



RIVERWALK QUILTERS GUILD NEWSLETTER

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Please make sure you read all the news because every page has information you can use!

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PRESIDENT'S MESSAGE (Bev Parker)

Our small quilt auction was a triumph! Nancy Sturgeon and her super team deserve a victory lap for organizing a highly successful auction last month.

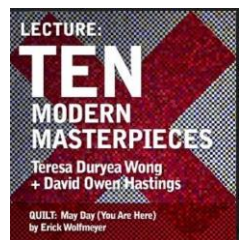
Thanks to all who participated by making quilted items, working that night, recruiting friends to attend, or otherwise contributing.

This was our second year for the boutique, which again proved to be a popular addition.

Already new ideas for the 2024 auction are being tossed about. Be thinking of how you can contribute—it isn't too early!

NOVEMBER GUEST SPEAKER (Nancy Sturgeon)

November 14—David Owen Hastings & Teresa Duryea Wong will explore and dissect 10 influential modern, masterpiece quilts.



You'll fall in love with these quilts— and they'll explain why. Discover more about modern quilting, and how art and quilting are inextricably intertwined. They'll reveal how five key qualities combine in different ways to create spectacular results: scale, color, subject matter, technique, and innovation.

1 hour + Q&A: This is a great lecture to discover more about modern quilting, and how art and quilting are inextricably intertwined.

We'll reveal how five key qualities combine in different ways to create spectacular results: scale, color, subject matter, technique, and innovation. See masterpieces made between 1990 – 2015 and experience the genius behind these exquisite quilts. Plus, Teresa and David will share a flash review of a select group of winning entries from past QuiltCon conventions.

Teresa Wong--Bringing quilt history alive is my passion. I am the author of six books on quilts and textiles, and I lecture often. I am a Board member of the International Quilt Museum in Lincoln, Nebraska, and also a member of the Board of the Quilt Alliance. I'm a contributing writer for Quiltfolk, Curated Quilts, Quilt Diary Japan, and other magazines. I also make and collect too many quilts to count.

David Owen Hastings--I'm a quilter, graphic designer, print and textile artist, and a former President of the Seattle Modern Quilt Guild. I create contemporary art and modern minimal quilt and textile designs. My creative approach to modern quilting has led to a busy schedule of workshops and lectures on quilting, branding for artists, art, and textile techniques.

NOVEMBER GUEST SPEAKER Continued (Nancy Sturgeon)

See masterpieces made between 1990 – 2015 and experience the genius behind these exquisite quilts. Plus, Teresa and David will share a flash review of a select group of winning entries from past QuiltCon conventions.

This program will be a bit longer than others so come early if you can. (Zoom at home and Zoom in person at the church).

DECEMBER GUEST SPEAKER (Nancy Sturgeon)

December 12—Carl Hensch


Journey with Carl from the beginning of his quilting career to the present time. Learn about him, his company, his store 3 Dog Design and how he got his start in quilting. Carl will show many quilts that he has made, including the original designs from his books:

- Stars 'N' Strips Forever,
 - Amish-Inspired Quilts for Today's Home
 - New York Beauties and Flying Geese
- Along with quilts completed for various magazines and fabric manufacturers.

See and hear how Carl's quilting aesthetic has changed through the years "making the modern traditional and the traditional modern."

