

ZOOM WE GO - APRIL 27, 2021



Rose Parr

presents

Sew Smart—The Ergonomics of Healthy Quilting

Quilting can be a real pain in the neck, but it doesn't have to be. Discover ergonomic strategies to stay healthy, happy, and pain-free while cutting, pressing, and sewing.

Healthy quilting includes:

- ♥ Ergonomics of sewing, pressing, cutting
- ♥ Studio design and set-up
- ♥ FMQ and longarm quilting posture
- ♥ Stretches designed to be done at your sewing machine
- ♥ Carpal tunnel syndrome prevention
- ♥ The importance of hydration and movement
- ♥ And other tips so we can sew smart to sew long!



In addition to being an obsessive quilter, Rose holds certifications in Ergonomics, Personal Training, Nutrition, Home Economics, Arthritis Pain Management, and Older Adult Training.

Rose has been sewing for 40 years, quilting for 30, and personal training for more than 15. She holds certifications in:

- ★ Ergonomics
- ★ Holistic Nutrition
- ★ Arthritis Pain Management
- ★ Home Economics
- ★ Reiki, EFT & Meditation
- ★ Active Aging



She lives in Guelph, Ontario, Canada with her husband David. Their claim to fame is having run an illegal daycare operation when they had four children under the age of four. Now that's efficient.

Rose enjoys speaking to quilt guilds both virtually and in-person. She is a professional longarm quilter and a regular contributor to Canadian Quilter Magazine. Her book "Sew Healthy & Happy, Smart Ergonomics, Stretches & More for Makers" is now available to pre-order from Amazon.

PRESIDENT'S MESSAGE
Phyllis Bednarek, President

Dear Bits N Pieces Friends,

Elvis Presley sang it so sweetly in his song, Memories. "Memories pressed between the pages of my mind....memories sweetened through the ages just like wine".

Memories are defined by many things - those special events, people we love or maybe an item that tells a story. We put photographs in albums so we can go back and we can remember all those people, occasions and "things" which bring a smile to our face. Some of us only have a box of treasured items, but as we hold them we travel back in time.

Beth Sullivan's presentation explained so well how to bring memories back with fabric. Her philosophy of making the memories the center of her quilts is so important. Sometimes, we get too involved with making the perfect quilt. Sometimes we even decide for someone else which fabric best coordinates with their colors. But we need to remember it is their quilt to hold, their relative or friend to gently touch the buttons or stick a note in the pocket. It should be their quilt, not ours!

So as you pull out all those T-shirts, those button down shirts or aprons, you need to leave the pockets open to hold a personal message, or let the ruffle on the apron hang freely to remind us how we used to, in years past, tug on those ruffles asking for love.

Creatively Yours,

Phyllis Bednarek
President

ZOOM-MEETING MINUTES

MARCH 23, 2021

Nancy Hopkins, Secretary

President Phyllis Bednarek opened the meeting at 7pm.

Marsha Bray introduced the program speaker Beth Sullivan who presented "Quilts to a Tee: Using T-Shirts and Unique Clothing in Quilts".

After the program, President Bednarek asked for a motion to approve the minutes of February 23, 2021. A motion was made and seconded to approve the minutes. Motion passed.

President Bednarek made the following announcements:

- The guild has 164 members. Members are asked to notify Peggy Anderson if they do not want a membership card mailed.
- The newsletter deadline is Friday, March 26, 2021.
- A workshop titled "Sunny Side Up" will be held via zoom on July 15, 2021. Workshop fees are due by April 1, 2021 and should be mailed to Candy Grisham.
- Three retreats are available. The dates and coordinators are on the Bits website
- Phyllis Nelson of The Company mini group hopes to have announcement soon.

Patti Moreland discussed the Global Connections All Star Virtual Sampler Platter. All Bits members will receive an invite to this live zoom meeting. The event will be held May 25-26, 2021.

Linda Keeler presented photos of quilts made by the mini group Pretty Paper Pieces.

Show and Tell followed the business meeting.

Meeting adjourned at 8:20 pm.

Respectively submitted,
Nancy Hopkins, Secretary



MEMBERSHIP

Mary Lou Knox and Peggy Anderson Coordinators

The 2021 year is rolling right along and our Bits and Pieces Quilt Guild currently has 165 members registered!!!! This is great news as this is just over 93% of those members who were registered at the end of last year!!!

