

Baste & Banter

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David Taylor returns to our Guild this month!



He visited us almost 2 years ago, and if you missed him then, you are in for a treat this time! David has loved fabric since he was a small boy, and he sewed regularly, creating costumes, clothing & other craft items.

David chose a career as a graphic designer, and eventually began to make quilts. He semi retired from his "day job" in 2009 to teach his appliqué & quilting techniques. He has logged over 300,000 actual airline miles in his travels, and visited almost all the states, 5 countries, and too many fabric shops to count!

David was born in New Hampshire & resides in Steamboat Springs CO. He has won many awards for his quilting, and many of his art quilts hang in private collections all over the world.



His lecture on Feb. 9th is titled, "The Reluctant Journey of an Art Quilter", and he will be teaching a workshop on Wed., Feb. 10th on Basic Machine Appliqué.

Bring a guest and prepare to enjoy the evening with the fabulous **David Taylor!**

REMEMBER: Time change for meetings. Social time @ 6:15 pm & meeting starts @6:45 pm.





Newsletter Editor: Cheri McDowell Webmaster: Tina Sandoval votmq@yahoo.com www.valleyofthemistguilters.com

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President's Message

Happy Valentine Day quilters! Are you ready to wear red or pink in honor of Valentine's Day and get an extra chance for a special door prize? We started this new tradition last year and everyone loved it. If you wear red or pink plus wear your name badge, you'll get a total of 3 tickets to win door prizes. We have a lot to celebrate as we start our new year. We have almost a full slate of positions filled, and we have an energized board that is ready to serve our members. Our guild is made up of so many incredibly charitable and giving members. Let's wear red &/or pink and celebrate the love that

Valentine Day stands for!

We do have one crucial position that really needs a leader. The **Philanthropy Chair** is still open and yes it does require some work, but this is a committee effort with a great group of ladies helping. The Chair organizes the monthly philanthropy meeting and arranges for the distribution of quilts to the charities that are in need. It is the most rewarding position in the guild. You will make so many people feel the love of a quilt as they wrap it around them. It will comfort and soothe their wounds and let them know that there are people who care. We take our quilts for granted, but to most having a handmade quilt is a special gift. Please consider volunteering for this position. The rewards outweigh the work and your heart will know you are doing something very special.

We have a new **Pet Bed Coordinator** so all those abandoned animals will have a soft and warm place to lay their heads. **My little dog Fred is a rescue.** It breaks my heart to think about him being in the adoption center for over a year without a bed to sleep on before I took him home. Thank you **Tawnya O'Herron** for accepting this position as it's near and dear to my heart. Our guild makes a difference! We also have a new member starting next month who has already agreed to be the **Hospitality Chair**. Thank you **Cheryl Rose!** She hasn't even come to a meeting yet and she already agreed to take this position on. We were in danger of losing our treats, but now we will have snacks and drinks at our meetings without worry. Cheryl tells me she is a gluten free baker so for those with gluten allergies, you're in for a treat. Please take a moment to review the list of board members in this newsletter and during the meeting take a moment to thank them for their selfless service. For all they do, let's show our love.

With all this said, this Valentine's Day, we celebrate and salute our 100+ members. It's not only those that step up and chair an event or activity, but those who work so hard behind the scenes quietly and discretely, yet they are always in the background to lift a hand when needed.

Also, get ready for the featured speaker this month...the one and only **David Taylor.** I know how entertaining he is so you won't want to miss this meeting. Marci Shaffer is setting up our quilt show video during the break as well so we are loaded with entertainment at our meeting.



With much love, hugs and appreciation – Happy Valentine's Day!

Your Pres....Pat

FRED

2016 Programs



2016 Programs

Valley of the Mist Quilters Guild

Put these exciting events on your calendar so you will not miss any.

Lyn Mann

January 12, 2016 Lecture: Head for the Border January 13, 2016 Workshop: Throw Tradition a Curve

Lyn has made over 440 quilts and designed approximately 70 for mysteries alone. She has had quilts pictured in 5 different major quilt books and 6 different quilting magazines. The featured book for the 2004 So. California quilters run was "Hit The Pavement" a book that Lyn wrote.

