



Golden Valley News Patches



Golden Valley Quilt Guild
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Volume 20 Issue #3
March 2021

March Program

Jenny Lyon - ZOOM

We are still in the ZOOM zone, but SO EXCITED we are getting closer to seeing everyone "In Living Color". Our next virtual meeting will be on Thursday, March 25, 2021 at 7:00 p.m. Stay tuned to your email for a dedicated **ZOOM** link to participate.

During our Thursday virtual meeting, we are very thrilled that **Jenny Lyon**, local award-winning quilt artist and BERNINA Ambassador, will be presenting her "My Journey Through the Artistic Muddle" during our virtual meeting.

On Saturday, March 27, 2021, from 9:30 a.m. to 4:00 p.m. (NOTE START TIME) we are pleased that Jenny will teach a virtual workshop "Yes You CAN Free Motion Quilt!" Supply list [here](#). There are a few slots left to take this class for the usual \$25 fee. Contact Sandee Rudolph at 916-725-0830 if you're interested in signing up.

March Birthdays: Please send photo of the dessert you would have brought had we met in person to kriss@caletc.com.

Virtual Bring and Brag – Send us a picture of your project(s) and any comments you'd like to share about the project(s) to kriss@caletc.com.

Group Sew Bring and Brag – If you've participated in and have almost finished your group sew or community service sew projects from recent months, please send a pic to kriss@caletc.com so we may include you in the group bring and brag!

We look forward to seeing you!

Thank you for your continued participation and support!
Kristine Gross and Sandra Rudolph
Sheila Galuza, Linda Sliepen and Candice Buerer

Snippets . . . from the president

As I'm recuperating from my second vaccine, I've been having such good feelings about how this year is starting out! I'm missing all of you and hope we're back at St. Mark's when Sacramento County is moved from the purple to the red tier. So, in the meantime, Zoom it is!

At this month's meeting, we're excited to have Jenny Lyon talk to our guild. You don't want to miss it! Look for Kriss's article in this newsletter for details. Yes, it will be on Zoom, so if you need tutoring, let me know.

Have you renewed your dues yet? If not, contact Linda Sliepen, Membership Chair (or another board member) to find out how to do that. Yes, without meeting in person it's a little more complicated. Let us help you!

Board members have been calling guild members to say hello and see how you're doing. If you haven't gotten a call yet, you will get one soon (apologizing to those that I'm supposed to call...I'm behind).

The next board meeting will be Thursday, April 1st, 6:30 p.m. Let me know if you're interested in attending and I'll send you the link.

Stay safe and keep sewing!

Vicki



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Next Newsletter Deadline: Thursday,

April 8th

Please mark your calendar!

GVQG Board - 2020 to 2021

President	Vicki Walter	916-459-3021
President Elect	DonnaPalmer	916-342-7194
Secretary	Christine Canelo	916-769-5690
Treasurer	Theresa Abler	916-798-1931
Treasurer Elect	Shir Lee Belisle	916-487-7757
Program Directors	Sandra Rudolph Kristine Gross	916-725-0830 916-276-3564
Program Director Elect	Candice Buerer	916-508-7554
Member at Large	Kathy Quilty	916-969-0153
Membership	Linda Sliepen	916-725-2800

Committees - 2020 to 2021

Advertising	Valerie Wong	916 969-2899
Block of the Month	Sheila Galuza	916-990-0837
Bring & Brag	TBD	
Community Service	TBD	
Batting	Hazel Williams	916-967-0780
Friendship	Kimberley Hess	916-838-1640
Historian	Carolyn Monson	916-521-6556
Hospitality	Maureen Niemeyer Lauren Markell	916-967-9383 425-418-0203
Luncheon Chair	Pam Conrad	916-847-4062
Mercy Retreat	Cordelia Min	916-965-8567
Mini Groups	Karen Gray	916-969-9778
Newsletter Editor	Carolyn Monson	916-521-6556
Opp. Quilt Scheduling	Sharon Baxter	916- 955-4148
Opport. Quilt Tickets	Martha Hess	916-222-9075
Opport. Quilt Travel	TBD	
Oppor. Quilt-Visiting	Dianne Round	916-961-3321
Prop. Management	Carolyn Monson	916-521-6556
Quilted Treasures	Liz Johndreau	916-721-6993
Secret Sisters	TBD	
Web Master	Carolyn Monson	916-521-6556
Zephyr Retreat	Bev Purdue	916-969-2899

Programs & Workshops

Unless otherwise stated, all general meetings are at St. Marks Lutheran Church on the 4th Thursday of the month at 7:00 p.m.

