



Your Friends, Your Neighbors, Your Community

CCQ Member Biography

Name	Sheila Box
Occupation	Educator
How might people in the community know you?	People likely know her through her family connections; her father (Dr. Roy Box) was an optometrist, and her brother (Steve Box) is a commercial fisherman.

Quilting Background

When did you begin quilting and why?	Sheila's mother (Carol) had a fabric shop, and she sewed a little growing up. She was friends with Chris Reid who convinced her to join the guild and taught her to quilt around 1989-90.
How do you like to express yourself through quilting?	Sheila likes to find fabric that reminds her of friends/loved ones and then make something for them. She likes traditional and some modern (minimalist). She loves Batiks!
What do you do with your quilts?	Sheila gives most of her creations away – these things are functional/one of a kind projects. She keeps some throws.
Describe your first quilt and when you made it?	The first quilt she made had a dozen 16" applique hearts. It was a queen size duvet cover. "It was just horrible."

This is a photo of one of Sheila's more modern quilts:

