

Quilters Cables

San Francisco Quilters Guild — June 2019

Website: www.sfquiltersguild.org Guild Contact: sfsg.info@gmail.com

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President's Message

Dear Members,

My experience working with the guild board has been a very rewarding experience. Everyone is so creative and dedicated. I am so pleased with the number of people who have stepped forward to take new leadership roles with our guild. Jeanne Matysiak is spearheading QuiltAway 2020, Alex Byrne is coordinating Quilt Show 2021, Kenan Shapero is taking on Friendship Blocks. We are looking for a new Vice President and Parliamentarian to join us for next year. If you would like to join our team please let Pat Wong, myself, or any member of the nominating committee know. You will have a lot of fun.

Do you remember the anticipation of summer vacation? Planning what you would do, who you would see, where you would go. Yesterday was my last day with students. By next week I'm done with school until August. No more excuses for not finishing my UFOs. (Or at least a couple of them.) Enjoy your summer. The foggy days of San Francisco are great for sewing. Whatever projects you have going, I hope you are having a wonderful time.

~Maren Larsen, President, San Francisco Quilters Guild

~~~~~ ~ Featured Speakers ~~~~~

June 18th, 7 P.M.: Quilter's Color Therapy: The Psychology of Color, with Material Girlfriends

Color plays an important role in our lives. The colors we choose when creating a quilt say more about our state of mind than we realize. A quilter's stash can represent years of color therapy! Enjoy twin sisters Lora Zmak and Lisa Norton of MaterialGirlfriends.com as they explain color psychology, share the meanings of the most popular colors, and explore different fabric genres in quilting. Be delighted with their trunk show as the sisters share color-therapy examples. They will also have some patterns to sell us, so bring your wallet!



July 16th, 7 P.M.: *A Moo-ving Experience — Retrospective Trunk Show*, by Cathie Hoover

Utilizing Holstein cows in her designs was a natural for Cathie even before moving to Moo-desto. The graphic black-and-white patterns on these cows and their gentle nature appeal to her.

During a presentation covering over two decades of original work, Cathie shows her quilts and garments, offering humorous commentary about each piece. She welcomes questions about techniques, materials used, even trade secrets! Learn more about Cathie at www.cathiehooverstudios.com.



Next guild meeting
July 16th. Meetings
run from 7 to 9 P.M.

Saturday Sewcials

submitted by Mary Whalen

Please, we need someone to take over this position . . . I will be unable to attend meetings from August forward as I will be busy with my twin grandchildren once their parents return to work. Saturday Sewcials are fun and a great way to meet people. If you come to meetings anyway, please help out! I can assist with the rest of the duties. All you would need to do is to sit at the sewcial table during meetings to enable people to sign up, and to accept their payments. You can tell me, or Maren, or Barb Strick if you are interested.

We still have three sewcials scheduled for 2019. Community Outreach can always employ as many people as wish to volunteer. Dottie's class shall be rescheduled for sometime this July. My final Saturday Sewcial is Joy-Lily's Fantasy Collage in September, another workshop to look forward to—it will be a great opportunity to play with those novelty fabrics you've been collecting.

Sewcial Happenings Sewcials are an important part of our guild. Sewcials are where we learn new techniques, and relearn those old techniques, share our creativity with each other, and just have fun. Each sewcial is a workshop for a specific skill or pattern. Teachers are usually hired, so there is often a cost. Upcoming workshops will be posted on our website and in our newsletter. **Register for sewcials at monthly guild meetings or you can contact the Saturday-sewcial chair, Mary Whalen, directly by email or text;** the policy is that you are not on the class list until you've paid. The nonrefundable **class fees** are payable at guild meetings by cash, or by check made out to SFQG. **Kit fees** are paid directly to the instructor at the class.

Unless otherwise noted sewcials are usually 10 A.M. to 4 P.M. but plan to arrive fifteen minutes early (9:45 A.M.) to help set up and get directions so that we can begin on time; and please help with clean-up.

**Saturday Sewcials are fragrance free—
no perfume or scents.**

If you can, bring the basics: extension cord, cutting mat or board, rotary cutter, sewing machine, rulers, fabric, threads, safety pins, etc. Students may bring a bag lunch or get a meal nearby; sometimes a lunch is served; always feel free to bring treats to share. For everyone's comfort, **sewcials are fragrance free—no perfume or scents.** Contact Mary Whalen at marywhalen424@gmail.com or by phone or text at (650) 273-3270. There are some fantastic sewcials coming up!

