

THREADS



Editor's note

Heart pillows and super-moon

House block project

Poulsbo Days for Girls

A Dream Come True

Sustainable Cambodia

Wednesday Addams

Leadership

Freedge



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Editor's Note

Lynn Raymer, South West Pacific County Peninsula Rotary, Washington State, USA

We are halfway through our year already. Melbourne is fast approaching. Cheryl has been getting fat quarters from those who want to participate in our houses of the world quilt, but says she needs more. She has once again graciously agreed to put together house squares to make a quilt for the booth.

Here is a picture of a couple of fat quarters I will be sending to Cheryl that represent the years I lived in Hawaii. I'm still looking for a good pattern from my current location on the Washington State Coast. Maybe some lighthouses?

During our last Zoom meeting, I believe it was Bonnie who mentioned using stitch board to make patterns for crochet. This prompted me to look for websites that might be of interest. These are a few I found, addressing quilting, crochet, cross stitching, and embroidery. I'm still looking for tapestry, needlepoint, weaving and tatting.

www.thesprucecrafts.com/quilt-patterns-for-beginning-quilters-2821877

www.allpeoplequilt.com/quilt-patterns/table-runners

[Railfence Quilt Pattern - FREE Quilt Patterns \(qpatternlo.com\)](http://RailfenceQuiltPattern.com)

<https://stitchboard.com/pages/pattern/freePatternWizard.php>

[Free Cross-Stitch Pattern Maker and Free Crochet Patterns Online \(mymodernmet.com\)](http://FreeCrossStitchPatternMaker.com)

[Free Embroidery Designs & Machine Embroidery Patterns Online | EmbroideryDesigns.com](http://FreeEmbroideryDesigns.com)



Jessica Rudolph, founder of My Very Own Blanket, is planning on a booth at convention as well. If you are interested in her program, she sent the following links so you can follow on your favorite social media platform.

www.myveryownblanket.org

Facebook - [myveryownblanket](https://www.facebook.com/myveryownblanket)

Twitter - [myveryownblanket](https://twitter.com/myveryownblanket)

LinkedIn - [my-very-own-blanket](https://www.linkedin.com/company/my-very-own-blanket)

Instagram - [myveryownblanket1999](https://www.instagram.com/myveryownblanket1999)

This is the last newsletter - <https://myemail.constantcontact.com/So-many-blankets-coming-in---going-out-.html?soid=1110874109571&aid=PIDczFvfUgk>

The Oysterville Sewing Circle by Susan Wiggs is a novel set in my neighbourhood.

I live a little more than a mile from Oysterville, a small village on Willapa Bay in Washington State USA. Willapa Bay Oysters are known in many parts of the world as the estuary is one of the cleanest systems in the world, with almost no industry and no large cities on any of the waterways feeding into the bay. Though the book is not about sewing as much as the healing provided by the sewing circle, I look forward to reading it. After being away from it for a few months, I started working on my loom.

I'm trying something new and I'm not sure it is going to work, so no pictures for you yet.

Lynn



Dear members. This newsletter is your work - please send us information, articles, pictures etc., to publish for others to see.

Lynn Raymer liraymer@hotmail.com

or

Vigdis Stefansdottir,

vigdistefans@gmail.com

Thank You

HEART PILLOWS AND SUPERMOON

Sylvie Gosselin, Westbury, QC (CANADA) D7850, Rotary Club of Sherbrooke

The latest personal achievement is called «Le Clocher». I see it from my window. The October supermoon I saw when I was coming home from work. 30x30 in. Cotton. Free Motion. Also, and it's the most important for me, the Rotary Club of Sherbrooke is involved with the help of the dragon boat team «Le Phénix de la Rose des Vents», in the creation of heart cushions for women who have had to undergo a mastectomy. This cushion brings comfort and support to overcome this ordeal. These Phoenix women are all cancer survivors.





HOUSE BLOCK PROJECT AND THE GENERAL MEETING

Diane K. Barden, Secretary. Madera Rotary, Madera California

We had a great meeting on Saturday with several of our RFQFA members. The main topics were about our booth in Melbourne and also about our group project to make a house quilt.

