



NEWSLETTER

for the

Quilting Guild

members of Chilliwack PieceMakers Quilting Guild

MONTHLY MEETING
OCTOBER 21st VIA ZOOM

Show and Tell
send in your pictures!!

The Show & Tell will be presented at our monthly general meeting by PowerPoint. We assume you have not been sitting idle all month, so please share what you have been working on. Any photos of quilts or projects you have made are welcome! Please send to chilliwackpiecemakers@gmail.com ASAP. Photos will be accepted until the Tuesday before the meeting.

This Month's Program



Kellie Kaczmaiek, is a local quilter from Mission, a wife, mother and business owner of Silly Moon Quilting Co. She shared, "I have been quilting for a short time but have jumped in with both feet! I purchased a longarm and needed "rulers" to keep me within the lines, so to speak. So, I made them! I expanded my ruler work to a domestic machine and am loving that as well! I started Silly Moon Quilting Co. to share the rulers and learn as much as I could about quilting. I am enjoying the journey, love sharing new ideas and products and hearing from other quilters what they would like to see in the ruler world. I believe small business is the cornerstone of Canada and consequently all our products are made in Canada!"

Presidents Message

A few days ago, Ottawa's medical officer of health Dr Vera Etches recommended we find a new hobby to get us through the coming winter, something that we can do alone at home, keeping our distance from each other. As quilters, we already have such a hobby that helped carry us through the past months of this strange year. While this is certainly good advice, the article that quoted her went on cheerfully about how much of a gift this forced slowdown is and how we suddenly have so much more time, now that the "rat race" is off. This reminded me of the beginning of the pandemic, when everybody suddenly had all these great plans of learning a new language, reorganizing the garage, cleaning the house from top to bottom until everything sparkled.

How many of us actually got any of this done? Or, if we started, how long did it last? Are you still cheerfully decluttering and don't know what to do with all your energy? If so, good for you. But the majority of us haven't done any of these things and might even feel guilty about wasting all this "free time" that the Covid pandemic has given us. I realize that public officials are trying to stay positive and motivate people but I believe that the mental health aspect of the situation does not get the attention it deserves. Yes, I have a lot of time that I usually spend square dancing but I find it very hard to find the motivation to get my act together and spend it in a constructive way when it is so much easier to just sit on the couch with a cup of tea and play stupid games on my phone.

I came across an excellent article the other day that made me realize that my reactions are perfectly normal. It was written by a woman who described the exact same things I was going through. She felt like a

Sew Fun Saturdays

Our first ever virtual sewing day was held on Saturday Sept 26. Nine of us joined in for the event. Some joined early before the 10am official start time and some joined later. Some left early and some stayed until 3:30 when we all called it quits for the day. Our second, on October 17 - another great day to connect with our quilting friends.

We talked off and on about all kinds of topics and shared the current project we were working on. It was a lovely way to spend the day reconnecting with fellow sewing enthusiasts. An added bonus, it was really nice to not have to haul machines and supplies off to a venue to participate. Everything in your own sewing room at your fingertips.

If you don't have Zoom on a portable laptop or tablet that you can set up beside your sewing machine then maybe you would be able to join us by doing some handwork where your computer is located. Also, if you don't have Zoom set up yet we can help you out so you can be part of this fun experience.

We will be hosting 'Sew Fun Saturday' twice a month - upcoming dates are Oct 31, Nov. 14 and Nov 28. Save the dates and mark in your calendar so you don't forget! Zoom meeting invites will be sent to your email before each *Sew Fun Day* and you can find details in "Events" on our guild Facebook page.



failure for not trying to learn a new skill and couldn't even find the motivation to do the things she actually wanted to do. She interviewed several mental health professionals, and they all agreed that what she was experiencing was a very normal reaction. Similar to the adrenaline rush that we get in "fight or flight" situations, we have the ability to deal with longer lasting extraordinary situations, for example natural disasters. They called it our "surge capacity". We can rise to the occasion when we need to, and we do what needs to be done and deal with the issues as they come up.