Directions to the Police Academy

Sewcials are held at the San Francisco Police Academy at 350 Amber Drive, in Diamond Heights (near Safeway), where there is ample free parking, or take the SF Muni bus #52.

June 22, 10 A.M. to 4 P.M.Community Outreach Sewcial, with guild members

We have lots of outreach projects to complete, including beautiful baby quilt tops, quilt kits, and orphan blocks to turn into quilts. Please bring your sewing machine and all necessary supplies. A lovely lunch will be provided, but you'll need to bring any beverages you require. Come for an hour, or all day, or whatever time you have, and work on projects to assist our community. Let Adrienne know if you're coming. No fee. Adrienne@sfquilter.net

July tba Make a Kitten Stuffie, with Dottie McHugh



Got little kids in your life? Here's a quick project that's sure to please: making little stuffie kittens out of minky fabric. [Dottie McHugh](#) steps participants through the process of making a 7- or 9-inch kitten using a Carol's Zoo Kit. The *kit* costs \$13, payable to Dottie, and includes patterns, minky, plastic eyes, and nose. Dottie will have stuffing available, supplies to make more than one stuffie, and four basic sewing machines. Class fee \$10.



September 21, 10 A.M. to 4 P.M. Fantasy Collage, with Joy-Lily



Create playful or surreal fabric collages by cutting pictures from fabric. Compose them in unlikely or zany juxtapositions onto patchwork backgrounds. Then cover your art quilt with sheer tulle and topstitch the images in. Practice free-motion stitching here—the stitches mostly don't show. Class fee \$40.



Speakers & Sewcials



Meetings			
Month	Presenter	Event	Date
June	Material Girlfriends	Quilter's Color Therapy	06/18
July	Cathie Hoover	A Moo-ving Experience—Retrospective Trunk Show	07/16
August	Laurel Anderson	History of Appliqué	08/20
September	Nancy Brown	New Animal Quilts	09/17
October	Jean Impey	Finding Your Passion and Running with It	10/15
Saturday Sewcials (Workshops)			
June	guild members	Community Outreach Saturday Sewcial	06/22
July	Dottie McHugh	Make a Kitten Stuffie	07/xx
September	Joy-Lily	Fantasy Collage	09/21

2019 Events Calendar 2020

Bay Quilts Gallery Artist Lineup for 2019

through Jun 25: Alethea Ballard "Exuberant Appliqué"
 Jun 28–Jul 30: Judy Mathieson "Big Stars Retrospective"
 Aug 2–27: Arleen Kakua "Tell a Story"
 Aug 30–Oct 1: Leigh Hay-Martin "Our Ladies"
 Oct 4–29: Martha Wolfe "Wild Life"
 Nov 1–26: Ileana Soto "Forming Our Future: Culture, Community, Climate"
 Nov 30–Dec 30: Judy Coates-Perez "Creative Alchemy"

Reception Sunday, Jun 2
 Reception Sunday, July 7
 Reception Sunday, Aug 4
 Reception Sunday, Sep 1
 Reception Sunday, Oct 6
 Reception Sunday, Nov 10
 Reception Sunday, Dec 1

June 19–23 Shop Hop by the Bay
 2019 participants: Always Quilting (San Mateo), Back Porch (Pacific Grove), Eddie's Quilting Bee (Sunnyvale), Family Threads (San Juan Bautista), Golden State Quilting (Campbell), The Granary (Sunnyvale), Modern Handmade (Scotts Valley), The Nimble Thimble (Gilroy), Not Just Quiltz (Fremont), Quilts and Things (Morgan Hill). www.shophopbythebay.com
 June 21 Taste the Experience!
 Row by Row Experience 2019 begins. rowbyrowexperience.com
 June 22, 10 A.M.–4 P.M. Community Outreach Saturday Sewcial
 San Francisco Police Academy, 350 Amber Drive, SF.
