

CALICO CAPERS QUILT GUILD

QUILT RESOLUTIONS

1. Give myself a raise

If you are making quilted projects to sell or have an opportunity to long-arm for others be sure you are getting rewards for your talents.

2. Express gratitude and thanks more frequently

Love quilting and let it bring you great joy and satisfaction to create something with your love, energy, and creative talents. Quilting is a safe expression of love and care that can be shared and handed around. Quilts are the literal hug that might not be there in person to deliver. Be grateful for quilting as a creative outlet, for the guild & its members, for the online quilting community, and for the people who use quilts on a daily basis.

3. Give back

Plan to make and donate at least one quilt in 2016.

4. Strive for balance

Give yourself the freedom to be able to cultivate a better balance in your life and to address all aspects of your health: mental, spiritual, physical, and emotional health. Be aware of the balance in your quilting life as well. A balance of internet time, creative time, time creating for others, etc. This will definitely be a work in progress, but reminding yourself of balance might just be a great idea for mini quilt selfish sewing project.

5. Celebrate!

Find ways to express joy and celebration through quilting.

6. Learn to say no

It is okay to give ourselves permission to say no. So when the need arises you need to listen to the little voice in my head that whispers just-say-no.

7. Be more interactive

Take the opportunity to interact with more quilters on a personal level. Take advantage of a quilting workshop, retreat, volunteer at an Outreach Day or spend a day with a friend or two just stitching and sharing fellowship.

8. Try something new

You do not have to try something new each month, but be open to new quilting experiences in 2016. The guild officer team has lots of new 'experiences' coming your way this year!

9. Let go of things that no longer serve me

This includes de-stashing fabrics you know you will never use and letting go of the idea that everything you do needs to be perfect. You are not perfect, thus your quilts will not be either.

10. Sing along

Allow yourself to listen to music all day. Has it been a long time since you felt free enough to sing along to your favorite songs? Get ready to do so in 2016.

11. Embrace change

Change is inevitable in life, and it is something that we all struggle with as a topic. You may want to learn to embrace change in your quilting in 2016.

12. Cultivate friendships

Quilting has brought so many wonderful people into our lives over the past years, and in 2016 you may want to appreciate and cultivate those friendships that have started to form. And treasure those long lasting ones from over the years!

13. Keep going!

May you have the courage to keep going on this quilted journey and see where the adventure leads.

-Adapted from *Quilty Resolutions*/Yvonne @ Jetgirl-

Thought for the New Year:

*The only people
you should try to get even with
are those that have
helped you.*

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.

January 4th—6:15 pm Snacks/6:30 pm Meeting

- * PROGRAM: *Deboning a Shirt & T-Shirt Quilts*. Tonight, Betty Biech & Patti James will team up to share their talents when it comes to ‘the shirt off your back’. Patti will demonstrate "Deboning a shirt" and what can be done with it once it is deboned. Betty will talk about the steps in making a T-shirt quilt including options for backing and stabilizing the fabric, and quilting suggestions once the top is completed.
- * Show ‘n Tell & JOT
- * Hostesses

February 1st—6:15 pm Snacks/6:30 pm Meeting

- * PROGRAM: *Postcards from the Heart*. Tonight we will learn about how to make handmade postcards that we can send through the mail. You will learn about what can/can not go through the mail. How big or small the postcards can be, along with other important information in sending a *postcard from the heart*. To get you started in making your postcard, there will be a Valentine pattern & card stock given out. You are encouraged to bring along a ‘heart’ related item to share as well.
- * *Reaching Out* BOM
- * Show ‘n Tell & JOT
- * Hostesses

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

- * PROGRAM: *Patchwork of the Crosses*. Tonight you will meet Lucy Boston (1892-1990) who in her sixties published her first novels & children books and stitched this impressive quilt. We will take a look at what makes up this block, hints on auditioning & choosing proper fabric for honeycomb pieces. A kit will be provided for you to try stitching a cross yourself.
- * *Reaching Out* BOM
- * Show ‘n Tell & JOT
- * Hostesses

\$ 8 SPECIALS

The new year is almost upon us and already your \$8 Special Committee is hard at work getting together creative projects to fill those first three months of the year. Who knows what the weather may bring but these will certainly help you with any ‘cabin fever’ that may set in. As in the past, you must have registered and made payment before receiving your supply listing. Samples at monthly guild meetings.

January 14, 2016: Cupid's Arrow [16-inches X43-inches]

Come get stuck by the Cupid's Arrow block! We will learn how to make this creative block using your favorite Valentine fabrics. If you'd like add three more blocks and sashing your project will complete to a 43-inches x 54-inches quilt. Location will be at the 1st National Bank, Montello from 9:30 am—2:30 pm.