March

Meeting: Zoom with Jenny Lyon

Date: Thursday, March 25th, 7 pm

April

Meeting: TBD

Date: April 22nd, 7 pm



Share & Care

Carolyn Monson - If you like tuna casserole . . . I added a recipe for one to the Website - BEST I have ever eaten!

Kimberly Hess - Baby quilts are so much fun to make. But what about making a quilt for the Grandparents?

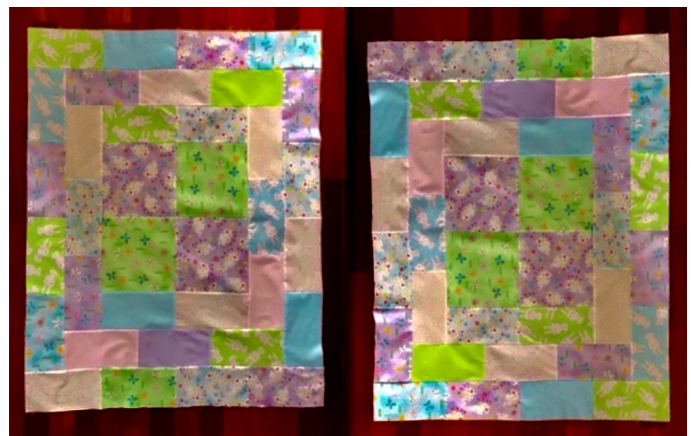
I recently made semi-matching quilts for the expectant parents AND grandparents.

This pattern is "Gypsy" by Villa Rosa Designs and takes 20-10" squares. Since most layer cakes have 40 or 42 squares it is perfect for making two similar quilts and dividing up the duplicates commonly found in a layer cake.

I also wrote a little poem that can be placed on the label or gift tag.

Feel free to use!

"A Grandparents Quilt" by Kdc
Here at the house this quilt will stay,
At Grandpa and Grandma's when you come to play,
Whether for an hour or the entire day,
Upon this quilt you will dream and lay!"



Membership

The annual membership drive is in progress. The new year begins April 1, 2021 (no joke). We have 118 active members, but so far only 39 or 33% have renewed their guild membership.

We still have 79 members who have not renewed their membership. Please print the renewal form from the newsletter or website and mail it along with your check to the Membership Committee at Linda Sliepen's address which is on the form for your convenience. If you aren't able or don't wish to renew your membership for next year, please drop me an email at membership@goldenvalleyquiltguild.org so I won't bug you. But know that you'll be missed.

At the end of the membership drive, I plan to have your new membership cards printed and available by May 1st but can only do so with your cooperation. The card program prints blocks of 10 membership cards at a time and isn't set up to print individual cards. Please submit your renewal form ASAP.

Another reason to renew your membership on time... the password to unlock the members only section of our website changes on May 1. Even if you can't afford to pay your dues at this time, you need to send in your renewal form so we can hold your place on the roster. Only members in good standing will be included in the email unveiling the 2021-2022 password.

Linda Sliepen
Membership Chairperson

Sew-Along

This month, Jenny Lyons' free motion quilting workshop will take place on the Saturday after our general meeting. In order to facilitate both the workshop and our sew-along session, we've moved the sew-along up to Thursday, March 18, from 10am to 2pm. Once again, we will record the demonstration for anyone who can't join us on that day but would like to sew Gemini with us. Sandee Rudolph has created a small (larger than a mini) wall hanging version of the quilt. If you're interested, contact her for cutting instructions. This time there are no HSTs. We will be sewing only squares and rectangles. The card provides instructions for two different layouts of the blocks - one appears as a columnar set of chains, the other a more random pattern. We will show you how to layout both.

We hope to Zoom with you on Thursday. Once again we have some fun participation prizes. Join us to catch up and chat with friends even if you don't want to sew that day. Join us even if you intend to work on another project. Bottom line, please join us for fun and friendship.

Sheila Galuza and Linda Sliepen

General Meeting Minutes

Thursday, February 25, 2021

7:00 pm

(Meeting by electronic zoom due to pandemic)

Meeting Called to Order at 7:04 p.m.