 June 28, 10:15 A.M. Talk and Tea
 Legion of Honor Museum, Gunn Theatre, 100 34th Avenue, SF. Talk and Tea: The Beauty Who Changed the Metrics of Fashion. yaarakeydar.com

June 29–30 Quilts of the Central Coast
 Seven Sisters Quilt Show, Alex Madonna Expo Center, San Luis Obispo.
www.SevenSistersQuiltShow.org
 through June 30 Container Pieces
 Hayes Valley Art Works, 295 Oak Street, SF. The art of Todd Young and Catherine Sherman. HayesValleyArtworks.org
 through July 14 2019 Sisters Outdoor Quilt Show
 Sisters, Oregon. Sisters Outdoor Quilt Show is always held on the second Saturday in July. . . . www.sistersoutdoorquilts.org
 July 13, 9 A.M. to 4 P.M. Stone Portraits and Sacred Stonescapes
 Denise Labadie exhibition, Porcella Gallery, San Jose Museum of Quilts & Textiles, 520 South First Street, San Jose. www.sjqmusem.org
 July 19–26 French General Summer 2019 France Getaway
 A week in the South of France. www.frenchgeneral.com
 July 20–21 Orchids in the Park 2019
 SF County Fair Building, SF. sforchidsinthepark.org

August 5 DEADLINE to enter quilts into NQNC
Deadline to enter quilts into New Quilts of Northern California exhibit at
PIQF. www.ncqc.net
September 21 Henry VIII and the Art of Majesty
de Young Museum.
September 28–29 Quilting in the Garden
Alden Lane Nursery, 981 Alden Lane, Livermore.
October 17–20 PIQF
Santa Clara Convention Center. Pacific International Quilt Festival.
October 19 Knitting Together a New Fashion
de Young Museum
October 30 through November 3 Quilt Festival Houston
George Brown Convention Center, 1001 Avenida de las Americas,
Houston, Texas. Among the works on display at our Houston show this
year are antique quilts dating back to the late 19th and early 20th century,
quilts that tell the story of family histories and cultures, quilts that
celebrate the “Power of Women,” color, and quilt artists everywhere. They
all have a different story to tell . . . www.quilts.com
November 16 Collecting Contemporary Fashion
de Young Museum.

through **December 14** Fiber Structure installation
SFAC Gallery, 401 Van Ness, suite 126, SF. The San Francisco Arts
Commission presents a site-specific installation by Mik Gaspay, May
Gaspay, and Lleva Abenes. www.sfartscommission.org
through **December 20** Blind-Stitching: Vis-Ability
Lighthouse for the Blind Gallery, 1155 Market Street, first floor, SF. A
show of contemporary textile art, sewn by feel, by Claire Spector.
January 15–19, 2020 CRAFT Napa 2020
Embassy Suites/Napa. Fifth annual celebration of the crafts of quilting,
sewing, surface design, art journaling, and mixed media. All of the
workshops are now available to view; registration is open. Check it out: 17
teachers, 41 workshops, 5 days of creating. www.craftingalifellc.com
January 23–26, 2020 Road to California Quilters Conference
Ontario Convention Center, 2000 E. Convention Center Way, Ontario.
www.road2ca.com
February 16–20, 2020 Joe’s San Francisco Workshop 2020
Joe Cunningham’s sold-out workshop—sorry.
February 20–23, 2020 QuiltCon 2020—Modern Quilt Guild
Austin Convention Center, Austin, Texas. www.themodernquiltguild.com

As far as we can tell, these listed events are taking place as indicated, but *please*, before you go, double-check with individual venues to verify! Additional events can be viewed on the NCQC calendar at www.ncqc.net. If you know of any upcoming events of interest to fellow guild members, notify editor.quilterscables@gmail.com. Thank you.



Textile Arts Council

We encourage you to attend one of TAC’s diverse and engaging programs. Join **Textile Arts Council** and your membership will provide you with free attendance at TAC lectures and access to register for TAC tours and workshops. Memberships help support TAC events, the Fine Arts Museums of San Francisco’s Textile Arts Department, and the Textile Conservation Lab. Go to www.textileartscouncil.org for more information.

San Jose Museum of Quilts & Textiles

At San Jose Museum of Quilts & Textiles, our mission is to promote and celebrate the art, creators, craft, and history of quilts and textiles. We are dedicated to showcasing the most cutting-edge quilts and fiber art, while honoring our textile traditions. The range of works we display is reflected in our annual exhibition calendar, which change every 6–12 weeks.



Make Music Day
with CVNS
June 21
3–4 P.M.



Beers Made by: Kantha Style,
Walking, Tapping Collage, Mini-Quilt
Closing Reception Workshop
July 14 3–5 P.M.



Nov 3 11:30–2 P.M.

