



Camarillo Quilters Association

Quilting in Ventura County since 1980

Volume 40, Issue 8

March/April 2021

PRESIDENT'S MESSAGE

By Jonal Beck, Co-President

The Boys in the Boat by Daniel Brown follows the life of Joe Rantz, a hard luck orphan kid who during the depression era worked hard to survive. As a teen, he struggled financially and personally and attended the University of Washington. He eventually became a member of his college Rowing Crew. This team of 8 college men was chosen to represent the United States in the 1936 Olympics in Berlin. This book is a great read (I highly recommend it since we have so much time with sheltering in place right now). I don't want to give away the ending, (No, the butler did NOT do it!)

I do want to share that I was very impressed with the life of this young man who persisted while enduring many hardships. Even though Joe Rantz was on the crew team that overtook Italy and Germany by inches to win the Olympic Gold Medal, he still had thoughts of being the weakest member of the team. Funny thing, each of his team members had the same feeling: *that each was less than adequate*.

How many times do we think we are *less than adequate*? We think "I cannot achieve my goal," or "will I ever finish that quilt? How many times do we think our sewing is inadequate? Sometimes we feel like we are climbing up hill. It does not matter, if it's a real mountain or a mountain of fabric, we all need encouragement.

In high school, I was in a Backpacking Girl Scout Troop with about 30 other high school age young ladies. Many times, we would go on day hikes, or even week-long pack trips. Often many of us would be tired or psyched out from the long haul up the mountain. I remember our leaders, Mrs. Butler and Mrs. Vleck, saying, "just put one foot in front of the other!" We all shared the feelings of being victorious when we reached the top of the mountain!

Whether we are an Olympic gold medalist, a quilter, or a member of a Backpacking Girl Scout Troop, we all doubt our abilities from time to time. We cannot let the doubt stop us from persevering. When we're tired and psyched out, we need a push, a leader, or friends to remind us that we are enough, and we can achieve the unimaginable. CQA is here for you!

Thank you, Maribeth Benedict for encouraging us to complete our UFO's! We have much time these days to sew, to read, and to get goals accomplished. If you feel overwhelmed as you look at your "stash" and that pile of fabric and that pattern hiding in the corner of the room, see what you can do with it to complete it! Work on it just an hour or two each day. Be persistent. Someday, your grandkids or great grandkids would like it or maybe it would warm the heart of a child or adult in need.

As current co-president and past president, I can speak firsthand on what a rewarding adventure it is to participate as a member of the CQA Board. I recall, I was very apprehensive when asked to be CQA President a few years ago. I, like Joe Rantz, felt apprehensive. When 2 key people in my life enthusiastically supported my contemplation of becoming the leader of CQA, they said, "this job will be very rewarding". Thus, I opted to take the position. And they were right. Yes, it was a bit of a learning curve, a bit of deadlines to meet, and a bit of work. But the awesome Board did most of the work, I made many friends, and I had fun, with much gratification.

Sincerely,

Jonal

CQA, Co-president



You too can be on the CQA Board for 2021/2022. Contact Jonal Beck, Jodie Solorio, Joey Strait, or send a message via the CQA website.



MEMBER NEWS



CAMARILLO QUILTERS ASSOCIATION IS INVITING YOU!

The Guild meets the second Tuesday of every month, except in August.

Join our CQA monthly Zoom Meeting: If you have not done this before, you must have a computer, laptop, tablet, or phone with a camera to participate fully. Download the Zoom app onto the device you want to use by going to [Zoom.com](https://zoom.us).

Then, on Tuesday morning, open the app to join the meeting:

OR

If you simply want to listen to the meeting, without video, you can do so by dialing the following number on any phone: 1-669-900-6833



CQA BOARD OPENINGS FOR 2021/2022

Please consider taking a position on the CQA Board or being part of the nominating committee. The nominating committee members are Jonal Beck, Joey Strait, and Jodie Solorio.

Board of Directors:

1) President or Co-Presidents:

The President presides over the Board of Directors meetings, General Membership meetings, and special meetings as required. Maintains records as needed and ensures that all other office holders perform their duties as assigned. Assigns special committee chairs as needed.

2) Treasurer:

The Treasurer prepares and maintains financial documents and reports for CQA following Generally Accepted Accounting Principles.

