

A NOTE FROM YOUR PRESIDENT

President's Article

January 2025

"The ultimate form of intrinsic motivation is when a habit becomes part of your identity. It's one thing to say I'm the type of person who wants this. It's something very different to say I'm the type of person who IS this. The more pride you have in a particular aspect of your identity, the more motivated you will be to maintain the habits associated with it." - James Clear, Atomic Habits

This really speaks to me. I hope you can identify with it as well. Say it to yourself – "I am a _____." For me, it's "I am a quilter." "I am a good cook." "I am a traveler." I bet that many of you made new year's resolutions. You want to finish more quilting projects. You want to learn how to knit. You want to master French cooking. Turn those resolutions into "I AM" instead of "I want to...."

If you missed the December meeting, you missed a wonderful talk by Carlton Mason from CASA (Court Appointed Special Advocates). He shared about the Village on San Juan, the venture that provides homes for both seniors and young people. Gail gave an excellent summary of his talk in the minutes. You also missed the cookie exchange! What great treats were provided by all of you. I went home with some wonderful cookies and fudge that my husband and I enjoyed for several days.

We are in for another great Friendship year. Jean, your Programs chair, and her assistants Patty and Mary, have some great programs and activities planned for us. Lorraine has some wonderful ideas for Caring Quilts, including a sew-in after the March meeting. Kim is working on Give it a Try classes, beginning with a cute gnomes project after the January meeting. And we're still looking for someone to step up to manage our presence at the Montrose County Fair. I will be happy to guide you and help get it done.

Thanks for all you do!

Mark Your Calendar!

Jan. 23 - Friendship Quilters Guild Meeting - Montrose County Events Center - 9:00 a.m. Social Hour, 9:30 a.m. New Member Tea.

Feb 27 - Friendship Quilters Guild Meeting - Montrose County Events Center - 9:00 a.m. Social Hour, 9:30 a.m.

Color and Theme: Wear something PINK or RED for a Prize Ticket this month. Our Project Theme is MUG RUGS —any pattern, any color. If you wish to do so, we will donate those to residents at area Care Facilities as a little "Thinking of You" gift during the Valentine season.

Board 2025

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Karla Gilbert

Hope West Quilt:

Jan Williams

Library:

Karla Gilbert

Library Quilt:

Gail Fox

Quilt Show Liaison:

Cathy Romaniello

Retreat:

Barb Crossan

Scholarship:

Open

Sunshine:

Susie Quesnel

Give It A Try:

Kim Lindel



Friendship Quilters of Western Colorado

Guild Meeting: December 19, 2024

The meeting was called to order by Cyndi Holman, at 9:30 a.m.
44 members present. No Guests.

Treasurer's Report-

1. Changes in 2024 with the addition of Give it a Try classes, placing a donation jar at the Free Table, and purchased advertisements, added \$244 to the general budget. These initiatives will continue in 2025 to support the guild's budget needs.
2. The proposed 2025 budget was reviewed and recommended by the Treasurer, Verna Mullet, and Elizabeth Binder. The budget was approved by members.
3. The current rental for using the Event Center each month is \$75/month. We are awaiting a potential raise in rent. The Friendship Hall was considered, however the number of members attending each month is more than Friendship Hall can accommodate.
4. The 2025 Budget was moved to approve by Carolyn Ray; Jane Savaria – seconded. The motion was passed unanimously.

General Announcements –

1. Prior member, Cari Raish died. Sue Warner will check with the husband regarding a contribution to an organization of his choice.
2. November Minutes approved by members.
3. Featherweight owners meet first Wednesday of the month, at Cross Road Church, from 11:00a.m.-2:20p.m. Participants learn more about their machines and make projects. There are 22 members and others welcome. Featherweight sewing machines are available for purchase.
4. Challenge Quilt rules were introduced in November 2024. The quilt, minimum 120" perimeter, is created from 2 paint chip colors. The colors are drawn from a bucket to create a surprise and challenge. A third color may be added.

