

50 SHADES OF HAPPY

Discover why coloring is the hottest stress buster—for grown-up! Cheer up, chill out, and get your creative juices flowing.

This article by Hillari Dowdle appeared in a [Parade Magazine](#) and made one think that quilters have done this for year now—no wonder we're not stressed!!!

"It's 8:00 PM and I'm in the zone. I've been here for about an hour now. The world and its cares have dropped away. Work stress, money worries, health concerns have all faded. That nattering voice in my head that usually gets busy nagging, judging and replaying the slights and hurts of the day has been silenced.

A total transformation of mind and spirit has taken place. It's just me, the book in front of me and a box of 48 Prismacolor pencils. I'm coloring in my *Posh Adult Coloring Book: Soothing Designs for Fun & Relaxation*—and as I've worked, my frown has literally turned upside down.

As of this minute, you can color me happy!

The Coloring Craze Takes Off

That's right, I'm a middle-aged woman who's spending her evenings these days coloring. And I'm hardly alone. Others have caught on to the magical, mood-uplifting power of their erstwhile childhood pastime and together we are giving rise to a craze unsurpassed since the days we had Donny Osmond fever. There's a new world of intricate, beautiful coloring books aimed at adults—and we're snapping them up like hotcakes. What exactly does a grown-up color, you may ask? Think paisleys, botanicals, animals, enchanted forests, cats, decorative fans...

Color For Your Health

While other hobbies might relax you, coloring offers complete absorption. "It engages both sides of your brain in that it's both creative and tactical." says Alice Domar, Ph.D. The

creativity comes with envisioning the color selection and how it will play throughout the piece, while the tactical involves applying your decision to the artist's design. Both keep your right brain from taking over and wandering where it wants, as it does when you just doodle.

"It's impossible to worry about dinner or the laundry or anything else when you mind is completely engaged," Domar explains. "With some crafts you can multitask, but coloring really requires you to be in the moment. And that makes it meditative." She suggests coloring to patients who need stress relief, particularly those who loved the activity as a child.

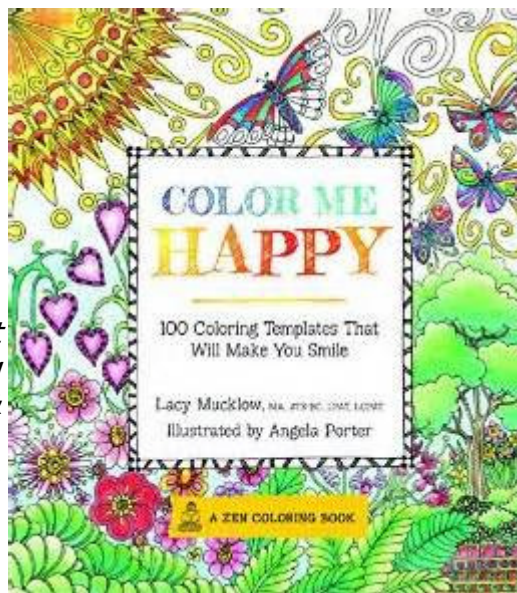
"Coloring brings you back to a simpler time, it's pleasurable, it's a chance to sit and be mindful...and at the end you get this beautiful result. You have a real sense of accomplishment."

Color Your Mood

Colors themselves carry therapeutic qualities according to art therapist, Lacy Mucklow. Selecting colors can literally affect your mood. Here's a guide to how you

can use colors to rev up or calm down—or combine them for a total mood makeover.

- **Cool colors** like blue, green and purple have a calming effect. Use them to literally chill out.
- **Warm colors** like red, orange and yellow are pepper-uppers. Try them when you want to brighten a bad mood.
- **Bright colors** are energizing, so turn to them when you want a little inner lift.
- **Dark colors** carry a relaxing energy and can be used to ratchet down an overactive mind.
- **Pastel colors** and light tints communicate softness and help soothe the soul.



Just for quilters—check out [The Tula Pink Coloring Book](#) available at Keepsake Quilting!

