



STITCH 'N TIMES

Santa Rosa Quilt Guild
P.O. Box 9251, Santa Rosa, CA 95405
March/April 2025 • Vol. 49 • No. 2

President's Message

The Power of Handwritten Notes in a Digital World

From the time I could write, my mom "strongly encouraged" my siblings and me (back then, I would say I was forced) to write letters to our aunts, uncles, and grandparents in the Philippines. My parents were the first in their families to live abroad, which helped keep us connected to our relatives. Can you imagine getting a letter with scratchy writing from a 7-year-old?

When we sent Christmas and birthday cards, my mom insisted that store-bought greeting cards needed a personal touch and had to include a written note, even if it was just one sentence. This was torturous for a kid, but it made me think more about the recipient.

We moved to the Philippines when I was 13. There was no need to continue to write to relatives, but I missed my friends in Los Angeles. This was the 70s, and letters were the most economical way to stay in touch. A big part of my allowance went towards postage!

Work, kids, and life got in the way as I got older, and then the digital world arrived. Texts and emails offered a quick and convenient way to communicate. Facebook made it easy to connect with friends, relatives, former classmates, and neighbors no matter where they were. Except for thank-you cards, I pretty much eliminated personal handwritten notes and letters from my world.

As a manager, I wrote notes to my employees, prompting me to consider each person's unique contributions. My only intention was to express my gratitude, but several years later, I still received comments that they felt recognized and encouraged by my notes.

Last year, a friend, Gayle, sent me a letter because she said it was a lost art. It felt like a warm hug in the form of words. The tangibility of the paper, the unique penmanship, and the time taken to craft the message all convey a sense of thoughtfulness and care that

digital communication often lacks. It's a reminder that someone took the effort to pause, reflect, and articulate their feelings in a personal manner. Gayle lives in San Francisco. We call, see each other in-person, and continue to correspond. Amidst the junk mail, bills, and charity appeals in my mailbox, receiving one of her letters is a joy. I'd like to think that our Sunshine cards give that same feeling to the members who receive them.

At a time when communication is often reduced to fleeting texts and emails, the handwritten note leaves a memorable impression. Hand writing a note is an exercise in mindfulness. It requires slowing down, considering the words carefully, and committing thoughts to paper in a deliberate and meaningful way. It's one-of-a-kind ... like our quilts!



So, the next time you want to convey your thoughts and feelings, consider picking up a pen and paper – you might just make someone's day.

Linda Ralleca

SEWING ROOM SALE

Now that you have organized and reorganized your sewing rooms while sewing your latest projects, you have uncovered: notions, rulers, trims, scissors, beads, yarns, lamps, bins, or sewing room furniture you no longer wish to keep.

Think about reserving a table and selling your extras at the Sewing Room sale scheduled for **June 5**, sign-up forms at the guild website under Resources and Forms OR use the form available at [2025-sewingroomsale.pdf](https://www.santarosaquiltguild.com/2025-sewingroomsale.pdf)

I will have fliers at each meeting in the library area and at the table where you sign in.

Joy McGoran

March 2025 Program

Program – March 20, 2025, at 10 a.m. Zoom Only
Cindy Grisdela - “Playing with Colors”

Playing with Colors

Cindy Grisdela is an award-winning artist who’s happiest in her studio surrounded by piles of colorful fabrics.



In this lecture and trunk show, she’ll use examples of her work over the last 30 years to take away some of the mystery about choosing colors effectively for your quilts.

Not sure what colors “go” together? This is the lecture to reduce your stress about color!

Workshop: Cindy Grisdela- Improv Puzzle
March 21, 2025

9 a.m. to 3 p.m. on Zoom

\$50 for SRQG members

\$60 for Non-members

Improv Puzzle

Create Improv Log Cabin style blocks in a variety of sizes and put them together into a unique composition—like a jigsaw puzzle. You don’t have to use a ruler for cutting unless you want to, and each quilt will be unique. We will discuss color choices and using simple design principles to create an original dynamic composition. Basic sewing skills, beginner to advanced level



Debbie Ward



April 2025 Program

Program - April 17, 2025, 10 a.m. to 2 p.m.,
In-person (VB)

“Sew Day” - with Member Jan Andrews

Our program for April 17, 2025, will be a “Sew Day.” Bring your sewing machine, work on some handwork, cut out your fabric for the next project, or just sit and chat with your fellow guild members.



We will have some games and lots of fun.

Jan Andrews will show us the process of EPP (English Paper Piecing.) Come join us for a fun-filled day of sewing, games, and more.

Debbie Ward



Membership

Our Membership Roster, Volume One, always a work-in-progress, has been issued. Your 2025 Membership Card was emailed out by Sharon Fry along with the Roster. If you need a copy of either document, please email Jan Andrews, and you will get the latest and greatest as soon as possible.

The Membership Roster is continually updated during the year as new people join and others have changes of information, so you can always get a current copy.

It seems that this year, our already short list of Affiliates has shrunk to two members only. Do our Guild a favor, and when you shop at the local stores, ask them if they are Affiliates and encourage them to support SRQG.

Jan Andrews

Finances and 'What If's'

This past September I spoke at a meeting regarding our guild finances. I tried to explain our income and expenses in a way that was easily understood. There were some good follow-up questions, and I appreciate the members' input. The goal was to make sure you all understand how much it costs to keep our guild going at the same level that we have enjoyed for quite a few years.

I relayed to the guild that the rent at the Vet's Building was going to be increased starting in 2025 and then I showed the increase per our meeting usage. And I think I mentioned that expenses do come up and increase as time goes by. But the rent goddess must have been looking out for us because the rent did not increase due to the Sonoma County Board of Supervisors not voting on this proposal. I think it will happen, but I don't know those details yet.

Now, *what if* we could apply for some grants from the Sonoma County Board of Supervisors and be granted funds to help with our Community Quilt efforts and expenses? What if we received \$2,000 from these grants? Well, that would definitely help with our expenses. And we did receive \$2,000! We applied for a \$500 grant from all five districts and received grants from four of the five!

We also reached out to several Veterans groups as well and we received some generous donations from them for our effort to make quilts for the Veterans in our community.