The guild has many new, informative, and interesting programs planned for this year!!!! Registration is always open, so please urge your friends and fellow quilters to register. New registrations will be continually added to the communications roster as they are received. PLEASE SUPPORT OUR GUILD.

The registration form can be found on the "Members Only" section of the website, COMPLETE the form, INCLUDE a check made out to "Bits 'n' Pieces Quilt Guild" and MAIL to:

Mary Lou Knox
1465 Autumn Leaf Drive
Twin Oaks, MO, 63021.

Everyone must renew their membership for the 2021 year.

When we again have meetings in person and if you want to win a membership attendance prize, you must wear your name tag. We have stick-on name tags available at the membership table or you can order an engraved badge. Engraved badges are \$10 and can be ordered in magnetic or pin backed styles. An order form for badges is available at the membership table or please contact: Peggy Anderson at: pjanderson56@charter.net. Re-member that magnetic badges should not be worn with a pacemaker.

Quiltingly Yours,
Mary Lou Knox
mknox911@charter.net



Linda Waugh, Coordinator

Lkampwaugh@charter.net

314-941-3195 or 314-909-8559

Hurray! There were NO Shadows to report.

But...REMEMBER, this is also the place to brag about your Sunshine moments!

Please email your Sunshine and Shadow information to me, or you can call me (See above for contact info).

Thanks so much and stay safe, healthy, and warm.

Thank you,
Linda Waugh

FANFARE OF QUILTS 2023

MARCH 18-19 2023

QUILT SHOW 2023 UPDATES

QUILT SHOW 2023 CHAIR

Darla Gibson

Bed Turning

As we go through the year leading into our planning for the Quilt Show 2023, I thought I'd continue to share some interesting facts about our Show. For those of you who have been through a few shows, you may be familiar but we have so many new members that I thought this would be a great introduction to Fanfare of Quilts!

Each quilt show has an event called "Bed Turning". If you've never attended, it's an interesting experience and a look back into the history of quilts. We typically ask members to submit quilts they own that are 50+ years old. We consider this "antique" in the quilting world but in the people world that is still young and hip!

What happens during a bed turning? Well, a committee of one or two people find quilts within the guild that fall into the antique category and learn their family history. Then, our member Hallye Bone (AQS Trained Appraiser) goes through all of the quilts and helps fill in the blanks about the quilt's history by telling us more about the fabrics and techniques used.

Once all that information is gathered, the Committee puts together a story and order. Then, they set up the Bed Turning area at the show with a bed (yes! A real bed!) Other props are added to make it look like a bedroom. Chairs are set up for our guests to enjoy the show and we have a speaker (usually one of the committee) and some "bed turners". As the speaker gives the story of the quilts, the bed turners "turn" back each quilt and hold them up to show the guests.

This is a unique way to look at quilts, learn their history, and sit back and relax for a few minutes while looking at the 300+ other quilts on display – you know, your feet get tired, it's an enjoyable 20 – 25 minutes!

This show takes place on the ½ hour – 6 times on Saturday and 4 times on Sunday!

In looking back at the various quilt show books between 2008-2020, we had between 9 and 15 people from the guild find and share quilts dating from 1800-1960.

If you have a quilt that fits the criteria and has not been in a show previously, please make a mental note to contact the Antique/Bed Turning Committee next year!

Thank you!
Darla Gibson



COK

**Tamra Phelps (636) 243-1079 and
Gay Stewart (314) 527-9980**

Whew! Very quiet right now. Only four COK quilts waiting delivery. Sooo, if you have any ready let Tamra or Gay know and we'll arrange pick-up.

We will be at the April 17 event too. You can bring quilts or completed tops then.

We are staying busy creating new KITS -that's right - NEW KITS for 2021! Yeah! They'll be waiting to go home with you on the 17th.

Thank you everyone for everything you do for COK. Happy creating.

Thanks,
Gay Stewart and
Tamra Phelps



QUILTERS CONCERNS

Judy Vogt, Professional Long Arm Quilter

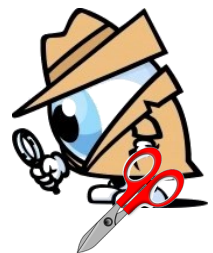
As a professional Long Arm Quilter, I am suggesting some steps to follow.

