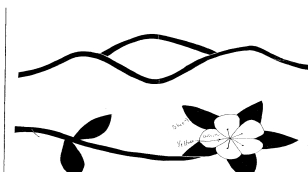

OFFICERS

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Columbine Quilters

April 2025



Hey Ladies! March is here and the year already seems to be rushing by!

We all have hard days, but happiness is something we can choose! When life feels heavy, I have found that these five simple ways to shift your mindset can bring more joy into your day.

1. Surround Yourself with Positivity - The people, content, and environments you engage with, influence your mood. Choose uplifting music, limit negativity on social media, and spend time with those who support and inspire you. A positive atmosphere can make all the difference.
2. Move Your Body - Physical movement like walking, releases endorphins, which naturally boost your mood. Whether it's a walk in nature, a bike ride, stretching, or dancing in your kitchen, getting your body moving helps shift your energy in a positive direction.
3. Engage in Something You Love - Doing something that sparks joy—whether it's sewing, painting, baking, or playing an instrument—can be a powerful way to reset your mind. Creative activities bring a sense of fulfillment and help you focus on what brings you happiness.
4. Reframe Negative Thoughts - Instead of dwelling on what's going wrong, ask yourself, What can I learn from this? or How can I grow? Shifting your perspective can help you find strength and meaning, even in tough situations.
5. Let Go of What You Can't Control - Worrying about things beyond your power only drains your energy. Focus on what you can control—your attitude, your reactions, and the way you care for yourself. When you release what's out of your hands, you make space for peace and joy.

Even on the hardest days, small shifts in your mindset and actions can bring light into your life. Keep choosing joy—you deserve it! I can't wait for our April 5th meeting!

Hugs, Shelly

March 2025 Minutes

The March 1st meeting of Columbine Quilters had 16 members and two guests. We were visited by Lisette Riviere of Art Partners. Art Partners are the recipients of the BCQS boutique this year.

The minutes were approved as written. We have 24 members. Laurel gave us an update on the BCQS. Raffle tickets for the quilt are available and the boutique needs items.

Policies and procedures and the by-laws will be emailed to all members and any suggestions to changes will be presented at the October meeting and voted on at the December meeting. Let Paula know if you have any suggestions or changes.

Kim B gave us an update on her dogs. We were happy to hear that they are all doing better. She dropped off 6 quilts, last month. 2 to the Dolphin House, 2 to Community Options and 2 to the San Juan Cancer Center. These quilts are a great way to show our community how much we care.

Shelly announced several birthdays for March. Happy Birthday to: Nancy B., Cheryl, Linda, Ann and Laurel. Cheryl reminded us to get any newsletter information to her by the 15th.

Sally told us about her visit to the Phoenix MQS. There was a quilt there that was from Montrose resident, Patty Heath. We signed a card to congratulate her in making it into that show.

Kay had tasty refreshments for us and Marilyn has signed up for next month.

Show and tell brought us Linda with two quilts, Paula with a 12" art quilt, Kay showed us her finished Malted Mystery Quilt, Nancy B showed her Fun and Done, 2 community quilts and 4 dolphin house quilts. Tena showed her Gnome, Ghost and puzzle quilts. She also knitted a quilt for our community. Kim B., showed us her needle book. Laurel is working on an Advent Calendar, a monthly calendar and showed us her work on those items. She hopes to be held accountable and plans on showing us her progress each month. Cheryl showed us memory pillows made from her mom's blouses and had a quilt for the Dolphin House. Sally showed us her finished project that she worked on at her retreat in Utah.

Sally passed out a sheet on finding your perfect ¼" seam. Quilting is more fun, when your seam is consistent. She also handed out the fabric and first block of our Community Block project. Shelly gave us a Heads at Ease pillowcase instruction demonstration.

The next meeting will be Saturday, April 5th.

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2025 Programs

The Community Block fabric and pattern were handed out at our March meeting. We are making the Twelve Triangles block, using white on white background, the CQ fabric and adding your own other fabrics. Using a scant $\frac{1}{4}$ " seam allowance will help keep the block accurate to a finished $12\frac{1}{2}$ " block. Please bring it to the April meeting, and turn it into Sally during the designated time. The next instructions will be handed out at that time, also. If you can't make it to the meeting, please turn it in at the next meeting that you attend.

These will be put into a Community Quilt and quilted on a longarm machine at the September meeting.
Any questions: Call or text Sally at 970-822-2830

Upcoming Programs

Monthly Programs (subject to change)

April: Demo of sewing a simple shopping bag, Block 2 demo

May: Fusible grid project, Block 3 demo

June: still working on contacting someone about doing a class, Block 3 demo

July: no meeting

August: Table runner using Kim B's, special ruler. This will be a sew in. Assemble BOM options

September: Meeting at Sally's house. Long arm quilting machine

October: Flange binding, and a simple way to hang a finished wall quilt. Birthday celebration

November: same as June

December: Quilting games

Any Questions? Contact Sally Nichols

Refreshments: Marilyn A and Kim B

Setup and clean up - everyone

%%%

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- 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. The Friday class has 8 spots left Raw-edge appliqué for the Saturday morning ½ day class. The Saturday class is full. 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."
- Art Partners, the recipient of Boutique proceeds for 2025, is now scheduled to present at all three guilds.
- Black Canyon Quilt Show continues to grow its presence on social media. Look for us on Instagram and Facebook.