I encouraged members to make monetary donations to the guild and we received some very nice donations that went into the general fund. Wow! We do have some generous members. (Financial donations made to the guild are tax deductible.)

My personal stance as the Treasurer is to make sure that not only are we able to continue to finance all the guild activities that we currently enjoy, but also to have a nice balance in our account to cover any unexpected expenses and ensure there are funds to cover our costs for the upcoming year(s). I also have a goal that you all have a good understanding of how much money it takes to run our guild each year. Let me know if you have any questions about our guild finances.

As we all learned just a few years ago, the world brings us changes, and we need to try and be prepared.

Diana Coddling

Treasurer

Friendship Blocks

It's time for everyone to think about requesting blocks for a quilt again. I'm sure your fellow quilt friends will be happy to help you choose a design that will make a delightful quilt.

At this time we are making *Elaine Tucker's I Spy* blocks. You will receive instructions and materials when you sign up for this block. These blocks are for Community Quilts and are due by April 5. Previously, we had several choices of blocks to make at one time. It would be lovely to get that going again. We are getting very well-made works of art being turned in.



If you are wondering how many credits you have, you can check online. I would like to thank everyone who has been a part of keeping the Friendship Block program going in our guild.

Lisa Gamble

Doll Blankets

I feel a joyful freedom when making doll blankets (they can't be called "quilts" because they are only two layers). I can imagine a child choosing their favorite blanket and lovingly tucking it around a stuffed animal or baby doll.

I make them between 14" and 18" square, or rectangular. The guild's Treasures Table provides an endless stream of inspiration. Your scrap bins supply the rest. Add that piece of pretty ribbon and embroidery experiment that you've had forever. Points match or they don't. The flannel back can be pieced. Round corners or 90 degree. A quick zig-zag or straight stitch around the edge and across the middle a couple ways and you're on to the next blanket.

Give it a try—bet you'll be hooked!

Diane Hoxeng



Opportunity Quilt 2025

The Lucy Boston Quilt

Our Opportunity Quilt continues to travel around the county.

We recently displayed it at The Citrus Fair in Cloverdale for four days and, as usual, it was very well received. People who stopped by our table appreciated the "English paper piecing" (we have a sample block) and the skill required to assemble the little pieces into an entire quilt. It was fun to talk with visitors about our guild and quilting.



Norma Viglienze was very adept at pointing out that the proceeds from the raffle tickets are used to buy quilting supplies for the guild. She had made a sign showing that 959 quilts were made last year, and where the quilts were shared within the community.

One woman overheard her explain that many of the quilts go to children in foster care, and she stopped to buy tickets. She explained that she herself had gone through the foster care system and she would have greatly appreciated a quilt of her very own to keep during that time.

There is only one month left until we draw the winning ticket!! If you haven't bought your tickets yet, please do so. We are encouraging every member to buy at least \$20 worth.

They will be available at March 6 in-person meeting, and on the day of the drawing on April 3.

Rena Ferrero

Fabric Guilt:

When you finally make a cut into that fabric that you absolutely love. You worry you are "wasting" this awesome fabric on a project that is not up to the fabric's fullest potential.



ROTTEN CARDS USER CARD

2025 Mystery Quilt

Jean Chirhart has found a very interesting Mystery Quilt for us to make in six installments.



We can't post the instructions on our website, so they will be sent to the membership via email. The first "clue" will be given March 1, and the remainder on the first of each month until the final clue in September.

We'd like to share our completed quilts (or quilt tops) at the first October meeting. We'll have a display board with examples of clues at each meeting, and if there are questions, we'll be there to (hopefully) answer them. So, look for an email soon with the first clue!

Jean Chirhart

Rena Ferrero

Technique Sharing Workshops

On June 5, Sue Stone will show us how to make a small ironing board for traveling. This is after the meeting, a free 15-minute Technique Sharing Workshop (TSW). Vicki David (July 3) will be demonstrating her traditional binding method after the meeting for this free 15-minute tutorial. Genelle Vorhees (August 8) will be teaching how to make a coiled bowl during a Super-sized TSW at the Luther Burbank Art and Garden Center, located at 2050 Yulupa Ave. Workshop costs are yet to be determined.

We want to have a Super-sized TSW using the Accuquilt and other die cutters. If someone feels the desire to teach a workshop on how to use the dies and cut lots of shapes, we can book a date. We have many new members who may be unfamiliar with the Accuquilt, and some of us not-so-new may want a general refresher. Please contact me and or Chris Rogers. We are in the guild directory.

Thank you all so much for your enthusiastic support and great ideas.

Rhonda Denny

Chris Rogers



Member-Sponsored Sew Day

Do you remember when we enjoyed Susan Silvey Sew Days? We have had a fun time on these days, and they were paid for by a generous donation bequeathed to our Guild from our late member, Susan Silvey. We started them in June of 2019, and they were scheduled to be around the date of Susan's birthday, which was June 13.



That donation has been used and is now depleted. We changed the name from 'Susan Silvey Sew Day,' to 'Member-Sponsored Sew Day.' There is a member who enjoyed these sew days so much that she stepped up and made a donation that will cover the cost of a 'Member-Sponsored Sew Day' this upcoming June.

Would you like to Sponsor a Sew Day? Your donation can remain anonymous or not, as that would be your choice. Sew Days will continue to be in June, if there are funds to cover the cost, but when the funds are gone, so will the Sew Day be gone. Currently we have enough for our June 2025 Sew Day, and then there will not be enough funds for any further Sew Days unless a donor comes along.

Talk to me or any board member if you are interested in making this Sew Day your special gift to the guild.

Diana Coddling
Treasurer

Sunshine

The Sunshine Committee sends cards to our members who may need a smile to brighten their day. The reason could be illness, family concerns, or someone who just needs to know they are being thought of within our guild. There are different ways to bring names to my attention: email, phone call, text (my contact information is on the membership list), or just come up to me at one of our in-person meetings.



And...if you would like one of your favorite quilts to be used as a Sunshine card, here is your chance.

