

Golden Valley News Patches

Golden Valley Quilt Guild
P.O. BOX 556
Citrus Heights, CA 95611

www.goldenvallyquiltguild.org
GoldenValleyQuiltGuild@gmail.com

Volume 21 Issue #10
October 2022

October Program

Speaker - *Christina Cameli*

Christina has been sewing since she was a child. In 2003, she fell in love with quilting. Since then she's authored five quilting books, filmed multiple online classes and designed quilt patterns and fabric. She is also a nurse-midwife, a mom and a paddle boarder.

She lives in Portland, Oregon with her blended family, rescue lab mix and a ton of houseplants.

Quilting is where she puts herself back together. She loves teaching, creating and sharing the incredible journey of being human.

Explore approaches to making magic with whatever scraps you have at your disposal. Frugal and fabulous, scraps are for everyone!



Visiting Quilt will be:

Pine Tree Quilt Guild

What's Inside

Birthdays	Page 3
Calendar of Events	Page 3
Christmas Party	Page 8
Community Service	Page 8
Friendship	Page 5
Membership	Page 3
Meeting Minutes	Page 5
New Members	Page 8
October Workshop	Page 5
Programs & Workshops	Page 2
Quilt Challenge	Page 4
Share & Care	Page 6
Treasurer's Report	Page 3
Sulky's Tote Event	Page 7
Zephyr Retreat - 2023	Page 5

Snippets . . . from the president

Hi my fellow quilty peeps.

I hope that you are all well and looking forward to the upcoming holiday season. It's still a bit too warm for me, but at least we are having some wonderful cool nights. I am really looking forward to the daytime temps getting cooler also.

My sewing room is a disaster! I am going through years of quilting stuff, and thinning down my hoard. Oh what a mess I've made! I will never use all this stuff in my lifetime ... or the next, if I was granted one. So I am really cutting back. I have a huge drawer full of rulers. At least one of every kind imaginable, and 3 or 4 of some others. Why? Who knows, but I have them. I bought a lot of machine quilting rulers/guides. Tried a couple and decided that I much prefer to just freestyle. I have kits that I will never make, and I can't even tell you how many mats and rotary cutters I have. I also have saved every scrap of fabric that I have ever used. I literally have totes full of scraps. So I'm really going to narrow down a lot of this stuff. With both my husband and myself having health issues this year, I decided I really need to simplify. So that's my plan. And you know what they say about plans ... You make plans and God laughs. Here's hoping I can stick to it.

Don't forget that our guild meetings will be a week early in November, due to Thanksgiving and in December we have our Christmas Luncheon. No one has stepped up to volunteer to organize it, so we are just going to wing it this year.

There will be a 'decorate a table' contest. So sign up and possibly win a prize. More information will be given at the October guild meeting along with a signup sheet.

Hope to see you at guild!

Donna

HAPPY
HALLOWEEN



GVQG Board - 2022 to 2023

President	Donna Palmer	916-342-7194
President Elect	Sheila Galuza	916-600-2504
Secretary	Candice Buerer	916-508-7554
Treasurer	Mary Ward	408-218-0801
Treasurer Elect	Gwyneth Dunbar	916-844-7788
Program Director	Christine Canelo & Barbie Robertson	916-769-5690 916-475-4350
Program Director Elect	Pam Conrad & Donna Dale	916-847-4062 916-988-8062
Member at Large	Kathy Quilty	916-969-0153
Membership	Sharon Baxter & Janet Gilstrap	916-955-4148 916-396-1829