David Taylor

February 9, 2016 Lecture: The Reluctant Journey of an Art Quilter

February 10, 2016 Workshop: Basic Machine Applique

David has been the recipient of the Fairfield Master Award for Contemporary Quilting from the International Quilt Association (2006, 2014), the Brother Wall Machine Workmanship Award from the American Quilters Society (2008), and a two-time Best of Show winner at the IQA's Spring Festival in Chicago (2007, 2008), among others. His art quilts hang in numerous private collections worldwide.

Laura Heine

March 8, 2016 Lecture: Progression
March 9, 2016 Workshop: Confetti Horse

Laura's work has gone on to win numerous prestigious awards, among them being the \$10,000.00 purchase award from American Quilters Society for her Quilt *One Fish, Two Fish, Red Fish, Blue Fish.* Her patterns and quilting techniques have been published and her fabric design collections are much sought after.

Ami Simms

April 12, 2016 Lecture: How not to make a Prize-Winning Quilt

April 13, 2016 Workshop: String Star

Ami loves being a quilter and feels she has the best job there is: teaching people how to quilt. She came to quilting in a <u>round-about way</u>, and never looked back. After 38 years she still finds it exciting, exhilarating, and incredibly satisfying.

Jan Krentz

May 10, 2016 Lecture: Design Inspirations From Everyday Life

May 14, 2016 Workshop: Colorwash Hunter's Star

Jan is a quilt maker, instructor, designer and author. She offers workshops and presentations featuring basic quilt making skills and techniques. You can check out Jan on <u>The Quilt Show.</u>

In House Events: June, Brown Bag; July, Quilt University; August, Philanthropy Sew-In; September - Birthday Party, Challenge Quilts, Auction Quilts turned in; and December our Holiday Party.

Sylvia Pippen

October 11, 2016 Lecture: Quilting with Sashiko & Applique October 12, 2016 Workshop: Intro to Sashiko & Cyanotype

Sylvia's quilt designs combine traditional and innovative **sashiko & appliqué** with embroidery embellishment.

Member Showcase—

November 8, 2016 Hosted by: Shirley Brown, Marlene Oaks, & Sherry Riddle Lectures and Trunk Show of Members











Quilt Show News

Our 2016 18th annual Old Town Temecula Outdoor Quilt Show and Auction will be on Saturday October 1, 2016 from 10:00 a.m. to 4:00 p.m. Our guild members quilts will be on display throughout Old Town, hung from ropes on the various buildings, balconies and pillars. Our large quilt live auction will be in the Old Town Community Theater courtyard. Our featured quilter this year is our own Jane Tenorio -**Coscarelli.** Jane is famous for her Mexican themed patterns and is one of the founders of our guild.

Our next guilt show committee meeting will be on Tuesday March 1 at 1:30 in the community room at Grace Mellman library. The guilt show is our largest fund raiser of the year and enables us to donate to two or three local charities.

This show is a very big undertaking and is co-sponsored by the city of Temecula. It is an important event for Old Town and brings a lot of business to the Old Town merchants. We need a large committee to pull this off. The quilt show assistant, Ellen French, and I encourage everyone to join the committee and attend our meetings. We all travel and have other activities in our lives so it's understood not all members will be able to attend all of the meetings.

If you are a new member, joining the guilt show committee is a great way to get to know people and begin to get involved in our guild. Many of the committee jobs are not too time consuming. We really need and appreciate your involvement. The day of the week and time of the meetings will vary throughout the year.

Remember, It's never too early to start on those auction quilts!!

Badge

WE WANT YOU!!! to join us at our next 2016 QUILT SHOW COMMITTEE MEETING. Tuesday March 1 at 1:30 at Grace Mellman library in the community room 4100 County Center Dr, Temecula. Have fun, meet new people and help plan our biggest fund raiser of the year.

> Did you find a handmade name badge at the January Guild Lost Name Meeting? If so, it may belong to our member, Linda Duhe. Please let her know if you found it, or bring to the February meeting & give to Linda Duhe or Pat Jordan.

Workshops

Upcoming Workshops

Our January workshop with Lyn Mann was a rousing success. Most all attendees completed their first block and were well on their way to learning how to create their own quilt designs and patterns by replacing half square triangles with curved ones with the very least amount of fabric waste. What fun and how inspiring!