Nominating Committee

The nominating committee is actively seeking candidates to fill open board positions for the next fiscal year, which begins in October 2019. Currently we are looking for a Vice President and a Parliamentarian. If you have an interest in joining the executive board, please contact Pat Wong, chair, or fellow committee members Maren Larsen, Betty McNiel, Cher delaMere, and Donna Rand. If you are curious about what is involved with serving on the board, the board meets on the fourth Tuesday of the month, all members are welcome; details can be found elsewhere in this newsletter or on the website.

Familiar Faces at the Membership Table

submitted by Anna Chan

We were thrilled to have four members helping at the May guild meeting. Our thanks to Mary Spadaro, Margaret Barrett, Cathy Rodriguez, and Lizz Beitzel for their volunteer spirit that greeted you at the door. As much as we learn member’s names and faces when you enter, we hope you get to know our volunteer members as well. Thank you.

Contact Anna at jjkc@pacbell.net, (415) 665-2323, or sign in to volunteer when you read your next email Blast.



June Board-of-Directors Meeting June 25th

This month's board meeting will take place on June 25th, 6:30 P.M. ✂ at the Ortega branch library ✂ 3223 Ortega Street, San Francisco. ✂ All guild members are welcome to attend; committee chairs, if not attending please submit email reports. Contact Cathey Kennedy (518) 281-0053 or me@catheykennedy.com if you have any questions.

Jeanie Low—Weaving History into Art

submitted by Jeanie Low

Here's the link to the video tour of Jeanie Low's studio and interview by Eddie Wong, editor and publisher of the online eastwindezine.com. Click on or go to this link: <https://eastwindezine.com/jeanie-low-weaving-history-into-art/>



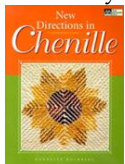
Photos of Jeanie's quilts by
Douglas Sandberg



What Lies Beneath

submitted by Christine M. Anderson

When it seems like spring cleaning extends into June, perhaps this old technique of stacking and sewing fabrics together to slash and fluff the raw edges will yield pleasant alternatives. It might be the way to repurpose a couple of uninteresting and noncoordinated fabrics from your collection underneath a pretty textile on surface and the fourth, lowest layer. That's the one that should face the opposite direction so that it can serve as a lining if you're sewing a jacket or backing of a light wall hanging. Find technique specifics in books related to "chenille," popular since the sixteenth century Italian Renaissance. "Stitch and Slash Fabric" by Kathleen Deneris was published in Oct./Nov. 1996 *Threads* magazine #67



to coax combinations of cotton and rayon or raw silk that bloom from the parallel quilting lines to be sewn on 45° diagonal bias. My 2002 quilt-guild secret pal gave me *New Directions in Chenille* by Nannette Holmberg with suggestion of rows stitched $\frac{3}{8}$ -inch apart to help keep designed

appliqué shapes distinct like the sunflower on the cover. There are also practical hints on tools to assist in the time-consuming method of cutting top layers without tearing the base layer. Further studies can be made of

artists like Tim Harding who has exhibited impressionistic textile panels of dyed silks using the chenille technique (*American Craft* Oct./Nov. 2005).



Community Outreach

submitted by Adrienne Hickman

Community Outreach Saturday Sewcial June 22, 2019

Our twice yearly community-outreach sewcial is June 22nd from 10 A.M.–4 P.M. at the Police Academy (350 Amber Drive, SF). There will be plenty to do—baby-quilt tops to quilt, binding to apply to a couple of finished quilts, baby-quilt kits to be cut, binding to cut—as well as things I haven't even thought of. Please plan to bring your sewing machine and all necessary supplies like thread, bobbins, needles, rotary cutter, mat, ruler, etc. We have extension cords, two irons with ironing pads, rulers, mats, and miscellaneous supplies. A lovely lunch will be served. Tea will be provided, but you'll need to bring your own beverage other than tea. Notify me if you plan to come:

adrienne@squilter.net.

Dimensions for Quilts	
Freemie quilts:	24" x 24" to 30" x 30"
Baby quilts:	36" x 36" to 36" x 45"
Lap-size quilts:	45" x 60"
Twin-size quilts:	60" x 80"



The Embroiderers' Guild of America-SF

submitted by Christine Tanabe



The San Francisco chapter takes a break during the summer months of July and August. Sign up now to join us in September and October stitching a map of the San Francisco Bay Area, designed by Catherine Jordan! Using counted and surface techniques to embellish this map, and hand-painting the shorelines, this notebook is only 3.5" x 4", so it's a small enough area to be able to finish.