FRAMED FIBER ART

From Rob at ManSewing.com: "Sometimes you come across a piece of fabric that is so cool and unique, you just can't bring yourself to cut it up for a project. If you're holding on to that one amazing print, today is the day to pull that sucker out of the closet and make it into a one-of-a-kind piece of art.

In the Man Sewing tutorial, [Framed Fiber Art](#), Rob takes a simple piece of fabric, adds a layer of batting, and tricks it out with a little free-motion quilting. Pop that sucker into a picture frame and suddenly it's a fantastic wall display! These pieces make amazing, unique gifts and are a great opportunity to fine-tune your free-motion quilting skills."



GENEROUS SPIRITS

You may have read this in the July-August Country Register but it was felt it needed to be shared again.

In her article, [Piecing Life Together](#), Barbara Polston shared, "*It is often said that quilters are generous givers. Ask a group of quilters to sew for a charity and you are bound to have an eager group of volunteers.*"



Thank a generous quilter for sharing her time & love.

The article focused on children removed from home situations, put into foster care and a gift of a quilt for a child.

Barbara ends it with a quote from Suze Orman. "*True generosity is an offering: given freely and out of pure love. No strings attached. No expectations. Time and love are the most valuable possessions you can share.*"

STITCHING TOGETHER A FAMILY

"Families, I've decided, are a lot like quilts—they've got layers. The first layer is the family of choice, the people you pick out of the crowd and stitch together, as different in outlook and experience as patches in a quilt. Piecing it all together, figuring out exactly how the patches fit together, takes time and patience. You've got to find just the right balance of colors, shapes, and textures, but if you stick with it, before long you'll have created something unique but sturdy that keeps you covered and makes life lovelier.

Then there's that other layer—the family you've born with. You don't get to pick it; it comes all of a piece, a backing of whole cloth, intricately and deply stitched by memory, a pattern that stays with us from birth and through life. The colors and design may not always be to your liking, but I've discovered that it serves its purpose. Without a good backing, your stuffing falls out.

Of course, just because you can't pick your family of birth doesn't mean you can't adjust it a little, maybe even take out a few stitches and take the design in a new direction. A three-strand thread of love, honesty and forgiveness goes a long way in easing mismatched seams and quilting out the bumps.

That's what I've been busy doing these last weeks and months, stitching it all together, joining the layers one to another, making them fit, making it mine, creating something that will last."

From [Ties that Bind](#)

COUNTY FAIR RIBBON WINNERS 2015



COLUMBIA COUNTY:

Open Class...Natalie Megow

4-H...Emily Bowman/North Scott 4-H

MARQUETTE COUNTY

Open Class...None awarded

4-H...Tori Timme/Portage FFA

SAUK COUNTY

Open Class...Victoria Peetz/Prairie du Sac

4-H...Brooke Beardsley/Baraboo Valley 4-H

Our judges feel that there should be a notice posted at each fair near the area that the quilt displays are.

This notice would explain, to the general fair attendees, who our guild is and why we make this special award to a deserving recipient.

The fair books, for each county, already have a listing for our ribbon. But those attending may not know just why this ribbon is hanging on a quilt.

The Fair Ribbon & Judges Committee for 2016 will create the notice and get the necessary copies together. They will post a copy of this in a future CCGQ newsletter for member reference.

MONTHLY MEETINGS

Our monthly meetings will be held at the Trinity United Church of Christ Fellowship Hall located at 234 N. Church Street, Endeavor unless otherwise noted.

OCT 7th—6:15 pm Snacks/6:30 pm Meeting

- * ANNUAL MEETING
- * PROGRAM: **TIE One On!** No, we're not talking about a wild drinking party! We're talking about those neglected items in the back of your closet--neckties! They come in all widths, lengths, colors, fabric types, and the most incredibly luscious prints & textures.

Many of us have been blessed with another great recycling opportunity, if we've inherited a box or bag of neckties. Don't let these beauties languish in your closet any longer!

In an ongoing search for new ways to repurpose these beautiful (but often outdated) pieces of fabric, Judy & her niece Miranda have spent vast amounts of time, roaming the vast oceans of Pinterest, Etsy, and ReScape. They also delved deeply into the libraries of Green Crafts and Altered Couture, to bring back ideas for your upcycling and repurposing pleasure.