www.3dogdesignco.com



<p>MEMBERSHIP (Margaret Zitt)</p> <p>We currently have 85 members.</p> <p>We are going to enjoy the presentations and see some wonderful quilts during Show 'n Tell this year.</p> <p>When you check in at the membership table, please get your raffle ticket and wear your name tag to be eligible for the door prizes.</p> <p>Margaret Zitt Membership</p>	<p>PHOTO DIRECTORY (Margaret Zitt & Mary Cieslak)</p> <p>I still need a few more pictures for the directory.</p> <p>Please send me a picture that I can crop down for the directory space.</p> <p>Margaret Zitt Mary Cieslak</p>
<p>PHILANTHROPY (Lisa Klingbeil & Fabric Fondlers Bee)</p> <p>Now that we are past the auction, the Philanthropy committee has already met once and will meet again tomorrow to produce holiday stockings as well as make project kits for the general meeting.</p> <p>We continue to work through the large amount of fabric and partially completed projects donated this past summer by an anonymous member. One of the projects was completed and submitted to the auction.</p> <p>As you may recall we have a request for 70 holiday stockings from one of the organizations we donate to. I would like to fulfill this request prior to Thanksgiving.</p> <p>There are many free stocking patterns available on the internet and we could use stockings of all sizes.</p> <p>We will also provide some paper patterns at the general meeting for members to pick up.</p> <p>Below is a photo of a small group of stockings already made. There are many more done and others have been cut out and are ready to sew.</p>  <p>Finally, we are discussing and planning the spring Philanthropy sew-in.</p> <p>Any suggestions are welcome! Lisa Klingbeil and the Fabric Fondlers Bee</p>	<p>SOCIAL MEDIA (Margaret Donahue)</p> <p>Hello Quilters We are headed towards the holiday season. Lots of quilters are really generous with handmade gifts. Please take a few pictures of your creations and even if you have to wait till gifted to share, let us see what you are making!</p> <p>The auction was terrific, but I really felt we could have created more buzz by previewing the items donated. Please ask if you have trouble taking pictures of your work. Grab a neighbor at the November meeting and ask them to snap a photo for you!</p> <p>There is a challenge coming up and a "before" picture is encouraged for your upcycled item. We can do this Quilters...let's give it our all!</p> <p>In Thanksgiving for all you do to share your talents with our fellow members.</p> <p>Sincerely, Margaret Donahue mdonahue1068@gmail.com</p> <p>SMALL QUILT AUCTION (Nancy Sturgeon)</p> <p>Thank you again to all of you who participated in making the 2023 Small Quilt Auction a success.</p> <p>If you have any ideas on what we can do next year to improve our auction, please let me know. You might even be thinking now about what you would want to make and donate next year. I know I have several projects that didn't quite make the deadline.</p> <p>I am also looking for programs beginning in July 2024 and ending in May 2025.</p> <p>If you know of any good programs or topics or speakers, please contact me. Nancy Sturgeon</p>
<p>PROGRAMS (Nancy Sturgeon)</p>	
<p>Looking for Antique Quilts</p> <p>Do you own any interesting antique quilts? I am thinking about a RQG program for 2024-2025 that would feature members talking about antique quilts that they own. If you would be interested in showing your quilt/quilts for this program, contact me, Nancy Sturgeon, nlsturgeon@gmail.com.</p> <p>Instead of having you lug your quilts to the meeting, I might just take photos of the quilts ahead of time including closeups and special details and put them into a PowerPoint / Keynote program for easy viewing.</p> <p>If you are good at taking photos of quilts and would like to help with this project, please contact me. Nancy Sturgeon</p>	

In Case You Missed It....

There was an update on the Fall Challenge AND there's a special message about the guild bees.

First, **the Fall Challenge, "Repurposed," has been extended to the DECEMBER meeting** to give everyone plenty of time to work on their project after the Small Quilt Auction. Please see the attached flyer for details of the challenge and how to submit your entry!

Fall Challenge – UPDATED 10/1/2023.

Challenge extended to December to give everyone more time after sewing for the auction!

Now that fall is here if you are cleaning out and getting ready for the upcoming holiday season, before you throw everything out in the garbage or drive it to the donation center, consider REPURPOSING something from your discard pile into something new and exciting!

For inspiration, you can reference some of the following:

- How to Reuse and Repurpose as a Quilter (Amy Smart, Diary of a Quilter)
 - 5 Ways to Use Upcycled Fabric in Your Quilt (Alderwood Studio)
 - Upcycled Fabric Projects & Going Green Tips for Earth Day (Missouri Star Quilt Co)
 - Earth Day DIY: Tote Bag from Upcycled Jeans (Brother USA)
 - Vintage Quilt Stockings (Quilting in the Rain)
 - How to Repurpose as a Quilter (Google Search with lots of links)
 - Repurposed Vintage Quilts (Google Search with lots of links)
- Book "Sew Eco-Friendly" by Debbie Shore
- Book "Conscious Crafts Quilting" by Elli Beaven
 - Consider making something with repurposed men's dress shirts and ties if you attended the guild workshop in September
 - Follow our September speaker for ideas: @juliamcleodquilts

Fall Challenge Theme: Repurpose

Challenge Due Date: December guild meeting, Dec. 12 (pictures due Dec. 10 – see instructions below)

Challenge Overview:

1. Make an item using repurposed material from one or more of the following: article(s) of clothing, an old quilt that has fallen into disrepair, etc.
2. Item made can be a small quilt (minimum 12"x12"; maximum 36"x45"), tote bag or zipper pouch, pincushion, rug mug or table topper, a new article of clothing other than the original item the material was taken from, or any other useful item you can think of!