3) Secretary:

The Secretary records and maintains minutes and notes from all meetings of the Board of Directors, General Membership, and special meetings. Also maintains documents as directed by the Board of Directors, such as the minutes.

Committee Chair:

4) Communications

The Committee Chair, Communications is responsible for all communications to and from CQA and for maintaining good relationships with local media to promote CQA activities and programs. This excludes Quilt Show communications, which are the responsibility of the Quilt Show Committee.

5) Quilt Show Chair

The Committee Chair, Quilt Show is responsible for all areas of the Biannual Quilt Show. The incumbent will recruit as many sub-committee chairpersons and members as required to ensure that all areas of the Quilt Show are handled.

6) Small Groups

The Committee Chair, Small Groups is responsible for overseeing all small groups affiliated with CQA. This will include ensuring that each group represents CQA favorably to the community and other guilds. The incumbent will also interact with small groups and the membership to assist with filling the small groups and starting new groups as needed.

Non-Board Members, but Volunteers Needed:

7) Social Media Maven:

Promotes CQA through various forms of social media such as Facebook, and Instagram.

8) Zoom Guru:

Sends out emails for CQA members who might want to view the meetings via Zoom instead of physically attending the meeting. Makes sure that meeting is broadcasted.



MEMBER NEWS

CQA Officers for 2020-2021:

Co-Presidents	Jonal Beck/Barbara Witman
Vice-President	Joey Strait
Secretary	Sue Wilson
Treasurer	Judy Hively

Standing Committee Leaders 2020-2021:

Block of the Month	Marita Clark
Comfort Givers	Sandy Puchlovic
Communications	Cynthia Arnold
Facilities	Judy Cannon
Historian	Jane Aiello
Library	Linda Wilkinson
Member Hospitality	Sandy Cornelius
Membership	Pat Hibner
Newsletter	Jodie Solorio
Seaside Quilt Festival	Sandra Hiebert-Darata
Quilt Show	
Small Groups	Lynne Woods
Speaker Contracts	Maribeth Benedict
Speaker Hospitality	Laura Divine
Travel	Donna Clark
Ways & Means	Kathy Adams
Website	Jennifer Rapacki
Workshops	Andrea Ramirez

Next CQA Board of Directors Meeting:
March 8, 2021 @ 9:30am via Zoom.

WELCOME NEW MEMBERS



Caroline Stiles

2021 CQA SPEAKERS/WORKSHOPS

- March- [Anne Shaw](#) Line Shape and Design in Quilts
-Flowers of the Gorge
- April -[Mathew Boudreaux](#)- TBD, Lone Star Quilt
- May -[Phyllis Cullen](#)- TBD, Wild Animal Collage

BLOCK OF THE MONTH

Watch for the new block of the month on the [CQA website](#). The pattern and directions are there.

It is a good way to practice piecing and making fabric choices without committing to a huge project. Hopefully, we can meet together sometime in 2021 and go back to our previous custom of sharing and drawing for the blocks.

-Marita

All blocks are 12 inches finished.

As you make your blocks, email a photo to Jennifer, our Webmistress, who will post the progress on a BOM Gallery page.

Click here to go to the BOM page:
<https://camarilloquilters.com/blocks/>

If you have any questions, contact Marita Clark at maritaneedscoffee@yahoo.com

There will be a showing of red & white quilts this month. These were the quilts made for our 2020 quilt show challenge.



They will also be on our website. Voting should be done for your favorite. Winner will be announced in April. More details available during our March meeting.



MEMBER NEWS



2021 CHALLENGE 10 UFO'S N 11 MONTHS

UFO Challenge for 2021 started in January. I am sorry that the deadline to enter has passed. The goal is to complete 10 UFO's within 11 months on a monthly basis.

Those of you who submitted completed UFO's for January and February are still in it to win it!



The deadline to accept your pictures is **December 1st**. There are 16 members that are in the challenge. Each month I enjoy seeing and recording your completed UFO's!

Remember that you can only miss one month during the challenge. During our December meeting, there will be a drawing of one \$50 and two \$25 awards. Hopefully, our winners will buy more fabric for more UFO to complete. A Win-Win!

! You can miss 1 month, but only 1 month. **!** When you miss 2 months, your name will be taken out of the raffle!

Winners name will be drawn during **our December 14th, 2021** meeting.