Please bring in and display any items you've made, using these treasures from the past.

- * *Reaching Out* BOM
- * Show 'n Tell & JOT
- * Hostesses

NOV 2nd—6:15 pm Snacks/6:30 pm Meeting

- * PROGRAM: **Annual Christmas Ornaments:** We continue on with this annual event as we are inspired with new and creative ideas for our holiday décor.
- * *Reaching Out* BOM
- * Show 'n Tell & JOT
- * Hostesses

DEC 7th — Registration 5:45 pm/Seating 6:15 pm/6:30 pm Buffet & Program

[NOTE: Location & Time Change]

- * Annual Christmas Gathering—Festival of Trees
Complete details & registration form appears on page 8 of this newsletter
- * Hostesses: Christmas Gathering 2015 Committee & Special Events 2015 Committee

SCRAPAHOLIC

Nancy Pietrowsiak shares her 'scrapaholic tendencies'. She is daily finding new ways to be GROSS (Get Rid Of Stash Scraps). She believes that each scrap has cost value and one can work with it to become cost-effective AND recycle-effective. Make the most of your scraps by learning new techniques, reading and experimenting while still valuing your own time & skill. *"Remember, if it's still ugly, you just didn't cut it small enough!"*

Nancy mentions several bloggers who are scrapaholics—you may wish to check out their sites to see what you may glean from them for your next try at recycling from your stash. And, they will also support you in this venture!!!

- Quiltville.blogspot.com...Bonnie Hunter shares free patterns, tips, techniques and more.

Hostesses:

Thank you for sharing your hospitality with us.

We ask that you have the snacks ready for members by **6:15 PM**.

We will start with this and then proceed to our meeting promptly at 6:30 pm.

Doors at the church Fellowship Hall will be opened by 6:00 PM for your convenience unless you make other arrangements.

Thank you.

- Exuberantcolor.blogspot.com...Wanda Hanson shares 'playing with tiny pieces', how to be fearless with color, and tutorials.
- Crazymomquilts.blogspot.com...Amanda Jean Nyberg who shares quilt block tutorials plus fun 'quilt alongs' and numerous 'micro' project ideas.
- Selvageblog.blogspot.com...Karen Griska supports this blog that deals with ideas for the 'extreme scrap quilter'. She leaves nothing to waste as she works right down to that last piece of selvage with her string pieced projects.
- Bumblebeansinc.blogspot.com...Victoria Findlay Wolfe shares her "15MinutesPlay" for those who may have gotten stuck creatively and need an inspirational boost. In *fifteen minutes* she has you looking a new way at your at your fabric stash.

ANNUAL MEETING AGENDA

October 5, 2015 @ 6:30 pm

6:15 pm Snacks & Fellowship

6:00 pm ANNUAL MEETING

Call To Order—President Judy Van Schoyck-Fritschler

- Roll Call
- Minutes from 2014 Annual Meeting at head table for review before meeting
- Financial Statement for 2015 & Budget for 2016 - Treasurer Jane Oravetz
Proposed Budget for 2016: Committees \$1,605.00 & Organizational \$690.00 = \$2,295.00
Discussion/Budget Amendments/Approve
- Election of Officers—Vice President & Secretary/Treasurer
Nominations/Election/Installation

Meeting proceeds with new officer team

COMMITTEE 2016: Great place to serve your organization as we reach out to our members and beyond into the public with our art of quilting. Sign-up sheets passed around to fill these committees: Bus Trip; Calling; Christmas Gathering 2016; Community Outreach; Fair Ribbons; Fund-Raising; Judges/Award Fair Ribbons; Ornament Demo/November 2016; Picnic 2016; Quilt Show 2016; Raffle; Retreat; Speakers/Special Events; Website; Workshop and \$8 Specials.

Each committee will receive a Finance Request Sheet w/allotment and an income vs. expense form that they will be responsible to fill out and file with the treasurer after their event or outreach.

PROGRAMS 2016: What would you like to see presented at the monthly meetings as our educational feature? A sheet will be passed around—your officer team will review these suggestions as they make plans for the 2016 calendar year. Watch your quarterly newsletter and the guild website for updates.