Send me a .jpg of your quilt – actual size. My stationery cards hold a 4 x 6 photo. Your name will be noted on the card each time your quilt photo is used.

Here is one way to bring a bit of joy to our members. I look forward to hearing from you.

Janice Juul

2025 Block-of-the-Month

It is almost spring! Longer days, warmer temperatures, and clear skies to gaze at the stars.

The March 2025 block is "Rising Star". Sew as many blocks as you would like and submit them to be entered into the drawing. Each block you enter gives you an entry into the drawing. The drawing for the March 2025 blocks will be at our May 1, 2025, meeting.



Watch for the email each month notifying you when the instructions have been posted to the website. The directions for all the BOMs are posted on the guild website at:



[Block-of-the-Month](#)

Karin Wesner

UFO Challenge

Are you having trouble deciding on which UFO project you would like to return to making and/or finishing? I am. I've taken many classes from Nancy S. Brown, a creative appliqué artist, who specializes in animal, flora, and fauna quilts. Unfortunately, as one series of classes would end, another would start. I couldn't stand being left out of another class, so I would drop the first project and move to the next. Hence, UFOs.



I recently was asked to join a friend in the latest series and was sorely tempted by an owl with very intense eyes. Tempted! But then I gained a bit of sanity and rummaged through my closet pulling out three appliqué projects (I know there are one or two more in there). Each of these need borders and hand quilting. So, my decision is to decide which one to finish by next September.

At the first meeting in March, we will ask members to tell us about the UFO project they plan to take up again, and whether they will partially complete or finish it by September. Some members even work on more than one! (Gasp!) Each member will pay \$5.00 per project they are entering. In September, the finished UFOs will be displayed and entry fees returned if they have met their goal(s), along with a fat quarter of fabric and chocolate.

Join us!

Elizabeth McDonnell

Little Bits with Jackie Pitts

Theme Fabric

Every holiday, solemn or merry, each season and practically every human interest has fabric available to celebrate it. If you don't see what you want, go to Spoonflower. From playing the French horn to breeding Yorkshire terriers, collecting stamps or antique maps, all interests are represented. Several members of this Guild are always on the lookout for cat prints and teddy bear prints, but when we find them we have the dilemma common to dogs who chase cars: now that I've caught it what should I do with it?

First, does this fabric remind you of a particular person? A while back I found on the Treasures Table a chunk of fabric with the periodic table of elements on it. My mind at once went to a nerdling among my kin who, though in sixth grade, was independently memorizing the periodic table of elements. To encourage but not to push, I bought the fabric and sent it to the proud mother. It is my understanding that she made a pillowslip for her child. Of the small personal gifts that might be made of a bit of themed fabric, pillowslips are among the most nearly universal. Small drawstring bags, glasses cases, bandanas, book or notebook covers, and aprons of various sorts are also possibilities. So if it's only a small piece, buy it anyway.

If you are able to buy more fabric the choice expands. A backpack? A throw? A quilt pillow? Maybe a vest? It is helpful to know the yardage requirements for your favorite patterns. That way, you know how much to buy when the opportunity arises. There was a time when I was making lots of clothes for a certain size doll. My mother asked, "How much fabric does it take to make something for your doll?" I told her that anything I was likely to make could be made from 1/3 yard. So whenever she saw something that reminded her of me, Mom gave me 1/3 yard of it. And I am thankful.

But maybe your themed fabric find reminds you of a larger group, perhaps your family or a small group of friends. What do you do together? Do you go somewhere to cheer Our Team on to victory? Or do you sit in front of the TV? If you are going somewhere public, it helps to have something distinctive to wear, perhaps a bandana or a vest. If it's a vest choose, a loose fitting one made in one piece with seams only at the shoulders. That way you never have to use the words "size" and "Aunt Hildegard" in the same sentence. I once made a train trip with two small boys. We all three wore jeans, red tee-shirts, and

Little Bits continued

each boy had a yellow go-bag. If anyone had gone missing, I could have said, "I'm looking for a bigger/smaller version of this." In the case of adults, something highly findable can prove useful should Uncle Homer get stuck talking with another history buff making it hard to get the tribe home and fed. Get them to wear matching bandanas on their heads in some fashion. All but the baby. Must you have the baby wear a bandana? Yes indeed! You are going to take pictures of this event. "See? That's YOU drooling all over Mommy. Weren't you CUTE?" So take two adjacent corners of the bandana and tie them bib style under the little chin. And take pictures. Take lots of pictures.

If the occasion or season includes four-legged members of the household, there are patterns for doggy coats in many sizes, and at least a bandana or a bow seems to be appreciated in some canine circles. Cats are of course another matter. Most cats seem content to go through life dressed only in the beautiful garments in which they are born. This was deeply impressed upon me when my little sister and I used to dress Sir Timothy in doll clothes and wheel him around in my sister's doll buggy, ignoring his howls of outrage at this indignity. He never laid a claw on us. We were kittens. But when Mother took him on her lap, Sir Timothy scratched her for not keeping her human kittens in line. This probably expresses the sentiments of most cats. But relatives of mine recently adopted a cat who had been badly traumatized in a hurricane.. This cat prefers to wear clothes. It seems to make her feel as if she were snuggled among her litter mates and safe. She wears size extra small in doggy coats. I have recently found a web site specializing in clothing for cats. It is called *Purrwear*. This kitty likes the sweatshirt I sent her for Christmas. So consult your cat before deciding about clothes for him or her. You may be surprised.

Holidays and seasons have their special fabrics. Someone we all know and love gets lots of mileage from vests. She has at least one for every month and does a lot of experiments in techniques in their construction. If you spend time in a classroom or other public place, this is an option to consider. Our Guild Library has a book called *EASY REVERSIBLE VESTS* by Carol Doak which would help you on your way. We do not seem to have Fons and Porter's book with the vest cut in one piece that looks as if it were cut from an old quilt. If you need to improvise a vest pattern for any dolls or teddy bears included in the celebration, this cut-in-one-piece design is also the way to go.