February 2016: “I am doing an \$8 special in Feb- but haven't determined what it will be yet.” Watch for future updates at our January monthly meeting.

March 10, 2016: MSQC Easy Cathedral Window [18-inches x 27-inches]

The Cathedral Window block brings to mind beautiful churches or cathedrals with their awesome stained glass windows. For some (your instructor included) making one of these patchwork blocks the ‘traditional’ way was enough. Come & see the ‘new & improved’ version of this age old favorite. Location will be at the 1st National Bank, Montello from 9:30 am—2:30 pm.

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.

COVER GIRLS

Tuesday mornings at the First Baptist Church of Epworth, Georgia, an energetic group of ladies are hard at work. Gathered around their quilting racks and sewing machines, they engage in the contented, friendly chatter of women who know each other well.

The First Squares

The mission of the Epworth Cover Girls began in 1998 when Eunice Darnell brought together some ladies with a talent for sewing. She wanted them to make a quilt as a gift for Kim, a young woman fighting multiple sclerosis.

Some women serged; others cut squares; still others set the squares, embroidered, appliquéd and hemmed.

Kim did get her quilt, but that was only the beginning.

Today this ministry not only distributes quilts and blankets to the sick, but it also delivers *Welcome to the World* quilts for church newborns and sends college students out of the nest with a special quilt containing a lighthouse logo.

They estimate that they have distributed more than 7,000 quilts and blankets to five continents.

Wrapped In Love

The stories of the quilt recipients are as varied as the patterns.



♥ Sara Walton, an 8-year-old facing surgery for a brain tumor, received one of the first blankets. Sara is now healthy and her mother delivered quilts made by the Cover Girls to other children for surgery at the same hospital.

♥ A 40-year-old man in Pennsylvania didn't get his quilt in time. It arrived the day before his funeral. But his family was so touched, they displayed it at his funeral.

♥ Peggy was forced into early retirement with a degenerative spine condition that led to repeated surgeries. She takes her hand-stitched quilt to doctor's appointments where the offices are often too cool for her.

♥ A letter came to the Cover Girls all the way from Australia. A pastor's wife wanted to begin a quilting ministry there. The quilters made an informational video and sent it along with two completed quilts.

-Lettie Kirkpatrick Burress-

The editorial staff of the CCQG newsletter is always looking for stories such as this to share. Please get them our way for future use. Thanks.

VITAMIN F

Why do I have a variety of family and friends who are all so different in character? How is it possible that I can get along with them all? I think that each one helps to bring out a different part of me. With one of them I am polite. With another I can joke. I can sit down and talk about serious matters with one. With another one, I laugh a lot. I listen to one's problems. Then I listen to another one's advice to me.

My family and friends are like pieces of a jigsaw puzzle.

When completed, they form a treasure box for me.

They are the ones who understand me better than I understand myself. They are the ones who support me through good days and bad. Real Age doctors tell us that family and friends are *good for our health*. Dr. Oz calls them VITAMIN F (Family & Friends) and counts the benefits of them as essential to our well-being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly, you can be up to thirty years younger than your real age. The warmth of friendship stops stress and even in your most intense moment, it decreases the chance of cardiac arrest or stroke by 50%.

In summary, we should value our family and friends and keep in touch with them. We should try to see the funny side of things and laugh together.

Thank you for being one of our Vitamins,
as we work and share quality time together as CCQG members!

REACHING INTO THE COMMUNITY & BEYOND

We had a great year! It is amazing how much we have accomplished this year thanks to all of you!

Outreach ended on a high note with 15 backpacks, 15 crayon bags and 8 pillows/pillow case covers for Operation Santa in Marquette County! All the materials used for the backpacks and pillowcases came from the \$250.00 donated by Thrivent Financial for the Action Team that Janis & Mike put together for us. The crayon bags were made from fabric and batting we had in our stash. Thank you to all that were able to come to the October and November work days for this endeavor in Endeavor!

We have our dates set for our Community Outreach Work Days in 2016. With the exception of November they will all be the fourth Tuesday of the month starting at 9:00 am. Again this year we will not be meeting in the months of June, July and August.

