



Sew & Tell

March 2021

President's Message

Hi Everyone,

My president's message is getting less each month. Like everyone else I'm staying home more and more, so my life is getting pretty boring.

Now they're telling us that there's a 3rd wave coming.

That's just sad. I can't wait for our vaccines to happen then maybe we'll get some normalcy back in our lives. So in the meantime let's make sure we all stay safe and healthy.

Your President

Diane



Comox Valley Schoolhouse Quilters' Guild

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SUSIE SINGER SNOW DAYS

WOW! What a lot of snow that was!! Oh well, snow days, sew days! I was watching Bernie Bernina working on projects last month, but I think I'll be called into action soon as the scraps are calling once again.



I'd like to introduce another one of my roommates. Her name is Winnie - named after our owner's Grandmother. She is a Singer Model 128, and she was manufactured on March 25, 1919 in Elizabeth, New Jersey. So, this year, she will be 102 years old!! The bentwood portable case has a lock on it & even though it has a handle, it's very heavy to carry. The family history has not been validated, but we know it belonged to my owner's Grandmother for many years before it was passed on to her daughter who gave it to my owner (her daughter) in 1967. Winnie has been well used to make everything from men's clothing & fancy dresses to diapers & even a rag doll or two. She was finally "retired" in 1973 when she was replaced by a Singer Zig Zag Fashion Mate machine. Her motor & foot pedal have been replaced and, although she hasn't been used for a long time, I'm sure after a good cleaning & oiling she would be rarin' to go.

Until next time...sew on!

Be Kind, Be Calm & Be Safe

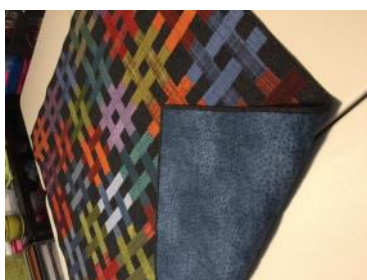
Susie



Member Activities

Wanda has been busy

In January I was very busy finishing a flannel quilt for my son, and also making quilted/padded chair pockets for my daughter's Gr.5 students. They all got to choose a theme and color, so it's personalized that way, and they are quite excited that they are coming!



Bev M. has been busy

Well I have been busy making a very fun appliqué wall hanging which I did on my scan and cut.

The pattern is from cherry blossoms.



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Community Quilts News

Community Quilters have taken advantage of the cold and snowy weather - we've been making and donating more quilts! **Nerissa Thomas** delivered quilts to both the Cumberland Lodge and the Pregnancy Care Centre.

Verna Power delivered 24 quilts to the Views. (see photo)

Barb Bocking has been busy building up her supply for Lilli House, and will make another delivery in May or June. So far she has collected 8 adult and 6 children's quilts.

We very much appreciate any quilt donations and will find homes for them all. Adult lap size quilts are generally 45" x 60", ones for children can be smaller. The need for children's quilts is greater than for baby quilts, but all quilts are gratefully received. We do hear from the Transition Society that the women and kids love receiving their quilts.

Do any of you love to machine quilt? We have some quilt tops that have been donated and they need quilting. We can supply batting and backing, and can do the binding. If you are interested, please contact Myra Shearer @ 250-338-9597 or myra.shearer@telus.net.

And thank you for all that donated your batting scraps to me. I have just sent off another 30 breast cancer comfort kits to the hospital and now I have batting to make the next batch. So don't throw those scraps away - they can be used to make the bags.

So contact Myra if you have any that you don't want.



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Newsletter Advertising:

To advertise in the newsletter please contact Sandy MacDonell for rates. Submit advertising by the **15th** of the month for inclusion in the next month.

nlads@schoolhousequilters.com

Newsletter Deadline:

Please submit all entries for the newsletter by the **15th** of the month for inclusion in the next month's newsletter.

Submit articles to Hope (current editor) using the email:

editor@schoolhousequilters.com

Meetings before COVID

Guild Meetings before COVID-19

Normally our guild meets every Thursday from 9:00am to 9:00pm for quilting at the Cumberland OAP Hall.