Little Bits continued →

Little Bits continued →

Little Bits continued

If you really don't know what you want to make, consider opting for a pillowslip, a table runner, or hemmed squares. All of these are versatile and easy to make and to store. A pillowslip in a holiday print, besides the obvious, is useful as emergency gift wrap. Not long ago I was helping some children wrap Christmas presents they had bought for their families. Time was very short. I found myself wrapping a cowboy hat in two minutes. It would make a good Olympic event. But a cowboy hat or a soccer ball would fit nicely into a special pillow slip and then be tied at the top with ribbon. And then the tired adults could get some sleep.

[How to Sew a Burrito Pillowcase in 15 Minutes!](#)

[There is nothing easier than this. Sewing a pillowcase without a zipper.](#)

To jazz up your themed prints you might want to use other prints or vary the size. Maybe the cat print supplemented by a print with little cat footprints. Or mice. Or fish. Or maybe just an almost solid that picks up one of the colors. To go with a Christmas toile or one for the Feast of Lights (I've seen both in deep blue.) Consider a print in the same blue with a white star.

If all else fails, take your special print and make hemmed squares. A big one the width of the fabric can be used as a table cover. I use a special one to cover my goodies at the Craft Show. Right now it is covering an ongoing project while I am doing something else. I also use a big square as a temporary pillow cover. I lay the fabric square right side down. Place a small square pillow diagonally in the middle. Tie each pair of corners loosely over the pillow. Then turn it over, hiding the knots. If you make 18" hemmed squares you can, at different times, use them as bandanas, napkins, or bunting. You can also wrap things in them.

Jackie Pitts

Challenge 2024 Exhibit

Don't miss out: Our 2024 Challenge Quilts, *Blind Date with and Orphan Block*, is on display in an exhibit at Person Senior Wing Community Center at Finley, 2060 West College Ave, Santa Rosa until March 26, 2025. The exhibit is on the second floor and there is an elevator. The building is open Monday-Friday, 8:30 a.m. to 4:30 p.m.

Be sure to check out the display cases on the first floor which features miniatures made by our own Betty Upchurch, as well as information about our guild.

Invite your friends and enjoy the exhibit!

Laura Barrett and Janet Tonkin

March/April 2025

Quilt Guild Challenge



Santa Rosa Quilt Guild Challenge Quilt for 2025

We have been invited again to display our quilts at the Persons Senior Wing of the Finley Community Center in January 2026. To acknowledge that, we will center our 2025 Challenge Quilt around celebrating aging. The challenge will be to design a quilt around the well-known poem "Warning" by Jenny Joseph. You are probably more familiar with the first words of the poem, "When I am an old woman, I shall wear purple...". We challenge you to design a quilt based on the poem, using the attitude of her words such as rebel, cheeky, or outrageous as your inspiration.

To create the most dramatic display, the color palate (purples of course) and the size of the quilts will be the same to bring unity to the presentation.

The size of the quilts will be 30" square; 80% of the quilt will be in shades of purple and 20% whatever colors you choose. The due date is July 3, 2025. I can't wait to see what we all come up with!

Have fun!

Toni Anderson



Light Purple

Medium Purple

Dark Purple



PET PROJECTS

Receiving Blankets

Receiving Blankets: Incentive for Flu Vaccines

The receiving blankets are proving to be a big hit with parents, nurses, doctors, and staff. The babies are calmed and cuddled with the warm snuggly goodness that makes the blankets all the more relevant. They are all beautiful and made with love. To this I can attest. 100 receiving blankets have been turned in and distributed to the different Santa Rosa Community Health campuses around town. People think the blankets are a great idea to encourage parents/guardians to get their babies vaccinated, specifically the flu booster. The word is going out and appointments are being made. The statistics show the trend rising, which is a good sign.

If you feel inspired, these are the definitions: Flannel on both sides is the most popular, but the flannel on one side and cotton on the other are gratefully received as well. Sizing can be as large as one square yard or 30" x 30". Please prewash, if at all possible, so that they can be put to use immediately. Otherwise, I have to wash them before distribution.

If you have any questions or concerns, please feel free to contact me. My contacts are in the guild roster. Thank you. It takes a village.

Rhonda Denny

Heart Pillows

An Invitation to make **Breast Cancer Heart Pillows**: How would you like to help bring a bit of comfort to a patient going through Breast Cancer Surgery?

Our Heart Pillow volunteers make and distribute Heart Pillows for the Kaiser Breast Cancer Care team right here in Santa Rosa.

All it takes is two pre-washed cotton 15-1/2" fabric squares. I will supply the pattern. All you will need to do is cut out the fabric, sew it together, and turn it right side out. Maybe add a touch of the iron. I will take care of the pillow stuffing and closure.

If this sounds interesting to you, please contact me - - Janice Juul -- I'm on the membership list. I will be happy to email you with the patterns and instructions or you can pick them up from me at an in-person meeting.

Janice Juul

March/April 2025

Rincon Valley Sewing Circle

Rincon Valley Sewing Circle



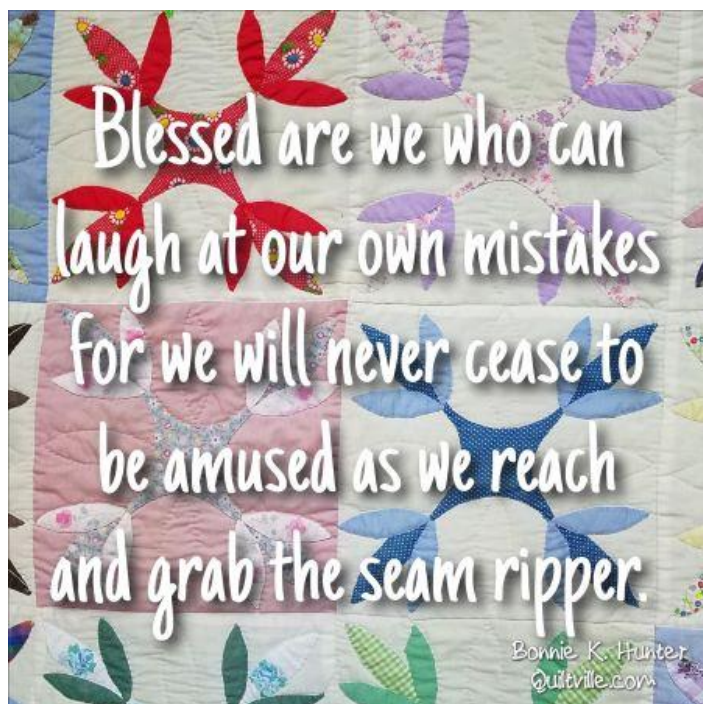
The Rincon Valley Sewing Circle, held at the Rincon Valley Library, started up with a bang on January 6. The class had 18 people signed up, but 23 showed up, including a number of our former students. They were sewing cheek-by-jowl, and everyone

had a great time. As we are about to finish this series, we are all wanting to start another right away as we have folks drop in asking how to join us.

