



Westerville Quilt Guild

NEWS

Volume 19, No 9 — September 2023



September 26, 2023

Judy Theil — President-of-the-Month

Steph Skardal

“On Creativity: Pushing Your Creative Boundaries”

Steph Skardal is a quilt designer, educator, and maker who loves finding the balance between order and chaos in her quilts, mixing hard geometric lines and structure with an element of randomness in texture, color, or layout. With a background in software engineering, she is motivated to experiment with different techniques and technology to create original quilt designs.

In “On Creativity: Pushing Your Creative Boundaries,” I will explore the definition and value of creativity and creativity blockers. I will present a framework for building a creative practice in quilting and I hope that you walk away with confidence to apply this framework to your growing creative practice.



SOCIAL TIME - Meet and Greet - Arrive Early When You Can...

Start gathering around 6:30. Greet friends & MEET new members. **Members:** This month make sure you find someone you would like to know better, a new member or guest, and introduce yourself. **New Members/Guests:** If you are a new member/guest, approach someone you don't know and introduce yourself. Learn a little about the other person and share a bit about yourself! We are a friendly bunch!

We meet on the 4th Tuesday of each month, 6:30 pm Social Time, 7:00 p.m. Meeting, at St. Paul Lutheran Church, 4686 East Walnut Street, Westerville, OH 43081, Web Site: <http://www.WestervilleQuiltGuild.com>, E-mail: westervillequiltguild@gmail.com

Fun With Fabric 2023

Short Story Mystery



It's time to finish sewing on the Short Story Mystery. Clue 4 is attached. It contains the final construction and layout options. The mysteries are to be revealed at the Nov/Dec meeting.

UFOs

Don't forget to complete your UFOs to get entered in the quarterly drawing for the UFO Major Award!



As it has been a busy year with the Flying Horse Farms Challenges. We've decided to move the Pin-Up Girls Challenge (to make something to display souvenir pins) to the first quarter of next year. This will give you a chance to work on those UFOs!



The presentation of our Flying Horse Farms Project to Ohio Quilts is Saturday, Sep. 23. Janice Baer and Shannon Bartlett will be presenting. There will be a brief PowerPoint presentation and a sampling of quilts and pillow cases will be displayed. (We'll send out copies of the presentation next week.) While we don't have all the quilts completed, we should end up with around 35 quilts and 75 pillow cases. Thanks to all of you for your efforts on this project. We have surpassed our goals and the quilts are beautiful!

Service Committee

The Service Committee is continuing with the pillow cases. Check with Jeff for kits.

2023 Program Sneak Peek

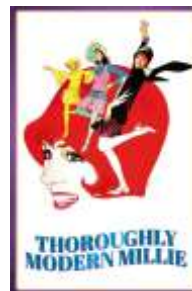


September - Steph Skardal - Judy Theil

October - John Johnson - Sewing Machine Maintenance - Lisa Smith

November 28th - Holiday Party - Janice Baer, etc.

Note this is the 4th Tuesday AND after Thanksgiving



This month's basket is *Thoroughly Modern Millie*. Lots of modern patterns, fabrics, etc.!

Tickets are \$1 each or 6 for \$5. Your odds of winning are much better than PowerBall or MegaMillions.

Don't forget, you can't win if you don't play.

Fat Quarter Raffle 2023



Theme for the is year is ANY THING GOES. They can be GOOD, BAD and UGLY.

So bring your FQs!



Westerville Quilt Guild

Sunshine Committee

If you know of a member who is sick, has had surgery, or has had a death in the family, please contact **Christina Sidebottom** who will send a card.

