see all of you this summer!

Thank you for allowing me to serve you.

A special "Thank You" to my CAMEO Sisters:

Words cannot adequately express Neil's and my appreciation for your support and encouragement during the 2 months that Neil's mother lived with us and all your prayers, calls, visits, and cards received after she passed away on April 27.

Especially kind were those of you who attended her visitation and the Retreat members who had a moment of silence on Saturday for Mom and who signed and sent a beautiful card to us. Your kindness during this difficult and sad time for our family will never be forgotten.

Neil and Dorothy Strefling & family



Dear CAMEO's,

Thank you for such a wonderful quilt show and showing at "Quilts in Bloom."

You added that extra ingredient that made the event sparkle. Please thank our vendors, too, as you continue to visit their shops. They added that special "pop" to the perimeter of the gallery.

Be sure to stop by Guildcrafters in Berkley to get the cameo needle holder kit. Nancy Merecki made them especially for us. They are available in various pastels. (I plan to use mine as a name tag. Thanks to a CAMEO member for whispering in my ear!)

With love & best stitches, Sandy Peiss



Ruth McCormick

Thoughtful Long-arm Quilting
Memory Quilts, Custom Quilts

RUTHMCCORMICK.COM
248.375.1882 Rochester Hills, Michigan

Quilt Show Special Displays

Thanks to all CAMEO members who contributed items for Special Displays: quilt racks, furniture items and quilted items. Thanks also to all the committee members who helped put the displays together, track the items and get everything back to their owners. To the Signage Committee – thanks for your work in preparing and posting and taking down signs for the show, and for prompt response to suggestions to assist guests in finding their way around. Kudos to CAMEO for a great show!

Pat Pillot, Quilt Show CORE member-at-large

CAMEO Charity Committee News

Chairperson: Linda Wallace 248-398-9234

At the June meeting, the charity table will not be open. So please keep your donations until the September meeting. If you have any fabric you wish to donate, please be sure to go thru all of it. 1) Be sure it is 100% cotton, Rule of thumb, would be would you put it in one of you quilts?

2) It is usable pieces. Fabric that has been cut into is not usable for us. Please remember that we do not do appliqué.

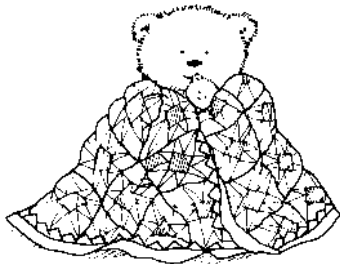
We are at the time of year when we register as members for next year.

Each member must be on a committee. Please consider being on the Charity Committee. I

will start the year with a meeting on the Thursday after Labor Day. This meeting is important to attend because we need to choose the Charities we want to present to the guild for vote. Also I will go over what is expected when you work the charity table during the meeting. You are responsible to work the charity table 2 – 3 times during the year. I have a sign up sheet at the meeting. There will be three to four cutting sessions, on a Friday or Saturday. I try not to overtax any one person. If everyone shares in the responsibility, then it is easier on all the committee members.

Unfortunately, I do not have a finally tally of donations we have done this year. I will have them for the next newsletter. However this month, we are donating approximately 29 quilts and 10 pillows.

Thank you for all your support.



CAMEO Quilt Show Boutique —Renee Biehl

It isn't enough to individually say "Thanks" to the gals that helped with the Boutique. I want everyone to know how much I appreciate all the work that members stepped up to give to this project.

This wouldn't have been possible without the Long-term commitment of Sally Carl and Virginia Sinco. (These two gals were my right and left hands!)

Jane Aula was a terrific addition to the working line-up!

The workers during the show were wonderful: Charlene Esralian, Jackie Speer, Joanne Adriaens, Loreen Garrison, Beverly Olson, Elizabeth Thurau, as well as Virginia, and Sally, and Jane.

Thanks to all the gals that came to help out during our sewing days.

Thanks to Brenda Benton and Beverly Olson who made samples of items for the Boutique.