Committees - 2022 to 2023

Advertising	Valerie Wong	916 347-2640
Bring & Brag	Nancy Grundel	916-505-1264
Community Service	Laureen Markell & Phyllis Esteves	425-418-0203 916-849-6050
Batting	Hazel Williams	916-967-0780
Friendship	Kimberley Hess	916-838-1640
Hospitality	Pat Gossett	916-600-5921
Luncheon Chair	Pam Conrad	916-847-4062
Luncheon Ticket Sales	Karen Gray	916-969-9778
Mercy Retreat	Cordelia Min	916-965-8567
Mini Groups	Karen Gray	916-969-9778
NCQC Representative	Vicki Walter	916-225-9946
Newsletter	Carolyn Monson	916-342-2322
Opport. Quilt Tickets	Martha Hess	916-222-9075
Opport. Quilt Travel	Sharon Baxter	916-955-4148
Oppor. Quilt-Visiting	Dianne Round	916-961-3321
Prop. Management	Carolyn Monson	916-521-6556
Quilted Treasures	Liz Johndreau	916-721-6993
Sit & Sew	Linda Sliepen	916-952-6019
Web Master	Carolyn Monson	916-342-2322
Zephyr Retreat	Gwyneth Dunbar Christine Canelo Barbie Robertson	916-838-1175 916-769-5690 916-475-4350

Programs, Workshops, & Events

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

Workshops are 9:30am - 3:30pm
(Set-up 9:00-9:30 a.m.; Clean-up 3:30 p.m. - 4:00 p.m.)

If you would like to take a workshop, contact: Christine Canello at 916-769-5690 or Barbie Roberston at 916-475-4350

Click on [blue active links below](#) for full information.

October

Meeting: Speaker: [Christina Cameli](#) (clickable link)

Date: Thursday, October 27th, 7pm

Workshop: Scrappy Quarter Cabins
(See page 6 for workshop information)

Date: Saturday, October 29th

November

Meeting: Speaker: [Joy Lily](#)

Date: Thursday, November 17th, 7pm

Workshop: Silk Dying

Date: Saturday, November 19th



December

Event: Christmas Party

Date: Saturday, December 10th, 11am to 2pm

January

Meeting: Speaker: Yvonne Phenicie

Date: Thursday, January 26th, 7pm

Workshop: Curved Piecing

Date: Saturday, January 28th

February

Meeting: Speaker: Melissa Lee - Surface Patterns

Date: Thursday, February 23rd, 7pm

Workshop: Donna Dale - Precision Piecing

Date: Saturday, February 25th

Long Arm Quilting

Quilt by Machine



Debra Ludden

6136 Villa Capri Court
Carmichael, CA 95608

916-834-9247

debraludden@gmail.com

Calendar of Events

Always check for updated information when going out of town.

October 21, 22, & 23

Independence Hall Quilters, Mountain Heirloom Quilt Faire. Ironstone Vineyards, 1894 Six Mile Road, Murphys \$10, 10 - 4 each day.

October 22, & 23

Ridge Quilter's Guild Quilt Show, 10 - 4pm, Elks Lodge, 1100 Elk Lane, Paradise (Off Clark Rd.) \$8 admission, husbands half price.

November 12 & 13

Pioneer Quilters Guild Quilt Show and Sale. November 12 - 13. Sat. 10 - 5, Sun. 10 - 4. Vendors, Boutique, Prizes, Lunch & Quilts for sale. Roseville Sport Center, 1545 Pleasant Grove Blvd. Roseville.

February 25 & 26th

Quilt Show: Pajaro Valley Quilt Guild
Sat. 10-5, Sun. 10-4, Santa Cruz County Fairgrounds, Watsonville



Membership

We had 51 members attending the September guild meeting. We welcomed 3 guests, Diana, Karen & Tommie. We had 2 new members join that night. We're happy to have Leann Dickinson and Gabriele Wildanger join for the fun at GVQG. Gabriele was previously a member (#45) and has re-joined. Karen Riggs won the Swifty door prize of a beautiful fall panel. Lauren Markell won the membership door prize, which was a mini-notion organizer & bag from a new quilt store north of Yuba City, The Blue Heart + a pin cushion made by Gabriele. Do remember to put your ticket in the bag in order to have a chance to win!