Quilty Events Around Ohio

Ohio One Stop Shop Hop

www.ohio-one-stop-shop-hop.weebly.com

October 6 & 7, 2023
Friday 9 am — 5 pm
Saturday 9 am — 3 pm

Nutter Center
3640 Colonel Glenn Hwy #430
Dayton, OH 45435

Autumn Splendor Quilt Show

North Coast Needlers Quilt Guild
www.northcoastneedlers.com

Saturday, October 21, 2023
10 am — 5 pm

Sunday, October 22, 2023
11 am — 4 pm

Don Umerley Civic Center
21016 Hillard Blvd
Rocky River, OH

Ohio Amish Country Quilt Shop Hop

October 30 — November 4, 2023

Monday — Friday: 9 am — 5 pm
Saturday: 9 am — 4 pm

12 Quilt Shops Participating

"A Harvest of Quilts" Show

Heart of Ohio Quilters' Guild
heartofohioquilters.com

November 3 & 4, 2023
Friday 10 am — 7 pm
Saturday 10 am — 5 pm

Bryn Du Mansion Fieldhouse
537 Jones Rd
Granville, OH 43023

Wayne County Stitchers 7th Annual Sewing Fest

Saturday, October 7, 2023
8:30am - 3pm

Church of the Cross
1500 Cleveland Road
Wooster, OH

Admission: \$10

Doors open at 8:30 am

Classes 9:00 am—2:00 pm

Door prizes at 3:00 pm

Fabric Fair
Quilt & Sewing Machine Raffle
Boutique, Classes all day

Lunch available at a nominal cost or bring a
sack lunch.

If interested, contact
barbarahelmecy@gmail.com.



**The All Ohio Shop Hop
Ends on
September 30th**

2023 Committees

Executive Committee

Jeff Bretthauer
Beth Gabel
Connie Gelfer
Ruthie Hoover
Becky Lance
Sue Meek (also Treasurer)
Treasurer, Newsletter & Website/Social Media

Hospitality:

Ruthie Hoover
JoAnne Guthrie
Exie Lundquist
DeeAnn Haworth

Fun with Fabric:

Shannon Bartlett
Lisa Smith

Keeper of the WQG Quilts & Scrapbooks:

Susan Edwards

Membership:

Janice Baer
Karen Heath

Newsletter/Website/Social Media:

Lisa Smith
Janice Baer
Judy Theil

Publicity:

Sue Meek

Monthly Opportunity Basket:

Shannon Bartlett

Service Committee:

Jeff Bretthauer
Judy Theil

Sunshine Committee:

Christina Sidebottom

Workshops/Retreats/Trips:

NO ONE

Fat Quarter Raffle

Jeff Bretthauer

Take Down or Put Away Things

Christina Sidebottom



September is National Mushroom Month!

All through September, National Mushroom Month celebrates the wide variety of mushrooms available. The U.S. Department of Agriculture also takes advantage of the opportunity to educate people on the versatility mushrooms offer, including health benefits. As a result, mushrooms are gaining more and more appreciation as we learn more about them.

Scientifically, mushrooms belong to the fungi kingdom. Fungi grow from carbon and energy from dead plants and animals. Interestingly, this has helped scientists to conclude mushroom DNA is similar to humans rather than plants, as previously thought. Through the study of mushrooms, scientists learn more about fungi, especially identifying whether they are single-cell organisms or multi cellular organisms.

Mushrooms contain a ton of nutrients. Because of this, mushrooms are an excellent source of vitamins. Eating mushrooms is a great way to naturally get copper, fiber, potassium, protein, selenium, vitamin B, and zinc into your body. As scientists continue to study mushrooms, there is hope to discover possible medicinal uses. These discoveries only add to the many benefits of mushrooms.

Mushrooms are either edible and non-edible. We find edible mushrooms in cuisine throughout the world. Almost all mushrooms available at the store are cultivated and not wild. These types of mushrooms are available year-round. The most common cultivated mushroom are the white button, flavorful cremini, earthy portobello, shiitake, and delicate oyster.

Mushrooms are a versatile food item you can use in just about anything. So whether you put them on pizza or in soup or an omelet, you have the opportunity to decide how to celebrate mushrooms in any tasty dishes!

From: <https://nationaldaycalendar.com/national-mushroom-month-september/>

Newsletter Information

Newsletter submissions should be sent as an attachment or typed in the body of an email to the following email address: westervillequiltguild@gmail.com. The "publication" date for the Newsletter will be the 3rd Tuesday of the month. All items submitted to the Newsletter need to be in by the 2nd Tuesday of the month. If you have any questions or suggestions, contact [Lisa Smith](#), WQG Newsletter Editor.