General Meeting (September to June) on the **1st** Thursday of each month at **6:30 pm**

Executive Meeting (September to June) **3rd** Thursday of each month at 1:00pm

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Community Quilts



Verna has been busy with community quilts

I have been involved the Guilds Charity Quilts for the past 15 years. First with 'We Care' and then with 'Community Quilts'. It still amazes me every time I put out a call for more quilts the 'Quilt Angels' come through. When I posted a picture in last month's Newsletter, there were only 6 quilts for Seniors Quilts. Now there are 24.... and more amazing is that only 4 came in 'after' the Newsletter was posted.

Thank you to everyone who donated these quilts. They are very much appreciated and well used.

Verna Power



Suggested Sizes for Community Quilts

Seniors (The Views) 40" x 50" or 45" square

Adult lap (Lilli House) 45" x 60"

Children' 40" x 50"

Quilts of Valour 60" x 80"

Clean your wheels.

How many of you quilters use an office chair with wheels to scoot around the sewing room?

Have you ever cleaned the threads, fuzz etc. from the wheel wells of your chair?

They clog up like the beater bar on the vacuum cleaner.

A happy Spring cleaning to all.

Share your kindness.

Gail King



Member Activities

Janis has a helper

Jagged X's Quilt

My helper, Penny.



The test block, um!

Lap Quilt approximately 40" x 48"



Colleen L. has been busy

It was suggested that since Rueben enjoyed hanging out on the new tree skirt that he should have his own quilt. So here he is on his new fireside quilt along with Rachel on her Princess Pillow. You can see nosey parker Rueben looking over his shoulder, I guess I was disturbing them! For the moment the Princess Pillow is an old, and I mean really old, pillow case filled with fabric scraps. Now that I know she will use it, I will eventually make a cushion cover for it.



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BIB n' TUCKER QUILTING

March Sale

All tone on tone **greens**

Prints with **creatures**

(if it has an eye or should have one!)

20%–30% off 2m+ (same bolt)

½ m minimum cuts

1006 Craigflower at Tillicum

Victoria BC V9A 2Y1

250-386-6512 (Tues- Thurs 11-3, Sat 12-4)

Dates to remember in 2021

Daylight Savings	March 14th
St Patrick's day	March 17th
Good Friday	April 2nd
Easter Sunday	April 4th
Easter Monday	April 5th
Mother's Day	May 9th
Victoria Day	May 24th
Father's Day	June 20th
Canada Day	July 1st
British Columbia Day	August 2nd
Labour Day	Sept 6th
Thanksgiving Day	Oct 11th
Halloween	Oct 31st
Remembrance Day	Nov 11th
Christmas Day	Dec 25th

Happy Easter



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Member Activities

Bev Michaluk has been busy with her photography Rolling Along

— Congratulations for being in the top 6

CVPS entry in the 2021 North Shore Photographic Challenge. As the Premier photography competition in Western Canada the challenge welcomed entries from individual photographers and clubs from BC and the Yukon.

Twenty one members from Comox Valley Photography Society submitted a total of 102 images Their task was to form an entry of just 6 images from 6 different members, for the CVPS entry.

There were some wonderful images that were not selected by the panel to go forward, meaning that 15 deserving members don't have an image in this year's Challenge entry.

Congratulations to the 6 members, whose images form this year's CVPS entry in the North Shore Challenge:

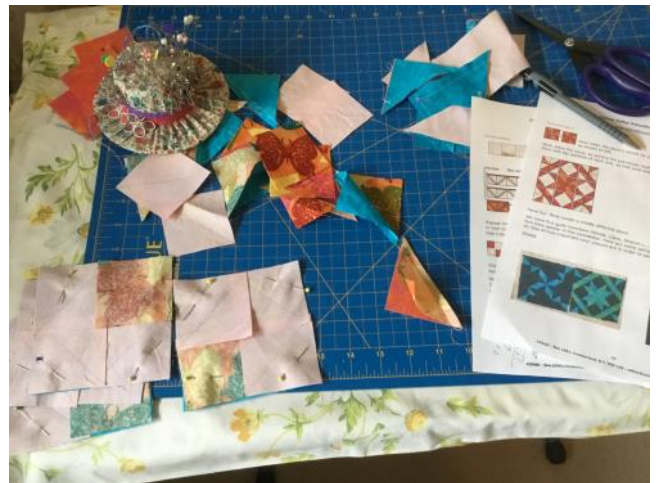
If you're curious about the picture that got submitted and chosen CVPS is having a show at the Pearl Ellis gallery on March 4 - 27 2021.