Also, Thanks to all of the members that contributed items for us to sell in the Boutique. They were all very creative and wonderfully made. I have heard nothing but praise for your endeavors.

Huge Thanks to my husband, Doug, for all his work on the inventory. We really couldn't have done as well as we did with tracking the inventory through all the months up to the Show and for the two days he worked at the show.

I would like to also offer a cheer to the CORE members who took on the Boutique well after they had started planning the Show! Extra thanks to Dorothy Strefling, who is such a calm and gracious leader.

Thank You, again! I hope that the Boutique at the next show will be as successful as this one.


Charity Day Recipe Black Bean Chili:

2 lbs uncooked ground beef -OR- ground turkey breast
1 large onion finely chopped
1 green -OR- red pepper finely chopped
1 (14oz can) reduced-sodium chicken broth
2 tsp chili powder or more to taste
1 tsp cumin
2 (15 oz cans) black beans, rinsed and drained
1 (14 oz can) tomato puree
1 (28 oz can) diced tomatoes
1 tsp brown sugar

Saute onion and pepper in skillet with a tsp of oil. Put onion and pepper in crock pot.

Brown meat in same skillet until no longer pink. Drain and add to crock pot.

Combine rest of ingredients to crock pot and cook on low for 4-5 hours

 **QUILTING EACH DAY...
KEEPS THE DOCTOR AWAY!**

Hearts and Hugs

Vera Milz, Chair - Barb Gerard, Assistant

During the past year, Barb Gerard (248-399-8681) and I (248-689-8952) have been sending Hearts and Hugs to members who need to know we care about the difficulties in their lives. Until June 16, please notify us if you hear of anyone who needs to be remembered. We are hoping to have a new committee in place at the June Pot Luck meeting, but as of today, we do not have names to announce. Please watch for an announcement at the meeting or an email from Barb Lusk as soon as she knows. We will be away shortly after the meeting takes place so a message to either of us will not be taken care of immediately.

This past month, several members needed a hug and to know that we are thinking of them. Hearts and hugs were sent to the following ladies: Deb Richardson, whose husband had surgery for complications from diabetes; Peggy Grunow, who has undergone medical testing; Mary Sugarman, whose husband's sister died; and Rae Monsere, whose husband is ill and her family will be moving north this summer.

Last year you made lots of hearts, and I still have a supply of them. However, I hope that you will continue to make and bring a six to eight inch heart block to future meetings next fall for our new committee. If you need suggestions on how to make one, please call me and I will send you a copy of the directions I presented at a previous CAMEO night. Any method you enjoy can be used to make a heart. Please sign them so we don't end up returning your heart to you. Thanks for your help in letting our members know that they are in our thoughts and prayers.

**Just a note—it has been a privilege to chair this committee over the past few years. Though I have heard of much sadness as I learned of the need for that extra hug, I also have been gratified by the many thank you notes and comments that I have received. I also have been encouraged and inspired by the strength of several of our members as they have fought serious health problems with courage and determination. Have a great summer!!

Ricotta Cheese Cake - Janeen Sharpe

1 yellow cake mix (Duncan Hines)

2 pounds ricotta cheese

4 eggs

3/4 cup sugar

1 teaspoon vanilla

Mix cake mix per instructions on the box. Put into 9x13-inch pan, but do not bake yet. Mix ricotta cheese, eggs, sugar, and vanilla together. With a large spoon, spoon the cheese mixture over the top of the cake batter. It should cover the entire surface. Bake at 350o for 45 minutes, then turn oven down to 325o and bake an additional 15 minutes. Use toothpick to test in center for doneness. Let cool well!



Research and Information

History of the Quilt

Definition of a quilt: A bed coverlet of 2 layers of cloth filled with padding (such as down or batting) held in place by ties or stitched designs. *Webster's Dictionary*

In Europe quilting appears to have been introduced by Crusaders in the 12th century, in particular in the form of the aketon or gambeson a quilted garment worn under armour which later developed into the doublet.