HOSTESSES 2016: Sign-up sheet will be passed around for monthly hostess volunteers.

OUTREACH 2016: This is an important part of who we are as Calico Capers Quilt Guild—covering & giving to others in need with our quilted projects! Note that volunteering doesn't mean you need to be at workdays—you can always get a few friends together or even work alone at home on the projects. We welcome your participation however and whenever it may be given.

The quilt bank will continue to be replenished so we have items when a need arises.

MONTHLY MEETINGS:

- Continue to meet at the United Church of Christ in Endeavor. Current monthly donation to the church for the use of their fellowship hall is \$20/month to help defray costs of A/C or heat we use during meetings.
- Meeting dates for 2016: January 4; February 1; March 7; April 4; May 2; June 6; July—No Meeting; August 1—Annual Picnic; September 12; October 3; November 7 and December 5—Annual Christmas Gathering.

MEMBERSHIP DUES: Payable by October 5, 2015 to keep you current. ***With your dues, please provide your current address; phone number and email—if we DO NOT have these updated, we may be using one that no longer is in use. We are only as current as you keep us.***

What your dues covered in 2015 based on membership of X48

- Quarterly Newsletter—\$342.54 (Estimate as 4th Qtr has not been sent at press time)
- Fixed Expenses \$190.00 (Donation for hall use/annual filing fees)
- Copies; Office & Hostess Box Expenses: \$64.24 (Stamps, Hostess Box; Copies)

Total expenses (coming from dues) for 2015 was approximately \$12.43 per member with membership dues currently at \$15.00 per person.

At our 2005 annual meeting, it was approved to use our dues to cover the cost of four newsletters, monthly meeting handouts and fixed expenses.

BY-LAWS: Only at our annual meeting can amendments be made to our by-laws.

OTHER BUSINESS: If you have anything that needs to be addressed at our annual meeting—please see if gets to an officer team members so it can get on our agenda **BEFORE** our scheduled annual meeting.

AJOURNMENT

PRESIDENT'S FAREWELL

It's been a fantastic two years, being President of such a wonderful group of quilters!!!

I'm constantly impressed with the wonderful ideas, the hard work, and the incredible talent of every member of this organization.

You all bring brightness into the lives of many, with all you do. You are appreciated so much, for being so generous and concerned for the greater community, and for nurturing talent in others.

Amy Sanders will be stepping into her role as President, and I'm sure she'll have all sorts of wonderful new ideas for the guild. I know that she'll appreciate your support as much as I have.

Thanks to everyone for making our guild shine! JVSF

GETTING TO KNOW YOU

Where has the time gone? It feels like I was just nominated VP with the anticipation of being President. Again, I'd like to say "THANK YOU" for the opportunity and appreciate your support.

Some of you may or may not know much about me so I've going to give you a *snippet* of Amy. I'm originally from Cedarburg, Wisconsin and grew up on a dairy farm of Guernseys. Besides the hard work on the farm, I participated in 4-H for ten years showing dairy, home furnishings, conservation and the arts. I've been sewing since the age of 7...doll clothes, clothes and quilts. My first quilting experience was making yo-yos from feed sacks with my grandma.

I live with my husband, of 33 years, Scott in Oxford and have three children Michael (Abbey), Kimberly (Eric) and Adam. We just celebrated our two grandsons, Carson and Lucas, two year birthdays recently and happily awaiting the arrival of two more grandchildren in the upcoming months.

After Adam entered 1st grade, I became a paraeducator for the Westfield School District in the Special Ed department specializing in learning and emotional disabled students in the Middle School. I retired two years ago, after 17 years in the district, to take care of Carson and take him to quilt shops which ironically I did with all my children.

As I reflected on a *snippet* of my life, the reflection turns to our remarkable CCQG and how far we've come. CCQG started from an article in the local paper looking for people who had an interest in the quilting arts, to becoming a very active, educational, inspirational, fabulous group of people.

I come back to the work and definition of snippet....Snippet – A very small piece

I'm a small piece of a great pieced quilt called Calico Capers Quilt Guild and with all your inspiration, generosity and support; this is what makes this guild one of a kind.