But our surge capacity is limited as well. It is designed to help our short-term survival. Usually, those extreme situations have a certain time frame. Help arrives, solutions are found, insurance claims are filed and processed, and after a while we can see the light at the end of the tunnel. Right now our situation is completely different. We don't know how much longer this will last, and there is nothing we can do to resolve the situation. We have to wait and be patient and hope that the experts will be able to find a vaccine or cure but we don't know if and when this will happen. Our surge capacity can get us through the first weeks and maybe, if we are lucky, through a couple of months, but after that we are just exhausted. And it doesn't matter if we accepted the situation on an intellectual level. I read a summary of the Imperial College paper back in March and knew that the best case scenario was 12 to 18 months. After the initial shock I made my peace with it and moved on... or so I thought. Fast forward half a year, and I feel I am still struggling.

Reading that article about the limits of our surge capacity made me feel much better. You don't have to learn to play the piano or take Spanish classes just because "everyone" is suddenly doing it. All you have to do is get through this as best as you can. And if you struggle, please know that this is normal and please don't be afraid to say so and ask for help.

Thank you for reading my ramblings even though they don't have a lot to do with quilting. I believe that we don't pay enough attention to the mental health aspect of the pandemic and think it is an important issue to address. If you would like to read the article

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4770 Lougheed Hwy.
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October 15, 2020

yourself, here is the link:

<https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>

Happy stitching,
Beatrice

Membership/Registration

Just a friendly reminder if we have not yet received your membership dues of just \$30, we really hope you will send it along and want to join again this year.



As you are likely aware all

our meetings are via Zoom. It is super easy to set up and we are very willing to talk you through it (via phone while you are on your computer or tablet).

The Executive has a great list of activities and ideas for the year to keep us connected and motivated, especially through this winter where we are isolated in our homes. Our September meeting went fantastically well, it was so encouraging to see the familiar faces. As well, we have had one Sew Fun Saturday where we visited and sewed together virtually just like on a regular Sew day.

As usual if you have not rejoined the guild by the **end of October**, unfortunately we will be removing you from the email list and FaceBook. Of course, you can rejoin at any time during the year and hope that you will.

To make the payment there are three options:

Via e-transfer - cdanielson.chilliwack@gmail.com

Security question answer: quilts

Via cheque - PO Box 618, Chilliwack, V2P 7V5

Via cash - delivered to Beatrice

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Chilliwack, B.C. V2R 5T5

Membership Cards

We have had a few members ask about Membership cards. At our Executive meeting, it was decided that we would send out an electronic card via email that you can print out for yourself. These will only be sent for those who request one, please email the guild address to receive a card via email.

- Karlie

Cynthia Challenge



Drum roll please . . . by random draw the **winner**s of the Cynthia Challenge are **Naida F, Micheline G, Janet S, and Ineke V**. Gail will be in touch to deliver your prize to you. Cynthia challenge quilt creations can be viewed on the Cynthia Challenge page on the website. <http://www.chilliwackpiecemakers.com/cynthia-we-care-challenge>

Challenge QUILT 2020

By now you should be nearing the finish line or at least seriously thinking about that 20"x 20" with 20 items quilt show challenge project. We hope you are having fun being creative with your design and we are looking forward to seeing your results. If you are still thinking about it you can find the details here! <http://www.chilliwackpiecemakers.com/quilt-show-2020>



We Care

We still have kits available for you, as well as labels to attach to your completed projects and if you need batting let us know what size you require. We are happy to deliver to your door! Email us at chilliwackpiecemakers@gmail.com

Much thanks again for all the donations this month! 22 quilts were picked up and delivered to very appreciative community groups. (Hospice, Better Beginnings, Community Policing, Ann Davis)

Due Date: Finished challenges - please email a picture to Karlie before November 6 to the guild email address. Karlie will set up a survey for voting (send out via email) before the November meeting. The winner will be announced at the November meeting - Jean & Debra

SO FACINATING!! 'Zhen Xian Bao'.



Do you have a love hate relationship with algorithms in your browsing and on your social media?

Well sometimes serendipitously you can come across something you haven't seen before that intrigues you. This is what happened to me, by chance I found a link to a 'Zhen Xian Bao'. A what you say? A Chinese Needle Thread Book in English.

