

Executive Board and Committee Chairs

EXECUTIVE BOARD

President
- Pam Elliott
Past President
- Linda Hill
Vice Presidents
- Diane Kellar
- Debby Coleman
Secretary
- Connie Mayor
Treasurer
- Nan Naubert
Membership
- Janine Walker
Newsletter: Jill Ellis
- jillzquilts@hotmail.com, 253-927-1260

COMMITTEE CHAIRS

Auction 2012
- Diane Kellar
Audit
- Teresa Koe
Block of the Month
- Suzanna Gantt
- Jan Bruell
Community Outreach
- Barb McClure
Community Outreach BOM
- Anna Hudson
Email
- Mici Wiggins
Hospitality
- Roxy Dysert
Liaison with Emeritus
- Pam Elliott
Public Relations
- Susan Alcalá
Raffle Quilt (2011)
- Jean Snedden
Retreats
- Janine Walker
- Laura Coy
- Kathy Wyckoff
Scrapbook
- Gail Woods
Storage Unit
- Janine Walker
Sunshine
- Colleen Linstead
Telephone
- Margaret Mortenson
Webmaster
- Agnes Rischard

President's Pieces

Pam's Palette

"The President's piece is always a mix of thoughts - the colors of our lives."

Wow, how time flies. Between school and family, I've been so busy that I haven't had time to look at my fabric, let alone do any sewing. Withdrawal may set in soon. But I will get to enjoy seeing all the quilts that everyone brings for show-n-tell.

I started a quilt for my mother-in-law with full intentions of getting it done by her 80th birthday get-together which happens to be Saturday, Feb 25. I have the top and backing made, but not the quilting. I'll just have to put the top and backing in a box (not the batting) and give it to her. Maybe I'll get it finished by summer. Of course, by then she won't need it. Oh yeah, I almost forgot that we live in Washington. Silly me, what was I thinking. She'll still need it until July.

Well, got to go for now

Pam

Multi-Service Center Donations: For the next several months, we will be concentrating on warm clothing (socks, hats, scarves, jackets, etc) and gently used shoes.

Other items always needed include tealight candles, canned goods, easy-to-open meals, personal hygiene items for women, baby food, baby formula, and diapers.

Cash donations are also accepted.

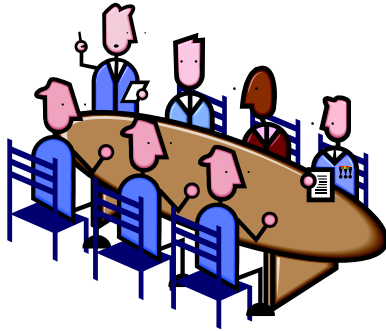
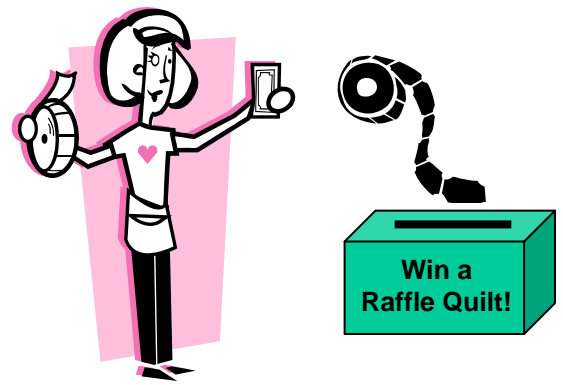
Newsletter Contributors

Pam Elliott Connie Mayor
Marianna Garrett Diane Kellar
Janine Walker Nan Naubert
Mici Wiggins Art Quilter

This is YOUR newsletter. If you have something you'd like to contribute, please email me (jillzquilts@hotmail.com) or send it to me (P.O. Box 4243, Federal Way 98063) by the 15th of the month. Thanks! jill

2012 Raffle Quilt

Tickets for the 2012 raffle quilt have been printed. Jill Ellis will be in charge of ticket distribution, which starts with the January business meeting. Dorothy Le will schlep the quilt around to various locations. Sell those tickets!



New Executive Board

Elections will be in April.

President, Diane Kellar, with a possible sub for the Summer.
 Vice Presents: Frances Painter and Carol Novotny
 (way to step up, new people! ☺)
 Treasurer: Susan Alcalá
 Secretary: Connie Mayor.



March Hospitality and Birthdays

Please bring hospitality goodies to guild meetings during the month of your birthday. In addition to bringing treats, you are responsible for helping with room setup and cleanup. Contact Roxy Dysert, 253-839-9967, if you have questions or are unable to attend.



Happy Birthday!