The show is called CV Photographic Society. The Pearl Ellis Gallery is opened Thursday to Saturday 10 AM to 2 PM at 1729 Comox Ave., Comox BC

<https://pearlellisgallery.com/comox-valley-photographic-society-2021/>

Claudette has been busy with the BOM

Oh my goodness time for the next newsletter and I have not finished this month's block yet. This is where I am. It is very finicky. Wish me luck. Claudette Picot 85 years



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Quilters Anonymous Quilt Show Goes VIRTUAL!

March 12 through May 1, 2021 at www.QAVQS.org

Enjoy viewing the quilt gallery of more than 400 quilts, wearable art and masks, including 35 beautiful antique quilts. Watch video demonstrations by members and merchants and shop at the virtual merchant mall!

Virtual Quilt Show Committee

gavirtualshow@quiltersanonymous.org

PO Box 322

Lynnwood, WA 98046-0322

Please use our postcard for your bulletin board and newsletter event announcements. Thank you!



More Member Activities

Sandra C. has been busy

Here is a quilt I made for our newest grandson, born on January 24th. I love taking pics of my quilts out in nature. This one was taken up on Mount Washington.

I dug through all my old quilting magazines and found this pattern in a 1999 Fons and Porter magazine...see, it pays to hang on to those old magazines!!



Lois Jones has been busy

I've been working on a couple quilts. The Blue Eye Spy is for a new grandson arriving this spring. Made a pillowcase for our granddaughter from my stash, she loves pink. The final quilt is a Bonnie Hunter Mystery quilt I've been working on since last November. Still needs a narrow inner border and then a pieced border.



More Member Activities

Liz V. has been busy

This is a quilt I finished before Christmas. Pattern by Quiltworx Had the pattern for a couple of years but COVID got me going on it. I did the machine quilting as well and also the pillow and hanging on the wall.



Ardythe has been very busy with something really interesting, I am going to check this out.

A new thing in my life is **Virtual Trips** with live streaming and so far I have been to New York city – a carriage ride around Central park; A musical trip into Budapest, Hungary; a marvelous tour around Wat Arun in Bangkok; Mammoth Hot Springs Terraces in Yellowstone in Wyoming; Whoopie Pies and Amish quilts in Little Rock Arkansas; Foodie tour of the Harbour at Reykjavik, Iceland; Downtown street art in Valparaiso, Chile; Last night I was in Luxor in Egypt on the road to Memnon and at lunch today I was in Cartagena, Colombia, also admiring the street art. All of these are live and with very knowledgeable hosts/guides. More information is available at the website. It is free to join and you may tip if you like or write a review. It is a relatively new company and they are adding more sites and tours all the time

A friend put me on to this website (virtualtrips.io) in January and as you see I didn't waste anytime visiting the places and items to interested me. There is a feature that allows you to take postcards/pictures and you are given lots of time to do this. Attached are two postcards I took, one in Luxor, the other in Cartagena

Block of the Month Block 2 Bachelor's Puzzle



This makes a finished 12" block

As this will be a scrappy quilt using one or more of each block it is hard to determine fabric requirements for all twelve blocks.

Supplies List for one block



Colour 1

- Cut two 3 7/8" x 7 3/4" strips



Colour 2

- Cut two 3 7/8" x 7 3/4" strips



Colour 3

- Cut one 3-1/2" x 14" strip

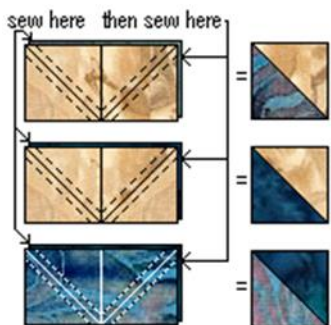


Colour 4

- Cut two 3- 7/8" x 7- 3/4" strips



Preparing the Pieces and Sewing the Block



Start by marking and cutting the Colour 3 3-1/2" x 14" strip into four 3-1/2" squares...