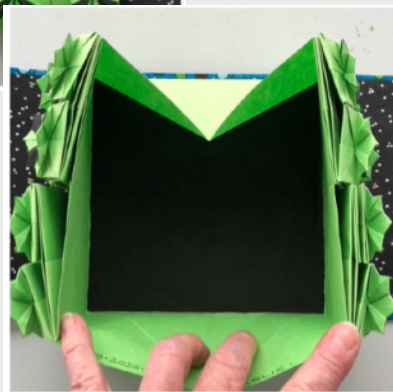
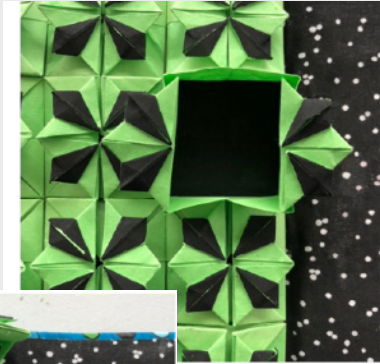
It is a series of ever increasing in size little box containers to hold your threads, needles, bits of fabric and tiny projects.

I was directed to this all because the algorithms knew that I liked to make origami and had done many searches in the past looking for specific instructions. I knew right away I wanted to find out more about it and even more how to make one. This is the link where viewed the Xhen Xian Bao for the first time. You can see why I was amazed. <https://www.youtube.com/watch?v=QxiPFXVnV0>



Zhen Xian Bao

... A What You say??



After that exciting experience I went in search for a set of instructions to make this fantastic item for myself. I found two. One was a YouTube with step-by-step moves to guide you along and the other was a pdf document. The nice thing about the YouTube instructions, as you well know, you can pause and re-watch any part when you get stuck on a step.
<https://www.youtube.com/watch?v=9NzHdjFXOM>

Here is the pdf document. <http://www.orihouse.com/zhenxianbao/zhenxianbao-paulaversnick.pdf>

This Zhen Xian Bao is made from 31 papers, making you guessed it, 31 pockets to hide treasures in.

I doubt I will use mine for anything functional, I have many handmade books that I enjoyed making. All are just for the pleasure of viewing.

Once I folded all the box components, I painted the insides of the boxes black and the small designs on the front folds. I did this because my paper was the same colour on both sides and I thought it would look drab without the extra colour. If you use paper that is a different colour on the inside from the outside you would not need to do this.

My final step was to cover a piece of cereal box cardboard (just the right weight) with fabric, glue it all together and add a tie with beads. Done! Maybe you will want to make one too, after all the instructional video has been provided for you, no algorithms needed.

- Karlie

October 15, 2020

Who's Who in the Zoo? Your Guild Executive

President

Beatrice R

Past President

Janet S

Vice President

Grace L

Secretary

Ineka V

Treasurer

Connie D

Programs

Sonja C / Cherri M / Cindy W

Fat Quarter Draw

Grace M

Workshops

Darlene C

Library

Diane H / Jane E / Hannah B

We Care

Gail W / Ginger C / Leslie Z

Membership

Karlie M / Darlene T

Communications / Web Site

Karlie M

Bus Trips

Karri W

Newsletter

Kate D

Publicity / Advertising

Lyn R

Photography

Kate D

Show & Tell

Lyn R / Kim L / Cathy V / Jean P

Sunshine / Hospitality

Cherri M / Hannah B / Ineke V

Quilt Show

Karlie M / Janet S

Round Robin Project

Starts Now!

Since we can't participate in Make & Takes like last year I have come up with a new challenge project.

The challenge for this year is a "Round Robin" starting October 2020 finishing May 2021. This exciting project will give you the opportunity to try something different and perhaps stretch yourself!!!

This project works with members being in a group of 4 or 5. Members can organize their own group or register with me and I will place you in a group. Each group will decide on it's own rules: eg: a medallion round robin, a strip round robin, or a block round robin. Each participant in a group decides on their own theme or you could all work on the same theme. You could decide on a theme for each month or be random. eg: half square triangles, log cabin, applique, etc

Each participant completes the first piece, puts it in a box (or bag), which is then passed around in rotation to each member of the group. You will not see your piece again until the end of March!!!! Between March and May you complete your project for a reveal at the May meeting.