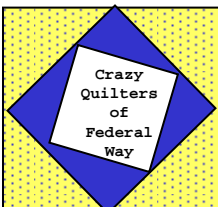
Peggy Pierce	4	Kay Thomas	17
Roxy Dysert	4	Marianna Garrett	18
Diane Kellar	5	Jane Miller	19
Pat Larson	11	Jean Markl	21
Frances Painter	15	Mauvaneen McMullen	27



2012 CQ Retreat Schedule

Those who didn't attend the previous retreat may sign up first. Retreats are \$23 a day. Contact Janine Walker.

April 20-23	October 19-22	Reminder: if you'd like to attend a retreat, but find it to be a financial burden, the guild may be able to sponsor you. Contact Janine Walker.
July 6-9	November 12-15	



Wear Your Badge! – Janine Walker

At each meeting, please sign in to the Membership Book. Signing in not only satisfies the insurance requirement to know who is present in case of an emergency, but you may also win a prize! At each Business meeting, I will draw a name from the members signed in and if the person whose name is called is wearing her membership badge (one made of fabric, not the plastic one), a prize will be won! If the name of someone not wearing her badge is drawn, there will be no winner for the month. If you need directions for making a badge, they are on the website (www.quiltersfedway.com).

Directory change:

Kay Thomas has a new email: thomaskvquilter@gmail.com



2012 Auction

We're going to have an auction this year. Diane Kellar is in charge; details to follow. Start gathering those things you no longer need, the things you wonder why you bought them in the first place, and the things (UFOs) you just plain hate—you KNOW someone will bid on them!

January Business Meeting Minutes - Connie Mayor, Secretary

Visitors tonight - Martha Chamberlin. Barb Vander Weil is back and feeling very well.

OLD BUSINESS:

- Fairy Quilt Godmother challenge is due February 23.
- Ugly Panel Quilt/Wall hanging is due March 8.
- Tickets for the in-guild raffle of the Dresden Plate quilt are ready. The ticket price will be set at the February 23 meeting.

NEW BUSINESS:

Jessie Beach Therapy Quilts for children who've been in abusive situations will start in February, to be completed beginning of April. They need a total of 8 quilts using 5.5-inch squares. Info from Cheryl Belcher.

We received a Thank You letter from PICC for the quilts we contributed.

Peggy Pierce's daughter-in-law Barbara has cancer. She has 3 kids. Prayers are requested.

Theresa Fancher is not able to attend guild meetings while undergoing chemo. Jill will take over the distribution of the tickets for the 2012 raffle quilt. Dorothy Le will take the quilt around.

New Executive Board - Elections will be in April. For President, Diane Kellar with a sub for the Summer. Vice Presidents, Frances Painter and Carol Novotny. Treasurer, Susan Alcalá, Secretary. Connie Mayor.

COMMITTEE REPORTS:

Treasurer: Income \$336. from dues & raffle. Checking = \$5931, Savings = \$3600.00 approximately.

Diane Kellar brought large quilting patterns that can be traced to use. These were donated by a woman who contacted Jill through the website. Check them out from Diane.

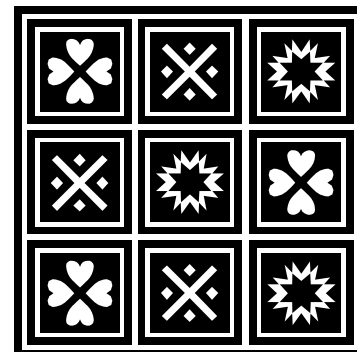
COMMUNITY OUTREACH: kits to pick up to make into tops.

SECRET PAL: ends next month at Business Meeting.

BLOCK OF MONTH: Susanna Gantt

AUCTION: Diane Kellar and Debby Coleman will head it this year.

BLOCK IN A BOX: Ends in May.



Sisters Quilt Show. For \$289.00 per person, you would take a bus on July 13, attend the show on July 14, and return on the 15th. Contact the Federal Way Community Center for more details or to sign up.

Upcoming Events for Crazy Quilters

March 8	Program Night: 7:00, Emeritus Assisted Living, 31002 14 th Avenue South, Federal Way Reveal of the Ugly Panel Challenge: Bring your creations and a vote will be held!
March 22	Business Night: Committee reports, Show & Tell, Half-Square Triangle Exchange.
Friday Friends (every Friday)	Join several club members every Friday, 10 a.m. to 4:00 p.m. Milton Community Center, 1000 Laurel Street, Milton 98354 Bring your lunch, work on your unfinished projects or start a new one, and have fun with fellow Crazy Quilters. We generally do not meet the Friday before a major three-day holiday such as July 4, Memorial Day, Labor Day, or if the Community Center is closed.