Sharon Baxter & Janet Gilstrap



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@cameossitnsew.com**



Kathleen	Quilty	10/02
Sally	Flake	10/06
Cindi	Oseto	10/11
Martha	Kunkel	10/12
Beverly	Cook	10/14
Debbie	Walker-Steffens	10/14
Marilyn	Solem-Schultz	10/18
Chad	Zimmerman	10/23
Nancy	Holinski	10/25
Vivian	Ticer	10/25
Claudia	Sumpter	10/28

**If it is your birthday, please
be sweet and share a treat.**



Treasurer's Report - September 2022	
Bank Balance beginning of September	\$40,270.58
Monthly Income	\$7,332.00
Monthly Expenses	\$9,388.99
Net Income/Loss	-\$2,056.99
Bank Balance at end of September	\$38,213.19
Less Dedicated Funds:	
Mercy Retreat-Income	\$8,031.00
Zephyr Retreat Income	\$0.00
Charitable/Education	\$11,168.00
Available Funds at the September	\$19,014.19

Quilt Challenge

First of all I would like to thank everyone that participated in the quilt challenge for the Tropical Threads Luncheon Sept 10. There were many positive and "creative, beautiful work" comments from the luncheon attendees. Be proud ladies that your works of art were appreciated.

A diva name was part of the challenge .. which is included in the list of winners. Ribbons and gifts were as follows:

1st place - Elegant Raven by Robin Bess - (RV Trailer with lights).



2nd place - Herra the Bold by Beverly Akin - (Koi)



3rd place - Olivia Needlequeen by Nancy Holinski - (Turtle and wave)



4th Honorable Mention - Rebellious Kahuna by Kim Brownell - (Parrots)



Once again. Thank you for your participation, especially after 4 years!!

Lauren Markell - Challenge Chairperson

www.etsy.com/shop/ritatraxlerdesigns

T-SHIRT, MEMORIAL, CHILDHOOD MEMORY QUILTS
WALL HANGINGS, PILLOWS AND HOME DECOR

916-289-7841
quilts@comcast.net

Available to Teach Classes

 **Cordelia Quilts**

Longarm Services, Custom Creations & Upcycled Products

Email: CordeliaQuilts@Outlook.com
(916) 965-8567
<https://www.etsy.com/shop/CordeliaQuiltsStore>

Zephyr Retreat 2023

Sunday, June 4th to Friday, June 9th
SAVE THE DATE

Come join your fellow quilters for five days of quilting, sewing, fun, food, games and laughter in beautiful South Lake Tahoe! Just think: five days of quilting, morning, noon and night if your heart so desires!

As with everything else this year prices have gone up a bit. The room rates are \$140 per night and the meal plans are \$224 per person. Our setup/takedown fee is \$275 and will be divided up among the number of attendees we have. We have 13 rooms reserved and we need a minimum of 20 meal plans purchased. Rooms are single, double, or triple occupancy, with a limited number of single, triple or ADA rooms available.

Member Fee: approximately \$475 to \$675
 (Based on double or triple occupancy)
 Non Member Fee: approximately \$495 to \$695
 (Based on double or triple occupancy)

Signup sheets will be available at the November guild meeting and in the November newsletter.

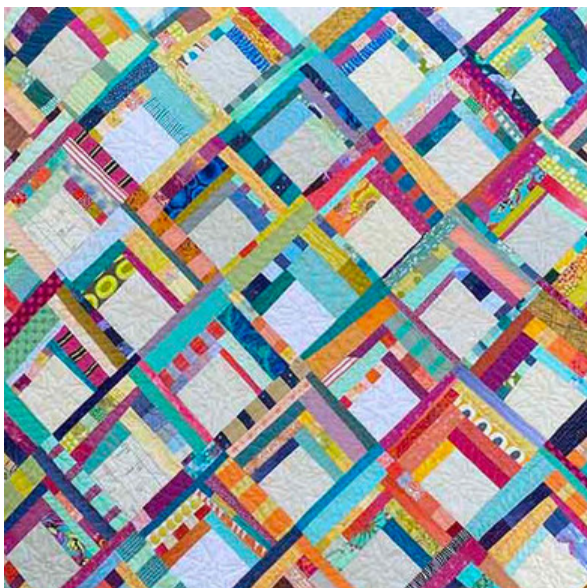
Payment schedule is as follows:
 November: \$200
 January: \$200
 March: Remaining balance
 Any questions contact: Gwyneth Dunbar