Register your group or yourself on the Guild email. chilliwackpiecemakers@gmail.com If you haven't got a group and would like to participate please send an email and I will place you in a group. This will be a great way to stay connected during the year, I hope you will participate. Thank you to all our members who have already joined our round robin groups. The first month is about each of you doing your piece ready to pass on in late November. I hope you all enjoy yourselves and I look forward to seeing the finished pieces in May 2021. Janet S

COVID CHRONICLES

from the members of
Chilliwack Piecemakers Quilt Guild

Art, Steve Elliott, Chilliwack

Lyn R

Back from NZ mid March and straight into quarantine. Spent lots of time on FaceTime with my sister as NZ went into complete lockdown and she is on her own so we were pretty much her support network, but she did well and we had lots of great chats. New grandson was born in early April who we didn't get to hold for over a month. In the meantime we spent lots of time chatting to the other grandkids over FaceTime and reading stories to them. We have been thankful for our large back yard and garden that has helped keep us busy and where we have been able to have several socially distant gatherings with friends and to enjoy so many games with the little ones in our family.

The last 2 months I have been slowed down a bit by a torn Achilles Tendon no big deal in the overall scheme of things and I should be back to "normal" very soon!

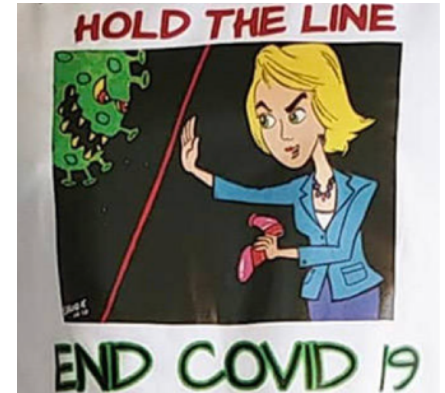
We have taken over the babysitting of our 2 year old granddaughter 3 days a week since early July. She is such a delight and we have so much fun together.

I hadn't even heard of Zoom until March but how it has become quite a part of my world. I have participated in guild meetings, executive meetings, a guild Saturday sew along which was lots of fun, and a virtual retreat with the modern guild. For now this is where we will see each other over the winter.

Just realized I hadn't actually mentioned quilting, I have been doing a little and have finished several quilts over the past few months most of which had been started before the pandemic. I'm currently doing the Jackie White Quilt along.

Like everyone else I wish this pandemic was over but in the meantime I am thankful for many of the things it has given me, particularly the feeling of being less rushed.

Hoping we can keep in touch with as many people as possible.



COVID CHRONICLES

from the members of
Chilliwack Piecemakers Quilt Guild

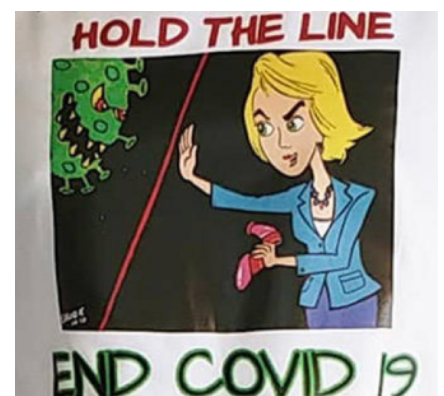
Art by Steve Elliott, Chilliwack

Gail W

As I watch the men's final of the French Open, the last 7 months don't seem SO bad.

-Lots of TV, especially HGTV and all my new friends - Dave and Kortney, Luke and Cliff, David, Karen and Mina, etc.

-Lots of bike riding (we really do live in a beautiful area), golfing and gardening.



-Lots of reading - 42 books, 16,163 pages.

-Maintenance level of housework but I did defrost my freezer and found quarts of applesauce labelled 1989!

-Sewed 64 masks, several flimsies, a few finished quilts.

-“Days for Girls” shields. I felt guilty because I hadn’t made any so I pledged to make 2 every day and now I have 246 to donate.

1 amazing 1-day road trip - Hope-Princeton, Tulameen (“I scream, you scream, we all scream for ice cream in Tulameen” our kids used to chant), Merritt, home and even got stopped by the RCMP for speeding but no ticket. What a day that was!