2025 Board Installed

1. Elizabeth Binder installed the 2025 Board. All members are encouraged to consider serving on the Board.

Guest Speaker – Carlton Mason, CEO, CASA

1. Carlton shared his appreciation to the Friendship Guild for their efforts to make The Village on San Juan "homey". The curtains and quilts make all the difference to welcoming the new residents.
2. The Village is on 15 acres; consists of 45 small homes. It is created to provide housing and build a multigenerational community.
3. Requirement to have 30% or less of the area's annual community income.
4. To qualify, a mental health provider must attest that the person will benefit from safety found in affordable housing.



5. Who are the residents? Homeless human beings that have extraordinary circumstances. Some had skills and jobs that provided homes and stability, then poor health, disabling accident, abusive background, and parents that were unable to teach coping skills. All the residents desire purpose, connection, and a means to contribute.
6. Caring relationships with the youth include a commitment to stay with the youth until they want a new life.
7. Youth may remain in The Village until age 25. Many supports will help the youth to be ready for the transition to further independence.
8. Seniors period of stay is unlimited.
9. 15 homes are designated for youth 18-24 years of age that have aged out of the foster care system, runaway, or at risk of homelessness. CASA oversees, supports, and provides services to these residents.
10. 15 homes are designated for seniors 62+ years of age. Region 10 and Hilltop assists and provides services to the seniors at risk of homelessness.
11. 12 homes are for affordable housing and processed through Area Best.
12. 3 remaining homes are for emergency assistance.
13. To contribute to the rent, youth will be assisted to become work ready within a few months. 70-80% of the youth are working at any time. 30% of the youth's income is put toward rent.
14. All seniors in The Village have expressed willingness to work with the youth.
15. The Village is the only multigenerational housing complex in Colorado and perhaps beyond.
16. Currently, an Olathe high school youth is building his own tiny house and learning the construction skills needed to complete the home.
17. Members of the Friendship Guild want to know what is needed? Carlton replied,
 - a. Helping others to appreciate the residents.
 - b. Be kind.
 - c. Share with the community the value of the youth.
 - d. We know the kids matter and we're confident they will make it.

General Announcements -

1. Cyndi Holman gave Board gifts and praise for good working relationship.
2. Ticket drawing and the winners are:
 - a. 3rd - \$25 to Mary Ann Stark
 - b. 2nd - \$50 to Ginny Frame
 - c. 1st - \$100 to Cathy Romaniello
3. Library quilt needed for January, please sign up with Gail Fox for the year.
4. Give it a Try project in January is gnomes.
5. Hope West quilt created by Vickie Howard for January display.
6. Hospitality – Cathy Romaniello is requesting members sign-up to volunteer for the snack and front table.
7. Newsletter – Catherine Johnson has volunteered for the position to produce the newsletter and member contact list. Email: catlillianjohnson@gmail.com / 678-416-1367. Please share what's happening with Catherine, so she can share with everyone in the Newsletter. Welcome aboard!
8. Spring Retreat is April 17-19 (Thursday to Saturday). Cost: \$40, due at sign-up, beginning in January.
9. Programs – Jean Hatfield:
 - a. Paint chip challenge quilt
 - b. Please continue to bring 8 ½" log cabin squares
 - c. Paper piecing squares still needed
 - d. Caring quilts is providing kits, as needed
 - e. Thank you for the huge array of socks collected for the December donation



- f. Enjoy the cookie exchange
 - g. January, wear plaid and share in the snowman theme for quilts.
 - h. January also is tea time to welcome 16 new members. Bring you won container (cute tea cup or beverage container). New members bring one thing they made; share one skill they have and can share with others; share one skill they want to learn.
 - i. A notebook is being created to share techniques and (quilting secrets).
 - j. Give it a Try with a Valentine gnome with Kim Lindel in January.
 - k. February is time to wear red and/or pink. Let's make mug rugs to share with the community.
 - l. Deanna Chronister will share about social media; how it can help the Friendship Guild and lots of our members. Are you ready for Instagram and Facebook? Catherine Johnson will also be available to help get us connected.
10. Improv group will be led by Patty Heath and Bonnie Bucknam. It will meet at a different day and time from the guild meetings.