Sorry, your name can only be drawn once, if drawn again, I will redraw.

This is a Win-Win. You complete your own UFO's and you might win \$\$\$ too.

Remember to send me 1 picture of an UFO per month for at least 10 months.

Maribeth Benedict email: meriquilter@yahoo.com or text: (805) 216-8475

Thanks,

Maribeth Benedict

meriquilter@yahoo.com



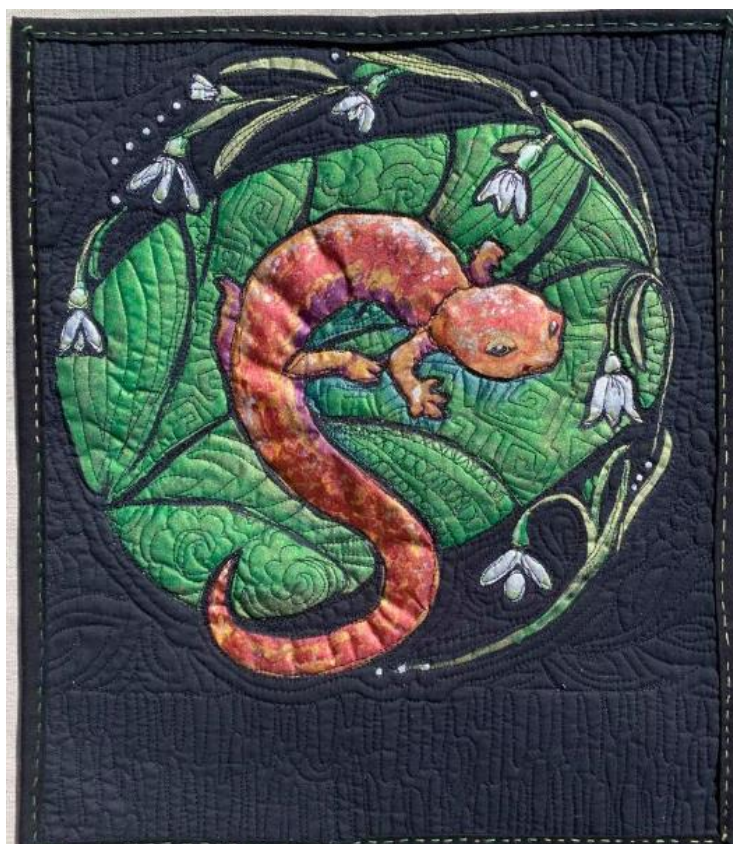
Want to see more
completed UFO's go
to our CQA
[Facebook page!](#)

Tedi Patterson
has been busy
sewing!
These are her
completed
UFO's!



*Indigo & Cream Mole
Hills*

by Tedi Patterson



Salamander and Snow Drops
by Tedi Patterson

Quilting in the Time of COVID or Confessions from a Skimpy Stash

Quilting in the Time of COVID?

Many of us have atypical tales of quilting from this last year. Right? If you do, I suggest you jot them down. Do it for your personal history; your personal quilt journey. I happen to have a few.

Here is a timely tale

I LOVE the textile artistry of Ruth B. McDowell. Her use of unexpected fabrics choices resulting in luscious boldness was something I wanted to learn to do! But, alas, she retired before I had a chance to seek out a workshop with her. So, I was thrilled to learn of her endorsement of Ann Shaw. This is what Ruth wrote: *For students looking for a fine instructor for the "Ruth B. McDowell" style of quilt design, I strongly recommend Ann P. Shaw's classes.*

And now, it is so exciting to have Ann Shaw as CQA's guest speaker and workshop artist in March. To learn more about Ann see:

<https://annshawquilting.com/about/>



A Ginkgo for All Seasons by Jane Aiello. Pattern by Anne Shaw.

Since I had happened to purchase one of Ann's patterns about a year before the pandemic shut down, I decided to try my hand at it - lonely and ensconced in my sewing space. I had the time and concentration to attempt it on my own. BUT I knew my outcome would not be the big, bold, and exciting results I had hoped for since I didn't have a ready palette of those big, bold, and exciting fabric choices.

Confessions from a Skimpy Stash?