When preparing your quilt top for quilting:

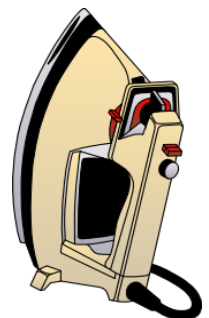
- ♥ Piece your top carefully. The flatter the top, the better it will quilt.



- ♥ Trim stray threads in seams on front and frayed edges.



- ♥ Press your top carefully so you don't distort the squareness.



Thank you,
Judy Vogt

* * * **REMINDER** * * *

ZOOM'D MINI EVENTS

Chris Williams, Coordinator

For Mini-Group info: **Beginner's Luck** – This minigroup continues to meet via Zoom on the 1st Tuesday afternoon each month. We are now focusing on small skills to add interest to our quilts. Upcoming in 2021 is a "dwellings" project.

Fun Sew Days also continue with Zoom. These are held the first Saturday of each month and are open to all guild members and the hours are generally from 9:30 a.m. 3:00 p.m. Just think – sewing with friends and no need to haul a machine, sewing supplies, ruler, iron or project! Some people just do hand work during the session also. The next dates are and April 3, 2021

Contact Chris Williams (cwill@earthlink.net) if you are interested in joining in the fun or have questions. See the Bits website for more information.

Bits Members Afternoon Zoom – This group meets every 2 weeks on THURSDAY AFTERNOON from 1:00 – 3:00. The group chose to have a Sew Day during their Zoom meetings. This group is open to everyone, but you must sign up to receive a Zoom invite. Meetings are scheduled for April 1, 2021. If you are interested in joining this group or have questions, contact Chris Williams (cwill@earthlink.net)

Bits Members Evening Zoom – This group recently voted to have zoom meetings every other week on **WEDNESDAY EVENING** from 7:00-9:00, a time to chat, share projects, ask questions and just catch up on news of the Guild and each other. No updated schedule provided. If you are interested or have questions, contact Chris Williams (cwill@earthlink.net)



UFO'S

Sarah Weible, Coordinator

Winners of the UFO drawing were notified. Linda Waugh, Francine Bailot and Priscilla Kosednar each will be receiving their prize shortly.

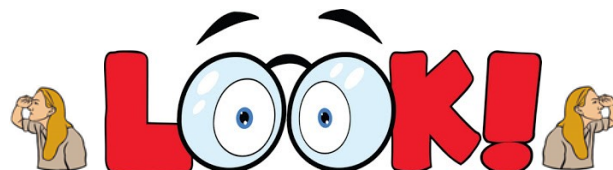
They qualified to win simply by submitting a list of UFO projects they had started and not yet completed.

Many in our guild have sent photos of beautiful quilts they were able to scratch off their UFO list. Hopefully, now that "Show and Tell" is happening again by Zoom, you all are able to see some of them as well. I am still accepting your lists of unfinished projects.

E-mail: s.weible@gmail.com, telephone 314.313.3360, or by mail 511 Richley Dr, Chesterfield, MO 63017.

Our next award will be in July. Keep stitching ladies!!

~Sarah Weible
s.weible@gmail.com
314.313.3360



Be on the lookout for upcoming events and changes to the guild's schedule in the newsletter and on the guild's website.

-Marsha Bray

CHALLENGES

Kay Strebeck, Coordinator



Since the pioneer days of the American Midwest, quilts have been a cornerstone of Missouri culture, fashion, and tradition. In honor of our great state's two hundred year anniversary, The State Historical Society of Missouri and Missouri Star Quilt Company, in partnership with the Missouri State Quilters Guild, teamed up to create the Missouri Bicentennial Quilt! With one quilt block to represent every Missouri county and the independent City of St. Louis, the Missouri Bicentennial Quilt showcases the unique characteristics of Missouri culture and style.

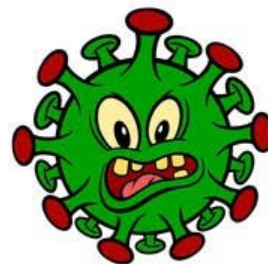
Quilt block submissions were accepted from October 8, 2018, through September 2, 2019. Multiple submissions for the same county were judged according to whether they met criteria, level of creativity and craft, and description of significance. The judging committee included representatives from Missouri Star Quilt Company, The State Historical Society of Missouri, and Missouri State Quilters Guild.