David Taylor's workshop for February 10 is nearly full. This is a machine appliqué class and his kit with pattern "**Under The Apple Tree**" is an additional \$30. Shelley will have the sample at the February Guild meeting. If you are interested in this workshop, contact Shelley asap.

Laura Heine's March 9 class has few spaces left, and her new **Confetti horse** kit required for her class will provide all but four additional fat eighths of floral motifs "that you love," to individualize your completed 49" x 38" quilt, borders and binding included. This completed quilt is one of which you are sure to be proud.

Learn strip-piecing & tube construction with **Ami Simms' String Star quilt workshop on April 13** 10-4, and "bust your stash." You will make a 33" x 33" quilt, before borders, no kit required. Find her supply list at amisimms.com>stringstar1. Class size is limited.



Contact me, **Shelley Wilson** at **shelley.gbt@gmail.com** to sign up for our workshops held in the wine country at: Glen Oaks Clubhouse, 40101 De Portola Rd., Temecula, CA

Workshop Fees: Members \$30 Non-members \$40 (for one day workshops) (any required kit purchases are additional fees)

Opportunity Quilt "Triangle Ranch"

Be sure to pick up your packet of tickets for the opportunity quilt at the next meeting. I have a packet of 24 tickets for each member of the guild to sell or to buy themselves. The tickets sell for \$1 each or 6 for \$5. I expect a total of \$20 to be turned in along with the ticket stubs before our quilt show on October 1, 2016. The winning ticket is drawn at the end of the live auction at the quilt show. You can't win it if you haven't bought a ticket. A king sized quilt with all those triangles for only a \$1 ticket!

Gloria Bachmann



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Monthly Mini

Hello everyone! Maureen Nelson here for the **MONTHLY MINI.** First, I would like to thank all of you "quilt fairies" who came forward and volunteered to make our minis for the upcoming months. All the months for 2016 are filled and I'm excited & can't wait to see all of your creations! The following quilters have graciously donated their time & passion to our "cause" and they deserve a big "whoo hoo"!

February: Marlene Oaks March: Sandy Shammas April: Gloria Bachmann

May: Julie Nims July & September: Marci Schaffer October: Tawnya O'Herron

November: Dot Demin January 2017: Jami Loudenback

Now lets all come forward with **\$1 (for 3 chances)** to win these creations. The odds are way better than Powerball and your support helps the Guild fund our charities.

February's Mini is brought to you by Marlene Oaks. Here is a charming little quilt that celebrates friendship & fellowship. I would say that its message is "right up our alley". The background is a newsprint fabric and the center is a machine embroidered message about friendship, bordered by flowers. Look closer and you will also see some hand drawn dancing heart flowers on the lower border. This Mini is right in time for Valentine's Day and I'm thinking that the empty space on my sewing room wall could use a little something like it! The back has a built in sleeve for hanging. Bring your dollar (s) and see you at the meeting!



Retreat

Our annual Spring Retreat is coming soon. The dates are Friday April 1 through Sunday April 3. The Retreat is held at the beautiful **Vina de Lestonnac Retreat Center** in our lovely Temecula Wine Country. There is ample sewing room...hours of sewing time.....delicious food & snacks...and the friendship and camaraderie that make our Guild so special.

If you have signed up and paid your full fee....thank you so much! If you have signed up and still owe money..**please bring your final payment to the February Guild meeting**. If you will not be at the meeting, please mail your payment as soon as possible and let us know.

There are a couple of openings, so if you have not signed up....this is your chance! The fee is \$275, which includes 2 nights & 3 days, all food and as much sewing and fun time as you can imagine! No cooking or cleaning or errands on this weekend! We may be able to have a few day trippers, however we must fill our contract before that can be opened up. Contact Pat Jordan or Cheri McDowell for sign up or information about the Retreat. If you are interested in day only...please let us know and we will do our best to accommodate if we can.

Date: April 1- 3, 2016. Check in at 9 AM Friday and 2 PM check out Sunday. Final details will be sent to all who signed up at the end of February.



Charm Squares

• Come to the Charm Square Table to sign up & get a participation number and the total number of participants for each month.

Charm Squares are fabrics that are NOT washed & should be quilt

store quality fabrics.