Next speed piece the half squares by stacking a Colour 4 and a Colour 1 3-7/8" x 7-3/4" strip, right sides together and all edges

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aligned.

On the back of the top strip lightly mark the 3-7/8" square line, and mark the diagonals as shown at left.

Now sew a SCANT 1/4" above and below the marked diagonals, pivoting at the square line.

Cut apart on the square line and on the diagonals between the rows of stitching.

Press the seam allowances towards the darker fabric. This will give you four Colour 4/Colour 1 half squares.

Repeat this same procedure with the Colour 4/Colour 2 strips, and the Colour 1 / Colour 2 strips to get four each of those colour combos.

Trim to measure 3-1/2" if needed...

Now make rows as shown at left. Sew the rows together to make the block, alternating pressing directions as you go to avoid bulky seams.

Seems the Bachelor's Puzzle was an easy one to solve! :o)



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Have fun. Next month a totally different block.

We have five guild members (Sheila, Clare, Sharon L., Jean & Kathy R.) testing the blocks before they appear in the newsletter. Here are some samples of what they have done to give you an idea of how important your colours are in order to see the pattern emerge.



Kathy says this is an example of poor colour choices



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Did you know we have YouTube Videos



Have you seen the wonderful online demos that Huckleberry's staff have been doing? If you missed them check them out here.

All their videos are on their YouTube channel

Most people may already know this – but just in case

Huckleberry's have been doing some you-tube videos – some a demos of a new product or ruler – some are just tours of the store – for anyone who might be missing just the visual of shopping

This is link to the latest 'store tour' – it is February of course no doubt there will be a March one but not sure when

https://www.youtube.com/watch?v=kEIYh_SRgr0

Member Activities

Shirley E. has been busy

Here's one I finally finished and it's for ME!

The backing is Fireside and is my couch quilt and is very warm.



Terry Hooper has been busy

I found these Santas in a bin in my crawl space....lol...I had started them a few years ago for Xmas gifts but hadn't finished them. Finally finished with some buttons.



QUILTS OF VALOUR

In 2006 an Edmonton quilter presented quilts to three Canadian Armed Forces members who were recovering in hospital from injuries they received in Afghanistan. It was her way of saying "Thank You" and giving some comfort to these military members. She was not prepared for the impact of meeting these brave young men and learning first hand of their injuries. It made such an impression that it has taken quilter Lezley Zwaal in directions she never imagined. From these humble beginnings Quilts of Valour - Canada was born. Since then over 16,000 Quilts of Valour have been presented to Canadian Armed Forces members.

In 2017 when we celebrated Canada's 150th birthday, QOVC developed a block using the slab technique & quilters were challenged to make them. Our guild completed enough blocks to make a quilt, which was presented to a local veteran. The quilts that are made in the Valley, stay in the Valley.

On February 5th, 2021 QOVC hosted their 3rd annual Sew Day. Ordinarily, it's a day for guild members across Canada to get together to work on their QOV's or sew "Hug Blocks"**. Due to the unusual circumstances this year, it was held virtually. I signed on and it was amazing to see 200 women from coast to coast across Canada supporting this cause. I even saw some of my former guild friends from Edmonton! There was also a Facebook stream running with even more sewers. You could see quilts in progress, the speakers & demos were interesting, and the show & tell was great!

**Hug Blocks are free downloadable blocks on the QOVC website. You can make as many as you like, then send them to the address on the patterns. They are sorted into quilt-size bundles & distributed to ladies who have volunteered to make them into quilts. So, when someone is gifted a hug block quilt, they are receiving "quilted hugs" from all across Canada!

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Instructions for the blocks & where to send them are on the QOVC website under "Resources".

Please check out the website at **www.quiltsofvalour.ca**. There's some interesting information. Patterns (both for free & for purchase), a deal on a fat quarter bundle to make hug blocks, and there's even a couple of contests to enter.

Thanks to the Guild members who have donated quilts & blocks to QOVC in the past.

I am the contact person for the Comox Valley & will pick up any completed quilts. Due to COVID, presentations have been put on hold, but there are many men & women waiting to receive their "quilted hugs" once we are able to deliver them.

Please consider participating and if you have any questions, please contact me at quilterthomas@gmail.com

Thanks & Quilt On!