Black Canyon Quilt Show –

Carolyn Ray shared:

1. It's time to sign-up for classes. Currently, there are 11 openings.
2. The raffle license has been approved. The fantastic quilt is completed.
3. Boutique has a change. 40% of the proceeds will go directly to the BCQS. 60% of the proceeds will be donated to Art Partners. We will learn more about Art Partners at the March meeting.

Cookie Exchange –

The meeting ended with the 2nd Annual Cookie Exchange. Delicious!

GMS:Cyndi
12/29/2024



Black Canyon Quilt Show News

- Tickets are now on sale for the 2025 raffle quilt. They may be purchased online at the Black Canyon Quilt Show website (www.blackcanyonquiltshow.com). Austin and Carolyn Ray have tickets you may check out to sell or purchase.
- Signups are underway for the classes and lecture offered by Jean Impey for the 2025 show. You can sign up on the BCQS website. She's offering a fun workshop on faces for the all-day Friday class, and raw-edge appliqué for the Saturday morning ½ day class. She'll also be doing a trunk show and lecture Saturday afternoon.
- Show dates for 2026 are set! Judging will be July 8, then set up on July 9. The actual show will be July 10, 11, and 12.
- Charisma Horton was selected to be the teacher for the 2026 show. You are encouraged to check out her Instagram account so you can see the types of work she does. If you're interested in hearing an interview with Charisma, she's the featured quilter in Episode 169 of the podcast "The Quilter on Fire."

There's still time to join the Paint Chip Guild Challenge! The annual Guild Challenge project was launched in November but if you missed that meeting, Mary Terpstra still has paint chips in the orange Home Depot bucket and you have time to join the fun! Projects reveal at the March 27, 2025 guild meeting. Make a note: the MINIMUM size for this challenge is 120" perimeter.

FQWC Programs: Quilting is Alive in '25!!



We will continue the Color of the Month activity to give everyone an easy chance to earn tickets for the year-end prize drawings. You can also earn tickets by participating in the Theme or project highlight each month. Besides, this gives a focus to your creative urges and your fabric buying escapades!

January 23, 2025: Dress in your favorite PLAID outfit to get a prize ticket! The Project Theme of the month is SNOWMEN which should provide for an adorable showing of projects!

At our traditional New Member Tea (bring your own tea cup/mug/container!) we will highlight all the new members who have joined FQWC in 2024 to learn a bit about their quilting journey to date. *Newbies: be prepared to share 1 quilting skill/technique you hope to improve on this year.* To reciprocate and help the newbies get to know the rest of the amazing talented FQWC members, we'll launch a Member to Member Resource Library. Be thinking of at least a few skills or techniques that you feel you could help another quilter learn. We're all accomplished quilters in our own way and sharing our talents and passion with others keeps Quilting Alive!

Be sure to pick up and proudly wear your "Years-a-Member" badge at the Front Table in January.

February 27, 2025: Wear something PINK or RED for a Prize Ticket this month. Our Project Theme is MUG RUGS —any pattern, any color. If you wish to do so, we will donate those to residents at area Care Facilities as a little "Thinking of You" gift during the Valentine season.

Deanna Chronister will give us the rundown on how to utilize Social Media/Instagram to enhance and grow our quilting world. She'll teach us how to (safely) tap into the limitless creativity of quilters around the globe and ignite our own passion for even greater creative quilting endeavors. Deanna suggests you download the Instagram App BEFORE you come to the meeting if you want to be involved.