2025 COLUMBINE QUILT GUILD COMMUNITY SERVICE

MARCH TOTALS: 5	DONATED TO:	PREFERRED SIZE (&/or info):
1 afghan	Casa	Full size head and throws
	Community Options	Lap-size
3	Dolphin House	Child-size quilts
	Heads at Ease	See Heads at Ease directions
	Montrose Memorial Hospital	Baby blankets and quilts
1	San Juan Cancer Center	Twin, lap, & throws
	Boutique	Proceeds will be donated to: Art Partners (60%) and BCQG

Columbine Quilters - March 2025



We had a great turnout with one visitor!



Lisette came and told us about the Partners Program. They will be recipient of the BCQS Boutique funds; as well as the BCQS. A much needed program with positive results!



Thank you to Kay and Cheryl for some festive and delicious snacks!

SHOW and TELL



Linda shared this fabulous log cabin wall hanging!
And shared this colorful, cozy quilt!





Paula shared her fun handiwork! "No push buttons in nature!"



Kay finished her Malted Mystery Top! Now to Quilt this stunner!





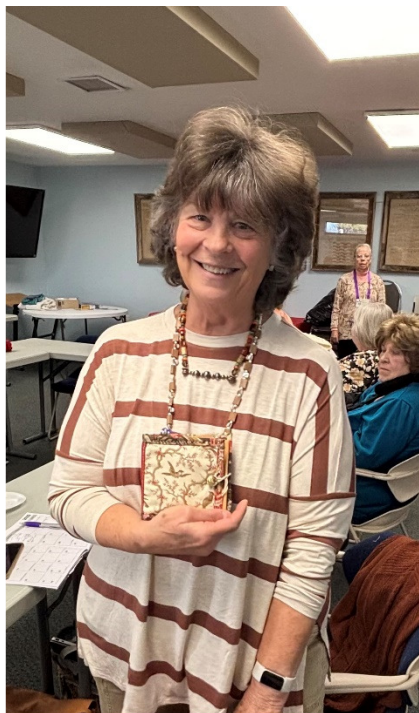
Nancy was busy finishing up some projects!
 Turned some fun cuddle into a soft blanket! Showed us a perfect finished block!
 A fun quilt as you go project! And a Nice Homespun quilt!
 Nancy is so giving with her donations!





Tena (one of our newest members!) showed us her skills!
A cute log cabin gnome and the adorable Halloween ghost top! Time to quilt!
Her cute puzzle quilt and aphgan are going to be enjoyed by someone special!
Thank you for the donations!





Rebecca finished her March block with her left hand!! Talent!
Kim showed us her new cute needle minder booklet!! Love it!



Sally shared some of her new goodies from her Handi Quilter Class!
Look at that amazing quilting!! Straight lines AND curves!!
She's upping her game!



Laurel finished up some hand embroidery for her Advent Calendar!

She shared her beautiful handiwork on her February calendar!

We should be seeing a new one each month!

AND she shared some new projects she'll be working on...can't wait to see them!



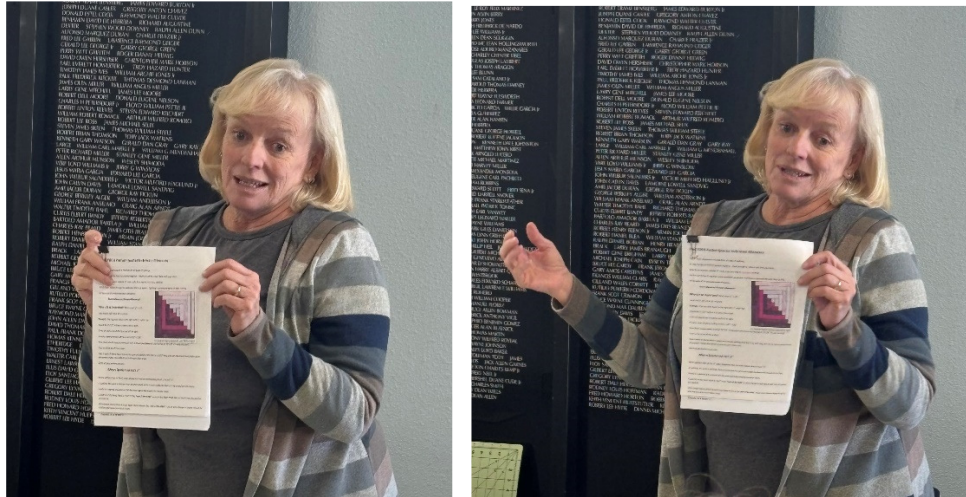


Cheryl shared these beautiful pillows! She made them using her Mother's shirts! What a treasure to give to the grandkids!

She also made this adorable quilt for the dolphin house! Thank you for donating!



¼ Inch Seam and our 1st Block of the Month



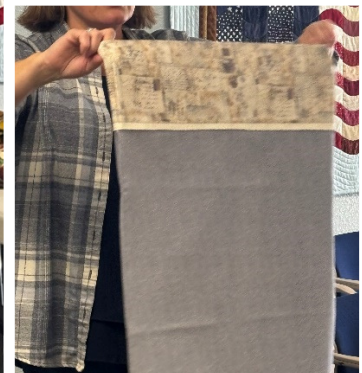
Sally taught us the importance of the 1/4" seam...so important because we will be making a quilt(s) with all of our Block of the Month Blocks.

We want them to be the same size!

She gave those participating, the CQ Fabric and showed our 1st Block!



Heads at Ease Pillowcases Demo



Shelly shared the instructions on how to make the Burrito Method Pillowcases for the "Heads at Ease" program! What a great way to give back to those that serve our country! If you missed it, Cheryl emailed the instructions out separately.