Catherine is known for her area maps, many historic, and this map was designed for the 2010 EGA National Convention, held in San Francisco. For just \$12, members will be able to participate in this project. And, this is a great time to join our chapter, for just \$68/year! Contact Christine Tanabe with any questions (415) 215-9234.

QuiltAway 2020: Planning Meeting July 9th

submitted by Jeanne Matysiak

I want to share the great news that our semi-annual QuiltAway 2020 is confirmed for Walker Creek Ranch. Dates will be



Thursday, June 25 through Sunday, June 28, 2020. For those of us who love being there, we can come for an extra night on Wednesday, June 24. Save these dates! Next step: **recruit**

QuiltAway 2020
save these dates
June 25-June 28

workshop instructors: we need to decide who we want for teachers. In the past we have had some two-day workshops and some one-day ones along with an open-studio option. It is time to start recruiting for our classes. You are invited to a planning meeting on Tuesday, July 9, 6:30 P.M. at 903 O'Farrell Street, San Francisco. All interested persons are welcome to come. Before the meeting, please email to Jeanne, matysiak@earthlink.net, any names and information for potential instructors. Even if you cannot attend on the 9th, your suggestions are welcome and appreciated.

San Francisco Quilters Guild Meeting Information

✂ General meetings are on the third Tuesday of each month (except November and December meetings that take place on *second* Tuesdays due to holidays) at the San Francisco Chinese Seventh-Day Adventist Church, 7777 Geary Boulevard (entrance on 42nd Avenue). Doors open @ 6:15 P.M., meetings begin at 7 P.M. Arrive early for extra social time!

✂ Guests pay \$5 admission; all are welcome, and we hope you consider joining our guild!

✂ Remember to bring library books; outreach donations; Show & Tell items; any finished Block of the Month squares; friendship blocks; and wear your nametag!

Newsletter Submissions

Please email news, articles, and event notices by the deadline, the **first Tuesday** of each month. All submissions *must* be pre-edited—plus the editor reserves the right to edit for clarity and brevity. We accept advertising relevant to our membership. Ads will be approximately $\frac{1}{8}$ page. Rate is \$20/month for members; \$25 for nonmembers. Prepayment required for running any ads; make check out to SFQG and mail to Ginger Ashworth, 875 42nd Avenue, San Francisco 94121. For more details or if you have any questions contact editor.quilterscables@gmail.com or call (615) 806-9924.



2019 Calendar for Newsletter Articles & Ads

	deadline	guild meeting		deadline	guild meeting		deadline	guild meeting
July	07/02	07/16	September	09/03	09/17	November	?	?
August	08/06	08/20	October	10/01	10/15	December	n/a	12/10

Spotlight on Our Affiliates

~submitted by Ginger Ashworth

San Francisco Quilters Guild wants to shine a spotlight on *all* of our affiliates. Please email updates so your information can be shared with fellow guild members. As of this month I am sorry to say that **Joe Cunningham** no longer has any slots for **Joe's San Francisco Workshop 2020** on February 16–20, 2020—this workshop is all filled up! It was nice of him to offer our guild spaces before offering to the general public. And if you like shop-hopping, **Always Quilting** (San Mateo) is participating in the Shop Hop by the Bay happening June 19–23 with these other 2019 participants: Back Porch (Pacific Grove), Eddie's Quilting Bee (Sunnyvale), Family Threads (San Juan Bautista), Golden State Quilting (Campbell), The Granary (Sunnyvale), Modern Handmade (Scotts Valley), The Nimble Thimble (Gilroy), Not Just Quiltz (Fremont), and Quilts and Things (Morgan Hill). www.shophopbythebay.com.

Affiliate Hopping! I am still anticipating personal field trips to every guild Affiliate! Since I work full time my quests are sporadic. If anyone would like to accompany me, or take their own adventures, think about sharing your experiences



with fellow guild members. On a rainy weekday I went on a foray to New Pieces Quilt Shop (766 Gilman Street, Berkeley). It is a gem of a place to fulfill sewing fantasies. So many fabrics assault the senses from the minute you enter its welcoming doorway. When I walked in, a plethora of Kaffe Fassett colours, an admitted weakness, leaped into my arms and somehow made their way to the cutting table. New Pieces is well-known for its vast selections of fabrics, especially Asians, batiks, skulls, and Day-of-the-Dead cotton lovelies—all sorts of unique and colourful beauties await your scissors.