We are working through our projects for the term which include a strippy place mat, a "10-minute table runner," a burrito-style pillowcase, a small container, a tote bag, a bowl cozy, and finally, a chicken pin-cushion. At our last class, the tote bag, we had two new sewists who had *never sewn before!* Needless to say, we were all a bit nervous, but both of them finished the project with ease. They were pretty darn happy and we were really proud of them!

The energy in the room reminds me of a Sew Day or Quiltathon, and that should tell you all you need to know! We all come home exhausted, but elated by the energy of our students.

Vicki David



Bonnie K. Hunter
Quiltville.com

Remember Me ...

Lavella Cassinelli



The Chronicle / Mark Costantini

Guild Member Lavella Cassinelli passed away December 29, 2024. Lavella was a passionate quilter who just loved all the parts of quilting: cutting, piecing, sandwiching, quilting, and giving the quilts away to people in need. Lavella's passion was contagious and she encouraged new and long-time members to join in the efforts of SRQG to make and donate quilts to the Community. Mobility was an issue for Lavella in her later years, but we always knew it was a good day when she told us she was able to sew.

Lavella will be greatly missed by the members of SRQG. If you would like to honor Lavella's commitment to making and giving away quilts, then make a quilt or two, (or 50! like Lavella) and think about Lavella, and when you give it away to a person in need, say "This one is for you, Lavella".

Laura Barrett

Many of our newer SRQG members may not have met Lavella as she had chosen to quilt from home in the last several years, but you have certainly heard her name mentioned at practically every meeting with reports of the quilt-making she orchestrated for our veterans. Betty Upchurch collected red, white, and blue fabrics from guild members to deliver to Lavella to help keep her stitching those beautiful quilts in her "factory." She was joined at her home whipping up quilts over the years by many of our members, such as my long-time library helper Rose Marie Lara, and Lavella's sister, Mirna. Betty Upchurch has beautifully quilted scores of those quilts, and Mary Wood has stepped up to apply her special bindings, as well as adding labels.

Lavella brought her sister, Mirna Estes, into our guild

Remember Me continued

in 2002, and like Lavella, Mirna's goodwill filled a room. Mirna died on June 6, 2017.

Lavella was born on December 24 with that Christmas spirit in her heart and her busy hands. She joined the SRQG in 1997 and immediately went to work on Community Quilts, where she eventually became its Chairperson. In 2002 she was recognized for her work heading up that committee with a Merit Award, and in 2011 she received the Honorary Live Member status for her continued dedication to the guild.

Sharon Fry

From 2022 ...

Community Quilts Spotlight: Lavella Cassinelli and Quilts for Veterans

With Memorial Day coming up at the end of May, it seemed like a good opportunity to highlight one of our own guild members who has been serving Veterans for over 10 years with her quilt talents.

We have a 'mini-group' within the SRQG that was started by member Lavella Cassinelli in 2011 that is dedicated to making quilts for Veterans. Lavella has a large history of Veterans in her own family (including her husband, daughter, grandson, and many more). When she became aware of Veterans returning from Afghanistan who were missing limbs, her heart went out to them and she began making lap quilts. As Lavella began talking with friends in the guild, they formed a mini-group to make these quilts. Over time, some of the mini-group members have died or can no longer do as much as they used to do. Lavella continues with a smaller mini-group to provide quilts to as many veterans as they can.

Lavella works through an organization called Vietnam Veterans of America (vva.org) which has a very active group in Santa Rosa. They provide services to all Veterans in Santa Rosa and Sonoma County. Lavella began by supplying quilts to her contact at VVA, who then took the quilts to the Veterans Administration health clinic in Santa Rosa. They would give a quilt to any Veteran who came through the clinic and wanted one.

Over the years there have been more pressing needs for quilts. Recently, Lavella's mini-group provided 60 quilts for the new Veterans Village in Windsor. This is a housing project with 60 low-income

Remember Me continued →

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Remember Me continued

apartments for homeless, disabled, and low-income veterans. When the wildfires left many Veterans homeless, Lavella and her mini-group provided much-needed quilts for comfort and support.

Lavella has a special label she puts on each quilt which reads "Thank you for your service". Lavella's face lights up as she talks about her commitment to these Veterans. "I really enjoy doing it!" Lavella says as she beams that beautiful smile.

Needle and Thread

by Jim Jensen

From 2015

Lavella Cassinelli

As we honor our veterans this July Fourth, it is only fitting and proper that we acknowledge and express our gratitude for Lavella Cassinelli and the amazing work she has done for our wounded vets and homeless heroes over the years.

Born and raised in Soledad with her sister and fellow SRQG member, Mirna Estes, Lavella started sewing when she was in her 20s. She enjoyed spending time with her mother, sisters, and daughters cutting up old clothing and left-overs into squares and making quilts for family and friends. She fondly recalls those days of sitting around with beloved family, visiting, talking, and sewing ... a true definition of a family "quilting bee."

Lavella joined the Santa Rosa Quilt Guild in 1997 and immediately offered to chair the Community Quilts program. When she started in the program, the group made 200 to 300 quilts a year, mostly for the neo-natal units. From there, Lavella expanded the program to include Easter Seals, Sutter Hospital, Valley of the Moon Children's Home, and the YWCA Women's Shelter. SRQG honored her with a Merit Award for her dedication in 2002, and an Honorary Life Membership in 2011.