One of the earliest existing decorative works is the "Tristan quilt", made around 1360. Made in Sicily, and as one of the earliest surviving quilts in the world. At least two sections survive at the V&A Museum and in Bargello, Florence. Russia holds the oldest example in existence, a quilted linen carpet found in a Mongolian cave, and now kept at the Saint Petersburg department of the Russian Academy of Sciences, Archaeology Section.

Quilt making was uncommon in America in the late 18th century and early years of the 19th. Most women were busy spinning, weaving and sewing in order to clothe their family. Commercial blankets or woven coverlets were a more economical bedcovering for most people. Only the wealthy had the leisure time for quilt making so Colonial quilting was done by only a few.

Obviously quilts were not made of left over scraps or worn clothing as a humble bedcovering during this period. Instead they were decorative items that displayed the fine needlework of the maker such as the Baltimore album quilts.

Whole cloth quilts, broderie perse and medallion quilts were the styles of quilts made during the early 19th century.

Broderie Perse refers to the applique of cut out motifs from printed fabric onto a solid background. These bedcoverings were usually used on the best of beds or sometimes only when guests were staying in the home.

The industrial revolution brought about the most dramatic change as textiles came to be manufactured on a broad scale. Another major shift was in the style of quilts made. Although a few earlier quilts were made in the block style, quilts made up of blocks were uncommon until around the 1840's.

Information from Wikipedia - submitted by Doris Crowl

Optional Toppings:

1. Can eliminate topping with confectionary sugar for dusting or nothing at all.
 2. Serve as a short cake base and top with fresh strawberries and cool whip.
 3. 1 (3-ounce) package instant chocolate (fudge) pudding
1 cup milk
1 (12-ounce) container Cool Whip
- Mix pudding with 1 cup milk and add this to Cool Whip. Spread on the cake as frosting.

* Can substitute fudge marble cake mix for the yellow cake mix.

This cake is best when baked the day before needed. Refrigerate.

CAMEO QUILTERS GUILD MEETING MAY 19, 2011 Submitted by Bev. Olson

7pm-Call to Order

Pledge of Allegiance

The minutes of the April 2011 General Meeting were accepted as corrected, stating that in the financial report that more went out than came in. They will be signed, dated and placed on file.

FINANCIAL REPORT-JANEEN SHARPE

- The February report is accepted, and will be signed, dated and placed on file.
- There is good and bad news. The good is we are on budget, but the bad, under earned.

PRESIDENT-BARB LUSK

- Congratulations to Cameo on a stunning Quilt Show. You can still order DVD's of the show. Many thanks to Kent McCormick. He chased down every quilt in the show booklet to ensure he had included every quilt hung.
- There has been interest in small groups/stitching groups-if your group is looking for added members or if you are looking to start a group, see Barb. She'll get a list going.
- Reminder: Quilts in the trees-registration forms on the front table. Please give to Barb when completed. We'd like to provide at least 20.
- We have 4 newly paid members for 2012 that are invited to the June Potluck.
- If you are willing to serve on a board position, let Carol Herzberg know.

Winners of the Quilt Show:

- Best Pieced-Ruth McCormick #78 "Be Colorful"
- Best Appliquéd-owned by Jacquie Davis, pieced and quilted by Fannie Lull Cox #64 "Rose of Sharon"
- Best Hand Quilting-Jacquie Davis #64 "Rose of Sharon"
- Viewer's Choice-Ruth McCormick #206 "Double Irish Chain"

The vendor's fees were enough to offset the cost of the facility which housed the show. Thanks to all for pitching in and helping during these past few months and especially during the 3 days of the show.

- Connie sold the most ads of all quilt shows.
- Dorothy Strefling thanked all the committees for their hard work.

ASSISTANT TREASURER-SUSAN VAN ECK - 752 attended the Quilt Show. There was a profit.

