



Naperville, Illinois

Volume 30, Issue 9
March 5, 2022

Riverwalk Quilters Guild

Greetings quilters!

We're on the brink of spring: long-awaited warm air, increased daylight, so uplifting! Our Guild too is on the brink of something exciting...planning next year's Board! Our By-laws indeed outline important dates and deadlines, and the time is now.

Even though your crew (Board) will carry out their duties through June, filling positions is an immediate need. It takes a crew to run a ship, and our Guild is no different.

New board members are always welcome, and new ideas encouraged. Is there a board position you've been considering? Please feel free to contact the current person in that position and ask questions. Not sure what the job entails? Just ask, and we'll get information to you. A full list of board members is in this newsletter. One position that will definitely be open is Membership. We are grateful for Sue's service, but she will be taking a break.

Membership is great for someone who enjoys connecting with people. You often are the first person new and returning members have contact with. This job can be done by two people, so ask a friend. Our VP, Bev, has done this job with a partner, so contact her if you have questions.

While not a board position, our auction chair is open. We've reserved October for this very popular and financially successful event. It can easily be



done by a bee or other group, and mentors abound, as we have several members who have chaired this event in the past.

The future of our Guild depends on a strong Board and members who step up in critical volunteer roles, such as Auction Chair. We seem always to be seeking wellness. The esteemed Mayo Clinic promotes volunteering as a health-enhancing activity. Check the link below for a very complete review on the benefits of volunteering.

<https://www.indeed.com/career-advice/career-development/what-are-benefits-ofvolunteering>

I'll leave you with this fine quote from Ralph Waldo Emerson: *"It is one of the beautiful compensations of life, that no man can sincerely help another without helping himself."*

Sailing into the future,
Loraine

Zoom Link for March 8, 2022

<https://us02web.zoom.us/j/85639215861?pwd=RWt0THRzWFB2MkxtOU9KKzNEYXk4dz09>

[Join our Cloud HD Video Meeting](#)

Meeting ID: 856 3921 5861

Passcode: 369011

Philanthropy Report

Philanthropy is busy getting ready for the April sew-in. We have the coin quilt kits ready for sewing. PLEASE RESPOND TO THE INVITE FOR THE SEW-IN BY MARCH 4th, so we can plan appropriately.

Norma B. quilted 11 quilts and made up 25 quilt kits (with some help from Judy L.).

Bev P. bound 5 quilts and completed 4 quilt tops.

Thank you to all members for supporting Philanthropy with your time and donations. We could not accomplish so much without all of your help.

Terri Hayes will be the contact person for philanthropy drop off. If anyone is interested in picking up a quilt kit or two, contact Terri. Contact information is in the Riverwalk directory.

Terri Hayes and Judy Long

Philanthropy
RQGPhilanthropy@gmail.com

Special Events

Complete Your UFOs!

We're at the last month of the UFO Challenge! By March 7, send me a photo of a UFO that you've finished. At the guild meeting, I'll show the photos of completed UFOs and draw the name of a winner for the month. There will also be a drawing from all the monthly submissions for the grand prize - a \$50 gift card for a local quilt shop.

Send your photo to the following email address and please be sure that you don't add an s after event in the address: rggSpecialevent@gmail.com

Carol Wilhoit
Special Events

Riverwalk Quilt Guild Challenge – Spring 2022: Monochromatic Quilts

It's time for a Riverwalk Quilt Guild Challenge! The theme this year is Monochromatic Quilts.

This challenge was inspired by an exhibit of quilts made in Brazil in 2016. For an idea of the wide range of quilts that can be made in one color, you can view some of those quilts online at:

<http://paulmanley.org/brasil/index.html>

Note that there are links at the bottom of the web page for "Gallery 1," "Gallery 2," and "Gallery 3." Click on each of the Gallery links to see the quilts.

Challenge rules are as follows:

1. The challenge is open to Riverwalk Quilters Guild members only.
2. Quilts or quilted items should be no larger than 400 square inches. (For example, either a 20" x 20" quilt or a 40" x 10" quilt is 400 square inches.) Pieces do not need to be square or flat.
3. Quilts should be made using only one color of fabric. Multiple shades, tones, and tints of the color may be included. The quilt should not include a second color. For purposes of this challenge, black and white are considered to be colors.
4. The piece should include at least some quilting stitches to connect the top, batting and backing layers.
5. Any techniques may be used to create the quilt, including but not limited to piecing, applique, embroidery, embellishment and quilting.
6. Tentatively, the due date for submission is May 3, 2022 (one week prior to the May 10, 2022, meeting). The due date may be moved to a later date, no later than June 14, 2022, depending upon whether the May and/or June 2022 meetings will be in person or online. The final due date will be announced in the Guild newsletter.
7. First, second and third prizes will be awarded. The method for identifying winners (viewers' choice, judging or random selection) will depend upon whether the challenge quilts are shown at an in-person or online meeting.