Okay, I confess, my fabric stash might be considered rather lean. But 2020 was to be my year of going bold! A new decade! I had plans to celebrate the arrival of the new year by challenging myself by buying the unexpected: the big and bold, and by buying the wonderful painterly modern fabrics now available. We all had our plans dashed. Didn't we? The fabric stores closed, quilt shows got cancelled and I fell to having to paw through my skimpy stash for what ended up being the snippets and swatches that completed my version of Ann Shaw's Ginkgo. I call it "A Ginkgo for All Seasons".

Ann's paper piecing technique, along with her tricks and tips combine to make a brilliant set of skills to add to any quilter's knowledge.

I am looking forward to March's workshop!

I hope to see some of you there Jane Aiello



2021 WORKSHOPS

March 10, 2021

[Ann Shaw](#) - Foliage or Flowers of the Gorge

April 14, 2021

[Mathew Boudreaux](#) - Lone Star

May 12, 2021

[Phyllis Cullen](#) will be the replacement for Minki Kim.

June 9 & 10, 2021

[Robin Ruth Long](#) - Strip Pieced Mariner's Compass Basics Workshop.

July 14, 2021

[Kathy McNeil](#) - Razzle Dazzle Borders

August 2021 - No Meeting

September 15, 2021

[Dora Cary](#) - TBD

October 13, 2021

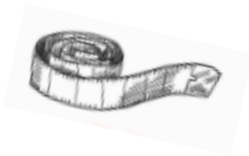
[Sandra Johnson](#) - Sashiko

November 10, 2021

[Nancy Prince](#) - Thread Painting

December 2021

No workshop





SPEAKERS & WORKSHOPS



ANN SHAW

Flowers of the Gorge

Flowers have been an enduring source of inspiration for quilters; many traditional quilt blocks feature flower patterns.

The remarkable array of miniature wildflowers that can be found in the Columbia River Gorge and surrounding hills of the Cascade Mountains inspired my series of flower designs.

Join us in celebrating the beauty of flowers. We will learn the basics of Ruth piecing techniques and her fascinating use of fabrics.

Before class, visit my website and spend some time looking at the range of patterned fabrics used in my quilts to get an idea of what to bring.

www.AnnShawQuilting.com

Also look at Ruth McDowell's website to look at the fabrics she uses in her gorgeous quilts.

www.RuthBMcDowell.com

March 10th WORKSHOP

Ann Shaw

Flowers of the Gorge: Freezer paper piecing. Based on the design and piecing techniques of Ruth McDowell, these designs take traditional patchwork a step further using unexpected fabric choices.

Website: annshawquilting.com

To sign up: Call/Text **Andrea Ramirez** (805) 368-6467 or email

baja2sun@yahoo.com

Fee: \$25, Supply list is provided on Ann's website is listed on the next page.

Location: Your Home Via Zoom

Time: Starts 9:30am



Flowers of the Gorge

REMEMBER: Before class, visit my website and spend some time looking at the range of patterned fabrics used in my quilts to get an idea of what to bring (Class is via Zoom).

www.AnnShawQuilting.com

Supply list:

Pattern on website

For Freezer Paper Template:

Freezer paper

Pencils/Eraser/Pencil Sharpener

Ruler (18" plastic is ideal)

Paper Scissors

Blue Masking Tape

Sharpie brand Ultra Fine-line permanent marker (Black only!)

Highlighters (several colors)

Color pencils (7 distinct colors for making tick marks)

(NOTE: Ink pens, Gel pens, Sharpie Markers or Crayons will not work for tick marks)

For large Poppy pattern, you will also need First Aid Cloth Tape to tape the freezer paper together.

Design Wall: Bring to class a foam design board (30"x40" or larger).

They are inexpensive and can be found at your local office supply store.

(Two 20"x30" foam boards that we'll tape together will also work.)

You will be pinning your Master Design and template pieces to this as you audition individual fabric selections. It's then easy to carry your project home.

Sewing Supplies:

Rotary cutter, 14" or 18" rotary cutting ruler and cutting mat

Pins (LOTS!! Pincushion overflowing with 200+ pins!! 1" ball head pins or longer are ideal)

Fabric scissors

Basic sewing kit

Several Ziploc bags (quart and gallon size)

Paper and Pencil to take notes

Sewing machine and Supplies: (bobbins thread, needles etc).