Nerissa

Thanks Nerissa, let's see how many "hug blocks" we can make before the April newsletter.

Follow this link for block requirements:

<https://www.quiltsofvalour.ca/what-we-do>

Follow this link to see and download the block patterns:

<https://www.quiltsofvalour.ca/hug-block-patterns>

Hope

More Member Activities

This may be of interest for the newsletter. It's a copy of a worksheet for calculating the amount of backing needed when diagonally piecing a quilt back. I found this on the internet. The creator's name is on the worksheet attached. I have not tried this yet.

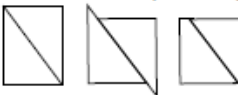
Has anyone tried this method for piecing a quilt back?

Linda Bollinger submitted

Calculating Yardage for Diagonally Pieced Quilt Back

Here's a neat, fabric-efficient technique to use when making a quilt backing that is 1½ times wider (or less) than your backing fabric. (That would be a maximum of about 62" wide, based on fabric that is 42" wide.)

The technique is simple: cut the fabric corner to corner; slide one piece down until the combined width is your desired width (+1" for seam allowances). Stitch that diagonal seam and trim off the excess triangles at the top and bottom.



Cut, slide, sew & trim.

The math is a bit tricky so we have created this handy worksheet. In Adobe Reader, fill in the first three colored boxes, and the form will do the math for you! Or, print the sheet out and follow the instructions below.

- Fill in the three boxes below. (Quilt back length & width is not the finished quilt size, but the length/width required before quilting.) Transfer those numbers to the same colored boxes where they appear elsewhere on the sheet.

Desired Quilt Back Width + 1" **Desired Quilt Back Length**

Usable Fabric Width

- Complete the math to fill in the boxes below. Transfer the number from the last box as indicated.

$$\text{Desired Quilt Back Width} + 1 - \text{Usable Fabric Width} = \text{Box 1}$$

$$\text{Box 1} \times \text{Desired Quilt Back Length} = \text{Box 2}$$

- Complete the math to fill in the boxes below. Transfer the figure from the colored box as indicated.

$$2 \times \text{Usable Fabric Width} = \text{Box 3}$$


$$\text{Box 3} - \text{Box 1} = \text{Box 4}$$

- Complete the math to fill in the boxes below. Round up the backing fabric yardage required to the nearest ¼ yard.

$$\text{Box 2} + \text{Box 4} = \text{Box 5} + \text{Box 6} = \text{Box 7}$$

Backing Fabric Yardage Required inches
 yards

Created for Jinny Beyer based on a formula originally shared by John Flynn (www.flynnquilt.com).



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SUNSHINE

I am sure that everyone is sooo tired of our isolation and all the rules, but we will make it thru. Thank you to everyone for letting me know when and where to send a note of cheer.

I have sent many cards, some sad and some cheerful, I hope they offered a note of cheer to everyone.

Please continue to let me know when you hear of a time when a need is there, without your input I cannot do my job.

Thank you.
Florence

Email me at: sunshine@schoolhousequilters.com

The spring looked like it was on the way ,and then, guess what, SNOW. Well, it does look pretty with the spring flowers pushing thru the snow. I hope that with this optimism all our spirits are on the up swing.

On the sad side, please keep me advised on any news and I will send good wishes their way. Here is hoping for an early spring so we can get some walks in in the sunshine.

Cheers
Florence

Jeanette Morneau

It is with sadness that I share the news of Jeanette's passing on February 1st 2021. A lot of us will remember her as a talented artist, quilter and passionate gardener. Although she hasn't been at the guild in the last few years she has been in our thoughts. Rest in peace, Jeanette



Member Activities

Diane Davies has been busy

I'm working on Ukrainian Easter eggs these days.

It has a lot of similarities to making a quilt, although I must admit I'm a far better Ukrainian Easter egg maker than quilter.



Karen Ross is being very creative

Meet Ellie the elephant. I decided to have fun with colour and make this project as crazy and fun as possible. This large paper piecing project was a challenge. It is 54" X 60" and 97 different pattern pieces with many shapes and fabrics in each one.

I keep teasing my husband that he will need to add onto the house so I can hang it.