Quorum established; 27 members present

Member Birthdays in February: Liz Johndreau, Kimberley Hess, Barbara Kiehn, Wendy Radford, Faith, Grunwaldt, Kathy Steuber and Judy Hryce

Approval of minutes-January: approved as distributed

Reports of Officers and Standing Committees

Officers: no reports

Committees:

Membership: Linda Sliepen states that 29 members have renewed their dues and there is total of 117 members. Welcome to new member Rita Trexler

Community Service: Sheila Galuza dropped off 75 quilts to Volunteers of America.

They like small baby quilts as well as larger quilts. They also donate quilts to veterans.

Sheila read thank you letter from VOA. The women don't like to leave quilts behind when they leave program. The program is very grateful. Do they want Clothing? Due to COVID, they cannot take used clothing but they can take new clothing and new hygiene products any time.

The need is on going. They have 50 beds and we have given them 100 quilts as requested but women take quilts when they graduate.

Bring and Brag/Birthday Dessert slide show: Kriss Gross

New Business Programs:

Sew Along: Saturday, February 27, 10:00 a.m. to 2:00 p.m.; Villa Rosa Designs pattern: "Color Box"

March speaker/workshop is Jenny Lyon; in person or virtual-whichever works at that time.

Door Prizes: Christine Canelo and Robin Best

Breakout Rooms to catch up

Announcements

Pajaro and Mancuso Quilt shows are online now.

Thursday, March 4, 2021 at 6:30 p.m., Board Meeting via Zoom

Thursday, March 25, 2021, 7:00 p.m. General Meeting via Zoom

Adjournment at 8:17 pm

Christine Canelo, Secretary





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(916) 984-7071
98 Clarksville Rd. Ste. 150</p> | <p>Roseville
(916) 791-2121
9250 Fairway Dr., Ste. 110</p> | <p>Santa Rosa
(707) 575-5259
1455 Santa Rosa Ave.</p> | <p>San Jose
(408) 408-4880
4688 Meridian Ave.</p> |
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Cameo's Sit 'N Sew & More

Workshop Space for Quilters and other Creatives

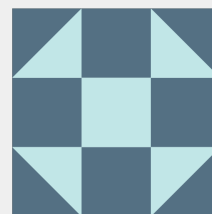
Evening times (4pm-10pm) available for groups on weekends and some weekdays.

Please email for information
peggy@cameositnsew.com

Remember . . . for 2020-2021

Please make a note of it!

If you don't know what this image means . . . please ask Membership or the Web master.




Day & Evening Sit & Sews Available
15% Birthday Discount
Rewards Points for most products

9045 Fair Oaks Blvd, Ste D, Carmichael, CA 95608
(916) 696-6710 / www.swiftystitches.com
Corner of Fair Oaks Blvd & San Juan Ave
Monday – Saturday: 10:00am – 4:00pm
Sunday: 10:00am – 2:00pm

Treasurer's Report-December 2020	
Bank Balance beginning of December	\$31,972.71
Monthly Income	\$453.00
Monthly Expenses	-\$472.83
Bank Balance at end of December	\$31,952.88
Less Dedicated Funds:	
Mercy Retreat-Income	-\$3,471.78
Zephyr Retreat-Expense	\$0.00
Charitable/Education	-\$13,544.08
Available Funds at end of December	\$14,937.02

From . . . Quilting Digest

(and our GVQG December 2018 newsletter)

CLEAN AND MOISTURIZE YOUR MAT TO KEEP IT IN TOP SHAPE!

Self-healing cutting mats are among a quilter’s most important tools. They can be a bit pricey so it makes sense to keep them in good shape. Fortunately, it’s not hard to clean them up and extend their life. With care they will provide good service for many years.

Every once in awhile you’ll want to clean off little threads and fibers that get caught in the cuts and keep the mat from “heal- ing”. A soft scrubber (for dishes), an eraser or a soft brush like a toothbrush or mushroom brush will make short work of removing leftover fuzz. A light touch is all it takes. Just make sure the tool you’re using is soft enough to prevent scratching the mat.

Once the mat is clean, it’s time to moisturize it and renew the surface. This involves soaking it in a vinegar and water solution in the bathtub or other large container. Ideally, your mat should lie flat while soaking. However, if you have an extra large mat you may need to let it bend up the side and reposition it gently from time to time so the whole surface gets a good soak.