The Missouri Bicentennial Quilt has been completed and is now touring our state. If you're in the mood for an easy 40-minute drive down MO Hwy 21, you can view the quilt in DeSoto at the following location:

De Soto Public Library
712 S Main St, De Soto, MO 63020
De Soto, Missouri
February 25-March 1, 2021

Of course, the quilt will continue its journey around the state, but it's travel itinerary is presently unpublished more than one month in advance.

Our own Guild is also hosting a Bicentennial Challenge and a COVID Challenge. The rules may be found at our Bit 'n' Pieces website. The June Bits 'N' Pieces Meeting is earmarked for display and judging of these quilts from among our own members. If you have an entry for either the Bicentennial or COVID Challenge groups, please send a short email to Kay Strebeck at kstrebeck236@gmail.com so that she may appropriately prepare for judging in June.



Thank you!
Kay Strebeck

* * * NOTICE * * *

The Program Committee is trying to do some decision-making. IF you have an entry for either the COVID Challenge or the Missouri Bicentennial Challenge, please send an email identifying which one or both to: kstrebeck236@gmail.com Thanks so much for your consideration.

*** REMINDER ***

GUILD FREE TABLE EVENT
Saturday April 17
9am - Noon Rain or shine!!!

Paul Schroeder Park - PAVILION #1
359 Old Meramec Station Road
Manchester, MO 63021

NOTE: MASKS and social distancing required.

We will have plastic covers on the tables.

Bring quilting/sewing related items you would normally put on the free table at guild meetings...fabrics, notions, books, patterns, etc.

Hint: If you have smaller items, bring a box top or sheet pan to corral them on the table.

PLEASE take home any of your stuff not taken by others.

Questions? Contact Wendy R at whoob@aol.com
or Linda R at reelones@yahoo.com

HINTS for a good event:

- Bring your own bags to take home good stuff!
- Bring a lawn chair if you want to sit for a bit — or take a walk on the trails!

ALSO AT THIS EVENT:

HONOR FLIGHT — drop off your finished quilts and/or pick up kits. Donations of red, white, blue, and patriotic fabrics will also be accepted.
COK will be collecting quilts!

PS — We have the shelter for the entire day if anyone wants to stay for picnic or other gatherings after noon!

- Wendy and Linda



* * * **NOTICE: DATE CHANGE** * * *

Sunny Side Up Workshop

Gyleen Fitzgerald, Instructor

Virtual Workshop

A field of sunflowers just makes you happy. Recreate your favorite sunflowers or imagine electric new varieties. Sunny Side Up cleverly uses two sizes of kite polygon cut from 3" and 5½" strips. You will learn how to construct a perfect "Crisscross" and "Butterfly Seam" for effortless stitching. It's so easy you'll fall in love.



When

June 15th - 2021 Time to be announced (6 hour)

Full Day Workshop Using Polygon Tools - Gyleen makes it easy!!

Cost

Workshop (including pattern) - \$60

Tool required: Gyleen's Polygon 3 Tool \$15

Order from:

https://colourfulstitches-com.3dcartstores.com/Polygon3-Tool_p_21.html

Sign Up

Sign up due by **April 15th** - space is limited so don't wait

Send check \$60 to Bits n Pieces Quilt Guild

Mail to: Candy Grisham 3 Woodbine Ct. Washington, MO 63090

Candy Grisham, Coordinator

Supply List

Can be found at

<http://www.bitsnpiecesguild.com/wp-content/uploads/2020/10/>

* * * **REMINDER** * * *

Retreats for members at Toddhall in Columbia, IL

Three retreats have been reserved for this year and sign-ups are underway. Each retreat is subject to cancellation due to low sign-up numbers or Covid-19, but I'm optimistic that small group activities may be safe to resume by July. Please contact the noted coordinator for more information or to sign-up.

July 8- July 11, Th-Sun, Susan Calzone -
sesnowzone@charter.net

August 13-15, Fri-Sun, Laurie Schrader -
laurieaschrader@gmail.com

September 27-30, Mon-Th, Sue Meyer -
suziequilt@hotmail.com

A Final Note:

If you have interest in any of our retreats please contact the coordinator and sign-up.

There is no deposit required to sign-up and you may change your mind and be taken off the roster at a later date.