October Workshop

Scrappy Quarter Cabins

A single quilt block to use up your scraps in style! Get instructions for color choice as well as piecing and a pattern for assembling the quilt.

The supply list is on the Web site- [click here to download it.](#)



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



Runs with Scissors

QUILT SHOP



Fabric
 Notions
 Longarm Services
 New Large Classroom



916-722-2500
 quiltnredhead@aol.com
www.runswithscissorsquiltshop.com

New Location: 7525 Auburn Blvd., Suite 1
 Citrus Heights, CA 95610



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

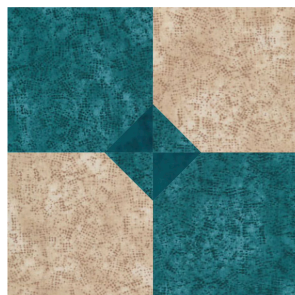
Sunday: 10:00am – 2:00pm



Remember . . . for 2022-2023

Please make a note of it!

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



Share & Care

Zoe Meegan - Down the Rabbit Hole I Went!

With the new mandate to begin organic waste collection, I began looking at my garbage with a more critical eye. Very quickly, I realized many of the items I have been purchasing, such as home cleaning, laundry, and personal care products, were packaged in non-recyclable containers. The lightbulb first came on when I went to Costco to buy more Tide laundry pods and found they now came ONLY in a BIG bright orange hard plastic container, that upon closer scrutiny was NOT recyclable. So what the heck was I going to do with this orange monstrosity when my pods were gone??

My epiphany came shortly after, when I pumped by last squirt of body wash from its plastic container. It was a very functional container and just too good to toss out, and of course, when I checked for the recycle symbol—you guessed it—it was NOT recyclable.

That's when I went down the rabbit hole! There should be a place I could go to and refill my plastic containers with whatever type of product I needed. So, I went to the internet and soon discovered there is such a place, actually three businesses around the Sacramento area that carry bulk products so you can refill your empty containers. They're called 'Refilleries.'

So, with my empty body wash container clutched in hand, I took a trip to the [Village General Store](#) and Refillery located in Roseville to see what exactly a 'Refillery' was all about.

When you bring your container in to be refilled, it's weighed empty and then again after its been filled. You only pay for the weight differential. Products are all carefully selected and sustainably sourced and come primarily from women owned small businesses. That means you will not be able to refill your plastic container with your usual brandname shampoo or purchase Tide laundry detergent. However, you do have a wide variety of scented or non-scented products to choose from.

I realize I'm a bit late to the party, but going down this rabbit hole opened up a whole new world for me. I left with a refilled bottle of sweet pea body wash, which, by the way ended up costing me no more than my original bottle. My purchase supports small businesses and enables me to feel good about not adding one more non-recyclable container to the 300 million tons of plastic produced each year worldwide, half of which is for single-use items. That's nearly equivalent to the weight of the entire human population.

I can hardly wait for my dish soap and Tide pods to run out so I can make another trip to the Refillery!

[Editor comment: With 187,000 trees being cut down each year for toilet paper, and it takes over a decade to grow back, I have gone to [REEL bamboo products](#) for that and paper towels. Bamboo is harvested once a year and it grows back to be harvested the next year. The products come wrapped in paper, not plastic. Available on line or at Target.]



MEISSNER SAVINGS COUPON

Exclusive for Guild Members!