SCHEDULER VP-JANE AULA

- Willie Pfeiffer is arranging a mini retreat at the Romeo Lion's Club on Saturday, September 24, 2011, 9am-4-4:30pm. The cost is \$20-25 for the day. The money paid will go to a charity (Bear Lake). Homemade lunch served for about \$6.50. May be able to stay later if the building is not rented for the evening. In that case there would also be dinner. The day will be relaxed to sew on whatever you chose, with Willie presenting a class for everyone.

CHARITY-LINDA WALLACE

- The Methodist Layette program assembled 326 layettes this year. Would have done more if there were additional baby quilts, so here is a summer project.....

HOSPITALITY-KIT KRAMER

- Sign up for the June potluck. Bring your own place setting, including cup, plate, silverware, and napkin.

MEMBERSHIP VP-BETTY CARPENTER

- Renew you membership for the coming year.
- Number of members attending 59, guests 18, and 27 renewals.

RETREAT-BARB VESELENAK

- There were 20 mystery quilt participants.
- The make and takes will mostly be done at home.
- The survey says: yes to the taco bar, possible menu change, will look into it, 35 would attend again.
- It is a good value for the money.
- The retreat is always a wonderful time and the hard work of the committee is so appreciated.
- The 2012 Retreat dates are May 4,5,6 of 2012.

NOMINATIONS-CAROL HERZBERG - More nominations are needed. This is the slate so far:

President: Barb Lusk

Facilitator VP: Jane Aula

Scheduler VP: Sharon Cratsenburg

Membership: Dorothy Strefling

Recording Secretary: Chuck Blanchard

Corresponding Secretary: Debra Ager

Assistant Treasurer: Susan Van Eck

Treasurer: Janeen Sharpe

Member at Large: Ruth McCormick, Jackie Spears, Sandy Peiss

(continued on next page)

FACILITATOR VP-JODIE SCHLICHT

- Jodie introduced our speaker, Ruth McCormick, who showed us many different ways to put together a t-shirt quilt and the materials best to use. Very informative and fun.

SHOW AND TELL

- Photos may be on our website, so please if you do not wish that a photo of your quilt appear online, let Waneda Mathis know. We will separate the no's from the ok's.

SLIP OF THE KEYBOARD

- Winner-Betty Carpenter "Fathers tend to determine the height of their child, mothers their weight".

The next Executive Board Meeting will take place on Thursday May 26 at 7pm, at Bev. Olson's home.

The deadline for the June Newsletter is Thursday, May 26.

The deadline for the June guild agenda items is Friday, June 10.

The June Potluck is on the 16th.

Meeting adjourned: 9:30pm

CAMEO EXECUTIVE BOARD MEETING MAY 26, 2011, Submitted by Bev. Olson

Present: Barb Lusk, Bev. Olson, Janeen Sharpe, Jodie Schlicht, Susan Van Eck, Kathy Wilson

Absent: Jane Aula, Betty Carpenter, Debbie Ager, Sally Carl, Rae Monsere

Called to order: 7pm

- At the General Meeting there were 59 members, 18 guests, and 27 renewals.
- Edita Sitar's workshop should fill up.
- Judy Woodworth's workshop will need 17 signed up.

There was discussion about changing the cancellation policy in workshop contracts from 30 to 20 days. The new schedule for the fall will be put in the summer newsletter.

- Barb and Janeen will meet with the representative from the Methodist Church to re-negotiate the contract.
- The audit will be done over the summer. The budget income shortfall will be made up from proceeds of the Quilt Show. See General Meeting Minutes Nov. 19, 2009.
- There will be a tag sale at the June General Meeting to sell the items left from the Quilt Show Boutique. It will be for members only.
- Barb will look into absentee ballots for the June election. Also, to have the nominations completed by the Cameo Retreat.
- Rae will give Barb an inventory of the property items. The quilt rack has been purchased. Linda Draudt will be taking over property.
- Higher guest fees will be discussed at the September General Meeting. It will be voted on by the membership.
- More guild information needs to be available at the next quilt show.
- Inventory of property items and their location should be in our membership book.
- There was discussion on how the committees are assigned for the coming guild year.
- There was a suggestion made that there be a free table at the guild meetings for anyone to bring quilting items that they don't want anymore. If not adopted, the owner would need to re-claim. The June and December meetings would be the best times.
- Janeen has prepared the budget in Quicken. She is looking for a better way to present it to the membership.