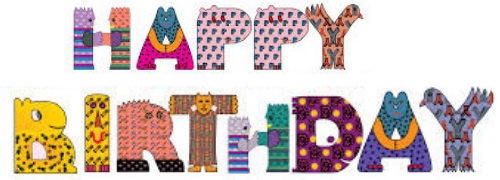
Soaking a Cutting Mat Adding vinegar to the water in a bathtub.

For soaking, use **cool water**, never warm or hot as that can warp the mat. Use a solution of 1/4 cup white vinegar per gallon of cool water and let it soak for 15 to 20 minutes. Add a bit of mild dish soap, like Dawn or Ivory, and use a soft brush to gently scrub the surface of the mat (the key word here is SOFT). This will get any straggler fibers that may still be trapped in the cuts.

In the process of cleaning your mat this solution will also moisturize it, making it supple again. Your rotary blades will last longer, too, since they will be cutting into a softer surface.

Once done soaking, rinse it with cool water to remove all residue.

Dry the mat with a soft towel or let it air dry. Make sure it is flat while drying so it doesn’t warp.



Shir Lee	Belisle	03/03
Beverly	Akin	03/05
Mary	Bengel	03/05
Susan	Shafer	03/16
Marva	Dance	03/19
Adeline	Macias	03/22
Sylvia	Crowe	03/26

TIPS FOR PROLONGING THE LIFE OF YOUR SELF-HEALING CUT- TING MAT

In a nutshell, keep your mat clean, moist, flat, away from heat sources and vary where you cut on the mat. Remember, your cutting mat is not a coaster for your coffee cup or a spot to use your laptop!

- Store it flat, not rolled up or standing on edge. This can cause the mat to crack.
- Do not iron on your mat or set hot beverages on the sur- face. Also, don’t leave it in a hot car, near a hot surface (a heater or such) or in direct sunlight. Heat will cause your mat to warp.
- Moisturize your mat regularly using the soaking method described above.
- Vary where you cut on the mat. Repeatedly using the same cutting lines will cause deep grooves that won’t heal and can eventually cut through the mat.

For Cutting Mat Storage hang it in the closet using a pants hanger or hang several mats together with a skirt hangar.



If you know of a guild member who needs a little, or a lot, of encouragement or a congratulation, call Kimberly Hess so she can send out a card from the guild. Kimberly’s contact information is: 916-838-1640 or email at dalsnquilts@yahoo.com



Getting to Know you

I must begin with an apology and asking for your forgiveness. Lying in bed this morning I got this idea of having a little biography of a Golden Valley Quilt Guild member in the newsletter each month. Since the newsletter deadline was YESTERDAY I wondered who I could bother, in such short notice, to get, and write, their story. It seemed impossible. Well, I thought, I could more easily do it about myself this time. For taking center stage, I apologize but now it is 1 down and 100+ more to go. And, then, since I am NOT what I would call a writer - please forgive me.

On December 2, 1939, my original birth certificate said my name was Grace Ellen Olausen and I believe I was born in St. Anne's Home for unwed mothers located in Los Angeles, California where I was nursed for 8 weeks by my birth mother. I eventually found my way to Riverside, CA where my adopted name on my birth certificate would have been changed to Carolyn Ann Monson. My dad worked the Registered Letter window at the Post Office, my mom was head of the Visiting Nurses Association, and my big brother (6 ½ years my senior) eventually went off to UC Berkley, majored in mathematics and taught at Riverside Poly High School and eventually became the vice principal.

Growing up, I was a serious tomboy. My dad clamped roller skates on my shoes when I was barely 4, getting a bike when I was in the 5th grade gave me even more freedom to go anywhere. That year it snowed and girls were allowed to wear pants to school - I was in 7th heaven in my jeans and cowboy boots. My best friend/playmate was Terry Evans, who lived 5 houses up the street. I remember my last time playing catch (football) with him in his front yard. I was in the 11th grade and I had this revelation that I was a "girl" and I shouldn't be doing this anymore.

After graduating from high school I entered nurse's training at the Los Angeles County General Hospital. Sadly, I did not finish - but, that's another story. Returning home was an unsettling time for me but, eventually, I met an Air Force 1st Lieutenant, a B-47 Navigator, and 6 months later we were married - December 26th, 1959.

Becoming a mother was extraordinarily special for me - I finally had someone with whom I shared my DNA. I loved it and I gave birth to 4 sons and 1 daughter within a 6 year and 20 days period of time. I had taken sewing every year in high school and it had become a very necessary/important skill.