Calling All Art Quilters

The Peninsula Art League in Gig Harbor, Washington, is holding their 10th Annual Open Art Exhibition, "Outside Your Comfort Zone". This art exhibition awards over \$3,100 in prizes. The 2012 Juror is Rock Hushka, curator, Tacoma Art Museum.

Accepting 2D and 3D art.

Exhibition dates: August 9 - September 13, 2012

Deadline for entries is May 31, 2012

Call for Artists application attached or you may apply directly on line at: <http://www.onlinejuriedshows.com>

Secret Pal Reveal: This Week, Feb 23!

**Bring your final gift for your Secret Pal to the business meeting this week.
Also, bring a small thank-you gift to the person who's been giving you
goodies for the last six months.**

Marianna Garrett collects empty wooden and plastic thread spools and cones to give to her niece, who is a nursery-school teacher. If you'd like to save a little bit of landfill space, please bring your empty spools to Marianna at any guild meeting.



Stash Bash – Ongoing Competition – Jill Ellis

Using only your stash, create something wonderful. You can purchase fabric for the four Bs (back, borders, binding, and batting), but the fabric for the rest of the top has to come from what you already have, using nothing purchased or given to you after June 1, 2010.

Each item will be measured along all four sides and the total number of inches will be on the slip put in the drawing box (I will provide a tape measure at each meeting). Those with the highest amount of inches at the May 2012 business meeting will be winners (number of winners to be figured out later). The item must be complete, which means quilted and bound, in order to count as a finished item.



Places to Go . . . Quilts to See

February 1-29: The Castle Rock Exhibit Hall presents its annual month-long Quilt Show. Hours Wed-Saturday, 10-2. Enjoy over 80 quilts on display, ranging from small to large, antique to modern, rustic to sophisticated. And see our special display of miniature sewing machines. We are also selling raffle tickets for the exquisite quilt made by The Country Quilters of Castle Rock. The drawing will be held February 29. Visitors are encouraged to vote for their favorite quilt. The winner will receive a beautiful gift basket. Admission is free, but donations are gratefully accepted! The Castle Rock Exhibit Hall is located at 147 Front Avenue NW (turn west from I-5 Exit 49, veer right onto Front Ave, drive 4 blocks to the Exhibit Hall on your right).

March 3-4: Surface Matters: sponsored by Surface Design Association-Washington (SDA-WA). You create with fabric, paper, thread, yarn, metal, felt, dyes, wire, paint, beads, clay, ink, found objects, or new materials. Symposium, March 3; Exhibition, March 4; self-guided Studio Tour, March 4. Early registration opens January 7. Info www surfacedesignwa.wordpress.com.

March 16-18: 17th Annual Peninsula Quilt Guild Quilt Show, Columbia Pacific Heritage Museum, 115 SE Lake, Ilwaco WA. *More info:* pr@cphm-ilwaco.org.

March 16-18: 31st annual quilt show, "Alive with Color!" presented by Quilters Anonymous. 500+ quilts. Evergreen State Fairgrounds, 14405 179th Avenue SE, Building 604, Monroe 98272. This year they are in a new building, so the show is all under one roof. Hours Fri & Sat, 10-5, Sunday 10-4. Admission \$7 good for all 3 days. Free parking (should be at that price...ed.). More than 500 quilts and other items created by members will be on display. Demos, featured artist, merchant mall, bazaar, food court on site, raffle quilt.

April 6-7: Fidalgo Island Quilters of Anacortes, Washington, is holding its biennial Quilt Show April 6-7 at the Anacortes Middle School. There will be approximately 400 quilts, two featured artists, demonstrations, a tea room, merchant mall, and a style show (Saturday only). This year we are offering the services of a quilt appraiser, by appointment only. Ann Bodle-Nash, a certified quilt appraiser, will be available during show hours to appraise quilts. The charge is \$45 for a 45-minute inspection, a written appraisal (includes a stated monetary value) and a photo; or \$20 for a 15-minute inspection and oral evaluation (no monetary value assigned). Those interested should contact Ann for an appointment, by phone at 360-391-1696, or by email at annbow_2002@yahoo.com. For more information regarding the show, go to our website at www.fidalgoislandquilters.com.

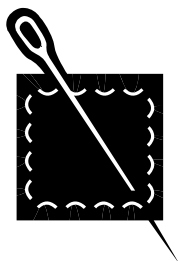
Special Historical Quilt Discussions – Contributed by Cheryl Belcher

Pioneer Quilts and the Oregon Trail, presented by Susan Olds, Art Historian. The thousands of women and their families who braved the dangers of the Oregon Trail in the mid-1800s left an amazing legacy found in their quilts. This program features true stories of intrepid women quilter who braved the westward migration of the 1800s. Learn how the women coped with harsh frontier conditions and kept their connections to home through their quilt-making.