The Transition Board Meeting will be June 23, 2011 at Barb Lusk's home. Board members are asked to bring a salad or side dish.

Adjourned: 10pm

Dearborn First United Methodist Church Announces Change to "Festival of Quilts" and Quilt Contest

For the last 28 years, the Dearborn First United Methodist Church has hosted its annual "Festival of Quilts". This year marks a change in that tradition as the festival will be held on October 12 and 13, 2012.

Quilters are invited to participate in a quilt contest, the theme of which is "Tree of Life." First prize is \$100, second prize is \$50, and third prize is \$25. Deadline for entries is Monday, October 1, 2012. Official rules and entry form can be found at www.gbmgm-umc.org/dearbornfirst/programs/QuiltShow.html.

There will also be an opportunity to enter quilts for display at the show. Participate as an individual or as a guild or sewing group. More information and display forms will be made available as the date gets closer.

Any questions please contact Kirstin Karoub, Quilt Procurement Chairperson, 313-274-0011 or kkaroub@gmail.com

Killing Superwoman and Those Annoying Unfinished Projects

by Johnene Maddison - CAMEO member

As artists, mothers, wives, employees, daughters and caregivers, we try to be it all, do it all and have it all while losing 10 pounds and looking like sex goddesses. We have a morbid fear of failure. We are stressed and sick over the thought that we are not enough. We look at other women and think to ourselves, "I wish my house was as organized as Sue's." or "Jean has weekly craft days with her son. I wish I was a good mother like her." or "Joan always looks so stylish. I wish I could put together an outfit like hers." or "Margret reads all the latest books and is always so well informed. I wish I had time to read." or "Ruth finishes all her embroidery projects. I'd love to finish mine."

How many among us have had similar thoughts? But did we notice that these are the attributes of 6 different women and yet we have yearned to gather to ourselves the attributes that took 6 women a lifetime to develop?

So here's the big question. Can we lighten up and give ourselves a break? Can we let the image of superwoman go once and for all? As we move into the next decade, can we agree to drop the crazy expectation that we must be perfect? It is simply not possible to grow our own vegetables, keep a daily journal in stitchery, dress like a diva, make one fabulous quilt a month, cook gourmet meals, throw Lion King themed birthday bashes for 30 children, make our husband's shirts, take harp lessons and master the yoga position known as the Standing Bow Pulling Pose while meditating on world peace. Perhaps if 10 of us banded together for 6 months we could accomplish all this and more but on our own, we are lucky to get the dishes done and fit in 20 minutes a day to finish that embroidered tea cozy for aunt Gladys. And why did we promise it to her when we work 40 hours a week while looking after a house and 3 children under the age of 4 ?

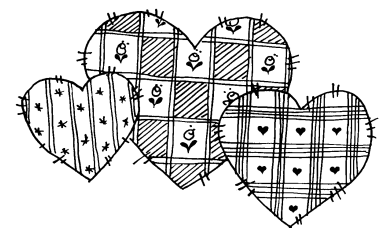
One of our problems as women in the 21st century is that we do not have role models. Our mothers had role models. They saw their mothers staying home, baking, cleaning, sewing and caring for a family who were content and happy to have mom do it all. It was rare for our grandmothers to work outside the home. They were the home. Most of our mothers grew up to copy that domestic model. Since we fought so hard in the 60s and 70s for equal pay, equal opportunities for education and employment and since we shattered the glass ceiling, we gave up past role models. We must now create the current model of the educated, autonomous career minded mother and wife. We need to do this for our daughters without the stress of also striving to be perfect at everything.