If you would like to participate in the project, please send a fat quarter of fabric that represents your community, state or country to Cheryl Minshew at P.O. Box 1446, El Cajon CA 92022 USA by April 1st. If you need to talk to Cheryl, her cell is 619-300-0464.



If you would like to make your own house block, it should be 10 1/2" by 10 1/2" (26.67 cm) with white background. See example attached.

Remember to send your stories, photos, etc. to Lynn Raymer for our newsletter. Her email is liraymer@hotmail.com. We have a Facebook page for sharing too - Rotarian Fellowship of Quilters and Fiber Artists.

If you missed the meeting, here is the link for your enjoyment!

https://us02web.zoom.us/rec/share/GkpzA2xq_esgP5iFDZCJ_wqbPXt9u_tn1NliDv0NKIKbiALDkx1AbIpAsOhsjL39.kJLkxMT9NQjAV7Wb

Passcode: **6Mg@+dgV**

Our next board meeting will be on March 8 at 9:00 AM pacific time. Anyone is welcome to join us.

The next general meeting is on March 11 at 1:00 PM pacific time. Please mark your calendars and try to join us. I will send out the zoom link when it gets closer.

Enjoy your day!

Diane

FREEDGE

Vigdís Stefánsdóttir, Rotary Reykjavík Grafarvogur, Iceland 1360

We (my Rotary Club) are in the midst of setting up a freedge or freezer which will hopefully be a tool to reduce food insecurity and food waste, building a stronger community.

The freedge will be next to our meeting place and we are trying to get the local shops to be a part of it.

Freedges are now in 7 places in Reykjavík and hopefully this will encourage Rotary clubs to do something similar.

For each one there is a Facebook page. All the Facebook pages for the freedges are linked together

and every time someone puts food in the freedge, he or she takes a picture and posts to the page. Information included are ingredients and amount of food. It is important to label the food by ingredients, cooking method and date.

This is our page. It is open but very little posted as the freedge is not ready yet:

<https://www.facebook.com/groups/1189651241654970>

One of our members is a master of many things. He has made a professional

illustration and work layout for the shelter around the freedge. It will be built in the next few days/weeks and as you can see, has the rotary emblem and our name on it.

It is important to reduce food waste and if the freedge is accessible it helps people to put food in it and people to fetch food from it.

We look very much forward to this project.



A DREAM COME TRUE

Meni Mbugha Sakyoku, Kyoto 606-8472

(JAPAN) Rotary Club of Kyoto

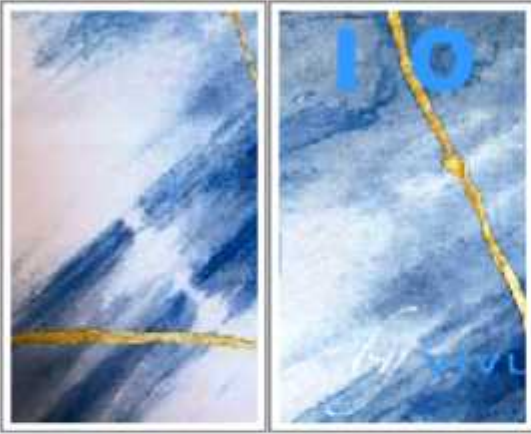
Nishiyama

Here are some pictures I would like to share about my latest works/ adventure. It's a dream come true experience as I always wanted to make my own cloth from the fabric (dyeing/ printing) to the final product and also to finally embrace my true self as I always knew that I will come out as a transgender one day in my life or truly express who I am, instead of pretending being happy by fulfilling others expectations. So, here is the story:

I do remember that my artwork entitled "Circle of Life" was presented in the newsletter back in 2018. I proudly stood front of the artwork (the central piece of the picture below) wearing an indigo dyed shirt. That artwork was the first part of my master degree graduation work "Ndura no Mori" There was a wonderful display of quilts there from around the world. Which was completed with added dresses and ensemble. I defended my work in February 2019. Since then I stored the artwork in a cardboard and as the pandemic hit, I could not exhibit it. After starting my Phd degree (last April 2020), I wondered what I would do with all those old materials while airing occasionally and fabrics to get rid of the mold during the wet summer here in Kyoto.