After ten years of commitment to Community Quilts, Lavella turned her attention toward Wounded Warriors and homeless Vietnam vets. Along with a small group of friends (sister Mirna, Karen Boscolo, Cora Moore, Leslie Ary, Joyce Wood, and Cora Stewart) Lavella arranged for more than 500 quilts to be distributed to deserving veterans last year.

Lavella's favorite part of the quilting process is piec-

Remember Me continued →

Remember Me continued

ing, although she does machine quilt most of her work except for larger quilts. She has no particular preference for color or fabric style and tends to like it scrappy.

Inspired by the camaraderie, Lavella treasures how everyone in the guild works together for the benefit of our community. She is impressed with how the guild has grown over the years, and appreciates the different programs, the boutique, and the classes, but most of all, she loves it when we all get together and quilt.

Lavella has her own way with dealing with UFOs. Like an assembly line worker, she considers herself a "batch" quilter. She first makes lots of tops until she has a huge stack. Then she sandwiches them all; then quilts them all; then gives them all away. Once she has cleaned out her backlog, she starts all over again.

Awarded by both the City of Santa Rosa and Sonoma County for her selfless service to the community, Lavella was also awarded the Jefferson Award for Public Service in 2008. She was featured in a video on CBS Channel 5 and an article in the San Francisco Chronicle. The Jefferson Award was created in 1972 by Jacqueline Kennedy Onassis, U.S. Senator Robert Taft, Jr., and Sam Beard under the auspices of the American Institute for Public Service, to establish a Nobel Prize for public and community service.

What a deserving tribute and perfect reflection of Lavella Cassinelli's heart, compassion, and dedication. She stands as an excellent model for all of us who continue to enjoy providing such a vital community service.

Jim Jensen

If you would like to help carry on Lavella's legacy, SRQG inherited most of her voluminous fabric stash. Betty Upchurch has created precut kits for quilt tops which are available at our in-person meetings. All you have to do is complete the top and return it to Betty. She will make sure it's quilted, and Mary Wood will take care of the binding. I made this top from the kit, and it was quick and easy.



Jim Jensen

Gratitude

This article was posted on the SRQG Facebook Page, but I thought it was worth repeating in the newsletter. I'm sure I'm not alone in wondering if what we do is actually appreciated by anyone. We really have no way of knowing what effect gifting anonymously might be. I find this response very reassuring. - Jim

Today I accomplished half of a nine-year goal. When I was in the Burn Unit, I vividly remember that during my second week there, one of the nurses brought a quilt to my room and said, "This is for you." I looked at her in confusion and replied, "What?" She explained, "Someone sewed this quilt for you before you came to the hospital."



I was taken aback and answered, still not understanding, "Someone sewed me a quilt—for me—before I came to the hospital?" She reassured me, "Yes, someone made this for you. They didn't know it would be you, but there are groups of people who sew quilts and donate them to the hospital. Nurses give them to patients like you who have an extended stay."

At that moment, I broke down in tears. Who are these selfless people in the world? It still amazes me to think about it—someone decided to dedicate an entire day (or even several days) to cutting and sewing fabric together to anonymously give it away to someone in need, bringing a little grace into their life during a very dark and life-changing ordeal.

That quilt carried me through two skin grafts during my three weeks in a trauma unit and three months of healing at home. I still look at it every day. On one level, it feels like a trophy; on another, it reminds me of everything I endured and survived. For the past nine years, I have felt the burden of needing to reciprocate—to answer the call of whoever made my quilt and to participate in the circle of giving on the other side.

Flashback: I have a dear lifelong family friend who has been quilting and sewing for the last 30 years and is a member of the Salt Lake Modern Quilting Guild. She posts some of the most beautiful pieces

Gratitude continued

you've ever seen; they are beyond mere fabric—they are works of art. Six months ago, I inquired about the Guild and learned that it was open to anyone, with memberships starting at the beginning of the year.

I've never been one to make New Year's resolutions, but for some reason, this year, on New Year's Eve, I joined the Quilting Guild, and today was my first sewing day.

When I walked into the sewing studio, I found a place to sit and immediately met Gina, a woman who, as you might guess, sews quilts anonymously for people all over the world. She told me about her network of over 7,000 quilters working together to send quilts to Ukraine, Turkey, North Carolina, and California. Gina had a list of almost every natural disaster in the last 20 years; you could tell she had made quilts for all of them.

I held back tears when she asked me about my story. I told her that she was kind of the reason I was there—that people like her had sent me a message of compassion while I was in the Trauma Unit, and I wanted to let them know what it meant to me and to participate in the same act of giving.

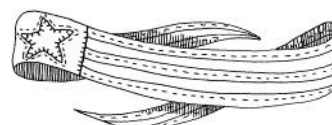
I overheard some of the ladies saying, "You know, I've sewn so many quilts for the hospital and the VA. Sometimes, I wonder if they really make a difference or if this is just something I can't stop doing." I responded, "You have no idea. I have a friend who just left the Burn Unit via the VA. When he was finally heading home to Idaho after 90 days in the hospital, there was a quilt waiting for him in the lobby. He took it home to remember what he went through and for comfort."

Those ladies kept me busy today. I sewed from 10 a.m. to 3 p.m., and I feel like I worked a double shift. I'm worn out but also incredibly grateful to have met some of these amazing people, to have made friends, and to have participated in their projects.

Remember that there's always a gift (or light) in being selfless. The greatest thing you can do for yourself is doing something for somebody else....

God Bless the anonymous quilters of the World and the anonymous gifts they give to anonymous people who are suffering all over the planet.

Brad Wheeler



Gratitude continued →

Cloverdale Citrus Fair Winners

Congratulations to this year's talented winners in the Cloverdale Citrus Fair.

A special congrats to Norma Viglienzone who won Best of Show!