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Guild Member Personal Information

If you need to contact any of our guild members, executive or committee members please go to the **Members Only** page and then to **Memberships** on our website for the most up to date list of all email, addresses and phone numbers of current guild members. Remember you will need to be a paid member to get the userid and password to enter this area.

To protect the privacy of our guild members' personal phone numbers or email addresses will not be published in the newsletter unless specifically requested by the committee member. Most committees have a guild email address that is redirected to their personal address.

If your committee does not as yet have one or you are organizing a special event please send an email to our webmaster using webmaster@schoolhousequilters.com to request one.

As a paid member you have received the login and password for this section.

Personal Information Changes

Please notify the Membership Committee of any changes to your email, phone number or address.

The Membership Committee will then pass this information on to those who need the information to update email lists, and membership files.

Keep your information up to date in order to receive email regarding guild events.



Happy March Birthday

Please wish everyone a Happy Birthday



Colleen	Cullen	3/3
Carol	Erskine	3/4
Florence	Labrecque	3/4
Susan	Tutt	3/8
Hope	Rychkun	3/9
Myra	Shearer	3/9
Pat	MacEachern	3/13
Coby	Sherstone	3/20
Barbara	Bocking	3/24
Sandy	MacDonell	3/26
Susan	Richert	3/29
Betsy	Murray	3/30



More Member Activities

Anita Jones' Christmas Quilt for daughter



I ordered the Quilts of Valour bundle and received it very quickly. I was able to make 13 blocks and only have a bit of fabric left.

They get mailed to Edmonton to be entered in a contest, but the main thing is they get put in quilts of valour.

As they end up 9 inches finished I think that means 7 blocks by 9 blocks for 63 blocks per quilt.

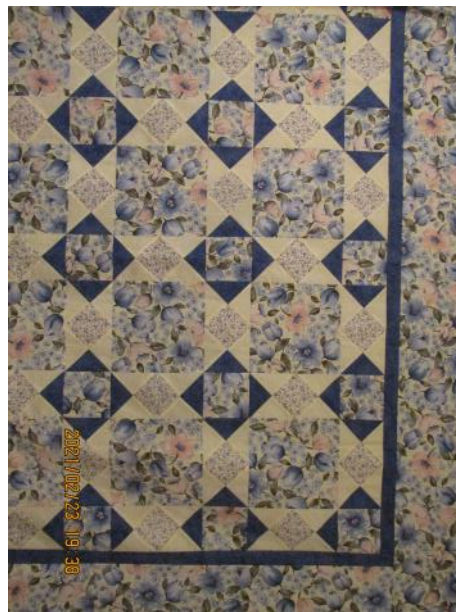


More Member Activities

Jan Fraser has been busy

Here are a couple of photos of flimsies I have made since last month, using fabrics from my stash. Am also doing smaller projects.

Since Christmas I have bought a couple of toys which turned out to be "make work" projects, an AirFry Convection Toaster Oven and a Bread Machine, so have been testing recipes. Sure makes the days go by faster but cuts in to sewing time. I also admit to binge watching "Crown" on Netflix, all four seasons of ten episodes in less than a week. I didn't think I would enjoy it but turned out to be a look at how the Royals live. Even though it's said to be fiction, I think much of it is true to form given that there have been so many documentaries and tell all books from previous staffers.



Have you tried using a Clapper yet ??

I have not seen a clapper in any of the local quilt shops – but perhaps you have. You can purchase them on line – from a number of US locations – but they range in price between \$30 and \$40 – US dollars to boot – plus exchange – plus shipping ~ making it a rather pricey notion. So – what are they – and do they work ?