Last summer, I've been considering using the dresses and fabrics to make my new wardrobe as I planned to start my social transition (as a Transgender). Even though, I could not fit into the dresses (at that time I had 73 Kgs), I decided to make new clothes with the different fabrics, so I have made pants, tops and 2 coats.





December, I lost 6 kgs due to health problems. The day I felt better, I remembered that with the 66 Kgs I had at the time, I could fit into the dresses.

So, I tried on one of them and It worked out but I had to do some adjustments in order to get the zip all through in my back. I was so relieved and blessed by the disease despite the fact that I had such a hard time getting cured from the

infection. As Christmas Gift, I gave to myself a photo shooting session. I will use some of the pictures for my brand's campaign BIO & BLUE & ECO, which started last year (Upcycling project).

Now, I'm 65 kgs, Healthy and glad to wear clothes which express the truest person that I am.



SUSTAINABLE CAMBODIA

Fay Kitto North Rocks Rotary Club Kingsdene NSW Australia

I am leaving tomorrow for a Rotary overseas project in Cambodia called Sustainable Cambodia. I went there 6 years ago to teach women in the sewing room how to make Days for Girls kits. Cambodia's income is heavily dependent on tourism, so has been devastated by the pandemic, particularly the sewing room. Visiting will add some tourism dollars, and I can see what might be needed. The sewing room is a SewAid project - which is the brainchild of Tony Castley. Tony has tasked me to be his 'boots on the ground'.

<https://www.sustainablecambodia.org>

ROTARY TRIPS.



WEDNESDAY ADDAMS

Vigdis Stefansdottir, Rotary Reykjavik Grafarvogur, Iceland 1360

I have two granddaughters, both 10 years of age. They like Wednesday Addams a lot, so I knitted one vest and crochet another for them. The 4 year old got a striped sweater.



<https://rotariansquilt.com>

February 2023

POULSBO DAYS FOR GIRLS

Kristi Sutton Poulsbo North Kitsap Rotary, Poulsbo, Washington State USA

I've attached a picture of the last Poulsbo Days for Girls work party, supported by Poulsbo North Kitsap Rotary Club and our Interact Club. One of our Club members read an article about Days for Girls in the Rotarian Magazine, and a new Poulsbo Chapter was formed 14 years ago. Lots of Rotarians and Interactors in the room cutting, sewing and ironing to create washable/reusable menstrual pads and drawstring bags. This group has quarterly "sew-ins" at the Poulsbo Library with a very efficient assembly line process. According to the Days for Girls website, they have impacted the lives of 2.5 million women, girls and people with periods in 144 countries - and counting!



LEFTOVERS

Vigdis Stefansdottir, Rotary Reykjavik Grafarvogur, Iceland 1360

When finishing something, there is usually some yarn left. It all goes in a plastic bin and is used for something like mittens, slippers and socks.



NEW LEADERSHIP

Lynn Raymer, South West Pacific County Peninsula Rotary, Washington State, USA

We are looking for new leadership and Cheryl asked me to share the By Laws and job descriptions for the Board. New leadership can be helpful with new ideas, new energy and more. If you are interested in serving, please don't hesitate to ask questions. Cheryl's Cell is 1-619-300-0464, mine is 1-360-244-5088. We have benefited from learning about Zoom, and both board and general membership meetings have been held more frequently than just at the annual convention. This has led to new friendships and great conversations.

[Rotarian Fellowship of Quilters and Fiber Artists Bylaws - Rotarian Fellowship of Quilters and Fiber Artists \(rotariansquilt.com\)](https://rotariansquilt.com)

Keep in mind that these job descriptions are draft, most of them from my own experience.

Job Description – Chair

Definition

The chair will be responsible for leadership, governance, and oversight of the Fellowship.

Characteristics

The chair will have leadership experience. Will need to be able to see the big picture but also be detail oriented.

Reporting

The Chair will report to the Board of Directors at each Board meeting and to the membership as required. The Chair will report to RI annually with the Secretary.

Other functions

Planning, presiding over, and facilitating board and committee meetings.

Develop a plan for the fellowship with input from both board and general membership.

Work with treasurer to develop an annual budget.

Assisting the Board and Nominating Committee in recruiting board members.

Periodically consulting with board members on their roles and helping them assess their performance.

Act as an ambassador for the Fellowship.