March 27, 2025: Sunny, springy YELLOW is our color of the month and POTHOLDERS or KITCHEN TOWLELS are the Project Theme. Make up a few pretty ones for the BCQS Boutique- everyone loves a cheery new kitchen helper!

The 2025 BCQS Boutique recipient is Art Partners, a local non-profit that pairs interested youths (age 12-17) with artists in the community in a mentoring relationship. The youths learn about their particular artistic genre and the adult artist can impart their knowledge and passion to the next generation. A WIN-WIN! We will have a representative from Art Partners speak to the Guild about the program and how our support (both as the BCQS and as artistic individuals) will benefit local youth.

Also this month we will “reveal” all the Paint Chip Challenge quilts. Remember to pin your two paint chips to your finished project that has a MINIMUM perimeter of 120 inches. Should be a very interesting showing!

In case you're not aware: Saturday March 15 is National Quilting Day! Be SURE to do some quilting this day—for the good of the cause and to KEEP QUILTING ALIVE IN '25! Even better would be to quilt with a friend or two on this day!!

Give it a Try - January 23

1) The Two Gnomes Kissing (uses a sewing machine)

- Sewing machine
- Scissors- fabric and paper
- Fiberfill

I will be providing:

- Felt
- Fur for beard
- Wire for hat
- Wooden nose
- Heart
- Embroidery floss

2) Valentine Sock Gnome

- Bring Valentine sock
- Fiberfill
- Hot glue gun and glue sticks
- Valentine hearts for decoration

I will provide:

- Fur for beard
- Ribbon
- Rice
- Wooden knob for nose
- Wire for hat

Please feel free to contact me with any questions,

Kim Lindel

720-490-5605

Announcements

Thank you to everyone who attended our December 2024 Meeting

Quilt Guild Retreat 2025 Update:

The retreat sign up sheet will be at the front table when you come in. Payment must be made the day you sign up and the cost is \$40.00. It will be held at the Ridgway Event Center April 17-19th.

If you sent me a check, please sign in and if you cannot be at the guild meeting and want to attend, let me know. Thank you all for your interest in coming as it will be a fun time!
Barb Crossan

Reminder: Continue to bring your “Wild and Goosey” and “Red centered Log Cabin” quilt squares to each guild meeting. Together we can make amazing group quilts!

Be sure to check out the advertisers at the end of this newsletter. Click on the business card for links to their webpages and for more information.

Guild Jobs

January 2025

Front Desk: Mary Ross, Margaret Noah;

Snacks: Penny Peterson, Carol Soderquist, Ingrid Todd, Gail Purnell, and Cyndi Holman;

HOLDERS/FOLDERS: Debi Saliman, Ingrid Todd.

Quilt Events (and more)... Get Out



For an extensive list of quilt shows around the country, click on the link to the website: <https://ronatheribbiter.com/>

Did you know that by clicking <https://www.quiltinghub.com/Maps> you can plan a trip with a list of quilt shops to visit along the way?



**To those of you with January birthdays, may your day be special.
Please refer to your Roster for any email addresses or phone numbers.**

Sunshine

Do you know anyone in need of a little “sunshine”? Please contact Susie Quesnel by clicking on this link to send her an email susieq57@gmail.com

Remembering Founding Member

Sue Peters, a former, long time member, passed away in March of 2024. She was one of the first “founding members” to sign the attendance register in January/February of 1993 for what soon became Friendship Quilters of Western Colorado. At that time the group met at the Quilt Cellar in Ouray. When the group’s first coordinator moved away in March, Sue stepped in to serve first as coordinator, then president: April 1993—May 1994, May 1994—April 1995. She was again president of the Guild from January 1, 2007—December 2007. For many years Sue was the Newsletter Editor and collected boxes of information for the Friendship scrapbook. She also photographed **all** the quilts displayed during Show and Tell. In addition, Sue was an active participant on the Black Canyon Quilt Show Board and an avid quilter. She was preceded in death by her mother, Verna Painter (also a quilter), daughter Sheri Hillier, and husband Jerry Peters.