I recently made a daring move. I gave a closet full of fabrics and unfinished projects to the fabric sale. I have been moving this burden from house to house for 40 years. This year I finally decided enough is enough. One bag contained everything needed, (fabric, pattern, zipper and thread) to make a plaid polyester pantsuit. If plaid polyester ever comes back in style, I hope I am dead. There was a half finished embroidered butterfly in turquoise and gold silk on white. In 1975 it was destined to be a toilet lid cover. What was I thinking? I blame that one on flashbacks to my Hippie days. I also donated a brocade vest with an intricately embroidered collar. It was almost finished but I will never be a size 6 again no matter how much tofu I eat. Urban birds have developed a short, fast "rap style" of singing, different from their rural counterparts.

I can't tell you how freeing it is to say goodbye to the guilt. I've been looking at all this fabric and all those unfinished projects and feeling like a failure. It is time to live in the present and spend my remaining years doing what I love, making art, reading, walking, napping, visiting family and friends and laughing, lots of laughing. If I start a book and do not wish to finish it, I won't, even if I paid \$23.99 for it. If I start a project and get bored with it, I will give it away and not feel guilty. If I am asked to do something that does not interest me, I will learn to say no. I will take time to wrap my hands around a comforting cup of tea and watch the squirrels chase each other around the tree trunk. I will not feel guilty about the dust on the windowsill. I will chase my grandson around the house with my best pillowcases pinned on us like capes and not worry about the emails I did not answer. I will turn Elton John up loud and dance around the kitchen while I make dinner and not care if the neighbors can see me through the window. I will buy frozen lasagna to take to guild meetings rather than staying up half the night to make it from scratch. I will sing out loud in the car and not stop when another driver looks at me. I will invite people over when my house is messy and serve them store bought cookies.

My mother kept a sheet covering the living room couch for her entire life. She probably couldn't even remember what the fabric looked like. While keeping it clean she neglected to enjoy it. When my grandmother died, I inherited her cedar chest. In it I found beautiful linens she had received as gifts. She thought they were too good for her to use. From now on, let's use our good linens. Let's have breakfast with our children and grandchildren on the good china. If something breaks, google Replacements.com. Let's teach our daughters that they are worthy of the best things we own. They are worthy of the best things in life.

Above all, let's not spend one more precious moment worrying about what we should be doing. Instead, let's do what we love and let's do it with gusto. Now, I must dash and discover where my grandson hid my Superwoman cape. I need to put it back on my pillow in time for my afternoon nap.



Cameo Quilters Guild
205 North Main Street (Livernois)
Clawson, MI
Cameoquiltersguild.com
Meets 10 times a year, Sept. thru June

You must complete BOTH sides of this membership/profile form and return it with your dues.
Checks preferred. Thank you.

Date rec/d _____ cash/check # _____ amount _____ Membership # _____

(circle) New/renewal Active/Associate

2011-2012
CAMEO QUILTERS GUILD
APPLICATION/RENEWAL MEMBERSHIP FORM

(PLEASE PRINT NEATLY)

Name _____ Date of Birth (month & day) _____

Address _____ City/Zip _____

Home Telephone () _____

Cell phone () _____

Work phone () _____

Circle if for emergency use only

E-mail address _____

Would you like the newsletter e-mailed to you? _____

Membership dues: Active \$40.00, Associate \$50.00 a year.

Dues may be paid at a general meeting or by mail.

Dues will not be accepted without this form.

Please send in your check made payable to CAMEO QUILTERS GUILD by July 15

If mailing, send your checks to CAMEO Quilters Guild P.O. Box 1044 Troy, Michigan 48099-1044.

What is your personal quilting preference?

Traditional/Classic _____ Contemporary _____ Hand Quilting _____ Machine Quilting _____

Do you have computer skills?

If so how would you rate them on a scale of 1 to 10. _____

Are you a member of any of the following quilting societies?