The military life required some moving - from Riverside (1963) to Merced (B-52 training), Kincheloe AFB (1963, upper Michigan), Travis AFB (1967), to Mather (1968) where we bought our 1st home in Fair Oaks.

Around 1972, my husband retired from the Air Force and we both were taking classes at ARC. I, luckily, fell into a position as an Instructional Assistant for the Math Department and for 22 years I pretty much "ran" the Math Learning Center - with a different math instructor switching in/out every hour - to make it legal.

Unfortunately, after 17 years of marriage, I filed for divorce in 1976 - no one understood that my husband's violence and anger was PTSD. I, and my sons, now understand that he just could not deal with what he did/had to do as a B-52 Radar Navigator/Bombardier during the Vietnam war.

In 1977, I married a high school French teacher/girl's varsity basketball coach and in 1986 he applied, and was accepted, for a Fulbright Teacher Exchange and we moved to Switzerland for a year. Knowing I would have a sewing machine available for me use, I brought the instructions and fabrics to make an Around the World quilt top. I DID NOT REALIZE WHAT I WAS MAKING - I was thinking it would end up as a comforter but - it became my first UFO.

Around 1998, that husband left me for a younger woman. My attorney told me, on average such relationship last about 18 months - he was right. At the time of the divorce, I chose to go back to my maiden name.

Knowing I needed some female companionship I ended up joining the Folsom Quilt Guild. There, I was, surprisingly, drawn into a situation where, after taking 1 semester of HTML code, I ended up being their Web Master. But then I learned about Golden Valley! GVQG is a much more friendly guild.

In April of 2011, I became Membership chair & Newsletter editor. Then, in September of 2013, I was at some sort of GVQG sewing event and Cordelia Min started talking about the guild needing a Web site . . . I said, "I can do that," so, I also became Golden Valley's Web Master. I gave up being Membership chair in April of 2014.

It is this guild that holds me together.

Carolyn Monson



Attending the guild meeting via Zoom

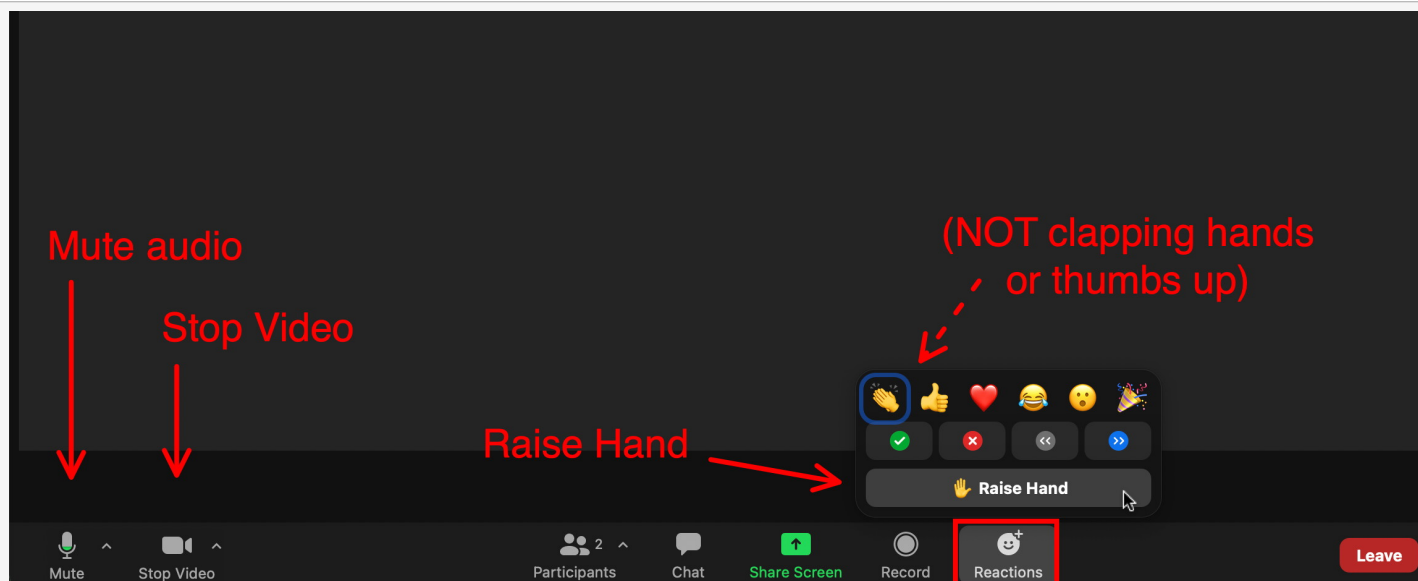
Select the meeting link emailed to you.