 Cut 4 different fabrics each 6 1/2 inches square for each participant. Do not use the salvage edge.

• Each group of 4 fabrics should be pinned or clipped together with your

participation number.

 Be responsible for your squares arriving at quilt meeting if you signed up.

If you signed up in January, the February theme is RED & BLACK.

The March theme will be available at the table. Sign Up!

Questions: Call Diana Short (805) 312-5303

Merchandise Table



January's Merchandise table had a winter blues theme for our group of 3 "blues" items. Lucky Jamie Loudenbach won two of the drawings, a seascape of blues in a zippered pouch and sailboat batiks with accompanying fabrics. Marlene Oaks won the bag created by Miyo Inouye-Kretsch. We welcome Kay Catalano to our little group of merchandizers.

Our little table earned \$94 for this month's

merchandise. Thank you participants!

February will have a wonderful Valentine's theme. Please stop by our table and check out our offers. 1 ticket for \$1 and 7 tickets for \$5. What a deal!

If you have any donations that are new/unused items for our table we will readily accept them.



Show and Tell



How fun to see your January quilts! Keep up the good work!

Remember you should show recently completed quilts anytime, especially those from past workshops. This year we've added a new dimension of Themes. So plan ahead and finish UFOs for February and March. Inspire us!

February- Show us your favorite Valentine quilts, red & white, heart motifs, or LACE!

March- In honor of St. Patrick's Day, let's show our GREEN quilts! Plus show off your

Celtic designs or Embellished quilts too!

Do you have any favorite on-line quilting sites? Let us know and we will have a listing of sites to explore.



Quilter of the Month: Marlene Oaks



This month we are highlighting **Marlene Oaks** who has been highlighting other members throughout the year. It's time to let everyone know who Marlene is and how her life unfolded. She is currently our Ambassador Coordinator and has held many positions in the guild including President. Marlene is spiritual, highly productive, creative, and sews at one speed......FAST!

Marlene was born in Pennsylvania and grew up as an only child. Her family moved to California when she was 7 years old and she went through Whittier, CA schools. In her senior year of high school, the Principal decided she would be the test case for a new idea – work experience to see if you really want the career you think you want. So every day of her senior year she taught 1st and 2nd period English Orientation. She received the faculty scholarship

when she graduated, and was awarded honors at entrance to several private colleges, but, even with partial scholarships, her parents could not afford these colleges. She ended up receiving her B.A. from Cal State L.A. and also a Lifetime Teaching Credential for junior high through junior college. At graduation she was awarded entrance into Kappa Delta Pi, graduating top 3% nationwide. She taught various subjects: Home Ec, Art, Reading, History, and Culinary Arts. When she had her son and daughter, she began working from home sewing for others and sold paintings and collages. When the children were in school, she went back to teaching, and then her husband suddenly passed away in 1977.

Marlene has been on a spiritual quest all her life and at the time of her husband's passing, she was a lay leader in their church. It just seemed natural to go into the ministry at this crossroads. She studied in several churches, took oral and written exams, and was Ordained in May of 1978 in Hawaii by the Community Church. A few years later, she earned her M.A. and Doctorate in Religious Studies from Emerson Institute. She served as a senior pastor for twenty-two years and founded 2 churches. She led an outreach to Russia, Ukraine, and Crimea starting in 1991, and has been there 20 times teaching spiritual seminars -the biggest one with 40 Americans on her team and 950+ Russians



attending for two weeks just outside of Moscow. Tapes of her sermons here in America were mailed to Moscow, and were on Moscow radio every week playing to an estimated 60 million. She has traveled and taught in Moscow, Tver, St. Petersburg, Siberia, Tatarstan, Bashkortostan, Ukraine and all over the Crimea. She helped get a couple of schools for disabled children established, and also helped in some orphanages and a drug rehab center in Siberia. She has written 15 books which have been translated into Russian and has 5 of them (in English) available on Amazon's Kindle books. She writes a spiritual blog and has a spiritual website.

She married Gilbert in 1987 and they have been happily together ever since. He is her biggest cheerleader whether in ministry or sewing. Between them, they have 4 children and 7 grandchildren.