- ♥ January 26 BOM quilt tops
- ♥ February 23 BOM quilt tops & 5-inch squares
- ♥ March 22 BOM quilt tops & 5-inch squares
- ♥ April 26 Project Pending
- ♥ May 24 Project Pending
- ♥ September 27 Tying Up Loose Ends
- ♥ October 25 This month once again we will be working on things for Operation Santa
- ♥ November 15 Finishing up Operation Santa



OPERATION SANTA NOVEMBER WORKDAY 2015

We hope everyone has a wonderful Christmas and a Happy New Year!
The Outreach Committee

UFO CHALLENGE

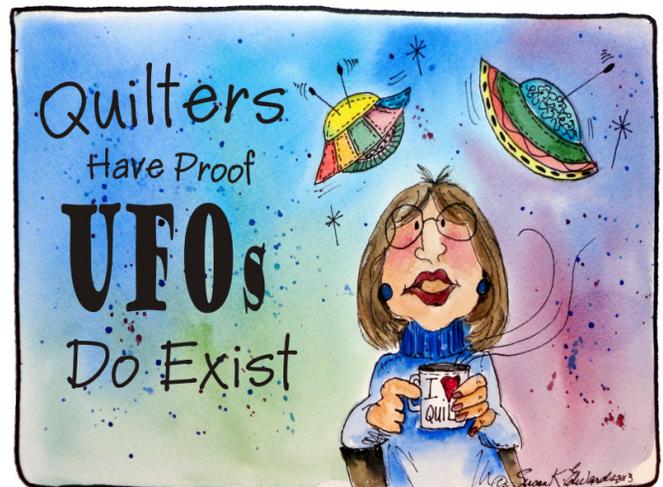
The Special Events Committee has something new to ask for your participation. As a quilter, we know all about UFO's.

The challenge, if you should accept it, will begin at our January 4, 2016 meeting and come to completion at our annual picnic on August 1, 2016.

Here are your guild lines:

1. Turn in a list of your six (6) UFO (unfinished objects) numbered 1-6, keeping a list for yourself.
2. Starting at our January meeting, the committee will draw a number [1-6] and that will be the UFO that you work on first and finish. Note: Finish means quilted & bound.
3. You must present your finished UFO at a guild meeting Show N Tell during the months February-August. Then your name is entered for the drawing.
4. Every month at our monthly guild meeting, another number will be drawn so this will be the order you work on your list.
5. We will have a drawing for prizes at our annual picnic for those who have completed one or more UFO's on your list and have had them viewed at a Show N Tell.

We hope you join in the challenge & fun and you may just get six (6) UFO's completed in 2016! We will be watching for that list at our January meeting.



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Special Events Committee

COUNTRY HERITAGE DAY

Your CCQG Fund-raising Committee met and decided the theme for the June 2016 fundraiser will be, COUNTRY HERITAGE DAY.

This event will be held on Tuesday, June 14, 2016 at the Father Marquette Center located on the corner of State Hwys 22/23 and Church Street with registration from 8:00–9:00 am.

Access to the hall, on Monday the 13th, will allow volunteers to set-up tables, hang quilts, decorate, etc. that afternoon. This gives us time to make the hall welcoming to our guests and still able to go home and rest up before the day of the event.

The cost for the day will be \$30/per person and will include two national speakers and lunch w/beverages. All seating will be by reservation only. Please note that money will not be refundable but will be transferrable.

Once again, Pat Cook will be in charge of the menu & food. Pat has it themed as, “A classic country meal that will remind you of your heritage.” The exact menu isn’t written in stone at this point, but will be sure to include her homemade rolls and possibly BBQ Baby Back pork ribs and baked chicken.

Table centerpieces will feature Play Barn/Farm sets like the Fischer Price toys. Look through your old toys or sneak a peak in the grandchildren’s toy boxes to see if you may have one or more you would be willing to lend us for use that day.

Favors, for attendees to take home, will be vintage glass & porcelain electrical insulators that at one time donned the light poles that ran down rural roads bringing treasured electricity into homes & barns. They will serve our purpose as a plant holder.

CCQG members are encouraged to work on ‘barn quilt’ themed projects that will be hung and utilized as a back drop for our event. Also, if you know of someone who has made a barn themed quilt—please check with them on behalf of our guild to see if they would be willing to share their creation for us to hang. Please let a committee member know of what you or someone you know will be sharing so we can plan according for space and hangers.

As with our fund-raising event in 2014, members will be asked to bring ingredients for the salad or specific cupcakes to help with the menu.

We will need volunteers for:

- * Registration Table
- * Set-up
- * Book Tables
- * Raffle basket ticket sales
- * Hostesses
- * Poster distribution
- * Take down & Cleanup

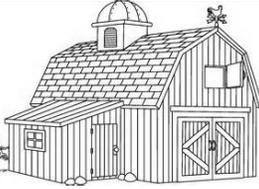
There will be a change in the hostess format this time. Please chose which option fits your needs.