"This shows what comes of putting effort into a sew-a-row!" -- Norma



Helen Anderson – one first and Green Rosette – Best of Division,
Moonlight Quilters Rosette – Best Use of Color and Design

Jan Andrews – one second

Donna Bachman – one second

Laura Barrett – one first

Carol Behlke – two seconds and Cloverdale Citrus Fair Rosette for Best Theme Quilt

Jean Chirhart – one first and Santa Rosa Quilt Guild Rosette – Best Workmanship

Rhonda Denny – two seconds and one third

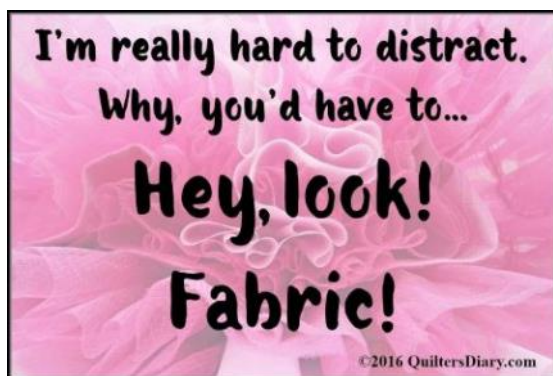
Lettie Duenas – four thirds

Rena Ferrero – one first

Elaine Tucker – one first

Norma Viglienzone – two firsts, Cloverdale Citrus Fair Best of Show, Santa Rosa Quilt Guild Rosette for Special Award, one second

Debbie Ward – one first, one third



Sew-a-Row

The first day of Sew-a-Row adoptions was an amazing success. Not only do we have 31 Sew-a-Rows available this year, but half of them have already been adopted! Linda Hooper has the photos up on the website, so head on over and see which ones you would like to work on this year.

To adopt a Sew-a-Row, let me know at the guild meeting which one you would like and sign it out. You will receive a bag with the Sew-a-Row, and quite possibly some coordinating fabric, as well as the ID and Log sheet for the row which also includes the date that row is due. Add a row or borders, whatever is appropriate for the starter row or medallion. Your work should be pieced or appliqued, not a simple strip of fabric, and fused applique must be fused and sewn down with small zigzag or blanket stitches. Print your name, phone number, and email (if possible), on the line for the row number you did. Bring the bag with the Sew-a-Row, ID/log sheet, and any fabric you may like to include to the next guild meeting. Find me and sign the row back in. Then look at the available rows and sign out your next one!

This is a wonderful way to participate in a group quilting project. And at the end of the year, one of the quilters who worked on each Sew-a-Row will get an opportunity to take it home!

I am so looking forward to seeing how these Sew-a-Rows turn out!

Eileen McAlister



2025 Sew-a-Rows



Community Quilts

A Bright and Cheerful Quiltathon in February

Although it was raining outside on our first Quiltathon, February 6, 2025, it was sunny inside with lots of energy and color as we worked together to complete quilts that will be donated to our local community. Despite the rain, 85 members came out to join their fellow quilters. Brenda Kobrin picked out a beautiful applique quilt for a raffle for Project Sleep Warm. Our hospitality group treated us to a delicious soup lunch. Thank you to everyone who helped to make the day such a success. Our next Quiltathon is May 1, 2025.

Quilt Parade and Donation to Valley of the Moon

Our annual Quilt Parade of 100 Quilts is happening on April 3, 2025, at meeting at the Veterans Building. It is sure to be a colorful display of the 100 Quilts that we will be donating to the Valley of the Moon Children's Home. Don't miss it, as it is one of the favorite activities of the year.

Laura Barrett

Janet Tonkin

COMMUNITY QUILT SIZES

If you are making donation quilts on your own, these are the approximate sizes most needed.

32" x 40" Baby Quilts	For Sutter, Kaiser, and Memorial NICUs, Public Health nursing, and teen moms. We provide kits for making the tops, or you may use your own fabrics.
40" x 60"	For Valley of the Moon and other organizations serving children in need. Please use bright colors for young children or fabrics that will appeal to teenagers.
50" x 65"	For 18-year-olds aging out of the Foster Care system, and for women residing at the YWCA Safe House.
40" x 60"	Lap quilts for adults to be handed out by Secret Santa, women being served by Verity, seniors in local convalescent hospitals, and others.
14" - 18" Square Doll Quilts	For little girls and boys. We collect them throughout the year and donate during the holidays.

SRQG Quilts donated in 2024

Sutter Hospital Neonatal NICU	100
SR Memorial Hospital NICU	51
Kaiser NICU	70
Public Health Visiting Nurses and Teen Parents	40
Valley of the Moon Children's Home	100
Let's Read Outside	20
Local Veterans	302
American Legion #489	4
Secret Santa	32
Doll Quilts	195
Emancipated Foster Youth	10
Fire Survivor 2017	1
TLC-Foster Care	17
Raffle	4
Windsor Rotary	2
La Luz	8
Memorial Cancer	2
Special	1
Total Quilts	959
Other Items	
Pillow Cases E Youth	10



Quilter's Blessing

May your Bobbins
be full and everflowing.
May your stash be rich,
colorful, and abundant.

May your
Stitches-in-the-Ditch
be even and straight.

May you always
be comforted by the
warmth and joy
of a Handmade Quilt.

And may your heart
be joy-filled and
your life

SEW BLESSED

stevsews.com/quilters-blessing

More Gratitude ...

Hello lovely members of the guild. I'm Jeanne Parent's daughter, and for the last year I had the honor of assuming her membership to the Santa Rosa Quilt Guild.



I currently live in Vancouver, Washington, and through the years have lived in Hawai'i, San Diego, and San Jose. (My husband works for the USPS and transfers often – I'm thankful for inheriting my mom's gypsy spirit.) I wish I were closer so I could attend meetings and join you in all of the amazing things you do.

A few observations: as I have grieved for this past year, I have a profound appreciation for all of you and the Guild. Through the years I remember asking mom to do things with us, and she would say, "I can't - I have a guild commitment." I didn't understand. Now I do. I am so very thankful for the guild and how it impacted my mom's life. As many of you know, my mom was a widow, and for a long period she had a sadness in her eyes. I noticed a shift once she joined the guild years ago, and that sadness turned into a sparkle, then excitement, and I witnessed the joy and life return. This was because of all of you and all of the wonderful things that you do in the guild. Her friendships meant so much to her! I'd talk to her on the phone from wherever I was and she would share everything with me, and a good portion of our conversations revolved around her time at the guild and with all of you. She so badly wanted me to join a guild, and I am thankful to have met some of you at the workshops she brought me to, amongst other things. I want to express my gratitude and appreciation for everyone, and for the way it affected her life. We, as her children, grew to appreciate and love her time at the guild and honored it.