When Marlene was 7, she received a little hand-crank Singer sewing machine and she began making rag dolls as well as clothes for her clothespin "family." She did a lot of hand embroidery and learned to crochet and knit. When she was 8, she decided she wanted to really sew and her mother said "no, too little." So she took her allowance to the dime store and bought a blouse pattern, found some fabric in her mother's stash, figured out the Kenmore sewing machine and made a blouse. She couldn't figure out the buttonhole attachment, so her neighbor taught her how to make hand-worked buttonholes. When her mother came home from work, she had a completed blouse. From then on, she made many of her clothes in high school and for the rest of her life. She took tailoring, pattern making, textiles, etc. in college preparing to be a Home Ec teacher. She made a couple of crazy quilts for granddaughters after seeing a demo on TV. In 2005 she was off work from back surgery and took her first actual quilt class at Calico Cottage. She fell in love with quilting and has tried just about every kind of quilting since. Marlene joined our Guild after Eleanor Burns gave a big Friday event to kick off the guilt show in 2008. She has found quilters to be the nicest, most kind, sharing, wonderful people, and is thankful to have found the Valley of the Mist Quilters



Guild and to have been able to participate with such fabulous people. It means a lot to her to have her Guild friends and she feels blessed to have everyone in her life.

Block of the Month

Block of The Month 2016: Block #2

This month we are continuing our black, white, grey, and one color of your choice palette. We encourage you to make two blocks, one to enter in the drawing and one to keep. Jackie White, who has a blog at: www.jabotquilt.blogspot.ca designed this block. The block is called Diagonal Diva. It is very easy to make two of these blocks because of the way the fabrics are stacked and cut. If you choose not to make a second block, you will have an extra set of pieces for the center portion of the block.

Cut list

For two blocks:

Cut two 5.5" x 13" rectangles from your white and grey fabrics. Cut one 5.5" X 13" rectangle from your black and color fabrics (I am using pink in this illustration)



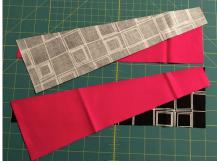
If only making one block:

Cut one 5.5" x 13" rectangle from each of your fabrics – white, grey, black, and color of your choice

Assembling the block:

• Lay the cut piece of color fabric on top of the black fabric piece –important keep both pieces right side up not facing each other--and make a diagonal cut lengthwise, ensuring that you do not go from corner to corner. See photo below– you need to leave at least half an inch at either end.





- Sew the opposite colors together along the diagonal cut, creating two new rectangles. Press the seam to the darker fabric. If you are only making one block, one of these will be leftover, so just pick the best one for your block.
- Repeat two more times stacking the white on the grey.

You should end up with six rectangles. Trim the width of these rectangles to 4.5". You can straighten out the ends, but extra length will be trimmed after the next step.

Following the color layout shown, arrange three of the rectangles vertically.

• Sew the rectangles together along the lengthwise sides. Press and using a 12.5" square up ruler, trim to get a 12.5" block. Repeat to make a second block!

Hope you like the block. Adriane Ridder& Shelly McNeely Block of the Month Coordinators



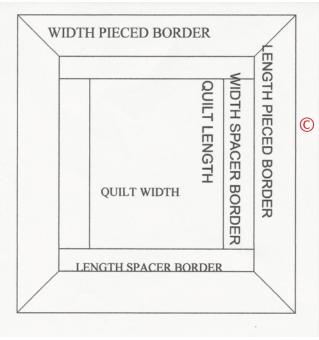
Complimentary Spacer-Border Directions

Our January speaker & workshop teacher, Lyn Mann, showed us her wonderful quilts with their interesting and amazing borders. She kindly gave us the following directions to publish for a spacer border so that any border you make will fit your quilt, including rectangular shapes.

Keep this in your files and you will always be ready to design your own amazing borders!