March 7	7:00 – 8:30	Sammamish Library
March 10	7:00 – 8:30	North Bend Library
March 13	7:00 – 8:30	Fairwood Library
March 20	7:00 – 8:30	Covington Library
March 24	2:00 – 3:30	Kirkland Library
March 31	2:00 – 3:30	Kent Library

Civil War Quilts, presented by Susan Olds, Art Historian. As the nation was divided, women of the North and South made utilitarian quilts for soldiers. In addition, many created commemorative quilts recounting the lives of Civil War heroes and major events of the war. Drawing from actual diary entries and Civil War quilt blocks, Art Historian Susan Olds presents a visual account of the amazing quilts and the women who crated tem. A list of recommended books, website links, and DVDs will be provided.

March 26	7:00 p.m.	Shoreline Library
March 29	7:00 p.m.	Redmond Library
April 14	2:00 p.m.	Kent Library
April 29	2:00 p.m.	Bothell Library



Name:
Description of your project:
Date project was started:

UFO Rules – Xenia McGowan



- * Project must have been started prior to June 2010 and completed by April 2012..
- * Project start date is the date CQ member began work on the project.
- * “Started” means some progress has already been made (cutting, stitching, etc). Simply buying fabric/patterns doesn’t qualify as a UFO.
- * Total outside perimeter must be at least 54 inches.
- * “Finished” means that quilting and binding are done. Embellishments are optional.
- * UFO Entry forms should be submitted when project is shown during Show & Tell at business meetings.
- * Entry forms may be submitted with a picture of completed project if project is not be available for Show & Tell.
- * UFO projects other than quilts are eligible for entry if project has at least 6 hours labor involved in completion.
- * Have fun. Get creative!

Quilting Quotes – Contributed by Mici Wiggins - www.aprairiehomequilts.com/quilting-resources/quilting-quotes.html

- A bed without a quilt is like a sky without stars.
- A day patched with quilting seldom unravels.
- A quilt is a treasure which follows its owner everywhere.
- Asking a quilter to mend is like asking Picasso to paint your garage.
- Ask not what your fabric can do for you, but what you can do for your fabric.
- Before Prozac, there was quilting.
- Blankets wrap you in warmth, quilts wrap you in love.
- Cooking is for those who don't know how to quilt.
- Dull women have immaculate sewing rooms.
- Finished is way better than perfect!
- Friends are like fabric: you can never have enough!
- Good friends are like Quilts. They age with you, yet never lose their warmth.
- I love quilting and have plenty of material witnesses.
- I'm creative. You can't expect me to be neat, too.
- In the crazy quilt of life, I'm glad you're in my block of friends.
- I only quilt on days ending in "Y."
- I've spent most of my life making quilts. The rest I've just wasted.
- May all of your ups and downs in life be with a needle and thread.
- May your sorrows be patched and your joys quilted.
- My soul is fed with needle and thread; my body with chocolate!
- Our lives are like quilts - bits and pieces, joy and sorrow, stitched with love.
- Procrastinate. It frees up time to quilt!
- Put your foot down and quilt!
- Quilters aren't greedy, they're just materialistic.