Your device should ask if you want to join with video. Choose with or without. If you choose without, that means you can see us but we can't see you.

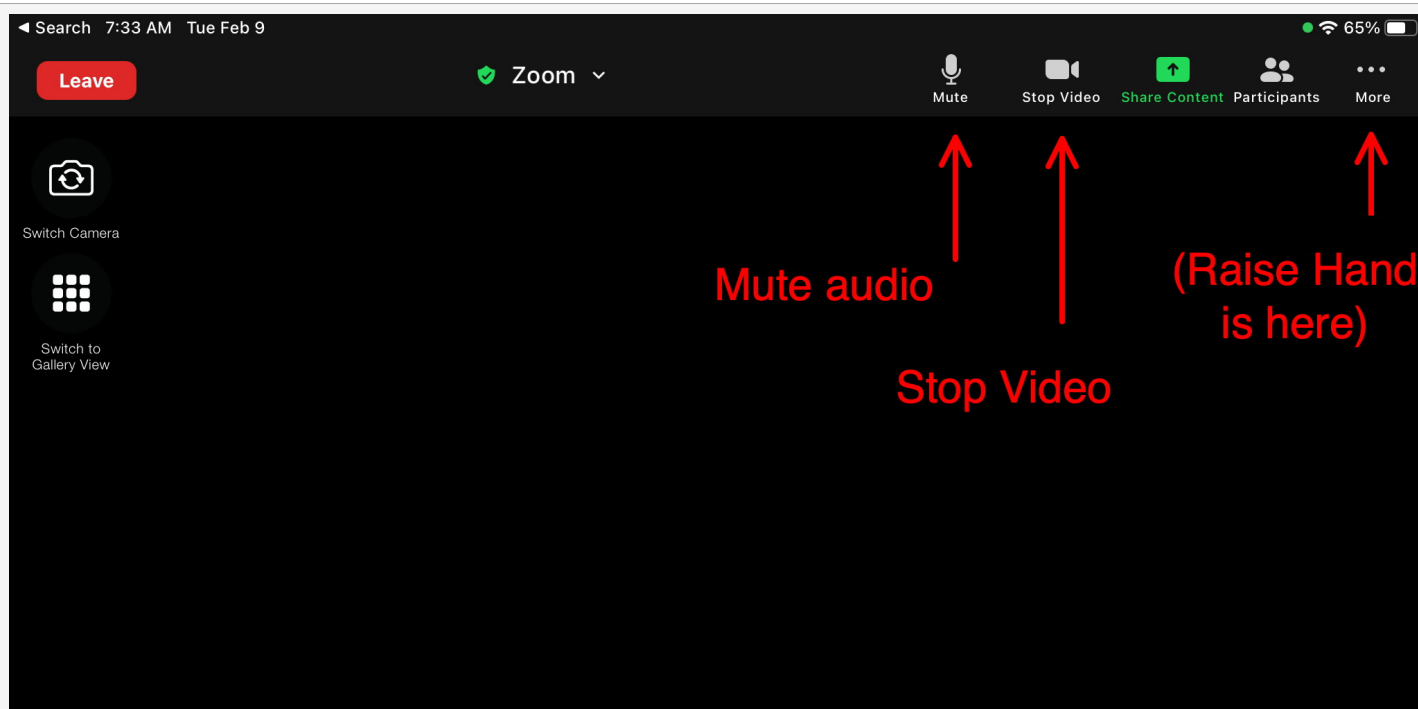
Your device will then ask if you want to join with audio. Choose with or without. If the host mutes everyone, they can't unmute you. They can only ask you to unmute yourself.

On your device (iPhone, iPad, Android....I think), by tapping the screen once, you'll get all your prompts to mute/unmute, video on/off, see participants, switch between speaker (only person speaking) and gallery (all participants) mode, raising hand, etc.

If you have the latest version of Zoom, this is what your **computer screen** should look like:



This is what an iPhone/iPad (I also think Android) screen should look like:



Do not be afraid to click on things to see what they do. - just **avoid** the **red** "LEAVE" and the **green** "Share Screen" buttons