SPACER BORDER © 2000

TO MAKE YOUR PIECED BORDER FIT YOUR QUILT YOU PROBABLY WILL NEED TO ADD A SPACER BORDER. TO FIGURE THE WIDTH TO CUT THE SPACER BORDER. MEASURE THE LENGTH OF THE PIECED BORDER AT THE EDGE THAT ATTACHES TO THE QUILT. THEN MEASURE THE LENGTH OF YOUR QUILT DOWN THE CENTER. SUBTRACT THE QUILT FROM THE BORDER AND DIVIDE BY 2 (YOU HAVE TO SPLIT THE AMOUNT BETWEEN THE TWO SIDES.) THEN ADD 1/2" FOR SEAM ALLOWANCES AND THIS IS THE WIDTH YOU CUT THAT SPACER BORDER. IF YOUR QUILT IS SQUARE, THE SPACER BORDER WILL BE THE SAME FOR ALL FOUR SIDES. HOWEVER, IF YOUR QUILT IS RECTANGULAR, YOU MAY HAVE A DIFFERENT WIDTH SPACER BORDER FOR THE SIDES (LENGTH) THEN FOR THE TOP AND BOTTOM (WIDTH). SO YOU WILL NEED TO MEASURE BOTH LENGTH AND WIDTH AND MAKE TWO CALCULATIONS AS ABOVE. THE BORDER WIDTH THAT YOU ARRRIVED AT FOR THE TOP AND BOTTOM IS THE WIDTH YOU CUT THE SIDES BORDERS. AND IN TURN, THE MEASUREMENTS FOR THE SIDES GO ON THE TOP AND BOTTOM. REMEMBER YOU MUST ALSO DETERMINE HOW LONG TO CUT THESE BORDERS AND MATCH YOUR QUILT AND BORDER AT FIRST AND THIRD QUARTERS AND IN THE MIDDLE AND SEW WITH THE QUILT TO THE FEED DOGS.



© 2000 Lyn Mann (949)309–8150 quiltlyn@mindspring.com www.quiltsbylyn.com

Membership Application, (Page 1)

If you have not renewed your membership for 2016, please take a moment to fill out the following 2 page form & bring or send with your \$30 check.

Valley of the Mist Quilters Guild

PMB 435, 27475 Ynez Road., Temecula, CA 92591

Membership Form

Dues are \$30 for the year, January 1 through December 31. Our January meeting is the renewal deadline. Please fill out the form below and either mail it to the Guild (Attn: Membership) or turn it in at the next meeting along with your payment. Make checks payable to **Valley of the Mist Quilters Guild.**

| Today's Date: | New Member | _ Renewal | Membership #: |
|---|---|-----------------|--|
| Name: | | Bir | thday: Month Day |
| Mailing Address: | | | |
| City: | | Zip: | Phone: |
| Email Address: | | | |
| | (This address will be used to | | |
| • | u and/or your work on our webs | | |
| How would you rate your | self as a quilter? Beginner | Intermediate | _ Advanced |
| Are you interested in join | ing a friendship group? | YES | NO |
| What type of programs or | workshops would you like to s | see offered? | _ |
| New members, please tell | us how you found out about th | e guild: | |
| below. | r appointed official, or in an aux | • • | Please indicate areas of interest |
| And/or: Serve on any standing | g or special committee. | | |
| Committee. | nittee, Philanthropy Committee, | , Opportunity Q | uilt Committee, Membership |
| Preference: | | | |
| Members are requested to | o sell or purchase \$20.00 worth a of the Quilt Show each year. | of Opportunity | Quilt tickets, participate in the work |
| Members are requested to of the Guild, and the worl If you have any questio | of the Quilt Show each year. | | |
| of the Guild, and the worl If you have any questio | of the Quilt Show each year. ns, please go to our website | | Quilt tickets, participate in the work stquilters.com) or contact a Board |
| Members are requested to of the Guild, and the worl If you have any questio | of the Quilt Show each year. ns, please go to our website | | stquilters.com) or contact a Board |

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Membership Application, (Page 2)

| Quilt Show Pa | rticipation | Name: | | |
|---|---|---|--|--|
| | | Email | | |
| | | Date | | |
| | | | | |
| All members of the Valley of the Mist Quilters Guild are asked to help make our annual quilt show successful. The following list includes the most common choices available for quilt show participation. If you have another idea, please contact the Quilt Show Chairperson. This form will be submitted to the Quilt Show Chairperson. | | | | |
| | Work on Quilt Show Committee plan and execute the quilt sho | ee: attend monthly committee meetings, help w | | |
| | Work a minimum of 3 hours a | t or toward the Quilt Show | | |
| | | than 24" x 24" for the Quilt Show Auction. | | |