They really are just a block of wood – and there are all kinds of directions on YouTube as to how to make your own. My hubby made me one at Christmas time --- this is what he did :

Cost – approximately \$ 12.00 – for wood that he obtained locally

The finished size of mine is 11-5/8” x 3” wide and 1-5/8” thick..... if you like making 12” blocks, you might want to make yours a wee bit longer

Maple Wood is recommended – it is light in colour, has very fine grain and is heavy dense wood (my little block weighs in at 1 pound 6 oz (611 grams)

Directions for how to make that quilter’s clapper my hubby made me

Maple wood (light colouring, fine grain, heavy dense wood)

Finished size was 11-5/8 “ inches x 3” wide --- and 1-5/8 “ thick

He bought 2 feet of 1” x 3” maple – cut that in half and glued the two pieces together with Gorilla wood glue – and then trimmed up

Round off sharp edges of wood

Sand wood to a smooth finish (very fine sandpaper)

DO NOT use **ANY** finishing product – do not stain – do not seal – do not wax --- you don't want any of these products on your fabric

Commercially purchased ones generally have a groove down each side – sort of a finger hold when you pick up – so if your workshop is equipped with a router of the right size – you might consider this. I left mine as is and have no difficulty picking it up. Some people add a drawer pull handle on the top.

What does it do ?

When you press that seam over – you can set this clapper on top while it is still hot --- and some directions say you can clap it up and down. This flattens your seam down even more. If you look at

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YouTube – Sew Very Easy has a little video about using the Clapper.

https://www.youtube.com/watch?v=GDKIt_M0_8c

Does it really work ? YES, IT DOES !

In fact – I found that it flattens the seam down so well – that I can no longer nestle seams together by feel – which sort of just creates a new problem, doesn't it. So I would not try to flatten every seam until after you've done whatever nested seams need to be done

But – if you are a fan of pressing seams open – or of making teeny tiny blocks with lots of seams – or those stars where you have multiple seams in that middle spot – then this thing will help get that nice and flat for you.

Jean Lewis (guild member)



Member Activities

Anne Mc has been busy

I have been digging deeper and deeper into my scrap bins as I continue to 'clean out' my very limited storage space. It's definitely time to part with a few favorites that I have hung onto for way too many years!! The quilt on the left is from Jackie White's Covid Quilt Along; the other from the back of my storage closet. Both will go to Community Quilts when done.

I also decided it was time to part with my old red boiled wool jacket that I have loved for about 20 years! From the parts that weren't too worn out, I have been making cozy slippers; great for going visiting (if that ever happens again). Wool and felt scraps are being turned into Easter eggs. The little pocket on the front is just the right size for a chocolate bunny!



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Comox Valley Schoolhouse Quilters' Guild

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Here are five thought-provoking tidbits for you on quilts and quilting:

1. Quilting can date back to 3400 BC. The oldest quilt still around today is The Tristan Quilt dated around 1360-1400. [Top 10 Interesting Quilt Facts](#) from the Craftsy blog
2. The term "[quilt](#)" comes from the Latin *culcita*, meaning a stuffed sack. [History of Quilts](#) from Quilting in America
3. The world's largest quilt is the AIDS Memorial quilt. [Fun Facts About The Wide And Wonderful World Of Quilting](#) by 24 Blocks
4. According to [dictionary.com](#) the word Quilt dates back to 1250 or so. [12 fun facts about Quilting](#) by QuiltingSewingCreating
5. Some quilts were created out of necessity, while others were encoded with secret messages and symbols—African Adinkra symbols popular amongst the Akan of Ghana, West Africa—to aide enslaved Africans in their escape from chattel slavery.

From [Black History Month](#), Brooklyn Public Library

Nerissa has been busy



A lovely recipe from **Anita**

Tastes great, easy to make, add chocolate chips if you must.

Use almond flour and it makes it gluten free!

It seems to disappear very quickly around my house

Canadian Oatmeal Shortbread

1 cup butter (or margarine)

1 tsp salt

1 1/4 cup brown sugar

1 cup flour

1 tsp soda

2 1/2 cups quick oatmeal

1 tsp vanilla

In a saucepan melt butter and sugar, caramelize a bit, let it bubble 1—2 minutes. Remove from the stove and add all the remaining ingredients, all at once. Mix until well blended. If the mixture seems too 'wet' add another 1/2 cup of oatmeal. Quickly press batter into a 9"x12"pan. Bake until light brown, about 20 minutes at 350 Cut into squares while warm.



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N. Island Health Newborns	Joy Whitehouse
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Teddies & Toddlers	Gladi Lyall & Carreen Webber
Pregnancy Care Centre	Nerissa Thomas
Quilts of Valour	Nerissa Thomas
Hall Open & Close	Carol Metner, Judy Morrison & their teams
HAW	Hope Rychkun
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