Looking forward to serving you in the next two years - AS

106 AND STILL QUILTING EVERY DAY

"At 106, Myrtle Farrell says she has slowed down. But she still manages to sew about 100 baby quilts a year. The Mapleton, North Dakota woman always has a few on hand and also makes custom quilts from fabric customers bring her.

'I have to do something,; she says modestly when asked why she quilts. She learned to sew on a treadle machine before she was married. Now she sews on an electric Kenmore sewing machine, but she still cuts out 4½-inch squares with scissors.

Jean Madsen is a friend. She and her husband, Tom, moved Farrell into their home a few years ago so she wouldn't have to move to a facility where it would be difficult to sew. Madsen says she helps Farrell occasionally, yet she marvels at how accurate the centenarian quilters is. Farrell sews the squares together, then lays out the flannel backing and batting on a bed to pin it together. After sewing it around the edges she can relax in a chair to tie the quilt.

Farrell says she enjoys putting colors and patterns together, and she feels fortunate to have good enough vision and health to quilt most days. While many are sold, she has given many away to families in need and for charitable organization fundraisers.

Madsen shares that Myrtle has always been generous with her time and talents. She was always good about having neighbor kids over to learn to cook, sew and garden.

'I do the best I can,' Farrell says. 'I'll keep it up as long as I can.'"

-FARM SHOW Magazine

OUTREACH NEWS—FALL 2015

Outreach will be starting up again on Tuesday September 22!

We will be sending around a sign-up sheet at our September 14th meeting. You can sign up to sew, cut or iron.

- * In September, we will be *tying up* some loose ends from our last outreach work day.
- * Then at the October 27th work day, we will start on the Blocks of the Month that have been coming in all year.
- * November's work day will be on the 17th due to Thanksgiving the following week which would be our normal week to meet. At the November workday, we will once again be making items for Operation Santa in Marquette County. We are still in the planning stages as to what we will be making for them this year—we are creating an Action Team and applying to Thrivent Financial for funding for this project.

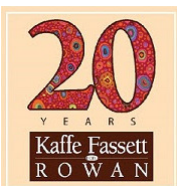
As soon as we know the projects, we will pass that on to you so that if you want you can start on those at home.

Last year we made backpacks, doll quilts and "lovies". And we had an overwhelming response to making doll quilts! Thank you for that!

As always the Outreach Committee is open for any suggestions or places in which we can donate the quilts from the Quilt Bank! Thank you for 'reaching out'!

The Outreach Committee

ANOTHER ANNIVERSARY TO SHARE



As Kaffe Fassett celebrates twenty years with Rowan fabrics in 2015, they are celebrating all things Kaffe!

Fassett has inspired people across the world with his colorful work in fabric, knitting, needlepoint, patchwork, painting and mosaic. For regular updates for the latest news and information from his Studio, check out www.kaffefassett.com or www.westminsterfabrics.com.

Profile: Kaffe Fassett

- ξ Kaffe ventured into the world of colorful yarn on a visit to a Scottish wool mill with fashion designer Bill Gibb. Inspired by the colors in the landscape, Kaffe was thrilled to find the same colors in yarns. He bought twenty colors of Shetland wool and some knitting needles, and on the train back to London a fellow passenger taught him how to knit. His first design appeared as a full page spread in Vogue Knitting magazine.
- ξ Since 1981, Kaffe has worked closely with Rowan Yarns in Yorkshire, whose insight into fashion and color perfectly complements Kaffe's skill. Together, they have produced ambitious designer patterns to inspire hand knitters all over the world. He contributes to the bi-annual Rowan magazine, which is marketed worldwide. A large part of Kaffe's output is now an expanding range of fabric prints for the patchwork market along with the Indian stripes fabric and shot cotton fabric range distributed worldwide by Rowan fabrics.
- ξ In 2013, Kaffe was awarded the Turner Medal, presented by the Color Group (Great Britain) to a distinguished artist or art historian to honor Britain's greatest colorist. Kaffe has just finished his 5th hardcover book on patchwork and is working on his 15th annual book for Rowan- designing quilting fabric for them for 15 years.