Depending on the pattern you choose, you may or may not reach the point of beginning to sew your design together. Most students will be completing fabric selections, and some may begin sewing by the end of the workshop. If you bring along your sewing machine, leave it in your car initially. You should be comfortable using your machine. Before coming, check to be sure that it is in good working order.

Optional Supplies: Digital Camera, If you have a small digital pocket camera, bring it!

Using the camera on your phone or tablet will work as well to audition fabric selections.

SPEAKERS & WORKSHOPS



Mister Domestic

Mathew Boudreaux of Mister Domestic learned to sew as a kid, but never really got into it until he had his daughter Helena, who is now seven and a half. He thought it would be a great way to connect with her if he could make her cool clothes.

With a new motivation to up his attention-to-detail, the quality and coolness far exceeded even his own expectations.

Once he started posting his projects on social media, the quilting world quickly took notice of his fearless use of color and print, incomprehensibly fast output, carefree enthusiasm and humor, and ability to seek out, acquire and share new skills. Making projects from fabric weaving to English Paper Piecing to apparel to the 3-dimensional, you can find his fabric party on Instagram, Facebook, and YouTube. As a fabric designer, get ready to bring this party into overdrive as he translates his chic, edgy, and whimsical style into an in-person experience for everyone to enjoy.

April 14th WORKSHOP

Mathew Boudreaux:

Lonestar Quilt-Technique: strip piecing

Website: misterdomestic.com

To sign up: Call/Text **Andrea Ramirez**
(805) 368-6467 or email

baja2sun@yahoo.com

Fee: \$25, Supply list is provided below

Location: Your Home Via Zoom

Time: Starts 9:30am

Supplies: Fabric Requirements

2 yards background & part of star

5 Half Yard cuts for part of star

6 Fat Quarter cuts for part of star

Standard machine sewing supplies.


MISTER DOMESTIC
LONE STAR QUILT





COMFORT GIVERS

By Kay McLaughlin, Comfort Givers

The local charities were contacted, and many were ready for quilts, they also were happy to pick them up.

New Start for Moms: 30,

Kids to Kids: 18,

RAIN: 37,

Senior Concern: 22,

Safe Harbor: 25,

Neo Natal would like quilts around the first of March, we have 54 ready for them.

We think it is time for another quilt collection, as before we were at the Camarillo Community Center in the parking lot and had a drive by quilt pickup. We will also be bringing kits, small tops with batting that need quilting, pillowcase kits, also tops without batting that need quilting, and if you want to quilt a large quilt and need the batting e-mail one of us and we can have it ready for you to pick up.

The tentative date for the quilt pick-up:



March 15th from 9:30 am to 11:00 am.





CQA REMEMBERS LONG TIME MEMBER



BERK, Harriet Fern

Harriet Fern Berk was born May 6, 1916 in Rockford, Illinois and passed away Feb 7, 2021 in Santa Barbara, CA. She was the only child of Grace Irene Thomas and James Robert Hall. The family moved from Illinois to California when Harriet was 13. They ran an auto court in Duarte where she worked pumping gas. Harriet's father got her, her very own car to drive to school. She was very proud of her car and enjoyed driving. Later the family moved to Santa Monica where she attended and graduated from Santa Monica High School.

She met her husband Richard Marshall Berk and they were married in 1938. They lived in Santa Monica and worked at Douglas Aircraft Company during the war. Later she was a bookkeeper at the high school. They had two daughters. She loved to sew; making adorable pinafore dresses for her two girls. The family enjoyed camping in their trailer; taking many trips. They camped every Thanksgiving for 52 years with extended family. Harriet loved driving and her husband "let her" drive while he study the maps and navigated their trips. Harriet enjoyed entertaining and often had family and friends at the house for picnics and dinners. She was very active in the Baptist church in Santa Monica and supported their church bazaar with many handmade items.

In 1983, after many years of retirement in Santa Monica, Harriet and Richard moved to Valle Verde Retirement Community in Santa Barbara. They could often be seen riding their bikes around the campus. She continued to entertain and made many new friends. She also continued to pursue her love of quilting; making hundreds of quilts for family, friends, babies and charitable causes. She helped to start the La Tienda thrift store, which raised money for many campus projects. She continued to attend church and called bingo for the other residents. Harriet was resilient. At 100, she fell and broke her neck eventually recovering and moving to The Grove. Here she died of old age at age 104. While not the oldest, she is the resident who has lived at Valle Verde the longest.