You may also send your membership renewal form & check to:
Janice Emmerson
30921 Corte Arroyo Vista
Temecula, CA 92592

These Forms are also available on our website www.valleyofthemistquilters.com

Correspondence

Note From Gloria:

 ${f I}$ want to thank the board and the committee of past presidents who decided to award me the first **Silver Thimble Award**. I was so surprised that I had no words at the January meeting. March will bring the 19th

anniversary of my joining the Valley of the Mist Quilters Guild. During these years I have made so many friends and enjoyed working on lots of projects with many other wonderful guild members. Our incredible speakers have inspired me and taught me in lectures and workshops. My itchy foot encourages me to travel, but I try to schedule trips around as many of the guild activities as possible.



There will be many more enjoyable productive years ahead. I will treasure wearing this beautiful silver thimble and I'm already wondering who will win the award in the years ahead. Thank you so much.

Gloria Bachmann





This plaque was presented to Valley of the Mist Quilters Guild by the 4 Paws 4 Patriots organization as a thank you for the donation given to them from our Quilt Show

Places To Go.....Quilts To See

• February 13 & 14: SOUTH BAY QUILTERS GUILD 2016 QUILT SHOW

"CELEBRATING THE RED, WHITE AND BLUE"

Torrance Cultural Arts Center

3330 Civic Center Drive

Torrance, CA 90503

Information: Sue Glass 310-372-3945 www.southbayquiltersquild.org

March 4 & 5: DESERT GUILDS QUILT SHOW 2016

PALM SPRINGS PAVILION 401 Pavilion Way Palm Springs, CA

INFORMATION: PO Box 1181, Yucca Valley, CA 92286 www.desertguildsquiltshow.com

April 22 & 23: CAMARILLO QUILTERS Association presents:

"QUILTING BY THE SEA"

Quilt show, Vendor mall & more

Ventura County Fairgrounds

INFORMATION: www.camarilloquilters.org

January 16-April 3 VISIONS ART MUSEUM

Exhibitions by: Kathleen Probst, Yvonne Porcella, Darcy Falk 2825 Dewey Road, Suite 100 San Diego, CA 92106

619-546-4872 www.visionsartmuseum.org

Gallery Hours: Tuesday thru Saturday 10 am to 4 pm

Sunday Noon to 4pm

"According to a 2013 study from the University of Texas at
Dallas, older adults who learned cognitively demanding activities, like
quilting and digital photography, improved their memories. Those who listened
to classical music, watched classic movies, or engaged in social activities, on the other
hand, didn't have the same gains. That's because the brain loves novelty. We build
brain muscle – that is, stronger connections in the frontal lobe regions that control
short-term working memory – by engaging in interesting new tasks."

Real Simple Magazine, "Brainpower", Nov. 2015 (contributed by Carole Donahue)





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Please Contact: Cheri McDowell

mcdowell22@verizon.net





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Valley of the Mist Quilters 27475 Ynez Rd. #435 Temecula, CA 92591

http://www. valleyofthemistquilters.com Like us on Facebook

| | r cordary, 2010 |
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| PLEASE DELIVER PROMPTLY TO: | |
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MISSION STATEMENT

Our Guild was formed in 1990 and is a non-profit organization. The purpose of our Guild is to promote cooperation and the exchange of ideas among those persons interested in or engaged in quilting and to further the education and skill levels of our members.

Bring form & \$30

Our Meeting Location

Community
Recreation Center
30875 Rancho
Vista Rd.
Temecula, CA

Exit the 15 Freeway at Rancho California Rd. and go East.
Go to Ynez Rd. and turn right.
Go to Rancho Vista Rd. and turn Left The CRC is approximately 1.5 miles on the righthand side.

All Sewers
Welcome

Reminders: **Get your** newsletter articles in by **General** the 20th of Sign up for **Meeting Tues.**, each month **Workshops** February 9 @ *6:15 pm* *February **Retreaters:** (note time change) birthdays?* **Bring final Bring door** payment Don't forget to prize & snack wear red or to share □ Bring Block of pink for extra the Month door prize ☐ Board Meeting ticket * on Monday, ☐ Bring Show & Feb. 15th @ Tell Moore's, 6:30 Renew **Membership** pm □ Bring US Vets

Donation