Checking New Pieces' online presence (www.newpieces.com), I discovered a list of tons of fun in-store classes, such as Asian BoM, Beginning Quilt Making, Three Koi Album, From Block to Quilt, 9-Patch Pizzazz—and that's not even all of their current offerings. There is a department for Longarm Quilting Services (they've quilted over 7,000 quilts already!) with all patterns done by hand—not computerized. Sharona Fischrup told me they are happy to work with people in making their quilts the best they can be. Current store hours are Monday–Friday 10–5; Saturday 10–6, and Sunday 12–4. When I drove back home, I received an email from Sharona, which said: "It is time to celebrate those quilt-top finishes! We want to reward you for finishing the projects you started . . . bring in your finished quilt top and receive a 25% discount off one cut of fabric

off the bolt (all bolts except any already sale-priced bolts of fabric). You can use this discount through August 31, 2019.

Also . . . we'd love to quilt your finished top as well. And come visit...and yeahhh for finishing your quilt project!"



Block of the Month



~submitted by Julia McLeod

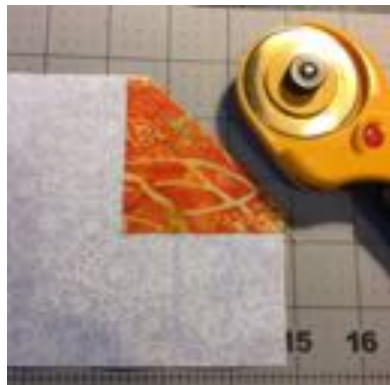
June's block is inspired by the work of this month's twin speakers, Lisa and Lora, also known as "Material Girlfriends". Their pattern, "Open Options," caught my eye and was easy to put together. Made up in orange and white, it looks so summery! As usual, our block will be $12\frac{1}{2}$ " unfinished. All seams are $\frac{1}{4}$ ". For this block I pressed some seams toward the darker fabric, others I pressed open. You will need white and orange fabrics. In both colors, cut as follows:

Eight $2\frac{1}{2}$ " squares ✕ Two $4\frac{1}{2}$ " squares ✕ Four $2\frac{7}{8}$ " squares

The four large squares form the center of this block. Each of these squares has a corner triangle of the contrasting color.

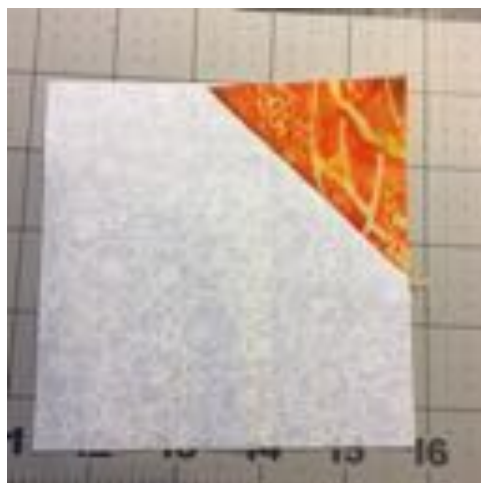


Place one 2½" square of orange, right sides together, in one corner of a white 4½" square. Sew diagonally across the small square. Trim and press open. Repeat. Now do the same, sewing a 2½" square of white on a 4½" square of orange. Repeat (see photos illustrating this step).



With the orange and white 2½" squares, make up eight half-square triangles. Lay out these pieces plus the remaining 2½" squares to create the block you see in the photo.

Are you, like me, making blocks for yourself in your own color choices? I'm looking forward to showing you my



sampler quilt at the end of the year!

You have the month of June to make one or more of these "Open Options" blocks. Bring them to the July meeting and maybe you'll be the lucky winner! Email me at julia.mcleod7@gmail.com with any questions or comments.

Happy Quilting!





For Sale

Quilter's Dream sewing table with hinged cutting table and four-drawer caddy in sunset oak. This is model 2140.85.

Like new, asking \$350.

Contact Jan Swift at (510) 522-7750; or email janswift99@mac.com.

Blind Stitching: Vis-Ability™, a show of contemporary textile art, sewn by feel, by established legally blind artist, Claire Spector. The exhibition explores working in different ways and stepping out into a wider world after vision loss and blindness through the medium of contemporary textile art.