Assist with the Fellowship booth at convention.

Job Description – Director at Large

Definition

The director at Large (DL) will keep the big picture in mind and assist other board members as the need arises.

Characteristics

The DL will need good communication skills.

The DL will need to be observant and creative.

Reporting

The DL will report to the Chairperson and the Board of Directors at each Board meeting and between as required.

Job Description – Membership Director

Definition

The membership director (MD) will assist the secretary with maintaining membership records.

Characteristics

The MD will need some advanced computer skills or a willingness to learn.

The secretary will need to be organized and have good time management skills.

Reporting

The MD will report to the Chairperson and the Board of Directors at each Board meeting and between as required.

Other functions

The MD will review membership records at least annually for accuracy

The MD will assist the treasurer with annual dues billing for annual members.

The MD will respond to new member applications and assist the secretary in keeping the database of Members current.

The MD will explore ways to expand membership while retaining members.

The MD will provide surveys at the direction of the Board

Job Description – Regional Director

Definition

The regional director (RD) will recruit and maintain contact with area coordinators to ascertain adequate communication with members in their local.

Characteristics

The RD will need good communication skills.

The RD will need to be organized and have good follow through.

Reporting

The RD will report to the Chairperson and the Board of Directors at each Board meeting and between as required.

Other functions

The RD will initially review membership rolls to determine how many area coordinators are needed and what areas they will cover.

The RD will contact area coordinators at least quarterly to assure open communication.

The RD will respond to new member applications and pass the information on to the appropriate AC.

The RD will explore ways to better serve members in differing locals.

Job Description – Secretary

Definition

The secretary will oversee record keeping for the Fellowship.

Characteristics

The secretary will need some advanced computer skills or a willingness to learn.

The secretary will need to be organized and have good time management skills.

Reporting

The secretary will report to the Chairperson and the Board of Directors at each Board meeting and between as required.

Other functions

The secretary will schedule and set up Board and General Meetings on Zoom and facilitate Zoom meetings as required.

The secretary will send out Meeting Reminders and take minutes at Board meetings.

The secretary will respond to new member applications and keep the Database of Members current with the membership director.

The secretary will handle correspondence, both mail and email as needed.

The secretary will send the Annual Report to RI and apply for a booth at the annual RI convention. The secretary will attend the convention when possible.

The secretary will order supplies as needed.

Job Description – Service Director

Definition

The service director (SD) will coordinate service projects for the Fellowship.

Characteristics

The SD will need good communication skills.

The SD will need to be organized and have good follow through.

Reporting

The SD will report to the Chairperson and the Board of Directors at each Board meeting and between as required.

Other functions

The SD will explore ideas for projects and recruit member participation.

The SD will provide regular updates to the newsletter.

Job Description – Treasurer

Definition

The treasurer will be responsible for all financial records of the Fellowship.

Characteristics

The treasurer will need to be detail oriented.

Reporting

The treasurer will report to the Chairperson and the Board of Directors at each Board meeting and between as required.

Other functions

The treasurer will establish a checking account with two signers as approved by the Board. They will establish a postal address for receiving Fellowship mail.

The treasurer will establish an accounting system, such as Quick Books or other system.

The treasurer will establish a budget committee and develop an annual budget to be presented to the general membership for approval.

The Treasurer will provide bookkeeping functions such and deposit checks, reimburse vouchered expenses, pay bills with consent of board or budget.

The treasurer will provide financial reports to the Board the membership at least annually.

The treasurer will provide an annual expense report to Secretary for Annual report to RI.

The treasurer will establish a review committee to review account at end of year.

Job Description – Communications Director

Definition

The communications director (CD) will oversee all public information of the fellowship to include the website rotariansquilt.org, Threads Newsletter, Rotarian Fellowship of Quilters and Fiber Artists Facebook page.

Characteristics

The CD will need some advanced computer skills or a willingness to learn.

The CD will need the ability to work with and/or supervise others.

The CD will need to be organized and have good time management skills.

Reporting

The CD will work with the newsletter editor to encourage members to submit articles and photos. They will work with the editor regarding content, planning for special themes or other ideas as they occur. They will also make sure that any RI requested changes to the logo, etc. are made in a timely manner.