American Quilters Society _____ Michigan Quilt Network _____

National Quilt Association _____ ID# _____ exp. date _____

Other guilds or organizations: _____

Please turn this over to continue

Name _____

According to CAMEO Standing Rule #1

An individual will remain a member in good standing if the following criteria are met:

- a. **Serve on the Executive Board, OR**
- b. **Serve as a committee chair, OR**
- c. **Donate time in service each year by working on one guild Standing or Special Committee.**

In addition to at least one of the above, each member must serve on at least one designated quilt show committee during the planning/execution stages of a quilt show.

Please look over the committees(s) you would like to join to fulfill your membership obligation to the Guild. Please read the page of committee descriptions in your 2008-2009. Directory before choosing. Your choices will be honored on a first come basis. If the committee of your choice is filled, you will be contacted. (Members please note that many committees will already be filled and you may be assigned to one you did not choose. You will make new friends)

STANDING COMMITTEES

Archives-2	Audit-4	Charity-10
Fund Raising-4	Hospitality-16	Library-3
Membership-Sign In-8	Membership-Directory-1	Newsletter-Editorial-1
Newsletter-Calendar-1	Newsletter-Mailing-1	Nominations & Elections-4
Program-Facilitator-2	Program-Scheduling-2	Program-Charity Day-8
Program-Ntl Quilt Day-8	Property-3	

SPECIAL COMMITTEES

Challenge-3	Doorprize-6	Hearts & Hugs-2
Fat Qtr/Blockery Exchange-2	President's Quilt-8	Publicity-2
Research & Info-3	Web Page-2	Telephone Fan Out-8
Quilt Retreat-5		

You can only sign up for telephone fan out if you have signed up for at least one other of the above selections.

I would like to chair this committee or event. _____

IN ORDER TO FILL OUR COMMITTEES, YOU MUST CHOOSE AT LEAST ONE STANDING COMMITTEE THEN A SPECIAL COMMITTEE.

STANDING COMMITTEES

Choice 1. _____ **AND 2.** _____ **AND 3.** _____
OR OR

SPECIAL COMMITTEES

Choice 1. _____ **AND 2.** _____ **AND 3.** _____
OR OR

Thanks for your interest, now mail this form and a check as soon as possible to the name and address on the front or take it to a meeting.

MSU Tollgate Open House Quilts exhibit, July 16, 2011

Please fill in the following information regarding your quilt which will be on display in the gardens at MSU Tollgate Farm.

Please provide the following information about each quilt. It is important to note that your information will be printed the way that you write it here in the event a printed program is available for the open house.

Name of owner/lender:

Owner's city of residence

Quilt description

Name of quiltmaker:

Machine or Hand Pieced (Circle One) by:

Machine or Hand quilted by:

Year(s) of creation (or approximate):

Place of creation:

Pattern or design used:

Predominant colors:

Size or type (ex. lap):

Materials used:

Feel free to tell anything more about the quilt (how it came to be in your possession, Michigan Quilt Registry status, awards won, anecdotes, etc.):

For staff use only

Display location:



CAMEO Quilters
P.O. Box 1044
Troy, Michigan 48099-1044

FIRST CLASS MAIL - DATED MATERIAL

CAMEO Quilters

Next Meeting

Thursday, June 16, 2011

7:00 p.m.

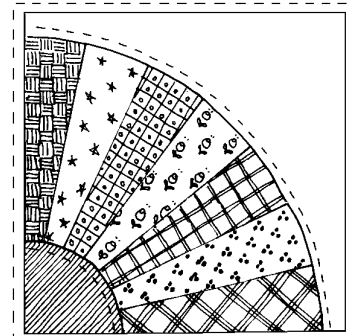
Clawson United Methodist Church

205 N. Main Street (just north of 14 Mile Road)

Clawson, Michigan

Items to bring:

1. Yourself and your smile!
2. Your nametag
3. Your Pot-Luck Dish, serving utensils & ingredient list
4. Your place setting for dinner (dishes, flatware, cups, etc.)
5. Show & Tell.
6. Library Books to Return
7. Money for Door Prize tickets



Visit our website at: <http://cameoquilters.org/>