Community Quilts

Hope West

Quilt by Vicki Howard at HopeWest



Library

Gail Purnell pieced and quilted "Autumn Leaves".



What's in the Friendship Library?

by Karla Gilbert

Same topic, two different flavors!



Simply Fat Quarters by It's Sew Emma Patterns is a collection of fat quarter friendly quilts by multiple designers. Detailed cutting diagrams are included for multiple quilt sizes for each pattern—baby to king size. 10 different patterns are included. Some of the patterns would also be scrap friendly. One project includes **very** simple appliqué.

More Fat Quarter Quilts by M'Liss Rae Hawley is the author's second fat quarter book. She indicates this book's patterns are a little more complicated than those in her first book. M'Liss knows that quilters love beautiful bundles of fat quarters and is well aware that fat quarters vary in size for several reasons, explained in the introduction. She deals with the situation by recommending pre-washing, followed by careful squaring up to 17" x 20", with any decent sized strip cut off to be saved for a future scrappy Log Cabin quilt. Seven colorful quilts are offered. The author points out which are the easiest to make—yes, her bargello! She includes directions for getting started with paper piecing to make her paper pieced quilt. In addition the author provides abbreviated information about quilting in general with topics such as adding borders, choosing batting, basting a quilt, down to finishing, squaring up and making a label.



Caring Quilts News

	2024 Totals	2023 Totals	Preferred Size/ Info.
Quilts Received from Guild Members Distributed to:	17	149	
<u>San Juan Cancer Center</u>	1	4	Twin and Lap
<u>Dolphin House</u>		48 + 38 toys	Twin
<u>Hope West</u>			Patriotic Only
<u>Life Choices</u>		12	Baby Quilts
<u>Community Options</u>	5		Bright colored Lap size
<u>Sleep in Heavenly Peace</u>	2	11	47" x 83" (provides a 4" drop on all sides for a 39x75x6" mattress—no more than an 8" drop on all sides is requested.), twin mattress pads, sheet sets, pillows, fleece blankets.
<u>Haven House</u>			Twin, lap, baby
<u>I80 Ministries (House of Promise)</u>			
<u>Casa</u>	40*		Full Size bed and throws
<u>Crisis Mental Health Center</u>	2	14	Twin and Lap to be used in 18 bed facility and common area; occasional gift to someone in need.
<u>Hilltop</u>	2	12	
<u>Montrose Memorial Hospital</u>	1	10	Baby blankets
<u>Boutique</u>	3	27	Proceeds will be donated to Sleep In Heavenly Peace
<u>Chinle</u>		11	
<u>Nurse Family Partnership Program *</u>			36" x 36" quilts for toddlers and babies to lay on at meetings

*Over 500 yards of fabric was sewn into curtains that cover the windows at The Village at San Juan. Additionally, more than 60 hand-made quilts were donated. These ranged in size from those that covered a full-size bed to smaller quilts and throws that covered laps and the backs of sofas. Gail McFarlane-Sosa and those who work and live at The Village appreciate all those who were a part of this AWESOME project!

For Sale

For Sale - HQ SWEET 16

Barely used Handi-Quilter Sweet 16 and Handi-Quilter Bobbin Winder

Includes User Manuals, Getting Started Disk, and various tools

Also included are never used Echo Feet, a Glide Foot, and a Sure Foot

Extras include bobbins and various sized needles

Great machine and bobbin winder, but am retiring from quilting

Asking price for everything is \$2,200 or best offer.

Please call Sandy Michaud at 970-318-6451



I have a Capri Handi-Quilter for sale. Machine is 1 year old, like new. Insight table with 1-18 inch extension. Insight Stitch Regulation, bobbin winder, getting started disc, extras as shown, owners Manual. Asking \$3500 OBO. 970-964-4440. Or suepalm62740@gmail.com

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