If you have questions, contact Carol at rggSpecialevent@gmail.com

Carol Wilhoit
Special Events



Spotlight on March 8, 2022

Yvonne Mlynarczyk, from nearby suburbs Via Zoom: Self-Preservation of the Quilter

Yvonne has been a physical therapist for 40 years and is board certified in orthopedic physical therapy - and yes, a quilter. Yvonne understands the stress we can impose on our body as we pursue our creative passion. Her program includes ergonomic and posture strategies for quilters with emphasis on the shoulders, shoulder blades and neck. The interactive lecture will highlight the common pitfalls of workstation setup with strategies for improvement. Ideal ergonomic positioning and posture will be demonstrated. Common patterns of muscle strength/ length and resting postural changes will be illustrated along with basic exercise concepts to restore balance.

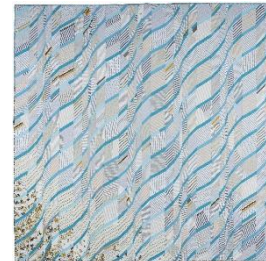


May 10, 2022, Sara Nishiura, Detroit and now Chicago Trunk Show



<https://www.sarahnishiura.com/>

Meeting will be Live - In Person. Sarah's formal study of art was in the area of visual arts for her undergraduate work and her emphasis in graduate school was in painting. Sarah learned to sew from her mother and learned to love geometry from her father. From her grandparents, who were great builders, painters, stitchers, weavers and gardeners, she learned that making things is one of the greatest pleasures in life. Sarah's quilts of her unique design are all pieced and then hand quilted. You can find interviews of Sarah on YouTube and many quilt pictures on Instagram.



Programs Remaining for Guild Year May – June 2022

All speaker presentations through March 2022 will be via Zoom. A meeting invitation will be sent out to all Members the weekend before the meeting.

April 12, 2022, Philanthropy evening sew-in. Meeting will be in person if enough members plan to attend.

May 10, 2022, Sarah Nishiura from Chicago - our 1st in-person speaker! "Sarah Nishiura: Trunk Show" <https://www.sarahnishiura.com>

June 14, 2022, Annual Party - rescheduled from March. Meeting will be in person.

Important: Some lectures may look the same on paper, but each presenter is unique in their approach, artistic and teaching style, tips, tricks, and space- saving approaches. Learn something whatever your style, ability level and interest to apply to your own projects. Don't miss the opportunity to learn from some recognized talents coming to your own backyard.

Joan Der
joan.der7@gmail.com

Social Media

This is Quilting Month and Instagram is hosting a #igquiltfest2022 .

Follow the prompts each day to share about yourself and your textile art.

See our Instagram page for ideas to participate!

Thanks.

Margaret Donahue
RQGSocialMedia@gmail.com

Membership

Know someone that wants to join Riverwalk Quilters. As of January, they can do so for a pro-rated fee of \$20.00 January -June 2022. Have them contact Sue Damitz at RQGMembership@gmail.com.

Budget Reminder to Board Members

Please submit your budget requests by March 22 Board Meeting. Thank you to those who have sent their requests!

Tracy Husch-Lissak
RQGTreasurer@gmail.com

Library News

Happy March from the Library!

The weather outside is still frightful. As I write this, we are expecting another snowstorm this evening. Why not check out the collection on [LibraryThing catalog](#) and spend an afternoon with a cup of tea and a book and get inspired by a new – or old technique. Porch pickup or we'll deliver to you. If Librarything is not for you, here is a link to a PDF of our whole collection. [RQG collection PDF](#)

Now that we're looking to make some decisions about meeting spaces going forward, the future of the library is in doubt. Do we still value having this physical collection at our fingertips? Is it only useful if we can access it in person? Lots to think about, and as far as library goes, we need to use it or lose it. And maybe that's ok. But also, once it's gone it's gone. We respectfully urge you all to consider your thoughts on this so that when the time comes to make a decision, it will be well thought out and reflect the opinions of the majority of members.

Thanks for considering –

Lynn and Linda

Linda & Lynn
RQGLibrarian@gmail.com

RQG Rummage Sale

At this time we do not know specifically when we will be scheduling our private Guild rummage sale (maybe May or June--maybe on a Saturday).

If we have a traditional sale, we might have it outside so that we can keep our social distancing and don't have to pay room rental fees.

Another thought is to have the rummage sale as an auction. We would use members as auctioneers and auction off the items--fabrics, threads, notions, etc. which would be organized ahead of time. We might make more money for the Guild treasury this way. The board will discuss these and other ideas and make the final decision. Any ideas from you are welcome.

Please keep going through your sewing/quilting supplies and put aside those which you no longer want or need for our sale. Remember one quilter's trash is another's treasure!

Nancy Sturgeon

Hospitality

Shamrock Shake

1 $\frac{3}{4}$ cup vanilla ice cream
1/3 cup milk
1 $\frac{1}{4}$ t. peppermint extract
8 drops of green food coloring
Whipped cream
1 T. Baileys (optional)
1 T. peppermint schnapps (optional)
Garnish: green sprinkles, a cherry, spring of mint, crushed cookies



Reuben Dip

One of my favorite appetizers is Reuben Dip. It is so easy...just throw everything in the crock pot and serve with cocktail rye bread or crackers.