For the past year I have also grown to understand why she loved the guild so much. I watched from afar all of the wonderful things you do, and how much love you pour into each other and the community. How incredibly special you all are and the fantastic work you do. The talent and creativity can inspire anybody (myself included) and I just want - in a long winded manner because I know no other way - to tell you all - *Thank You* for allowing me a peek into the life my mom had with the guild and all the connections and friendships she made. I completely understand now

Nina Bersamina

Santa Rosa Quilt Guild Affiliates

BOLT FABRIC AND HOME

Kate Barrett
219 N. Cloverdale Blvd.
Cloverdale 95425
894-2658

Tues. - Sat. 10:00 - 6:00
Sunday 11:00 - 4:00

[Bolt Fabric](#)
info@boltcloverdale.com

10% discount for SRQG members

CLOVERDALE QUILTING

Margaret Davids, Owner
111 Lake St.
Cloverdale, CA 95425
415-577-8407

[Cloverdale Quilting](#)
cloverdalequilting@gmail.com

Hours by Appointment





QUILT SHOWS TO ENTER (and VISIT)

Name	Location	Dates	Quilt Submission Deadline
Northwind Quilters Guild "Spring has Sprung"	Fairfield Adult Recreation Center 1200 Harry Price Drive Fairfield, CA	March 22 and 23	
Manteca Quilt and Fiber Show	San Joaquin County Office of Education Wentworth Center 2707 Transworld Drive Stockton, CA	March 22nd & 23rd, 2025	Feb 22, 2025 \$10 non-member fee
QuiltFest Virtual #11	Online	March 26-29, 2025	NA
QuiltSF	St Mary's Cathedral Event Center San Francisco, CA	March 28-29, 2025	Members only submissions
Sun Country in Bloom	Tehama District Fairgrounds 650 Antelope Blvd, Red Bluff, CA	April 5 and 6	
Springtime in the Pines	Nevada Fairgrounds	April 26 and 27	
Quilts by the Bay, Monterey Peninsula Quilters Guild	Chautauqua Hall, Pacific Grove, CA	May 2-4	
Quilts In Bloom, Grapevine Quilters Guild	Ukiah, CA	May 3-4	April 5, 2025
Mountain Magic Quilt Show, Sierra Mountain Quilters Assoc.	Oakhurst Community Center, 39800 Rd 425B Oakhurst, CA		
Sisters Annual Quilt Show	Sisters, OR	Jul 12, 2025	NA
International Quilt Festival	George R Brown Conv Center Houston, TX	Oct 9-12 Classes start Oct 6	To be announced

If there's an event you'd like Guild Members to know about, please submit it to Linda Ralleca.

2025 Elected Board and Committee Chairs

2025 ELECTED BOARD

President	Linda Ralleca
Vice President	Eileen McAlister
Treasurer	Diana Codding
Secretary	Debbie Faris-Cole
Program Chair	Debbie Ward
Program Chair Elect	Chris Rogers
Parliamentarian	Elaine Ramires
Members-at-Large	Laura Barrett
	Rhonda Denny
	Rena Ferrero
	Mary Ann Hayre
	Karen Hendrix
	Diane Hoxeng

2025 COMMITTEE CHAIRS

Audits	Eileen McAlister
Awards	Sharon Fry
Block-of-the-Month	Karin Wesner
Boutique	Betty Upchurch
Budget	Diana Codding
Challenge Quilt	Toni Anderson
Community Quilts	Laura Barrett
Corresponding Secretary	Janice Juul
Crafts Fair	Gale Davis

Email Coordinator
 Fair Liaison - Santa Rosa
 Fair Liaison - Cloverdale
 Fifth Thursday Sew Day
 Friendship Blocks
 Historian
 Hospitality
 Library
 Membership
 Mystery Quilt
 Newsletter Editor
 Nominating
 Opportunity Quilt Ticket Sales
 Opportunity Quilt Design
 Proofreader
 Retreat
 Sew-A-Row
 Sewing Room Sale
 Social Media
 Sunshine
 Technique Sharing Workshop
 Twenty-Year Members
 UFO Challenge
 Videographer
 Website
 Welcoming Committee
 Zoom Committee

Sharon Fry
 Gina Stateler-Calhoun
 Norma Viglienzone
 Elaine Ramires
 Lisa Gamble
 Sharon Fry
 Carolle LeMonnier
 Sharon Fry
 Jan Andrews
 Jean Chirhart
 Jim Jensen
 Elaine Ramires
 Rena Ferrero
 Elaine Ramires
 Sharon Fry
 Vicki David
 Eileen McAlister
 Joy McGoran
 Linda Ralleca
 Janice Juul
 Rhonda Denny
 Laura Barrett
 Elizabeth McDonnell
 Linda Hooper
 Linda Hooper
 Rhonda Denny
 Elaine Ramires

SRQG 2025 Calendar

MARCH

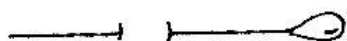
6 General Meeting - *In-Person, Zoom Recorded Only*
 UFO Challenge Introduction

Through March 26
 SRQG 2024 Challenge Quilt Exhibit,
 Person Senior Wing, Finley Center

20 Program - *Zoom Only*
 Cindy Grisdela -
 "Play With Colors"

21 Workshop - *Zoom Only*
 Cindy Grisdela -
 "Improv Puzzle"

27 Board Meeting - *Zoom Only*



APRIL

3 General Meeting - *In-Person, Zoom*
 Sew-a-Row: Row 2 due
 Valley of the Moon
 Opportunity Quilt 2025 Drawing
 Opportunity Quilt 2026 Introduction

17 Sew Day + Special Presentation
In-Person, Zoom Recorded Only
 Jan Andrews - English Paper Piecing

24 Board Meeting - *Zoom Only*

Volunteer!

We have opportunities everywhere, and it's a great way to make new friends, and help our guild!