Challenge Instructions:

1. Take pictures of the original item(s) from which you are taking your repurposed material.
 2. Make your item using your repurposed material and any other materials needed to complete the item (the final item must be made from at least 50% repurposed material).
 3. Take pictures of the new item.
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1. Submit your pictures and the name of any patterns used or note if the item is your own design (email no later than Sunday, Dec. 10 to RQGSpecialEvent@gmail.com).
 2. Bring your completed item to the December guild meeting for display
 3. Members will vote for the top 3 entries
 4. Challenge winners will be announced at the December meeting and will receive a prize.

Questions? Contact Sherry Gendel, Special Events Chair, sherrygendel@gmail.com.

MISC. (Nancy Sturgeon)

In her latest newsletter accomplished quilter, Bethanne Nemesh, wrote an article titled "Emotional Support Quilting".

I thought you might like to have this in your toolbox as we enter into the long dark days of winter here in Chicago. So, I wrote Bethanne to see if she would allow us to publish it in our Guild newsletter. She said yes, but only if I would encourage you to subscribe to her newsletter. <https://mailchi.mp/088a1ba603db/thanks-for-joining-the-white-arbor-newsletter>

A plus--If you do subscribe--you will be able to download her bitty binding booklet. Bethanne pushes the boundary on binding especially for her show quilts. You will love her special bindings. --

None of us is without bad days. We all get the blahs; we all suffer from lack of motivation. Some of us suffer from outright depression and anxiety. Plan ahead for a bad day, and get the serotonin boost you need to pull yourself out of the doldrums.

I personally deal with a lot of weird fluctuations in my mood and my ability to attend to tasks. In particular, when I finish big projects (like filming a long class that took a lot of effort), I have numerous days or even weeks of "what do I do now?"

Creatively I spin in absolute circles, crippled with decision paralysis, then I start to get depressed for wasting time and being hard on myself for my poor focus.

Enter: The Emotional Support Quilt

Plan AHEAD knowing you are going to need it! Did you know I have a degree in Art Therapy? Well, I do. When our brain enters depressive or anxious fogs, and to a lesser extent, just the blahs...the first thing to suffer is our Executive Function. This is the thing that is responsible for planning and making decisions in order.

Meaning, you will LITERALLY not be able to make a plan for when you need it. You will NOT be able to think what to do and then act on it.

There are a lot of fun ways to crosscut a strip like this! I crosscut into square rail fence units, but you could also try:

On a good day, decide on an easy "no brainer" piecing unit and prep some. Stick it in a drawer. When you feel terrible you don't have to do any thinking. Just sit and sew your unit.

You do NOT need to know what you will do with your unit later!! When your mood gets better, and the world stops spinning, you can create a plan for your units.

Setting up a pile of precut colored squares and a solid to make into half square triangles, as in the first image is all I felt capable of working on once last year. This bout of depression turned into that lovely floral quilt I used for a class sample!

Making sheets of string piecing fabric to later cut down is another great plan! In this image, those sheets were cut into squares, and again made into half square triangles.

Pull a precut and apply a rule, then your emotional support project is ready in your drawer! For this new project, I chose an ombre dot jelly roll. My rule was to sew two similar color family strips together, light to dark. I also decided I wanted small logs, so I sewed both sides of the strip together, cut it down the middle and re-sewed. That might be overcomplicating ... simple strips are enough.

- rectangles
- 60-degree triangle crosscuts
- diamonds...which could make wicked cool stars.

Any of these units can later come together with a cool plan.

Being in a creative slump is inevitable. Facing genuine mental health creative disruption can be terrifying and a self-fulfilling loop of executive function failure.

Knowing you WILL face tough days make a plan on a good day of what your unit will be. You don't need to know the end of the plan to get started. The act of sitting and creating WILL boost your happy hormones, which will do their job, and help banish the blues.

Plus...bonus! Your painful day can turn into a lovely project down the line. You can keep the finished quilt...or re-home it to a charity and truly banish those blahs.

Happy quilting friend! Be kind to yourself. ~~Bethanne

QUILTING BEES (Margaret Zitt & Sherry Gendel)

Also, **anyone interested in joining a bee** can complete the attached Bee Availability Form and either email it to RQGSpecialEvent@gmail.com, mail it to the guild's PO Box, or bring it to an upcoming meeting and turn it in at the sign-in desk.

So far, we have a few forms but need some more to be able to create a couple new bees.