Happy Thanksgiving everyone. We’re all trying to keep calm but it isn’t easy. Cheers. Gail

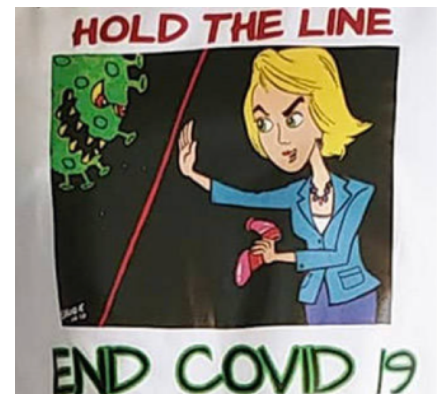
COVID CHRONICLES

from the members of
Chilliwack Piecemakers Quilt Guild

Art by Steve Elliott, Chilliwack

Susan S

The period of isolation we went through, while challenging, was a wonderful time to design and sew, sometimes even finish, our projects. Personally, many of my days were spent in my sewing room as my partner spent his time back east. I know many of our members work like dervishes completing beautiful quilts. I was happy to complete two We Care quilts and I almost completed one of my own before I had to make an emergency trip to Ottawa WITHOUT my quilt to work on. Nonetheless, it will be completed when we return home soon. As Ontario continues to shut down, be grateful B. C. is much safer.



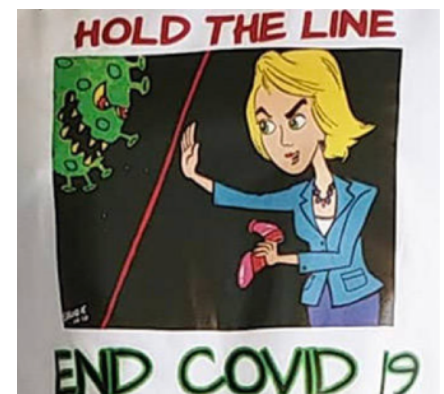
COVID CHRONICLES

from the members of
Chilliwack Piecemakers Quilt Guild

Art by Steve Elliott, Chilliwack

Ursula Y

It has been a huge time of change at our house since covid restrictions arrived in March. At first it was so strange to not see people, not go to cultural events, quilt gatherings, church, a restaurant, on a holiday, swimming or aquafit or see family etc. . Then on May 30th my 95 year old dear mom who lived with us died peacefully from congestive heart failure after only four days in the hospital. That is when life really changed. Since then my life has revolved around readjustment and closure. Covid restrictions made some of the business aspects challenging but eventually everything was done. All of the sifting, sorting and home adjustments are finally done. Family has come and gone safely a few at a time for their own closure. We have embraced the changes and have settled into our new life during these covid times.



Thank goodness for quilting! Through the midst of all of the changes and covid restrictions I was able to keep quilting doing both hand and machine projects. I layered every single quilt top I had so that I could quilt them when I had time. 7 quilts went to family in Kamloops and 10 "We Care" quilts have been donated. I have since made 4 more tops and prepped for 8 more "We Care" quilts that I am working on at my leisure. I am enjoying using up my "already cut up scraps". I am also getting closer to doing the machine quilting on two large quilts that I have managed to "push aside" for several years now. They are layered and ready. Did I mention I also made a "bunch" of smallish projects like zip bags and totebags etc. Playing with fabric in all its quilting forms is allowing me time to be creative, keeps me sane and makes me happy. My sewing room has never been so organized, my UFO"s are getting finished and new quilt projects just magically seem to get started. I miss you all.

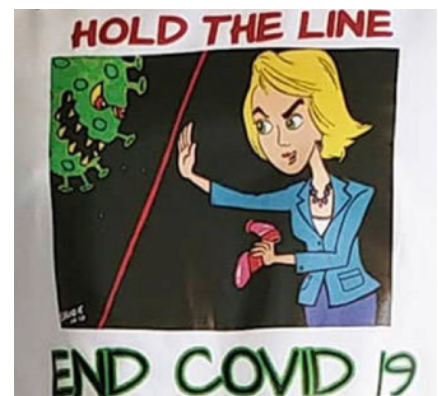
COVID CHRONICLES

from the members of
Chilliwack Piecemakers Quilt Guild

Art by Steve Elliott, Chilliwack

Karlie M

Unlike any other year I spent so many hours in my garden, both growing vegetables, fruit and flowers. Aside from all the planting, weeding, deadheading and seed collecting I undertook a new project, building a rockery. I hauled by hand hundreds of rocks on our property from the lower section to the upper section. While I assembled the rocks I made little potholes that were filled with soil and later plants. I'm super excited to see this next year when the plants fill out more. I have an apple tree in the lower yard. It is a young tree and this year it actually had apples on in, over 100. I would check on it every week or so when I went down there to pick a zucchini. One time when I went down to my surprise all my prize crop was gone, but for about 10 apples. The culprits were raccoons. Next year I will have to find a solution to protect them from thieves. Luckily my friends had bumper crops of apples they shared with me. I did my first canning of applesauce, chutney and tomato sauce. I have collected hundred of seed from my plants so in the spring next year for any of you gardeners who would like some I'm happy to share seeds and cuttings from my garden. Let me know.