Blind Stitching: Vis-Ability™ Exhibition

June 8 through December 20, 2019

Lighthouse for the Blind Gallery

1155 Market Street, First Floor

San Francisco, CA 94103

Lighthouse for the Blind Gallery hours are
Monday to Friday, 8 A.M. to 6 P.M.; Saturdays, 10 A.M. to 4 P.M.



Create

Top Ten Tips to Fuel Your Mojo

- [1.] **Style Files.** Collect what you love during your wanderings. Photos, sketches, quotes, etc. Keep inspiration organized.
- [2.] **Explore Nature.** Unplug from devices. Listen—observe—breathe. Experience the quiet. Set intentions and goals.
- [3.] **We Were All Born Creative.** It's a human trait. That's the truth so don't forget it.
- [4.] **Be a Sponge.** Absorb art, design, music, books. Fill up your tank.
- [5.] **Pinterest Is Like Dessert.** Enjoy the richness, yet overindulgence will make you sick. (Set time limits.)
- [6.] **Just Start Making!** What are you waiting for? Dive in! Diligence is a must!
- [7.] **Be Curious.** Expand your skills, take a class, learn from the best.
- [8.] **Surround Yourself with Other Creatives.** They must be kind, supportive, and admirable, like you. Shine as a collective.
- [9.] **It's Okay.** Fear and making mistakes are necessary ingredients to creative growth. Embrace them.
- [10.] **Adopt a "Yes I Can" Mentality.** Listen to Elizabeth Gilbert's Big Magic podcast and go buy the book *Steal Like an Artist* by Austin Kleon.

JenniferSampou.com



Seven Sisters Quilt Show

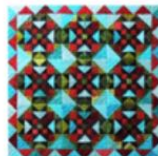
A Multi-Guild Regional Show

**QUILTS of the CENTRAL
COAST**

June 29 & 30, 2019

Alex Madonna Expo Center

San Luis Obispo, CA



- Over 300 Quilts Made by Members of Six Central Coast Guilds
- Vendors, Raffles & Food
- Youth Quilt Exhibit
- Quilts for Sale

Saturday 9 – 5 ~ Sunday 9 – 4

\$10 Admission good for one or both days

Vintage Sewing Machine Repair

Do you have a vintage sewing machine that needs repair, restoration, or maintenance? I will service your machine for \$75—with \$25 going back to the guild as a donation. I will work on most vintage machines that are all metal, usually dated before the 1960s. Service does not include cost of major parts or rebuilding the motor. I can work on your Featherweight, Singers, Whites, Kenmores, etc. Additional charge if you cannot transport the machine. I hope to get your vintage sewing machine up and running soon! Contact Maria Iorillo at sfmidwife@gmail.com or (415) 627-8246.



★ = *Floriani and Quilter Select* = ★
★ = *Products in stock!* = ★

Adult Sewing Classes

\$60 per 2.5hr session

*If you bring a friend to at least 2 sessions the drop-in cost is \$40 each**

7/1, 7/29/ 8/5, 8/12
6:30-9:00pm

Learn your Machine

\$20 per session

7/27/19 2pm-4pm

8/3/19 10am-12pm



REGISTER AT WWW.WEESCOTTY.COM

*Use code: BRINGAFRIEND

SALES ❁ REPAIRS ❁ TRAINING ❁ CLASSES

WEE SCOTTY (415) 221-9200 609 Clement St



Joyce Hughes:

Dimension Thread Painting

June 21 & 22, 10 A.M. to 5 P.M.

Joyce Hughes is an amazing award-winning fiber artist who uses domestic sewing machines to create breathtaking fabric panels and quilts! In this session she will walk you through the process of creating one-of-a-kind works of art using your own machine. You will use thread as paint and sew with different types of thread and color combinations, and learn to create interesting texture and dimension to your own quilting project. Includes sewing kit. If you bring your personal machine, please also bring your manual, in case of any issues.

\$199 for two sessions, includes lunch, art panel, and all supplies!

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Membership Renewal

Our membership year runs from October through September, but feel free to join or renew at any time; all are welcome. Prorated membership fees, which are currently 50% for most categories, are instated. If you have any concerns; contact Anna Chan, at jjkc@pacbell.net; phone: (415) 665-2323.

Electronic version of our newsletter is in full colour!



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