1. If a member wishes to sit with family/friends in attendance and just enjoy the event. And NOT be in charge of bringing beverages to your assigned table and hostess that table—you are asked to make your reservation and payment of \$30.00.
2. If a member will be a hostess in charge of their own table for the duration of the event and bring food items that they sign up for, that CCQG member will attend free of charge.

Basket raffle items, empty baskets or completed themed baskets are asked to be turned in anytime with the deadline of our April 2016 monthly meeting. For complete details on the basket raffle, check out the CCQG Newsletter Volume 15 Issue 3 July-September 2015 issue. Or find the newsletter on-line at ccqg.org.

Remember to mark your calendars as we need volunteers to help with this fund-raising event!

Fund-raising Committee



Featured will be:

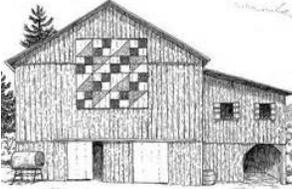
Jerry Apps, author of Wisconsin Barns

Suzi Parron, author of Barn Quilts & the American Movement

Luncheon
Basket Raffles
www.ccqg.org

SAVE THE DATE

Tuesday, June 14, 2016
when
Calico Capers Quilt Guild
presents
COUNTRY HERITAGE DAY



HOPES & DREAMS QUILT CHALLENGE FOR ALS

The Calico Capers Quilt Guild received this letter in the mail mid-November and we thought the newsletter the best opportunity to get it your way.

Quilters Dream Batting is excited to begin our 7th annual *Hopes & Dreams Quilt Challenge for ALS*, and we would love for you to be part of this wonderful Challenge! We hope that your guild will consider donating finished quilts to the *Hopes & Dreams Quilt Challenge for ALS* for 2015-2016 year.

Each year, the *Hopes & Dreams Quilt Challenge for ALS* collects hundreds of quilts to be given to patients living with ALS (Lou Gehrig's Disease), to raise awareness about ALS, and to raise money with 100% of the proceeds being used to fund research toward a cure for this terrible disease. As special thanks to the wonderful quilters who donate quilts to the *Hopes & Dreams Challenge*, generous companies donate tax deductible prizes and awards to help bring fun, excitement, and success to the Challenge.

Our staff works with ALS Association chapters all over the country who have joined us in our efforts to help hand deliver quilts to ALS patients. We were recently contacted by a chapter who currently works with 700 patients and unfortunately received seven more each month. They received quilts from us earlier this year and were hoping to deliver more to their patients for the holidays.

With your support we can provide quilts for ALS patients while raising awareness and much-needed funds for ALS research. If you have questions, please contact us by email at quiltersdreambatting@juno.com or call us toll free at 1-888-268-8664.

We thank you for being a part of the generous quilting community and for considering being part of our team with hopes and dreams of a cure for ALS.

-Kathy Thompson, CEO & mother of ALS patient-
ALS is a cruel and debilitating disease that gradually paralyzes the patient, who retains all feeling and mental awareness. The disease is nearly always fatal within six months to five years of diagnosis. ALS affects over 35,000 in the U.S. alone. Sadly, there is currently no treatment or no cure.

You are able to secure Entry Forms from the officer team at a monthly guild meeting.

COLORS & COMPUTERS

A few years ago, our current president, Amy, shared with us a web-site [design-seeds.com] on color—if you subscribed to this site, you have been receiving daily inspirations when working with color. In a recent blog, Jinny Beyer, shared how to take a photograph and create a 'workable' palette.

Jinny shares, *"Often we see a photograph, a flower, leaf or other image that has breathtaking colors. We may want to try to recreate those colors, but never seem to quite get it right. The two images shown here are of the American flag. The first image is the regular photograph. The second one has the individual colors in the photo selected."*



We would say there are three colors in the flag—red, white and blue. Yet, when you see an American flag blowing in the wind, your eye perceives so many more than just three discrete colors. They play of light and shadow and the transparency of the flag translates our glorious red, white and blue into dozens of shades and hues.

I often use my computer to find the colors in an image such as this and then work with those colors in a quilt project. This is how I do it using Adobe Photoshop. Other image editing software will work in a similar way.

First, if I'm not using a digital image, I scan the picture or object at a very low resolution (the dpi or pixel setting). When I want to see individual squares of colors, I set the dpi to a very low number.

Next, use the eye-dropper tool to select a color from one of the squares. I continue making boxes and filling them with the color in the image. Finally I rearrange the boxes in a shaded order and I have a palette of colors to refer to when selecting fabrics for my project!

There are also wonderful automatic 'palette generator' tools on the web. They will pull colors from an image that you upload from your computer. Use an online search engine to find 'automatic color palette generator'."

With the winter season upon us and more time indoors, you may just want to reach outside your 'box' and play with color!