5 packages of Buddig corned beef
16 oz. can Sauerkraut (drained)
1 lb. Swiss cheese shredded
 $\frac{1}{2}$ cup Thousand Island dressing



Mix all ingredients together; put in crock pot or can also use a baking dish and heat in oven.
Serve when cheese is melted.

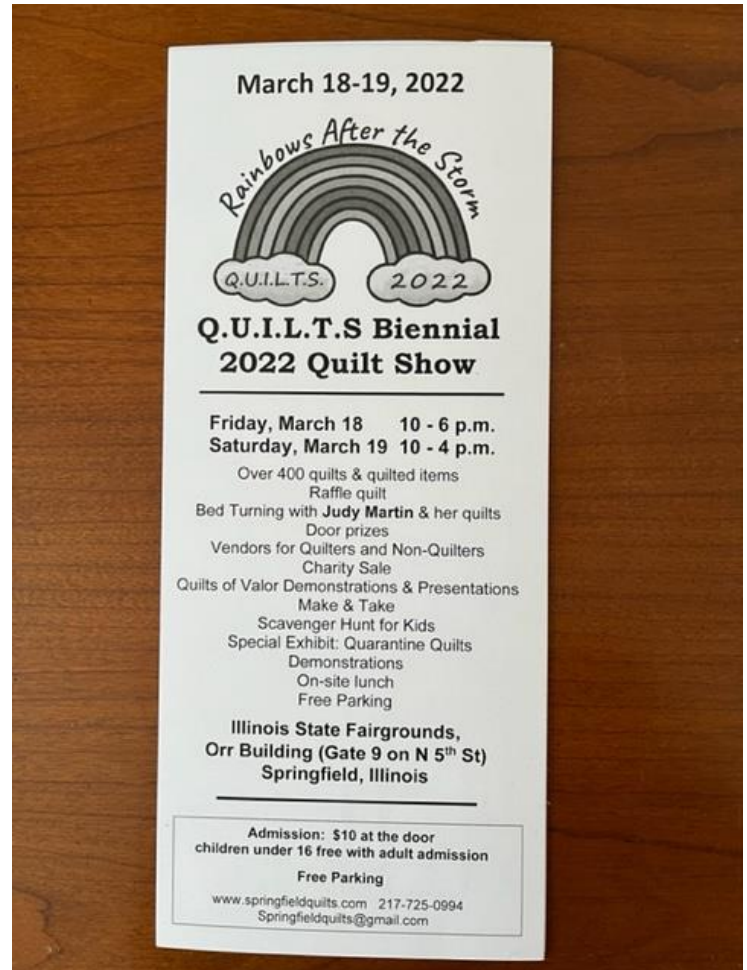
Leesa Jump
RQGHospitality@gmail.com

Outside Events of Interest

Quilt Shows & Special Exhibits

Quilt shows and special exhibits are returning! Check out these events.

- **“Rainbows After The Storm”**
Springfield IL quilt guild show
Friday 3/18 10am-6pm
Sat. 3/19 10am-4pm at the
Illinois State Fairgrounds For
more info visit
www.springfieldquilts.com
- **AQS Quilt Week Shows**
Branson MO March 23-26
Paducah KY April 27-30
For more info, visit
americanquilter.com
- **The Quilters Hall of Fame**
Marion IN. Little Beauties: The
Art of Miniature Quilts
2/22 - 5/7/22
For more info visit
www.quiltershalloffame.net



2021-2022 RQG EXECUTIVE & COMMITTEE POSITIONS

POSITION	NAME
President RQGPresident@gmail.com	Loraine Nemo
Vice President RQGVicePresident@gmail.com	Bev Parker
Secretary RQGSecretary@gmail.com	Heidi Enright
Treasurer RQGTreasurer@gmail.com	Tracy Husch-Lissak
Contracts RQGContracts@gmail.com	Sherry Gendel
Hospitality RQGHospitality@gmail.com	Leesa Jump
Library RQGLibrarian@gmail.com	Lynn Hamilton & Linda Kurtz
Membership RQGMembership@gmail.com	Sue Damitz
Newsletter RQG.Newsetter@gmail.com	Sandy Bray
Philanthropy RQGPhilanthropy@gmail.com	Terri Hayes & Judy Long
Programs RQGPrograms@gmail.com	Joan Der
Special Events RQGSpecialEvent@gmail.com	Carol Wilhoit
Social Media (Facebook/Instagram) RQGSocialMedia@gmail.com	Margaret Donahue
Website RQGWebsite@gmail.com	Rosemary Sanza
Video Communications RQGVideoCom@gmail.com	Kathy Herbach
January Holiday Party RQGHoliday@gmail.com	Amy Shutter
Photo Membership Directory & Rummage Sale	Nancy Sturgeon
Small Quilt Auction RQGSmallQuiltAuction@gmail.com	Need Chair Person

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 single month only.

Make checks out to **Riverwalk Quilters Guild** and mail to the following address:

PO Box 5092 Naperville, IL 60567