We need a clear idea ahead of time of how many are interested so we don't have to cancel due to low sign-ups and then find there were members interested, just unsure of the status regarding Covid 19.

The first retreat is still four months away and we may be well into a much safer environment, so I encourage you to contact the coordinator, ask questions, and sign-up if you are looking forward to one of our wonderful guild retreats.

Detailed information can be found on our website under [Guild Activities](#).

Thanks, Susan.

QUILTERS CONCERNS

Judy Vogt, Professional Long Arm Quilter

When preparing your quilt top for quilting:

- ♥ Piece your top carefully. The flatter the top, the better it will quilt.
- ♥ Trim stray threads in seams on front and frayed edges.
- ♥ Press your top carefully so you don't distort the squareness.





THE TECH COMMITTEE CORNER

Gail McCartney, Megan Buttery, Patti Moreland, Rita Nyhoff, Candy Grisham,
Linda Keeler, Marsha Bray & Phyllis Bednarek, Chris Williams

We have done so well with our online meetings averaging 100 members both times. Some helpful hints from the tech committee to make your viewing experience the best:

- Please **name** yourself and try to get **your video** up so we can see you. If you do not know how we will help.
- Please make sure your **mute** is on during the programs

The **interactive calendar** is on the website. Patti Moreland did a fantastic presentation about using the calendar. The calendar is on the Members only page. It is for all Bits related activities. It is also useful to see if another group is already using the Zoom account.

Bits now has a **Zoom account** for meetings and small groups. If you want to use the Bits Zoom account for a small group activity contact Patti Moreland or Rita Nyhoff to verify the calendar and get passwords. You should get a **zoom invitation** a week before the meeting and the day of the meeting. If you do not contact one of us.

Note: The Zoom Tips and Tricks page is again available on the following page.

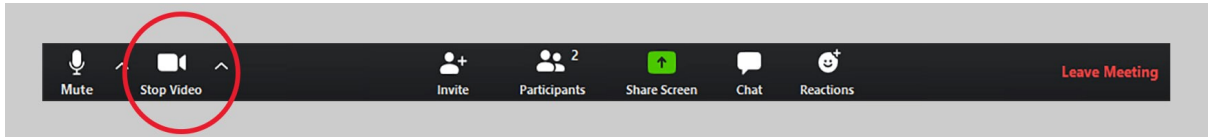
We are doing **show and tell** via Zoom as well. You can send in your high-quality photos of projects you have completed. Watch for a link the week or so before the meeting.

See you next month
Tech Committee

ZOOM TIPS/TRICKS

We know not everyone is a Zoom expert, so we thought we'd share some things we've learned to make your time using Zoom a little easier for our time together.

At the bottom of your Zoom window, you'll see something that looks similar to the black bar below (though it may not be *exactly* the same.) Depending on your device this may be in a different place.



Audio - Click on the icon to mute or unmute yourself. Click on the arrow to fine tune and test your audio choices. We ask that you keep your audio on mute while we're in the full group meeting, unless asked otherwise.

Video - We love to see your faces! Click on the icon circled in red to show or not show your video. Click on the arrow to see more video options. It's our preference for you to have the video on, although ultimately, it's your choice! When/if in breakout groups, please do turn your video on so your fellow participants can see you.

Participants - Click on the icon to open the Participants window, which includes a list of who else is taking part in the meeting. You can also change your display name here, by clicking on 'More' next to your own name. You can also click on ... in upper right of your screen to rename yourself.

Reactions - At times, we may ask you to raise your hand, which is found when you click on Reactions. You can also clap for your fellow participants or give them a thumbs up! You're always welcome to send your questions, comments, and enthusiasms there as well!

A couple of other tips:

- You can change your view! In the upper right of the main Zoom Screen, you'll see a couple of different icons that change depending on whether the speaker is sharing. We encourage trying out a couple of different options to find what view works best for you.
- Speaker view or gallery view. When a speaker is presenting they will show up as the only one on screen.
- Something we learned the hard way: Zoom likes a restart. The program works best on a laptop or desktop computer, and it benefits from a daily restart of your computer.
- Mute yourself when not speaking. Join the meeting in a quiet space.
- For a quick unmute, hold the space bar down on a PC
- Depending on where you are viewing you may need to swipe or arrow left to see everyone.

Thanks,
Candy, Gail, Gail, Marsha & Darla