She was preceded in death by her husband, Richard, of 69 years and her parents. She is survived by her two daughters, Sandra Lynn Berk and Carol Lee Boyce, and one granddaughter Bonnie Lee Boyce (John Malinzak) and their three grown children Matthew, Jared and Kelsey.

Harriet was an inspiration to all that knew her. She had a wonderful sense of humor. She was loving, generous, creative and motivating. She will be dearly missed by her loving family and friends.





Why We Sew?

CQA Members pulled together a few articles that explore the benefits of sewing and quilting. This was a timely topic to explore. It helped me reflect and better understand why I have fallen in love with sewing and quilting. Enjoy!

1) [Sewing and Relaxing: The Calming Effects of Creating Something](#) By The Inspired Sewist A Bernina Blog,

Article Submitted by Judy Cannon

We can use stitching to stay calm, healthy, and connected. Judy Cannon came across the following article and thought others might find it helpful. *Sewing and Relaxing: The Calming Effects of Creating Something*. Judy went on to say, "During the pandemic, sewing has been for me, a way to get mentally away from all the horrors of the virus." I believe we can all echo Judy's sentiment here. Sewing and quilting provide a mental "get-away" that is like meditation. Creating and working with fabric supports to overall wellbeing and improves our quality of life.

This article explores all the ways in which quilting and sewing impacts and benefits our emotional, mental, and brain health. It's an enjoyable and quick read and covers all the sub-topics below.

Sewing Improves Your Heart Rate and Lowers Your Blood Pressure

Sewing Helps to Prevent Dementia

Sewing Combats Depression

Sewing Builds Self-Confidence

Sewing Encourages Creative Thinking

Sewing Exercises Your Brain

2) The next is a journal article titled: [The Relationship Between Quilting and Wellbeing](#)

[Emily L. Burt, Jacqueline Atkinson, Journal of Public Health, Volume 34, Issue 1, March 2012, Pages 54–59, <https://doi.org/10.1093/pubmed/fdr041>](#) Published: 05 June 2011

Article Submitted by Jodie Solorio

I enjoyed reading this even though it is a research journal! It's a case study that uses 29 informal interviews with women from a quilting group. It's a summary! The study is of 50 Scottish quilters. This article is divided into two sections, the practical side of quilting and the social side of quilting. I was most fascinated with the idea that quilting/guilds provides space for positive affirmation. It is embedded in our culture of "Show and Tell", the article states,

"Affirmation--Finishing a quilt and receiving praise from others boosted confidence. Having close contact with other quilters meant that all quilts, including beginners, were valued. At each group meeting there was a 'Show and Tell' session where all members were encouraged to show finished quilts."



This study also found that Quilters support each other.

"For some participants not all aspects of producing a quilt were enjoyable and the encouragement from other quilters was motivating and helped them progress towards goals."

I had a few chuckles and I hope you take a moment to read through it!

3) [Quilt Yourself to a Healthier Lifestyle QUILTING IS THE BEST MEDICINE POSTED ON JANUARY 29, 2020](#)

Submitted by CQA Member

This is a Missouri Star Blog- it's the quickest read of the three. It has links to other articles like the one above and a few other interesting reads. Plus, you can find the free "Quilting is the Best Medicine" printable!



LOOKING FOR SOMETHING NEW?

Starts March 3, 2021



We are so excited for all the fun and general silliness coming your way March 3rd!



"Retreat from Home"

Submitted by Judy Hively

Judy participated in the fall retreat and had a fantastic time! She shared the information with us at the last CQA board meeting. (This is NOT a guild hosted event.)



Mark your calendar for **registration on March 5th.**

Here is the link from LAST year if you want to look at the agenda and get a sense of what to expect!

<https://retreatfromhome.com/retreats/fall-into-sewing-2020/>



Camarillo Quilters Association
P.O. Box 347
Camarillo, CA 93011

Park on East Side of Lot



**CAMARILLO QUILTERS
ASSOCIATION**

<http://www.camarilloquilters.org/>

**Pleasant Valley Community
Center**

1605 E Burnley Dr. Camarillo, CA
93010

DARK in August
Doors open at 8:45 a.m.
Meeting starts promptly at 9:30 am
Cell Phone Quiet Zone - No Perfume Zone