SPECIAL QUILT EXHIBIT *ANCESTRAL GIFTS* ON DISPLAY AT INTERNATIONAL QUILT MARKET AND FESTIVAL IN FALL 2015

Ancestral Gifts features fifteen antique quilts from The Quilters' Guild Collection that span three centuries of

quilt making from which Kaffe Fassett and members of his team drew their inspiration for re-imagining them in contemporary pieces. The twenty contemporary quilts featured are based on the originals and are created using fabrics from The Kaffe Fassett Collective by Rowan. *"I only hope the enormous fun I had playing with these new layouts both amuses you and inspires your own color combinations,"* says Kaffe.



\$8 DOLLAR SPECIALS

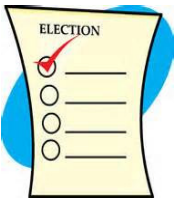
September 17 HAPPY JACK: Create a small wallhanging utilizing one Halloween charm pack. 9:30 am-2:30 pm 1st National Bank Community Room, Montello.

October 15 JUST BAG IT! A twisted tall gift bag-perfect for a bottle of wine or any other tall item. A snap bag using metal tape measure pieces for a snappy closure. No more wrapping paper or buying paper gift bags! Quick and easy reusable gift bags just in time for the holidays. 9:00 am-3:00 pm 1st National Bank Community Room, Montello.

November 12 DRESDEN PINE: Build your pine with wedge branches from the bottom up. Appliqué in place with hand stitches [or by machine if you must ☺] and have this wallhanging ready for your holiday hanging. 9:00 am-3:00 pm 1st National Bank Community Room , Montello.

Upon registration & payment, you will receive you supply listing.

OFFICER ELECTION



Our annual meeting, on October 5th, will find us having an election of officers. AM will be stepping up into the Presidency for the next two years. We need to fill the positions of President-Elect & Secretary/Treasurer which are two year terms.

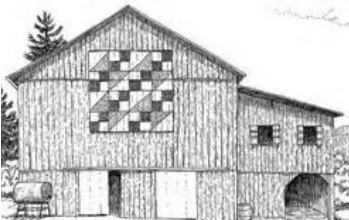
We still do not have volunteers to fill out our officer team roster. Please consider to serve this organization as an officer.

The job of the CCQG Officers' Team, to keep the business & educational side of the organization flowing smoothly, is made easier by dedicated members who are great 'worker bees'.

Reference Volume 15 Issue 3 of the 3rd Qtr CCQG newsletter; on-line at www.ccqg.org or the By-Laws which give the duties of each office.

Contact Amy if you are willing to serve. Nominations will be taken at the Annual Meeting, too.

A DAY OF HISTORY, RURAL LIFE & BARN



Reminder to our members to save the date of Tuesday, June 14, 2016 when CCQG will host authors, Jerry Apps & Suzi Parron, in our DAY OF HISTORY, RURAL LIFE & BARN.

This event will be held at the Father Marquette Center, Montello details of the tentative plans are in your Volume 15 Issue 3 of the 3rd Qtr CCGQ newsletter or on-line at www.ccqg.org—we encourage you to review them. Updates will appear in future newsletters and committee reports at monthly meetings.

One area that you can concentrate on during the upcoming winter months is our Basket Chances Drawings.

- Maybe work on a themed basket or join forces with a few other members. If you supply the items, we have talented individuals who will assemble the baskets for us. We just need the goodies.
- If you know of area shops or businesses that may be interested in making a donation, please check with them on behalf of our guild, Calico Capers Quilt Guild. Note that items need not be quilt related as this event will have non-quilters in attendance as well.
- We will need baskets of various sizes to hold our goodies—if you run across any or are downsizing your stash, please think of the guild.

Anything you donate, please make it an item you yourself would want to receive.

NOTE: 100% of all proceeds from the basket chances drawings will go to the guild. Donations can be given to committee members starting at our annual meeting in October 2015 and until March 2016.

If you have ideas or wish to volunteer to serve on this committee, you may do so at our annual meeting. This is sponsored by CCQG so all are asked to participate where they can. Thanking you in advance.

Tentative 2016 Fund Raising Committee