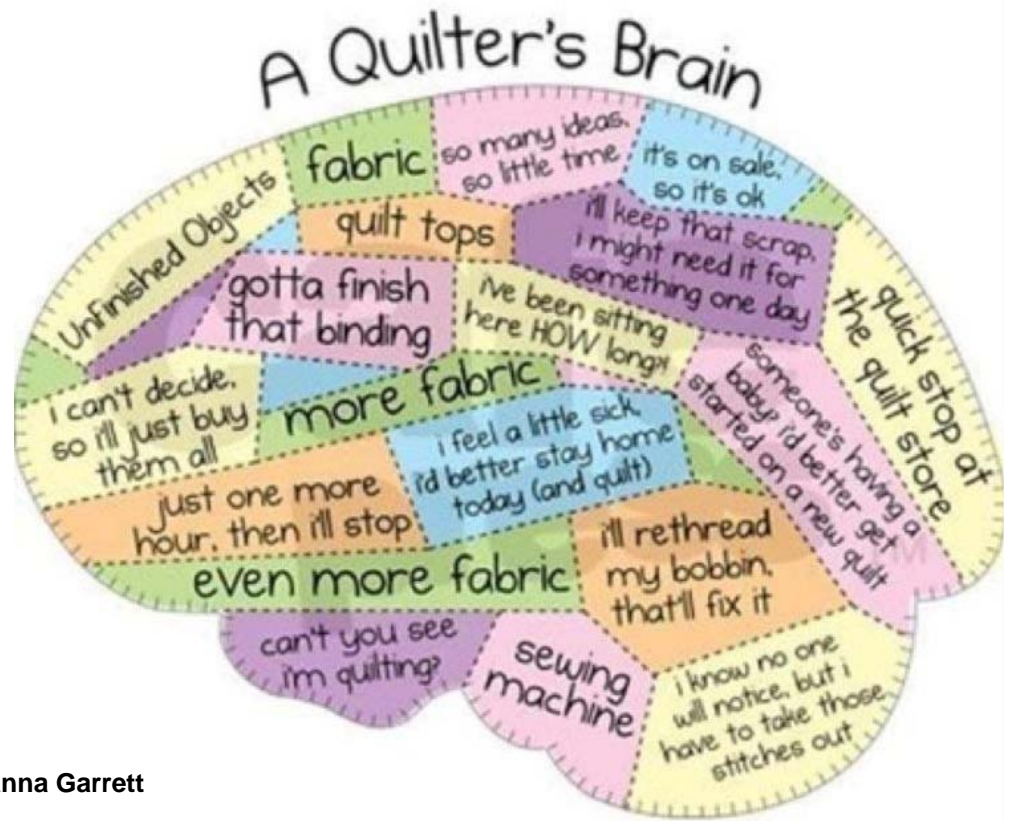
And a Few More . . .

I keep my end tables full of needlework and quilting so I don't have to dust them. ~Author Unknown

Buttons and patches and the cold wind blowing,
The days pass quickly when I am sewing.
~Author Unknown

And I will end this missive with a quote that summaries why I head upstairs to my sewing room as soon as I get out of my school-teaching clothes and into my life clothes: Stitch your stress away. ~Author Unknown

Sorry, I can't remember who sent this to me. I'm sure we can all see ourselves here...



For the Girls! – Contributed by Marianna Garrett

They Teach It at Stanford

In an evening class at Stanford, the last lecture was on the mind-body connection, the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things a man could do for his health is to be married to a woman, whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends. At first everyone laughed, but he was serious.

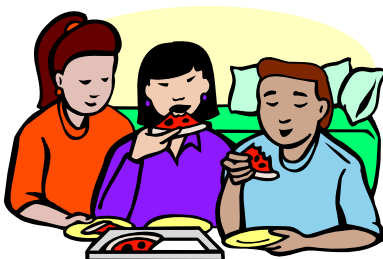
Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically, this quality "girlfriend time" helps us to create more serotonin, a neuro transmitter that helps combat depression and can create a general feeling of well being. Women share feelings, whereas men often form relationships around activities. They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars? Yes. Fishing, hunting, golf? Yes. But their feelings? Rarely.

Women do it all of the time. We share from our souls with our sisters/mothers, and evidently that is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There's a tendency to think that when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged—not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

So every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky. Sooooo, let's toast to our friendship with our girlfriends. Evidently it's very good for our health.

When sending me this article, Marianna said, who said, "We could have told him this a long time ago. All he had to do is come to a Crazy Quilters Retreat."

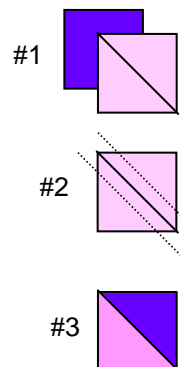


Half-Square Triangle Exchange – Gail Woods & Jill Ellis

This will be an exchange of 20 4.5-inch blocks per month. They do not have to all be of the same fabric (though they can be, if you'd like). Use **light and dark fabrics, not just fabrics that contrast each other**. This is a good opportunity to use up your scraps!

Take a dark 5-inch square and a light 5-inch square, place them right-sides together, and draw a line diagonally (#1). Sew 1/4-inch on either side of the line (#2). Cut on the drawn line, iron the two half-square triangles open, and square to 4.5 inches (#3). **Please trim your dog ears.** ☺

Bring your 4.5-inch squares to the Business Meeting each month, in a Ziploc bag with your name written on it. You will go home with 20 different squares. We will do this for a year, which is how we did the exchanges for the 9-patches and the 2.5-inch squares. There will be no limit on the number of participants; you can participate one month or all months. You'll always go home with 20 squares.



Here are some examples of quilts made of half-square triangles, provided by Marianna Garrett. Notice the excellent contrast of LIGHT and DARK.

Yes, it's crooked.
I couldn't get it to rotate to straight. ☺