Lastly, **if your existing bee is looking for some new members**, please email Sherry Gendel at RQGSpecialEvent@gmail.com and let her know when and where your bee meets and she can let you know if anyone looking to join a bee would be a good candidate for your group.

NEWSLETTER ADS

The Riverwalk Quilters Guild newsletter is published monthly. To submit articles for inclusion, contact our RQG Newsletter Chair by the 4th Tuesday of the month.

Guild members may place free ads for personal use only.

Please make sure the ad is directly related to our shared hobby.

If the ad is for a business, Rates are as follows:

- Full Page:** \$50.00
- Half Page:** \$25.00
- Quarter Page:** \$12.50
- Eighth Page:** \$5.00

Full page ad available for a single month only.

Make checks out to **Riverwalk Quilters Guild** and mail to the following address: Riverwalk Quilters Guild, PO Box 5092, Naperville, IL 60567

VINTAGE QUILTS FOR SALE

Vintage quilts for sale. Contact if interested, photo available upon request, pricing can be discussed upon request / viewing.

Whole Cloth Off White, Size: 65 x 83, Heavily hand quilted, Decent condition, some stains, circa late 1800's.

Grandma's Flower Garden (Hexies), Size: 68 x 82, Cotton and wool garment fabrics, well-preserved colors, Hand-pieced, Quilted only through backing, Piped binding, small damage, few holes.

Lemoyne Star Spring Quilt (no batting), Size: 66 x 77, Hand pieced, Hand quilted, Excellent condition.

Silk Log Cabin - 1898, Size: 62 x 76, Silks from Ogdensburg Silk Mill, Upstate New York, Documented from Bell family, Fair Condition, some silk shattering.

Drunkard's Path, Spring quilt, Size: 71 x 84, no batting, rustic piecing, good condition.

Crazy Quilt, Size: 62 x 72, Heavily embroidered, Some fabric deterioration.

Suzanne Troy
Naperville, Illinois
630-667-4021
Suzanne@thetroyhome.com

GET TO KNOW YOUR BOARD AND COMMITTEE MEMBERS

Mary Cieslak – Newsletter Chair

My quilting journey began in 2006 when I went with two friends to the Rosemont quilt show. I bought a small Cathedral Window ornament pattern and fell in love with quilting from that point on.

I started making wall hanging quilts then graduated into making bed sized quilts for myself and others.

Now my specialty is making T-shirt quilts for people so they can lay under their life's memories.

I joined Riverwalk Quilters Guild in 2007 and have held the positions of Vice President, President and currently I'm the Newsletter chair.

I owe my sewing skills to my mother who taught me to sew and now it fills many hours in my day.

Mary Saba, Secretary:

I joined the guild last year. I like to do collage, scrappy and modern throw size quilts.

Most of my quilts are finished with FMQ and thread painting style quilting, but I am learning other techniques as well.

This includes recent experimenting with fabric printing. I also knit so have multiple projects all going at once for whatever mood I'm in.

Currently I am working on drawings for my next project for my granddaughter and quilting an accumulation of tops.

POSITION	2023 - 2024 EXECUTIVE BOARD CHAIRS	EMAILS
President	Bev Parker	RQGPresident@gmail.com
Vice President	Mara Gallager	RQGVicePresident@gmail.com
Secretary	Mary Saba	RQGSecretary@gmail.com
Treasurer	Ganga Gubbi	RQGTreasurer@gmail.com
POSITION	2023 - 2024 COMMITTEE CHAIRS	EMAILS
Contracts	Nancy Sturgeon	RQGContracts@gmail.com
Holiday Party	Deb Obrecht & Peggie Getz	
Library	Sandy Doubeck & Judy Morgan	RQGLibrarian@gmail.com
Membership	Margaret Zitt	RQGMembership@gmail.com
Newsletter	Mary Cieslak	RQGNewsletter@gmail.com
Philanthropy	Lisa Klingbeil & Fabric Fondler's Bee	RQGPhilanthropy@gmail.com
Photo Membership Directory	Margaret Zitt	RQGMembership@gmail.com
Programs	Nancy Sturgeon	RQGPrograms@gmail.com
Rummage Sale	Julie Milldrum	educateread1@gmail.com
Small Quilt Auction	Nancy Sturgeon	RQGSmallQuiltAuction@gmail.com
Social Media	Margaret Donahue	RQGSocialMedia@gmail.com
Special Events	Sherry Gendel	RQGSpecialEvents@gmail.com
Video Communications	Position Open	RQGVideoCom@gmail.com
Website	Rosemary Sanza	RQGWebsite@gmail.com

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