COVID CHRONICLES

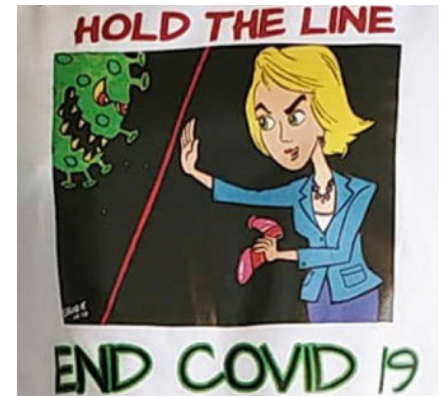
from the members of
Chilliwack Piecemakers Quilt Guild

Art by Steve Elliott, Chilliwack

Janet S

My Summer Chronicles - I spent most of the first part of the summer at home pottering in the garden and growing lovely flowers thanks to Karlie who gave me a pile of her seedlings. The sail boat, which usually takes up all of the summer, was still in the States until my husband brought it over the border into Canada the first week of August. That started my trips on the ferries to the Island, first to deliver groceries, he had to self isolate, and then to ferry him back and forth to the ship yard while the boat was hauled out of the water. He eventually moored it in Telegraph Harbour, a beautiful spot but yet another ferry over to Thetis!!!!

My sewing has consisted of a pumpkin table runner and table centre both hand appliquéd and quilted. I have also done a lot of scrap piecing, still using them up!!!! I have started a new appliqué quilt again using all batik scraps. I have read many books over the summer, my favourite being Winter Solstice by Rosamund Pilche. My new favourite recipe is focaccia bread but I haven't quite mastered the best place to put the dough to rise. The last one was like a brick!!!! Oh well I have plenty of time to practice.



COVID CHRONICLES

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Art by Steve Elliott, Chilliwack

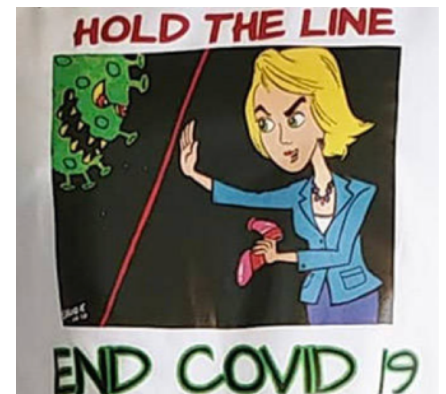
Kate D

I've had a lot to keep me busy during these long pandemic months.

My new condo construction was completed 3 months ahead of schedule - that was surprising! So my move happened in June instead of September. My summer has been spent moving, unpacking,

arranging a few upgrades, buying the extra furniture I needed for the bigger place, and best of all setting up my NEW SEWING ROOM!!

Ironically I have accomplished precious little actual sewing in that room yet. My Sew Fabulous Creative Retreats have of course ground to a halt, with my spring and fall retreats all cancelled and rescheduled to next year. I've been continuing to keep my in-person contacts bubble small, connecting lots on Zoom, keeping up with my guilds volunteer activities, and oh yes also keeping up with my actual part time job! My biggest volunteer activity was with my Modern Guild where I headed up a fantastic committee in organizing a full 3 day Virtual Retreat via Zoom. The event took place Oct 2-4 with 50 guild members attending. It was a blast! I will have lots of info to share with PieceMakers on this and maybe just maybe, we will have a PieceMakers Virtual Retreat before this pandemic is over! I



really miss connecting with you all in person and look forward to a return to normal living. In the mean time Be Kind, Be Calm, Stay Safe, keep on sewing and I'll see you on ZOOM!



**SEWING.
IT'S NOT A HOBBY.
IT'S A
POST APOCALYPTIC
LIFE SKILL.**