20% OFF

In-Stock Accessories & Notions*



*Discount taken from MSRP on in-store purchases. Not valid with any other offers. Selection varies by location. In-stock items only. Some restrictions apply. See store for details.






www.MeissnerSewing.com

Meissner Sewing & Vacuum Centers

Northern California's Largest Sewing, Quilting, and Embroidery Retailer

Lifetime Education
We offer a variety of creative classes and events for all interests and skill levels.

Factory-Trained Technicians
Service & repair by certified household and industrial sewing machine technicians.

Extensive Machine Selection
from top manufacturers of household and industrial sewing and embroidery machines.

Meissner Complete Protection Plan & Low Price Guarantee
Buy with complete confidence!

Top-of-the-Line Vacuums
by Miele, Dyson, Riccar, plus expert servicing.





Proud to be an Authorized Dealer
Availability varies by store.










Sacramento	Folsom	Roseville	Santa Rosa	San Jose
(916) 920-2121	(916) 984-7071	(916) 791-2121	(707) 575-5259	(408) 408-4880
2417 Cormorant Way	98 Clarksville Rd. Ste. 150	9250 Fairway Dr., Ste. 110	1455 Santa Rosa Ave.	4688 Meridian Ave.



We hope you're getting ready for the Sulky's Guild Only Lounge & Learn Strap Happy Tote Event!



We have reserved a place for you!

- Visit https://sewingonline.sulky.com/offers/QTNi2CeU?coupon_code=LL101922CA3 to create your own login information for **FREE** – your guild has already reserved this event for you!
- Once logged in, you will have exclusive access to the **“Strap Happy Tote” Lounge & Learn Guild Only event LIVE on October 19, 2022, 9:00am – 1:00pm PST**. Can't make it to the live event? We have you covered! After the event, you can watch it on demand at your convenience! (There is no limit – you can watch it as many times as you would like!)
- The event will feature the **“Stabilizer Secrets”** overview and the **Strap Happy Tote Workshop!** There will be a live chat with a **Q&A** and **MEGA DOOR PRIZES!** (You do not need to be live to be eligible for a Door Prize – all members with a login will be eligible for the drawings! Winners will be notified by email.
- All members will receive a **Virtual Goodie Bag** download – available beginning on October 19, 2022 – found on the event page.
- Attendees can also join the “Strap Happy Tote” community to ask questions and see all Q&A information from the event. Add for **FREE** at <https://sewingonline.sulky.com/offers/4ovWEHVv> You can access the community page forever!
- Sulky will also feature guild exclusive sale products the day of the event through October 22, 2022 at midnight!



Strap Happy Tote



Questions? Feel free to email leeann.jones@sulky.com for assistance. Thank you and we look forward to “seeing” you in October!



**Leann Dickinson
Gabriele Wildanger**

**Please look for new members
and make them feel welcome.**



Community Service

Thanks to all who donated quilts this past September. 73 quilts were turned in. To date we have donated 573 quilts to our various agencies.

September donations:

Lotte Reed 39	Pat Gossett 11
Hazel Williams 14	Karen Riggs 1
Jude Hryce 1	Adelia Keller 1
Carolyn Monson 1	Barbie Robertson 2
Lauren Markell 2	Jody Groves 1 + 5 burp cloths

In addition bindings were completed by Judy Scollay.

Also 25 additional quilts were added to the August totals which were completed and delivered by Lotte Reed.

And a thank you for deliveries this month by Lotte Reed, Jody Groves, Rachel Hernandez, and Phyllis Esteves.

Thank you GVQG members for your generosity, time, and donations. They truly are appreciated by everyone receiving them and also the agencies that we donate to.



 A festive background image for a Christmas party announcement. It shows several wrapped gifts in red and white paper, pine branches, red and white ornaments, and a small gold Christmas tree on a light-colored wooden surface.

GVQG Christmas Party

December 10, 2022 – 11 to 2 pm

Decorate a table contest & win a prize!
Only 9 tables available so be sure to sign up at
the October guild meeting.!